



MCC/CFGB AGRICULTURE AND LIVELIHOOD REPORTING TEMPLATE

1. PROJECT AND PARTNER INFORMATION

Project Title: Improving Mother and Child Nutrition in Rural Village of Lalitpur, NEPAL (IMCNRV)

Partner Organization Name: Rural Institution for Community Development (RICOD)

CFGB Project Number: # 2752

Project Timeline

Start Date: March 1, 2017

End Date: March 31, 2022 (project extended by 25 more months from the original project phase, and project year shifted to begin April 1 for Y4 and Y5)

Date Submitted

By partner: April 25, 2022

Time Period Covered in Report

Start Date: March 1, 2017

End date: March 31, 2022

Type of Report: ☐ Interim ☐ Annual ☒ End of Project

Project Location: 6 wards of Mahankal Rural Municipality (Thuladurlung, Chandanpur, Kaleshwor, Gotikhel, Manikhel and Bukhel villages) and 2 wards of Bagmati rural municipality (Ashrang and Gimdi villages)

Budget

Total annual budget: NPR. 16,245,391

Total annual/year-to-date expenses: NPR. 15,089,471

Year	Total Annual Budget (NPR)	Total Expense (NPR)
Year 1	12,353,600	11,358,882
Year 2	11,913,175	11,453,600
Year 3	13,033,364	12,609,536
Year 4	17,614,412	16,358,775
Year 5	16,245,391	15,089,471
Total	71,159,942	66,870,264



Total annual/year-to-date unique project participants: 2930

Year	Men	Women	Total
Year 1	708	1102	1810
Year 2	634	1071	1705
Year 3	412	2161	2573
Year 4	558	1734	2292
Year 5	1052	1878	2930

Report Author/s

Kunjana Pandey, Project Coordinator

Report Reviewer/s

Ram Hari Ghimire, Executive Director

PROJECT OVERVIEW

2. Context ([Interim, Annual and End of Project Report](#))

There were some major changes in the local context during the project period that includes: -

Political changes

There were local and federal level election in the first year of the project and the political situation was stable for four years. But in the fifth year of the project, the president dissolved the House of Representatives as recommended by the prime minister. This had led to nationwide demonstration and strikes which caused very unstable and uncertain situation in the country. However, the dissolution was challenged in the Supreme Court of Nepal, which passed a verdict of reinstating the House of Representatives. Nepal's Supreme Court reinstated its parliament and new government formed with a prime minister.

The political instability affected the project activity as the opposition party protested nationwide on the road against the decision of mid-term election and announced strikes to get attention of the government. The new government announced for the local level elections to be conducted on May 13, 2022. It was then hard to conduct some of the municipality level and ward level activities as the concerned authorities were busy in their preparatory activities for the upcoming election.

In year 1, the project activities were hampered to some extent as Nepal went through a process of reorganizing its federal structure and decentralizing power to local level bodies. As per the new constitution, there is provision of three levels of political and administrative structures. In the project area the election for the municipalities was held on 14th May 2017. The election for House of Representatives and State Assembly was held on 7th December 2017. The government code of conduct restricted performing field level activities for almost 3 weeks before the election.

COVID-19 pandemic

Nepal has been gripped by a second wave of the Covid-19 during the 5th year and various variants were introduced. So, as a response the Government of Nepal (GoN), announced a lockdown to slow down the



spread of COVID-19 which forced people to stay at homes. As per the prohibitory orders, shops could remain open for only a few hours a day which affected the people from both buying and selling sides. Lack of on-farm processing and cold storage facilities aggravated the problems for the farmers who sell their produces in the project areas as these areas are famous for vegetables and milk products supply to nearby cities. So, the farmers had to incur losses due to marketing problems triggered by COVID-19.

The Covid-19 infected cases increased in the project areas at the beginning of the 5th year and many of the project staff got infected with COVID-19 that hindered the project activities. Also, in the fourth quarter of Y5, there were movement restrictions due to a third wave of increased COVID-19 cases (Omicron).

The people living in the rural areas were much affected during different variants of the Covid-19 as they lost their income when they could not access to the markets for foods, and for other employment options. People found difficult to buy seeds and other agriculture inputs during the Covid situation. Such circumstances pushed people downsized their living standards and income. Realizing the food insecurities among children due to decreased income, RICOD distributed the super flour to children under 2 years of age.

Climate and environment

There was enough rainfall and good seasonality during the project period except some heavy rainfall causing damages. A heavy rainfall caused landslides in the project area in year 1, 2 and 3 which blocked roads and cut off some communities. Farmers who have land and were dependent upon the agriculture and vegetables farming could not sell their produce, experienced decreased income but were still able to consume their production. However, for those community people who have no land and were dependent on small entrepreneurship or job or daily wage, their household food security was affected negatively. They lost their income which made them difficult to purchase food for the family. It also affected food security, balance food consumption and dietary diversity of the households nationwide including the project areas. But from the other perspective, all the family members were engaged in agricultural activities since they didn't have to go to office, schools which might be the reason for keeping food security in the project areas.

During the Y1, there was a heavy rainfall in mid-July that led to massive landslides and floods across the country. 31 out of 75 districts were affected by floods and landslides due to continuous rainfall. In one of the project areas (Ashrang) it was reported that a family with five members along with their livestock were killed by the landslides. Due to the landslides many roads were blocked, and it took a month to clear the roads for transportation. The project staff could not travel to the field during this time due to the roadblocks. Heavy rain, winds, and hailstones also affected maize and coffee production in the rural parts of Lalitpur. Similarly, in Y2, the heavy rainfall between mid-June and July caused massive landslides and floods across the country, specifically floods in the plains and landslides in the mid-hills. It affected the project areas in terms of work and travel, but thankfully there were no casualties.

In Y3, Nepal experienced torrential rains in June leading to flooding and landslides. The death toll from rain-induced disasters across the country reached 118. According to the Ministry of Home Affairs 33,113 people were affected. In southern Lalitpur (project area) five people (including 1 FCHV of Gimdi) lost their lives, 11 houses and 89 cowsheds were destroyed, more than 100 households were partially destroyed with



a high risk of collapse and some animal sheds were damaged. Support in the form of shelter and money was provided by various organizations and government bodies but little was done to provide food security to those affected. Due to landslides, almost all the roads in southern Lalitpur were either totally or partially obstructed, the bridge at Chandanpur had also collapsed restricting local people's access to markets, schools and hospitals.

3. Project Response ([Interim](#), [Annual](#) and [End of Project Report](#))

Significant Changes to the Project

Changes in activities

There were no major changes in the project strategy, location and participants. There were some of the minor changes in activities including delays in Y4 and Y5 in the Covid situation. RICOD modified some supports to the health institutions including Covid response with health materials and equipment after getting approval of MCC and CFGB. Also, practical sessions on hygiene to school children was not possible during the Covid as schools were closed so, RICOD provided super flour packets to the families of children under 5 years of age. Some other minor changes are listed below:

- All the printed nutrition booklets from Y4 were distributed to adolescents from projects areas during home visit and after school reopening.
- MPAC meeting was planned for twice in each rural municipalities in Y4 and Y5, but due to time limitation it was possible to conduct this meeting only once in each rural municipality per year.
- Staff exposure visit was originally planned for 5 days in Y5 which was reduced to 3 days because of time limitation at the end of the project. COVID 19 had caused lockdown, travel restrictions that interrupted the project activities. Likewise, political instability also interrupted few activities because of strikes. In addition, there was pressure in Y5 to accomplish the shifted activities from Y4.
- Job extension of project coordinator and accountant was done with the approval of CFGB for the month of April 2022 for reporting and handover as endline survey was conducted during March 2022.

Project Extension

“Improving Mother and Child Nutrition in Rural Villages of Lalitpur Nepal” (IMCNRV) project was initially planned for three years (1st March 2017- 28 February 2020) with the aims of improving mother and child nutrition in eight remote wards of two Rural Municipalities (Bagmati and Mahankal). The project was implemented in six wards of Mahankal Rural Municipality (Thuladurlung, Chandanpur, Kaleshwor, Gotikhel, Manikhel and Bukhel) and two wards of Bagmati rural municipality (Ashrang and Gimdi).

