



ANNUAL REPORT

MFCG

**Myanmar Family Clinic & Garden
Myaungmya, Ayeyarwaddy Region,
(1st April 2023 to 31st March 2024)**

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

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

MFCG (Myanmar Family Clinic & Garden), Myaungmya

Contact Person : Dr. Satoko Nachi, M.D (Country Representative of
MFCG)

Office address : 12/B-18, Office Complex Street, Mya Yadanar Quarter,
Myaungmya

Mobile No : (+95) 09682422858

E Mail : houdou.nachi@gmail.com

Website : <http://mfcg.or.jp>

Facebook : <http://www.facebook.com/mfcg.or.jp>

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167

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168

Total Number of Health Education Participants (from April 2023 - March 2024)

168

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
RHC	=	Rural Health Center
SC	=	Sub Center

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/March/2014 – 23/March/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

No	Name	Position
1	Dr. Satoko Nachi	M.D
2	Kaung Sett Thaw	Nurse
3	Aye Nandar Kyaw	Nurse
4	Kay Thwe Oo	Nurse
5	San San Maw	Nurse
6	Nay Zaw Aung	Logistician
7	Wai Moe Kyaw	Driver

Project implementation period - 1st /April /2023 - 31st /March/ 2024

Project Description

Goal/Impact (Development Objective)

1. To improve Health and Socioeconomic status of Rural people in Myaungmya, Ayeyarwaddy Region
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. Beri Beri, (3) groups of Nutrition and balanced diet to prevent Vitamin deficiencies and malnutrition
2. Healthy lifestyle to prevent chronic diseases such as Hypertension and Diabetes Mellitus (DM)
3. Using sanitary latrines with four cleanliness and hand washing technique to prevent Diarrheal disease, Worm infestation, Hepatitis and Vector borne diseases,
4. Reproductive Health (ANC, PNC, Family Planning)
5. Dental Hygiene
6. Dengue Hemorrhagic Fever (DHF)
7. Tuberculosis
8. Heat stress
9. Eye infection
10. Skin infection

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 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. Medical Checking Program

MFCG checked the Blood Pressure (BP) for the people who would like to check and we provided the multivitamin supplement for those who are in need.

Other diseases were referred to nearest health facilities to get the proper treatment.

Our activities to achieve output

1. Running medical checking activity 2-5 times per month to provide the medical checking service
2. Prevention and treatment of common cold, fever, body ache, other common illnesses, and also referral of serious cases to nearest health centers
3. 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 etc.
4. Tooth brushing demonstrations were done and give toothbrushes to villagers for oral Hygiene

3. Nutrition

HE sessions include conducting (3) nutrition groups and balanced diet to prevent malnutrition and Vitamin deficiencies.

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
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

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

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 May. 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 Jun 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 degrees 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

`Almost of the 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, tube-well 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 two churches can be found.

Health facilities

No health facility is available in some of the 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.

Medical Checking and Health Education

Medical Checking and Health Education sessions were conducted in the tents by MFCG, but sometimes in the village leader or volunteer's house.

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

Medical Checking 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. So, MFCG provided one training course for CHP this year in Htaw Yee village.

Trainings courses conducted by MFCG

MFCG gave (5) days' Community Health Promoters' course in Htaw Yee village from 21st/September to 22nd/September and 19th /October to 21st /October/2023.

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 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.

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 MFCG 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

1. MFCG gave Health Education to the participants from (15) project villages during Medical Checking days and Health Education days.
2. MFCG used Health Education pamphlets and posters, vinyl posters as reference for Health Education.
3. During Dental Hygiene Health Education, MFCG exchanges toothbrushes and cups for the participants.

MFCG Project Villages in Myaungmya

	Villages	SC	RHC
MKP	Moe Kyoe Pan	Pyin Pone	Kway Lay Gyi
GYG	Ga Yat Gyi	Kway 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	Taung Kone	Set Kone
CET	Chauk Eain Tan	Taung Kone	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
TD	Taung Dee	Taung Dee	Set Kone
PNK	Pane Nel Kone	Taung Ka Lay	Htone Bo
SPK	Shwe Paw Kone	Nyaung Pin Thar	Nyaung Pin Thar

Activity Report on April, 2023

Activity Report in Htaw Yee (HY) Village

Date : 20th/April/2023

Time : 9:00 Am to 12:00 Noon

Place : Htaw Yee (HY) village

Participants : Agricultural Members (Agri-members) - Saw Sar Pwel Muu
- Naw Eah Si
MFCG Members - 4

Purposes : (1) To know about the community garden situation
(2) To follow up the tube well condition
(3) To discuss about the water tank roof

Activity : Discussion with the community garden members

Activity Conducted

- Almost all the vegetables in the community garden were growing up very well.
- But Cucumber and egg plants got some insects. So, they made a phone call to Sayar U San Win to know how to solve this difficulty. Sayar gave the answer to use the pesticide made with Lime powder and Sulphur to spray on those vegetables.
- They could pick up some vegetables such as radish leaves not only for eating but also, they could sell the vegetables to get the extra money.
- They didn't invite the volunteers to support the community garden in April yet.
- MFCG encouraged the community garden members to request the volunteers to support the community garden once a month.
- The community garden members would like to grow the following vegetables in the rainy season such as;
 - Water spinach
 - Water sensitive plant
 - Cucumber

- Gourd
- Bitter gourd
- MFCG checked the income and outcome note book of the community garden. The balance was (14,300) kyats for this month.
- The community garden members will prepare the land to be higher around the community garden so the land will be higher and they could grow the vegetables in the rainy season.

Discussion about the Water Tank Roof Matter

- MFCG discussed about making design for the tank roof with the community garden members.
- And then, we made the decision with the community garden members about the design which we were going to make.
- We calculated the estimated cost for building the tank roof. It was estimated that it would take around (3) days to finish building. The estimated cost for building the tank roof would be around (600,000) kyats.
- Finally, MFCG went to see the community garden to see the real situation.
 - The community garden members had (2) types of difficulties such as;
 - The chilly plants got dry and perished.
 - The villagers' goats tried to come inside the community garden for eating the vegetables by breaking the net. So, the net of the community garden was broken.
- MFCG went to see Saw Sar Pwel Muu's tube-well for checking how to pump up the water from the tube-well.

Conclusion

- The vegetables in the garden were in good condition even though some vegetables such as chilli plants and the egg plants got some insects. And they could sell some vegetables from the garden to get the extra income.
- The community garden members had the good cooperation with the volunteers for the community garden.

Next plan

- The community garden members will invite the volunteers to prepare the land for growing the vegetables in the rainy season.
- The community garden members will make the Lime powder and Sulphur pesticide to spray on the insects' attacking vegetables.
- The community garden members will grow the following vegetables in the rainy season such as;
 - Water spinach
 - Water sensitive plant
 - Cucumber
 - Gourd
 - Bitter gourd

Activity Report on May, 2023

Activity Report in Htaw Yee (HY) Village

Date	:	22 nd /May/2023
Time	:	9:00 Am to 2:30 Pm
Place	:	Htaw Yee (HY) village
Participants	:	Villagers - 15 Community Health Promoters (CHPs) - Naw Emerald - Naw Sel Sel Htoo Agricultural Members (Agri-Members) - Saw Hsar Pwel Muu - Naw Eah Si MFCG members - 4
Purposes	:	(1) To give HE about Heat Stress and Hypertension (2) To have MC Activity (3) To have the meeting with CHPs (4) To follow up the community garden matter
Activity	:	(1) HE Activity (2) MC Activity (3) Meeting with CHPs (4) Meeting with Agri-members

Activity Conducted

HE activity

- MFCG started the activity at 9:00 Am with introduction to the villagers.
- After that, Naw Sel Sel Htoo gave the Health Education to the villagers about Heat stress such as;
- The signs and symptoms of heat stress

- How to take care of the person who is suffering from heat stress
- How to prevent the heat stress
- And then, MFCG taught the participants how to make ORS to prevent the heat stress.
- After teaching the way of making ORS, MFCG gave one bottle of drinking water to each participant to make ORS together using the (8) teaspoons of sugar and (1) teaspoon of salt.
- Finally, MFCG gave some questions about the heat stress after the Health Education Talk such as;
 - The signs and symptoms of heat stress
 - How to take care of the person who is suffering from heat stress
 - How to prevent the heat stress
- After that, Naw Emerald gave the Health Education about hypertension about the following points;
 - The definition of hypertension
 - The signs and symptoms of hypertension
 - The risk factors of hypertension
 - The prevention of hypertension

MC Activity

- After having the Health Education session, MFCG continued to have the Medical Checking activity.
- MFCG registered the name and age of the participants.
- MFCG checked the blood pressure for the villagers who would like to get checking.
- MFCG gave (5) tablets of the multivitamins to the participants.
- The number of participants who joined the MC activity were (15) people.

Meeting with CHPs

- CHP members didn't have the monthly meeting in this month yet.
- MFCG encouraged the CHP members to start the hypertension project as soon as possible.
- MFCG offered the CHP members to encourage the villagers aged more than 40 years old to check the blood pressure regularly.
- MFCG explained to the CHP members how to make the record for the hypertension project.
- MFCG gave (3) note books to keep the record of the checking blood pressure for the participants.
- MCG gave the lecture note about hypertension from the book of "Where there is no doctor".
- MFCG requested the CHP members to prepare the (10) questions for pre-test and post-test.
- MFCG went to see the midwife and explained about the hypertension project to offer her to cooperate with CHP members if possible.

Meeting with the agricultural members

- The community garden members were taking care of the garden very well so far.
- Saw Sar Pwel Muu took the responsibility to water the vegetables in the morning and Naw Eh Si took time in the evening to pour the water to the vegetables in the garden.
- MFCG checked the income and expense note book of the community garden.

Month	Income	Expense	Balance
May	24,000 Kyats	12,500 Kyats	11,500 Kyats

- The community garden members did not ask any support from the volunteers to help the community garden so far. They planned to request to get the support from the volunteers before the end of this month.

- The community garden members could sell some vegetables during this month.
- The community garden members will make the frame for growing the new vegetables during this month for the following kinds of vegetables.
 - Gourd
 - Bitter gourd
 - Cucumber
- The community garden members already discussed with the agricultural specialist to decide for growing the above vegetables.
- We went to see the community garden with the agricultural members. We saw the condition of the land. The vegetables were in very good condition.

Conclusion

- All the participants were very active to listen to the Health Education Talk.
- They could answer all the questions about heat stress and hypertension given by MFCG.
- Midwife also had the strong wish to cooperate with the CHP members to work together for the hypertension project.
- CHP members will start to do the hypertension project before the end of this month.
- CHP members will prepare the (10) questions for the pre-test and post- test according to the book of “Where there is no doctor”.
- The agricultural members could manage the community garden very well so far.
 - They decided to grow the vegetables in the rainy season by making the bamboo shelves to grow the following vegetables;
 - Gourd
 - Bitter gourd
 - Cucumber

Next plan

- All the participants will share the Health Education knowledge about Heat Stress and Hypertension to other people such as their family members and their friends.
- Agri-members will start to make the bamboo shelf to grow the vegetables before the end of this month.
- Agri-members will request to get some help from the volunteers to make the bamboo shelves for growing the vegetables in the rainy season.

Activity Report on June, 2023

Activity Report in Shwe Paw Kone (SPK) Village

Project Duration : 10th/February/2023 to 27th/June/2023

Location : Shwe Paw Kone (SPK) Village

Activity : Tube-well Making Project

Introduction:

The Tube-well Making Project in Shwe Paw Kone Village was a collaborative effort aimed at addressing the vital need for clean and accessible drinking water within the community. This report encapsulates the comprehensive range of activities undertaken throughout the project's duration.

Purposes:

- (1) Facilitate the provision of purified drinking water to enhance the health and well-being of the Shwe Paw Kone villagers.
- (2) Cultivate and strengthen collaborative partnerships among stakeholders to ensure the project's success and sustainability.
- (3) Enhance the community's resilience to water scarcity and contamination through the establishment of robust infrastructure.

Participants:

The project engaged various stakeholders, including;

- (1) Shwe Paw Kone Villagers, the primary beneficiaries and active participants in project planning and implementation.
- (2) Members of the Oasis organization, who provided technical expertise and support in water quality testing.
- (3) Delta Water Engineering Company members, who collaborated in the procurement and installation of essential water filtration equipment.

(4) Five members of Myanmar Family Clinic and Garden (MFCG), who facilitated project coordination and resource mobilization.

Activities Conducted

Initiation and Planning

- On February 10th, stakeholders convened for an initial discussion to explore the feasibility of implementing a tube-well system within Shwe Paw Kone Village.
- Following constructive dialogue, villagers took the initiative to draft a comprehensive project proposal, articulating their water needs and priorities.
- The invaluable contribution of the monastery leader emerged as they generously donated land to serve as the site for the tube-well compound and associated infrastructure.

Execution Phases

- Collaborating closely with local masons from Shwe Paw Kone Village, formal agreements were established to delineate responsibilities and facilitate construction tasks.
- MFCG spearheaded the procurement of necessary materials, ensuring active involvement of villagers throughout the process to foster a sense of ownership and empowerment.
- A participatory design planning session was held on April 5th, allowing villagers to contribute their insights and preferences to the project's architectural blueprint.
- A contractual arrangement was finalized with a proficient tube-well digger, with an initial payment disbursed to initiate excavation activities.
- Despite logistical challenges, timely delivery of materials to the village preempted any disruptions, ensuring smooth project progression.

Infrastructure Development

- Commencing on May 8th, the construction of the generator house exemplified a collaborative effort, with villagers actively assisting masons in the erection of the structure.
- Upon the revelation of elevated iron levels in the water, swift action was taken to construct a high-water tank, bolstering the project's capacity for water storage and distribution.
- Milestone achievements were realized with the completion of the generator house on May 21st and the subsequent transportation of the water pump and generator to Shwe Paw Kone Village on May 24th.
- Leveraging the collective expertise of local masons, construction of the water tank commenced on May 25th, symbolizing another significant stride towards project realization.

Equipment Procurement and Training

- Procurement of a cutting-edge water filter machine from the esteemed Delta Water Engineering Company underscored the project's commitment to leveraging innovative solutions to optimize water quality.
- Augmenting the project's human resource capacity, two skilled workers were enlisted to facilitate water pipe installation and wiring, vital components in the operationalization of the water filter machine.
- The installation of the water filter machine on June 19th and 20th by Delta Water Engineering Company staff heralded a pivotal moment in the project's trajectory, paving the way for enhanced water purification capabilities.
- A series of comprehensive training sessions were meticulously conducted for villagers entrusted with the operation and maintenance of the water filter machine, empowering them with the requisite knowledge and skills to steward this critical asset effectively.

Conclusion

The Tube-well Making Project in Shwe Paw Kone Village exemplifies the transformative impact that can be achieved through community-driven initiatives and multi-stakeholder collaboration. By providing access to clean and safe drinking water, the project has not only addressed a fundamental human need but has also catalyzed positive socio-economic development within the community.

Next Steps

In line with our commitment to sustainable development, a structured framework has been devised to facilitate bi-monthly meetings, serving as a platform for ongoing dialogue and collaboration among villagers and stakeholders. Through collective vigilance and proactive engagement, we remain steadfast in our endeavor to ensure the long-term viability and efficacy of the project, thereby securing a brighter, healthier future for the inhabitants of Shwe Paw Kone Village.

Activity Reports on July, 2023

Activity Report in Ga Yat Gyi (GYG) Village

Date : 7th /July/2023

Place : Ga Yat Gyi (GYG) School, GYG Village

Participants : Grade - 8 students - 14

Grade - 7 students - 26

Teachers - 3

MFCG Members - 4

Purposes : To be able to concentrate on studying by having enough stationeries.

Activity : Supplying the stationeries

The name and the number of the items supported to the students are;

	Name of the items	Number
1	Pencase	1 set
2	Pens	2 pieces
3	Pencils	2 pieces
4	Correction pen	1 piece
5	Protractor	1 piece
6	Compass	1 piece
7	Ruler	1 piece
8	Sharpener	1 piece
9	Eraser	1 piece

Activity Conducted

- MFCG arrived at the school at 8:50 Am and we had the greeting with the headmaster and school teachers.
- And then, MFCG prepared the necessary materials such as putting the vinyl posters on the wall.
- MFCG explained about the purpose of the today's activity.
- MFCG started to give the stationeries sets to all the students.
- After that, the class teacher gave the closing speech for all the students.
- Finally, MFCG encouraged the students to study hard and take care of the stationeries very well.

Conclusion

- Students were very happy to receive the stationeries for studying from MFCG.
- (2) students were absent to come to school on that day. So, MFCG gave the stationery sets to their class teacher.

Next plan

- MFCG will go the school on 12th of July to supply the stationeries to the Grade-5 students.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 12th /July/2023

Place : Ga Yat Gyi (GYG) School, GYG Village

Participants : Grade - 5 students - 41
Teachers - 4
MFCG Members - 4

Purposes : To be able to concentrate on studying by having enough stationeries.

Activity : Supplying the stationeries

The name and the number of the items supported to the students are:

	Name of the items	Number
1	M Compass (mathematical Set)	1 set
2	Pens	2 pieces
3	Pencils	2 pieces
4	Correction pen	1 piece

Activity Conducted

- MFCG arrived at the school at 8:50 Am and had the greeting with the headmaster and school teachers.
- And then, MFCG prepared the necessary materials such as putting the vinyl posters on the wall.
- MFCG explained about the purpose of the today's activity.
- MFCG started to give the stationeries sets to all the students.
- After that, the class teacher gave the closing speech for all the students.
- Finally, MFCG encouraged the students to study hard and take care of the stationeries very well.

Conclusion

- Students were very happy to receive the stationeries for studying from MFCG.
- (2) students were absent to come to school on that day. So, MFCG gave the stationery sets to their class teacher.
- MFCG got the information about that one new student was increased in Grade - 5. So, we need to give the stationery sets to that student next time.

Next plan

- MFCG will go the school on 21st of July to supply the stationeries to the Grade - 4 students.

Activity Report in Htaw Yee (HY) Village

Date : 14th /July/2023

Time : 9:00 Am to 3:30 Pm

Place : HY village

Participants : Villagers - 18
Community Health Promoters (CHP) - Nyein Nyein Aye
Agricultural Members (Agri-member) - Saw Hsar Pwel Muu
- Naw Eah Si
MFCG Members - 3

Purposes : (1) To give the Health Education (HE) about Hypertension and Dengue Hemorrhagic Fever (DHF)
(2) To have the meeting with CHP about Hypertension project
(3) To have the Medical Checking activity
(4) To have the meeting with Agri-members

Activity : (1) Health Education (HE) Activity
(2) Meeting with CHPs
(3) Medical Checking (MC) Activity
(4) Meeting with Agri-members

Activity Conducted

Health Education (HE) Activity

- MFCG arrived at the HY village at 8:50 Am in the morning.
- At first, MFCG greeted with the village leader.
- MFCG prepared the logo, vinyl posters and the necessary materials to get ready.
- And then, MFCG could start the activity by greeting and introduction with the participants.
- Nyein Nyein Aye who was CHP member gave the HE about hypertension.

