

ICDS-A NATION WIDE SCHEME FOR EARLY CHILDHOOD DEVELOPMENT

INDIA ROUND TABLE – 2019

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INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS)

- The Integrated Child Development Services (ICDS) scheme is a government initiative for the all-round development (health, nutrition and education) of children under six years.
- Its aim is to reduce infant mortality, child malnutrition and to provide pre-school education.



ICDS- MILESTONES

2016 -Pradhan Mantri Matru Vandana Yojana (PMMVY)0

Restructured and Strengthened ICDS rolled out in 200 high burden districts in the year (2012-13)

April 1, 2011-Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) Sabla

2010, the programme reached 80.6 lakh expectant and lactating mothers along with 3.93 crore children (under 6 years of age)

2008, the GOI adopted World Health Organization standards for measuring and monitoring the ICDS and the National Rural Health Mission (NRHM)

31 Aug 2007-Kishori Shakti Yojana,

1986- Early Childhood Care and Education (ECCE)

2nd October, 1975-ICDS Launched



Integrated Child Development Services (ICDS) scheme is a government programme in India, launched on 2nd October 1975.



The scheme is targeted at children up to the age of 6 years, pregnant and lactating mothers. The scheme is aimed to improve the health, nutrition and education (KAP) of the target community.



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

OBJECTIVES OF ICDS

1 Improve the nutritional and health status of children in the age-group of 0-6 years

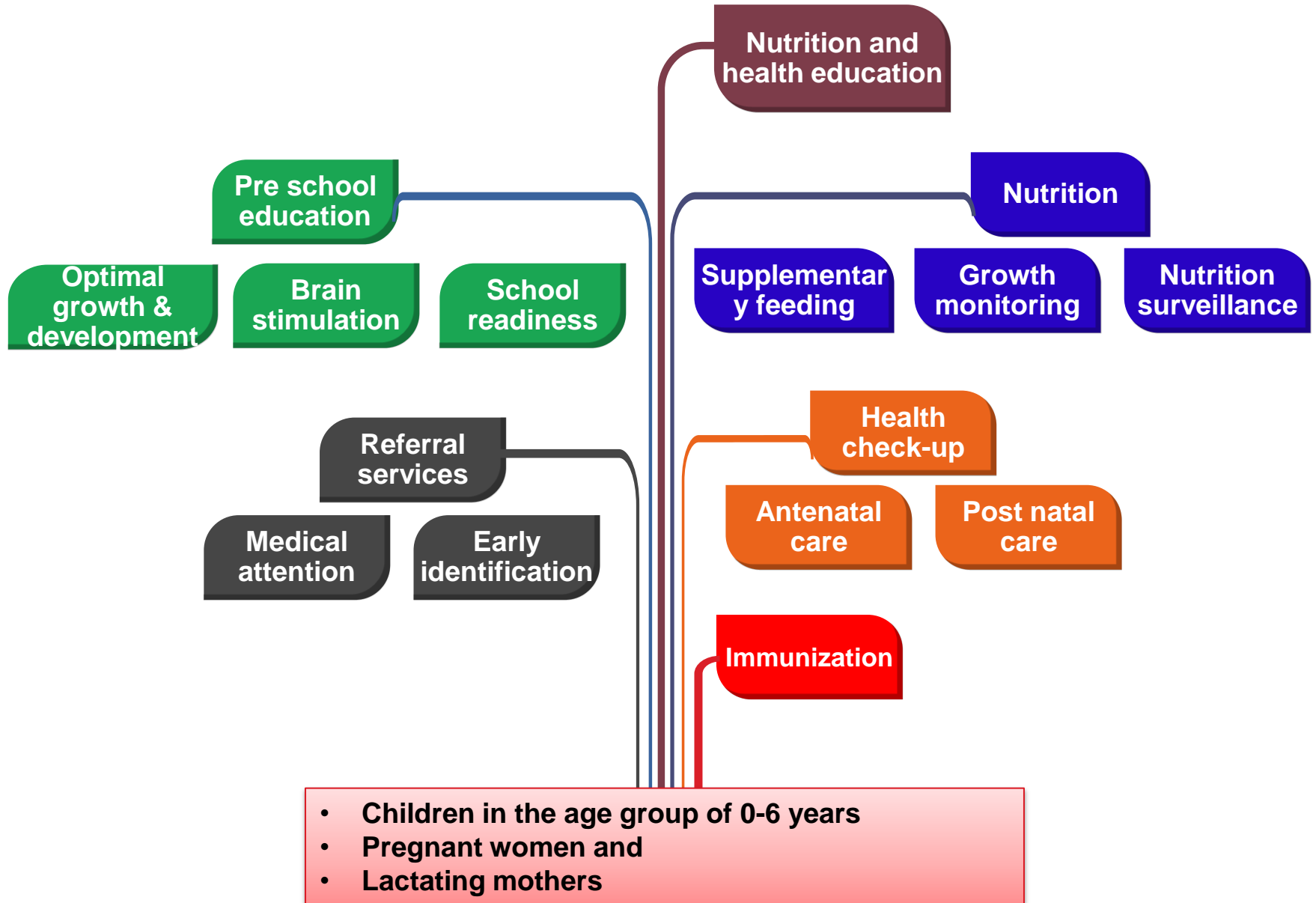
2 Lay the foundation for proper psychological, physical and social development of the child

