

Malnutrition in Palghar

(Srujan)

Documentary Short film

Project guide
Prof.Prasad bokil

Project by
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Sr.M.Des Communication Design
Project - III Year 2017-19

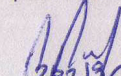


IDC School of Design

IIT Bombay

Declaration

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Rajesh P

176450008

Approval Sheet

This Communication Design Project report entitled "Documentary film on "Malnutrition in Palghar" by P Rajesh is approved in partial fulfillment of the requirements for Master of Design degree in Communication Design.

Project Guide:



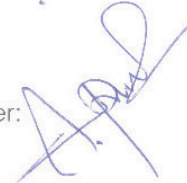
Internal Examiner:



Chair Person:

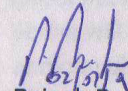


External Examiner:



Acknowledgment

I thank my guide Prof. Prasad Bokil for his motivation, encouragement, freedom and timely guidance which helped me throughout the project. I thank CTARA Department HOD Mr. Agnihotri Sir and Mr. Digvijay (Unicef Fellow) who helped me do this project and been an emotional support for me.


Rajesh P

Abstract

In the evolutionary process, humans are said to be at the peak of intelligence and are exploring different aspects of life based on their own talents. We are in the digital age when something can be communicated to the whole world in a click of a button of a smartphone. As we enjoy this power, it's an ugly truth that a percentage has not yet started their life. An animal's life goal is reached when it gets its food, but not in the case of humans.

We are here to live than to survive, yet some of our own species share the condition of an animal, even worse. There's just hundred kilometer distance between country's most richest person's home Antilla and a thatched hut in Palghar where children die because of not getting food. Many unknown faces work with government or individually to bring the fresh life out of the death cycle and my work here is to document the effort, such a network of people who work in malnutrition particularly in Palghar.

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Introduction

During my P2 project (Short film), I was searching for location to shoot an office sequence, which happened to be CTARA office in our IIT Campus. In the period of one week of shoot I happened to meet and interact with CTARA people and got to know more about their work. My prejudice of CTARA changed after I learned about the different projects that they are involved which directly impacts people's lives. I got very much interested in knowing the projects of the people and one such project was Data Driven Tools for malnutrition which was done by UNICEF Fellowship student Digvijay.

His Project involved data collection in rural areas of palghar which involves apps, website and other data entry tools. When discussed further about the project I found that there are higher level problems and how they act towards solving the issue. There was a need of documenting their work in a video form. After much brainstorming and discussions I had decided to do a documentary movie of the topic of malnutrition in specific to Palghar area.

Malnutrition

Malnutrition is an effect of many factors starting from poverty, illiteracy, disturbance in habitat because of deforestation and migration. Yet the consequence of losing a child, is unacceptable. India is losing a future which could be a potential strength. There is a sad acceptance of the mothers to lose a child in tribal village. This is a direct failure statement for a country like ours.

Many NGOs and Industries(CSR activities) working alongside government to eradicate malnutrition. Many acts and policies are drafted and implemented dedicated only for maternal and child health, yet there is a big gap between the resource and need. In many cases just right knowledge of using the resources that they already had is needed to create change. This goes from as simple as making the diet out of the available vegetables they have, to the usage of data collection tools for decision makers.

The Vicious cycle.

Child's only source of nutrient is from the mother's womb. So maternal health is the prime thing to be discussed. Gender discrimination, superstitions, myths and lack of awareness plays a major role in maternal health. It starts from restricting the basic nutritious foods like chicken, eggs and fish in the name of superstition. These myths are passed by some babas and quacks to the tribals which does not have any proof.

So an already undernourished girl child which grows without having the basic nutrients, when it hits puberty the case worsens. This undernourished girl is the future mother and eventually will give birth to a malnourished child and the cycle continues.

Research Work

Research work started with literature study on current mal-nutrition condition of India from materials from NITI Ayog site like Nourishing India and Poshan Abhiyan. Furthermore I attended training sessions on maternal and child nutrition under Dr. Rupal Dalal. The training sessions were mostly on pre pregnancy and post pregnancy nutrition.