- After that, CHP member asked some questions about hypertension and all the participants answered that questions.
- And, MFCG gave the HE about DHF by using vinyl posters.
- And also, MFCG asked some questions about DHF for reviewing.

Meeting with CHP Members

- CHP members had the meeting in June.
- Two CHP members joined that meeting.
- They discussed about making the pre-test and post-test questions for Hypertension topic. The questions that they prepared are as follows;
 - Is hypertension hereditary?
 - What're the complications of Hypertension?
 - What're the signs and symptoms of Hypertension?
 - How to prevent the Hypertension?
 - What BP defines the Hypertension?
 - At what age can people get Hypertension?
- CHP members already started their Hypertension project for the villagers in HY village. People over the age of 40 were encouraged to have their blood pressure checked.
- CHP members took responsibility to inform the villagers according to their in-charge area.
- The villagers are asked to go to the clinic to check their blood pressure at least once per month.
- (20) people above aged (40) went to the Midwife for checking their blood pressure. Among (20) people, we noticed that (3) people have got high blood pressure around 140/50 mmHg.
- CHP members wrote down the record of the People' blood pressure on their note books.
- CHP members went to the Midwife to get the results of the villagers' BP record.

Medical Checking Activity

- MFCG had the Medical Checking (MC) activity for the villagers.
- We checked the blood pressure of all the participants and gave the (5) tablets of multivitamins to all the participants.
- Total number of the participants who joined this session were 23.

Meeting with Agri-members

- The vegetable they were growing in the community garden were the same as before such as water spinach, Lady fingers and Roselle leaves.
- They didn't start to grow another different kind of vegetables yet.
- The agricultural members always pick the vegetables up from the community garden for eating. But they could not sell any kinds of vegetables from the community garden.
- They are going to clean the garden on 18th of July with the support from the volunteers. And then, they will grow another new different kind of vegetables. They are planning to grow gourd plants and cucumber plants. But they will call the agricultural specialist to get some suggestions from him before planting.
- The agricultural member tries to pump water almost every (3) days to know whether it functions very well or not.
- MFCG asked them to check the battery acid level every week to sustain the life of the battery.

Gaps

- Every household did not go to the Midwife for the first BP checking yet. Even though CHP members addressed the villagers during the Church service to go and check their BP in the clinic.

Conclusion

- The CHP members worked very hard for the hypertension project in HY village. They already encouraged the villagers to go to see the Midwife for BP checking.
- The community garden members could pick up the vegetables in the garden for eating by themselves.
- They already made a plan for growing the vegetables in the community garden. They are;
 - Gourd
 - Cucumber

Next plan

- CHP members will continue to encourage the villagers to go to the Midwife for checking the Blood Pressure.
- CHP members would like to have the BP checking activity in the Church on Sundays. They will do this activity for the people who are above 40 at the end of the Church service once a month. MFCG will discuss about this issue among the members and let the CHP members know about it.
- CHP members will get the BP record of the villagers over aged 40 from Midwife.
- CHP members will try to cooperate with Midwife to get the accurate information about the villagers who did not come to check their blood pressure yet. Then, CHP members will record the name of those people and encourage them again to go to the clinic for BP checking.
- The Agri-members will clean the garden and preparing the land for growing another vegetable on 18th of July.
- The Agri-members will make phone call to Sayar U San Win to discuss about selecting the vegetables for growing.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 21st /July/2023

Place : Ga Yat Gyi (GYG) School, GYG Village

Participants : Grade - 4 Students - 37
Teachers - 2
MFCG Members - 4

Purposes : To be able to concentrate on studying by having enough stationeries

Activity : Supplying the stationeries

The name and the number of the items supported to the students are;

	Name of the items	Number
1	Pencase	1 piece
2	Pencils	2 pieces
3	Compass	1 piece
4	Sharpener	1piece
5	Eraser	1piece
6	Compass	1 set
7	Ruler	1 piece

Activity Conducted

- MFCG arrived at the school at 8:50 Am and we had the greeting with the headmaster and school teachers.
- And then, MFCG prepared the necessary materials such as putting the vinyl posters on the wall.
- MFCG explained about the purpose of the today's activity.

- MFCG started to give the stationeries sets to all the students.
- After that, the class teacher gave the closing speech for all the students.
- Finally, MFCG encouraged the students to study hard and take care of the stationeries very well.

Conclusion

- Students were very happy to receive the stationeries for studying from MFCG.
- (2) students were absent to come to school on that day. So, MFCG gave the stationery sets to their class teacher.

Next plan

- MFCG will go the school on 28th of July to supply the stationeries to the Grade-3 students.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 28th /July/2023

Place : Ga Yat Gyi (GYG) School, GYG Village

Participants : Grade - 3 Students - 58

Headmaster - 1

Teachers - 3

MFCG Members - 4

Purposes : To be able to concentrate on studying by having enough stationeries

Activity : Supplying the stationeries

The name and the number of the items supported to the students are;

	Name of the items	Number
1	Pencase	1 piece
2	Pencils	2 pieces
3	Sharpener	1piece
4	Eraser	1piece
5	Ruler	1 piece
6	Compass	1 piece

Activity Conducted

- MFCG arrived at the school at 8:50 Am and greeted with the headmaster and school teachers.
- And then, MFCG prepared the necessary materials such as putting the vinyl posters on the wall.

- MFCG explained about the purpose of the today's activity.
- MFCG started to give the stationeries sets to all the students.
- After that, the class teacher gave the closing speech for all the students.
- Finally, MFCG encouraged the students to study hard and take care of the stationeries very well.

Conclusion

- Students were very happy to receive the stationeries for studying from MFCG.
- (4) students were absent to come to school on that day. So, MFCG gave the stationery sets to their class teacher.

Next plan

- MFCG will go to the school on 11th of August to supply the stationeries to the Grade-2 students.

Activity Reports on August, 2023

Activity Report in Ga Yat Gyi (GYG) Village

Date : 11th /August/2023

Place : Ga Yat Gyi (GYG) School, GYG Village

Participants : Grade - 2 students - 85
Teachers - 4
MFCG Members - 4

Purposes : To be able to concentrate on studying by having enough stationeries

Activity : Supplying the stationeries

The name and the number of the items supported to the students are;

	Name of the items	Number
1	Pencase	1 piece
2	Pencils	2 pieces
3	Sharpener	1piece
4	Eraser	1piece
5	Ruler	1 set

Activity Conducted

- MFCG arrived to the school at 8:50 am and greeted with the headmaster and school teachers.
- And then, MFCG prepared the necessary materials such as putting the vinyl posters on the wall.
- MFCG explained about the purpose of the today's activity.

- MFCG started to give the stationeries set to all the students.
- After that, the class teacher gave the closing speech for all the students.
- Finally, MFCG encouraged the students to study hard and take care of the stationeries very well.

Conclusion

- Students were very happy to receive the stationeries for studying from MFCG.
- (10) students were absent to come to school on that day. So, MFCG gave the stationery sets to their class teacher.

Next plan

- MFCG will go the school on 18th of August to supply the stationeries to the Grade-1 and Kindergarten (KG) students.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 18th /Aug/2023

Place : Ga Yat Gyi (GYG) School, GYG Village

Purposes : To be able to concentrate on studying by having enough stationeries

Activity : Supplying the stationeries

Participants : Grade - 1 Students - 18

Kindergarten (KG) Students - 29

Teachers - 13

MFCG Members - 4

The name and the number of the items supported to the students are;

	Name of the items	Number
1	Pencase	1 piece
2	Pencils	2 pieces
3	Sharpener	1piece
4	Eraser	1piece
5	Ruler	1 piece

Activity Conducted

Supplying stationeries to the Grade - 1 Students

- MFCG arrived at the school at 8:50 Am and greeted with the headmaster and school teachers.
- And then, MFCG prepared the necessary materials such as putting the vinyl posters on the wall.
- MFCG explained about the purpose of the today's activity.
- MFCG started to give the stationeries set to all the students in Grade-1.
- And then, the students sang (2) songs that they learned from their school to make us happy.
- After that, MFCG took the group photo with all the students.
- And then, the class teacher gave the closing speech for all the students.
- Finally, MFCG encouraged the students to study hard and take care of the stationeries very well.

Supplying stationeries to the KG students

- After MFCG finished distributing the stationeries to the Grade – 1 Students, MFCG prepared the necessary materials such as putting the vinyl posters on the wall of the KG classroom.
- MFCG had the greeting with the class teacher and the KG students.
- MFCG started to give the stationeries sets to all the students in KG.
- And then, the students sang the songs together that they learned from their school.
- After that, MFCG took the group photo with all the students.
- Finally, the class teacher gave the closing speech for all the students.
- MFCG had the small meeting with the headmaster and all the students.

Meeting contents

- MFCG explained about the headmaster and the teachers that the reason why MFCG usually contact the health committee member. This was because MFCG didn't want to interfere with the teaching time of other teachers.

- Infront of all the teachers, MFCG asked them to make clear which teacher do we have to contact when we have the activity next time.
- Finally, the headmaster recommended MFCG to contact Teacher Cherry Myint when we have the activity next time. All the teachers were also agreed that to contact her.
- The teachers requested to have the toothbrushing activity for all the students at first. In addition, the headmaster requested MFCG to invite the parents to join the HE too.
- MFCG offered all the teachers to be the members of Health Committee Member if they wish. So, the headmaster and Daw Nilar Soe wanted to be the members of Health Committee.

Conclusion

- Students were very happy to receive the stationeries from MFCG.
- (47) students were absent to come to school on that day because it rained heavily on that day. So, MFCG gave the stationery sets to their class teachers.

Next Plan

- MFCG will have the toothbrushing activity for all the students in GYG village by inviting with the students' parents.

Activity Report in Htaw Yee (HY) Village

Date : 25th /August/2023

Time : 9:00 Am to 12:00 Noon

Place : Htaw Yee (HY) village

Participants : Community Health Promoters (CHPs) - Nyein Nyein Aye
- Naw Emerald
- Naw Sel Sel Htoo
Agricultural Members (Agri-members) - Saw Hsar Pwel Muu
- Naw Eah Si
MFCG Members - 5

Purposes : (1) To have the meeting with Community Health Promoters (CHP) to know about their real situation
(2) To have the discussion with the agricultural members to know the community garden situation.

Activity : (1) Meeting with CHPs
(2) Meeting with Agri-members

Activity Conducted

- MFCG arrived at the village at 8:50 Am and prepared the logo and necessary materials to get ready.
- After that, MFCG started the meeting with CHP members.
- At first, MFCG appreciated the CHP members for their hard working for HY village.
 - CHP members had finished completely the toilet activity within (2) years. They encouraged the villagers to build the sanitary toilet and gave the health education talk about the importance of having the sanitary toilet. So that, almost all the villagers have the toilets now.

- In addition, they had done the environmental sanitation activity within (1) year as well. They encouraged the villagers to keep the trash bags at home and to throw the trash properly into the trash bins. And they gave the health education about the environmental sanitation to the villagers.
- CHP members encouraged the villagers to go to see the Midwife in the clinic for Blood Pressure (BP) checking. So, around (20) villagers already went to see the Midwife for checking their BP.
- CHP members did not have any health activity in the village since June, 2023 to 22nd of August.
- Nyein Nyein Aye decided to resign as a member of the CHP member because of her poor health condition.
- Naw Sel Sel Htoo also wanted to resign as a member of the CHP member because she was always busy with her housework. She was also not happy to work for the hypertension project because she didn't know about the Hypertension topic in detail.
- Naw Emerald also needed to focus on surviving so that she couldn't give a lot of time for the village's health situation.
- Most of the villagers also had to work daily for their surviving so that they didn't have time to take care of their own health.
- CHP members would like to continue to have the health education activity in Church on Sundays once a month.

Meeting with Agri-members

- At first, we went to see the real situation of the community garden with all the agricultural members.
 - The half area of the garden was cleaned totally and the other parts are kept without clearing.
 - There were no vegetables growing in the garden.
- After seeing the land, we started to have the meeting with agricultural members.
 - The agricultural members did not start to plant any vegetables yet even though they had a plan to grow the vegetables in the community garden. Because they were very busy with their surviving and they had to go to their field as well.

- The agricultural members said that there were two people who sell the vegetables who comes from Kan Gyi Village and another one who comes from their own village.
- The agricultural members said that they can pick up some vegetables from the garden for eating. And the villagers can buy some vegetables such as eggplant, okra, roselle, bitter melon from the vegetable seller.
- The villagers can pick up the water spinach from their surrounding fields so that the villagers preferred not to buy the water spinach from the community garden.

Conclusion

- MFCG had a great time with the CHP members to know about their real situation so that MFCG could know how we can support the CHP members for the future.
- Due to the current difficult situation, CHP members could not concentrate on the village's health matter because they needed to focus on their own surviving.
- The agricultural members could not focus on the community garden because of the following points:
 - The number of the people were less to work together for the community garden.
 - The Agri-members had to struggle with their family issue such as surviving.
 - The villagers preferred not to buy the vegetables such as water spinach and water sensitive plants from the community garden because they can get easily from their village.

Next plan

- MFCG will try to get the volunteers to support the CHP members by cooperating with the village leader. MFCG will have the meeting with the village leader and the villagers to discuss about this issue.
- MFCG decided to teach the CHP members how to check the blood pressure in the future so that, they can help the villagers to check the blood pressure. CHP members will refer the people to the Midwife if their blood pressure is more than 130/80 mmHg.
- The agricultural members will try to plant the following vegetables;
 - Tomato

- Okra
- Roselle
- Agri-members will plant these vegetables in half of their plantation. The rest of the plantation will continue to leave the water spinach plants.
- MFCG will invite Sayar U San Win who is the agricultural specialist to check the community garden situation in September. So that, the agricultural members can get some ideas from Sayar U San Win to improve the community garden.

Activity Reports on September, 2023

Activity Report in Htaw Yee (HY) Village

Date : 21st / September / 2023 to 22nd / September /2023

Time : 9:00 Am to 3:30 Pm

Place : Htaw Yee (HY) Village

Participants : Community Health Promoters (Old) - Naw Emerald
 Community Health Promoters (New) - Naw Htoo Phaw
 - Naw Ro Zel Nar
 MFCG Members - 4

Purpose : (1) To give the Community Health Promoter (CHP) Course to be able to work together with old the Community Health Promoters (CHP) for Hypertension's project
 (2) To reduce the number of hypertensive people in HY village

Activity : Training for new Community Health Promoters

Time Schedule for CHP Course in HY village

Date	21 st Sept	22 nd Sept	19 th Oct	20 th Oct	21 st Oct
	Pre-Test	Reviewing	Reviewing	Reviewing	Post – Test
	Toothbrushing	Hypertension	Toilet	Dengue Hemorrhagic Fever (DHF)	Organic Foods and Productions
	Oral Cancer	Diabetes Mellitus	Skin disease	Tuberculosis (TB)	Gargle and Infections
	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
	Hand Washing	Demonstration for Health Education	(3) group of Nutrition	Heat Stress	Demonstration for Health Education
	Deworming		Beri Beri	Family Planning	

Activity Conducted

Time Schedule for CHP Course

Date	21 st / September / 2024	22 nd / September / 2023
Contents	Pre-Test	Reviewing the lessons
	Toothbrushing	Hypertension
	Oral Cancer	Diabetes Mellitus
	Lunch Time	Lunch Time
	Worm Infestation	HE and Demonstration about Toothbrushing by New CHPs
	Hand Washing	

Day – 1

Morning Session

- MFCG arrived in the village at around 8:50 Am in the morning and prepared the requirements such as putting the MFCG logo and putting the vinyl posters on the wall.
- After that MFCG had the Pre-test for the CHP course.
- The results of the participants are;

No	Name	Results
1	Naw Ro Zel Nar	12/50
2	Naw Htoo Phaw	20/50

- MFCG gave the two lectures about Toothbrushing and Oral Cancer in the morning session.
- After finishing the Pre-test, MFCG started to give the lecture about toothbrushing by using the vinyl posters and lecture notes.

Toothbrushing

- MFCG mainly explained about the (4) points for toothbrushing topics;
 - The important of toothbrushing
 - Timing for toothbrushing
 - Correct toothbrushing methods
 - Complications of dental caries
- And then, MFCG did the demonstration about correct toothbrushing methods.
- After having the demonstration, MFCG asked the questions about the toothbrushing to the participants.
 - Why do we need to brush our teeth properly?
 - When do we need to brush our teeth daily?
 - How do we have to brush our teeth properly?
 - What are the complications of dental caries?
- Then all the participants took a break for (5) minutes.

Oral Cancer

- In addition, MFCG gave the lecture about the oral cancer. MFCG used the vinyl posters and the lecture note for explanation.
- MFCG explained about the following points;
 - Definition of oral cancer
 - Causes of oral cancer
 - Signs and symptoms of oral cancer
 - Prevention of oral cancer
- Then, MFCG asked the questions related with the oral cancer topic to the participants.
 - What is oral cancer?
 - What causes oral cancer?
 - What are the signs and symptoms of oral cancer?
 - How to prevent the oral cancer?
- After that, all the participants had a lunch time for (1) hour.

Afternoon session

Worm Infestation

- After taking the lunch time, MFCG started the afternoon session with the worm infestation topic.
- MFCG gave the lecture by using the vinyl poster and lecture note to give the explanation.
- MFCG explained about;
 - Causes of worm infestation
 - Signs and symptoms of worm infestation
 - Complications of worm infestation
 - Prevention of worm infestation
- After that, MFCG asked the questions to the participants about this topic.
 - What causes the worm infestation?
 - What are the signs and symptoms of worm infestation?
 - What are the complications of worm infestation?
 - How to prevent the worm infestation?
- Then all the participants took a break for (5) minutes.

Handwashing

- In addition, MFCG started the lecture about handwashing topic after taking a break for (5) minutes.
- MFCG gave the hand washing lecture using the vinyl poster and pamphlets for the participants.
- MFCG mainly focused on explaining about the following points;
 - The important of handwashing
 - Timing for handwashing
 - Preventable diseases by handwashing
 - Correct handwashing method

- Finally, MFCG showed the video about the correct handwashing method.
- After that, MFCG asked the questions to the participants about the handwashing topic such as;
 - Why do we need to wash our hand thoroughly?
 - When do we need to wash our hand with soap?
 - Which diseases can we prevent by washing hand properly?
 - How do we have to wash our hand properly?
- And then, MFCG finished afternoon session at 3:30 Pm.

Day (2)

Morning Session

Activity Conducted

- MFCG arrived at the village at 8:50 Am and prepared the MFCG logo and the vinyl posters on the walls.
- After that, MFCG started the Day -2 activity by reviewing about toothbrushing, oral cancer, worm infestation and the handwashing topics.

Hypertension

- MFCG taught the topic of Hypertension using the hypertension vinyl posters and the lecture note.
- And then, MFCG checked the blood pressure and body weight for all the participants to check the Body Mass Index (BMI).
- MFCG gave the explanation about the following points;
 - Causes of hypertension
 - Risk factors of hypertension
 - Signs and symptoms of hypertension
 - Prevention of hypertension
- After giving the lecture about hypertension, MFCG asked the questions to the participants related with the hypertension topic.

- The questions are as follows;
 - (1) What causes hypertension?
 - (2) Who are at risk of hypertension?
 - (3) What are the signs and symptoms of hypertension?
 - (4) How to prevent the hypertension?
- And then, all the participants took a break for (5) minutes.

