

- 1st April 2022 - 31st March 2023



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ANNUAL REPORT

2022-2023

Project Title : Improving the health knowledge and social status in Myaungmya Region

Sector : Health (mainly) and Agriculture

Donor : MFCG (Myanmar Family Clinic & Garden), Japan

MOU period : 1st MOU 24th March 2014-23rd March 2016
: 2nd MOU (in processing)

Country : Myanmar

Project Location : 15 VILLAGES in MYAUNGMYA REGION, MYANMAR

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ACRONYM

MC	=	Mobile Clinic
HE	=	Health Education
ARI	=	Acute Respiratory Tract Infection
BHS	=	Basic Health Staff
AMW	=	Auxiliary Midwife
CHW	=	Community Health Worker
ORS	=	Oral Rehydration Solution
CDK	=	Clean Delivery Kit
BCC	=	Behavior Change Communication
DOH	=	Department of Health
ANC	=	Antenatal Care
PNC	=	Post Natal Care
PHC	=	Public Health Care
M&E	=	Monitoring and Evaluation
MOU	=	Memorandum of Understanding
WCBA	=	Women of Child Bearing Age
CHP	=	Community Health Promoter
RH	=	Reproductive Health

Background History of MFCG

Myanmar Family Clinic & Garden (MFCG) is a non-profit organization established in June 2012 in Tokyo, Japan. It is also a non-governmental, non-religious organization which provides necessary basic health and agricultural knowledge and services free of charge to those who are least able to afford themselves.

MFCG focuses mainly on Health Education, behavioral change and provision of basic health services in rural and remote areas. MFCG is also in the process of applying valid registration with the Ministry of Home Affairs.

MFCG head quarter is situated in 8-41-23 Higashioku, Arakawa-ku, Tokyo, Japan and managed by three board members. Tel & Fax: +81 (0)3-6807-7499, Mobile: +81 (0)80-3527-2340

Memorandum of Understanding (MOU) agreement period

1st MOU: 24.3.2014-23.3.2016

2nd MOU: in progress

MOU objective is to provide guidelines and mechanism for MFCG to collaborate with and assist the Department of Public Health in implementing priorities of National Health Plan and contributes in meeting Millennium Development Goal and to raise health and socio-economic status of Myanmar people.

Country Representative Staffs	-Dr. Satoko Nachi. M.D
	-Medical Doctor (1)
	-Nurse (1)
	-Nurse Assistant (1)
	-Driver (1)

Project implementation period- 1st April 2022 - 31st March 2023

Project Description

Goal/Impact (Development Objective)

1. To improve Health and Socioeconomic status of Rural people in Myaungmya, Ayeyarwaddy Division
2. To assist in meeting Millennium Development Goals

Outcomes (Project Objective/ Purpose)

Practical level about primary health raised in 15 project villages of Myaungmya.

Outputs (Project results/Deliveries)

1. Awareness level raised, adopted healthy behavior
2. To increase access of Health Education knowledge
3. Morbidity and Mortality of Diarrheal diseases, ARI, Vitamin B1 deficiency diseases, Vector borne diseases , Seasonal disease and other common illness lowered due to improve access of primary Health Care
4. Awareness about Nutrition and locally produced organic vegetable increased.
5. Increased co-operation with Government's Staff
6. Evaluation

Activities for Each Output (Project Components)

1. Health education

Priority is placed on basic Health Education activities for communicable and non-communicable diseases using standard IEC materials produced by NHEB and in accordance with National Guidelines from respective program.

Health Education primarily focus on

1. Nutrition and balanced diet to prevent Vitamin deficiencies and malnutrition
2. Healthy lifestyle to prevent chronic diseases
3. Using sanitary latrines and four cleanliness to prevent Diarrheal disease , Worm infestation , Hepatitis and Vector borne diseases,
4. Reproductive Health (ANC, PNC, Family Planning)
5. Dental Hygiene

Community Health Promoters are trained by Health Officer to increase access of Health Education knowledge at respective villages. They will spread the health information in their respective villages, and assist in MFCG HE talk sessions. CHPs will co-operate with basic Health Staffs.

Tooth brushing method is taught and toothbrushes are also distributed for oral Hygiene.

Our activities to achieve output

1. Advocacy meetings with village representatives to improve corporation from village administrators
2. Conducting group Health Education talks sessions in small groups and individual session
3. Awareness campaign and distribution of IEC/ Pamphlets
4. Collaborate with CHP to access for HE knowledge

2. Primary health care program

Standard treatment for common diseases like acute respiratory infection, loose motion, dysentery and worm infestation and other common illnesses will be provided free of charge to rural population.

ORS and Zinc tablet for Diarrhea, Iron, Folic acid, Vitamin b1 and Multivitamin tablets are distributed to pregnant mother and who need it. Primary complex and TB suspect were referred to nearest health facilities. The Clean Delivery Kits are provided for third trimester of pregnant women if necessary.

Our activities to achieve output

1. Running mobile clinic 10-12 times per month to provide PHC care
2. Prevention and treatment of diarrhea, worm infestation, ARI, Vitamin B1 and nutritional deficiency anemia and other common illnesses, and also referral of serious cases to nearest health centers
3. Providing CDK (Clean Delivery Kit) to third trimester ANC women for safe home delivery care by AMW or TBA
4. Health Education focusing on increasing use of sanitary latrines, hand washing with soap to prevent diarrheal disease and worm infestation and also giving awareness of some communicable and non- communicable diseases like TB, Hypertension
5. Tooth brushing demonstrations were done and give toothbrushes to villagers for oral Hygiene.

3. Nutrition

HE sessions include conducting cooking demonstrations, 3 nutrition groups and balanced diet to prevent malnutrition and Vitamin deficiencies.

Giving awareness of reducing life-style related diseases such as Hypertension, Diabetes, and Metabolic Syndrome etc.

The practical knowledge of organic food was shared to villagers to get motivation on organic gardening.

Our activities to achieve output

1. Giving HE to mothers and women group about 3 nutrition groups and balanced diet
2. Giving HE how to prepare and cook foods and doing cooking demonstrations
3. Providing practical knowledge to mothers and women group to grow healthy and nutritional vegetable in HE talks.
4. Basic organic agricultural training in home garden level.

4. Agricultural training

This project will raise the health and socioeconomic status of the villages by giving education and trainings in selected villages how to produce/farm organic vegetables which they can eat and sell extra-products to others.

This can contribute to reduce deficiency diseases and generate income to fight poverty.

Our activities to achieve output

1. Giving lectures how to make natural fertilizers and how to grow various organic vegetables by using natural fertilizers
2. Giving practices in the field how to make natural fertilizers and how to grow various organic vegetables by using natural fertilizers

The trainees (villagers) will carry out" check and new actions" steps to continue on practice cycle.

They will share the knowledge to others villagers who are interested in organic gardening and so can improve health and socioeconomic status of villagers.

5. Cooperation with Government's Staff

MFCG organized meeting with Government's Staff with the recommendation from Myaungmya Hospital.

Purpose -To improve cooperation with Government Staff

- To discuss about the problems and difficulties facing in implementing PHC
- To discuss how to solve the problems
- To support the Government Staff from MFCG if possible

Our activities to achieve output

1. Organizing meeting with Government Staff at least once per month and if possible weekly
2. Discussing the facing problems and how we can solve the problems together

MFCG can get feedback and suggestion from Government Staff about MFCG's activities while meeting with them and so that we can improve MFCG's activities also.

Brief history of projected villages

Project 15 villages are situated at the areas which are inconvenient to access by BHS.

Weather

1. Hot Season (summer): starts from March to June. Sun protector and good rehydration are essential. To protect sun, the villagers generally use umbrella, local made hats and local make up (Thanakha)
2. Rainy Season: starts from July to October. For some villages, it is not easy to travel by road because of road conditions; they need to use motorboats or boats for transportation. Mainly, the villagers grow paddy during this season.
3. Cold Season (winter): from November to February. Not so cold in this area. From 15 degree celsius to 30 degree during this season.

Economic situation

Most of the villagers make their living by growing paddy, vegetables, bamboos, wood, cashew nuts, betel leaf and betel nut growing. Depending on the season, the villagers earn money by working as daily laborers in paddy field or making Napa palm roofs or growing vegetables or as fishermen.

Majority of villagers are quite poor and socio-economic status is low. But nowadays microfinance projects from government, other NGOs such as World Vision, PACT, and also other small microfinance are supporting some villages and trying to reduce poverty and increase their income.

Electric supply

All villages have no electricity supply and mostly they have to use battery or solar as source of electricity.

Public media center

There is no library and internet access center. But Kya Phu Ngone village has small library and Daw Khin Kyi foundation mobile library is also reaching to borrow the books to those villages once a month.

Safe drinking water source

The villagers mainly drink water without boiling. They use wells or rainy water ponds as drinking water. Some villages have tube pump well supported from other NGO organizations.

Education

Most project villages have primary schools at least. Some have middle schools and high schools.

Parents have to use large amount of money for their children to attend to the high school or university at town and a minority of adults can go higher education.

Religion

The religion is mainly Buddhism. But In Htaw Yee village, all villagers are Christian and four churches can be found.

Health facilities

No health facility is available in all project villages. But Government Health Facilities are available at nearby villages and they can go and get Health Care from BHSs.

Men and women situation in the villages

No gender discrimination in all villages. Domestic violence and drug abuse are very rare in these villages.

RH component

For family planning, the villagers used mostly Oral contraceptive pills and Depo injection methods which can be accessed easily from Midwives and AMWs. If they want to insert IUCD for contraception, they have to go to Government Hospital. There are some NGOs like Marie Stopes International supports inserting IUCDs for free.

Mostly pregnant women are taking ANC with midwife. MFCG involvement in RH is giving iron/folic tablets to ANC women, screening for risk pregnancy and refer them and giving HE about family planning, safe motherhood and taking birth with skilled medical persons.

Link between MFCG and Government structures

Before the project starting MFCG did advocacy to township, village BHSs, village administrators and leaders.

Field trip plan

Generally, there is twelve fields trip per month. Field trip plan was submitted monthly to Myaungmya District Public Health Officer and Ayeyarwaddy regional officer, Pathein. Field trip schedule can be seen on Page 39 and 40.

Data collection and monthly meetings

Monthly and Quarterly Mobile Clinic and Health Education data report have sent to DOH Nay Pyi Taw, Myaungmya District Public Health Officer (DMO) and Ayeyarwaddy Regional Medical Officer, Pathein.

Mobile Clinic and Health Education

Mobile Clinic and Health Education sessions were conducted in the tent by MFCG, but sometimes in the village leader or volunteer's house.

Transportation to the field: Field staffs, drugs and commodities for Mobile Clinic and IEC materials for Health Education were transported by MFCG car.

Mobile Clinic for PHC and to detect suspected TB cases, malnutrition etc. and to refer the cases and severe ill patients to nearest health facilities.

Community Health Promoter training courses were supposed to give in suitable villages at least 3 to 6 course per year.

Trainings courses conducted by MFCG

MFCG conducted the agricultural training Course for (2) days in TBC village and another (2) days in HY village.

Constraints

First of all, most of the villagers seemed to be lack of interest in Health Education session. Secondly, the villagers seemed to lack of collaboration and enthusiasm in some villages which has been a quite inconvenient for MFCG.

For patients with Hypertension, MFCG do blood pressure measuring and give Health Education, do and don't for hypertension but MFCG don't give any antihypertensive drugs to them.

And MFCG don't give injection also. Because these MFCG's image to be declined on the villager's side.

Lesson learnt

MFCG should raise its man power to cope with emergency situation like unplanned leave. All MFCG staffs should get training on Capacity Building Initiative and Health Education training to improve team building skills.

MFCG should better well prepare for the unpredictable emergency situation for transportation to the field trips.

If a poor patient needs to go to the hospital for any reason he/she has problems mainly in transportation fee, treatment cost and addition cost. MFCG should encourage the emergency patients by using its' car for transportation and support some amount of cash (10000kyats) for referral initiative motivation.

Benefit of people in project area

Health and socioeconomic status of the villagers in project villages will be improved by giving Primary Health Care and by giving Health Education talk by MFCG.

The incidence of deficiency diseases and chronic non communicable diseases will be reduced by conducting small group or individual Health Education sessions, by the cooking demonstration to prevent beri beri and also by giving agricultural training course how to grow organic vegetables at home to prevent malnutrition.

MFCG has been planning for the health awareness and behavior change of each villager by CHPs. MFCG CHPs can become the link between the BHSs and villagers.

Agricultural gathering training course was given TBC village on 16th and 17th of May 2022. MFCG gave 2days agricultural training course which will help the villagers to encourage growing organic vegetables to be healthy and generate income by selling vegetables.

MFCG mainly prioritizes for the villagers to get the correct basic health knowledge and to make them realize that prevention is better than cure. So that Health Education and awareness raising activity of MFCG . The people from these 15 villages can improve in health knowledge and they can share the health knowledge to their friends and relatives who are living in other villages. It means that we will expect that the people will get this health knowledge and practice may be multiplied again and again successively in the future.

Therefore, MFCG is implementing the project in cost effective way because although it could use limited budget, man power and materials it will surely get great project outcome.