It was mainly on practices and methods to make nutritious diet mostly with available foods. By these training sessions it was very evident that there was just a knowledge gap which doesn't cost any. Out of all the foods breast milk is considered a most nutritious food for a newborn baby. Breastfeeding techniques were taught to the mothers in clinics. Simple methods of holding the baby in the right position increases the milk intake of baby which had a big impact in their health. There have been cases where the weights of baby have been increased within few weeks on proper breastfeeding practice.



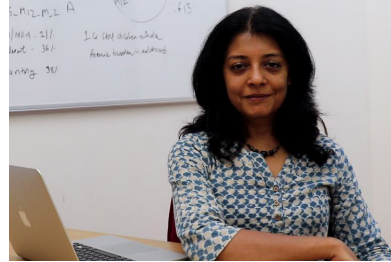
7 weeks 1.6 kg weight gain



7 weeks 1.8 kg weight gain



Prof. Agnihotri



Dr. Rupal Dalal



Kailash Burange



Milind Thatte

Interviews

As a part of my project I had chance to interview people who have a big role in eradicating malnutrition in palghar district. These people range from academicians, doctors, NGOs and decision makers. Each one of these people have been in the field for years, had their own analysis and contributions in their field.

A part of this project is to document the works of these people so that it can be communicated to others districts which has similar problems so that the tasks need not be repeated. Also this will be very helpful for the decision makers of other districts who are fighting with the same malnutrition issue.

Site visits and NGOs

Site visits to places like Jawar, Mokhada and Palghar had given an understanding on ground reality of the problem. These places has excess rain in monsoon seasons and water scarcity during summer seasons. In order to help these people many NGOs along with the government works parallelly to address these issues. One such NGO that I had visited is "Vayam" headed by Mr.Milind Thatte who is a forest conservationist whose focus is on educating the importance of forest and empowering the tribals for employment.



These people were taught to use government employment scheme "NREGA". Simple tasks like filling the forms, registering for job and claiming the salary from government offices were taught. This empowers their economic status and at a later stage themselves become the employers. By employers what he means is that these people sit together and analyze the infrastructural issues like water line requirements in a specific locality. Such issues are taken under the NREGA employment schemes and they can work to solve their own issues by themselves and get paid by the government.

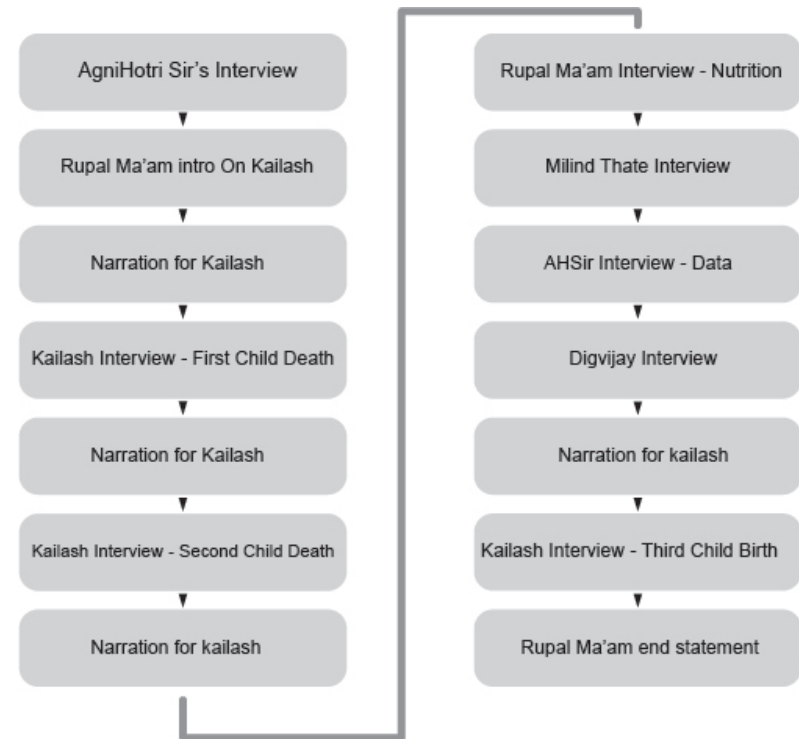
Story

Journey of a father from ignorance to awareness and how he himself transformed as a role model

As a part of the interviews I interviewed an NGO worker who lost his first two children and saved his third child with the help of a nutritionist and an NGO. After this interview it seemed to be a convincing plot for the whole story.