Diabetes Mellitus

- MFCG started to give the lecture about the diabetes mellitus (DM) using the vinyl posters.
- MFCG mainly explained about the following points;
 - Causes of DM
 - Signs and symptoms of DM
 - Risk factors of DM
 - Prevention of DM
- After giving the lecture, MFCG asked the questions to the participants about DM such as;
 - What causes DM?
 - What are the signs and symptoms of DM?
 - Who are at risk of DM?
 - How to prevent DM?
- After that, MFCG took the lunch time for (1) hour.

Afternoon session

Health Education (HE) and Demonstration about Toothbrushing

- After lunch time, MFCG invited all the interested villagers to join the HE session.
- The total number of participants were (14) on that day.
- MFCG had the Health Education Talk led by Naw Rozel Nar and Naw Htoo Phaw.
- (2) new CHPs gave the toothbrushing topic to all the villagers.
- And then, MFCG had the toothbrush exchange activity. We also had the toothbrushing demonstration with all the villagers.

Conclusion

- MFCG got the feedbacks from the participants.
 - All the participants were very happy to get new health knowledge to prevent the diseases.
 - CHPs requested MFCG to ask more questions to the participants during the lecture time not to be sleepy.
 - They preferred to get the lecture using the videos, the songs and the pictures to understand easily.
 - They would like to get the ice-break during the lecture to increase the participants' interest level.

Next plan

- MFCG will continue to give the CHP lecture on 19th, 20th and 21st of October.
- MFCG prepared the lectures for (3) days.

19 th of October	No		Topics	Remark
	Morning	1	Toilet	Using the vinyl posters and pamphlets
		2	Skin diseases	Using the vinyl posters and the pictures
	Evening	3	(3) Groups of Nutrition	Using Vinyl, pamphlets and games
		4	Beri Beri	Using vinyl

20 th of October	No		Topics	Remark
	Morning	1	Dengue Hemorrhagic Fever (DHF)	Using the vinyl poster, pamphlets and video
		2	Tuberculosis	Using the vinyl posters and the pamphlets
	Evening	3	Heat Stress	Using Vinyl posters and demonstration
		4	Family planning	Using vinyl posters and pamphlet

21 st of October	No		Topics	Remark
	Morning	1	Taking the post - test	Using the answer papers
		2	The benefits of organic farming	Using the vinyl posters and the video
	Evening	3	Health Education Talk	(2) CHPs will give the HE talk

Activity Reports on October, 2023

Activity Report on Myo Haung (MH) Village

Date : 10th/October/2023

Place : Myo Haung (MH) Village

Participants : Villagers - 26
Village leader -1
Midwife -1
MFCG Members -5

Purposes : (1) To give the HE (Health Education) Talk about Eye infection
(2) To have the Medical Checking (MC) Activity
(3) To get the update information about MH's village

Activity : (1) Health Education (HE) Activity
(2) Medical Checking (MC) Activity

Activity Conducted

- At first, MFCG went to see the midwife for greeting and to get the facts about the health condition of MH village.
- The facts that MFCG got from midwife are;
 - (2) people died in MH village during this year.
 - One 53-year-old man died of stomach cancer and another 53-year-old man died of cirrhosis of liver.
 - The first person who got the eye infection came to see midwife on 18th of September.
 - There were around (15) people who got the eye infection to come to see the midwife up to the 10th of October.
 - There were also the eye infections in surrounding villages.

- After that, MFCG went to the monastery and had greeting with the Monk.
- And then, MFCG started to prepare the necessary materials for having the activity such as setting the tents, putting the logo and vinyl posters.
- MFCG started to have the activity at 9:40 Am.
- MFCG asked the questions to the participants whether they had got the eye infection among their family members or not.
 - Among the participants, the family members of (10) participants suffered from the eye infection.
 - In (10) household, (27) people suffered from the eye infections.
- After asking the questions, MFCG started to give the HE about the eye infection using the pictures of the eye sores and explained them about the difference between Conjunctivitis, Trachoma and “Hepatitis A” using the pictures.
- MFCG taught the participants how to clean the eyes when they have got the infection by using the sterilized water according the following steps;
 - Boil the water and make it cool in the container
 - Wash the hands thoroughly with soaps
 - Clean the eyes with sterilized water using the clean hands
- Make the eyes dry by themselves without using the towels or tissues
- MFCG encouraged the participants not to share the towels with others when they have the eye sores.
- After giving the HE, MFCG started to have the MC activity.
 - Registration the names of the participants.
 - Checking the blood pressure for them.
 - Giving the multivitamins to them.
 - Registering the date on the number cards and giving one piece of soap to each participant.
- The number of the people who joined the MC activity were (25).

- The common cases in MH village are as follow.

No	Types of cases	Number of cases
1	Hypertension	5 people
2	Skin infection	5 people
3	Diabetes Mellitus	2 people
4	Malnutrition	1 person
5	Eye infection	1 person

Conclusion

- MFCG found out that the number of the hypertension and skin infection was higher than other cases in MH village.

Next plan

- MFCG will try to give the HE about hypertension and skin infection next time.

Activity Report in Htaw Yee (HY) Village

Date : 19th/October/2023 to 21st/October2023

Time : 9:00 Am to 3:30 Pm

Place : Htaw Yee (HY) Village

Participants : Community Health Promoter (CHPs) - Naw Htoo Phaw
 - Naw Ro Zel Na
 - Naw Emerald
 MFCG Members - 5

Purposes : (1) To give the Community Health Promoter (CHP) Course to be able to work together with old the Community Health Promoters (CHP) for Hypertension's project
 (2) To reduce the number of hypertensive people in HY village

Activity : Training for new Community Health Promoters

Time Schedule for CHP Course of October in HY Village

Date	19 th /October/2023	20 th /October/2023	21 st /October/2023
Contents	Reviewing the lessons of September	Reviewing	Post Test
	Toilets	Dengue Hemorrhagic Fever (DHF)	Organic Food Productions
	Skin Disease	Tuberculosis (TB)	Gargle And Infections
	Lunch Time	Lunch Time	Lunch Time
	Three Groups of Nutrition	Heat	HE Talk Demonstration About Hypertension And DHF
	Beri Beri	Family Planning	

Day (1)
Morning Session

- MFCG arrived at the village around 8:50 Am in the morning.
- MFCG prepared the requirements (such as putting the MFCG logo and putting the vinyl posters on the wall.
- After that MFCG started the course by greeting the participants at 9:00 Am.
- And then MFCG reviewed the lessons of September course by asking and answering the questions about;
 - Toothbrushing
 - Oral Cancer
 - Handwashing (sang the handwashing song)
 - Deworming
 - Diabetes Mellitus and doing exercise
 - Hypertension
- MFCG gave the two lectures about Skin Disease and Toilets in the morning session.
- MFCG started to give the lecture about Skin Disease (Scabies) by using the vinyl posters and pamphlets.

Skin Disease

- MFCG asked the participants about the skin disease;
 - How many kinds of skin diseases?
 - What causes skin disease?
 - What are the symptoms of skin disease?
 - How can we prevent the skin disease?
- And then MFCG mainly explained about skin disease (Scabies) topics;
 - Different kinds of skin diseases
 - Causes of skin diseases
 - Signs and symptoms of scabies infections
 - Prevention of skin diseases
- Then we took a break for (5) minutes.

Toilet

- In addition, MFCG gave the lecture about toilet by using the vinyl posters and the lecture notes for explanation.
- Before starting the lecture, MFCG asked the questions to the CHPs;

Question : How many toilets do you have in the village?

Answer : Almost of the households have the toilets.

Question : What kind of toilets do you have?

Answer : They have the sanitary toilets.

Question : What kind of diseases can prevent if we build the sanitary toilets?

Answer : Diarrhea and worm infestation diseases can be prevented by
building the sanitary toilets.

- Naw Emerald explained about the following points:
 - Characteristic of sanitary toilets.
 - The types of toilets.
 - Tips to follow in building the sanitary toilet.
 - Benefits of using the sanitary toilet.
 - Preventable diseases such as;
 - Diarrhea
 - Dysentery
 - Worm infestation
 - Typhoid
 - Hepatitis
- Then, MFCG explained about the fecal oral route by using vinyl posters to the participants.
- After that, all the participants had a lunch time for (1) hour.

Afternoon session

Three Groups of Nutrition

- After taking the lunch time, MFCG started afternoon session with the three group of nutrition topic.
- Naw Emerald gave the lecture by using the vinyl posters and pamphlets to give the explanation.
- She explained three main groups of nutrition such as;
 - Carbohydrate (rice, flour, corn, oil, sugar, etc.)
 - Protein (meats, fish, legumes, milk and the diary product)
 - Vitamins (vegetables and fruits)
- After that, MFCG asked the participants about three groups of nutrition by using the pictures.
- And then, all the participants took a break for (5) minutes.

Beri Beri

- And then, MFCG started beri beri topic after taking a break for (5) minutes.
- MFCG gave the beri beri lecture using the vinyl posters and pamphlets for the participants.
- MFCG mainly focused on explaining about the following points;
 - Causes of beri beri
 - The signs and symptoms of beri beri
 - Prevention of beri beri
 - The foods rich in vitamin B1
- Finally, MFCG reviewed all the lectures of Day (1).
- And then, MFCG finished afternoon session at 3:30 Pm.

Day (2)

Morning Session

- MFCG arrived at the village around 8:50 Am.
- And MFCG had to prepare to put the MFCG logo and the vinyl posters on the walls.
- After that MFCG started Day (2) activity with the reviewing about skin diseases, toilet, three groups of nutrition and beri beri topics.

Dengue Hemorrhagic Fever (DHF)

- And then, MFCG taught the topic of DHF by using the vinyl posters and pamphlets.
- MFCG gave the explanation about the following points;
 - Causes of DHF
 - The signs and symptoms of DHF
 - The danger signs of dengue shock
 - Prevention mosquito's bites
- After giving the lecture about DHF, MFCG asked the questions to the participants related with DHF topic.
- The questions are as follows;
 - What causes DHF?
 - What are the signs and symptoms of DHF?
 - What are the danger signs of dengue shock?
 - How to prevent the mosquito bite?
- MFCG taught the DHF song to the participants and sang together with all the participants.
- And then, all the participants took a break for (5) minutes.

Tuberculosis (TB)

- MFCG started to give the lecture about the tuberculosis (TB) using the vinyl posters and pamphlets.

- MFCG mainly explained about the following points;
 - Causes of TB
 - Signs and symptoms of TB
 - Mode of transmission of TB
 - Risk factors of TB
 - Prevention of TB
- MCG played the game related to TB topic with all of participants.
- After giving the lecture, MFCG asked the questions to the participants
 - What causes TB?
 - What are the signs and symptoms of TB?
 - How TB spreads?
 - What are the TB risk factors?
 - How to prevent the TB?
- MFCG finished morning session and took the lunch time for (1) hour.

Afternoon session

Heat Stress

- After lunch time, MFCG started afternoon session about heat stress topic.
- MFCG started to give the lecture about the Heat Stress using the vinyl posters and pamphlets.
- MFCG mainly explained about the following points;
 - Definition of heat stress
 - Causes of heat stress
 - Signs and symptoms of heat stress
 - Methods of taking care of the people who suffered from heat stress
 - Prevention of heat stress
 - Oral Rehydration Solution (ORS) making method

- MFCG did the demonstration about making ORS by using (8) teaspoons of sugar and (1) teaspoon of salt in (1) liter of purified water.
- MFCG gave (1) liter bottle of purified water and then made ORS together with all the participants.
- And then, all the participants took a break for (5) minutes.

Family Planning

- And then, MFCG started the family planning topic after taking a break for (5) minutes.
- MFCG gave the family planning lecture using the vinyl posters and pamphlets to the participants.
- MFCG mainly focused on explaining about the following points;
 - Definition of family planning
 - Methods of contraception
 - Pros and cons of different contraception methods
 - People who need to use family planning
- Finally, MFCG reviewed all the lectures of Day (2) and then, finished afternoon session at 3:30 Pm.

Day (3)

Morning Session

- MFCG arrived at the village at 8:50 Am.
- And MFCG had to prepare the logo and the vinyl posters on the walls.
- After that MFCG started Day (3) with the reviewing about DHF, TB, heat and family planning topics.
- MFCG gave the post-tests question to answer for the participants.
- The results of the post-tests are;

No	Name	Result
1	Naw Htoo Phaw	47
2	Naw Rozelna	40

Organic Food Productions

- And then, MFCG taught the topic of organic food productions vinyl posters.
- MFCG gave the explanation about the following points;
 - The benefits of organic farming
 - Showing the video about the dangers of using the chemical fertilizers
 - The method of growing the tomato by using organic method
- And then, all the participants took a break for (5) minutes.

Gargle and Infections

- MFCG started to give the lecture about the gargle and infection using the vinyl posters.
- MFCG mainly explained about six points to follow to reduce the risk of infections;
 - Wearing mask
 - Handwashing
 - Doing gargle
 - Eating well balance diet
 - Doing exercises
 - Having enough sleep
- And MFCG explained about three points to avoid to prevent the infections;
 - Avoiding the crowded spaces
 - Avoiding the close-contact settings
 - Avoiding the confined and enclosed spaces
- And then, all the participants took the lunch time for (1) hour.

Afternoon session

- After lunch time, MFCG invited all the interested villagers to join the HE session in the afternoon.
- And MFCG also invited Mid-wife to join the HE talk session.
- The total number of participants were (14) on that day.
- CHPs had the Health Education Talk led by Naw Rozelna and Naw Htoo Phaw.

- Naw Rozalna gave the lecture about hypertension.
- Mid-wife also repeated the hypertension topic to understand clearly for all participants.
- Naw Htoo Phaw gave the HE talk about DHF.
- MFCG also repeated the DHF topic again to understand more clearly for all participants.

Conclusion

- MFCG got the feedbacks from the participants.
 - CHPs got to know about the health education knowledge to prevent the diseases.
 - This course very useful for CHPs and they got to know about more diseases.
 - CHPs got to know about organic agricultural methods.
 - CHPs got to know the side effects of using chemical fertilizers.
 - CHPs gave the idea to provide the comfortable place to be able to concentrate on the lecture.
- All the participants joined the CHP course completely.
- All the participants got to know how to prevent the diseases.
- Two new CHP members passed the post test.
- The results were improved significantly.

No	Name	Pre-test results	Post-test results
1	Naw Rozalna	12	40
2	Naw Htoo Phaw	20	47

Next plan

- MFCG will try to cooperate with the new CHPs to give the opportunity to get the experience in giving HE talk.
- MFCG will need to select the good atmosphere (not too hot) for giving the CHP course again.

Activity Report for Agricultural Trip

Date	:	31 st /October/2023
Place	:	Pathein Township (Sayar U San Win's Garden)
Participants	:	Htaw Yee (HY) villagers - 9
	:	Tha Bough Chaung (TBC) villager - 1
	:	Agricultural Members (Agri-members) - 2
	:	Agricultural specialist - 1
	:	MFCG members - 5
Purposes	:	To see the real situation of Sayar U San Win's organic garden
Activity	:	Agricultural trip to organic garden

Activity Conducted

- MFCG started to leave at 6:30 Am from office and we had the gathering time with all the participants at 5 miles point to review the expectations on the agricultural trip.
- All the participants arrived at Sayar U San Win's organic garden around 9:30 Am.
- Some participants asked the questions to Sayar U San Win and he answered as the followings;

Question : How to plant the vegetables in the rainy season?

Answer : The vegetables can be planted by making frame and the roof in the rainy season.

Question : Which season is the best to grow the organic vegetables?

Answer : Winter season is the best to grow the organic vegetables.

Question : Which vegetables can earn a lot of money?

Answer : We can earn a lot of income by growing long bean and lady finger vegetables.

Question : How to make the facial cleaning liquid?

Answer : The ingredients to make the facial liquid are tamarind leaves, Neem trees leaves and water.

Question : How to grow the vegetables in the flooded area?

Answer : We can plant the vegetables in the flooded area by making frame to make the land higher.

Question : When to plant the long bean and the cucumber?

Answer : It is a good time to start to plant the cucumber and the long bean in November.

Question : How to make the natural pesticides?

Answer : Sayar U San Win gave the instructions about;

- how to make the pesticides and herbal nutrients.
- how to use the pesticides and herbal nutrients.
- how to store the pesticides and herbal nutrients.

- And then, all the participants went to see the Sayar U San Win's organic garden situation.
- Sayar U San Win gave the explanation about Dochakin in his garden.
- The plants we saw in the garden are;
 - Banana trees
 - Citrus plant
 - Betel nuts trees
 - Papaya trees
 - Soap Pod leaves plants
 - Hog plum trees
 - Guava plants
 - Coconut plants
 - Culantro trees
- Sayar U San Win explained about the usage of pesticides and herbal nutrients by showing the sample bottles which he had made. (e.g., the lemon herbal nutrients, the papaya herbal nutrients, the plum herbal nutrients, etc.)
- Sayar U San Win encouraged the participants to be healthy and happy by practicing the organic agricultural farming.

- And then, all the participants had the lunch time for (1) hour.
- After lunch time, all the participants took the time for reviewing the expectations on the agricultural trip.

Conclusion

- All the participants got the answers about their expectations on the agricultural trip.
- The participants got the motivation from the agricultural trip.
- Some participants will grow the vegetables such as cucumber, long bean, okra and radish leaves in their own garden.

Next plan

- MFCG will have the meeting with agricultural trip members on 18th of November to follow up the agricultural trip members.
- MFCG will make the discussion with all the agricultural trip members to discuss about how to work together for the community garden.

Activity Reports on November, 2023

Activity Report in Ga Yat Gyi (GYG) Village

Date	:	3 rd / November / 2023
Time	:	9:00 Am to 11:00 Am
Place	:	Classroom, GYG School in GYG Village
Participants	:	Students from Grade-8 - 20 Parents of Grade-8 Students - 13 Students from Grade-7 - 14 Parents of Grade-7 Students - 11 Teachers - 3 MFCG Members - 4
Purposes	:	(1) To give the HE about toothbrushing to the Grade 8, Grade 7 students and their parents (2) To prevent the complications of dental caries by taking the toothbrushing method and to share with family members and others
Activity	:	Toothbrushing Activity

Activity Conducted

- MFCG arrived at the school at 8:45 Am in the morning and greeted with the teachers at first.
- And then, MFCG prepared the logo, vinyl posters and necessary materials to get ready.
- MFCG started the activity by greeting with the parents and the students.
- MFCG gave the introduction and we explained the purposes of the activity.
- MFCG asked the participants about their current toothbrushing method.
- (2) students showed the toothbrushing demonstration in front of all the participants.
- MFCG asked the questions to all the participants about their knowledge about toothbrushing.

Question : Do you brush your teeth every day?

Answer : Most participants brush their teeth every day.

Question : Do you use the toothbrushes in toothbrushing?

Answer : All the participants use the toothbrushes for toothbrushing.

Question : Do you know the correct method of toothbrushing?

Answer : All the participants don't know about the correct method of toothbrushing.

Question : Have you ever joined the toothbrushing activity before?

Answer : All the participants never joined the toothbrushing activity before.