MFCG Health Education Topics given in Health Education Sessions

1. Nutrition

1. Balanced diet, including essential 3 groups of food
2. Benefits of rice gruel, and Vitamin B1
3. Local gardening of organic vegetables and their nutritious value

2. Personal Hygiene

1. Hand washing method
2. Prevention of diarrhea, dysentery and worm infestation
3. Dental Hygiene including systematic tooth brushing method

3. Environmental

1. Safe food
2. Safe water
3. Sanitary latrine
4. Prevention of Mosquito borne diseases (Dengue fever, Malaria and Filariasis)
5. Prevention of sunburn, ultraviolet rays and heat exhaustion during hot season
6. Environmental sanitation and garbage disposal

4. Maternal and Child Health

1. Safe motherhood
2. Danger signs for Pregnant Women
3. Breastfeeding and weaning diet

5. Reproductive Health

1. Family planning and contraception methods

6. Symptoms and Prevention of Tuberculosis

7. Non Communicable Diseases

1. Hypertension (Symptoms, Complication and Prevention)
2. Diabetes Mellitus (Symptoms, Complication and Prevention)

8. Seasonal Diseases e.g. Corona Virus Infection

- ★ MFCG gave Health Education to the participants from 15 project villages during Mobile Clinic days and Health Education days.
- ★ MFCG used Health Education pamphlets and posters, vinyl as reference for Health Education.
- ★ During Dental Hygiene Health Education, MFCG exchanges toothbrushes and cups for the participants.
- ★ MFCG also provides Clean Delivery Kits for third trimester pregnant women.

Activities Report on April, 2022

Weekly Report from 4. April. 2022 to 8. April .2022

Village	TBC		CET		Total	
Date	5.April.2022		7.April.2022			
Activity Day	MCD		MCD			
participants	TBC Villagers		CET Villagers		M	F
	M	F	M	F		
	4	3	7	10	11	13
HE Topics	1. Heat Stress		1. Heat Stress 2. Hypertension			
HE Sessions	1 Session		2 Sessions		3 Sessions	

Activity Report in TBC (TBC) Village

Date : 25/April/2022
 Time : 9:00 Am -12:00 Noon
 Place : Tha Bought Chaung (TBC) Village
 Purposes : (1) To give the Personal Development Training Course to TBC Youth Team
 (2) To give the training about Communication to TBC Youth Team
 Participants : TBC Youth Team Members - 8
 Myaungmya Youth Team Members - 5
 Trainer(Myangmya Youth Team leader) 1
 MFCG Members - 4

Method

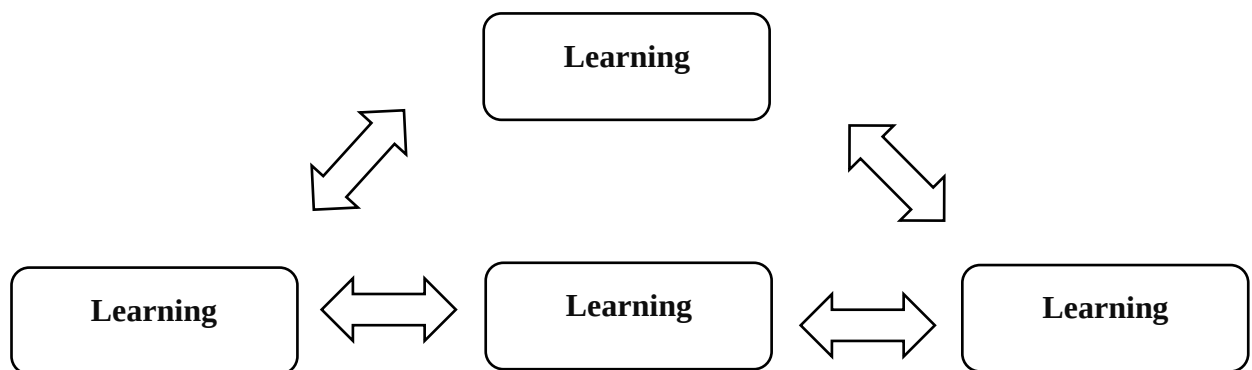
At first, the trainer and all the participants introduced each other. And then, Sayar gave the pretest questions to all the participants to know the basic knowledge about personal development and Communication skills.

After taking the pre-test questions, the trainer gave the course according to the lecture contents. Please see the below.

Personal Development

Personal Development is the development that a person has to do in order to survive in the best possible situation in a person's life. It is an important principle of success and happiness. It is a life concept that every one should know and understand for physical, emotional, intellectual, spiritual health. (Mon Halsey)

Learning of Life Chart



What is your dream?

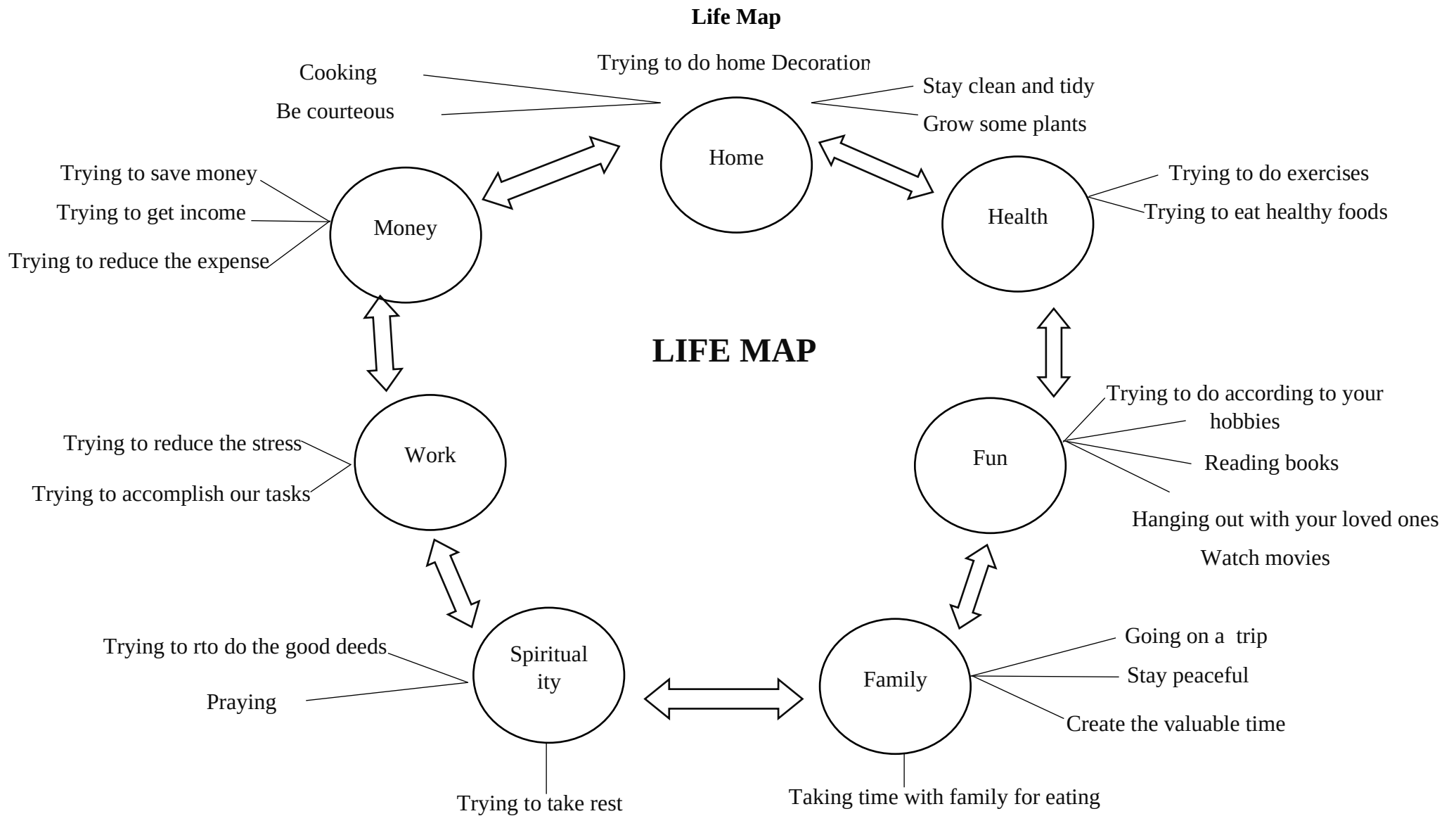
Experience	Skill
Education	Opportunity

Personal Development Skill

- ❖ Communication
- ❖ Interpersonal
- ❖ Organization
- ❖ Problem-solving
- ❖ Self-confidence
- ❖ Adaptability
- ❖ Integrity
- ❖ Worth Ethic
- ❖ Leadership

Don't forget the following points

- Learning
- Practices
- Review
- Knowledge transfer
- Experience transfe



Activity Report in Tha Bought Chaung (TBC) Village

Date	:	26/April/2022
Time	:	9:00 Am -12:00 Noon
Place	:	Tha Bought Chaung(TBC) Village
Purposes	:	(1) To give the training about Communication to TBC Youth Team
Participants	:	TBC Youth Team Members - 8
		Myaungmya Youth Team Members - 5
		Trainer(Myauungmya Youth Team leader) 1
		MFCG Members - 4

Method

At first, the trainer and all the participants introduced each other.

Communication

▲What is communication

The transmission of information to another person or group of people as a result of the action of an individual or group

▲Why do people need to communicate each other?

- 1) For controlling
- 2) For motivation
- 3) For emotional expression
- 4) For information

★Transmission of information

- Oral
- Written
- Non-verbal

◎Oral

- ✚ Immediate
- ✚ Immediate feedback and questioning
- ✚ Personal
- ✚ Time consuming
- ✚ Impermanent

◎Written

- ✚ Permanent record
- ✚ Careful compilation
- ✚ Wide distribution

- ✚ Easy to distribution
- ✚ Expensive
- ✚ Impersonal
- ✚ Misunderstanding

◎Non verbal

- ✚ Body language
- ✚ Voice
- ✚ Space
- ✚ Personal presentation
- ✚ Must be consistent with verbal communication

▲The ways of effective communication

-ABC

- ✓ A= Accuracy
- ✓ B= Brevity
- ✓ C= Clarity

-Seven Cs

- ✓ Clear
- ✓ Concise
- ✓ Correct
- ✓ Courteous (Polite and well manner)
- ✓ Complete
- ✓ Consistent
- ✓ Convincing

Why Listening is important?

- Critical management skill
- Active listening
- Mirroring
- Feelings
- Repeating

Conclusion

After giving the course about communication to the participants. The trainer gave the post-test questions to all the participants to answer. So that, we can know how much the participants improved after taking the course.

Activities Report on May,2022

Agricultural Training Report

Date : 16th and 17th May, 2022

Time : 9:00 Am to 4:00 Pm

Place : Tha Bought Chaung (TBC) village

Purposes : To raise the health and social status of rural population by giving knowledge accessible to local people and sharing agricultural and gardening knowledge to produce healthy organic products.

Trainers : Sayar U Naing Lin Htun (From MDF)
Sayar U San Win (From MDF)
(Metta Development Foundation (MDF)

Trainees

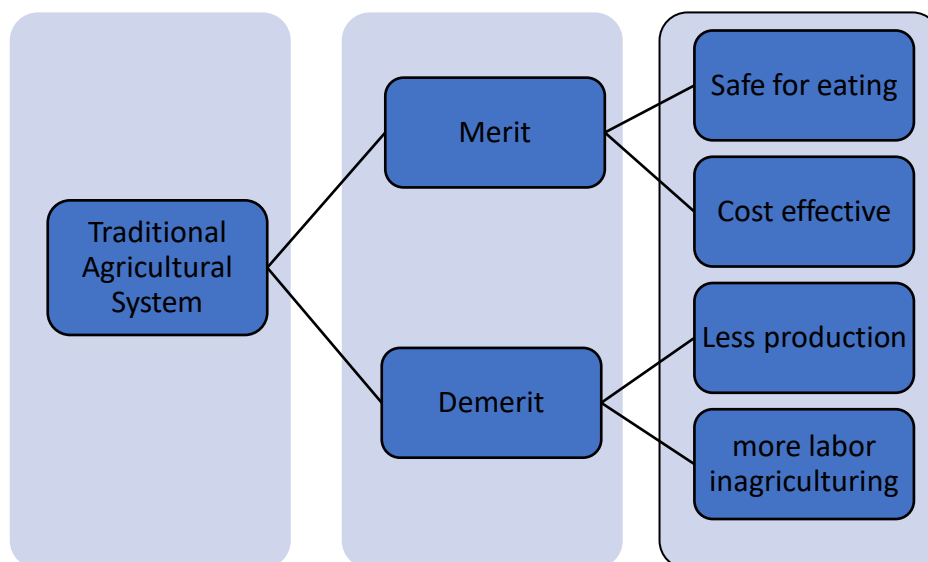
Sr No	Name	Village
1	Mahn Win Naing	Pwel Nyat San (PNS) village
2	Sa Tin Myo Oo	Pwel Nyat San (PNS) village
3	Nant Thuzar Aung	Pwel Nyat San (PNS) village
4	Ma Ohnmar Htwe	Pwel Nyat San (PNS) village
5	Saw Sar Pwel Mu	Htaw Yee (HY) village
6	Naw Elizabeth	Htaw Yee (HY) village
7	Naw Eah Si	Htaw Yee (HY) village
8	Naw Lel Phaw	Htaw Yee (HY) village
9	Naw Htoo Phay	Htaw Yee (HY) village
10	Naw Hel Gay	Htaw Yee (HY) village
11	Naw Kapaw Say	Htaw Yee (HY) village
12	Naw Lar Shu	Htaw Yee (HY) village
13	Ma Kamalar	Htaw Yee (HY) village
14	Naw Htoo Nay	Htaw Yee (HY) village

