

Integrated Village Development Program

“From Awareness to Action: Strengthening Women Through Mother Group Meetings”

Supported By: LTIMindtree

Implementing Partner Name: Arpan Seva Sansthan

Contact Person- Dr Chandra Shekhar Meena

Contact Number- 80037-27710

State: Rajasthan

District: Sawai Madhopur

City: Gangapur City

Village: Raipur

Challenge:

Mrs. Saira Bano, wife of Mr. Nazim Khan, an Anganwadi Worker from Gram Panchayat Raipur, had been providing services at the Anganwadi Centre for the past 15 years. Despite her long experience, she had limited knowledge about the purpose, process, and importance of Mother Group meetings. Regular Mother Group meetings were not being conducted at the Anganwadi Centre, and there was no proper platform for women to receive information related to health, nutrition, immunization, and government welfare schemes.

As a result, participation of pregnant and lactating women in meetings remained very low. Important information related to nutrition, anemia, hygiene, and child care reached only a limited number of women. Earlier, only 5–6 women used to visit the Anganwadi Centre regularly. Due to low community participation, the impact of Anganwadi services also remained limited, and women were often unable to openly discuss and share their concerns.

The Turning Point:

The turning point came when Arpan Seva Sansthan started regular meetings, orientation sessions, and continuous guidance for Anganwadi workers under the Integrated Village Development Programme in Raipur Gram Panchayat.

During these sessions, Saira Bano learned about the importance of Mother Group meetings and their role in improving women's and children's health and nutrition.

As she observed increasing participation and interaction among women during the meetings, she realized that regular communication and group discussions could effectively spread awareness and encourage women to openly share their concerns. This realization became a significant turning point in her working approach and community engagement.

Our Intervention:

To strengthen community participation and improve Anganwadi services, Arpan Seva Sansthan provided regular training, mentoring, and field-level support to Saira Bano under the Integrated Village Development Programme.

- 1. Mother Group Meeting Training:** Training was provided on the purpose, planning, and effective facilitation of regular Mother Group meetings to improve women's participation.
- 2. Health and Nutrition Awareness:** Guidance and support were provided to conduct discussions on nutrition, anemia, immunization, maternal care, hygiene, and child health.

3. **Community Mobilization and Personal Outreach:** Saira Bano was encouraged to personally connect with women and inform them about meetings through direct communication and phone calls.
4. **Record Keeping and Leadership Development:** Support was provided on maintaining proper records of meetings and strengthening leadership and communication skills for better Anganwadi service delivery.

Result:

With continuous support and guidance from Arpan Seva Sansthan and LTIMindtree Foundation, Saira Bano now regularly conducts Mother Group meetings twice every month at the Anganwadi center.

Earlier, only 5–6 women participated in Anganwadi activities, whereas now more than 20 women regularly attend the meetings. Women actively discuss topics related to nutrition, immunization, anemia, pregnancy care, hygiene, and government schemes, while also openly sharing their personal concerns and challenges.

Today, women in the village approach Saira Bano for guidance regarding health services and child care. The initiative has significantly improved awareness about health and nutrition, increased participation in immunization and nutrition-related activities, and strengthened transparency and community participation in Anganwadi services. The Programme has also enhanced Saira Bano's confidence and leadership abilities, enabling her to perform her responsibilities with greater enthusiasm and commitment.

Beneficiary Quotes:

"Earlier, I did not have proper knowledge about Mother Group meetings, but now regular meetings are helping women in many ways. Women openly discuss their problems, and I feel proud that I am able to support them through these meetings. I am thankful to Arpan Seva Sansthan and LTIMindtree Foundation for their continuous guidance and support."

Saira Bano

Anganwadi Worker, Raipur Gram Panchayat
Sawai Madhopur

