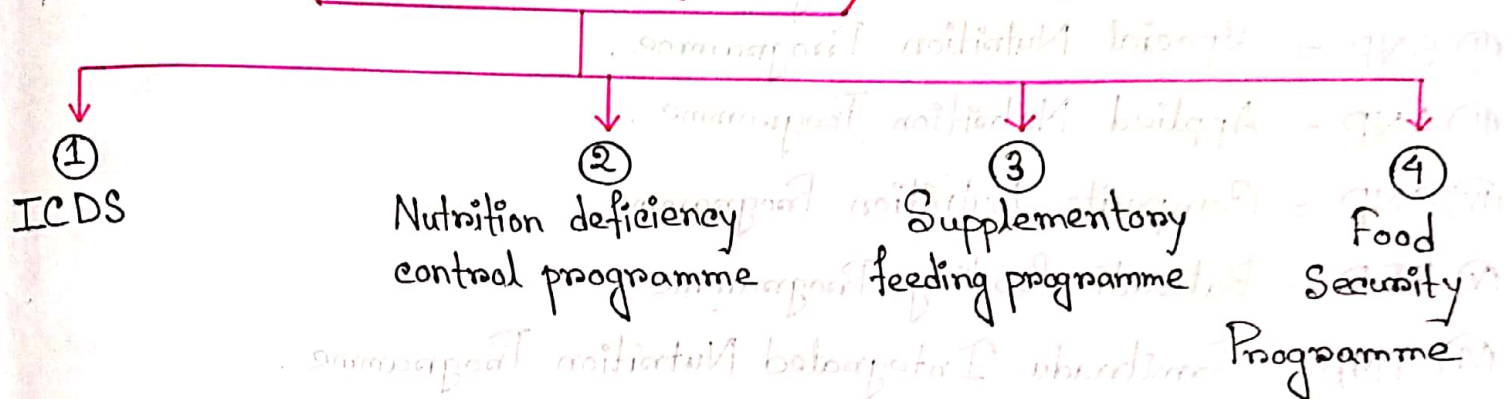


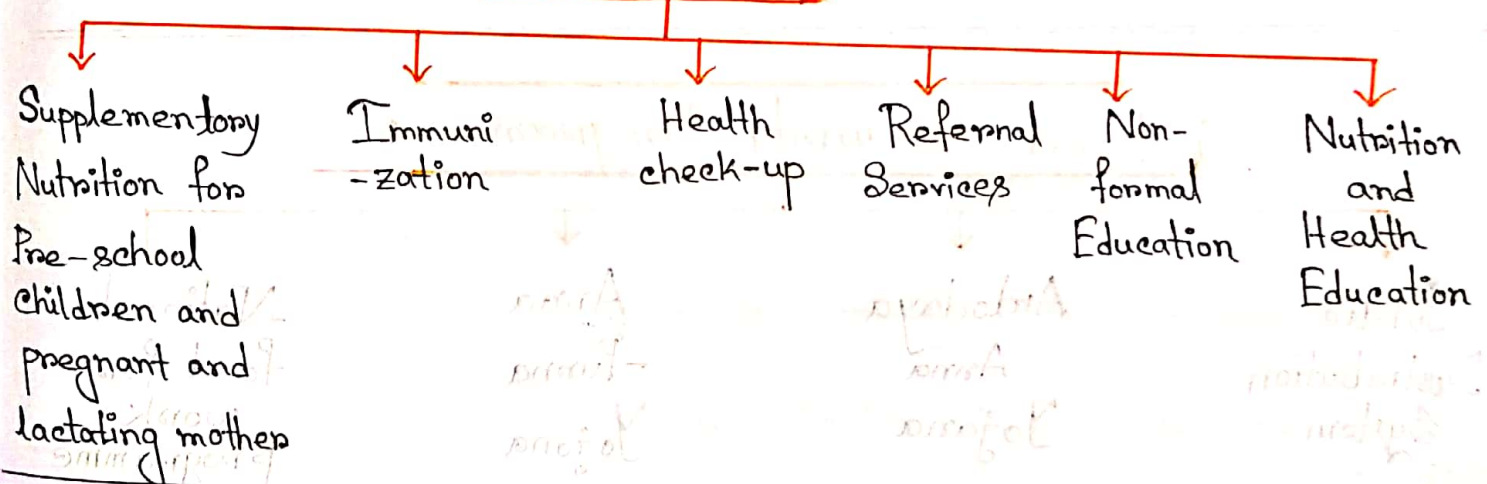
4. National Nutritional Intervention Programme:

National nutritional intervention programmes to combat malnutrition are monitoring by Ministry of Human Resources Development, (MHRD), Govt. of India, which are —

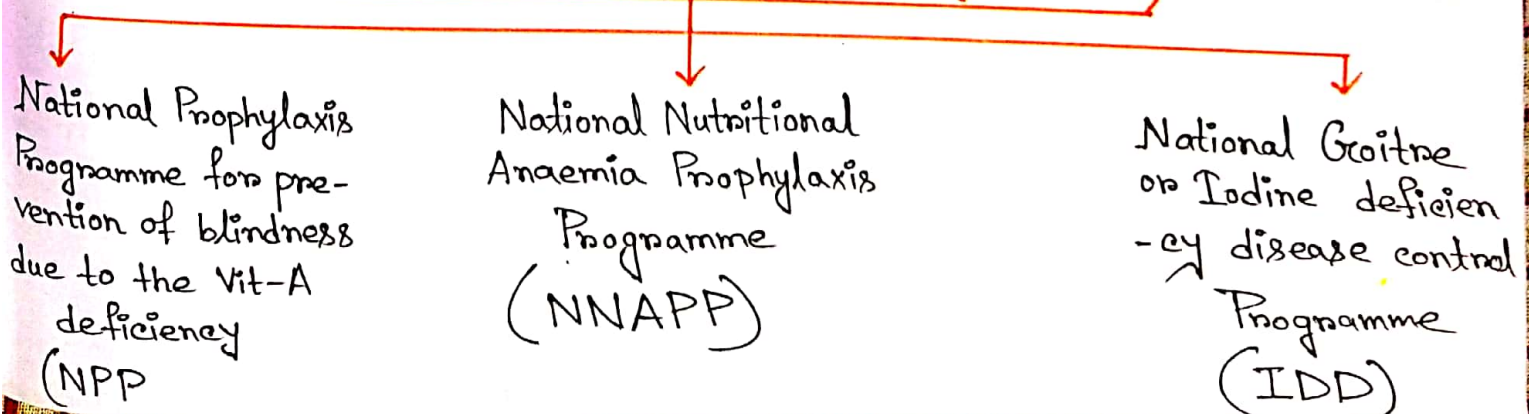
Nutritional Programme



ICDS



Nutrition Deficiency Control Programme



8. Integrated Child Development Services (ICDS):

■ **INTRODUCTION:** ICDS scheme is the country's most comprehensive and multi-dimensional programme. The ICDS scheme is one of world's largest and most unique programme for early child development and was launched on 2nd October, 1975 under the 5th year plan.

The ICDS is the most unique programme implemented by Dept. of Women and Child Development, Ministry of Resources Development at the state which may be Social Welfare, Rural Development, Tribal Welfare, Health and Family Welfare or Women and Child Development.

The ICDS is the foremost symbol of India's commitment to her children; India's response to the challenge of providing pre-school education on one hand and breaking the vicious cycle of malnutrition, morbidity, reduced learning capacity and mortality on the other.

■ **Objectives:** The objectives of ICDS scheme are —

- To improve the nutritional and health status of in the age group 0-6 years
- To lay the foundations for proper psychological, physical and social development of the child.
- To reduce the incidence of mortality, morbidity malnutrition and school dropout.
- To achieve effective co-ordination of policy and implementation amongst the various departments to promote child development
- To enhance the capability of the mother to look after the normal health and nutritional needs of the child through proper nutrition and health education.

Target groups / Beneficiaries :

- Children below 6 years
- Expectant and Nursing Mothers
- Adolescent girls
- Women in the age group 15 to 45 years

Services of ICDS :

Services	Target Groups	Service provided by
i) Supplemented Nutrition	a) Children below 6 years b) Pregnant and lactating mothers	Anganwadi worker & Anganwadi helpers
ii) Immunization	a) Children below 6 years b) Pregnant and lactating mothers	ANM/MO Medical officers
iii) Health check-up	a) Children below 6 years b) Pregnant and lactating mothers	ANM/MO/AWW
iv) Referral Services	a) Children below 6 years b) Pregnant and lactating mothers	AWW / MO / ANM
v) Pre-school education	Children 3-6 years	AWW
vi) Health and Nutrition education	Women (15-45 years)	AWW/ANM/MO