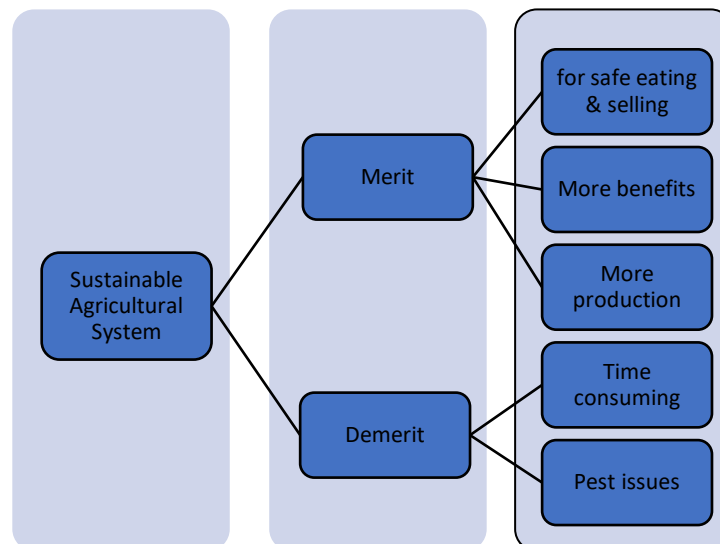
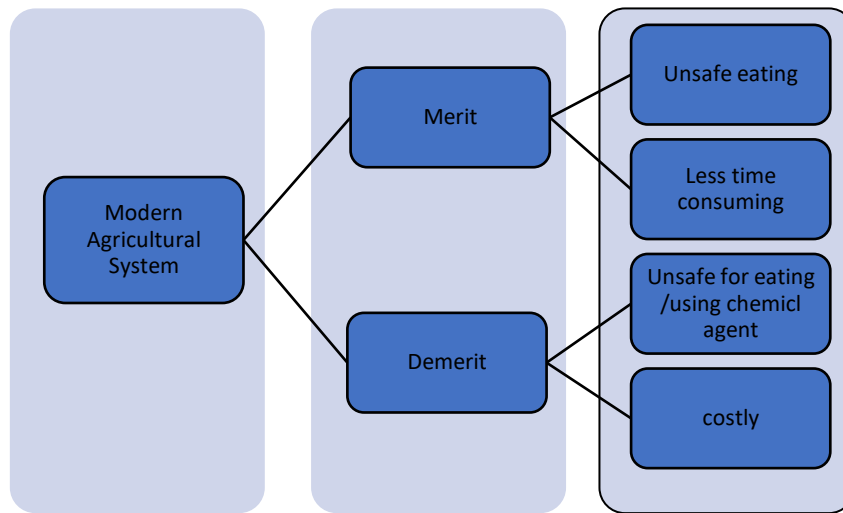
15	Saw Eah Sel	Htaw Yee (HY) village
16	Naw Khu Gay	Htaw Yee (HY) village
17	Ma Nee Ne	Htaw Yee (HY) village
18	Naw Lel Phaw	Htaw Yee (HY) village
19	May Khant Cho	Htaw Yee (HY) village
20	May Cho Cho Aung	Htaw Yee (HY) village
21	Ma Thandar Htay	Kyar Phue Ngone (KPN) village
22	Ma Moh Moh Zaw Win	Kyar Phue Ngone (KPN) village
23	Ma Su Hnn Phwe	Kyar Phue Ngone (KPN) village
24	Dr. Satoko Nachi	MFCG
25	San San Maw	MFCG
26	Aung Than Htut	MFCG
27	Wai Moe Kyaw	MFCG

Method

Day1 (Morning Session)

1. Three Agricultural Systems
 - a. Traditional Agricultural System
 - b. Modern Agricultural System
 - c. Sustainable Agricultural System





What is natural agricultural system?

It is a way of agriculture that does not damage or harm any parts of the nature (such as trees, mountains, insects, water, air and animal)

What are the healthy foods?

Healthy foods are the foods that do not contain the contents of the poisons and are safe for eating.

How to produce the healthy foods?

Healthy foods can be produced by using natural agricultural system in agriculture.

What is the relationship between the natural agricultural systems?

We cannot produce the healthy foods without using the natural agricultural system.

Afternoon session

1. Topic : natural pest control product

Purpose : To control the pests attack on the vegetables.

	Ingredients	Amount	Remark
1	Garlic	(10) kyattha for each leave	- cut and crush all the ingredients into small pieces and put all the contents into plastic bottle. And then add the rice washing liquid until all the ingredients are submerged. -After 10 days we can use it for the plants. - We can use it every week and if necessary. -We can spray to the plants and vegetables to prevent the pests attack. -We can start to use the spray for the plant at 15 days after planting. - We have to mix 10cc of the liquid with 20L of water before applying to the vegetables.
2	Chilli		
3	Ginger		
4	Galingale		
5	Lemongrass		
6	Kone Bay Dar leaves		
7	Tamar leaves		
8	Bee Sat leaves		
9	Kyat Than Pyay leaves		
10	Rice washing liquid		

2. Topic : Herbal Nutrients for plants

Purpose : To give the nutrients to the plants.

Ingredients	Amount	Remark
Banana Stem Jaggery	Equal Amount	Cut and crush the banana stems into small pieces. Cut and crush the jaggery into small pieces. And then, add one layer of banana stem and one layer of jaggery pieces. After 7-10 days, we can start to use it. We have to mix 10cc of the liquid with 20 L of water before using it. We can use it every week or if necessary.

2.Topic : Herbal Nutrients for plants

Purpose : To give the nutrients to the plants.

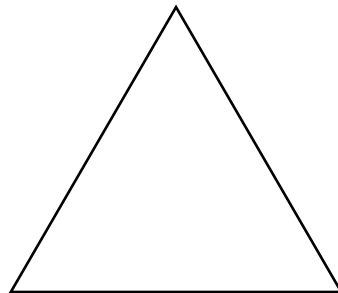
Ingredients	Amount	Remark
- Citrus leaves - Sugar	- (5) Kyattha - (25) Kyattha	- Cut and crush the banana stems into small pieces. - Cut and crush the jiggery into small pieces. - And then, add one layer of banana stem and one layer of jaggery pieces. - After 7-10 days, we can start to use it. - We have to mix 10cc of the liquid with 20 L of water before using it. - We can use it every week or if necessary.

Pests and Diseases on Day (2)

Morning Session

There are three roots to cause a disease.

Atmosphere (33%), e.g humidity, dry weather



Host (e.g weak or strong) 33%

Microorganisms (33%)

There are (4) types of microorganisms to cause disease

1. Fungus
2. Bacteria
3. Virus
4. Parasite

Most common infections	Favorite condition	How to avoid
Fungus	-Fungus likes the humidity (such as raining season & winter season)	- Good ventilation - Try to get adequate sunshine - Drain the water if it is collected. - Try to plant with an adequate distance to get good ventilation. -Apply the ash powder if necessary. - Try to select the healthy and strong plant to grow. -Use natural pesticide and pest control for the plants.
Bacteria	Bacteria likes the hot weather to breed (especially in Feb & Mar)	-Try to give enough amount of water to prevent the bacteria infection. -Apply some roof to give the shade if necessary. - Try to select the healthy and strong plants to grow. -Spray natural pesticide and pest control for the plants.

Symptoms of diseases on plants

	Characteristics
Leaf Stem Flower Fruit Root	Yellow, gray, red or black colored spots on the affected area with the round or oval shape. There may not have holes or scratch on the affected area. The affected area will become bigger and bigger. Finally, the plant will become dry or perish and then the plant will die.

Risk factors for causing diseases

- 1) Poor ventilation
- 2) Not adequate sunlight
- 3) Crowded plants
- 4) Lack of nutrition
- 5) Water always present
- 6) Humidity
- 7) Lack of water

- 8) Hot weather
- 9) Humidity and hot

Symptoms of Pests on plants

	Characteristics
Leaf	Holes in the middle leaves
Stem	Large holes in leaves
Flower	Holes in stem
Fruit	Finally, the affected area will perish and die.
Root	

Afternoon session

Essential nutrients on plants

1. Sunlight
2. Oxygen
3. Water

Important nutrients

1. Nitrogen(N)
2. Phosphorus(P)
3. Potassium(K)

Nutrients	Function	Resources
Nitrogen(N)	-Supporting plant growth (such as leaves, flowers, fruits and branches)	- Poultry manure (such as green leafy plants) - Legumes
Phosphorus(P)	- Strong stem - Form seeds - Develop roots -Speed maturity	- Pig dung - Old straw - Burnt rice husk
Potassium (K)	- Produce grain rich in starch - Increase protein content of the plants - Form new roots	- Pig dung - Chicken dung - Burnt rick husk

Conclusion

The participants are very satisfied with the agricultural training course. They understood the benefits of growing organic vegetables very well and the ways of making natural fertilizers, pest control and pesticides. So, they will try to grow the vegetables by using the organic way.

Next plan

The agricultural members who have their own land will grow the vegetables in their own garden by themselves. And then TBCYT members and PNS members will make a community garden. MFCG will have a meeting with them on 26th & 27th May to discuss about that issue.

Activities Report on June,2022

Report on Agricultural Training in Tha Bought Chaung (TBC) Village

Date : 14. June. 2022

Time : 9:00 Am – 4:30 Pm

Place : TBC village (Village leader's house)

Purpose : (1) To know the correct method of vegetable gardening.
(2) To know how to use the natural pesticide for the vegetables properly.

Participants :

Sr. No	Participants		Name of Organization
1	U San win	Trainer	MDF
2	Nant Thet Thet Ei San	Member	TBC Agri - Team
3	Nant Phyu Phwe Hlaing	Member	TBC Agri - Team
4	Nant San Hee	Member	TBC Agri - Team
5	Dr. Satoko Nachi	Country Manager	MFCG
6	Aung Than Htut	Member	MFCG
7	Wai Moe Kyaw	Member	MFCG
8	May Lae Aung	Member	MFCG

Method

1. At first, MFCG talked about the following issues:

- a. MFCG gave the agricultural calendar vinyl to the agricultural members to be able to know which vegetables are most suitable for which season. MFCG discussed with the agricultural specialists from Metta Development Foundation (MDF) to make this calendar for the agricultural members.
 - b. MFCG provided the seeds which are planning to grow in the community garden this season. They are roselle leaves, long bean, cucumber, lady finger and water spinach seeds. Nant Phyu Phwe Hlaing was in charge to keep the seeds and Nant San Hgyi was in charge to keep the agricultural calendar vinyl.
2. Sayar U San Win made a review about the agricultural lecture contents that were taught on 16 and 17 of May, 2022. And then, he explained about the dangers of chemical fertilizers and encouraged the participants that we should not use the chemical fertilizers.
 3. Sayar U San Win explained the agricultural members how to prepare the herbal nutrients liquids to mix with water before spraying the vegetables. Please see the following tables:

Sr.No	Contents of the Herbal Nutrients	Preparation Method		Suitable Vegetables
1	Bananas(fruits)+ Jaggery liquid	1ststep	(1)Table spoon of the original liquid is mixed with another new (1) litre of jaggery liquid	1. Long bean 2. Cucumber
		2nd step	After mixing with (1) litre of jaggery liquid. Mix (1) tin of the liquid mixture and (2) gallons of water again. Then, it is ready to use for the vegetables.	
2	Citrus Leaves + Jaggery liquid	1ststep	Mix (1) tin of the original liquid with (2) gallons of water. Then, It is ready to use it for the vegetables.	1. Banana plants
3	Bananas (stems) + Jaggey liquid	1st step	(1)Table spoon of the original liquid is mixed with another new (1) litre of jaggery liquid	1. Roselle leaves 2. Pumpkin 3. Lady fingers
		2nd step	After mixing with (1) litre of jaggery liquid. Mix (1) tin of the liquid mixture and (2) gallons of water again. Then, it is ready to use for the	

			vegetables.	
4	Pineapples + Jaggery liquid	1st step	(1)Table spoon of the original liquid is mixed with another new (1) litre of jaggery liquid	1. Chillies 2. Hot Big Chillies
		2nd step	After mixing with (1) litre of jaggery liquid. Mix (1) tin of the liquid mixture and (2) gallons of water. Then, it is ready to use for the vegetables.	

After that, we took lunch time for one hour. After eating lunch, Sayar continued his lecture again. He explained about (12) motivational points to the participants. They are:

1. Contemplate before buying something.(To avoid foods that use chemicals)
2. Cook cautiously.(To prevent loss of nutrients)
3. Eat the meat and the wheat as little as possible.
4. Try to eat only local foods.
5. Eat only as much as you can.
6. Don't waste the foods. Try to use the remaining foods for something.
7. Eat cautiously.
8. Food is essential.
9. Everything is related to everything.
10. The qualities of the foods are declining.
11. Our hands and mouths are connected with the earth.
12. How to make it good for the environment?

Attitudes to have and things to experience when doing something:

1. Be patient.
2. Be persevere.
3. Be humble.
4. You can face various criticism.
5. You can be insulted.
6. You will be ridiculed.
7. You will be blamed.
8. You might be blamed even though you are innocent.
9. People will treat you according to their emotions.
10. People will gossip about you.

Sayar U San Win encouraged the agricultural members not to give up easily if they face something difficult in their life.