Later in 2019, the project evaluation held, and RICOD and MCC agreed to extend the project for one more month bridging and another two years (April 2020-March 2022) to sustain the outcomes of the project and to ensure full and lasting impact of the project's objectives in the rural communities.

Staff Turnover

There were four project coordinator turnovers in this five-year period project. Similarly, there were three technical support staff turnovers during this project period. Likewise, the field facilitator from Ashrang was



replaced once and the field facilitators of Bukhel were replaced twice during the project period. The staff turnover also affected the smooth implementation of the project. With the exception of one staff who was terminated for mismanagement of funds, the staff generally chose to leave RICOD for other job opportunities or due to other changing life circumstances. Project coordinators had public health backgrounds and were in high demand due to the pandemic. RICOD has also become aware that its relatively low salary scales were impacting its ability to retain quality staff and has recently revised these salary scales to be more competitive.

Efforts to halt the malnutrition cases among children

In year 4, there was a plan to conduct practical session on hand washing in school, but it could not be done because of the uncertainty of resuming school as they were closed due to COVID-19 pandemic. Also, there was alarming stage of the nutritional status of the children under 5. RICOD revised the plan, got approved from MCC and CFGB, and distributed five kilograms of super flour to each 374 families of infant and young children to overcome the alarming stage of the malnutrition among children.

COVID-19 relief materials to health institutions

The health facilities requested RICOD for some equipment and logistic materials to provide regular services and the maternal and child health program efficiently, but local government was at point that it could not address the logistic and equipment needs in the local health posts. There was increased demand of some medical items to mitigate COVID-19 transmission in the community. So, RICOD provided the essential materials to the health facilities to deliver services efficiently. RICOD assessed the need of the local government, health post and the community before deciding to distribute and this need was identified as priority need that ultimately, addresses all the need of the community people. MCC and CFGB approved this request, and it was possible to address the needs of the communities.

Top Up Support for Livestock Shed Construction:

RICOD provided those affected by landslides and floods of July 2019 with top up support for livestock shed construction with the budget approval from MCC and CFGB. RICOD wanted to make an equal distribution of its support in the 8 wards and so selected 10 affected households from each ward with the help of the local stakeholders. RICOD provided the support to a total of 80 households in project area. Households that gave commitment to completing the sheds within the given timeframe.

From RICOD each household received NRS. 30,000 from the total amount of NRS 2,400,000 which went towards either corrugated sheets (CGI sheets) for roofing of the sheds or labor cost. This support made a partial contribution to shed construction encouraging the participants to use local resources like wood and stones; and motivating them to contribute to shed construction. They reused materials from the destroyed sheds. The total cost for one shed would have come to approximately NRS 250,000, but because they used what was locally available the additional amount from this relief support proved to be a big help for them.

Once the beneficiaries were selected, RICOD signed an agreement with each beneficiary household giving them the option of whether they wanted fund to go towards labor cost or towards CGI sheets. Then the beneficiaries informed RICOD through the rural municipalities and the field facilitators what they wanted.



RICOD field facilitators monitored the process of shed construction regularly on their home visits and so did the ward offices.

Participants

Main Activities	Direct Participants				
	Total	Women (18+)	Men (18+)	Girls (0-17)	Boys (0-17)
1. Meeting between ECD parents and teachers one meeting, 42 schools, 3 years + 41 schools 1 meeting per year in Y4&Y5	572	366	206		
2. Refresher nutrition training to male members	296	36	260		
3. Nutrition training to adolescent boys and girls	903			446	457
4. PEs experience sharing meeting, 1 meeting with staff	24	20	4		
5. Speech competition on negative impact of junk food consumption (grade 6-10)	101			50	51
6. Awareness program with shopkeepers regarding adverse effect of junk food on children U5	89	53	36		
7. IEC materials production, collection and dissemination	160	160	0		
8. Learning and Sharing meetings between women/Men two meetings in each ward Y2 and Y3 + 40 in Y4 and 32 in Y5	569	456	113		
9. Livestock and disease management training to IGG group member	454	407	47		
10. Male goat support to IGG group	14	14	0		
11. Exposure visit of agriculture/livestock model farmer- 8 for agriculture and 8 for livestock	16	10	6		
13. Coordination and advocacy meeting with the health personnel for optimum increase in ANC and PNC visits and growth monitoring	124	84	40		



15. Mother group network experience sharing meeting	159	153	6		
16. Mass awareness activities on ANC, PNC, Institutional Delivery, and newborn through network (Folk song)	926	859	67		
17. Quarterly meeting of mother group network, 4 in each ward Y5	348	324	24		
18. Refresher training to mothers including mother- in-law through network	506	491	15		
19. Capacity building training to PEs (network mobilization & community planning skills)	11	10	1		
20. Demonstration and exhibition of locally available nutritional food	611	500	111		
21. Regular advocacy with local government for sustainability of the project	62	39	23		
22. Celebration of national and international day/week (nutrition week, breastfeeding week and world food day)	1471	1303	168		
23. Meeting between mothers group network and ward committee for legalization of network-1 day	164	145	19		
24. Capacity building training to network members on network mobilization & planning skills	163	156	7		
Totals	7743	5586	1153	496	508
Total Unique Participants	2930	1432	595	446	457
# of households	1172	Total	Women (18+)	Men (18+)	Girls (0-17)
People Reached (Total unique participants plus their household members)	6367	1686	2451	1124	1106

Total direct participants of the project:

Year	Men	Women	Total
Year 1	1086	2705	3791
Year 2	1008	3542	4550
Year 3	758	2933	3691
Year 4	879	4213	5092
Year 5	1661	6082	7743



4. Gender Considerations (Annual and End of Project Report only)

RICOD is always concerned about its main theme by focusing on improvement of mother and child nutrition. For this project always ensures the participation of target participants that are women, children, and male members. Besides these direct beneficiaries were adolescent girls and boys. RICOD directly worked with the mothers' group, provided training to them on nutrition, kitchen garden techniques, livestock management training and so on, and with the network members where the involvement of women is of higher. RICOD also indirectly worked with Female Community Health Volunteers to create an impetus environment of the community for their better quality of life.

This project has been creating the gender transformative roles in the target communities. All of the activities were grounded on women's empowerment; for instance, nutrition training to mothers' groups and as well as to mother-in-law, training to male members to sensitize them to hear the voice of female in household decision making. Likewise, formation of mothers' group network and its registration in the local government intends to support women even after project completion.

Prior to the project implementation, mostly the females used to stay at home and do household works. The project created environment for them and encouraged them to participate in mothers' group of their respective ward and also Female Community Health Volunteers (FCHVs) supported the organization to convince female in taking part in sessions. Income Generating Grant (IGG) has been the crucial component in addressing economic inequalities and initiation of women's empowerment agenda to the target community. This project has played an immense role in the lives of the female to uplift their income and decision-making process. The project team rigorously provided knowledge and support to change the local practice that was not in favor to the women. Moreover, women also got vegetables seed from project which helped them to make decisions in agricultural plan, production and sale.

5. Environmental Considerations (Annual and End of project report only)

RICOD always ensures its activities are environmentally friendly for which it well oriented its entire project staff. Therefore, the whole project team used environment friendly approaches while implementing the project. From the project inception period to the end of the project, RICOD staff encouraged sustainable agriculture farming methods along with the distribution of fruits and vegetable seeds and promoting integrated pest management (IPM) methods (especially using organic liquid manure and pesticides). Furthermore, kitchen gardening training motivated the target households ensuring increment in consumptions of locally produced fresh vegetables and promoted greenery that ultimately reduces air pollution. Likewise, discouragement in the use of packaged foods via junk food awareness activities also ensured environment protection as there has been report of less use of packaged junk foods in the project areas.

Similarly, there is increased practice of using animal manures in the kitchen garden and in the fields as 96.5% women participants reported having the kitchen garden. Also, the project discouraged the use of chemical fertilizers by training the participants on its negative impacts of chemicals on environment and



human wellbeing. No trees cut down, no ground digging, or major construction work done while implementing the project activities in the communities.