- And then, MFCG gave the pamphlets of toothbrushing and checklists to all the participants.
- MFCG gave the HE about toothbrushing using the vinyl posters and pamphlets, mainly focusing on;
 - The importance of correct toothbrushing method
 - Timing of toothbrushing
 - The time to change the toothbrushes
 - The correct method of toothbrushing
 - The complications of dental caries
- MFCG taught the toothbrushing method by using the tooth model
- MFCG taught the toothbrushing song to all the participants.
- And then, MFCG gave the toothbrushes to all the participants for toothbrushing demonstration.
- MFCG divided the participants into (4) groups and one MFCG member was in-charge for each group.

Groups	Students	Parents
Group -1	9	6
Group -2	9	6
Group -3	8	6
Group -4	8	6

- It took about (10) minutes for toothbrushing demonstration to practice the correct method of toothbrushing.
- After the demonstration, MFCG explained to the participants about how to record the checklists to make sure for brushing the teeth daily and sharing the correct method of toothbrushing with others.
- MFCG encouraged the participants to brush their teeth daily with the correct method and to share the correct method of toothbrushing with their family members and others.
- MFCG gave the closing speech.
- Finally, the class teacher gave the closing speech.
- And, the activity finished at 11:00 Am

Conclusion

- All the participants could brush their teeth with the correct method after doing demonstration.
- All the participants promised to brush their teeth daily with the correct toothbrushing method from now on.
- Headmaster was absent to come to school because of his poor health condition.
- (6) students were absent to come to school.
- All the parents couldn't join the activity due to the harvesting season.
- Some students and parents couldn't see the lyrics of the toothbrushing song because MFCG used the A4 paper to write down the lyric of the song.
- Two students asked about the checking lists again after giving the explanation because they didn't understand very well.

Next plan

- MFCG will have the toothbrushing activity outside of the classroom for other classes with the tents because we didn't want to disturb their school lessons.
- MFCG will ask more questions to the participants during the HE session to make sure they understand very well.
- MFCG will teach the toothbrushing song by writing down the lyrics of the song on the A0 paper.
- MFCG will explain the checklists by using the big whiteboard and repeating the explanation to understand clearly.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 7th / November / 2023

Time : 9:00 Am to 11:15 Am

Place : GYG School Compound in GYG Village

Participants : Students from Grade-6 - 27

Parents of Grade-6 Students - 16

Headmaster - 1

Teachers - 3

MFCG Members - 4

Purpose : (1) To give the HE about toothbrushing to the Grade - 6 students and their parents

(2) To prevent the complications of dental caries by taking the toothbrushing method and to share with family members and others

Activity : Toothbrushing Activity

Activity Conducted

- MFCG arrived at the school at 8:45 Am in the morning and greeted with the headmaster and the teachers at first.
- And then, MFCG prepared the tents, the sheets, logo, vinyl posters and other necessary materials to get ready.
- MFCG started the activity by greeting with the parents and the students.
- MFCG gave the introduction and we explained the purposes of the activity.
- MFCG asked the participants about their current toothbrushing method.
- (4) students and (1) parent showed the toothbrushing demonstration in front of all the participants.
- MFCG asked the questions to all the participants about their knowledge about toothbrushing.

Question : Do you brush your teeth every day?

Answer : Most participants brush their teeth every day.

Question : Do you use the toothbrushes in toothbrushing?

Answer : All the participants use the toothbrushes for toothbrushing.

Question : Do you know the correct method of toothbrushing?

Answer : All the participants don't know about the correct method of toothbrushing.

Question : Have you ever joined the toothbrushing activity before?

Answer : All the participants never joined the toothbrushing activity before.

- And then, MFCG gave the pamphlets of toothbrushing and checklists to all the participants.
- MFCG gave the HE about toothbrushing using the tooth model, vinyl posters and pamphlets, mainly focusing on;
 - The importance of correct toothbrushing method
 - Timing of toothbrushing
 - The time to change the toothbrushes
 - The correct method of toothbrushing
 - The complications of dental caries
- MFCG gave the toothbrushing demonstration by using the tooth model.
- (1) male and (1) female students did the toothbrushing demonstration again after the HE.
- MFCG taught the toothbrushing song to all the participants.
- And then, MFCG gave the toothbrushes to all the participants for toothbrushing demonstration.
- MFCG divided the participants into (4) groups and one MFCG member was in-charge for each group.

Groups	Students	Parents
Group -1	7	4
Group -2	7	4
Group -3	7	4
Group -4	6	4

- It took about (10) minutes for toothbrushing demonstration to practice the correct method of toothbrushing.
- After the demonstration, MFCG explained to the participants about how to record the checklists to make sure for brushing the teeth daily and sharing the correct method of toothbrushing with others.
- MFCG encouraged the participants to brush their teeth daily with the correct method and to share the correct method of toothbrushing with their family members and others.
- MFCG gave the closing speech.
- Finally, the class teacher gave the closing speech.
- And, the activity finished at 11:15 Am.

Conclusion

- All the participants could brush their teeth with the correct method after doing demonstration.
- All the participants promised to brush their teeth daily with the correct method from now on.
- (1) female student was absent to come to school.
- All the parents couldn't join the activity due to the harvesting season.
- The participants needed to wait for a long time to get the water for doing gargle.

Next plan

- MFCG will bring two big water bottles for toothbrushing activity to make the gargle.
- MFCG will ask more questions to the participants during the HE session to make sure they understand very well.
- MFCG need to arrive activity place (20) minutes ahead before the activity is started to prepare tents and sheets.
- MFCG will request the headmaster to give the opening speech next time.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 10th / November / 2023

Time : 9:00 Am to 11:25 Am

Place : GYG School Compound in GYG Village

Participants : Students from Grade-5 - 37

Parents of Grade-5 Students - 13

Headmaster - 1

Teachers - 3

MFCG Members - 4

Purposes : (1) To give the HE about toothbrushing to the Grade 5 students and their parents.

(2) To prevent the complications of dental caries by taking the toothbrushing method and to share with family members and others

Activity : Toothbrushing Activity

Activity Conducted

- MFCG arrived at the school at 8:45 Am in the morning and greeted with the headmaster and the teachers at first.
- And then, MFCG prepared the tents, the sheets, logo, vinyl posters and other necessary materials to get ready.
- MFCG started the activity by greeting with the parents and the students.
- MFCG gave the introduction and we explained the purposes of the activity.
- MFCG asked the participants about their current toothbrushing method.
- (2) students showed the toothbrushing demonstration in front of all the participants.
- MFCG asked the questions to all the participants about their knowledge about toothbrushing.

Question : Do you brush your teeth every day?

Answer : Most participants brush their teeth every day.

Question : Do you use the toothbrushes in toothbrushing?

Answer : All the participants use the toothbrushes for toothbrushing.

Question : Do you know the correct method of toothbrushing?

Answer : All the participants don't know about the correct method of toothbrushing.

Question : Have you ever joined the toothbrushing activity before?

Answer : Two parents joined the toothbrushing activity before.

- And then, MFCG gave the pamphlets of toothbrushing and checklists to all the participants.
- MFCG gave the HE about toothbrushing using the vinyl posters and pamphlets, mainly focusing on;
 - The importance of correct toothbrushing method
 - Timing of toothbrushing
 - The time to change the toothbrushes
 - The correct method of toothbrushing
 - The complications of dental caries
- MFCG gave the toothbrushing demonstration by using the tooth model.
- (1) male and (1) female students did the toothbrushing demonstration again after the HE session.
- MFCG taught the toothbrushing song to all the participants.
- And then, MFCG gave the toothbrushes to all the participants for toothbrushing demonstration.
- MFCG divided the participants into (4) groups and one MFCG member was in-charge for each group.

Groups	Students	Parents
Group -1	9	3
Group -2	9	3
Group -3	9	3
Group -4	10	4

- It took about (10) minutes for toothbrushing demonstration to practice the correct method of toothbrushing.
- After the demonstration, MFCG explained to the participants about how to record the checklists to make sure for brushing the teeth daily and sharing the correct method of toothbrushing with others.
- MFCG encouraged the participants to brush their teeth daily with the correct method and to share the correct method of toothbrushing with their family members and others.
- The headmaster gave the closing speech for activity.
- MFCG gave the closing speech.
- And, the activity finished at 11:25 Am.

Conclusion

- All the participants could brush their teeth with the correct method after doing demonstration.
- According to headmaster closing speech, participants got a lot of courage.
- (5) students were absent to come to school.
- Only (13) parents could join the activity and other parents could not join the activity due to the harvesting season.

Next plan

- Next time, MFCG members will share the life experiences about dental problems to get more attraction from the participants.
- MFCG will repeat the toothbrushing demonstration to get more attention while we are giving the HE.
- We'll request the class teacher to invite the parents to join the HE activity as much as they can.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 14th / November / 2023

Time : 9:00 Am to 11:20 Am

Place : GYG School Compound in GYG Village

Participants : Students from Grade - 4 - 30

Parents of Grade - 4 Students - 13

Teachers - 2

MFCG Members - 4

Purposes : (1) To give the HE about toothbrushing to the Grade - 4 students and their parents

(2) To prevent the complications of dental caries by taking the toothbrushing method and to share with family members and others

Activity : Toothbrushing Activity

Activity Conducted

- MFCG arrived at the school at 8:45 Am in the morning and greeted with the teachers at first.
- And then, MFCG prepared the tents, the sheets, logo, vinyl posters and other necessary materials to get ready.
- MFCG started the activity by greeting with the parents and the students.
- MFCG gave the introduction and we explained the purposes of the activity.
- The class teacher gave the opening speech at first.
- MFCG asked the questions to all the participants about their knowledge about toothbrushing.

Question : Do you brush your teeth every day?

Answer : All the participants brush their teeth every day.

Question : Do you use the toothbrushes in toothbrushing?

Answer : All the participants use the toothbrushes for toothbrushing.

Question : Do you know the correct method of toothbrushing?

Answer : All the participants don't know about the correct method of toothbrushing.

Question : Have you experienced the toothache throughout your life?

Answer : Most of the students have experienced the toothache.

- MFCG asked the participants about their current toothbrushing method.
- (2) students and (1) parent showed the toothbrushing demonstration in front of all the participants.
- And then, MFCG gave the pamphlets of toothbrushing and checklists to all the participants.
- MFCG gave the HE about toothbrushing using the vinyl posters and pamphlets, mainly focusing on;
 - The importance of correct toothbrushing method
 - Timing of toothbrushing
 - The time to change the toothbrushes
 - The correct method of toothbrushing
 - The complications of dental caries
- MFCG gave the toothbrushing demonstration by using the tooth model.
- The same students showed the toothbrushing demonstration again after the HE session.
- MFCG explained about the complications of dental caries and shared about life experiences of dental problems.
- MFCG taught the toothbrushing song by using the big paper to all the participants.
- And then, MFCG gave the toothbrushes to all the participants for toothbrushing demonstration.

- MFCG divided the participants into (4) groups and one MFCG member was in-charge for each group.

Groups	Students	Parents
Group -1	9	3
Group -2	9	3
Group -3	9	3
Group -4	10	4

- It took about (10) minutes for toothbrushing demonstration to practice the correct method of toothbrushing.
- After the demonstration, MFCG explained to the participants about how to record the checklists by using the whiteboard to make sure for brushing the teeth daily and sharing the correct method of toothbrushing with others.
- MFCG encouraged the participants to brush their teeth daily with the correct method and to share the correct method of toothbrushing with their family members and others.
- The class teacher gave the closing speech for activity.
- MFCG gave the closing speech.
- And, the activity finished at 11:20 Am.

Conclusion

- All the participants could brush their teeth with the correct method after doing demonstration.
- MFCG need to repeat the toothbrushing song for the young students to remember the song.
- (7) students were absent to come to school.
- Only (13) parents could join the activity and other parents could not join due to the harvesting season.

Next plan

- MFCG will give the HE to Grade - 3 students by using the Karen language.
- MFCG will repeat toothbrushing song for (10) times to remember the song very well.
- MFCG will reduce the contents of the lecture and take more time on toothbrushing demonstration.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 17th / November / 2023

Time : 9:00 Am to 11:00 Am

Place : GYG School Compound in (GYG) Village

Participants : Students from Grade-3 - 52

Parents of Grade-3 Students - 14

Headmaster - 1

Teacher - 1

MFCG Members - 4

Purposes : (1) To give the HE about toothbrushing to the Grade - 3 students and their parents

(2) To prevent the complications of dental caries by taking the toothbrushing method and to share with family members and others

Activity : Toothbrushing Activity

Activity Conducted

- MFCG arrived at the school at 8:45 Am in the morning and greeted with the headmaster and the teachers at first.
- And then, MFCG prepared the tents, the sheets, logo, vinyl posters and other necessary materials to get ready.
- MFCG started the activity by greeting with the parents and the students.
- MFCG gave the introduction and we explained the purposes of the activity.
- One teacher on behalf of the class teacher gave the opening speech at first.
- MFCG asked the questions to all the participants about their knowledge about toothbrushing.

Question : Do you brush your teeth every day?

Answer : All the participants brush their teeth every day.

Question : Do you use the toothbrushes in toothbrushing?

Answer : All the participants use the toothbrushes for toothbrushing.

Question : Have you joined the toothbrushing activity given by MFCG before?

Answer : (7) participants have joined the toothbrushing activity.

Question : Do you know the correct method of toothbrushing?

Answer : All the participants don't know about the correct method of toothbrushing.

Question : Have you experienced the toothache throughout your life?

Answer : Most of the students have experienced the toothache.

- MFCG asked the participants about their current toothbrushing method.
- (1) male and (1) female student showed the toothbrushing demonstration in front of all the participants.
- And then, MFCG gave the pamphlets of toothbrushing and checklists to all the participants.
- MFCG gave the HE about toothbrushing using the vinyl posters and pamphlets, mainly focusing on;
 - The importance of correct toothbrushing method
 - Timing of toothbrushing
 - The time to change the toothbrushes
 - The correct method of toothbrushing
 - The complications of dental caries
- MFCG gave the toothbrushing demonstration by using the tooth model.
- (4) students showed the toothbrushing demonstration again after the HE session.
- MFCG explained about the complications of dental caries and shared about life experiences of dental problems.
- MFCG taught the toothbrushing song by using the big paper to all the participants.
- MFCG divided the participants into (4) groups and one MFCG member was in-charge for each group.

Groups	Students	Parents
Group -1	13	3
Group -2	13	3
Group -3	13	4
Group -4	13	4

- And then, MFCG gave the toothbrushes to all the participants for toothbrushing demonstration.
- It took about (20) minutes for toothbrushing demonstration to practice the correct method of toothbrushing.
- After the demonstration, MFCG explained to the participants about how to record the checklists by using the whiteboard to make sure for brushing the teeth daily and sharing the correct method of toothbrushing with others.
- MFCG encouraged the participants to brush their teeth daily with the correct method and to share the correct method of toothbrushing with their family members and others.
- The teacher gave the closing speech for activity.
- MFCG gave the closing speech.
- And, the activity finished at 11:00 Am.

Conclusion

- All the participants could brush their teeth with the correct method after doing demonstration.
- Class teacher took leave because she was sick and she couldn't join the activity.
- (7) students were absent to come to school.
- Only (14) parents could join the activity and other parents couldn't join due to the harvesting season.
- All the students enjoyed the HE session and participated the activity.

Next plan

- Next time, MFCG will give the HE about toothbrushing to Grade - 2 by dividing into two sessions. Because there are (85) students in Grade - 2.
- MFCG will request one teacher to translate the HE contents into Karen language.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 21st / November / 2023

Time : 9:00 Am to 12:00 Noon

Place : GYG School Compound in GYG Village

Participants : Students from Grade-2 - 72

Parents of Grade-2 Students - 17

Teachers - 2

MFCG Members - 4

Purposes : (1) To give the HE about toothbrushing to the Grade - 2 students and their parents

(2) To prevent the complications of dental caries by taking the toothbrushing method and to share with family members and others

Activity : Toothbrushing Activity

Activity Conducted

- MFCG arrived at the school at 8:45 Am in the morning and greeted with the teachers at first.
- And then, MFCG prepared the tents, the sheets, logo, vinyl posters and other necessary materials to get ready.
- MFCG had two sessions for the toothbrushing activity. The first session was for female students and the next session was for the male students.

Session 1

- MFCG started the activity by greeting with the parents and the students.
- MFCG gave the introduction and we explained the purposes of the activity.
- And then, MFCG gave the pamphlets of toothbrushing and checklists to all the parents.
- MFCG asked the questions to all the participants about their knowledge about toothbrushing.

Question : Do you brush your teeth every day?

Answer : All the participants brush their teeth every day.

Question : Do you use the toothbrushes in toothbrushing?

Answer : All the participants use the toothbrushes for toothbrushing.

Question : Have you joined the toothbrushing activity given by MFCG before?

Answer : (2) parents have joined the toothbrushing activity.

Question : Do you know the correct method of toothbrushing?

Answer : All the participants don't know about the correct method of toothbrushing.

- MFCG asked the participants about their current toothbrushing method.
- (2) female students showed the toothbrushing demonstration in front of all the participants.
- MFCG requested the class teacher to translate the lecture into Karen language.
- MFCG gave the HE about toothbrushing using the vinyl posters and pamphlets, mainly focusing on;
 - The importance of correct toothbrushing method
 - Timing of toothbrushing
 - The time to change the toothbrushes
 - The correct method of toothbrushing
 - The complications of dental caries
- MFCG gave the toothbrushing demonstration by using the tooth model.
- The same (2) students showed the toothbrushing demonstration again after the HE session.
- MFCG explained about the complications of dental caries and shared about life experiences of dental problems.
- MFCG taught the toothbrushing song by using the big paper to all the participants.
- MFCG divided the participants into (4) groups and one MFCG member was in-charge for each group.

Groups	Students	Parents
Group -1	8	1
Group -2	8	1
Group -3	7	1
Group -4	8	3

- And then, MFCG gave the toothbrushes to all the participants for toothbrushing demonstration.
- It took about (20) minutes for toothbrushing demonstration to practice the correct method of toothbrushing.
- After the demonstration, MFCG explained to the parents about how to record the checklists by using the whiteboard to make sure for brushing the teeth daily and sharing the correct method of toothbrushing with others.
- MFCG encouraged the participants to brush their teeth daily with the correct method and to share the correct method of toothbrushing with their family members and others.
- MFCG gave the closing speech.

Session 2

- MFCG started the activity by greeting with the parents and the students.
- MFCG gave the introduction and we explained the purposes of the activity.
- And then, MFCG gave the pamphlets of toothbrushing and checklists to all the parents.
- MFCG asked the questions to all the participants about their knowledge about toothbrushing.

Question : Do you brush your teeth every day?

Answer : All the participants brush their teeth every day.

Question : Do you use the toothbrushes in toothbrushing?

Answer : All the participants use the toothbrushes for toothbrushing.

Question : Have you joined the toothbrushing activity given by MFCG before?

Answer : (2) parents have joined the toothbrushing activity.

Question : Do you know the correct method of toothbrushing?

Answer : All the participants don't know about the correct method of toothbrushing.