Date : 15. June. 2022

Time : 9:00 Am – 4:30 Pm

Place : TBC village (Village leader's house)

Purpose : (1) To know how to prepare for crop cultivation
(2) To grow the vegetables in the community garden

Participants :

Sr. No	Participants		Name of Organization
1	U San win	Trainer	MDF
2	Nant Thet Thet Ei San	Member	TBC Agri - Team
3	Nant Phyu Phwe Hlaing	Member	TBC Agri - Team
4	Nant San Hgyi	Member	TBC Agri - Team
5	Dr. Satoko Nachi	Country Manager	MFCG
5	Aung Than Htut	Member	MFCG
6	Wai Moe Kyaw	Member	MFCG
7	May Lae Aung	Member	MFCG

Method

1. Sayar had a review of the previous lessons at the start of the session to strengthen the participants' retention of the lessons.

2. Practical Time

How to prepare the Dochakin before using

1. We need to mix the contents of the Dochakin with natural fertilizers (such as decayed leaf or decayed straw)
2. Mix (1) basket of Dochakin with (4) baskets of decayed leaf or straw before using.

And then, MFCG worked together with TBC agricultural members to prepare the lanes for growing vegetables. After preparing the lanes, we planted the vegetables together with TBC agricultural members.

Sr. No	Name of the vegetables	Number of rows planted
1	Roselle leaves	2
2	Long bean	2
3	Cucumber	2
4	Lady Finger	1
5	Water Spinach	1

Finally, we covered the cultivated rows with coconut branches to protect them from the rain. Otherwise, the seeds cannot grow up very well.

We need to dispose the covered branches for (4) days after planting.

When the plant is (6) inches long, the bamboo stick must be erected for the plants to be able to climb up.

Conclusion

All the participants understood the dangers of using chemical fertilizers very well and the preparation of herbal nutrients for the plants before using them.

In addition, we had a great time with TBC agricultural members in planting vegetables.

Next plan

MFCG will cooperate together with agricultural members in TBC village to be able to make an organic garden without using any chemicals. We will only use the natural fertilizers for the vegetables.

We are planning to make a fence for the community garden to prevent the animals (such as chickens, dogs and cows). We will come to TBC village again to make a fence to do together with TBC agricultural members.

Report on Meeting with Teachers in Ga Yat Gyi (GYG) Village

Date	:	21. June. 2022
Time	:	9:00 Am – 11:15 Am
Place	:	GYG School
Purpose	:	(1) To know the (GYG)school's blue print (2) To know the real situation of the school in GYG.
Participants	:	Headmaster - 1 School teachers - 11 MFCG members - 4

Method

MFCG talked about the following contents:

- 1) Asking general questions
- 2) Health Sector
- 3) Personal Hygiene Matter
- 4) First Aid Kit Matter

5) Environmental Sanitation Matter

General Questions

The number of the GYG school students are as below.

No	Grade	Number of students
1	K-G	41
2	G-1	84
3	G-2	58
4	G-3	42
5	G-4	51
6	G-5	31
7	G-6	13
8	G-7	33
9	G-8	16
Total		369

Health Sector

Teachers complained that many school children get the seasonal flu according to the season. But there were no severe student to send to the hospital to get the treatment.

In the past, there were (5) students who suffered from DHF and needed to go to hospital to get the treatment. But there were no deaths associated with DHF.

So, they would like to have some Health Education Talks for their school students.

Personal Hygiene Matter

The teachers said that “The school children’ fingernails are long and dirty because they don’t have the nail cutters for cutting”.

First Aid Kit Matter

There is a health care service for the students, teachers and all the staffs in school. They have the first aid kit for emergency condition. When the students are injured, the teachers provide some medications (such as providing topical application or ointment). But some medicines in the first aid kit already expired so that they want to arrange the first aid kit to change some medicine. But they don’t have the medical person to do it.

Environmental Sanitation Matter

They have the trash pit in the school compound. Even though they throw the trashes into that pit, some rubbish is blown away by the wind or birds. So that, the garbage returned to the school compound. So that, they don’t know how to manage this matter (To recycle the trashes or the put the lid of the pit). They have the difficulty with managing the trashes for the school.

Conclusion

Health Sector

The school teachers want the school children to be healthy.

MFCG offered to organize the health committee with some school teachers. So that all the teachers don't need to attend the meeting with MFCG because we don't want to disturb their teaching time. In addition, MFCG can contact to any one of them if we have some issues to talk about the health matter. So, they organize the health committee immediately during the meeting time. There are (4) teachers in health committee. They are:

1. Daw Cherry Myint
2. U Aung Myo Thura
3. Daw Htet Htet Aye
4. Daw War War Myint

Personal Hygiene Matter

Longer fingernails can harbor more dirt and bacteria than short nails so that school teachers are worried about their school children's health condition. But, they don't know how to manage this issue.

First Aid Kit Matter

There is no medical person to manage the first aid kit.

Environmental Sanitation Matter

The school teachers want to have a clean and tidy school compound. So that, they would like to get some ideas about waste management. (How to recycle the trashes and how to burn the trash)

Next plan

Health Sector

MFCG decided to have the Health Education Talk for the school students at school. We are planning to give the following health topics. They are:

- 1) Seasonal Flu
- 2) Dengue Hemorrhagic Fever
- 3) Diarrhoea

School teachers will select the available dates for the Health Education Talk. After confirmation the date, they will contact us.

Personal Hygiene Matter

MFCG planned to give the nail clippers to the health committee members. So that, the committee members can take the responsibility to manage the nail clippers for the school children. In addition, we decided to give one note book to the committee members to record the list of rented nail clipper.

First Aid Kit Matter

MFCG planned to give the First Aid Training to all the school teachers. We planned to divide the all the teachers into two groups to give the course.

Environmental Sanitation Matter

MFCG planned to use the (3) different types of trash cans for the school.

- (1) Plastics waste
- (2) Recycle waste
- (3) Organic waste

In addition, we planned to have the training about waste management and recycling program for the school. We will contact the school later after we made detail planning about it.

Activities Report on July,2022

Health Education Activity Report in Chauk Eain Ta (CET) Village

Date : 27/Jul/2022

Time : 9:00 Am to 2:00 Pm

Place : Chauk Eain Tan (CET) Village

Purposes : (1) To have the Health Education (HE) Activity

- a. To give the knowledge about Dengue Hemorrhagic fever (DHF)
- b. To give the HE about dental health and to teach the correct method of tooth brushing.
- c. To give the health knowledge about Corona Virus Infection.

(2) To have the Medical Checking (MC) Activity.

Participants : Villagers - (22) People
MFCG members- (6) People

Method

MFCG started the blood pressure (BP) checking activity at 9:00 Am. There were (9) participants to check the blood pressure. We welcomed all the participants to do the BP checking. And then, we gave the HE talk to the participants about Dengue Hemorrhagic Fever. Second, we gave the HE talk about Corona Virus Infection. After that, we did the demonstration about hand washing and gargle with all the participants to prevent diseases.

MFCG made groups for all the participants. There were (4) groups for all the participants.

Groups	Number of participants
Group -1	5
Group -2	5
Group -3	4
Group -4	4

MFCG gave (3) minutes for all the participants to practice the correct way of hand washing. Finally, we had a competition for each group. We selected the winner group in which all the participants could do the correct way of hand washing and in harmony. The winner group was rewarded with

soaps. (2) different soaps were given to each participants. And then, MFCG exchanged the toothbrushes for all the participants and tooth brushing demonstration.

Finally, MFCG gave the multivitamins to those who have taken the blood pressure. And then, (2) soaps were given as presents to each participants because the participants needed to give their own time to participate in our MFCG's activity.

Conclusion

- ❖ Some participants didn't finish joining the Health Education Activity because they might be hungry. Because we gave (3) different topics in the morning session.
- ❖ MFCG did not give the multivitamins or presents unless they joined the activity from the beginning until the end of the session.

Next plan

- ☐ MFCG decided to make sure about the presents before starting the Health Education Activity.
- ☐ MFCG planned to give one topic one time and the same topic in (2) consecutive months so that they might be able to concentrate and remember the contents of the Health Education Talk.

Health Education Activity Report in Ga Yat Gyi (GYG) Village

Date : 28th - July -2022

Time : 09:00 Am to 2:40 Pm

Place : GYG School, GYG village

Purposes : (1) To give the Health Education (HE) knowledge about Dengue Hemorrhagic Fever (DHF)
(2) To help the nail cutting for the students.

Participants : Morning Session

Sr No	Participants	Number
1	Headmaster	1
2	Grade-1 & Grade-2	113
3	Class teachers	8
4	MFCG members	6

Method

In the morning session, MFCG started our activity at 9:00 Am. MFCG explained to the health committee members about the correct way of cutting the nails to prevent ingrown toenails. The correct way is to trim the toenails straight across. We should not curve our nails to prevent the complications.

And then, we had an introduction to all the students before starting our activity. After the introduction, the headmaster had an opening speech for the students.

MFCG started to talk about the DHF topic. And then, we distributed the song lyrics of the DHF to all the students. After that, MFCG taught the DHF song to the school children first and we sang the song together with the students to remember the preventive measures of DHF. Ko Aung Lay (one of the MFCG member) led the singing song part.

Finally, MFCG gave the Health Education about DHF to the students. We mainly focus the prevention methods to prevent DHF. Because the students are too young to be able to concentrate and understand the Health Education Talk. There are (11) point to follow to prevent DHF. They are:

	Preventive Measures
1	Cover the water containers with the lid all the time to prevent the mosquito breeding.
2	Wash the water container and change the water as necessary.
3	Change the water entirely in a vase every 2-3 days to prevent the mosquito breeding.
4	Strain the larvae through a water filter.
5	Put the gasoline or diesel in the small container which is at the base of the leg of the table. So that, the mosquitoes can't breed inside it.
6	Sleep with a mosquitoes net either at night or during the day time.
7	Remove the larvae that are visible in the water when water is scarce
8	Keep the windows open to keep the mosquitoes out.
10	Bury the cups or some broken containers or car tires that can hold water during raining.
11	Use the spray to prevent the mosquitoes.

After the DHF Health Education Talk, we continued the nail cutting activity.

We explained the correct method of nail cutting way to all of the students to help prevent ingrown toenails. In addition, we told them why is trimming the nails important. The correct way is to trim the toenails straight across. We should not curve our nails. And then, we gave the pamphlets about the correct nail cutting method to all the students.

The school health committee members took in-charge of dividing the students into groups. There were (12) groups in total. Each group contained 10-13 students. One person of health committee members took responsibility to take care of (2) groups and one person of MFCG member was in-charge for (1) groups. And then, we started to have the nail cutting activity. After nail cutting was done, MFCG finished our morning session activity.

We had a meeting with (4) health committee members. The discussion contents are as below:

1. Getting feedback from health committee members
2. First aid training matter
3. Medicines matter
4. Trash recycling matter

(1)

From	Feedback
Teacher(Committee member)	-The students from Grade-1 & Grade-2 students can't read and speak Burmese language very well. It was not sure whether the students understood the contents of the Health Education Talk or not.
Teacher(Committee member)	-The teacher requested MFCG to get to know how to measure the body temperature and blood pressure.

(2) MFCG explained about the first aid matter to the health committee members what we will provide the course especially about the essential matter for emergency case.

(3) MFCG requested the committee members to keep one notebook to record about the complaints from the students when they are not feeling well. So that, we can realize that what kinds of medicines might be commonly used in school.

In addition, MFCG told the committee member that we will support the medicines for only one time at the beginning. The committee members will need to take the responsibility to buy the medicines when the medicines have gone. They need to manage by themselves for medications.

MFCG gave the information to the community members about the trash recycling matter. MFCG have (2) options for this issue. MFCG planned to share the information back to the committee members about the trash recycling method or we will invite the specialist to come to the GYG school and to give the lecture.

At 11:30, we finished our morning session.

Participants : Afternoon Session

Sr No	Participants	Number
1	Headmaster	1
2	Grade-3 & Grade-4	101
3	Class teachers	5
4	MFCG members	6

MFCG started the afternoon session at (1) pm and then, we had an introduction to all the students before starting our activity. Then, MFCG started our activity with DHF topic. MFCG started the paper which contains the lyrics of the DHF song to each student. Then, we taught the song to the school student at first. And then, we sang the song together with the students to remember the preventive measures of DHF.

Finally, MFCG gave a Health Education Talk about DHF to the students. We mainly focus the prevention methods to prevent DHF. There are (11) points to follow in prevention of DHF.

We explained to all of the students about the correct method of nail cutting to help prevent ingrown toenails. In addition, we told them why is trimming the nails important? The correct way is to trim the toenails straight across. We should not curve our nails. And then, we gave the pamphlets about the correct nail cutting method to all the students.

The school health committee members took in –charge of dividing the student into groups. There are (8) groups in total. Each group contains 10-13 students in the afternoon session. One person of health committee members took responsibility to take care of (1) group and one person of MFCG member was in –charge in one group. And then, we start to have the nail cutting activity. After nail cutting activity, MFCG finished our activity.

Conclusion

- ✿ The students were very happy and active to sing the DHF song and they could remember almost of the contents of the DHF topic. Especially (Grade 3 and Grade 4 students) can understand and remember the contents of the DHF topic because of the song.
- ✿ MFCG supported (40) pieces of nail cutters for all the students. So, committee members will take the responsibility to lend the nail cutters to the teachers who come to borrow the nail cutters for the students. School teacher Cherry Myint will be in-charge person to take care of the nail cutters box which contains (40) pieces of nail cutters.
- ✿ The students from Grade 1 and Grade 2 students are very young so that they can't read the lyrics of the songs and they can't speak Burmese very well.

Next plan

- ❖ MFCG will continue to use the song when we give the HE talk to the students to make them happy and to be able to understand and remember easily.
- ❖ MFCG will prepare a note book which will be used to record the signs and symptoms of the students when they are not feeling well. MFCG will give this note book to the committee members when we go to that school again.
- ❖ MFCG will go to have HE talk for the rest of the grades (from Grade -5 to Grade 8). After we got the information from the school, we will fix the date to go there.