Kailash burange, a warli artist by profession and a M.Ed degree holder lost his two children because of pure ignorance of knowledge. How he realised his mistakes and broke all the odds and successfully saved the third child was really inspirational. So this served as the base plot of my story.

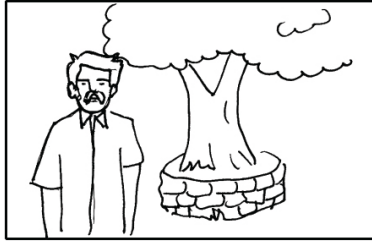
Script structure - Version 1



Script Structure - Version 2

- Kailash: kailash narrating about his first child death ending with a text quote" Kailash lost his two children in the hands of malnutrition"
- Background narration of the palghar issue and visuals depicting the village scenario
- Kailash narrating the second child death and what experience he had with baba.
- His decision to leave baba and to join NGOs and A brief on CTARA and its activities and a lead for Dr.Rupal dalal Ma'am.
- Interaction between Kailash and Rupal dalal Ma'am. Food preparation by Kailash his discussion /argument with mom and wife
- Interview of Mr.Milind Thatte, him explaining the importance of forests in tribal peoples life.
- Technology and its role played in erradicating malnutrition explained by Prof. Agnihotri Sir.
- Revealing of Kailash's third child birth and his preventive activities and showing sanskruti with and end note.

Storyboarding



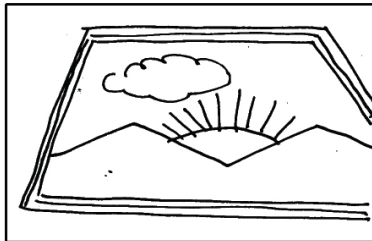
Scene : Kailash Intro
Location : Village



Scene : Interview
Location : Farmland



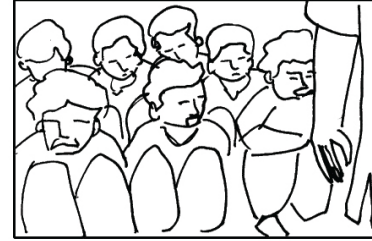
Scene : Village Scenario
Location : Kailash house



Scene : Sanskruti drawing
Location : Kailash Home



Scene : Rupal Maam Interview
Location : Clinic



Scene : Training session
Location : Thalassery



Scene : Telling his story
Location : Thalassery



Scene : Emotional ending
Location : Training hall

Storyboarding



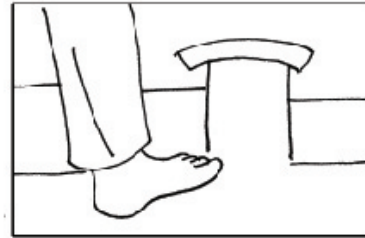
Scene : Emotional crowd
Location : Training Hall



Scene : Second child death
Location : Kailash home



Scene : Second Child Story
Location : Training hall



Scene : Taking new decision
Location : NGO



Scene : Meeting Baba
Location : Baba's house



Scene : Interaction with Doctor
Location : Rupal Maam clinic



Scene : Believing in Baba
Location : Baba's house

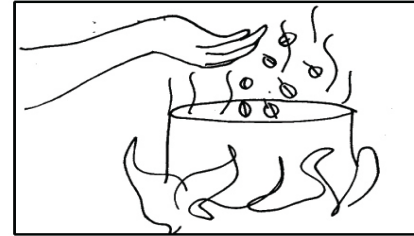


Scene : Rupal Maam Interview
Location : Clinic

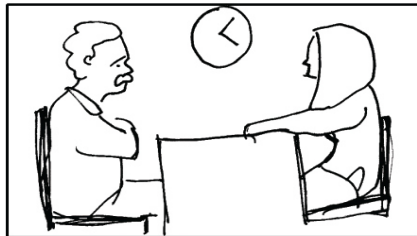
Storyboarding



Scene : Breaking the myths
Location : Clinic



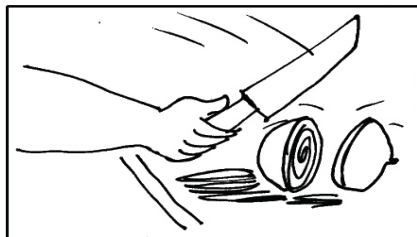
Scene : Preparing Pastes
Location : Kailash home