- MFCG asked the participants about their current toothbrushing method.
- (2) male students showed the toothbrushing demonstration in front of all the participants.
- MFCG requested the class teacher to translate the lecture into Karen language.
- MFCG gave the HE about toothbrushing using the vinyl posters and pamphlets, mainly focusing on;
 - The importance of correct toothbrushing method
 - Timing of toothbrushing
 - The time to change the toothbrushes
 - The correct method of toothbrushing
 - The complications of dental caries
- MFCG gave the toothbrushing demonstration by using the tooth model.
- The same (2) students showed the toothbrushing demonstration again after the HE session.
- MFCG explained about the complications of dental caries and shared about life experiences of dental problems.
- MFCG taught the toothbrushing song by using the big paper to all the participants.
- MFCG divided the participants into (4) groups and one MFCG member was in-charge for each group.

Groups	Students	Parents
Group -1	10	3
Group -2	10	2
Group -3	10	3
Group -4	11	3

- And then, MFCG gave the toothbrushes to all the participants for toothbrushing demonstration.
- It took about (20) minutes for toothbrushing demonstration to practice the correct method of toothbrushing.
- After the demonstration, MFCG explained to the parents about how to record the checklists by using the whiteboard to make sure for brushing the teeth daily and sharing the correct method of toothbrushing with others.
- MFCG encouraged the participants to brush their teeth daily with the correct method and to share the correct method of toothbrushing with their family members and others.
- The class teacher gave the closing speech.
- MFCG gave the closing speech.
- The activity finished at 12:00 Noon.

Conclusion

- All the participants could brush their teeth with the correct method after doing demonstration.
- The headmaster couldn't join the activity because he had to come to Myaungmya.
- (13) students were absent to come to school.
- Only (17) parents could join the activity and other parents can't join due to the harvesting season.
- All the students enjoyed the HE session and participated the activity.

Next plan

- Next time, MFCG will give the HE about toothbrushing to Grade - 1.
- MFCG will request one teacher to translate the HE contents into Karen language.
- MFCG will try to give more time on toothbrushing demonstration.

Activity Report in Ga Yat Gyi (GYG) Village

Date : 24th / November / 2023

Time : 9:00 Am to 11:00 Am

Place : GYG School Compound in GYG Village

Participants : Students from Grade-1 - 27

Parents of Grade-1 Students - 7

Headmaster - 1

Teachers - 2

MFCG Members - 4

Purposes : (1) To give the HE about toothbrushing to the Grade - 1 students and their parents

(2) To prevent the complications of dental caries by taking the toothbrushing method and to share with family members and others

Activity : Toothbrushing Activity

Activity Conducted

- MFCG arrived at the school at 8:45 Am in the morning and greeted with the headmaster and the teachers at first.
- And then, MFCG prepared the tents, the sheets, logo, vinyl posters and other necessary materials to get ready.
- MFCG started the activity by greeting with the parents and the students.
- MFCG gave the introduction and we explained the purposes of the activity.
- The class teacher gave the opening speech at first.
- And then, MFCG gave the pamphlets of toothbrushing and checklists to all the participants.
- MFCG requested the class teacher to translate the lecture into Karen language.
- MFCG asked the questions to all the participants about their knowledge about toothbrushing.

Question : Do you brush your teeth every day?

Answer : All the participants brush their teeth every day.

Question : Do you use the toothbrushes in toothbrushing?

Answer : All the participants use the toothbrushes for toothbrushing.

Question : Do you know the correct method of toothbrushing?

Answer : All the participants don't know about the correct method of toothbrushing.

Question : Have you experienced the toothache throughout your life?

Answer : Most of the students have experienced the toothache.

- MFCG asked the participants about their current toothbrushing method.
- (2) male and (3) female students showed the toothbrushing demonstration in front of all the participants.
- MFCG gave the HE about toothbrushing using the vinyl posters and pamphlets, mainly focusing on;
 - The importance of correct toothbrushing method
 - Timing of toothbrushing
 - The time to change the toothbrushes
 - The correct method of toothbrushing
 - The complications of dental caries
- MFCG gave the toothbrushing demonstration by using the tooth model.
- (3) male and (3) female students showed the toothbrushing demonstration again after the HE session.
- MFCG explained about the complications of dental caries and shared about life experiences of dental problems.
- MFCG taught the toothbrushing song by using the big paper to all the participants.
- MFCG divided the participants into (3) groups and one MFCG member was in-charge for each group.

Groups	Students	Parents
Group -1	9	3
Group -2	9	2
Group -3	9	2

- And then, MFCG gave the toothbrushes to all the participants for toothbrushing demonstration.
- It took about (20) minutes for toothbrushing demonstration to practice the correct method of toothbrushing.
- After the demonstration, MFCG explained to the participants about how to record the checklists by using the whiteboard to make sure for brushing the teeth daily and sharing the correct method of toothbrushing with others.
- MFCG encouraged the participants to brush their teeth daily with the correct method and to share the correct method of toothbrushing with their family members and others.
- The class teacher gave the closing speech for activity.
- MFCG gave the closing speech.
- And, the activity finished at 11:00 Am.

Conclusion

- All the participants could brush their teeth with the correct method after doing demonstration.
- Class teacher took leave because she was sick and she couldn't join the activity.
- (24) students were absent to come to school.
- Only (7) parents could join the activity and other parents couldn't join due to the harvesting season.
- All the students enjoyed the HE session and participated the activity.

Next plan

- Next time, MFCG need to avoid to have the activity on the ceremony day and the harvesting time.

Activity Reports on December, 2023

Activity Report in Htaw Yee (HY) Village

Date : 13th/December/2023

Time : 9:00 Am to 11:30 Am

Place : Htaw Yee (HY) village

Participants : Volunteer Members -Naw Htoo Nay
- Naw Khu Gay
-Naw Kapaw Say
-Naw Htoo Phaw
Agricultural Members (Agri-members) -Saw Hsar Pwel Muu
- Naw Eah Si
MFCG Members - 4

Purposes : (1) To have the discussion about the water matter with agriculture members
(2) To discuss with agriculture members how to work together for the community garden
(3) To know about the community garden situation

Activity : Agricultural Meeting

Activity Conducted

- MFCG arrived at the village at 8: 50 Am in the morning and prepared the logo and necessary materials.
- MFCG greeted with all the participants and explained the purpose of today's activity.

- MFCG started the meeting with all the participants.
 - The Agri-members started to do the cultivation since 12th of December, 2023 with the help of volunteers.
 - The Agri-members needed to repair the community garden fence. They started to repair it on 13th of December 2023.
 - The Agri-members shared about their tasks what they need to do in the community garden such as;
 - Cultivating the land
 - Making the pesticides
 - Making the herbal nutrients
 - Making the Dochakin
 - Making the Bokashi
 - The Volunteers were very happy to support the community for cultivation, making the pesticides and the herbal nutrients.
 - The Agri-members planned to grow the following vegetables;
 - Radish leaves
 - Parsley
 - Okra
 - Long bean
 - The Agri-members already bought the seeds for growing in the garden.
- MFCG checked the income and outcome note book of the community garden.

Season	Total Income	Total Expense	Balance
Rainy Season	68000 kyats	37600 kyats	30400 kyats

- MFCG explained about the Agri-members to make the water tank to reduce the iron lever for pouring the vegetables. So that, MFCG asked the Agri-members when they will be available to work together for building the water tank. So, Saw Hsar Pwel Muu told MFCG that it would be convenient to build the water tank after 16th of December.

Conclusion

- The volunteers will support to do the cultivation for the community garden.
- The Agri-members decided to make the (14) lanes for growing the vegetables.
- The volunteers will help to make the following natural pesticides such as;
 - Citrus leaves+ Jaggery pesticide
 - Lemongrass+ Detergent pesticide
 - The pesticide containing (10) species of different leaves
- The volunteers will give the support to make the herbal nutrients as well such as;
 - Papaya + Jaggery herbal nutrient
 - Banana stem+ Jaggery herbal nutrient
- The Agri - members will make some pesticides by themselves such as;
 - Sulphur + Lime powder pesticide
 - Devil's tree skin +Heart leaved moonseed pesticide
- The Agri - members will come to Myaungmya to buy the ingredients to make the Dochakin and Bokashi on 16th of December.

Next plan

- MFCG will cooperate with the community garden members to build the water tank after 16th of December.
- The Agri-members and the Volunteers will cooperate together and they planned to fix the dates for making the pesticides and herbal nutrients. They are as follows:

Activities to be done	Date
Making the citrus leaves and jaggery pesticide	16/12/23
Making the Banana stem + Jaggery herbal nutrient	16/12/23
Making the Sulphur + Lime powder herbal nutrient	17/12/23
Making the Devil's tree skin + Heart leaved moonseed nutrient	17/12/23
Making the Lemongrass+ Detergent pesticide	One day before using
Making the Papaya + Jaggery herbal nutrient	20/12/23

Activity Report in Shwe Paw Kone (SPK) Village

Date : 20th / December / 2023

Time : 9:00 Am to 12:00 Noon

Place : Monastery, Shwe Paw Kone (SPK) Village

Participants : Villagers - 26

Tube well Committee Members - 8

Operating Men - 2

MFCG Members - 6

Purposes : (1) To follow up the tube well and purified drinking water management

(2) To give the health education (HE) about Diabetes Mellitus (DM)

(3) To have the Medical Checking (MC) Activity

Activity : (1) Meeting with the villagers

(2) Health Education (HE) Activity

(3) Medical Checking (MC) Activity

(4) Meeting with the committee members

Activity Conducted

- MFCG arrived at the SPK village at 9:10 Am.
- And then, MFCG prepared the logo and the vinyl posters to get ready for the activity.
- MFCG started the activity with greeting and introduction about MFCG members and MFCG's activity.
- MFCG explained about the purposes of today's activity.

Meeting with the villagers

- U Than Htoo, the tube well committee member explained about the income and expense of November and December for the tube well matter.
- He used the white board to explain about the money matter to the villagers to understand clearly.
- The villagers had the difficulty with the diesel matter. They had the difficulty to buy the diesel with the normal price. They had to buy the diesel from the black market with the double price.
- Currently, Committee members allow the villagers to get the purified water bottle up to (15) bottles per one month.
- But They would like to limit the number of the drinking water bottle up to (15) bottles for each house within one month.
- If the villagers would like to get more than (15) bottles, they need to give (1000) kyats to get extra one bottle.
- MFCG encouraged the villagers that it was not a good idea to limit the number of the water bottles. Because it was not good for health if we will reduce to drink water in the summer.
- All the villagers and tube well committee members decided to have the meeting on 20th of February 2024.

Health Education Activity

- At first, MFCG had the greeting with all the participants before starting Health Education (HE) activity.
- MFCG explained the purpose of the today's activity.
- After that, we began to give the questions about Diabetes Mellitus (DM) before starting the health education talk such as;

Question : How many people have got the DM among the participants?

Answer : (2) people have got the DM among the participants.

Question : Do you take the medications regularly?

Answer : They are taking the medications regularly for (5) years.

Question : Do you check the blood sugar level regularly?

Answer : They check their blood sugar level regularly.

Question : Do you have the family history of DM among the participants?

Answer : (3) participants have got the family history of DM among the participants.

- After that, MFCG began the HE about DM. MFCG explained the contents of the topic such as;
 - Definition of DM
 - Causes of DM
 - Signs and symptoms of DM
 - Risk factors of DM
 - Prevention of DM
- After giving HE, MFCG taught (3) different kinds of exercises to all the participants and all the participants did the exercises together.
- Finally, MFCG explained the benefits of doing exercises which are good for hypertension and DM.
- MFCG encouraged the participants to do the exercises regularly at least (2) times per one day.
- And then, MFCG asked the participants about the exercises such as;

Question : How many times they will do exercise in a day?

Answer : (22) villagers promised to do the exercises (2) times per one day.

- Finally, MFCG asked some questions related with the DM topic such as;
 - What is the definition of DM?
 - What is the causes DM?
 - What are the signs and symptoms of DM?
 - What are the risk factors of DM?
 - What are the prevention methods of DM?

Medical Checking (MC) Activity

- After the health education talk session, MFCG started to have the MC activity.
- MFCG registered the names of the participants who would like to check the blood pressure.
- And then, MFCG checked the blood pressure and body weight for those who finished the registration.
- In addition, MFCG had the consultation time for those who need to get the opinion about their health matter.
- The number of the participants who joined the MC activity were (26).
- Finally, MFCG gave (5) tablets of multivitamins to all of the participants.

Meeting with the committee members

- MFCG started the meeting with the committee members at 12:10 Pm and had the discussion about the drinking water.
- The meeting contents were as follows;
 - The number of the households using the purified drinking water were (37) now.
 - It consumed (11) gallons of diesel to operate the machines such as generator and water filter during one month.
 - In November, the diesel price was (2875) kyats per one liter. So, the total cost to buy the (11) gallons of diesel were (126,000) kyats.
 - In December, the diesel price was (4000) kyats per one liter. So, the total cost to buy the (11) gallons were (176,000) kyats.
- The villagers took around (15) bottles of purified water during one month in one household.

- The committee members decided to limit the number of water bottles. All the households can get (15) water bottles within one month.
- The villagers need to pay (1000) kyats to get one more water bottle.
- The committee members decided to have the next meeting on 20th of February 2024.

Conclusion

- The villagers understood clearly about the money matter because the committee member used the whiteboard for explaining the income and expense.
- All the participants were able to answer all the questions which MFCG gave about DM.
- MFCG had the good discussion with the villagers and the tubewell committee members.
- The villagers also agreed to pay (1000) kyats per one bottle of drinking water if they would like to get the extra one more than 15.

Next plan

- MFCG will go to the SPK village to have the meeting, Health Education and Medical Checking activity with the villagers on the 20th of February 2024.
- MFCG will request the villagers to bring the pamphlets of DM for reviewing the contents of the topic.
- MFCG will ask more questions during the Health Education in order to remember the contents of the topic.
- MFCG will give the Health Education about food safety topic for the next time.

Activity Reports on January ,2024

Activity Report in Htaw Yee (HY) Village

Date : 5th/January/2024

Place : Htaw Yee (HY) Village

Participants : HY Villagers -14

Community Health Promoters (CHPs) - (1) Naw Htoo Phaw

- (2) Naw Emerald

- (3) Naw Rozelna

MFCG Members - 2

Purposes : (1) To give the Health Education (HE) talk about Hypertension

(2) To give the opportunity to CHPs in giving the Health Education

(3) To give the opportunity to CHPs for checking the Blood Pressure (BP) to the participants

(4) To have the meeting with CHPs to get the facts about hypertension project

Activity : Health Education (HE) Activity

Medical Checking (MC) Activity

Activity Conducted

- MFCG arrived at the village at 8:45 Am in the morning.
- And, MFCG prepared the necessary materials such as hanging the logo and vinyl posters to get ready.
- MFCG explained about today activity's purposes.
- Naw Emerald (CHP) addressed about the village blueprint to all of the participants and asked the villagers to cooperate with them.

- MFCG asked the questions about Hypertension to the participants.

Question : How many people have got the hypertension among the participants?

Answer : (3) people have got the hypertension among the participants.

Question : How long have you known that you got the hypertension?

Answer : They have known that they got the hypertension (2) to (3) years ago.

Question : Do you take the antihypertensive medications regularly?

Answer : They are not taking the medications regularly.

Question : Do you have the family history of hypertension among the participants?

Answer : (4) participants have got the family history of hypertension among the participants.

- MFCG gave the pamphlets about hypertension topic to all the participants before starting the HE.
- Naw Htoo Phaw (CHP) gave the HE about hypertension to all the participants.
- Naw Rozelna (CHP) talked about the hypertension topic again.
- Finally, MFCG encouraged the villagers aged more than (40) years old to check the BP with CHPs regularly, to reduce the salt and oily foods and to take the antihypertensive medications regularly for the clients with hypertension.
- MFCG taught the exercises to the participants and encouraged the villages to take actions to prevent hypertension.
- All the participants agreed to do the exercises (2) times per a day.

Medical Checking (MC) Activity

- After having the HE activity, MFCG continued to have the Medical Checking (MC) activity.
- MFCG registered the names of the participants who would like to join the MC activity.

- MFCG checked the body weight for all the registered participants by cooperating with CHP members.
- MFCG checked the BP for all the participants. New CHP members took turn to check the BP for the participants by cooperating with MFCG members.
- (14) participants joined the Medical Checking activity.
- After checking the BP, MFCG gave the (5) tablets of Multivitamins to all the participants who joined the MC activity.

Conclusion

- MFCG had got the less participants in the HE activity because;
 - There was a funeral ceremony in the village.
 - In addition, the villagers were very busy with supporting to build the hall of the new Church in the village.

Next plan

- CHP will give the HE on 28th of January in Church II. They decided to give the hypertension topic.

Activity Report in Htaw Yee (HY)Village

Date	:	19 th /January/2024
Place	:	Htaw Yee (HY) Village
Participants	:	HY Villagers - 54 Community Health Promoters (CHPs) - Naw Emerald - Naw Htoo Phaw Midwife - 1 MFCG Members - 5
Purposes	:	(1) To survey among the villagers to know about some facts how to improve the HE activity to increase the participants (2) To remind the MFCG's activities to all the villagers by showing the reality of the MFCG's activity (3) To know the correct method of toothbrushing and handwashing and then take actions correctly in their daily life
Activity	:	(1) Survey Activity with all the participants (2) Health Education (HE) Activity (3) Toothbrushing Demonstration

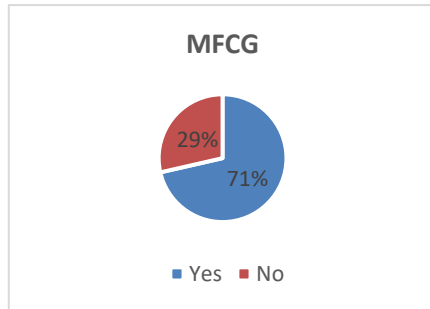
Activity Conducted

Survey Activity with all the participants

- MFCG prepared the necessary materials such as putting logo and vinyl posters on the wall after MFCG arrived at the village.
- And then, MFCG had the greeting and introduction to all the participants when MFCG started the activity.
- Then, MFCG explained the purposes of today's activities to the villagers.
- At first, MFCG explained about the purpose of making survey to all the participants.
- (2) CHP members also introduced about themselves to the villagers.

- After that, MFCG asked the following questions and CHPs translated the questions from Burmese language to Karen language so that all the villagers understood the questions very clearly.

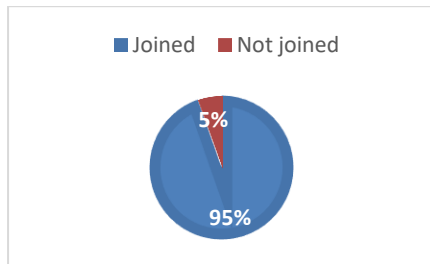
1. Do you know MFCG and MFCG's activities?



