

APPENDIX 2-A  
COVERING LETTER TO THE EXPERT

10th June, 1983.

Dear Madam/Sir,

The Department of Child Development, M.S. University of Baroda, Baroda has undertaken a project on 'Utilization of Welfare Services with Special Reference to Children below the Age of five Years in Panchmahals, Gujarat'. Under this project, we are planning to offer an in-service training programme to health functionaries. To make the programme more effective it will be necessary to explore their knowledge content in the areas of Health, Nutrition and Family Planning.

We need your cooperation as an expert in giving us the correct answers to the questions attached. This will enable us to examine their performance on the same questionnaire. Please cooperate by filling the questionnaire as early as possible. Do give your suggestions in terms of rating the items.

Sincerely,

Parul Dave  
Lecturer, Dept. of Child  
Development.

## APPENDIX 2-B

## Covering Letter to Health Functionary

DEPARTMENT OF CHILD DEVELOPMENT  
FACULTY OF HOME SCIENCE  
M.S. UNIVERSITY OF BARODA  
BARODA 390 002

Dear Sir/Madam,

An in-service training programme is going to be conducted for the field level health functionaries and their supervisors. You are requested to fill in the following questionnaire by providing the necessary information. Your cooperation will enable us in making the programme relevant and meaningful.

Thanking you,

Sincerely,

Parul Dave  
Lecturer, Dept. of Child  
Development.

APPENDIX 2-C  
QUESTIONNAIRE

Health

i. Cleanliness of self

- a. What should personal cleanliness include?
- b. Do you think cleanliness of the family members can have an impact on the child's health?
- c. How can parents be encouraged to keep a young child clean?
- d. Feeding, toilet training, sleep, play- what is the scope for maintaining cleanliness in each one of these?

ii. Environmental Cleanliness

- a. What are the unhygienic conditions present in a tribal set up that may have direct impact on child's health?
- b. What are the common diseases and illnesses due to this?
- c. Keeping in mind the limitations of present services how best can the following be taken care of - Drinking water, disposal of human waste, air borne and water borne diseases? What is the role of family/functionaries in the above mentioned.

iii. Diseases and Illnesses

- a. What are the common illnesses and diseases a child below 5 years of age in this area suffers from?
- b. What provisions are made by the government and voluntary agencies to tackle this? Can the parents prevent this?
- c. What knowledge do the parents need for dealing with preventive/curative aspects of child health?
- d. Do the pregnant women suffer from any ailment or health problems? What are they?
- e. What information family members need, to prepare themselves as caretakers of young children?

iv. Health  
Parent Education

- a. As the parents seem to be ignorant in many aspects of health, who should take the responsibility to equip them with information?
- b. What methods would be successful?
- c. How can we evaluate the success of such built-in programme?

Nutrition

i. Breast Feeding

- a. How long a mother should breast feed the child? Why?
- b. Under what conditions top feeding should be introduced from the beginning?
- c. Do you think that a mother needs information about frequency, duration, position of breast feeding considering her practices in this set up?
- d. Do you think that a child should be weaned from the breast feeding gradually or abruptly? Why?
- e. What techniques are used for weaning? Would you suggest any changes? Why?

ii.

- a. What is a balanced diet?
- b. Do the children below 5 years and pregnant/lactating mothers get enough nutrients considering their requirements?
- c. What alternatives would you suggest? Will the people accept them considering their beliefs and practices related to food? What methods could be adopted for a desirable changes?
- d. Do you think their method of cooking is hygienic and preserves all the nutrients? If changes are necessary, what and how to introduce?
- e. What is kitchen gardening? Is it relevant to this set up? If yes, what can they grow? If no, why?
- f. What could be the consequences of under-nourishment or malnourishment? Can either be cured?
- g. Can health check-ups be a part of welfare programme? Who should be in-charge at field level? What should be included in it? How can the results be useful and to whom?

Family Planningi. Registration

- a. What information about the individual is registered? Would you suggest anything else?
- b. What is the birth rate in this area?
- c. What is the death rate of children below the age of 5 years? What are the causes?
- d. How can one motivate parents for registration?

ii. Concept of Family Planning

- a. What does family planning mean?
- b. Who is helped through this service?
- c. How many people opt for it? What methods do they prefer?
- d. What methods have you found more suitable and appropriate for these people?
- e. Can one be a family planning worker and still be accepted by people? If yes, how? If no, why?