Distribution of plastic house materials as a part of project activity promotes the agricultural production but after certain time it becomes useless and kept it as garbage. People reuse it for covering agriculture wastes and animal shed but recycling is not practiced in the project communities. Those plastic when cannot be managed properly will degrade the environment. However, not to further deteriorate the situation the field facilitators had always motivated to properly manage those plastics. This has some negative effective to the environment. The materials like project inputs transportation also produced some carbon but it is very minor.

6. Project Implementation (Annual Report only)

This section is reported in annual reports. There were not major changes regarding the project management, staffing and project strategies compared to the project proposal. Some minor changes are reported above in the change section. Overall plan worked well for the implementation. There were gender balanced staff recruited in the beginning of the project which is considered in the new phase project staff recruitment as well. The staff development activities like trainings and exposure visits were effective to build the staff capacity.

7. Monitoring, Learning and Evaluation (Interim, Annual and End of Project Report)

The project monitoring by RICOD staff (Executive Director and Project Coordinator) and board members happened in each quarter of Y5. In Y1, RICOD carried out 3 field monitoring visits by RICOD board and executive director to the project areas. Similar to Y1, in Y2 also 3 monitoring visit was done but during this, the representative from MCC were included. In Y3, the visit was done only once by board and RICOD's central staff. In fourth year, monitoring by board, executive director and project coordinator happened 4 times. The main aim of these monitoring visit was to analyze the progress made in order to guide project management decisions. Furthermore, it also helped in building rapport and coordination with local government. This event included interaction with local government authorities, health service providers, field facilitator, peer educator, mothers' group and beneficiaries. Monitoring checklist was prepared prior the visit to ensure all the required information was collected. In addition, monitoring of activity was done every month by the field facilitator with the help of target vs achievement format.

The baseline survey was conducted to collect the baseline value of each indicator of the project in year one. An annual monitoring survey was conducted to measure the progress at the end of each project year. The mid-term evaluation was done at the end of Y3. Furthermore, project final evaluation took place in Y5 by an external consultant evaluator. During the project evaluation, the focus group discussions were conducted among mothers' group, FCHVs and male groups. Likewise, key informant interview with ECD facilitators, health personnel and in-depth interview with target women along with the members of mothers group was taken place. Four out of eight wards were selected for the final evaluation as samples: namely Gotikhel, Bukhel, Thuladurlung and Gimdee.



Endline survey took place in project areas in Y5 which took for more than 20 days after the orientation to the field facilitator and peer educator. Sampling was done using Rao-soft software technology and the data enumerators were informed accordingly. There were 256 respondents participating in the end-line survey based on the sample size. Primary data was collected using questionnaires. Interviews were taken with the sample for digging out the factual information using closed and open-ended questions.

It was planned to conduct rural municipality officials monitoring visit for four times i.e., two times from Mahankal RM and two times from Bagmati RM in Y5. Unfortunately, this visit happened only once from both of the rural municipalities because it was cancelled in the first quarter as there was lockdown and movement restriction and in fourth quarter there was limited time for this activity. Monitoring checklists were prepared and distributed to RM members prior their visit. In this visit, the rural municipalities' officers were made aware of the activities done on the field with onsite observation of the kitchen garden, livestock farming, etc. In addition, an interaction was made with the beneficiaries regarding the support from RICOD and the impact of the support in their life. The visit took place in Gotikhel, Kaleshwor, Chandanpur, Ashrang and Gimdee. Thus, this kind of visit helps in building good rapport with rural municipalities officers. Similar to Y5, the municipality level field visit had always helped in strengthening the coordination and interactions between RICOD (staff) and municipality personnel. Furthermore, the onsite observation helped in work verifications by the project.

1. Results Achieved [\(Interim, Annual and End of Project Report\)](#)

ITT

The ITT/OAT format is completed with the progress information collected by the end line survey and attached in the excel format separately.

Activities and Outputs

The ITT/OAT format is completed with the progress information collected by the end line survey and attached in the excel format separately.

Intermediate and Immediate Outcomes

Intermediate Outcome 1: Improved community practice of healthy nutrition habits

Intermediate Outcome IOC 1.1:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period 2022)
Intermediate Outcome #1.1	Women's dietary diversity score	6.49	7.6	7.52

The final result from endline survey conducted in March 2022 after the completion of project is 7.52 which is slightly less than the end of project target 7.6. RICOD used a tool developed by the FAO to assess women's dietary diversity using a 24-hour recall of what they ate. 256 women responded for this in the 24-hour recall process. Comparing from the baseline data, the women's dietary diversity score is found to be improved. The main source of carbohydrate in the project areas was found to be maize, rice, wheat and millet while protein was derived mainly from pulses,



milk and meat. Almost 90% women consume green leafy vegetables whereas only 47% include fruits in their diet. Fruits are not prioritized in their regular diet because of its limited access in their locality and only banana is available as seasonal fruits in the community during the survey time. About 14 % women reported that they include nuts in their regular diet as they reported having seeds and nuts only in some special events and not as a part of regular diet. The major food groups that have significant increase in consumption are the dark green vegetables, meat and poultry and dairy products. These are increased to be about double than the baseline data. However, the baseline data was not collected with full understanding of the dietary diversity of women as both Ricod and MCC were learning about it at that time (five years ago).

Intermediate Outcome IOC 1.2:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #1.2	% of u-5 children being fed supplementary foods (Poshilo-Jaulo or super flour) daily	Super flour 5.25%, Poshilo-Jaulo 15.6%	Super flour 50% Poshilo-Jaulo 85%	Super flour 31.82% Poshilo-Jaulo 66.36 %

The practice of project participants feeding the U5 children with the super flour and Poshilo-Jaulo (nutritious porridge) has increased from the baseline value, but the project end target is not achieved. The trend shows that the practice of feeding Poshilo-Jaulo to children is increasing whereas the super flour feeding among u-5 children is decreased than last year. This is because the super flour is usually fed to infants of 6-12 months and after 1 year, they usually feed Poshilo-Jaulo. Just like year 4, there were challenges during year five to meet the household food need for the people who neither have land to cultivate crops and vegetables nor have reliable source of income to purchase grains and vegetables during the second wave of COVID-19 pandemic as authority-imposed lockdown and restriction order. Even after the lockdown was uplifted, it was hard to resume or find new source of income for many families which has affected the household food security and feeding practices of children under 5.

Intermediate Outcome IOC 1.3:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #1.3	% of wasting in children between 6 and 60 months (between 6-60 months old)	severe wasting 4.7% moderate 9.4%	Severe 0.3% Moderate 1.5%	Severe:0.9% Moderate: 1.4 %

Due to decreased household food security along with lost income during the Covid situation, some malnutrition cases were reported in year 5 too. The situation of malnutrition remains similar as that of year four but improved a lot from the baseline. The overall result is satisfactory based in the set target although severe cases are slightly higher than the end of project target because of the



difficult situation of Covid. The project team analysis is that it would have been zero if the situation was normal. The project is able to decrease the moderate malnutrition cases in the project communities as the project staff conducted home visits to ensure the good nutritional status of HHs taking the safety precautions. In addition, there was refresher nutrition training to male members, mothers as well as mother-in-law in the year 5 that helped changing the eating and feeding behaviors in the families resulting the improved nutrition status of U5 children.

Intermediate Outcome IOC 1.4:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #1.4	% of children under 5 being fed junk food (6-60 months of children)	N/A	25 %	47.90%

This indicator was not in the original plan of the project and added in between while extending the project for two years after year 3. Thus, there is no baseline value for this, but it was observed to be highly consumed. The trend of consumption of junk food has been slightly decreased than Y4. RICOD has been working to raise awareness to reduce junk food consumption among children since the beginning of the project but started measuring it from year 4 (Project extension period). The trend of consumption of junk food has been decreased in the project areas although the target of 25% is not met. The result at the end of Y4 was 49.8% and it is 47.9% at the end of Y5. Since the schools were closed in the project areas from the start of Y5, the junk food consumption has reduced as the area nearby schools used to be the hub for the junk foods. Also, the decreased income of household due to lockdown might have left no option rather than consuming household foods as the children didn't get money to buy the junk foods. But school closures also negatively impacted RICOD's ability to share messages about reducing junk food consumption as nutrition trainings for adolescent boys and girls was not possible. RICOD hopes the awareness activities to shopkeepers about the adverse effects of junk food will help to sustain this progress.