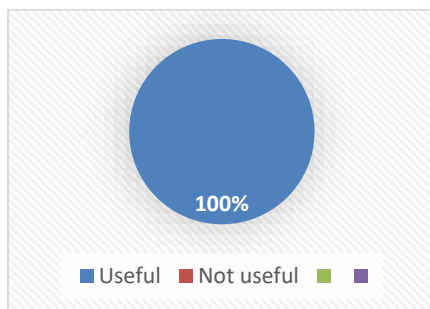
Yes = The villagers know MFCG and MFCG's activity

No = The villagers don't know MFCG and MFCG's activity

2. How many villagers joined the MFCG's activity before?



3. How did the villagers think that MFCG's activity is useful or not?



4. Which health problems are common in the villagers' family?

- Toothache
- Flu
- Coughing
- Sneezing
- Hypertension

5. Which health problems are the most common in the villagers among the participants?

- Fever
- Hypertension
- Flu

6. What diseases have happened to you before?

- Headache
- Dyspnea
- Knee pain
- Dizziness
- Coughing

7. When the villagers were sick, how did they manage to get the treatment?

- The villagers bought the medicines by themselves for the minor cases.
- But when the cases were severe, they went to the clinic or hospital in Myaungmya to get the proper treatment.

8. Did any one of the villagers among the participants need to hospitalize to cure the diseases?

- (2) female and (2) male villagers had admitted the hospital before due to the cases of Liver Abscess, Gastric Perforation and Pneumonia.

9. Did anyone of the participants family members need to admit the hospital before?

- (5) people of the participants' family members had admitted the hospital before due to the cases of Hepatitis, Gall Stone problems, Cramps, Low blood pressure and Child bearing case.

10. What time of the day is most appropriate for the villagers to join the HE activity?

- The villagers' available time is from 10:00 Am to 12:00 Noon on Saturdays.

11. Which style of giving HE is most attractive to the villagers?

- The villagers would like to listen to the HE by using video and demonstration.

12. The villagers would like to know some of the HE topics. They are as follows;

Sr No	HE Topics	The number of people who selected the topic
1	Beri Beri	27
2	Dengue Hemorrhagic Fever (DHF)	22
3	Clean Water	22
4	(3) Groups of Nutrition	21
5	Healthy Lifestyle	20
6	The benefits of organic foods	20
7	Toothbrushing	17
8	Hypertension	12
9	Oral Cancer	6
10	The danger of betel chewing	6
11	Doing gargle	6
12	Tuberculosis	5
13	Danger signs of pregnancy	3
14	Family planning	2
15	Skin infection	2
16	Fecal oral route (route of infection transmission)	2
17	Environmental sanitation	1
18	Diabetes Mellitus (DM)	1
19	The harmful effects of alcohol	2

Health Education Activity

Toothbrushing

- After the survey activity finished, MFCG started the HE activity about toothbrushing.
- At first, MFCG requested two of the villagers to show the toothbrushing demonstration in front of all the villagers.
- After that, Naw Emerald (CHP) taught the correct method of toothbrushing to all the villagers by using the tooth model.
- Moreover, MFCG talked about the important tips about the toothbrushing by using the vinyl posters such as;
 - Correct toothbrushing method
 - Important of toothbrushing
 - Timing for toothbrushing
 - Timing of changing the toothbrushes
- Then, MFCG gave one toothbrush to each participant to brush the teeth together with all the participants.
- So, MFCG divided (5) groups for doing the toothbrushing demonstration.
- There were around (10) people in each group.
- Each group did the toothbrushing demonstration together with their group members.
- After that, MFCG had the competition activity for each group to perform how to brush the teeth correctly in front of all the villagers.
- Then, MFCG gave (2) pieces of soaps to each participant from the group who could do the best in toothbrushing demonstration.
- Finally, MFCG encouraged the participants to share the correct knowledge of toothbrushing with other family members and friends.

Hypertension

- After toothbrushing demonstration, midwife gave the HE about hypertension to the participants shortly. She mainly focused on;
 - Definition of hypertension
 - Risk factors of hypertension
 - Signs and symptoms of hypertension
 - Prevention of hypertension
- After that, MFCG finished the HE activity.

Conclusion

- MFCG could get the facts about the survey to improve the HE activity from the villagers by asking the questions directly to the villagers.
- MFCG didn't have enough time to give the HE about the handwashing so MFCG skipped the toothbrushing activity.

Next plan

- MFCG will select only one HE topic with demonstration and another topic without demonstration for giving the HE within (1) hour.
- MFCG will try to use the timer for better time management.
- MFCG will make the HE activities at 10:00 Am in the morning session on Saturdays.

Activity Report in Pane Nae Kone (PNK) Village

Date : 23th/January/2024

Place : Pane Nae Kone School, PNK Village

Participants : School Teachers - 4

Parents-Teachers Association (PTA) Members - 2

School Committee Member - 1

Village Leader - 1

MFCG Members - 7

Purposes : (1) To get the real information and to know real situation into the overall functionality and efficiency of the school environment

Activity : Meeting

Activity Conducted

- MFCG arrived at the PNK School around 8:45 Am and prepared the logo and necessary materials to get ready.
- Then, MFCG greeted the school teachers and other participants and introduced the members to all the participants.

Introduction

- The purpose of meeting is to comprehensively evaluate various aspects of the New School, with a focus on general information, opportunities for further education, safety and health measures, as well as the adequacy of manpower, materials, and funding.

General Information:

1. School Name : Pane Nae Kone
2. Location : Pane Nae Kone village, Myaungmya Township
3. Principal/Administrator : Naw Say Phaw (in charge person)

4. Number of Staff Members : (2) government teachers and (2) volunteer teachers
5. Grade Levels Offered : Kindergarten to Grade - 5
6. Total Student Enrollment : 56

	Male	Female	Total
Kindergarten	2	4	6
Grade - 1	5	4	9
Grade - 2	12	8	20
Grade - 3	8	5	13
Grade - 4	1	6	7
Grade - 5	-	1	1
Total	28	28	56

Opportunities for Further Education:

1. School Building;

In June 2019, villagers initiated the construction of a school using bamboo, showcasing their community spirit. By August 2019, a concrete building worth (50) lakhs, donated by Care To Poor Education (CTPE), was erected with the help of seven local masons in just two months. One year later, donors from Myaungmya township added a second concrete building to the school, emphasizing the collaborative efforts towards education infrastructure development.

2. Library;

Despite lacking a designated library building, the school provides a cozy room stocked with around (100) books, including poetry, cartoons, and stories, for students to enjoy. However, due to the absence of record-keeping, lending books to students isn't feasible, as past experiences of lost books have been a concern.

Nonetheless, students are encouraged to explore and read within the confines of the room, fostering a love for literature and learning.

3. Computer/Internet Room:

The school doesn't have computer room and internet room.

Safe and Healthy School Environment:

1. Play Station;

The school boasts a playground spanning (0.63) acres, generously donated by a local benefactor from the village. This expansive compound not only accommodates football matches but also embraces traditional sports, enriching students' physical and cultural experiences within the school community.

2. School Health Education;

The students continued to receive health education activities from the Taung Kalay sub-center midwife. Additionally, the school teacher diligently conducted weekly fingernail checks every Tuesday. Furthermore, the students participated in dental health check-up activities and received further health education from the Taung Kalay sub-center. The healthy topics covered included Dengue Hemorrhagic Fever (DHF), Personal Hygiene, Toothbrushing Methods, and Human Papilloma Virus (HPV) vaccination, with sessions occurring (3) times per semester.

3. Purified Drinking Water;

They obtain drinking water from a tube well, which is not purified. Unfortunately, there is no purified water machine available for drinking at the school. Instead, they store the drinking water in a steel tank.

4. Free Trash Environment;

With a commitment to cleanliness and environmental stewardship, the school has implemented a waste management system comprising two dustbins, each strategically placed under a shelter. Behind the school, a designated area houses a trash pit where collected waste is disposed of. To maintain the school's surroundings, teams are assigned to daily trash collection duties around the

compound during school days. Once the bins reach capacity, the accumulated trash is responsibly disposed of through controlled burning practices, ensuring the upkeep of a hygienic and tidy environment.

5. Toilet Facilities;

With a focus on sanitation and hygiene, the school boasts four sanitary toilets, including two generously donated by the Pann Pyoe Lat organization. This provision adequately serves the needs of both students and staff. Additionally, in front of each toilet, basins equipped with soap cups facilitate handwashing practices. A communal basin located in front of the school further promotes hygiene among the entire school community. To ensure continuous availability of water, buckets are placed in the toilets for self-refilling by students and staff. Moreover, the responsibility of maintaining cleanliness is shared among students, organized into teams spanning from Grade -1 to Grade - 4, who diligently clean the toilets as part of their daily routine.

Manpower, Materials, and Money;

1. Qualified Teachers;

The school employs a total of four teachers, comprising two government-appointed educators and two volunteer teachers. To supplement their staff, the school allocates resources to hire two volunteer teachers, each compensated with a monthly stipend of (110,000) kyats. However, one of these volunteer teachers is slated to transition into a government position in the upcoming academic year, necessitating the recruitment of an additional teacher for the 2024-2025 academic year to maintain staffing levels.

2. Teaching Aids;

The school boasts an ample supply of teaching aids, including government-supported teaching aid posters that enhance the learning experience. Adequate furniture such as tables, chairs, and desks ensure a comfortable environment for both students and teachers. Additionally, essential learning aids such as books, pencils, rulers, and other materials are generously provided by the supportive

parents of the students, further enriching the educational resources available at the school.

3. Committee Within School;

The school is governed by two distinct committees: the School Committee and the Parent-Teacher Association (PTA). Comprising seven members, the School Committee endeavors to establish new PTA and school committees annually. Initially, the School Committee holds greater authority in school management at the start of each academic year. However, decision-making regarding financial sustainability primarily rests with the PTA, which focuses primarily on student-related affairs. This collaborative approach ensures effective governance and addresses the diverse needs of the school community.

4. School Funding System:

For school events like the Tazaungdine Festival and the Education Plenary Festival, as well as for volunteer teacher salaries, funds are collected through a systematic approach. Each household with students enrolled at the school contributes (3000) kyats towards these initiatives. This collective effort ensures the financial sustainability of the school's various programs and supports the dedicated volunteer teachers who play a crucial role in the educational experience.

Additional Facts

- The school committee members have reached out for assistance in addressing (2) critical needs;
 - (1) securing funds to pay the salaries of volunteer teachers
 - (2) ensuring adequate provision of stationery for all students.

Conclusion

- Pane Nae Kone School, situated in Pane Nae Kone Village, Myaungmya Township, stands as a beacon of community-driven education. Under the leadership of Naw Say Phaw and a dedicated team of teachers, the school caters to (56) students ranging from kindergarten to Grade - 5.
- Despite limited resources, the school has made progress in building infrastructure like concrete buildings and a playground. However, challenges remain, such as the lack of a library and computer room, highlighting the need for ongoing support.
- The school prioritizes student health with hygiene practices, but access to purified drinking water needs improvement.
- Overall, Pane Nae Kone School is committed to providing quality education despite obstacles, aiming to empower its students and contribute positively to the community.
- The school committee members requested for supporting the salary to pay for the volunteer teachers and the stationaries for all the students.

Next Plan

- MFCG has decided to provide essential stationeries to all students.
- MFCG will convene a meeting among members to determine the date of the next visit.

Activity Reports on February, 2024

Activity Report in Htaw Yee (HY) Village

Date : 5th /February/ 2024

Time : 9:00 Am to 12:30 Pm

Place : Htaw Yee (HY) Village

Participants : Old tube well committee members - 6

HY Villagers - 45

Community Health Promoters (CHPs) - 2

MFCG Members - 6

Purposes : (1) To know the village's blueprint about safe drinking water

(2) To find the best solution about the tube well matter

Activity : Meeting about the tube well matter

Activity Conducted

- MFCG started the meeting at 10:00 Am in the morning.
- And then, MFCG had the greeting with all the participants before the meeting was started.
- After that, MFCG explained the purposes of the meeting to all the participants.
- At first, HY village leader explained about the history of the tube well to the villagers.
 - MFCG supported the HY village to make the tube well for safe drinking water in 2019.
 - There were (11) committee members to work together for the tube well matter in the village.
 - In 2021, the tube well was not functioning very well. Because when they pumped the water, a lot of sand were included in the contents of the water.
 - So, the committee members tried to repair the tube well with tube well maker, Ko Htun Htun.

- But the tube well was not still working properly. It took for a long time to pump the generator to get the adequate amount of water.
 - In addition, the price of the diesel was very high and the villagers couldn't afford to buy the diesel easily. So, the villagers tried to use the manual pumping system to get the purified water up to December 2022.
 - Finally, the tube well couldn't be used totally at the end of December in 2022.
 - Now, the villagers are using the boiled pond water for drinking and they use the river water for general purposes such as bathing, washing clothes and washing dishes etc.
 - In the rainy season, the villagers collect the rain water and use for drinking.
- MFCG asked some questions to the villagers to know the village's blueprint about tube well matter.
 - So, almost of all the villagers would like to use the tube well water for drinking and only one villager preferred to drink the pond water because he likes the taste of the pond water.
 - MFCG made the villagers realize the merits and demerits of using pond water and tube well water by writing down all the facts on the big paper. The facts were as follows;

Pond Water	Merits	Demerits
	Good taste	Including chemicals from farm
	Good color for making tea	Including waste
	Free of charge	Containing bird manure
		Far from village
		Not good for health
		Not getting enough water in summer
		Changing color because of algae in the rainy season.

Tube Well Water	Merits	Demerits
	Easily accessible	Need to pay money (5000 kyats) per month to get the water including electricity fees
	Free from bacteria	Light taste
	Chemicals free	Not getting enough water
	Not containing waste	Increasing the diesel price
	Not Containing bird manure	
	Good for health	

- MFCG encouraged all the villagers to cooperate with the tube well committee members such as having the responsibility for collecting money and managing the tube well for sustainability.
- MFCG asked the villagers whether they want to make the new tube well or repair the existing one. Then, the villagers would like to repair the existing tube well at first.
- MFCG encouraged the villagers to organize the new tube well committee. So, they made the new committee. The members are as follows;
 1. Saw Sar Pwel Muu
 2. Saw Nay Blu Muu
 3. Saw Ble Muu
 4. Saw Hel Do
 5. Naw Rozelna
 6. Naw Emerald
 7. Naw Htoo Phaw
- So, (45) households decided to save money and each household agreed to save (200) kyats per day.
- CHPs will visit each household to collect the saving money in every (10) days. The total number of households are (45). Finally, they will be able to save money (270000) Kyats per month.
- MFCG explained the costs for repairing the old tube well or making the new tube well.

- MFCG will invest all the total cost at first, and the villagers need to refund that money to MFCG later on.

Conclusion

- Almost all the villagers were very happy to drink water from the tube well.
- The villagers agreed to repair the old tube well rather than making the new tube well at first.
- CHPs will try to collect money from the villagers by visiting each household in every (10) days.

Next Plan

- MFCG will try to contact with tube well maker to discuss about tube well to get the idea.
- And MFCG will bring the tube well maker to bring to the HY village to see the tube well condition.
- MFCG will go to the HY village on 23rd of March to have the tube well meeting with the villagers.

Activity Report in Pane Nae Kone (PNK) Village

Date	:	6 th / February / 2024
Place	:	Pane Nae Kone School
Participants	:	Students - 53
		Teachers - 3
		Parent-Teacher Association (PTA) - 4
		School committee members - 3
		Village Leader - 1
		MFCG Members - 7
Purpose	:	(1) To support the stationeries to all the students. (2) To know the PNK school blueprint
Activity	:	(1) Stationeries Supply (2) Meeting

Activity Conducted

- MFCG arrived at PNK village at 9:00 Am.
- MFCG diligently prepared the logo and stationery materials for distribution.

Supporting Ceremony

With meticulous care, MFCG sorted and organized the items, ensuring each individual from kindergarten to Grade-5 received their appropriate supplies. Recognizing the importance of student involvement and community engagement, MFCG encouraged the PTA members, and school committee representatives to personally distribute the stationeries to the students, fostering a sense of responsibility and ownership within the school community.

Items	KG	Grade-1	Grade-2	Grade-3	Grade-4	Grade-5
Pencase	1	1	1	1	1	
Pencil	2	2	2	2	2	
Eraser	1	1	1	1	1	
Ruler	1	1	1	1	1	
Pencil sharpener	1	1	1	1	1	
Compass				1	1	
Protractor				1	1	
Ball pen						2
Correction Pen						1
M Compass						1
Note book	10	10	10	10	10	10

Motivational Speech for Students

MFCG delivered the motivational speech to the students, emphasizing the importance of education, perseverance, and community support. This speech aimed to inspire and encourage the students to pursue their academic goals with determination. And MFCG encouraged the students;

- to study the homework at home for (1) hour every day.
- to help their parents in washing dishes, washing clothes and so on.

After that, MFCG took group photos with all the participants.

Meeting

And then, MFCG started the meeting with PTA, school committee members, teachers and members of the village community. Firstly, MFCG introduced each other and remind about MFCG and MFCG's activities.

Management

The PTA and School Committee members operate without fixed roles and regulations, collaborating to address various school matters. Funding sources for the school, including online donations, contributions from parents, and donations from villagers, are managed by these members, who oversee the process of securing funds.

Wishes

The wishes of the PTA and committee members were to elevate the school's status from a sub-primary school to a primary school, and subsequently progress from a primary school to a sub-middle school.

Supports from Government side

The government provides initial support at the beginning of the academic year, including some books, pencils, pens, and one set of uniform for students. However, students are responsible for purchasing additional school stationery later on. Additionally, the government allocates funds to cover general expenses.

Additional Facts

Previously, without a local school, villagers had to send their children elsewhere for education. With the establishment of a sub-primary school in the village, children could attend school within the community. However, for higher education, they still had to send their children to another village with middle and high schools. During a meeting, one PTA member mentioned having a high school student Grade - 11 and a second-year university student, while another PTA member also had a high school student Grade - 11 in the village.

Future Plan of School Committee

The committee outlined its next plan, which includes initiatives such as payment for the volunteer teachers' salary, and infrastructure development.

No	Content	Estimate Cost
1	To pay the volunteer teachers' salary regularly	240000 kyats/month
2	New Building (60' × 30')	300 lakhs
3	Making Fence	25 lakhs
4	To get the electricity (wiring and bulb)	4 lakhs
5	Renovation the wall and floor of Building 2	6 lakhs
6	To build the school office	20 lakhs

The committee members will actively seek donors online and outside the village, aiming to secure sufficient funds to fulfill their next plan. In the event of inadequate external donations, they will resort to collecting contributions from friends who are financially capable.

MFCG's Idea

MFCG proposed an innovative idea for collecting funds by organizing a campaign targeting each household to collect 200 kyats per one day. This initiative aims to leverage cultural practices for a noble cause, encouraging community participation and support for the school.

So, they have total household(H/H) = 80 H/H

200 kyats × 80 household = 16000 kyats/day

16000 kyats × 30days (Total amount of money) = + 480000 kyats/month

To pay for the volunteer teachers' salary = - 240000 kyats/month

Extra money (Balance) = + 240000 kyats/month

This way, they can adjust the volunteer teachers' salary on their own without relying on external donors. Additionally, they can save extra funds each month to construct additional school buildings.

Conclusion

- In conclusion, MFCG's activities in PNK village included;
 - Touring the village to assess its condition.
 - Preparing and distributing stationery materials to students.
 - Delivering a motivational speech to encourage students.
 - Conducting meetings with the PTA, school committee, and village members.
 - Discussing future plans for school development, including:
 - Paying volunteer teachers' salaries regularly.
 - Constructing new school buildings.
 - Making improvements to existing infrastructure.
 - Proposing innovative fundraising ideas, such as collecting funds from villagers.
 - The committee members will meet among members to decide on collecting funds.