Agricultural Activity Report in TBC Village

Date	:	31. July. 2022
Time	:	9:00 Am – 12:00 Noon
Place	:	Tha Bought Chaung (TBC)Village
Purpose	:	(1) To have the discussion with agricultural members (2) To get the manpower for the community garden.
Participants	:	
		Agricultural members - 4
		Sayar U San Win(MDF) - 1
		MFCG members - 4

Method

In the morning, MFCG started our activity at 9:00 Am. First, we had the meeting with agricultural members.

Meeting contents

1. Agricultural members had monthly meeting on 26th of July.
2. MFCG gave one book. It is called request note book. It is used for writing down the names of the materials which they need to buy for the community garden. So that, they don't forget the items which need to buy.
3. Sayar U San Win gave some suggestions to the agricultural members.
 - ❖ What kinds of vegetables are more resistant to what kinds of natural pesticide?
 - ❖ What kinds of vegetables prefer what kinds of herbal nutrients?
 - ❖ Avoid using the herbal nutrients using the lime fruits and Jaggery liquid in the hot season.

Afternoon session

We started our afternoon session at 1:00 Pm.

Sayar explained about the benefits of organic farming and the dangers of using chemical fertilizers.

Sayar encouraged the participants to join the community garden by cooperating with another old agricultural member.

We showed the Agriculture yearly schedule calendar to the participants. That indicates which type of vegetables are suitable to grow in which month.

MFCG gave CV forms to the interested participants. We requested them to fill up in those forms about their personal data. The following villagers took the CV forms to join the community garden:

- ✓ Mahn Ngwe Win
- ✓ Mahn Myint Win Aye
- ✓ Nant Tun Tun Aye
- ✓ Nant Kyi Tun

Conclusion

MFCG asked the village leader to collect the CV forms from the interested participants. And then we requested him to bring them to the MFCG's office.

Next plan

MFCG will come back to TBC village to have the interview with the interested participants.

Activities Report on August, 2022

Weekly Report from 8. Aug.2022 to 12. Aug.2022

Village	MKP		TBC
Date	11.Aug.2022		12.Aug.2022
Activity Day	MCD		Meeting
Participants	M	F	▲MFCG interviewed (3) interested candidates to join the community garden because of less manpower in the community garden. They are: (1)Mahn Myint Win Aye (2) Mahn Ngwe Win (3) Nant Tun Tun Aye
	22	51	
Topics	Tooth brushing		Conclusion
HE Sessions	1 Session		▲Old agricultural members are really happy to cooperate with the new agricultural members. Because the new members have some experience of planting vegetables before. So that, old agricultural members have willingness to work together with them. ▲MFC will contact the new agricultural members to be able to join the community garden.

Weekly Report from 15. Aug.2022 to 19.Aug.2022

Village	HY
Date	16.Aug.2022
Time	9:00 Am to 11:00 Am
Activity Day	MCD
Participants	HY Villagers -12
HE Topics	1. Hypertension 2. Beri Beri
HE Sessions	2 Sessions

Village	HY
Date	16.Aug.2022
Time	11:00 Am to 12:00 Noon
Activity Day	Meeting with CHP
Participants	Community Health Promoters (CHP) – 3 MFCG members -6
Purpose	❖ To have meeting with Community Health Promoters (CHP)
Contents	▲ MFCG had a meeting with CHP to know their real situation. ▲ CHP did not have any activity in their village during (2) months. ▲ CHP thought that they don't need to do any activity for village's health condition. Because Midwife always have a regular activity (such as checking blood pressure, blood glucose level and health education activity) in HY village. So that, they would like to stop their activity such as giving health talk to the villagers. ▲ CHP would like to wait and see their village condition first.
Next Plan	MFCG will try to have a meeting with Midwife and CHP to know the facts how to cooperate each other to reach their village's goals.

Village	MH		Total	
Date	19.Aug.2022			
Time	9:00 Am to 3:00 Pm			
Activity Day	MCD			
Participants	M	F	M	F
	18	51	18	51
HE Topics	1. Hand Washing 2. Dengue Hemorrhagic Fever			
HE Sessions	2 Sessions		2 sessions	

After giving the Health Education Talk, MFCG had the Medical Checking activity. We checked the blood pressure and gave the multivitamin (5) tables each. In addition, we had the consultation time for the participants who would like to consult about their health condition.

The number of the participants were 53 in total.

Activity Report in Tha Bought Chaung (TBC) Village

Date : 24. Aug. 2022
 Time : 9:00 Am – 3:00 Pm
 Place : Tha Bought Chaung (TBC)Village
 Purpose : (1) To have the meeting with agricultural members.
 a. To confirm the new candidates for the agricultural members
 b. To know how to cooperate each other among the agricultural members
 (3) To see the community garden situation.

Morning Session

Participants	:	Old agricultural members	2
		New agricultural members	2
		MFCG members	5

Method

We had the meeting first with the all agricultural members. We confirmed (2) new agricultural members for the community garden. They are:

1. Mahn Myint Win Aye
2. Nant Tun Tun Aye

New agricultural members didn't get any lecture about organic farming way. So, we decided to share that lecture to new members from the old members.

And then, agricultural members decided to have the monthly meeting one day before the Full moon day every month.

After that, all the agricultural members wrote down their goals for the community garden. They are as follow:

Name	Goals
Nant Phyu Phwe Hlaing	- To be a successful garden and a good example for other villagers.
Nant San Hee	- To be the good community garden.
Mahn Myint Win Aye	-To be a good example for other villagers. - To be able to get the organic market for selling vegetables to get the extra income.
Nant Tun Tun Aye	-To be healthy for all the villagers by eating organic vegetables.

The old agricultural member shared with the new agricultural member about the tasks what they need to do in the garden.

And then, they divided the people into (2) groups to take care of the community garden.

Groups	Name of the members
Group I	Nant Phyu Phwe Hlaing+ Nant Tun Tun Aye
Group I I	Manh Myint Win Aye + Nant San Hee

There was no difficulty with the community garden so far.

Conclusion

- ✿ All the agricultural members agreed that Nant Phyu Phwe Hlaing is a team leader of the community garden.
- ✿ The agricultural members had an agreement to go to see the land on every two days. Each group will go to the land every two days to take care of the land. (such as cleaning, watering & checking the condition of the vegetables)

Next plan

- ❖ We decided to come to the TBC village to share the agriculture knowledge to the new agricultural members on 5th of September.

Activities Report on September,2022

Activity Report on Tha Bought Chaung (TBC) Village

Date : 5. Sept. 2022
Time : 9:00 Am – 12:00 Noon
Place : Tha Bought Chaung (TBC)Village
Purpose : (1) To share the agricultural lecture with the new agricultural members
(2) To have meeting with agricultural members.

Method

Participants :

Nant Phyu Phwe Hlaing	(Agricultural members)
Nant Tun Tun Aye	(Agricultural members)
MFCG members	(5) people

MFCG started to have the activity with with agricultural members. Nant Phyu Phwe Hlaing explained about the agricultural lecture learned from Metta Development Foundation. She shared about the following points:

- ❖ Three agricultural systems
- ❖ Dangers of chemical pesticide

- ❖ Making the natural herbal nutrients
- ❖ Pests and diseases
- ❖ Pests and diseases management
- ❖ Risk factors of causing diseases
- ❖ Symptoms of pests attacked on plants
- ❖ How to measure the soil PH level

After that, MFCG showed the video about the dangers of chemical of fertilizers.

Meeting Contents

MFCG asked the agricultural members about their last meeting results. The agricultural members discussed about what kinds of vegetables are going to plant in October. They are as follows:

- ❖ Long bean plants
- ❖ Egg plants
- ❖ Cucumber plants
- ❖ Bitter gourd plants
- ❖ Lady fingers plants
- ❖ Radish leaves plants

The agricultural members did not have any difficulty with their garden this time.

Conclusion

- ❖ Mahn Myint Win Aye who is one of the agricultural members was absent to join the activity day for lecture course. But he did not inform any one of the agricultural members so that MFCG could not change the date for the activity day.
- ❖ Nant Phyu Phwe Hlaing could do the lecture sharing very well and the other member also understood all the contents of the lecture.

Next plan

- MFCG encouraged the agricultural members to inform each other one day ahead if any one of them needs to be absent on the activity day. So that, MFCG can get the information ahead and we can manage the activity day to postpone it.

Weekly Report from 13. Sept.2022 to 18. Sept.2022

Village	WNK		CET		Total	
Date	13.Sept.2022(Morning Session)		13.Sept.2022(Afternoon Session)			
Activity Day	MCD		MCD			
Participants	M	F	M	F	M	F
	8	19	4	15	12	34
HE Topics	1.Dengue Hemorrhagic Fever		1.Dengue Hemorrhagic Fever			
HE Sessions	1 Session		1 Session		2 Sessions	

Activity Report in Htaw Yee (HY) Village

Village	HY		Total
Date	14.9.2022		
Activity Day	MCD		
Participants	M	F	18
	-	18	
HE Topics	1.Hypertension 2.Diabetes		
HE Sessions	1 session		1 Session

Village	Htaw Yee (HY)
Date	14.9.2022
Time	9:00 Am to 12:00 Noon
Activity Day	Health Education (HE)Talk +Meeting with Midwife & CHP
Participants	Midwife – 1 Community Health Promoter (CHP) -3 MFCG members -5
Purpose	❖ To give the HE talk about Hypertension and Diabetes ❖ To have the meeting with Midwife and CHP in HY village.
Meeting with Midwife and CHP	▲ Midwife has the regular activity for checking the blood pressure and blood glucose level for the villagers on every Wednesday. ▲ Midwife usually gives the HE talk on every Wednesday. The topic depends on the number of cases which are seen in the clinic. ▲ Midwife usually requests the village leader to collect the villagers for HE talk. Village leader always support her to address the villagers for the HE talk. ▲ Midwife would like to get some vinlys (Dengue Hemorrhagic Fever (DHF), Hypertension, and Tuberculosis) from MFCG for giving HE talk. ▲ Midwife also very happy to cooperate with CHP and MFCG for the village's health. ▲ CHP also would like to cooperate with Midwife to give the HE talk for the villagers. ▲ CHP planned to have the HE talk in the Church before the Church service is started. So, they will cooperate with Midwife when she is available. But they need to get the permission from religious leader to have the HE talk activity.
Conclusion	☉ CHP and Midwife will work together for giving HE talk for HY villagers. ☉ CHP decided to cooperate with MFCG one time per every two months and to have the HE talk in Church one time a month.
Next Plan	★ MFCG will prepare the vinyls ((DHF, Hypertension, and Tuberculosis) and we will bring those vinyls to Midwife the next time.

Health Education Activity Report in Ga Yat Gyi(GYG) Village

Date :15-Sept-2022

Time : 09:00 Am to 2:00 Pm

Place : GYG School, GYG village

Purposes : (1) To give the Health Education (HE) knowledge about Dengue Hemorrhagic Fever(DHF)
(2) To help the nail cutting for the students.

Participants :

Sr No	Participants	Number
1	Grade-5, Grade-6, Grade-7 & Grade-8	90
2	Class teachers	4
3	MFCG members	5

Method

MFCG started our activity at 9:00 Am. MFCG explained to the class teachers about the correct way of cutting the nails to prevent ingrown toenails. The correct way is to trim the toenails straight across. We should not curve our nails to prevent the complications.

And then, we had an introduction to all the students before starting our activity. After the introduction, MFCG started to talk about the DHF topic. And then, we distributed the song lyrics of the DHF to each student.

After that, MFCG taught the DHF song to the school children first and we sang the song together with the students to remember the preventive measures of DHF. Ko Aung Lay led the singing song part.

Finally, MFCG gave the Health Education about DHF to the students. We mainly focus the prevention methods to prevent DHF. There are (11) point to follow to prevent DHF. They are:

	Preventive Measures
1	Cover the water containers with the lid all the time to prevent the mosquito breeding.
2	Wash the water container and change the water as necessary.
3	Change the water entirely in a vase every 2-3 days to prevent the mosquito breeding.
4	Strain the larvae through a water filter.
5	Put the gasoline or diesel in the small container which is at the base of the leg of the table. So that, the mosquitoes can't breed inside it.
6	Sleep with a mosquitoes net either at night or during the day time.
7	Remove the larvae that are visible in the water when water is scarce
8	Keep the windows open to keep the mosquitoes out.
10	Bury the cups or some broken containers or car tires that can hold water during raining.
11	Use the spray to prevent the mosquitoes.

After the DHF Health Education Talk, we continued the nail cutting activity.

We explained the correct method of nail cutting way to all of the students to help prevent an ingrown toe nails. In addition, we told them why is trimming the nails important. The correct way is to trim the toenails straight across. We should not curve our nails. And then, we gave the pamphlets about the correct nail cutting method to all the students.

The school health committee members took in-charge of dividing the students into groups. There were (9) groups in total. Each group contained 10 students. One person of class teachers took responsibility to take care of (4) groups and one person of MFCG member was in-charge for (5) groups. And then, we started to have the nail cutting activity. After nail cutting was done, MFCG finished our activity.

Conclusion

- ✿ The students were very happy and active to sing the DHF song and they could remember almost of the contents of the DHF topic. The students can understand and remember the contents of the DHF topic because of the song.
- ✿ MFCG requested the students to share the knowledge of DHF and the correct way of nail cutting to others.
- ✿ MFCG requested the health committee members to record the signs and symptoms of the students. So that, MFCG gave one note book (Medical record book) to the health committee members. The health committee members will make a record for the sick students.
- ✿ MFCG gave one note book to the health committee members .The purpose is to make a record for the students who used the nail clippers.