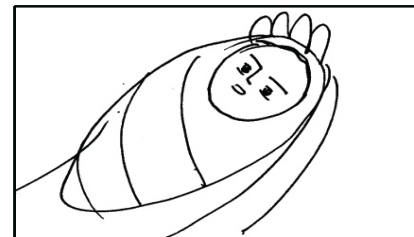
Scene : Diet Training
Location : Clinic



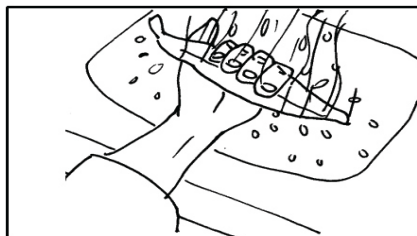
Scene : Third Child birth
Location : Hospital



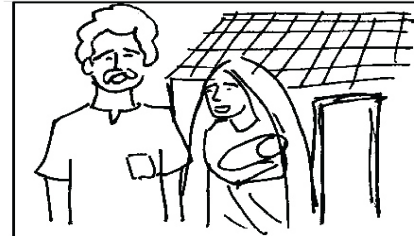
Scene : Making the diet
Location : Kailash Home



Scene : Sanskruti Smile
Location : Hospital



Scene : Cooking vegetables
Location : Kailash Home



Scene : Kailash Happy with child
Location : Kailash Home

Pre-production Planning

This documentary movie has sequences happening in the life of the main protagonist Kailash and the other people's work. So the main task is to shoot enough footage which would help the narration and story flow. Since this is a documentary movie it has to have different perspectives of the same topic which would help the viewer see a broader view on the topic. So the whole sequences has been divided into two shooting plan.

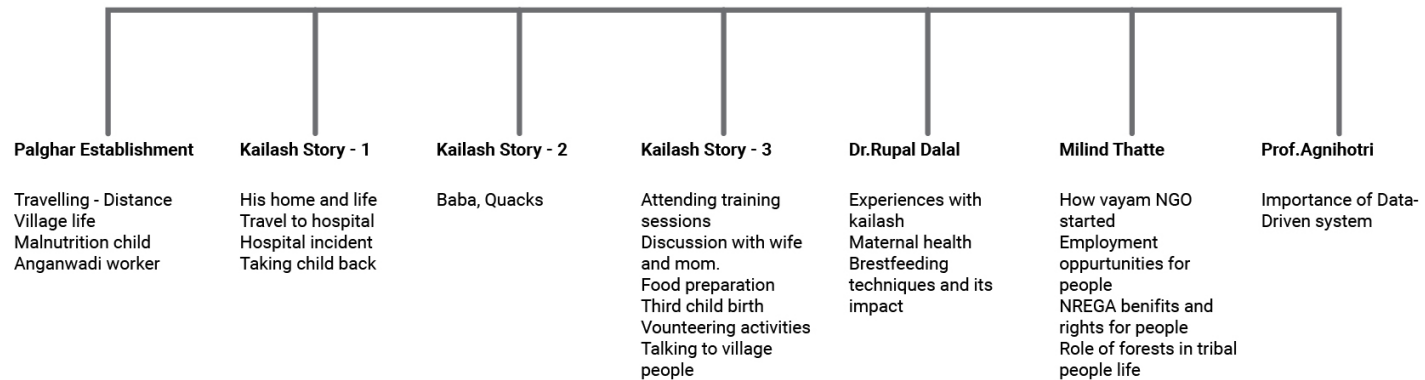
Plan 1

This categorisation had been made to increase the clarity of the story to make clear about the incidents that happened the life of Kailash and other people's views.