Next Plan

- MFCG needs to obtain the lists of kindergarten students for the upcoming academic year.
- MFCG will support the stationaries for new Kindergarten students next academic year.
- The committee members will convene a meeting among the member to decide on collecting funds depending on the suggestion of MFCG.
- MFCG will contact school committee members to determine whether they are collecting money for the regular school fund, particularly for volunteer teachers' salaries.

Activity Report in Shwe Paw Kone (SPK) village

Date	:	20 th /February/2024
Time	:	9:00 Am to 12:30 Pm
Place	:	Shwe Paw Kone (SPK) Village
Participants	:	SPK Villagers - 21
		Tube well Committee Members - 8
		MFCG Members -7
Purpose	:	(1) To follow up for drinking water about operation and management for sustainability (2) To know accurate knowledge about heat stress and making Oral Rehydration Solution (ORS) (3) To prevent heat stress by drinking ORS
Activity	:	(1) Meeting with the Villagers (2) Health Education (HE) Activity (3) Medical Checking (MC) Activity (4) Meeting with Tube Well Committee Members

Activity Conducted

- MFCG members arrived at the SPK village at 8:55 Am.
- MFCG prepared the logo, vinyl posters and the necessary materials to get ready.
- And then, at 9:00 AM, MFCG introduced with the participants and started the meeting.
- Firstly, MFCG recorded the attendant participants.
- MFCG explained the purpose of today's activity and encouraged the villagers to inform in advance if they couldn't join the activity.

Meeting with the Villagers

- MFCG requested U Than Htoo and tube well committee members to write down the income and expenses about purified drinking water matter by using whiteboard during two months.
- At that time, MFCG and other participants reviewed the previous HE topics about Hypertension and Diabetes Mellitus.
- Most of participants remembered the facts and demonstrated exercises that MFCG taught them in previous HE time.
- In 9:45 AM, U Than Htoo started to explain the income and expense about purified water matter by using whiteboard.

In December, 2023

Income	252,200 kyats
Expense	144,200 kyats
Balance	108,000 kyats

- At that time, diesel price was (16,000) kyats for one gallon.

In January, 2024

Income	254,000 kyats
Expense	142,000 kyats
Balance	112,000 kyats

- At that time, diesel price was (14,000) kyats for one gallon.

Current collecting money

Extra money from June to November 2023	470,700 kyats
Extra money from December 2023	108,000 kyats
Extra money from January 2024	112,000 kyats
Total balance	690,700 kyats

- U Than Htoo said that after December meeting, it was okay that (15) bottles for one household per month.
- More than that limit, the committee sold (700) kyats for one bottle to the members and (1,000) kyats for outsiders.
- The purified water machine was operated (1) time per (2) days.
- The meeting finished at 10:35 Am.
- MFCG got conclusion that the committee members and villagers will operate the machine more duration to get more water bottles for selling to outsiders in summer.
- So, they can get more fund for sustainability.

Health Education (HE) Activity

- After meeting, MFCG started HE activity at 10:35 Am.
- At that time, MFCG had (22) participants.
- Before giving the HE, MFCG distributed heat stress pamphlets to all the participants.
- And then, MFCG gave HE about heat stress by using vinyl posters and pamphlets including the contents such as;
 - Definition of heat stress
 - Signs and symptoms of heat stress
 - Home care for the client who suffered heat stress
 - Prevention of heat stress
- And then, MFCG reviewed about heat stress to all the participants after giving HE.
- After then, MFCG distributed (1) liter water bottle to each participant for ORS making demonstration.
- By dividing (4) groups, MFCG taught ORS demonstration to all participants.

- (1) MFCG member was the in-charge person for each group and the participants made ORS together by mixing (8) tea spoons of sugar and (1) tea spoon of salt in (1) liter of water.
- MFCG encouraged the participants to drink at least (2) liters of water and (1) liter of ORS in summer.
- MFCG encouraged the villagers to drink ORS by making themselves in hot day to prevent heat stress and reduce cost.

Medical Checking (MC) Activity

- After having the HE activity, MFCG continued to have the Medical Checking (MC) activity.
- MFCG registered the names of the participants who would like to join the MC activity.
- MFCG checked the body weight for all the registered participants.
- MFCG checked the BP for all the participants.
- (13) participants joined the Medical Checking activity.
- After checking the BP, MFCG gave the (5) tablets of Multivitamins to all the participants who joined the MC activity.

Meeting with the Tube Well Committee Members

- MFCG started the committee members meeting at 12:00 Noon with (8) committee members.
- MFCG confirmed to operate the purified water machine more duration to get more water bottles and to get extra fund for sustainability.
- The committee members explained that the money collecting system to operate the machine is going well. So, they will continue with the same money collecting system.
- The committee members need to clean the membranes every (8) or (9) months. So, they need to contact with Delta Water Company to clean membrane.
- After discussion, the committee members confirmed to contact with Delta Water Company in March by themselves.

Conclusion

- All the participants remembered the contents of the previous HE topics and they did the exercises regularly that taught by MFCG.
- MFCG and all the participants decided to have next visit is in 25th April, 2024.
- The committee members need to encourage young people to participate in operating purified water machine.
- The committee members will contact the Delta Water Company to clean the membranes in March/2024 by themselves.
- They will operate the machine for more duration to get extra funds by selling more water.

Next plan

- Villagers will contact U Than Htoo by phone in advance if they cannot join the meeting.
- MFCG will go to SPK village at 25th of April to have HE, MC and the regular meeting about purified water matters.

Activity Report on March ,2024

Activity Report in Kant Kaw Su (KKS) Village

Date	:	12 th /March/2024
Time	:	9 :15Am to 12:15 Pm
Place	:	Kant Kaw Su (KKS) Village
Participants	:	KKS Villagers - 32
		Village Leader - 1
		Village Administrator - 1
		Community Health Promoters (CHPs) - 2
		Agricultural Members(Agri-members) - 1
		MFCG Members - 6
Purposes	:	(1) To get the accurate knowledge about Heat Stress and making Oral Rehydration Solution (ORS) and to prevent Heat Stress by drinking ORS
		(2) To get the real situation of the village's conditions
		(3) To follow-up the CHP members' activities during 2020 to March 2024
Activity	:	(1) Health Education (HE) HE Activity
		(2) Medical Checking (MC) Activity
		(3) Meeting with the Villagers, CHPs and Village Leaders
		(4) To go around the Village

Activity Conducted

- MFCG arrived at the village at 8:45 Am and prepared the tents, MFCG logo and materials to get ready for the activity.
- And, MFCG waited for the participants about (10) minutes.

- After that, MFCG started the activity at 9:15Am.
- At first, MFCG explained the purposes of today activities to all participants.
- Almost all the participants know the MFCG organization and MFCG's activities.
- Only one participant was new to join the MFCG's activities. And then, MFCG explained about the MFCG's activities to all the participants.
- Some of the old participants remembered some of the topics which MFCG taught such as;
 - (3) Groups of Nutrition
 - Hand Washing
 - Dengue Hemorrhagic Fever (DHF)
 - Antenatal care (AN Care)
 - Safe water
 - Heat Stress
 - Toothbrushing
 - Sanitary Toilet
 - Environmental Sanitation
 - Exercises
- And then, MFCG asked some questions to the village leader and the villagers to know the general facts about the village.

Question : Do you know the updated information about population of the KKS village?

Answer : The village leader couldn't update the population of the village because of the political situation.

Question : How many people went to work in other places?

Answer : There were around (10) people who went to work in Thailand in 2024. All of them were males and their average ages are around (20) to (30) years old.

Question : Did anyone come back to the village from the working places?

Answer : There was no one who came back from outside in 2024.

- After that, MFCG gave some questions to the Community Health Promoters (CHPs) and the villagers to know about the village's health conditions.
 - The villagers were having some flu symptoms such as coughing and sneezing during one month.
 - When the villagers got sick, they mainly went to see the Midwife and some people bought the medicines from the shops to relieve their symptoms.
 - The villagers put their own trashes in the plastic bags keeping in their own house to keep their houses clean.
 - CHPs collected the garbage from the big trash can in the public area once a week and they took the responsibility for burning the trashes.
 - There are (2) clients with hypertension in the village.
 - One person is female who is (52) years old. She regularly goes to see the Midwife to take the medicine and check the blood pressure regularly.
 - Another person is also female who is (55) years old. She also goes to see Midwife for follow up regularly.
 - CHP didn't have the HE activity in the village since 2021.
 - There is no traditional medical person in the village.
 - There are no other NGOs that works for the villagers' health.
 - For the next time, the villagers requested the following health education topics like:
 - Diabetes Mellitus
 - Sanitary latrine
- Finally, MFCG asked some questions to the agricultural members, such as;
 - Question** : Where do the villagers buy meat and vegetables?
 - Answer** : The villagers mainly buy meat and vegetables from outside mobile grocery shop and the outside seller comes to the village almost every day Sometimes, they can get the meat such as chicken meat and duck meat from their house
 - Question** : Do all the Agri members live in the KKS village?
 - Answer** : (3) agricultural members still live in the village.
 - Question** : Do the Agri members plant the vegetables in their village?
 - Answer** : Nant Ta Soke who is the agricultural member planted some of the vegetables in the past such as cucumber, gourd, soap pod leaves, roselle but their lifespan had already finished.

She is currently planting the penny wort. It is just enough for eating for their own family but not adequate for selling the vegetables to others.

Health Education (HE) Activity

- At first, MFCG asked some questions to the participants.
- Almost all the participants still remember some tips of preventing heat stress and making ORS.
- Then, MFCG distributed the heat pamphlets to all the participants and then, MFCG gave the health education about the heat stress.
- MFCG mainly focused on the following points;
 - Definition of the heat stress
 - Signs and symptoms of heat stress
 - Prevention of the heat stress
 - Home care for the person who is suffering from heat stress
- MFCG encouraged the participants to drink at least (2) liters of water and (1) liter of ORS per day in the hot days.
- MFCG asked some questions related with the heat stress topic to the participants to make sure to remember the contents clearly.
 - What is the heat stress?
 - What are the sign and symptoms of heat stress?
 - How to prevent the heat stress?
 - How to take care of the person who is suffering from heat stress?
- After that, MFCG explained how to make ORS by mixing (8) teaspoons of sugar and (1) teaspoon of salt in one liter of water.
- Then, MFCG divided the participants into (4) groups and distributed (1) liter of water bottle to each participant.
- Each group included (8) participants and (2) CHP members are in-charge for two groups. MFCG members were in-charge for other (2) groups.
- After dividing groups, all the participants made ORS together in each group.

Medical Checking (MC) activity

- After doing ORS demonstration, MFCG prepared the materials.
- At first, MFCG registered the name and age of the participants for the MC activity and checked the body weight.
- MFCG checked the Blood Pressure (BP) and did the consultation for the participants who had the health problems.
- (18) participants joined MC activity including (1) male and (17) female of villagers.
- MFCG got the following cases such as;
 - Hypertension - 5
 - Common Cold - 5
 - Urinary Tract Infection - 1
- After checking the blood pressure and consultation, MFCG gave the (5) tablets of multivitamins to each participant.
- Finally, MFCG gave the MC cards and encouraged them to keep the cards and to join the activity again.
- After having the MC activity, MFCG went around the village to see the environmental situation of the village.
- MFCG saw that some villagers were making nipa palm roof in their house.
- The environment was clean and free from the plastic trashes along the village road.

Conclusion

- All the participants actively participated in the HE activity and MC activity.
- CHPs are still working for the village's environmental sanitation.
- Moreover, the villagers are also keeping their environment clean and free from the plastic trashes.
- The villagers would like to know about the following topics for the next time such as;
 - Diabetes Mellitus (DM)
 - Sanitary latrine
- The participants were crowded during making ORS inside the two tents. So, MFCG need to bring (3) tents for the next activity.

Next plan

- MFCG will bring (3) tents to provide the enough space for the HE activity next time.
- MFCG will try to give the HE requested by the villagers such as Diabetes Mellitus (DM) and Sanitary latrine topics next time.
- MFCG will make the role play demonstration for taking care of the people who is suffering from the heat stress to increase the participants' interest.

Activity Report in Moe Kyoe Pan (MKP) Village

Date : 14th/March/2024

Time : 9:00 Am to 12:00 Noon

Place : Moe Kyoe Pan (MKP) Village

Participants : MKP Villagers - 25
MFCG Members - 6

Purpose : (1) To get the accurate knowledge about Heat Stress and making Oral Rehydration Solution (ORS) and to prevent Heat Stress by drinking ORS
(2) To get the real situation of the village's conditions

Activity : (1) Health Education (HE) Activity
(2) Medical Checking (MC) Activity
(3) Meeting with the Villagers
(4) Go around the village

Activity Conducted

- MFCG arrived at the MKP village at 8:45 Am, where they were welcomed by the village leader.
- Subsequently, MFCG split into two groups: one group embarked on a tour around the village, utilizing speakers to inform villagers about MFCG activities, while the other group set up tents, arranged vinyl posters banners, displayed MFCG's logo, and prepared materials for the upcoming activity.

Meeting with the Villagers

- MFCG started the meeting with the villagers at 9:15 Am.
- The people of MKP village are familiar with MFCG's activities.

- The villagers have taken part in MFCG's previous events and remembered topics like;
 - Beri Beri
 - Dengue Fever
 - Heat Stress,
 - Making ORS
 - Tooth Brushing
 - Organic Food
 - Hand Washing.
- Sometimes, they even put what they've learned into action, like making ORS for staying hydrated in the summer.
- Two households have relocated to other villages.
- When villagers fall ill, they often resort to self-medication; for severe cases, they seek treatment from the midwife, who visits the village upon request.
- However, midwife doesn't come for health education talks or vaccinations unless called upon.
- Consequently, villagers turn to the Rural Health Center (RHC) for medical needs and vaccinations.
- Currently, many villagers are showing signs of flu, such as sneezing and coughing.
- Additionally, a 40-year-old man had been hospitalized.
- (5) villagers passed away in the past year: one man, aged 40, due to alcoholism, and two males and two females aged over 80 and 90, respectively, due to aging-related complications.

Health Education (HE) Activity

Heat stress

- At first, MFCG asked some questions to the participants.
- Almost all the participants still remember some tips of preventing heat stress and making ORS.
- Then, MFCG distributed the heat pamphlets to all the participants and then, MFCG gave the health education about the heat stress.

- MFCG mainly focused on the following points;
 - Definition of the heat stress
 - Signs and symptoms of heat stress
 - Prevention of the heat stress
 - Home care for the person who is suffering from heat stress
- MFCG encouraged the participants to drink at least (2) liter of water and (1) liter of ORS per day in the hot days.
- MFCG asked some questions related with the heat stress topic to the participants to make sure to remember the contents clearly.
 - What is the heat stress?
 - What are the sign and symptoms of heat stress?
 - How to prevent the heat stress?
 - How to take care of the person who is suffering from heat stress?
- After that, MFCG explained how to make ORS by mixing (8) teaspoons of sugar and (1) teaspoon of salt in one liter of water.
- Then, MFCG divided the participants into (4) groups and distributed (1) liter of water bottle to each participant.
- Each group included (6) to (7) participants. MFCG members were in-charge for each group.
- After dividing groups, all the participants made ORS together.

Hand Washing

- At first, MFCG asked some questions to the participants about the hand washing method.
 - The participants were already familiar with hand washing methods, routinely washing their hands before and after meals and after using the toilet.
 - However, they often didn't follow proper hand washing techniques at home.
- MFCG members and participants sang a hand washing song together.
- (2) participants demonstrated proper hand washing before the health education talk began.

- MFCG then discussed hand washing, covering topics such as;
 - The benefits of hand washing
 - Timing for hand washing
 - Correct hand washing method
- MFCG divided the participants into (3) groups to demonstrate hand washing techniques, and everyone washed their hands together using soap and water.
- MFCG encouraged participants to adopt the correct handwashing method and share it with others.

Medical Checking (MC) Activity

- After completing the health education activity, MFCG prepared for the medical checking (MC) session.
- MFCG began by registering participants and checking their body weight.
- Following that, medical professionals conducted basic medical check-ups, including vital signs assessment, general health examination, and addressing any health concerns they had.
- MFCG provided each participant with (5) multivitamin tablets and some medication for symptomatic relief.
- During the medical checking activity, we attended to (14) participants and consulted on various health issues, including flu, skin infections (scabies), hypertension, and asthma.

Going Around the Village

- Finally, MFCG members conducted a thorough tour of the village to evaluate its overall condition.
- MFCG observed the infrastructure, such as housing conditions, roadways, and sanitation facilities.

Conclusion

- The participants were listened actively during the health education and enjoyed the demonstrations. They learned about Heat Stress and Hand Washing, and also gained knowledge on making ORS and washing hands correctly.
- Most of the participants were children, as the adults needed to work for their daily income, such as collecting rubber scrap, harvesting cashews, and cutting firewood.
- MFCG need to bring extra vinyl posters of other HE topics. In case of many children participants, we had to adjust HE topic accordingly. This way, MFCG could easily switch to using the spare vinyl.
- MFCG experienced a lower participant as several adults were engaged in work outside the village, such as laboring in nearby farms or seeking employment opportunities in neighboring towns and foreign countries.

Next Plan

- MFCG will conduct a health education about skin infections for the next visit.
- MFCG will bring extra vinyl posters for topics like hand washing and tooth brushing, which are more suitable for children.
- MFCG will continue the practice of addressing villagers using a speaker system.

Activity Report in Myo Haung (MH) Village

- Date : 19th /March /2024
- Place : Myo Haung (MH) Village
- Purposes : (1) To get the updated information of the MH village
(2) To get the accurate knowledge about Skin Infections by teaching how to prevent skin infections
(3) To remind the villagers about Oral Rehydration Solution (ORS) demonstration and to make by themselves
- Participants : MH Villagers - 37
Village Leader - 1
MFCG Members - 6
- Activity : (1) Meeting with MH Villagers
(2) Health Education (HE) Activity
(3) Medical Checking (MC) Activity

Activity Conducted

- MFCG arrived at the village at 8:30 Am in the morning.
- MFCG greeted with the Midwife and went to the monastery.
- MFCG greeted with the monk at first.
- MFCG could have the activity in the monastery building because the place we used to have the activity was occupied with bricks and Nipa palm roofs.
- MFCG prepared the necessary materials such as hanging logo and vinyl posters to get ready.
- And then, MFCG went around the village to address the activity.
- After that, MFCG started the activity at 9:15 Am.
- MFCG greeted the participants and introduced the MFCG members to the participants.
- MFCG explained the purposes of today's activity.
- Half of the participants know MFCG and they previously joined the MFCG's activities.