Next plan

- ❖ MFCG will check the notebooks of nail cutting record and medical record book the next time.

Activities Report on November,2022

Agricultural Report in Tha Bought Chaung (TBC) Village

Date	:4/Nov/2022
Time	: 9:00 Am to 12:30 Pm
Place	: Ko San Nyunt's house, TBC village
Participants	: Nant Phyu Phwe Hlaing Mahn Myint Win Aye Nant Tun Tun Aye MFCG members – (4) people
Purposes	(1) To share the agriculture lecture to the agricultural to the agricultural member.

(2) To know the agriculture's Team Meeting's results.

(3) To see the land condition of the community garden.

Method

At first, MFCG started our activity with greeting and then we explained about the purposes of our activity. Then, Nant Phyu Phwe Hlaing started to share the agricultural lecture to all the other agricultural members. She asked the questions to the participants before giving explanation the lecture. She shared the lecture in two ways in giving explanation to the other agricultural members.

After that, she explained the contents of the lecture to the participants. Finally, MFCG supported to explain the missing parts of the lecture. And then, we asked some questions to make them remember the contents of the lecture more.

Second, we read the agricultural report written by Ko Wai Moe Kyaw (one of the MFCG's member) and the agricultural text book. We read them in turn by all the participants. And then, Ko Wai Moe Kyaw was in-charge to explain the missing parts for this session.

Third, we showed the video about the dangers of using chemical fertilizers. Ko Aung Lay (one of the MFCG's member) was in-charge to explain the contents of the video to the participants. After showing the video, we asked the participants' impressions on that video. They were very afraid of the negative effects of the pesticides and they realized that they should not use the chemical fertilizers in the future.

After that, we had the meeting with all the agricultural members. Please see the meeting results below.

- ❖ Agricultural members have the regular team meeting every month.
- ❖ They got 4200 kyats from the community garden by selling vegetables in the last season.
- ❖ They already prepared the land to grow the vegetables for the next time.
- ❖ They already used all their money to make the Dochakin because they needed to buy some ingredients to make the Dochakin such as rice bran powder and jaggery.
- ❖ They would like to get the local seeds from Sayar U San Win for the next season.
- ❖ They planned to grow the following vegetables.
 - Long bean plants
 - Water spinach plants
 - Roselle plants
 - Radish leaves plants
 - Parsley leaves plants
 - Egg plants
 - Big chili plants
 - Cucumber plants. But they will select the vegetables after making agreement with Sayar U San Win.
- ❖ They already finished making Dochakin on 24th of October.
- ❖ MFCG gave phone bill (2000kyats) to Nant Phyu Phwe Hlaing to contact Sayar U San Win, agricultural members and MFCG members when necessary.
- ❖ MFCG called Sayar U San Win during the meeting. Because the agricultural members would like to talk to Sayar to ask some questions such as selecting the vegetables and making the pesticides.
- ❖ Nant Phyu Phwe Hlaing requested to conduct Health Education talk on the same day when we go to TBC village for the agricultural activity.

Difficulties

- ✓ They had the difficulty with taking care of the vegetables in the last season. They did not have enough manpower. Sometimes, Nant Phyu Phwe Hlaing was alone to take care of the garden. She usually come to the garden after she finished her own work. So, she was always late when she returned from the garden.
- ✓ Last season, they found some pests still attacked on the vegetables even though they used the natural pesticide (using 10 – species of leaves). So, they decided to make the stronger pesticides using the copper sulfate (blue stones), Tobacco leaves and Chilies. But they can't get the blue stones in Myaungmya. People can't get easily to buy them. So that, they planned to get the bluestones from Sayar U San Win.

Finally, we went to the community garden to see the condition to see the condition of the land and the Dochakin. And MFCG measured the PH level of the soil in the community garden. The PH value of the soil is 5.2.

Conclusion

- ❖ Agricultural members would like to request Sayar U San Win to come to TBC village to bring the copper sulfate (blue stones) and to bring the local seeds for the community garden.
- ❖ Agricultural members will start to make the pesticide on 30th of November.
- ❖ Agricultural members will start planting on the 1st of December.
- ❖ Finally, they decided to plant the following vegetables after discussion with Sayar U San Win.
 - Long bean plants
 - Wate spinach plants
 - Roselle plants
 - Radish leaves plant
 - Cucumber plants
- ❖ Agricultural members planned to go to the field on every two days in the evening to take care of the garden.

Next plan

- They decided to make the pesticides using the Copper sulfate (blue stones) and Tobacco leaves and Chilies. The agricultural members can buy Tobacco leaves and Chilies from their village and they will request Sayar U San Win to buy the Copper sulfate (blue stones) and to bring to TBC village.
- Sayar agreed that he will come to TBC village to bring the Copper sulfate and local seeds to TBC village. But he needs to know the date ahead.
- MFCG will contact Sayar when he will be available to come to TBC village.
- MFCG will give the Health Education activity to combine with agricultural next time.

Health Education Activity Report in Htaw Yee (HY) Village

Date : 21/Nov/2022
Time : 9:00 Am – 2:30 Pm
Place : Htaw Yee (HY) Village

Morning Session

Purposes : (1) To give the Health Education (HE) knowledge about Diabetes and Hypertension.
(2) To have the Medical Checking (MC) activity.
(2) To have the meeting with Community Health Promoters (CHP)

Participants : Villagers – 34
Midwife - 1
MFCG - 4

Method

Morning Session

At first, MFCG started the activity with introduction. MFCG cooperated with Midwife from HY village for the HE activity in the morning session. After that, Midwife talked about the Diabetes and Hypertension. Finally, Midwife gave the questions to all the participants about the topics of Diabetes and Hypertension.

After giving the HE talk, we started our Medical Checking(MC) activity. We checked the blood pressure for all the participants who would like to check their blood pressure. And then, we gave the (5 tablets) of the multivitamins to all the participants. The number of the participants who joined the MC activity were (16) people.

Meeting with CHP

Participants : Naw Emerald (CHP)
Naw Nyein Nyein Aye(CHP)

Meeting contents		
●CHP got permission to give the HE talk before the Church service activity is started on Sundays. ●CHP will start their HE talk activity in January. ●CHP decided to have the HE talk activity in Church on Sundays. (every last week of the month) ●CHP will give the HE talk one time per month in Church by using vinyls. ●CHP decided to give the following HE topics for the next plan.		
In-charge person for giving HE	Month	Topic
Sel Sel Htoo	January	Environmental Sanitation(Trash topic)
Emerald	February	Heat Stress
Nyein Nyein Aye	March	Heat Stress

Afternoon Session

Meeting with agricultural members

- Purposes : (3) To have the meeting with agricultural members to know how to manage the community garden.
- Time : 1:30 Pm to 2:30 Pm
- Participants : Saw Sar Pwel Muu (Agricultural member)
Saw Eah Sel (Agricultural member)
Naw Eah Si (Agricultural member)

Meeting contents

Date	Next Plan
25 th November	To do cleaning the community garden and making fence
26 th November	To cultivate the land
28 th November	To collect the soil to make Bakashi
29 th November	To make the Bokashi
30 th November	To start planting

Agricultural members decided to grow the following vegetables:

- ❖ Chilies plants
- ❖ Ladyfingers plants
- ❖ Roselle leaves plants
- ❖ Radish leaves plants
- ❖ Egg plants

Conclusion

- ✿ Agricultural members needed to buy the battery and pipe for watering the vegetables. They will spend their own money to buy the required materials.
- ✿ Naw Elizabeth decided to quit from being as a member of community garden because she was very busy to take care of her Uncle who was sick.
- ✿ Agricultural members did not have the regular meeting since September.
- ✿ Agricultural members take turn for watering the vegetables so far.

Next plan

- ✚ They will buy the battery and the pipes for the community garden.
- ✚ Agricultural members decided to have the regular meeting in December.

Health Education Activity Report in Ga Yat Gyi (GYG) Village

Date : 25/Nov/2023

Time : 9:00 Am – 2:00 Pm

Place : GYG School, GYG Village

Purposes (1) To give the Health Education (HE) knowledge about the dangers of smoking and betel chewing to the students.

(2) To check the nail cutting record book and medical record books.

Participants

Sr. No	Participants	Number
1	Grade -4, Grade -5 and Grade 6, Grade -7 & Grade -8	118
2	Health Committee Teachers	4
3	MFCG members	5

Method

Part I (Health Education Talk Session)

MFCG started our activity at 9:00 Am.

Before starting the HE talk, MFCG explained about the pre- test and post- test questions to the students before taking the test. And then we asked the students to answer the pre-test questions to know their basic knowledge about the dangers of smoking and betel chewing and to evaluate how much they understand after the HE talk.

After that, MFCG gave the pamphlets about the dangers of smoking to all the students.

And then, MFCG started to give the HE talk about the dangers of smoking. And then, MFCG asked the questions about the contents of the HE talk to the students after the HE talk.

After giving the HE talk about the dangers of smoking, MFCG started to give the HE talk about the dangers of betel chewing.

After giving the HE talk about the dangers of smoking and betel chewing, all the students needed to take the post-test questions.

Meeting Content

MFCG had the meeting with the health committee members.

- ❖ Health Committee members requested to the MFCG. They would like to have the tooth brushing activity for the primary school students next year.
- ❖ MFCG checked the medical record books and noted the following points.

- ❖ The number of the sick students were 13 during one month.(Male 11/ Female 2)
 - When the students were sick, their class teachers were in charge to buy the medicines and to pay the cost of the required medications
 - The common oral medications which were mainly used for the sick students were:
 - Air-X
 - Silosogene
 - kremil s
 - Paracetamol
 - Amoxilcillin 250 mg
 - Metronidazole
 - Cetrizine
 - ORS
 - The following cases were common among the students
 - Headache
 - Fever
 - Gastric problems
 - Cuts
 - Injury(Knee injury)
 - Diarrhoea
 - Dizziness
 - Weakness
- ❖ MFCG checked the nail cutting record book. The in-charge teacher recorded the book very well. They wrote down whenever the students needed to use them.

Conclusion

- ◆ According to the post test results, around (37%) of the results went down.
- ◆ We didn't have enough Pre-test and post- test questions papers for all the students. The number of the students were more than we expected. So that, some students needed to write down the answers on the blank papers by sharing the question papers with other students.

Next plan

- ⚙ MFCG will limit the number of the students in one HE session. The limited number is up to (60) students.
- ⚙ MFCG decided to give the HE talk not only in Burmese language but also in Karen language. So that, all the students can understand all the contents of the HE talk.
- ⚙ MFCG will make sure the correct number of the students before having the HE activity.
- ⚙ MFCG will prepare for the First Aid course for the health committee members.

Activities Report on December,2022

Agricultural Activity Report in Tha Bought Chaung (TBC) Village

Date : 1. Dec. 2022

Time : 9:00 Am – 3:00 Pm

Place : Tha Bought Chaung (TBC) Village

Purpose : **Morning Session**

- (1) To have the meeting with Sayar U San Win to discuss about the agricultural matter.
- (2) To make the natural pesticide together with Sayar and Agricultural members.

Method

Meeting contents

1. The agricultural members shared about their difficulties with Sayar U San Win. They got the answers about their difficulties from Sayar U San win

Difficulties	Suggestions from Sayar
A lot of insects attack on the lady fingers plants	-Before planting the lady fingers plant, they need to spray the mixture of 3 bags of burned rise husk and 1 bag of lime powder onto the ground and then keep it for one day. -They need to sink the seeds into the mixture of blue stone pesticide liquid for one hour. So that, they can good the good quality of seeds.
Sayar explained about how to use the blue stone pesticide.	- (1) teaspoon of bluestone liquid can be mixed with (10) liter of water for using.
Sayar explained about the benefits of using burned rise husk and lime powder.	-By using that mixture, we can eliminate the pests which are in the seeds before growing.
Sayar explained about the herbal nutrients	-The herbal nutrients made with banana stems are good for summer season and the winter season. - The herbal nutrients made with Lime fruit are suitable for rainy season.

After that, we made the bluestone pesticide with Sayar and agricultural members.

Afternoon Session

- (2) To give the Health Education knowledge about Heat Stress.
- (3) To have the Medical Checking Activity

Afternoon Session,

MFCG started to give the Health Education (HE) talk about Heat Stress to the participants.

Participants :

Villagers	6
MFCG members	5

We explained about the following points:

- ❖ The signs and symptoms of Heat Stress
- ❖ How to take care of the people who are suffering from the heat stress
- ❖ How to prevent the Heat Stress.

After that, MFCG asked some questions to all the participants after the HE talk.

And then, we had the Medical Checking Activity. We welcomed all the participants who would like to join this activity.

- ✚ We checked the blood pressure.
- ✚ We gave the Multivitamin tablets.
- ✚ We gave (3) pieces of soaps to each participant.

Conclusion

- ✿ Agricultural members had a good discussion with Sayar U San Win. They got to know how to make the Bluestone pesticide and how to use it.
- ✿ MFCG asked the participants about the questions related with the Heat Stress after the HE talk. All the participants could answer all the questions. MFCG requested the participants to share about the knowledge of Heat Stress and how to make the ORS to others.

Next plan

- ❖ Agricultural members will try to use the bluestone pesticide for their plants.
- ❖ The participants who joined the HE session will try to share the HE knowledge about Heat Stress and how to make ORS to others.