Immediate Outcome 1: Improved community knowledge of healthy nutrition habits

Immediate Outcome IOC 1.1:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #1.1	% of families practicing timely hand washing with soap (before cooking, eating and after going to the bathroom)	before cooking- 66.9% before eating- 73.5% & after using toilet- 91.6%	before cooking- 100% before eating- 100% & after toilet- 100%	before cooking- 99.6% before eating- 100% & after using toilet- 100%



The percentage of families practicing timely hand washing with soap before cooking, before eating and after using toilet has increased significantly than the baseline data. These practices gradually increased each project year, and the end of project target is almost achieved for hand washing before cooking as 99.6% while the target was 100%, and two other situations of hand washing before eating and after using toilet is achieved 100%. RICOD's staff had constantly ensured these practices among community people during various meetings and home visits. Furthermore, the COVID-19 supported some positive behavior changes that include frequently hand washing practices as per the observation of field facilitator during the home visits. There are hand washing stations in most of the households in the community which can be easily observed during home visits.

Immediate Outcome IOC 1.2:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #1.2	% of families using purified water as main source for fresh drinking water	38.5%	95%	94.14%

The percentage of families using the purified water as main source for fresh drinking water is found to be 94.14 at the end of the project which was only 38.5% in the baseline. The target was almost met for this indicator which was increased by more than two-fold of baseline value. This is because the people were more aware and concerned to drink pure water in the project areas. The staff verified these data through their visits and reported that filtration and boiling methods are used as most common water purification methods in the project communities as observed during their home visits. The Covid awareness also supported on this for changing the behaviors of the community people for drinking purified water.

Immediate Outcome IOC 1.3:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #1.3	% of women that have made a complementary food since the training	N/A	100%	98.64 %

The table above shows the percentage of women that have made a complementary food since the training. The target was nearly met for this indicator, and it is in increasing trend during the project years as it was 89.45% at the end of Y4. RICOD's nutritional training has supported to enhance the practice of making complementary foods such as Poshilo-Jaulo and super flour which includes green leafy vegetables, soybeans, chickpeas, rice, wheat, and a variety of other beans and peas in a broth. FCHVs and field facilitators followed up to see whether women are following what they have learned and feeding their children these foods. Follow up visits have encouraged women to



put into practice what they have learnt and has increased the intake of complimentary food by children. All mothers are encouraged to feed their children these two complimentary foods, not just the mothers of malnourished children.

Immediate Outcome IOC 1.4:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #1.4	% of women who can name the four food groups being promoted by the project for pregnant and lactating women and children U5 to consume	5.8%	90 %	88.28 %

Above table shows that 88.28 % of mothers can tell the names of four food groups which was only 5.8% in the baseline and 78.55% at the end of 4. It was found that majority of mothers can easily recall the food categories like rice as carbohydrate, meat/fish/eggs as animal protein, soyabean and pulses as plant protein and vegetables/fruits as a source of vitamins and minerals. The refresher nutrition training provided to women helped to sustain their knowledge and practice of healthy nutrition habit. After the phase out of this project, the mothers group network will lead the behavioral change communication and keep practicing in the community.

Immediate Outcome IOC 1.5:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #1.5	% of men who can name the four food groups being promoted by the project for pregnant and lactating women and children U5 to consume	5.3%	80 %	88.09 %

The end of project monitoring survey results included in the table above shows that the target was met and exceed for the percentage of men who can name the four food groups. This is because of the male participation in the refresher nutrition training as well as learning and sharing meetings between men and women conducted in Y5. The above data reveals that 88.09 % men now can name four food groups which at the time of baseline was only 5.3 % and the Y4 achievement was 66.60%. This increased significantly as both male and female members got similar trainings and information from the project activities, and they could share it at home as well.

Immediate Outcome IOC 1.6:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #1.6	% of target group mothers knowing about the adverse effects of junk food	N/A	100%	98.04%



	consumption in the growth and development of children under 5.			
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This indicator was added for Y4 and Y5 as it was not there in the first three years of the project, so it doesn't have baseline value. The table above shows that the target was nearly met for the target group mothers knowing about the adverse effects of junk food consumption in the growth and development of the U5 children. The result at the end of the project year is significantly higher (98.04%) than Y4 progress (90.6%). This was due to the regular behavioral change communication activities led by the project staff throughout the project period since year one.

Immediate Outcome IOC 1.7:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #1.7	% of ECDC facilitators knowing about the adverse effect of junk food consumption in the growth and development of children under 5.	N/A	100%	100%

This indicator was also added to the project in Y4, and the result was already 100% in Y4 which remains the same at the end of Y5 as well. The above table illustrated that the target was met during the reporting period. This is because the ECDC facilitators had been participating and getting updates about this issue since Y1 via parents-teachers' meetings, and also, they can easily understand the issue as they are better educated than the average project participants. Furthermore, the project staff communicated regularly with ECDC facilitators regarding the adverse effect of junk food consumption. In addition, the Nepal government supports the ECDC and primary schools for the day snacks in which junk foods are strictly prohibited.

Intermediate Outcome 2: Improved ability of women to practice good nutrition habits due to increased income and nutritious food availability

Intermediate Outcome IOC 2.1:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #2.1	Average participants' HH annual income from agricultural and livestock production	Agriculture: 36,375 Livestock: 47,958	Agriculture: 100,000 Livestock: 1,00,000	Agriculture: 41,324 Livestock: 112,154

The table above shows that there is a slight increase in the household income from agriculture during the reporting period, but the target has not achieved. It is only NRs 5000 more than that of the baseline data. However, it was increased well in Y2 and Y3, and RICOD had set the target based on those increase for Y4, Y5. The situation would have been more improved if the COVID-



19 had not affected the community in the 4th and 5th year because during the pandemic the farmers were unable to sell their produce (crops and vegetables) as there was no or limited access to market.

The household income from livestock on the other hand has increased significantly in comparison to baseline and Y5 target. The male goat support from RICOD has also played important roles in the increment as there are reported cases of increased income of HH from that male goat. Likewise, the income generating grant (IGG) support to mothers' group also supported the HHs in livestock rearing. The exposure visits of agriculture and livestock farmers enhance the capacity of farmers for commercial livestock rearing. Moreover, the livestock and disease management training has always played pivotal role for the increment in income from livestock. In comparison to the agriculture produce, livestock was better for the farmers during the Covid situation as they could wait for the better market price and transportation as the fresh produce can't wait for it, but livestock can.

Intermediate Outcome IOC 2.2:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
<u>Intermediate Outcome #2.2</u>	% of women in the savings groups reinvesting their profit (from their earlier investment of the money from the revolving fund) in income generating activities.	N/A	70 %	36.33%

This outcome indicator is measured annually based on the project PMF. The baseline value for this indicator is not applicable as this was added in the revised plan of Y2. The progress result was 36.33% which is more than the Y4 result of 28.71%. However, it was 46% at the end of Y2 and 40% in Y3. The result could have been better than this if only the COVID-19 had not occurred in the community. The women reported that they used their profit for fulfilling the basic needs of the family as there was decreased income and economic access during COVID with limited access to market for selling productions. The worsened market system was also discouraging the participants for investing their funds as it was not profitable for them during the Covid situation.

