

## A STUDY ON ACHIEVEMENTS OF ICDS PROGRAM IN INDIA WITH SPECIAL REFERENCE ON FOOD AND NUTRITION SEGMENTS

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### **Abstract:**

Integrated Child Development Services (ICDS) became launched on 2nd October 1975 as a centrally sponsored scheme so that we can improve the fitness condition of Children, pregnant and lactating ladies. The researcher was made a comparative data to have a look at the situation of ICDS program in India, especially in Uttar Pradesh on the performance and development of scheme in this states. The paper will have a look at the facilities furnished to the anganwadis employees and helpers in the states. Taking leakages as one of the not unusual practices of diverse schemes which prevent the scheme from right implementation, the paper makes be aware on troubles and issues of ICDS to attain the Millennium Development Goal. The researcher has deliberated to apply basic statistical equipment as part of analysis. The goals of the study are: To analyze and compare the physical achievements of Food and Nutrition Boards performance of ICDS in Uttar Pradesh.

**Key Words: Malnutrition, Health, Anganwadi Centers, ICDS, Nutrition.**

### **Introduction:**

Integrated Child Development Service (ICDS) became initiated on 2d October 1975 under the umbrella of Ministry of Women and Child Development, Government of India for presenting special health care in connection to health services and nutrients to children under the age of zero-6 years, pregnant and lactating women. Das et.al (1990) This study explore that Anganwadi worker is the key person in the progarmme, her education level and knowledge of nutrition plays an importance role related to her performance in the Anganwadicentre. It has also been reported that, in addition to education level, training of Anganwadi workers about growth monitoring plays a valuable role in improving their performance. The scheme is flagship program that is worldwide famous as the biggest and specific program for the growing children care and improvement. This scheme is aimed to improve the health condition of the children by way of imparting nutritious cooked food and provide them to eat. The scheme additionally gives medical facilities along with supplying drugs for combating diseases caused due to deficiency of vitamin and iron, aimed to reduce malnutrition. Chaturvedi (2008) concluded that amongst various problems faced by Anganwadi workers in performing their job the most important problems were low honorarium and lack of transportation facilities.

Pregnant and lactating women are also nourished with cooked nutritious food and additionally by means of supplying scientific centers necessary for the duration of pregnancy to reduce aneamia.

The scheme additionally offers educational offerings regarding fitness care and hygiene by the appointed workers. The scheme has opened many Anganwadi Centres (AWC) below which numerous Anganwadi employees (AWW) and Anganwadi Helpers (AWH) are appointed for looking after the scheme, Objectives of Anganwadi Services (Under Umbrella ICDS Scheme) are:

- A) To enhance the diet and health condition of the children within the age group of zero-6 years;
- B) To lay the foundation for correct mental, physical and social development of the youngsters;
- C) To lessen the occurrence of mortality, morbidity, malnutrition and college drop-outs;
- D) To obtain powerful co-ordination of policy and implementation among the various departments to see infant improvement.
- E) 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.

ICDS has performed an essential position inside the improvement of health and fitness of child and girls in India. According to the National Family Health Survey Uttar Pradesh (2015-16), Infant Mortality Rate (IMR) has been decreasing from 2010 data. In 2015-16 there is 63.3 per 1000 live births. In reference to Maternal Mortality Rate (MMR) became targeted to reduce from 220/1,00,000 lives to 190/1,00,000 throughout the corresponding period. The reduction of IMR and MMR is the result of the proper operating of ICDS and different related schemes. In India, there are currently 7075 ICDS projects were sanctioned.

### **Significance of the study**

ICDS has played an essential position in enhancing the health condition of the youngsters and girls in India at macro level. This will show the micro analysis of Uttar Pradesh with the intention to explain about the prevailing situation of the ICDS. In every nation, the approach of implementation of ICDS is exclusive. They have a look at will help to know about the steps taken with the aid of the Government of Uttar Pradesh to enforce the program efficiently. Thakare (2011) The study shows that awareness about ICDS services increases with the increased level of education. This will help to recognize the drawbacks in implementation of ICDS. Since each nation is allocated certain range of sanctioned ICDS initiatives, the researcher would like to look at approximately the variations in sanctioning the initiatives inside the states. Government would like to reduce the uses of funds to reach the Anganwadi centres and also prevents misuse of food resources and medicines furnished to AWCs for providing cooked meals to the Children and Women.