Health Education Activity Report in Ga Yat Gyi (GYG) Village

Date : 12/Dec/2022

Time : 9:00 Am – 2:00 Pm

Place : GYG School, GYG Village

Purposes (1) To give the Health Education (HE) knowledge about the dangers of smoking and betel chewing to the students.

(2) To have a meeting with Health Committee members.

Participants Morning Session

Sr. No	Participants	Number
1	Grade 6, Grade 7 and Grade 8	57
2	Teachers	3
3	MFCG members	5

Method

Part I

In the morning session, MFCG started our activity at 9:00 Am. We explained the purposes of our activity for today. It was the second time to talk about the topics of smoking and betel chewing.

- ❖ Because we did not see a lot of improvement on the topics of smoking and betel chewing according to the results of the post - test answers, around 37% of the students' results went down. So that, we tried to come to give the same topics again.
- ❖ We requested the teachers who can speak Karen language very well and to explain the students in Karen language to be able to understand all the contents of the topics for the students.

Before starting the HE talk, MFCG explained about the pre- test and post- test questions to the students before taking the test. And then we asked the students to answer the pre-test questions to know their basic knowledge about the dangers of smoking and betel chewing and to evaluate how much do they understand after the HE talk.

And then, MFCG started to give the HE talk about the dangers of smoking and one school teacher explained the contents of the topic to the students in Karen language. And then, MFCG asked the questions to the students after the HE talk.

Second, MFCG started to give the HE talk about the dangers of betel chewing and one school teacher explained the contents of the topic to the students in Karen language.

After giving the HE talk about the dangers of smoking and betel chewing, all the students needed to take the post-test questions.

Part II

After the HE talk session, we had the meeting with health committee members.

Health Committee members - 3

MFCG members - 5

Meeting contents

- ✿ MFCG explained to the health committee members about the results of their students' pre-test and post-test questions. It was noticed that around (37%) of the Post-test results were not improved. That's why we came here to give the same topics again.
- ✿ MFCG told the health committee members about the first aid course. MFCG welcome all the school teachers not only the health committee members but also the other teachers also can join the first aid course.
- ✿ MFCG gave the suggestions to the health committee members about the first aid matter. We gave the idea to collect money from all students to be able to buy the medicines. Those medicines are for all of the students.

Conclusion

- ✿ All the students could answer the questions about the dangers of smoking and betel chewing topics.
- ✿ The health committee members will have a meeting with the headmaster and other teachers. So that, they can get the solution how to manage the medicines matter for all the students.

Next plan

- ❖ MFCG will go to GYG School again to give the HE talk to the Grade - 4 and Grade -5 students about the negative effects of smoking and betel chewing.
 - We will try to explain the students by using the simple words to be able to understand clearly for the students next time.
 - We will focus on explaining the questions repetitively on most students got wrong.
- ❖ MFCG will contact the health committee members to conduct the First Aid Course in the future.

Agricultural Activity Report in Tha Bought Chaung (TBC) Village

Date : 29. Dec. 2022
Time : 9:00 Am – 3:00 Pm
Place : Tha Bought Chaung (TBC)Village
Purpose : **Morning Session**
(3) To have a meeting with agricultural members.

Method

Meeting contents

MFCG started to have the activity with the meeting with agricultural members.

Date	Activities what they have done in December
3rd/Dec	-Spraying the pesticide (10 species natural pesticide) onto the plants.
9 th /Dec	- Spraying the pesticide (10 species natural pesticide) onto the plants.
11 th /Dec	-Spraying the herbal nutrients (Banana stem liquid) onto the plants.
12 th /Dec	-Picking up the radish leaves
13 th /Dec	-Cleaning the grasses & spraying the pesticide onto the plants.
14 th /Dec	-Picking up the radish leaves & cleaning the grasses.
16/Dec	-Making the new lanes for growing the lady fingers plants.
17/Dec	-Cleaning the grasses.
18/Dec	-Cleaning the grasses. Spraying the pesticide (10 species natural pesticide) onto the plants.
25 th /Dec	-Applying the Dochakin onto the plants & picking up the water spinach leaves. -Planted the radish leaves again.

1. Mahn Myint Win Aye shared about the agricultural lecture what he learned from other agricultural members.
2. Mahn Myint Win Aye requested the following points
 - a. He would like to have the reading books activity for the school aged children (from Grade -2 to Grade -4 students). The purpose for this activity is to improve their knowledge by reading different books. He would like to have this activity on the weekend because the school is closed.
 - b. He would like to have the art of making soap, shampoo and candles for all the interested participants for using.

Difficulties

The agricultures members had the following difficulties with their garden:

- ❖ There were many holes on the long bean plant leaves.
- ❖ Cucumber plants did not grow up very well. Only (2) plants grew up among 10 plants.

Conclusion

- The agricultural members decided to ask Sayar U San Win about their difficulties.
- MFCG gave (2000) phone bills to Phyu Phwe Hlaing to make a phone call to Sayar U San Win.

Next plan

- ❖ MFCG will think about the reading books activity and the the art of making soap, shampoo and candles. And then, we will give the answers to them next time.
- ❖ Nant Tun Tun Aye will take turn to start to write the agricultural note in January.

Activities Report on January,2023

Activity Report in Tha Bought Chaung (TBC) Village

Date : 31. Jan. 2023
Time : 9:00 Am – 3:00 Pm
Place : Tha Bought Chaung (TBC)Village
Purpose : (1) To have a meeting with agricultural members.
(2) To give the Health Education knowledge about skin diseases.
(3) To have the Medical Checking (MC) Activity

Morning Section

Participants : Agricultural members 3
MFCG members 3

MFCG started to have the activity with the meeting with agricultural members.

Meeting Contents

Date	-Activities what they have done during 31 st Dec to 30 th Jan
31/Dec	-Spraying the pesticide (10 species natural pesticide) onto the plants.
6/Jan	-Picking up water spinach leaves and Roselle leaves.
7/Jan	-Spraying the blue stone pesticide onto the long bean plants.
8/Jan	-Applying the natural fertilizers onto the plants.
12/Jan	-Spraying the herbal nutrients spray onto the plants.
13/Jan	- Spraying the pesticide (10 species natural pesticide) onto the plants.
14/Jan	-Picking up the Radish leaves. -Spraying the pesticide onto the plants.
15/Jan	-Cleaning the grasses.
16/Jan	-Picking up the water spinach leaves.
18/Jan	-Picking up the water spinach leaves and Roselle leaves for eating.
19/Jan	-Having regular meeting among agricultural members.
20/Jan	-Spraying the blue stone pesticide onto the plants.
22/Jan	-Cleaning the grasses.
26/Jan	-Spraying the blue stone pesticide onto the plants.
27/Jan	-Spraying the the pesticide (10 species natural pesticide) onto the plants.
28/Jan	-Spraying the herbal nutrients onto the plants.
29/Jan- 30/Jan	-Cleaning the grasses.

Difficulties

- ❖ Many pests attacked on the long bean plants.
- ❖ Water spinach leaves were not in very good condition. The stems are very small.

Afternoon Session,

MFCCG started to give the Health Education talk about skin disease to the participants.

Participants	:	Villagers	24
		MFCCG members	3

We explained about the following points:

- ❖ The types of skin diseases
- ❖ Mode of transmission
- ❖ How to take care of the infected skin
- ❖ The prevention method of skin diseases.

After that, MFCCG asked some questions to all the participants after the HE talk.

And then, We had the Medical checking Activity. We welcome all the participants who would like to join this activity.

-  We checked the blood pressure.
-  We gave the Multivitamin tablets.

Conclusion

1. The agricultural members got the answers from Sayar. Please see the following points:
 - ❖ Agricultural members got the suggestions from agricultural specialist (Sayar U San Win) how to avoid the pests attacked on the long bean plants.
 - Sayar explained about how to avoid the pests on the long bean plants. They need to change the way of mixing the blue stone pesticides for spraying the long bean plants.
 - The ratio of liquid to water is 4:1. (4) tablespoons of blue stone liquid in (2) liter of water.
 - ❖ Agricultural members got the reason why the water spinach plants are not very good. The plants are very small because they put a lot of seeds in a hole when they started to grow.
2. The participants could answer all the questions we asked about the skin diseases after Health Education Talk.

Next plan

- ☐ Agricultural members decided that they will try to spray the bluestone pesticide onto the long bean plants according to the Sayar's instructions.
- ☐ Agricultural members decided to make the seed production.
 - MFCCG gave the suggestions to get some ideas from Sayar U San Win how can they produce the good quality of eggs and how to take care of the plants.
- ☐ MFCCG encouraged the participants to take actions on prevention of skin diseases and requested to share the knowledge of preventing skin diseases to others.

Activities Report on February,2023

Weekly Report from 1. Feb.2023 to 4. Feb.2023

Village	GYG			Total	
Date	3.2.2023				
Activity Day	MCD				
Participants Grade – 4 students	Morning session	M	F	M	F
		14	23	30	33
Grade – 5 students	Afternoon Session	M	F		
		16	10		
HE Topics	2. The dangers of smoking 3. The negative effects of betel chewing				
HE Sessions	2 Sessions			2 Sessions	

Activity Report in Shwe Paw Kone (SPK) Village

Date : 10. Feb. 2023
Time : 12:00 Noon – 3:00 Pm
Place : Shwe Paw Kone (SPK)Village
Purpose : (1) To know the real situation of the village.
Participants : Villagers 8
Village leader 1
OASIS members 4
MFCG members 3

Method :

- ❖ MFCG started to have the introduction with the villagers first.
- ❖ MFCG had discussion with villagers by cooperating with OASIS.
- ❖ There are (42) households in the village.
- ❖ They don't have the common tube well for drinking water.
- ❖ There is only one tube well in the Monastery which is situated near their village.
- ❖ Some villagers use the river water for general purposes and some villagers use the river water for drinking.
- ❖ The villagers have the difficulty with drinking water.
- ❖ The villagers said they need the tube well for drinking.
- ❖ OASIS brought (2) Liter of water from the Tube well to check the quality of the water.

Conclusion

- ❖ MFCG requested the villagers to write the proposal letter about Tube-well project.
- ❖ MFCG asked them to check the quantity of the water from the tube well which is in the monastery.
- ❖ MFCG told the villagers to send the quantity of the water from the Tube-well.
- ❖ MFCG will get the answer about the quality of the water from the OASIS one week later.

Next plan

- ❖ MFCG will try to cooperate with OASIS to be able to support the tube well for this village.
- ❖ MFCG will contact the village after getting information about the quality of the water from OASIS.

Activity Report on Htaw Yee (HY) Village

Date : 14. Feb. 2023
Time : 1:00 Pm – 2:30 Pm
Place : Htaw Yee (HY) Village
Purpose : (1) To know the community garden condition.
(2) To get the permission from village leader to build the tank shelf.
(3) To have meeting with Community Health Promoters(CHP)
Participants : Village leader 1
Agricultural -members 4
Pastor Assistance 1
MFCG members 3

Method :

- ❖ MFCG went to see the garden to know the real situation.
 - The condition of their plants was quite good.

Meeting content

MFCG had meeting with village leader, Assistant Pastor and agricultural members.

- ❖ MFCG explained them about the benefits of eating organic vegetables.
 - they can save their money by growing organic vegetables because they don't need to buy them.
 - They will be healthy by eating organic vegetables as well.
 - They can get the extra income if they can produce a lot of vegetables more than they can eat.
- ❖ In addition to, we told them to see the benefits of working together in a community garden.
 - They can save their energy by working together in the garden because they can share their tasks with other members.
- ❖ MFCG requested the Assistant Pastor to try to address to get the new manpower for community garden.
- ❖ MFCG requested the village leader to build the water tank shelf on his land. Because we are using his own land to make the community garden. So that, we would like to make the tank shelf near the garden.
 - The village leader also willingly agreed to build a water tank shelf on his land.

Conclusion

- ❖ Assistant Pastor will try to collect as many people as possible to support the community garden. The volunteers will help with whatever is needed in the community garden once a month.
- ❖ We also appreciate to get the permission from the village leader to build the tank shelf for the community garden.

Next plan

- Agricultural members will contact the Pastor assistance directly to get the volunteers They will inform the Pastor assistance about when and what day the volunteer will be called.
- MFCG will support the water system to get the enough water for the community garden. Because they have the difficulty with water for pouring the vegetables in the community garden.

Weekly Report from 13.2.2023 to 17.2.2023

Village	TBC
Date	17.2.2023
Time	9:00 Am to 12:00 Noon
Activity Day	Meeting
Participants	Old Agricultural members – 3 New candidate -1 MFCG members -3
Purpose	❖ To have the interview with the new participant for community garden.
Contents	▲ MFCG had an interview with the new agricultural member. ▲ Her name is Nant Khin San Maw. ▲ she is 17 years old. ▲ She applied to attend the Community Health Promoter course in TBC village which MFCG is going to give them. ▲ She is also interested in gardening.
Conclusion	☉ MFCG worried about that she will be very tired to concentrate on two activities (Health Matter and Agricultural Matter) for their village. ☉ So that, MFCG encouraged her to select only one thing to be able to focus on it very well and not to be overloaded.
Next Plan	★ Nant Khin San Maw decided to try to work as a Community Health Promoter for her village at first.

Report on MFCG's Activity in Ga Yat Gyi(GYG) Village

Date : 28. Feb. 2023
Time : 9:00 Am – 11:00 Am
Place : Ga Yat Gyi (GYG)Village
Purpose : (1) To give the Health Education (HE) knowledge about Heat Stress.
(2) To give the stationeries to the Grade-5 students.
Participants : Villagers (Male - 10)
(Female- 11) Total = 21

Method :

(I) MFCG started our activity by first introducing. We introduced ourselves and the activities of our MFCG to the villagers.