Intermediate Outcome IOC 2.3:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
<u>Intermediate Outcome #2.3</u>	% of women involved in HH decision-making on food purchase and agricultural plan	Food purchase: 20% Agriculture: 8.77%	Food purchase: 70 % Agriculture: 75%	Food purchase: 48.4 % Agriculture: 49.6 %



The result at the end of Y5 was 48.4% for food purchase and 49.6% about agricultural decision making. The end of project target was not met, but RICOD could not deny the increase as compared to baseline data. The entire community was affected severely by the second and third wave of COVID-19 and the lockdown imposed then after by the Government of Nepal in Y4 and Y5. With no exception, the women along with family had to rely mostly on foods that were produced by HH during the year 4 and 5. However, with the improvement in the market access and HH income RICOD hopes to increase in the percentage of women in HH decision making on food purchase and agriculture plan in coming days.

Intermediate Outcome IOC 2.4:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #2.4	% of families earning income from kitchen garden produce after household consumption	47.45%	60%	50%

The table above shows that 50% families are earning income from their kitchen garden production after HH consumption against the target of 60 %. It was slightly increased from baseline but remarkably increase from the results of Y4 annual survey result which was only 38% (which was less than Y2 and Y3). Though the market access was obstructed for several months during the Covid time, past few months were favorable for the market (products selling). In addition, community people are more concerned on the consumption of their own productions as RICOD has been continuously advocating and helping them to be aware on the benefits of the consuming the fresh vegetables from own kitchen garden. The fact is that the kitchen garden produce is sold mostly within their communities and now with more houses having their own kitchen garden they don't need to buy vegetables from others as they produce more diverse vegetables in their own kitchen garden for the family consumption which is the positive side of this.

Immediate Outcome 2: Improved skills to support women's increased income and nutritious food availability

Immediate Outcome IOC 2.1:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #2.1	% of groups with current written records of members' savings and loans	75%	100%	100%

Above table shows the end of project target was met in this reporting period. The groups are found to be well maintaining their savings and loans written records since Y3/Y4 where all groups have maintained the records of members savings and loans. It has increased from 75% in baseline to cent percent by the end of Y3 and remains same at the end of Y5. The progress is possible by the



support of the RICOD's field facilitator who continuously supported the groups for maintaining the records during their meetings. In addition, the groups were trained by the project on group and finance management with necessary skills to maintain written records of members savings and loans. The groups are aware about the importance of keeping written records which helps them for managing their accounts and reducing the conflicts among the members.

Immediate Outcome IOC 2.2:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #2.2	% of women participating in the savings scheme of (any amount of savings),	30.18%	98%	75.40%

The results shown in table above illustrates that the target was not met for the women participating in the savings scheme but significantly increased from the baseline value. The achievement in Y2 and Y3 was more (90%) than the end of project achievement. This is because very few newly married and new mothers are introduced in the mothers' group so there were obviously fewer opportunities for them to participate in the saving scheme during this reporting period. In addition, the effect of pandemic exists still in the community where women are unable to make a saving as they need to compensate the expenses/loss of lockdown.

Immediate Outcome IOC 2.3:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #2.3	% of loans taken by first time borrowers from saving groups	N/A	55%	52.73%

The end of project results of 52.73% didn't meet the target of 55 % by few percent as there were fewer introductions of new target women in mothers' group.

Intermediate Outcome 3: Improved community practice of using health-care services related to nutrition for women and their children

Intermediate Outcome IOC 3.2:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #3.1	% of mothers with children u-5 attending monthly growth monitoring and individual follow-up	35.86%	70%	58.20%

The table above shows that 58.20% percent of mothers with U5 children are attending monthly growth monitoring and individual follow up. Though the target was not met it progressed well



from the baseline value. This was progressed gradually every year of the project. Despite the threat of Covid pandemic, the mothers were very concerned of their children's nutritional status and were motivated to visit health post for growth monitoring (GM). The government focuses on GM of under 2 children which is why the mothers are less concerned for the children above 2 years, so it was difficult to meet the target.

Intermediate Outcome IOC 3.2:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #3.2	% of women that attend at least 4 antenatal checks	68.2%	95%	96.82%

The data in the above table shows that 96.82% women attend the complete ANC checkup which was only 68.2% in the baseline. It is the results of extensive communication via trainings and awareness sessions since the project inception although it was challenging for this behavioral change while there are many obstacles like remoteness and limited access of health services for many women. The women from the project areas are now very much aware of the importance of ANC checkup for healthy pregnancy and child delivery. Likewise, the advocacy meetings with health personnel have also supported to progress on this indicator as they are the key persons to track and encourage the pregnant women for complete ANC checkup.

Intermediate Outcome IOC 3.3:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #3.3	% of women that attend at least 3 postnatal checks	4.6%	50%	29.54%

The result included in the table above is of women who had complete postnatal checkup. The end of project result is 29.54% against the target of 50% during this reporting period while the baseline was only 4.6%. This is one of the major issues in all of the project areas during the year and also nationwide in Nepal. This is due to the geographical hindrance and poor roads/transportation services that a postpartum mother cannot visit health institution for her second and third PNC checkups. However, there was good increment in the result comparing to the baseline data of 4.6 %.

Intermediate Outcome IOC 3.4:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #3.4	% of women who have institutional deliveries	57.5%	90%	92.73%



The above table shows 92.73% women have institutional delivery which is more than target. The baseline value was 57.5% and the Y4 achievement was 74.9%. Though the institutional delivery has increased remaining 7.27% delivery (outside health facility) could be a concern as home delivery imposes a threat to both mother and child survival. RICOD has noticed many reported cases of delivery on the way to hospital as per the record of health facility among which depending upon the distance to health facility some are taken to hospital, and some are taken back to home.

Immediate Outcome 3.1: Improved community knowledge of using health-care services related to nutrition for themselves and their children

Immediate Outcome IOC 3.1:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #3.1	% of women with children u-5 knowing about number of and timing of recommended ANC/PNC check ups	know the # of ANC 65.1% & know the # of PNC- 18.2%. Know the correct timing of ANC- 25.8% & know the correct timing of PNC 7.6%	know the # of ANC 98% & know the # of PNC- 80%. Know the correct timing of ANC- 98% & know the correct timing of PNC 75%	know the # of ANC 100% & know the # of PNC- 74.61%. Know the correct timing of ANC- 97.66% & know the correct timing of PNC 67.58%

The table above shows the end of project target was almost met for most of the indicators above and was increased significantly from the baseline value. This is due to the efforts of the project as well as local health institutions. However, continuous follow up has been provided by the project staff in the reporting period to upgrade the knowledge of women via several meetings and training so that it can be sustainable even after project termination.

Immediate Outcome IOC 3.2:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #3.2	% of women with children u-5 knowing about recommended frequency of child growth monitoring	54.9%	100%	90.23%

The result in the table above shows women having knowledge about the recommended frequency of child growth monitoring reached 90.23% against a target of 100% while the baseline was 55%. Even though the target was not met it was significantly improved from the baseline. This is because the women are continuously refreshed through meetings and trainings from the time of project inception. Moreover, the mothers group network has taken responsibility to update this type of knowledge among women with U5 children after project termination to maintain the sustainability.



Immediate Outcome IOC 3.3:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #3.3	% of men with children u-5 knowing about number of and timing of recommended ANC/PNC check ups	know the # of ANC 36.8% & know the # of PNC- 11.8% and know the correct timing of ANC- 10.5% & know the correct timing for PNC- 9.2%	Know the # of ANC 90% Know the # of PNC- 70% Know the correct timing of ANC- 90% Know the correct timing of PNC- 50%	Know the # of ANC 91.07% Know the # of PNC- 57.73% Know the correct timing of ANC- 88.69% Know the correct timing of PNC- 41.07%

The table above shows that there is significant increment in the percentage of men having knowledge of ANC and PNC along with the correct timing from baseline survey. However, the set target could not be met for the entire above indicators except men knowing the knowledge of ANC during this reporting period. This may be due to the less participation of men in refresher training during the fifth year where they missed the opportunity to upgrade their knowledge.