Shiva Kumar, A.K., (2007) explains about the reasons in the back of the slow improvement in malnutrition. The writer has studied has accomplished the studies primarily based at the NFHS-three through taking the three measurements of child fitness namely, under nutrition, Stunted and Wasting. The size of baby health is done by means of using preferred deviation gadgets (z- scores) from median for international reference populace. Those children who are more than fashionable deviation underneath the reference length of median on any indices are Considered to be undernourished, kids more than three preferred deviation beneath the reference length is considered to be seriously undernourished. The file says that malnutrition a number of the kids, stunting and wasting are higher in rural areas than urban regions. Immunization for children has reached best forty four consistent with cent of the children between 12- 23 months. Even after spreading focus approximately breastfeeding for enhancing the fitness of children, the

notice have reached simplest 23 in line with cent of youngsters under 3 years had been breastfed within one hour of delivery and less than half of the babies with forty six in line with cent elderly 0-five months have been exclusively breastfed. Manhas and dogra (2012) This study found that performance as well as awareness among Angawandi workers regarding the importance of growth charts and growth monitoring was not satisfactory.

## Methodology

This paper essentially depends at the secondary assets/data of facts and it was collected from the reports of Ministry of Women and Child Development, Government of India. The researchers have conducted the study below the timeframe from 2017 to 2019. The study constructed from geographical analysis because the researchers may have a comparative analysis from 2017 to 2019 data in Uttar Pradesh. Researcher was used to simple comparison between selected year data. The researchers were analyzing the physical achievements of Food and Nutrition Board during 2017-2019 variables associated with ICDS.

**Table 1: Physical Achievements of Food and Nutrition Board during the Year 2017-19 ICDS Program in Uttar Pradesh.**

<b>Physical Achievements of Food and Nutrition Board During the Year 2017-19</b>	<b>Year 17-18</b>	<b>Year 18-19</b>
Total No. of Training Courses organized for General Group	207	248
Total No. of Trainees	6210	7485
No. of Courses organized exclusively for SC/ST Community	81	100
No. of Trainees of SC/ST community	2430	3000
<b>Monitoring of Supplementary Nutrition Program component of ICDS</b>		
No. of Inspections of ICDS AWCs conducted	4132	4912
Total No. of Beneficiaries	98201	
<b>Training of Trainers (TOTs) in Nutrition Education</b>		
No. of Training of Trainers (TOTs) in Nutrition Education organized	36	46
No. of Master Trainers trained	713	914
<b>Orientation Training Courses (OTCs) in Nutrition Education organized</b>		
No. of Orientation Training Courses (OTCs) in Nutrition Education organized	570	721
No. of grass root level functionaries oriented	17100	21630
<b>Nutrition Education Program in Rural areas / Urban slums / Tribal areas</b>		
No. of Nutrition Education Program organized in Rural areas / Urban	4136	4948

slums / Tribal areas		
Total No. of Beneficiaries	113394	145508
Analysis of SNP food samples analyzed by RQCLs	3476	3583

Source: ICDS Report (2017-19), Ministry of Women and Child Development

The above table shows that approximately the whole number of ICDS programs 7075 working in India and 987489 Anganwadi Centers. Out of total number of Beneficiaries were increased from 113394 to 145508 and No. of Nutrition Education Programs were organized in Rural areas/urban/tribal areas were increased from 4136 to 4948 along with Analysis of SNP food samples analyzed by RQCLs were also increased from 3476 to 3583 in 2017-2019 respectively. Number of orientation Training Courses (OTCs) in Nutrition Education were increased from 570 to 721 and Number of grass root level functionaries were increased from 17100 to 21630. The total No. of beneficiaries in 2017 was 98201 while No. of Inspections of ICDS AWCs was also increased from 4132 to 4912. Total No. of Training Courses organized for General Group in year 17-18 were increased 207 in comparison to 2019 which was 248. Total No. of Trainees in 2017-18 was 6210 and it was increased up to 7485 IN YEAR 2018-19.81. Courses organized exclusively for SC/ST Community in 2017-19 which was increased up to 100 in ear 2019. Number of Trainees of SC/ST community was 2430 in 2017-18 and reached up to 3000 in 2019.

### Conclusion

India has taken several steps which led to improvement of the health situation children and women's. Uttar Pradesh has performed nicely in diverse components like other state. The overall performance of ICDS is deserved to get appreciation in standard through its assessment. ICDS is performing a very effective method to improve the children and women health up liften. ICDS are spreading their wings to improve Indian vulnerable group health day by day.

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