After that, we started to give the HE talk about Heat Stress to the villagers and explained about the importance of prevention for the Heat Stress.

And then, we told them how to make ORS to prevent the Heat Stress. And we did demonstration about making ORS with all the participants together. All the participants aged 5 and older had to make ORS by themselves in order to remember how to do it when necessary.

Finally, MFCG asked the questions to the participants about the prevention of Heat Stress.

(II) After giving HE talk, we went to the GYG school to supply the stationeries to the students.

Time : 11:00 Am – 12:00 Noon
Place : Ga Yat Gyi School
Purpose : (2) To supply the stationeries to the Grade-5 students.

Participants : Grade – (5) Students (Male - 20)
(Female -11) Total =31

MFCG provided the school stationeries to the Grade-5 students. We gave one stationery box to each student. The following contents are in each box.

- (1) Geometry Kit sets
- (2) Two Pens
- (3) Two Pencils
- (4) One eraser
- (5) One correction pen

Conclusion

1. MFCG encouraged the villagers to make ORS and drink when necessary (e.g when they need to work under the sun). In addition to, we requested all the villagers to share the Knowledge

about the prevention of Heat Stress and the way of making ORS to their family members or neighborhood.

2. The students were instructed to keep the stationeries from being lost for next year.

Next plan

1. MFCG will try to ask the villagers whether they shared their health knowledge about Heat Stress and the way of making ORS with others when we arrive the village the next time.
2. MFCG decided to go the school in June to support the school stationeries to the rest of the students from every grades.

Activities Report on March,2023

Health Education Activity Report in Htaw Yee (HY) Village

Date : 20/Mar/2023
Time : 9:00 Am – 2:00 Pm
Place : Htaw Yee (HY) Village

Morning Session

Purposes : (1) To give the Health Education (HE) knowledge about Heat Stress
(2) To have the Medical Checking (MC) activity.
(2) To have the meeting with Community Health Promoters (CHP)

Participants : Villagers (56)
Community Health Promoters (CHP) (2)
Naw Sel Sel Htoo
Naw Nyein Nyein Aye
MFCG members (3)

Method

Morning Session

At first, MFCG started the activity with introduction. After that, MFCG started to give the Health Education (HE) talk about Heat stress. We explained about the following points:

- 1) Signs and symptoms of heat stress
- 2) How to take care of the people who are suffering from heat stress
- 3) How to prevent the heat stress

And then, we asked the questions related with the HE topic to the participants. Then, we distributed the lyrics of the song related with Heat stress to all the participants and Naw Nyein Nyein Aye (CHP) taught that song to the participants.

Finally, we gave one litre of purified water to all the participants and we taught them how to make ORS by using (8) teaspoons of sugar and (1) teaspoon of salt. And then, all the participants had to make ORS by themselves.

After giving the HE talk, MFCG started to have the Medical Checking (MC) activity. we checked the blood pressure and gave(5) tablets of multivitamins to the participants. The total number of participants were (10) people for MC activity.

Meeting with Community Health Promoters (CHP)

Participants : Naw Sel Sel Htoo(CHP)

Naw Nyein Nyein Aye(CHP)

Meeting contents

- Naw Sel Sel Htoo and some villagers (some children) had trash picking up activity on 11th of March. The number of people was (57) who joined the trash picking up activity.
- CHP did not have any Health Education (HE) talk in March.
- CHP decided to postpone the HE talk to do in Church. There will be special ceremonies in the following (2) weeks of March. So that, they can't have the HE talk in March. So they will try to have the HE talk activity in the first week of April instead of the activity of March.
- CHP did not have any serious difficulties with their activities in their village.
- CHP talked about their ideas how to evaluate their village their goal. They are as follows.

	Activities to be done	in-charge People	Place	Time	Management
1	Asking the pre-test and post-test questions	CHP	HY village	(1 st time) in May 2023 (2 nd time) in March 2024	-CHP will ask the questions to those villagers who got hypertension for two times (in May 2023 and March 2024)
2	BP (Blood pressure) Checking Activity	MFCG	HY Village	Every (2) months	-We will keep the BP record book for all the participants.- - CHP will invite those villagers individually to join the HE activity and BP checking activity every (2) months.
3	BP Checking Activity	Midwife	Sub-Center (Clinic)	Every week (Wednesday)	-All the hypertensive people will keep the BP record on their own and Midwife will write down their BP on that paper every time.

4	Distributing Pamphlets	CHP	HY village	12 th May 2023	-CHP will prepare the contents of the pamphlets and they will give the draft one to MFCG. After that, MFCG will make photocopies for them. Finally, CHP will give the pamphlets to all of the hypertensive people.
5	Giving HE talk	MFCG CHP	HY village & Church	Every (2) months	-MFCG will give the HE talk about hypertension to the hypertensive people -CHP also will give the HE talk about Hypertension in Church

Next plan

- ✿ CHP will get the name of the villagers who have got hypertension from Midwife.
- ✿ CHP will invite those villagers to join the HE activity as well as checking the Blood Pressure(BP) combining with MFCG activity
- ✿ CHP will cooperate with Midwife to do the BP checking activity for those who have got hypertension. And then, they will request the Midwife to write down the BP records on the paper. All people who got hypertension will keep the BP record paper by themselves..
- ✿ CHP will prepare the questions in Karen language because some adult villagers can't read Burmese language for the questions.
- ✿ CHP will request the villagers who got hypertension to answer the questions for two times (May 2023 and March 2024). So that, they can compare their answers sheets before and after giving the HE talk.
- ✿ CHP will prepare the contents of the pamphlets in Karen language and then MFCG will make photocopies and gave them to the hypertensive people.

Activity Report on Tha Bought Chaung (TBC) Village

Date : 29. Mar . 2022
Time : 9:00 Am – 3:00 Pm
Place : Tha Bought Chaung (TBC)Village
Purpose : Morning Session
(4) To have the interview with the new participant for community garden.
(5) To know the community garden situation.

Method

We went to see the community garden to know the situation. Almost all the plants died because the plants did not get water. The community garden members can't get water for pouring water because of lacking of water in the pond and the water is salty.

Meeting contents

MFCG started to have the meeting with agricultural members at 9:00 o'clock.

- ❖ MFCG encouraged the community garden members not to give up easily and gave some ideas to try to get the water for pouring the plants.
 - MFCG asked
- ❖ MFCG asked the community garden members how to arrange the water mater to pour the water to the vegetables to survive longer.

Next plan

The agricultural members will have the meeting by themselves and they will discuss about how to arrange the water matter. After that, they will give the answers to MFCG on 4th of April.

Activity Report on WNK (Wa Nat Kone Village)

Date : 30th March 2023

Place : WNK Village

Purposes (1) To give the HE (Health Education) Talk about Heat Stress.
(2) To have the Medical Checking (MC) Activity.
(3) To make sure about their village blueprint with the village leader and the villagers.

Participants : 30 villagers
(3) MFCG members

Method

Village	WNK		Total	
Date	30.3.2023			
Activity Day	MCD			
Participants	M	F	M	F
	7	23	7	23
HE Topics	1. Heat Stress			
HE Sessions	1 Session		1 session	

MFCG started our activity with introduction to the villagers.

After that, MFCG gave the Health Education Talk about Heat Stress.

- ❖ The signs and symptoms of heat stress
- ❖ How to take care of the person who is suffering from Health Stress.
- ❖ How to prevent the Heat Stress

And then, we taught the villagers how to make ORS to prevent the heat stress. After teaching the method of making ORS, we gave one bottle of water to each participant and we made ORS together using the (8) teaspoon of sugar and (1) teaspoon of salt.

Finally, we gave some questions about the Heat Stress to all the participants after the HE talk.

After having the HE session, we continued to have the Medical Checking activity. We checked the blood pressure for the villagers who would like to get checking and we gave (5) tables of the multivitamins to them. The number of participants who joined the MC activity were (10) people.

Conclusion

- All the participants listened to the HE talk attentively and they could all the questions about what we asked.
- We didn't see the village leader to have the meeting to discuss about the village's blueprint. Because the villager leader was busy on that day. He needed to work.

Next plan

We will try to contact the village leader and explain the village leader to inform about the village blueprint. And then, we will request him when he will be available to come to their village.

MFCG Project Villages in Myaungmya

	<u>Villages</u>	<u>Sub Center (SC)</u>	<u>Rural Health Center(RHC)</u>
MKP	Moe Kyoe Pyit	Pyin Pone	Kway Lay Gyi
GYG	Ga Yat Gyi	Kwaay Lay Gyi	Kway Lay Gyi
KKS	Kant Kaw Su	Ka Nyin Kine	Shan Yae Kyaw
DB	Doe Bat	Pyin Ywar	Pyin Ywar
NPT	Nga Pyaw Taw	Tae Tae Kuu	Pyin Ywar
TYS	Ta Yote Su	Pyin Ma Chaung	Ah Su Gyi
KPN	Kyar Phue Ngone	Da None Chaung	Kan Gyi
MH	Myo Haung	Kone Thar	Set Kone
WNK	Wa Nat Kone	Sin Kuu	Set Kone
CET	Chauk Eain Tan	Sin Kuu	Set Kone
HY	Htaw Yee	Htaw Yee	Ah Su Gyi
PLW	Poe Laung Wa	Poe Laung Wa	Ye Kyaw
NCL	Nyaung Chaung Lay	Nya Myin Chaung	Khaw Lay Gyi
PTS	Pauk Taw Su	Da None Chaung	Kan Gyi

Projected Village Pro

Sr	Project Villages	Respective RHC	Respective sub center	Household s	Total Pop	M	F	<1	<3	<5	<15	WCBA
1	MKP (Moe Kyoe Pann)	Khway Lay Gyi	Pyin Pone	56	237	115	122	14	25	33	88	56
2	GYG (Gayat Gyi)	Khway Lay Gyi	Khway Lay Gyi	295	1348	677	671	28	110	225	530	281
3	KKS (Kant Kaw Su)	Shan Yay Kyaw	Ka Nyin Kine	124	533	256	277	11	26	45	99	142
4	DB (Doe Bat)	Pyin Ywar	Pyin Ywar	94	436	227	209	10	19	32	112	118
5	NPT (Nga Pyaw Taw)	Pyin Ywar	Tae Tae Kuu	154	666	324	342	11	39	55	139	154
6	TBC(Tha Baut Chaung)	Pyin Ywar	Tae Tae Kuu	68	337	170	167	7	17	27	63	91
7	TYS (Ta Yote Su)	Ah Su Gyi	Pyin Ma Chaung	93	430	213	217	11	20	37	78	47
8	KPN (Kyar Phue Ngone)	Kan Gyi	Da None Chaung	146	606	292	314	7	28	46	189	102
9	MH (Myoe Haung)	Set Kone	Kone Tha	336	1603	775	828	31	80	139	433	419
10	WNK (Wa Nat Kone)	Set Kone	Sin Kuu	37	174	75	99	3	8	19	69	41
11	CET(Chauk Eain Tann)	Set Kone	Sin Kuu	32	142	76	66	2	7	14	49	36
12	HY (Htaw Yee)	Ah Su Gyi	Htaw Yee	91	437	207	230	7	17	38	115	114
13	PLW (Poe Laung Wa)	Ye Kyaw	Poe Laung Wa	485	2593	1314	1279	54	101	198	797	1366
14	NCL(Naung Chaung Lay)	Khway Lay Gyi	Nga Myin Chaung	282	1497	739	758	21	56	116	428	762
15	Pauk Taw Su	Kan Gyi	Da None Chaung	53	238	118	120	1	14	13	54	53
				2346	11277	5578	5699	218	567	1037	3243	3782

MFCG Field Trip Schedule for Health Education Activities (April 2022 - March 2023)

	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Poe Laung Wa												
Nyaung Chaung Lay												
Moe Kyoe Pann					1							
Ga Yat Gyi		1		1				1	1		1	
Kant Kaw Su												
Doe Bat												
Nga Pyaw Taw												
Tha Baut Chaung (W)									1	1		1
Ta Yote Su												
Kyar Phue Ngone	1											
Myo Haung					1							
Wa Nat Kone												1
Chaute Eain Tan				1								
Htaw Yee		1			1			1	1	1	1	1
Kwat Pyin												
Pauk Taw Su												
MM Hospital												
Ka Dat Kwin												

MFCG Field Trip Schedule for Health Education Activities (April 2022- March 2023)

Year	2022																		2023						Total	
Months	April		May		June		July		August		September		October		November		December		January		February		March			
Village Name	M	F	M	F	M	F	M	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Poe Laung Wa																								0	0	
Naung Chaung Lay																						0		0	0	
Moe Kyo Pan									22	28														22	28	
Ga Yat Gyi			7	16			122	95			53	37			113	95					41	43			336	286
Kant Kaw Su																								0	0	
Doe Bat																								0	0	
Nga Pyaw Taw																								0	0	
Tha Bought Chaung																4	10	4	20					8	30	
Ta Yote Su																								0	0	
Kyar Phue Ngone	1																							1	0	
Myo Haung									31	92														31	92	
Wa Nat Kone											8	19												8	19	
Chauk Eain Tan	7	10					14	8			4	15												25	33	
Htaw Yee			2	23					1	29		18			9	25			27	5				39	100	
Kwat Pyin																								0	0	
Pauk Taw Su																								0	0	
Taung Dee																								0	0	
Total participants	8	10	9	39			136	103	54	149	65	89			122	120	4	10	31	25	41	43			470	588