Intermediate Outcome 4.1: Develop community capacity to sustain mother and child nutrition gain

Intermediate Outcome IOC 4.1:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #4.1	% of mother's group networks who have collaborated with the local government for nutrition promotion activities	N/A	100 %	15.06%

This table above shows that only 15.06 % percent of mothers group network have collaborated with the local government for nutrition promotion activities while the target was set to 100%. There seems to have a huge gap in target Vs achievement, but it is obvious to have this result as the mothers group network were not strengthened via training and orientation till the fourth quarter of Y5 as many of the project activities were delayed in the Covid period. Furthermore, there was not any policy or guideline with the rural municipalities for network registration. So, RICOD did lobby to formulate registration guideline. After that the network was registered at the end of the project. Now, they are eligible to collaborate with government for activities conduction and we anticipate that many of these mother's groups will be able to collaborate with local government in the coming years.

Intermediate Outcome IOC 4.2:



Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Intermediate Outcome #4.2	% of mother's group network seeking local government fund for nutrition promotion activities in their community	N/A	100 %	42.46 %

This above-mentioned table illustrates that 42.46% of mothers group network seeking local government fund for nutrition promotion activities in their community. This is also due to the delay in organizing the capacity building training to mothers group network for community planning and network mobilization. In addition, the training was delay due to the second wave of COVID-19 pandemic affecting entire nation with no exception of project areas. Also, this had same reason as 4.1 above with the policy gap of the local government.

Immediate Outcome 4.1: Develop community capacity to sustain mother and child nutrition gain

Immediate Outcome IOC 4.1:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #4.1	% of community level activities performed by mothers' group network	N/A	100%	39.73 %

Only 39.73 % community level activities were performed by the mothers group network during this reporting period and hence the target was not met. The field facilitators were busy in completion of project activities of Y4 and Y5 which were delayed that is the reason they could not support sufficiently to the mothers group network to conduct community level activities. In addition, the training was delay due to the second wave of COVID-19 pandemic affecting entire nation with no exception of project areas.

Immediate Outcome IOC 4.2:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #4.2	% of networks that prepare annual plan for community level activities	N/A	100%	100 %

This table illustrates 100% achievement as all the mothers group network have prepared the annual plan for community level activities during this reporting period. Capacity building training was



provided by RICOD which makes them understand the local government planning process and make an annual plan accordingly.

Immediate Outcome IOC 4.3:

Expected Result	Indicator(s)	Baseline (2017)	Target	Actual Result (for this reporting period, 2022)
Immediate Outcome #4.3	% of activities mother's group network conducted in coordination with the local stakeholders	N/A	100%	39.73%

This above table shows the target was not met for this indicator. This is because the capacity enhancement training to the mothers' group network was given in the fourth quarter in Y5, which was supposed to enhance the capacity of mothers' group network to make plan. This is why fewer activities were conducted by the network in coordination with the local stakeholders.

End of Project Reflection (End of Project Report only)

The ultimate outcome of the project was improved nutritional health of impoverished mothers and young children in the southern rural villages of Lalitpur district, Nepal in which it proves itself to be successful. Most of the indicators of the project are improved than that of the baseline data. The dietary diversity among the target women has increased and the percentage of malnourished children is decreased. At moment, target women including target men knows and understand that eating diverse foods is important for good health. Furthermore, there has been a significant increase in women taking decisions related to purchase of food products and agriculture plan which contributed to their access to good nutrition and also encourage gender equality with more equitable gender roles in the households. The end of project monitoring survey data indicates increased practice and knowledge on health seeking behavior (ANC, PNC, institutional delivery and growth monitoring of children) of target women. The household income from agriculture and livestock had increased from the time of project inception that ensures the food security of the target participants. There is increase in the number of women performing income generation activities with the support from income generation grant support by the project. The kitchen garden practices in almost every household also ensure food security and on the top of that it adds greenery to the environment thereby supports in environment protection.

The final result shows that ECD children attend school with the homemade lunch box; this practice was initiated and encouraged by RICOD by providing lunch box to ECD children. Furthermore, awareness and counseling sessions was conducted with the parents, ECD facilitators and shopkeepers against the negative impacts of junk food consumption. This help ensuring the good nutritional status of children U5.

Most of the planned activities were carried out as per the original plan whereas some of the activities were revised or cancel. For instance, practical session on hygiene to school children was cancel because of the COVID-19 pandemic the schools remain close for several months. Instead, super flour packets were distributed to 374 children to mitigate the expected cases of food insecurities. Likewise, it was planned to



conduct nutrition training to adolescent boys and girls in Y4 which was revised because of the school closure (lockdown by GoN in response to COVID pandemic). The adolescent nutrition booklets were produced in replace of this activity which was disseminated in Y5 only.

The project is able to bring the positive changes in the community in relation to improved nutritional status of mother and children. The mothers now have the sound knowledge regarding the food diversity. In addition, the feeding practices of the mother/family have increased as there are reports of increased feeding of Poshilo-Jaulo and super-flour to children.

This project was focused more on nutrition, but the focus areas could be changed to food security with more attention to the agricultural activities in next phase. The skill development activities for women are to be considered for their empowerment and income generation. The mothers group network should be formed earlier for better outcomes and project sustainability. The delay on its formation and registration affect in project outcomes as the mothers group gets few opportunities to conduct nutrition promotion activities during the project period.

The project always ensured the voice of the community was heard. The community perspectives are a primary concern during project implementation. The project was concerned about the demands and immediate needs from the community and revised or added the activities accordingly. For instance, distribution of super flour to the children was the immediate need of the community at that time as the nutritional status of the children was triggered by the COVID-19 pandemic that causes lockdown and movement restrictions. Many households had lost the income source during that time. The COVID-19 materials distribution was the response of the project to address the demand of the health facilities of the project areas. Similarly, the shed construction was also the need of the project areas which was severely destroyed by the heavy rainfall and eventual landslides. The project act as a liaison for community people and the local government as it supports the mothers group network to get registered in the local government. On the top of it, the community participation is always ensured.

The organization capacity has increased throughout the project period in which the project learns to overcome numerous unexpected risk and challenges. It had upgraded its knowledge and skills in project implementation.

MCC has always been a wonderful partner to RICOD as it always provides timely feedbacks and suggestions which helps RICOD to accomplish its activities effectively and on time. Moreover, it provides confidence to its partners for its impacts to be gender friendly and environment friendly. It organizes partner workshops yearly to learn from other partners. It always encourages open communication and relies on mutual respect. It has provided technical support if needed.

9. Accountability: Community-based Feedback and Complaints Mechanism ([Interim, Annual and End of Project Report](#))

RICOD developed a protection from sexual exploitation and abuse (PSEA) policy during this project period. A complaints response committee has been formed which consists of three members, one from the executive board, one from among the general members and one staff as a member of program management



committee. The committee responds the complaints making sure it is treated with sensitivity and utmost confidentiality. If there are complaints of fraud or any kind of harassment, then the member will share within the committee which will decide on the next steps to be taken. Any member of the committee receiving complaint should share it with the committee members immediately and the committee will call a meeting within 3 days after having received the complaint. These complaints will be treated with utmost care and sensitivity, and appropriate actions taken as soon as possible. The survivor can put forth their complaint through phone call, Facebook messenger, e-mail and postal service. Contact number like phone or cell number, messenger, email ID and mailing address are circulated widely to make easy access to register complaints.

RICOD didn't receive any serious complaints from community as such during the reporting period. During the MPAC and social auditing few feedbacks received from the project areas during the project reporting period which are given below. The feedbacks to continue the project activities for at least a year were received in all the project wards. RICOD responded it in a polite way that 5 years project was completed and RICOD wants to shift it to newer areas while RICOD is aware about not creating dependency, and they understood. Likewise, the continuation of Peer Educator was requested for at least one more year after project phase out by the concerned stakeholders to support the mothers group network which was also responded accordingly.

One of the RICOD staff, Ms. Muna Timalisina (Field facilitator) was found guilty of mismanaging the project funds in Y4 which was reported to MCC and CFGB. She was terminated by RICOD once the verification was completed.