**AWW or ANM = Auxiliary Nurse Midwife

Programme components / package of services :

ICDS provides a package of integrated services in a comprehensive and cost effective manner to meet the multi-dimensional and interrelated needs of children. The concept of providing a package of services is based primarily on the consideration that the overall impact will be much larger if the

different services develop in an integrated manner as the efficacy of a particular services depends upon the support it receives from related services. The package of services provided by ICDS scheme includes:

Integrated Package of Services under ICDS

Nutrition:

- Growth monitoring
- Nutrition and health education

Health:

- Health check-up
- Immunization
- Identification and treatment of common childhood illness and minor ailments
- Referral services.

Supportive services and convergence:

Supportive services, such as safe drinking water, environmental sanitation, women's Empowerment Programmes and adult literacy.

Early childhood care & preschool education:

Early care and stimulation of children under 3 years.

Preschool education to children in the 3-6 years age group.

① **Supplementary Nutrition:** Vit-A tablets, food grains and rice and fortified food packages are available for children and mothers who are showing signs of malnourishment. Weight-for-age growth cards should be maintained for all children under 6 years of age. Below the age of 3 years children should be weighed once a month and children aged 3-6 years should be weighed quarterly.

② **Immunizations:** Children should given full vaccinations against six preventable diseases: polio, diphtheria, pertussis, tetanus, tuberculosis and measles. Pregnant women should receive a vaccination against tetanus that reduces maternal and neonatal mortality.

③ Health-Check-ups : Various health services should be provided for children including treatment of diarrhoea, de-worming and distribution of simple medicines (along with weight and height monitoring and immunizations). Ante-natal and post-natal check-ups should be provided for pregnant woman and new mothers.

④ Referral Services : If, after a health check-up, children or mothers are in need of medical attention they should be referred to the Primary Health Centre or Sub-Centre. Severely malnourished children should be referred to Nutrition Rehabilitation Centres (NRCs) and young children with disabilities should be referred to specialists.

⑤ Health and Nutrition education : Nutrition, Health and Education (NHED) is a key element of the work of the AWW. This forms part of BCC (Behaviour Change Communication) strategy. It is offered to all women in the age group of 15 to 45 years especially for nursing and expectant mothers. Health and Nutrition education are important through specially organized courses or talks in the project areas, home visit by Anganwadi Workers/Supervisors, cooking demonstration, use of mass media and so on.

⑥ Early childhood care and non-formal pre-school education : The early childhood care and non-formal pre-school education (PSE) component of the ICDS may well be considered the backbone of the ICDS programme, since all its services essentially converge at the Anganwadi-Centre; a village courtyard is the main platform for delivering of those services. Pre-school activities are organised in order to develop desirable attitude

and behavioural problems among children. The child is encouraged and stimulated to learn at his/her own pace. Play and other activities are organized with inexpensive locally available materials or toys. It also contributes to the universalization of primary education.

❖ **Supplementary Feeding**: At the ICDS centre, supplementary food is provided with an aim to meet the gap of nearly $\frac{1}{3}$ of calories and $\frac{1}{2}$ of the protein requirements for a day of children below 6 years as well as of adolescent girl, pregnant woman and nursing mothers. Supplementary food is provided for 300 days in a year which means 6 days/week or 25 days/month.

Supplementary foods, should include mixture of cereals (wheat, rice, maize, jowar, bajra, ragi); pulse (soyabean, gram, channa, moong, arhar, masoor etc); green leafy vegetables and fruits, oil and oilseeds (ground nut, mustard, sesame, coconut or soyabean oil); and sugar or jaggery. Hygiene and cleanliness should be maintained during cooking and distribution of supplementary hot cooked meal.

ICDS Supplementary food recommendation	Nutritional contribution	
	Energy (Kcal)	Protein (g)
Beneficiaries		
Children (0 - 3 years) (3 - 6 years)	500	12 - 15
Severely malnourished children (6 - 72 months)	800	20 - 25
Pregnant woman and nursing mothers / adolescent girls (Under KSY)	600	18 - 20

8. Write the allocation of meal cost and foods and nutrition allocation.

Supplementary nutrition is given to children below 6 years of age and pregnant-lactating mothers.