3 Reduce the incidence of mortality, morbidity, malnutrition and school dropout

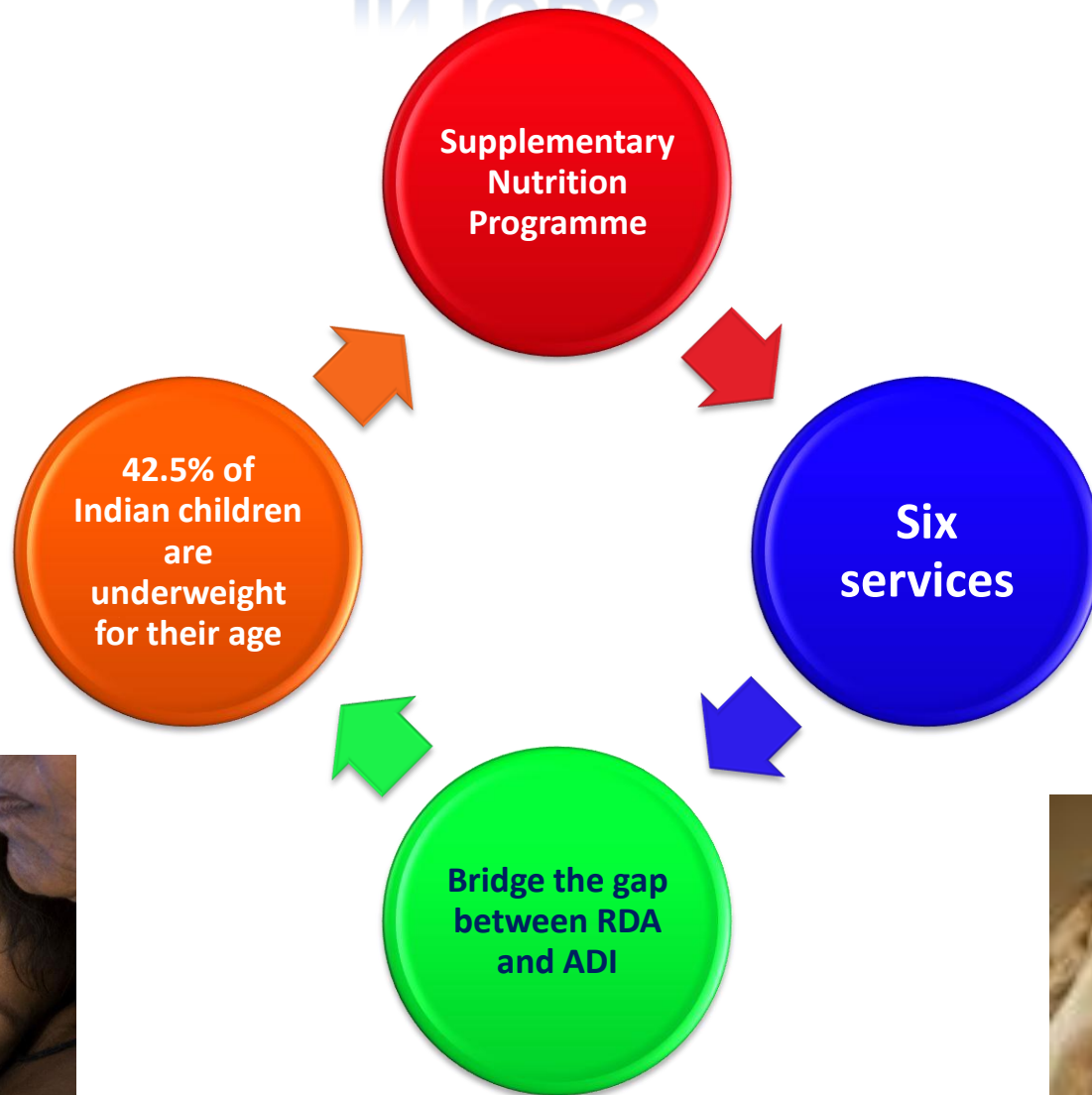
4 Achieve effective co-ordination of policy and implementation amongst various departments to promote child development