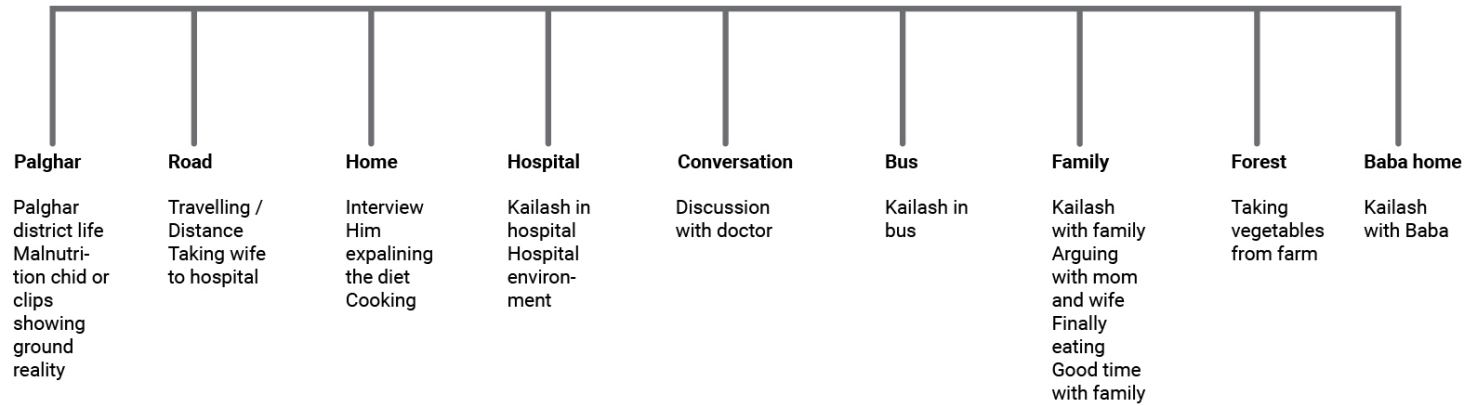
Plan 2

This had been made purely for the logistics purpose so that time and money is saved. This makes chunks based on locations so that we are able to complete the shoot in quick time which would further give space to extra shots.

Planning Of Shots Based on Incidents



Planning Of Shots Based on Locations

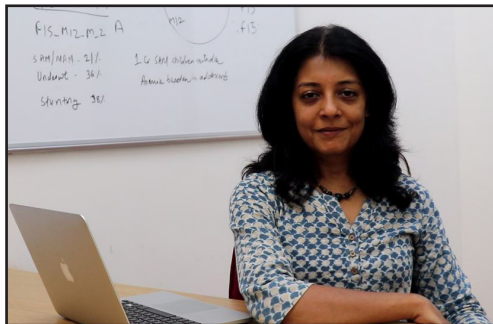


Scripted Interviews

While in the process of editing I had gone through the interviews of all contributors. In one such interview of Dr. Rupal Dalal which had more important data which was scattered all along the interview. So I decided to have the transcription out of the original interview and came with a scripted interview which will focus and direct the story. This eventually happened in the case of Kailash also which ended in a scripted interview.



Non Scripted Interview



Scripted Interview

B Rolls



In fictional movies the story is freezed and the sequences are shot accordingly. In case of documentary movies, stories or lives of people is communicated through narrations and interviews. In such case the attention span of viewers will be very short and a mix of visuals have to be provided without disturbing the flow.

B Rolls assist the viewers to visualise what would have happened. Since most of the parts of the story had happened in past. We need to make sequences which would depict the incident. This can be done by enacting the real people who had experienced the story which will not happen in most of the cases and can be enacted by other persons resembling them. I was lucky enough to have Kailash who is very motivated and accepted to act in B Rolls. Most of the B Rolls had been taken in his home which shows their day to day life activities. Some other Brolls were taken for establishment shots of palghar and in Jawar the food festival had been shot. For the "Data driven decisions" part training programs of beat supervisors were shot in Nashik. These visuals helped the story telling to a greater extent.

Post-production

All the sequences had been shot by two cameras Nikon 750D and Canon 200D. For all outdoor shots natural lighting had been used and some lighting assistance had been made only for few interviews. Audio were recorded in Congo Mic BM800 and for some sequences direct audio from the camera had been used. Video Editing had been done in Adobe Premiere CS6. Only basic transitions and effects were applied to the video to assist the story flow. Some audios of the outdoor interviews had background noises and it was cleaned using Adobe Audition.

Conclusion

The overall experience and journey that I had with this project had given me the ground reality of the country. Dying without food is still unacceptable but dying because of ignorance when we still have all the resources and not knowing how to use it effectively is worse.

This is a failure that every citizen should own and try to be responsible. This taught me how gifted we are. As a communication designer I found the role of technology and its impact on solving a problem. If rightly used it can save li if ignored we will pay for it and this is what it is happening in palghar. As Prof. Agnihotri sir mentions this malnutrition issue can be solved only by team work.