- Some of the participants remembered the following HE topics such as;
 - Hand washing
 - Toothbrushing
 - Heat Stress
 - The method of making ORS
 - Exercises

Meeting with MH Villagers

- Firstly, MFCG asked some questions to the village leader and the villagers to know the village's conditions.
 - The villagers said that the number of the households in the village is (407) and the population is over (1000).
 - They had no updated census because they couldn't update the population due to the political situations.
 - All the households have the safe toilets.
 - (4) people went to the foreign countries such as Singapore and Thailand to work. (3) boys went to Thailand to work as factory workers and (1) girl went to Singapore to work as housemate.
 - During one month, some of the villagers suffered from body ache, common cold, body itching and numbness.
 - When the villagers were sick, they mainly went to Myaungmya Hospital to get treatment.
 - During one year, the pregnant women went to the hospital for LSCS (Lower Segment Caesarean Section) and normal delivery.
 - When the villagers had cough more than (10) days, they went to see the specialists for further investigation such as chest x-ray and sputum testing to get the appropriate treatment.
 - During one month, (77) years old man admitted the hospital to get treatment for hypertension. He also had the history of stroke with hypertension. He was brought to hospital to get treatment. Finally, he died in the hospital on 19th March.
 - Midwife didn't have the HE activity in the village in this year.
 - The villagers went to midwife if they need to get the immunization.

Health Education (HE) Activity

Heat stress

- At first, MFCG asked the participants some questions before giving the HE.
 - Question** : Do you know the heat stress?
 - Answer** : (5) participants know the heat stress.
 - Question** : Did you experience the heat stress before?
 - Answer** : Some participants have experienced the heat stress before.
 - Question** : What did you do when you suffered the heat stress?
 - Answer** : The participants took self-medication such as Fluza, Neo-mixagrip, etc. and drinking ORS by themselves when they suffered heat stress.
 - Question** : Do you know how to make ORS?
 - Answer** : The participants know how to make ORS.
- After asking the questions, MFCG distributed the pamphlets about the heat stress to each participant.
- And then, MFCG started the ORS demonstration and explained the participants how to make ORS using (1) teaspoon of salt and (8) teaspoons of sugar in (1) liter of water.
- MFCG gave (1) bottle of water to each participant to use for ORS demonstration.
- And then, MFCG divided the participants into (4) groups for doing ORS demonstration and each group contained (9) to (10) people.
- One of the MFCG members was in charge person for each group.
- After that, all the participants made ORS demonstration together.
- After making ORS together, MFCG encouraged the participants to drink at least (2) liters of water and (1) liter of ORS in hot days.
- And, MFCG made the participants realize that the cost for making ORS is cheaper than buying the ORS package.
- MFCG also encouraged the participants to make ORS by themselves as much as they can.

Skin infection

- MFCG started giving HE about skin infections.
- Before HE, MFCG distributed the pamphlets of skin infections to each participant.
- After that, MFCG started the HE about skin infection by using pamphlets and vinyl posters containing the following contents such as;
 - Types of skin infection
 - Definition of scabies
 - Transmission and incubation period
 - Signs and symptoms of skin infection
 - Common places occur in body
 - Treatment of skin infection
 - Prevention for skin infection
 - Importance of hand washing to prevent skin infection
- And, MFCG encouraged the participants to go to medical person to get proper treatment if they suffer skin infection.
- After having the HE activity, MFCG continued to have the Medical Checking (MC) activity.

Medical Checking (MC) Activity

- MFCG registered the names and ages of the participants who would like to join the MC activity.
- MFCG checked the body weight for all the registered participants.
- (14) participants joined the MC activity.
- MFCG checked the Blood Pressure (BP) and consulted the health problems for the participants with;
 - Flu
 - Anemia
 - Body Ache
 - PID (Pelvic Inflammatory Disease)
 - BPH (Benign Prostatic Hyperplasia)

- After checking the BP, MFCG gave the (5) tablets of Multivitamins and gave symptomatic treatments to the sick participants who joined the MC activity.
- And, MFCG encouraged the participants to join the next activity.

Conclusion

- MFCG got the updated information about the MH village.
- The new participants were happy to know about how to make ORS by doing demonstration.
- The participants got the accurate knowledge about skin infection.
- Some villagers arrived a little late at the activity place. So, MFCG encouraged the participants to join the activity on time.
- MFCG were absent to bring the speaker to address the villagers about the activity.
- The villagers requested some HE topics for the next time such as;
 - Deworming
 - Danger Signs of pregnancy

Next plan

- MFCG will make sure to bring the speaker for addressing the villagers.
- MFCG will try to give HE topics about deworming and dangers signs of pregnancy in the next time.

Activity Report in Wa Nat Kone (WNK) village

Date : 21st/March/2024

Time : 9:00Am to 11:45 Am

Place : Wa Nat Kone village

Purposes : (1) To get the updated information of the village's real situation
(2) To remind the villagers about making Oral Rehydration Salt (ORS) and to reduce the complications of Heat Stress by drinking it
(3) To give the accurate knowledge of hypertension

Participants : WNK Villagers - 36
Village Leader - 1
MFCG Members - 6

Activity : (1) Meeting with WNK Villagers
(2) Health Education (HE) Activity
(3) Medical Checking (MC) Activity

Activity conducted

- MFCG arrived at the WNK village at 8:45 Am.
- MFCG greeted with village leader and introduced new members of MFCG.
- MFCG prepared the tents, logo and materials to get ready.
- And then, MFCG went around the village to address the villagers by using speaker.
- MFCG started the activity at 9:15 Am.
- Firstly, MFCG greeted the participants and introduced the MFCG's new members.
- And MFCG explained the purposes of today activity.
- All the participants remembered MFCG's activities because they have joined the MFCG's activities in previous visits.

- The participants also remembered some of the HE topics that MFCG gave before such as;
 - Hand washing
 - Fecal oral route
 - Toothbrushing
 - Safe latrine
 - Exercises
 - (3) Groups of Nutrition

Meeting with WNK Villagers

- MFCG started the meeting by asking some questions to the villagers.
 - Currently, the number of the household is (35).
 - The village didn't update the population due to political situation.
 - (10) male villagers went to work in other countries such as Malaysia and Thailand. Their job types are agriculture and factory workers. Some female villagers are also working as housemaids in Yangon, Mandalay, Myawaddy, Moegok and Mae Sot.
 - Now, the villagers are making nipa palm roof and harvesting in the village.
 - Agricultural members did not plant the organic vegetables in their home garden.
 - But, some villagers plant penny wort, eggplant, gourd, tomato, pumpkin and white pumpkin by using some chemical fertilizers.
 - The outside sellers come to the village to sell some meat and vegetables.
 - The villagers buy and eat meat and vegetables but mostly, they try to get them from the village and surroundings of the village.
 - At the moment, some villagers are suffering common cold and are taking self-medications by themselves. If they have got severe illness, they went to see the doctor in Kone Thar village or to the clinic in Myaungmya.
 - There are some chronic cases as throat cancer and hypertension in the village.
 - An eighty-age old person died with aging process in December, 2023.

- On the next visit, the participants requested some of the HE topics such as;
 - Organic food
 - Diabetes Mellitus
 - Skin diseases
 - Healthy life style
 - Oral cancer

Health education (HE) Activity

- After meeting, MFCG started HE activity.
- MFCG asked some questions to the participants before giving HE.
 - The participants remembered some of the contents of the heat stress and making ORS and they made ORS by themselves for drinking.
- And then, MFCG gave the pamphlets of heat stress to each participant.
- After that, MFCG explained about heat stress topic including the contents such as;
 - Definition of heat stress
 - Signs and symptoms of heat stress
 - Prevention of heat stress
 - Methods of caring people who suffer from the heat stress
- In addition, MFCG explained the correct method of making ORS.
- MFCG divided the participants into (3) groups to make ORS demonstration and MFCG members were in charge for each group.
- MFCG distributed (1) liter water bottle to each participant.
- All the participants made ORS by themselves using one teaspoon of salt and (8) teaspoons of sugar in (1) liter of water.
- MFCG encouraged them to drink at least (1) liter of ORS and (2) liters of water in hot days, especially in Summer.

Hypertension

- After demonstration, MFCG started to talk about Hypertension.
- MFCG asked some questions to the participants before giving the HE about hypertension.

Question : Do you know hypertension?

Answer : The adult villagers know hypertension.

Question : Was there anyone who got the hypertension among the participants?

Answer : There were (2) participants who got hypertension.

Question : How much is your average blood pressure?

Answer : They're not sure about their blood pressure.

Question : Do you see the medical person for hypertension?

Answer : Normally, they don't see the medical person to manage their high blood pressure. When they get sick, they go to the medical person to get treatment.

Question : Do you take medications for hypertension regularly?

Answer : They don't take medications regularly for hypertension. They take the medications only when they're sick such as headache or dizziness.

Question : Do you check your blood pressure regularly?

Answer : They don't check their blood pressure regularly.

- After asking the questions, MFCG distributed hypertension pamphlets to all the participants. We gave HE talk about Hypertension by using vinyl posters and pamphlets.
 - Definition of hypertension
 - Sign and symptoms of hypertension
 - Risk factors of hypertension
 - Prevention of hypertension

- After giving the HE, MFCG asked some questions related with the contents of the hypertension such as;
 - What is the definition of hypertension?
 - What are the signs and symptoms of hypertension?
 - What are the risk factors of hypertension?
 - How to prevent hypertension?
- In addition, MFCG encouraged the participants to try to reduce the salt and oil in the meal.
- Finally, MFCG encouraged them to take medications regularly to see the medical person regularly and to do the exercises regularly.

Medical checking (MC) activity

- MFCG started the MC activity after giving HE.
- Firstly, MFCG registered the participants' name and age and checked the body weight.
- And then, MFCG checked blood pressure and consulted the health problems of the participants.
- MFCG gave (5) tablets of Multivitamins to all the participants.
- (19) participants joined the MC activity.
- MFCG gave some medications and consultation for clients with;
 - Flu
 - Hypertension
 - Oral ulcer
 - Pre-eclampsia
 - Skin infection
 - Ear infection
 - Back pain

Conclusion

- The village leader welcomed MFCG very warmly and he also joined the activity until the end.
- MFCG could do the activity very well because the participants cooperated actively.
- All of the participants remembered how to make ORS and they were happy to drink it.
- The villagers were very happy to join with the MFCG's activity.
- MFCG got the updated information of the village.
- The participants also got the knowledge about hypertension and prevention of hypertension.
- Some of the villagers couldn't join the activity because they were harvesting in the fields.

Next plan

- MFCG need to ask the available time of the villagers before going to have the activity in the village.
- The villagers requested some HE topics for next time visits such as;
 - Organic food
 - Diabetes Mellitus
 - Skin Diseases
 - Healthy life style
 - Oral cancer

Activity Report in Cheuk Eain Tan (CET) Village

Date : 21st/March /2024

Time : 1:00 Pm to 3:00 Pm

Place : Cheuk Eain Tan (CET) Village

Participants : CET Villagers - 19

Village leader - 1

MFCG Members - 6

Purposes : (1) To get the updated information of the village's real situation

(2) To remind the villagers about making Oral Rehydration Solution (ORS) and to reduce the complications of Heat Stress by drinking it

(3) To give the accurate knowledge of tuberculosis (TB)

Activity : (1) Meeting with CET Villagers

(2) Health Education (HE) Activity

(3) Medical Checking (MC) Activity

Activity Conducted

- MFCG arrived at the CET village at 12:45 Pm.
- At first, MFCG went to the village leader's house and greeted him.
- And then, MFCG and the village leader went together to the activity place.
- MFCG prepared the necessary materials such as tents, logo and vinyl posters to get ready.
- And then, MFCG went around the village to address the activity by using speaker.
- After that, MFCG started the activity at 1:00 Pm.
- MFCG greeted the participants and introduced the MFCG members to the participants.
- MFCG explained the purposes of today activity.
- The participants know MFCG and most villagers previously joined the MFCG's activities.

- (2) new participants joined the MFCG activity. So, MFCG gave the introduction about our activities.
- Some of the participants remember the previous HE topics such as;
 - Hand washing
 - The method of making ORS

Meeting with the CET Villagers

- And then, MFCG asked some questions to the village leader and villagers to know the village's information. They said that;
 - The village leader was changed and he is Mahn Lun Khin.
 - There are (33) households in CET Village now.
 - But they don't have the number of updated populations due to political issues.
 - (1) Male villager went to work in Japan and other (1) Female villager was working in Singapore.
 - And around (10) villagers were working in Yangon now.
 - Now, the villagers are harvesting, making Nipa palm roof and collecting Cashew Nuts.
 - Some villagers suffered sneezing, coughing and back pain during one month.
 - When they were sick, they tried to take self-medications and they went to see the midwife to get treatment only when the cases were severe.
 - Some pregnant women admitted to Myaungmya hospital for delivery.
 - (1) Female died during (1) month ago. She got the oedema on the whole body and she didn't have the family members to take care of her. So, she wasn't brought to hospital to get the proper treatment.
 - The participants wanted to know the following HE topics in next time;
 - Deworming
 - Hypertension
 - Family Planning

Health Education (HE) Activity

Heat Stress

- At first, MFCG asked the participants some questions before the HE activity?
 - Question** : Do you remember the contents of the heat stress?
 - Answer** : The participants don't remember the heat stress topic.
 - Question** : Do you remember how to make ORS?
 - Answer** : The participants remember how to make ORS by mixing (8) teaspoons of sugar and (1) teaspoon of salt in (1) liter of water.
 - Question** : Do you make ORS by yourself for drinking?
 - Answer** : They don't make ORS by themselves for drinking.
- After asking the questions to the participants, MFCG gave the pamphlets of heat stress to each participant.
- And then, MFCG started to give the HE about heat stress by using vinyl posters and pamphlets including the contents of;
 - Definition of heat stress
 - Signs and Symptoms of heat stress
 - Prevention of heat stress
 - Methods of caring people who suffer from the heat stress
- After giving HE talk, MFCG started to make ORS demonstration with all participants.
- At first, MFCG explained the method of making ORS using (1) teaspoon of salt and (8) teaspoons of sugar in (1) liter of water.
- And then, MFCG distributed (1) bottle of water to each participant.
- MFCG divided the participants into (2) groups for doing ORS demonstration. Each group contained (9) to (10) people.
- One of the MFCG members was in charge for each group.
- And then, MFCG made ORS together in each group.
- MFCG encouraged the participants to drink at least (2) liters of water and (1) liter of ORS in the hot days.

- And, MFCG made the participants realize that the cost for making ORS is cheaper than buying the ORS package.
- And then, MFCG encouraged the participants to make ORS by themselves if possible.

Tuberculosis

- After ORS demonstration, MFCG started giving the HE about Tuberculosis (TB).
- At first, MFCG asked some questions about Tuberculosis to the participants.

Question : Do you know the TB disease?

Answer : All the participants know the TB disease.

Question : Have you seen the TB patients before?

Answer : The participants haven't seen the TB patients before.

Question : Have you experienced the TB disease before?

Answer : They never experienced the TB disease before.

- MFCG gave the pamphlets of TB to the participants after asking the questions.
- After that, MFCG started to give HE about TB by using vinyl poster and pamphlets mainly focusing on the tips of;
 - Definition of the TB disease
 - Causes of the TB disease
 - Transmission of the TB disease
 - Signs and symptoms of TB disease
 - Risk factors of TB disease
 - Complications of TB disease
 - Prevention the TB disease
- Finally, MFCG asked the questions about the TB disease to the participants.

Medical Checking (MC) Activity

- MFCG registered the name and age of participants for the MC activity.
- And, MFCG checked the body weight for all the participants.
- MFCG checked the Blood Pressure (BP) and consulted the health problems of the participants.
- MFCG gave (5) tablets of Multivitamins and some medicines for symptomatic treatment.
- And, MFCG encouraged the participants to join the next MFCG's activities.
- (6) participants joined the MC activity.
- During MC Activity, MFCG gave the consultation for clients with;
 - Loss of Appetite
 - Knee Joint Pain
 - Chronic Smoker

Conclusion

- Participants who joined the HE were less because adult villagers went to field for harvesting and some children were picking up the cashew nuts.
- MFCG got some updated information about the CET village.
- The new village leader, Mahn Lun Khin joined the activity until the end of session.
- Some households also moved to Yangon and other places.
- The villagers got the accurate knowledge about the TB disease and heat stress topics.
- All the participants got the knowledge about the method of making ORS.

Next plan

- MFCG need to ask the available time of the villagers before going to have the activity in the village.
- The villagers requested some HE topics for next time visits such as;
 - Deworming
 - Hypertension
 - Family Planning

Projected Village Profile

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 2023 - March 2024)

	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Poe Laung Wa												
Nyaung Chaung Lay												
Moe Kyo Pann												1
Ga Yat Gyi												
Kant Kaw Su												1
Doe Bat												
Nga Pyaw Taw												
Tha Baut Chaung (W)												
Ta Yote Su												
Kyar Phue Ngone												
Myo Haung							1					1
Wa Nat Kone												1
Chaute Eain Tan												1
Htaw Yee		1		1		1	1	1		2		1
Kwat Pyin												
Shwe Paw Kone							1		1		1	
Taung Dee												
Pane Nel Kone												

MFCG Field Trip Schedule for Medical Checking Activities (April 2023 - March 2024)

	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												
Kant Kaw Su												1
Doe Bat												
Nga Pyaw Taw												
Tha Baut Chaung												
Ta Yote Su												
Kyar Phue Ngone												
Myo Haung							1					1
Wa Nat Kone												1
Chaute Eain Tan												1
Htaw Yee		1		1		1	1	1		2		1
Kwat Pyin												
Shwe Paw Kone							1		1		1	
Taung Dee												
Pane Nel Kone												

Number of Participants in Health Education Activities (April 2023 - March 2024)

Year	2023																		2024						Total	
Month	April		May		June		July		Aug		Sept		Oct		Nov		De		Jan		Feb		Mar			
Village Name	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Poe Laung Wa																										
Nyaung Chaung Lay																										
Moe Kyoe Pann																							9	16	9	16
Ga Yat Gyi																										
Kant Kaw Su																							11	21	11	21
Doe Bat																										
Nga Pyaw Taw																										
Tha Baut Chaung																										
Ta Yote Su																										
Kyar Phu Ngone																										
Myo Haung													4	24									12	26	16	50
Wa Nat Kone																							12	24	12	24
Chauk Eain Tan																							10	9	10	9
Htaw Yee			8	7			1	17			-	14	1	9	5	10			20	53			-	21	35	131
Kwat Pyin																										
Shwe Paw Kone													35	5			14	16			8	14			57	35
Taung Dee																										
Pane Nel Kone																										
			8	7			1	17				14	40	38	5	10	14	16	20	53	8	14	54	117	150	286
			15				18				14		78		15		30		73		22		171		436	

Total Number of participants in Medical Checking Activities (from April 2023 to March 2024)

Sr No	Months	Total number of Participants
1	April,2023	-
2	May,2023	6
3	June,2023	-
4	July,2023	23
5	August,2023	-
6	September,2023	-
7	October,2023	26
8	November,2023	11
9	December,2023	29
10	January,2024	12
11	February,2024	13
12	March,2024	62
	Total participants	182

HE Topics given (April 2023 - March 2024)

1. Hypertension
2. Eye infection
3. Beri Beri
4. Tuberculosis
5. Heat Stress
6. Dengue Hemorrhagic Fever
7. Toothbrushing
8. Hand Washing
9. Skin infection
10. Diabetes Mellitus

Total HE participants (from April 2023 to March 2024)

Total HE participants	Total HE participants	
	Male	Female
	150	286
	436	