10. Accountability: Collaboration and Coordination (Annual and End of Project Report only)

RICOD has always collaborated well with the local government by submitting the action plan prior to the implementation of activities at the field level. In addition, project ensures the participation of concerned stake holders in the activities that requires the presence of representatives from concerned rural municipalities and wards. Good rapport and coordination have been maintained by the entire project staff with the local government representatives. For instance, the education chief section from the respective rural municipalities makes their valuable presence in speech completion organized at municipality level. Feedbacks and suggestions were always welcomed and entertained by the project staff from the local government which encourages them to give the valuable suggestions and feedbacks during the activities like MPAC, social audit, municipality level field visit and monitoring.

Municipality level Project Advisory Committee (MPAC) meeting were organized once in each rural municipality at the end of each project year to present the project progress for the given period and the feedbacks and suggestions were collected from the concerned authorities. Major participants for this meeting were representative from concerned rural municipalities, ward chairpersons, representatives from health facilities, RICOD board members and staff. In Y1, the decision to prepare a guideline for the use of matching fund by health institution which was planned to be provided in Y2 for supporting transportation during delivery in referral cases. In Y2, many feedbacks and suggestions were received such as possibility to support the agriculture equipment rather than only seeds and coordination with concerned rural municipalities. Similar to Y2, suggestion was made to strengthen the coordination with respective rural



municipalities in Y3 for joint monitoring of project areas along with the request to extend the project in remaining two wards of Bagmati rural municipalities. In Y4, it was planned to conduct MPAC twice in each of the rural municipalities so that more interaction could be established but due to COVID-19 pandemic it was possible only once and decision was made to coordinate with the basic health center of the ward for activities implementation. Similar to Y4, during the last year various variants of COVID had interrupted the project. So, it was possible to conduct MPAC only once in which major concerns and feedbacks were on project sustainability. For this, a monitoring committee was formed to monitor the activities of mothers group network.

Social audit was planned at the end of each project year in each rural municipality (Bagmati RM and Mahankal RM) to ensure the transparency and accountability of the project. The details on budget expenditure in each activity were presented during this event. The participants for this event were rural municipalities personnel, ward personnel, school's representatives, health personnel, few beneficiaries, RICOD's board members and staff.

11. Risk Management (Annual and End of Project Report only)

Project Implementation Risks	How was the risk managed?
1. COVID-19 transmission	Social distance was maintained using proper technique. Also, personal protective equipment like mask, gloves and hand sanitizers were used. Frequent hand washing has been practiced.
2. Heavy rainfall	Staff mobility was paused during the risk period and more remote follow up was done.
3. Limited time	The Covid situation and restrictions reduced the actual implementation time for the project staff. Reduced the days for events and training but delivered the contents. For instance, nutrition training for adolescent boys and girls was originally planned for 2 days but the schools could give only one day so within a day all the contents were delivered.
Safety and Security Risks	How was the risk managed?
1. Risk of conflict in family while providing empowerment to women	Mitigation measures taken by not blaming those who has no good practice of nutrition habit. The project staff were concerned to correct bad practices through awareness and education and not to harm self-esteem of other family members. Also, involving male RICOD staff and male members of the family in the project activities helped to mitigate this risk.
2. Risk of PSEAH	RICOD provided policy orientation to staff and got signed commitment to follow the PSEAH policy by each staff. MCC also reminded of this and provided orientation in the gatherings of the staff for the training on situation assessment.

12. Exit or Transition Strategy (End of Project Report only)

The mothers' groups have been practicing the saving and loan activities. They are also mobilizing the revolving funds provided by the project and have increased access over the financial resources. They have also practiced keeping the accounts and records transparently and governed through mothers' group. The



fund is in increasing trend and utilizing the revolving fund by the targeted participants to increase food production as well as income. This is an example of sustaining their saving practices. Therefore, the financial sustainability of groups is anticipated. Some of the participants calculate how much they have invested and how much they are generating income. This is also a sign of increasing knowledge on income mobilization and also a symptom of individual financial sustainability.

Institutional sustainability is about the group sustainability. The group cohesiveness and participation are important aspect for this. The mothers' group network has been formed and registered from each ward at the concerned rural municipalities. This shows that the institutional sustainability can be ensured through the mothers' group network as they have already prepared an activities list to be conducted in coming year. The fund support of one lakh rupees was hand overed to each mothers' group network to support conducting activities for coming year. Furthermore, two days capacity enhancement training was provided to the mothers' group network to make them aware of government planning process so that they can submit their plan timely and get the essential budget as per the activities. There is a monitoring committee comprise of member of the municipality and ward chairperson to ensure the work of mothers group network which is an effort from government entity for the sustainability.

Moreover, there is strong commitment from FCHVs, health personnel and mothers' group to continue the changed practices even after the phase out of RICOD from the respective wards. The practice of ANC/PNC, institutional delivery, growth monitoring will be continued by the health service providers of the health facilities to sustain the achievement. The materials support to health facilities also ensures the sustainability of the project.

Last but not the least, the community stakeholders and the participants have felt the positive change made by the project which they promised to sustain in various platforms such as MPAC, social audit and advocacy meetings.

13. Participant Stories (Annual and End of Project Report only)

Even a small grant might result to bigger economic impact

Mr. Nakul Timalsina permanent resident of Mahankal rural municipality ward #5 Chandanpur is a project



participant of RICOD-IMCNRV, along with his wife being a member of Mirmire mothers' group. He lives in a joint family with his mother, wife and two kids. Having a small agriculture farm, the family struggled to fulfill the family needs. His wife had taken NRs 5,000



from revolving fund supported by the project. He also attended a technical training facilitated by RICOD technical JTA staff to learn raising goats. With the money the family bought female goat which gave birth to three male goats at first time.

During the second time, it again gave birth to four goats that made their goat herd size bigger already in a year and they started selling the male goats. Selling of the goats they reported earning nearly NRs. 60,000 annually as side income. They have fourteen goats at the moment which is becoming one of the major income sources of the family. Since he had gone to the exposure visit of agriculture and livestock rearing farmers in February 2022, he is now planning to make this a family business. In addition, he reported having less disease and death among goats as compared to past. According to them, it is because of the livestock training RICOD has been providing to him. He felt he can easily support his family expenses from this business, but he has to build the proper shed for goats in near future which he has well realized already. He has inspired other members of community as well for starting such profitable and sustainable local enterprises.

Investment in agriculture ensures both food security and economic empowerment

Mrs. Kamala Lama is a permanent resident of Bagmati Rural Municipality ward # 7, Gimdee village. She is the project participant of RICOD-ICNRV. She along with her husband and two kids lives in their own house. She also owns a land nearby but was unaware of improved farming methods to increase the income of the household.



With the help of the agriculture training and materials (sprinkler, tomato seeds and plastic tunnel) provided by RICOD project, she engaged in tomato farming for the first time. After covering all investment and input costs, and personal consumption of a portion of the crops, she said to have the net profit of NRs. 7000 to 8000 in each cultivation (usually twice a year). Along with the tomatoes she also cultivates coriander leaves which have a profit of NRs. 3000 to 4000 in each cultivation. She is thankful for the agriculture training and materials support that motivated her to be a commercial farmer. She had also taken a loan of NRs. 5000 from the revolving fund in the Y3 of the project supported by RICOD which she invested in goat. She has also made NRs. 20,000 from selling her goats already.

She said that having both agriculture and livestock work has many advantages as there will be manure from livestock for cultivation and animals will consume the agricultural waste products along with grass. “*Such integrated farming diversifies the income source of the family, and it has helped me a lot*”, she expressed. She is planning to expand her plastic house/tunnel and grow more tomatoes as she has experienced the income generation from tomatoes farming is profitable and satisfactory.