5 Enhance the capability of the mother to look after the normal health and nutritional needs of the child through proper nutrition and health education

Components of ICDS



SUPPLEMENTARY NUTRITION PROGRAMME IN ICDS



Supplementary Nutrition

01

6 months to 6
year old
children,
pregnant -
lactating
mothers -300
days.

300 calories
and 8 to 10 g
proteins
children- 6
mild (grade 1
& II)

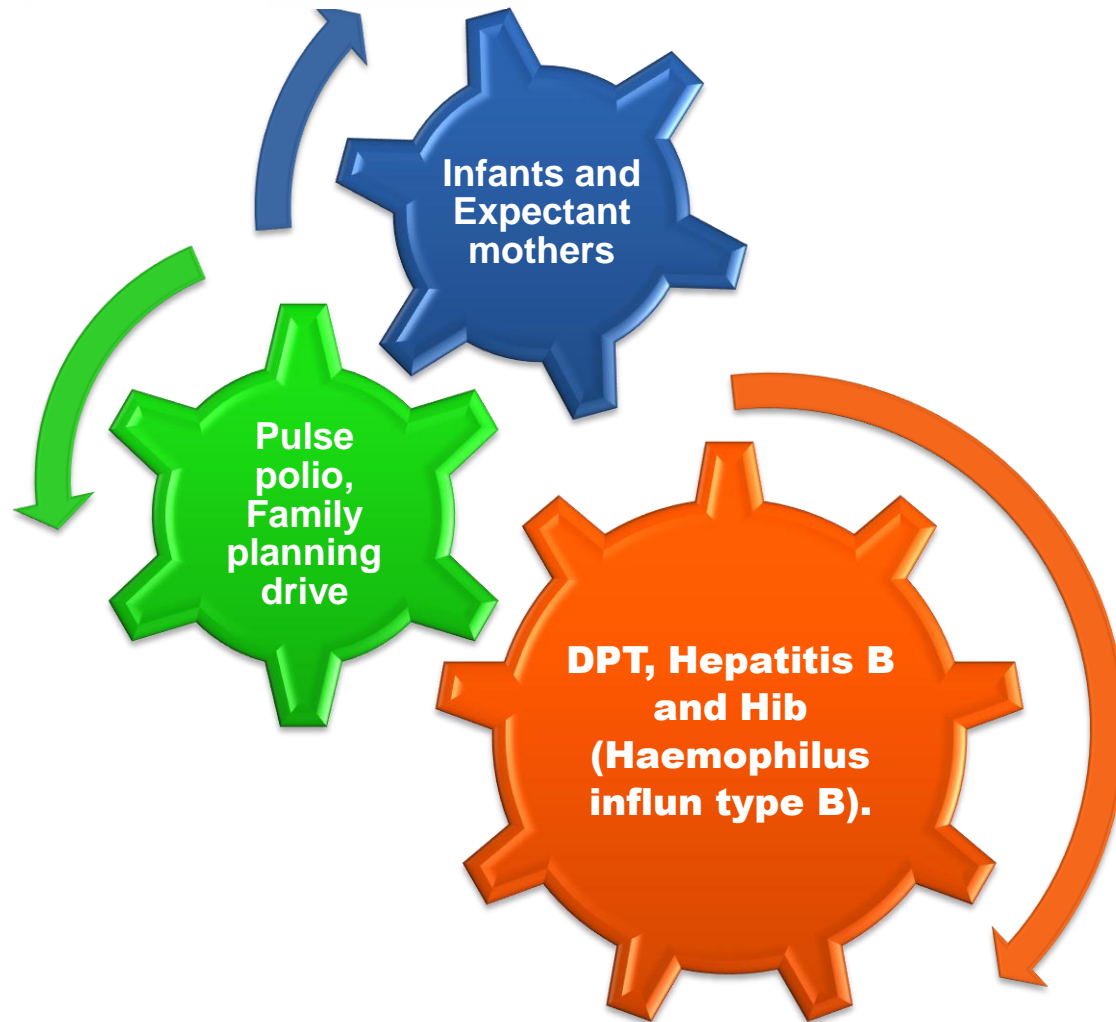
Pregnant
(3rd trimester)
and lactating
mothers (first
6 months
lactation) -
600 calories
and 20 g
proteins/day





IMMUNIZATION

02



Health Checkups

03

Care of all children -below 6 years, Ante-natal care of pregnant women and Post-natal care of lactating mothers.