ICDS meal cost allocated to beneficiaries

Beneficiaries	Fund allocation	Energy	Protein	Supplementation food
Children (0-3 years) & (3-6 years)	Rs- 6/child/ day	500 Kcal	12-15g	Cereals like wheat, rice
Severely malnourished children (6-12 years)	Rs- 9/child/ day	800 Kcal	20-25g	Pulses like soybean, mung dal, lentil and vegetable sugar.
Pregnant mother & lactating mothers	Rs- 7/person/ day	600 Kcal	18-20g	

9. ICDS Programme Implementation & Monitoring:

The ICDS has well planned administrative and organizational set up.

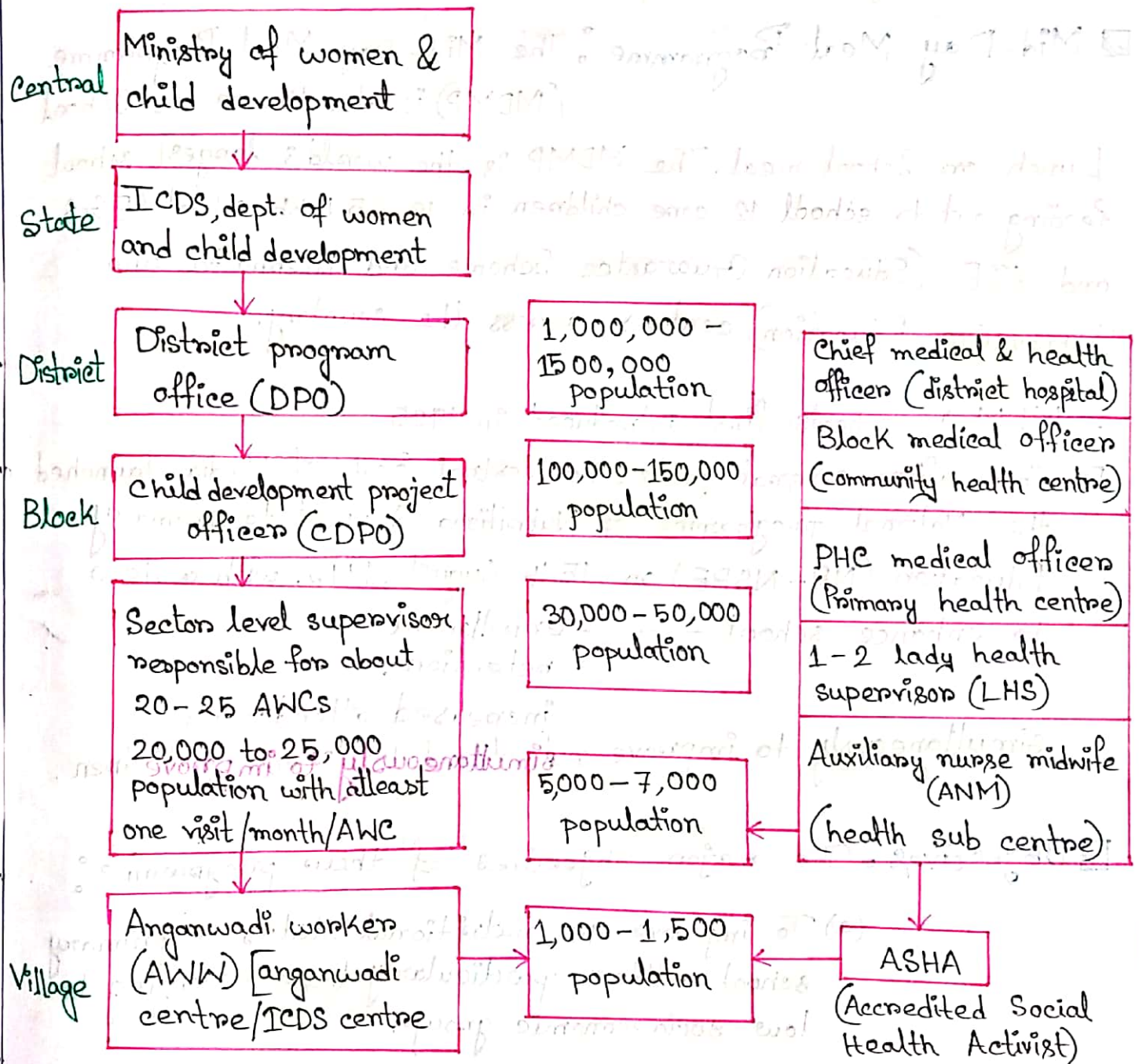


Fig: ICDS and health system from central to village