14. Financial Report (Interim, Annul and End of Project Report)

The budget and expenditure is as follows:

a	Project inception	299,630	307,627
a.1	Staff recruitment and project orientation	99,630	101,672
a.2	Projection orientation in each VDC	80,000	84,786
a.3	Baseline Survey	120,000	121,169
b	Staff capacity building training and development	1,759,000	1,301,410
b.1	Finance management training to finance staffs	25,000	24,904
b.2	Capacity building training to program staffs on nutrition, WASH and kitchen Gardening	300,000	297,741
b.2 a	Three days training to staffs on community need assessment	230,000	-
b.3	Leadership and Facilitation skill training to staffs	300,000	275,041
b.4	Staff Retreat	200,000	207,632
b.5	Staff Exposure visit	500,000	252,000
b.5.a	Workshop in Delhi for nutrition staff/CFGB workshop in India	4,000	44,000
b.6	Staff training in Quantitative data analysis	200,000	200,092
1	Improved Community Knowledge and practices on healthy eating habits	8,249,237	7,486,188
1.1	Training to health Personnel on Nutrition	200,000	214,656
1.2	2 days Nutrition training to FCHV in each VDC	373,777	366,567
1.3	Training to ECD facilitator on nutrition and child psychology for 2 days, 42 facilitator	200,000	182,049
1.4	Meeting between ECD parents and teachers	1,284,010	1,073,926
1.5	Nutrition Awareness training including WASH	3,240,000	2,924,933
1.6	Nutrition training/Orientation to Peer Educator	150,000	157,957
1.7	Nutrition training/orientation to Male	710,400	588,974
1.8	Nutrition training to adolescent boys and girls	511,499	467,047
1.8 a	Dissemination of adolescent booklet	84,000	83,903
1.9	Holding board at strategic location about nutrition knowledge	264,000	253,112
1.10	Peer Educator's experience sharing meeting	523,000	545,230



1.11	Practical session on hygiene to school children	-	-
1.11 a	Distribution of super flour to infant and young child	550,000	529,740
1.12	Speech competition on negative impact of junk food	123,200	62,222
1.13	Awareness program with shopkeeper regarding adverse effect of junk food on children U5	35,351	35,872
2	Improved women's' capacity and access on household decision	12,306,033	11,753,546
2.1	Income generating grant support to Mothers group	2,160,000	2,160,000
2.2	Group and finance management training to IGG	576,000	448,098
2.2 a	Refresher Group and finance Management training to IGG	216,000	213,426
2.3	Kitchen Gardening training to farmer/3 days commercial training to Farmer	948,800	795,525
2.3 a	Refresher kitchen gardening training t farmer	120,000	102,025
2.4	Seed support to farmer	1,326,000	1,300,197
2.4 a	Top-up support for livestock shed reconstruction/renovation	2,400,000	2,400,000
2.5	IEC materials production, collection and dissemination	480,000	480,288
2.6	Learning and sharing meeting	729,200	635,013
2.7	2 day livestock and disease management training to IGG group	756,000	601,770
2.8	Male Goat support to IGG group	1,324,728	1,351,079
2.9	Exposure visit of agriculture /livestock farmer	338,200	335,020
2.10	Inter project area exposure visit of farmers to Model farmer	-	-
2.11	Support to fruit plant to mothers group member	931,105	931,105
3	Improved Community perception on health seeking behavior	2,781,255	2,484,854
3.1	Matching fund to health institution for promoting instructional delivery	200,000	200,600
3.2	Materials support to out Reach clinics and Health institution	1,680,000	1,692,364
3.3	Coordination and advocacy meeting with the health personnel for optimum increase in ANC and PNC visits	387,655	362,445



3.4	Coordination meeting between school, RICOD, ward and health facility for mandatory of growth monitoring card during the school admission	265,600	162,185
3.5	Palika level field visit and monitoring	248,000	67,260
4	Follow-up in old VDCs/Develop community capacity to sustain mother and child nutrition gain	6,837,225	5,972,188
4.1	Regular meetings with the mothers group network	90,000	87,498
4.2	Advocacy for the regularity of day snacks through parents	100,000	60,986
4.4	Coordination and advocacy meeting with the health personnel	25,000	25,149
4.5	Refresher Group and finance management training	70,000	68,977
4.6	Regular communication, reporting and travelling cost of Chairperson mothers group network	120,000	120,000
4.7	Mother group network formation	122,562	122,562
4.8	Capacity building of Network	428,800	324,714
4.9	Mother group network experience sharing	136,800	141,277
4.10	Mass awareness activities on ANC, PNC, Institutional Delivery and new born through network (Folk song)	98,400	98,640
4.11	Quarterly meeting of mother group network	818,400	702,447
4.12	Refresher Nutrition training to mother group network	342,400	270,492
4.13	Refresher training to mothers including mother-in-law	844,000	546,585
4.14	Capacity building training to Peer Educators	704,000	653,497
4.15	Demonstration and exhibition of locally available nutritional food	103,200	98,855
4.16	Regular advocacy with local government for sustainability of the project	139,000	122,800
4.17	Celebration of national and international day/week	298,863	256,105
4.18	TOT on food security and nutrition to project staff	448,000	434,974
4.19	Community need assessment training to staff- 5 days and Community need assessment in new areas	543,000	541,089



4.20	Meeting between mothers group network and ward committee for legalization of network-1 day	136,000	130,261
4.21	Capacity building training to network members on network mobilization & planning skills	428,800	323,550
4.22	Registration of Mothers Group Network through Local Government	40,000	41,730
4.23	Support through matching fund to operate regular activities for coming period	800,000	800,000
Program Personnel/ Monitoring Activities (B)		34,191,091	33,140,832
5	project Monitoring and evaluation	3,651,808	3,131,340
5.1	Project evaluation	610,000	605,216
5.2	End line survey	352,000	281,427
5.3	Social Audit	454,600	403,666
5.4	DPAC meeting	471,600	289,990
5.4 a	coordination with government initiated activities	290,535	227,970
5.4 b	Coordination and advocacy meeting with Rural Municipality	40,000	38,811
5.5	Field visit and monitoring	195,000	191,493
5.6	Logistic material support to staff	467,000	469,290
5.7	Staff Insurance	80,073	80,031
5.8	Monthly staff meeting	691,000	543,446
6	Project Staffs	30,225,783	29,836,687
6.1	Project Coordinator	2,957,564	2,952,584
6.2	TSS Agriculture	2,267,360	2,240,804
6.3	TSS Livestock	2,156,983	2,112,349
6.4	Executive Director	3,398,850	3,391,046
6.5	Accountant	2,446,304	2,485,775
6.6	Admin and Logistic support staff	1,168,445	1,151,568
6.7	Office Support Staff	1,187,089	1,171,213



6.8	Field Facilitator	14,193,188	13,881,348
6.9	Consultancy service for reporting and document	450,000	450,000
6. B	Staff capacity building training and development	313,500	172,805
	Staff Exposure visit	313,500	172,805
Administration (C)		4,736,471	4,423,619
7.1	Project office rent	823,620	814,726
7.2	Communication	226,544	222,575
7.2 a	Communication in field office internet and cell	105,600	90,180
7.2 b	Communication in central office	134,400	116,597
7.3	Travel and fuel	132,999	117,757
7.3 a	Travel and fuel for project office	34,500	17,240
7.3 b	Travel and fuel for central	49,920	38,880
7.4	Central Office rent	1,069,618	1,069,618
7.5	Office Supplies	147,000	145,671
7.5 a	Office supplies of project office	48,000	42,100
7.5 b	Office supplies of Central	72,000	63,352
7.6	Stationery	141,000	129,772
7.6 a	Stationery for project	14,400	10,662
7.6 b	Stationery for central	72,000	61,883
7.7	Water electricity	87,142	74,200
7.7 a	Water electricity of project office	14,400	11,373
7.7 b	Water electricity of central office	57,600	36,315
7.8	Audit fee	170,000	170,000
7.9	Hospitality	102,000	87,268
7.10	Office Equipment	317,550	317,979
7.11	Vehicle rental cost	422,400	388,144
7.12	Legal, bank charge	43,000	11,778
7.13	Project office furnishing	178,000	177,902



7.14	Equipment maintenance and repair cost	95,778	85,764
7.14 a	Equipment maintenance and repair cost in project office	60,000	22,690
7.14 b	Equipment maintenance and repair cost in central office	60,000	46,445
7.15	Accounting software Renew	34,000	28,928
7.16	Equipment insurance and renew cost	23,000	23,820
Total Expenditure amount (A+B+C)		71,159,942	66,870,264

Thank You