AWW and PHC staff the lady health visitor (LHV) and auxiliary nurse-mid-wife (ANM) work together and carry out

Immunization, Management of Malnutrition, Treatment of Diarrhoea, Deworming and Other Minor Ailments.



ANAEMIA CONTROL PROGRAMME

Children in the age group of 1-3 yrs, 1ml(20 mg) of IFA syrup is given for 100 days .



IFA syrup(100 ml) in the medicine kit of the Anganwadi center.



Anganwadi worker will be oriented on the usage and dispensing of the Medicine.



IFA (small) tablet -Village Health Nurse of the Sub center to the children in the age group of 36 months to 60 months.



PRE-SCHOOL NON-FORMAL EDUCATION

04

Encourages (3–6
year) school
enrolment and
retention-
psychosocial
development

Younger children -
educated through
their mothers.

Non-formal
education for
mothers



Referral Services



Malnourished and sick children who cannot be managed by the ANW / AWW are provided referral services through ICDS.

Referred - Medical Officer



NUTRITION & HEALTH EDUCATION

06

**Infant feeding practices,
utilization of health series**

**Empowerment of
women in the
reproductive age**

**Health and nutrition
messages related to
child care**

**Personal hygiene,
environmental
sanitation and family
planning**



SUPPLEMENTARY NUTRITION PROGRAMME

**Supplementary
Nutrition**
**(6 months – 6
years) ,pregnant
and lactating
mothers**

**Vitamin A
tablets, food
grains , rice,
fortified food
packages are
available for
children and
mothers who are
showing signs of
malnourishment.**

**Weight-for-age
growth -children
under six years of
age - children
below the age of
3 are weighed
once a month
and children
aged 3-6 are
weighed
quarterly .**



**AN ORANGE
RIBBON IS THE
AWARENESS
COLOUR FOR
MALNUTRITION**

Complementary Food containing amylase activity- Supplementary Nutrition Programme

Category	Quantity of Complimentary food being provided per day (Grams)
Children 6 months - 2 years	150
Children 6 months - 2 years (Severely malnourished)	240
Children 2 - 3 years	130
Children 2 - 3 years (Severely malnourished)	190
Children 3 - 5+ years	10
Children 3 - 5+ years (Severely malnourished)	100
Pregnant Women and Nursing Mothers	160
Adolescent Girls (11 - 14 years Out of School)	130



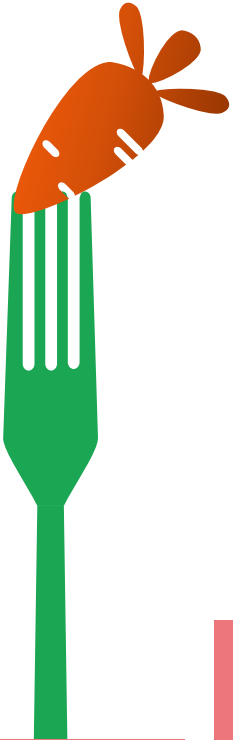
Source- <http://icds.tn.nic.in>

**COMPOSITION OF COMPLEMENTARY FOOD
CONTAINING AMYLASE ACTIVITY**

Item No.	Particulars	Kg
1.	Wheat/Maize/Bajra(kambu) Flour	52
2.	Malted Ragi Flour	5
3.	Bengal Gram Dhal Flour	12
4.	Powdered jaggery	30
5.	Minerals and Vitamins	1
	Total	100

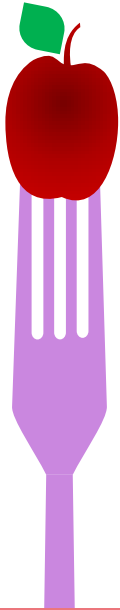


MENU



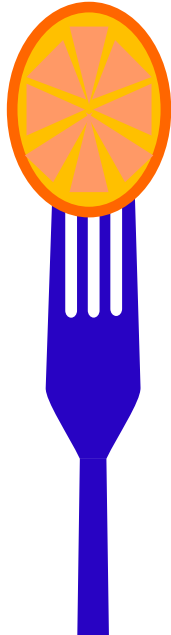
Monday

**Tomato
rice and
boiled
egg**



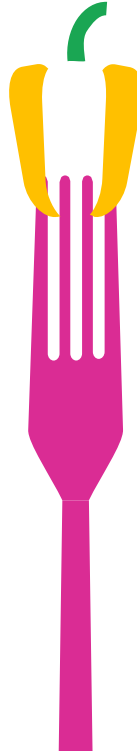
Tuesday

**Mixed
rice with
boiled
bengal
gram/gr
een gram**



***Wednesd
ay***

**Vegetabl
e Pulav
and
boiled
egg**



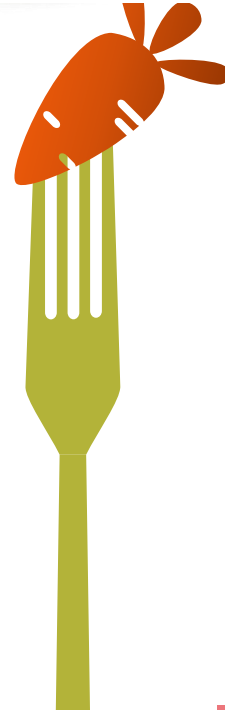
Thursday

**Lemon
rice and
Boiled
egg**



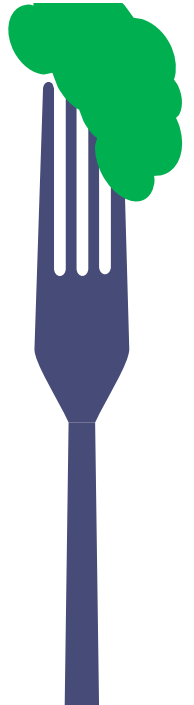
Friday

**Dhal rice
with
Boiled
potato**



Saturday

**Mixed
rice**



Sunday

**Dry
Ration**

REVISED PROVISION

Types of SNP	6 months to 3 years (ITEMS IN DETAIL)	3 YEARS TO 6 YEARS (ITEMS IN DETAIL)	Pregnant Women & Lactating Mothers
WEANING FOOD CONTAINING AMYLASE ACTIVITY Take Home Ration (THR)	<p>Weaning food containing amylase activity for 300 days in a year:</p> <ul style="list-style-type: none"> 6 months - 3 years Children -130gms. 6 months - 3 years Severely Malnourished Children -190gms. <p>Weaning food - Laddu.</p> <p>Children 6 months to 1 year and those under rare circumstances - weaning food - Take Home Ration.</p>	Nil	<p>160 grams of Weaning food containing amylase activity for 300 days in a year.</p> <p>Weaning food - Laddu.</p> <p>During last trimester and first two months after delivery- weaning food as Take Home Ration.</p>
Morning Snack	A portion of daily ration of Weaning food is given as 'Laddu'	Nil	Nil
Hot Cooked Meal	<p>Weaning food + One Egg per week for children of 1-2 years.</p> <p>Weaning food + 3 Eggs per week + 20gms Green or Bengal gram and potato once in a week and noon meal for 365 days a year - for children of 2- 3 years.</p>	<p>3- 6 years - weaning food + 3 Eggs/ week;</p> <p>20gms Green or Bengal gram & potato once/week + noon meal for 365 days a year.</p>	Nil

TAMIL NADU

ICDS	Beneficiaries				
Sl.No.	Category	SCs	STs	Others	All
I <u>BENEFICIARIES UNDER SNP</u>					
1	ANTE NATAL WOMEN (ANW)	92847	5192	241496	339535
2	POST NATAL MOTHERS (PNM)	86986	5569	217159	309714
3	ANW+PNM	179833	10761	458655	649249
		27.70%	1.66%	70.64%	100%
4	Children 6 to 12 m	103203	6921	254432	364556
5	Children 12+ to 24 m	186262	11554	488907	686723
6	Children 24+ to 36m	191832	12149	504381	708362
7	Children 6 - 36m	481297	30624	1247720	1759641
		27.35%	1.74%	70.91%	100%



ICDS	Beneficiaries			TamilNadu	
Sl.No.	Category	SCs	STs	Others	All
II <u>BENEFICIARIES UNDER NMP</u>					
8	Children 24+ to 36m	135756	7883	309290	452929
9	Children 36+ to 60+m	207669	15804	423802	647275
10	Children 24+ to 60+m	343425	23687	733092	1100204
		31.21%	2.15%	66.63%	100%
11	OAPs	30	0	100	130
		23.08%	0.00%	76.92%	100%
12	Children 6-60+m	688966	46428	1671522	2406916
		28.62%	1.93%	69.45%	100%
	Total (Nett) Beneficiaries	970253	65999	2432639	3468891

**Tamil Nadu
Water Supply
and Drainage
Board provided
200 liter capacity
of Sintex tank
32363 AWC
(available in all
54439)**

**Medicine kit @
Rs.1000/- Main
center and
Rs.500 for fever,
diarrhoea, skin
infections etc.**

**Provision
of
Medicine
Kit to AWC**

**Iron Syrup(50 bottles),
Deworming syrup 50
botles,
Mulitviatamin
drops(3Nos),
Zinc tablets(100Nos)
Povidone Iodine soln
Paracetamol tab &
syrup,
cotton roll,
bandage etc**



STATE WISE BENEFICIARIES OF ICDS CENTERS

Sl. No.	State/UT	No. of ICDS Projects		No. of Anganwadi Centres		Children (6 months - 3 years)
		Sanctioned	Operational	Sanctioned	Operational	
1	Andhra Pradesh	257	257	55607	55574	1380051
2	Telangana	149	149	35700	35353	1047952
3	Arunachal Pradesh	98	98	6225	6028	109945
4	Assam	231	231	62153	62153	1612832
5	Bihar	544	544	115009	91677	5072527
6	Chhattisgarh	220	220	52474	49941	1183978
7	Goa	11	11	1262	1260	36502
8	Gujarat	336	336	53029	52065	1676154
9	Haryana	148	148	25962	25962	706200
10	Himachal Pradesh	78	78	18925	18920	271835
11	Jammu & Kashmir	141	141	31938	29599	176645
12	Jharkhand	224	224	38432	38432	1527266
13	Karnataka	204	204	65911	64558	2284379
14	Kerala	258	258	33318	33115	412144
15	Madhya Pradesh	453	453	97135	91822	3165378
16	Maharashtra	553	553	110486	108010	3078461
17	Manipur	43	42	11510	9883	175636
18	Meghalaya	41	41	5896	5309	212168

Sl. No.	State/UT	Beneficiaries of Supplementary Nutrition				Beneficiaries of Pre-school Education		
		Children (3 - 6 years)	Total Children (6 months - 6 years)	Pregnant & lactating Mothers (P&LM)	Total Beneficiaries (Children 6 mo- 6 years plus P&LM)	Boys (3 - 6 years)	Girls (3 - 6 years)	Total (3 - 6 years)
1	Andhra Pradesh	1002815	2382866	805143	3188009	502296	439457	941753
2	Telangana	643127	1691079	466985	2158064	318419	320719	639138
3	Arunachal Pradesh	113011	222956	30233	253189	57073	55938	113011
4	Assam	1698053	3310885	691237	4002122	909118	892323	1801441
5	Bihar	4894912	9967439	1716981	11684420	1174038	1242050	2416088
6	Chhattisgarh	871329	2055307	493718	2549025	435857	444376	880233
7	Goa	20917	57419	15909	73328	10389	10528	20917
8	Gujarat	1509543	3185697	757219	3942916	797681	782413	1580094
9	Haryana	398895	1105095	316855	1421950	203069	195826	398895
10	Himachal Pradesh	187120	458955	102728	561683	75462	74399	149861
11	Jammu & Kashmir	118394	295039	92021	387060	153918	146208	300126
12	Jharkhand	1313445	2840711	706032	3546743	581694	665856	1247550
13	Karnataka	1712907	3997286	993802	4991088	879832	880421	1760253
14	Kerala	444283	856427	159801	1016228	222585	221698	444283
15	Madhya Pradesh	2770457	5935835	1340084	7275919	1516860	1512538	3029398
16	Maharashtra	2904788	5983249	1126895	7110144	1477794	1344708	2822502
17	Manipur	179540	355176	75010	430186	90343	89179	179522
18	Meghalaya	228231	440399	78538	518937	94887	92676	187563

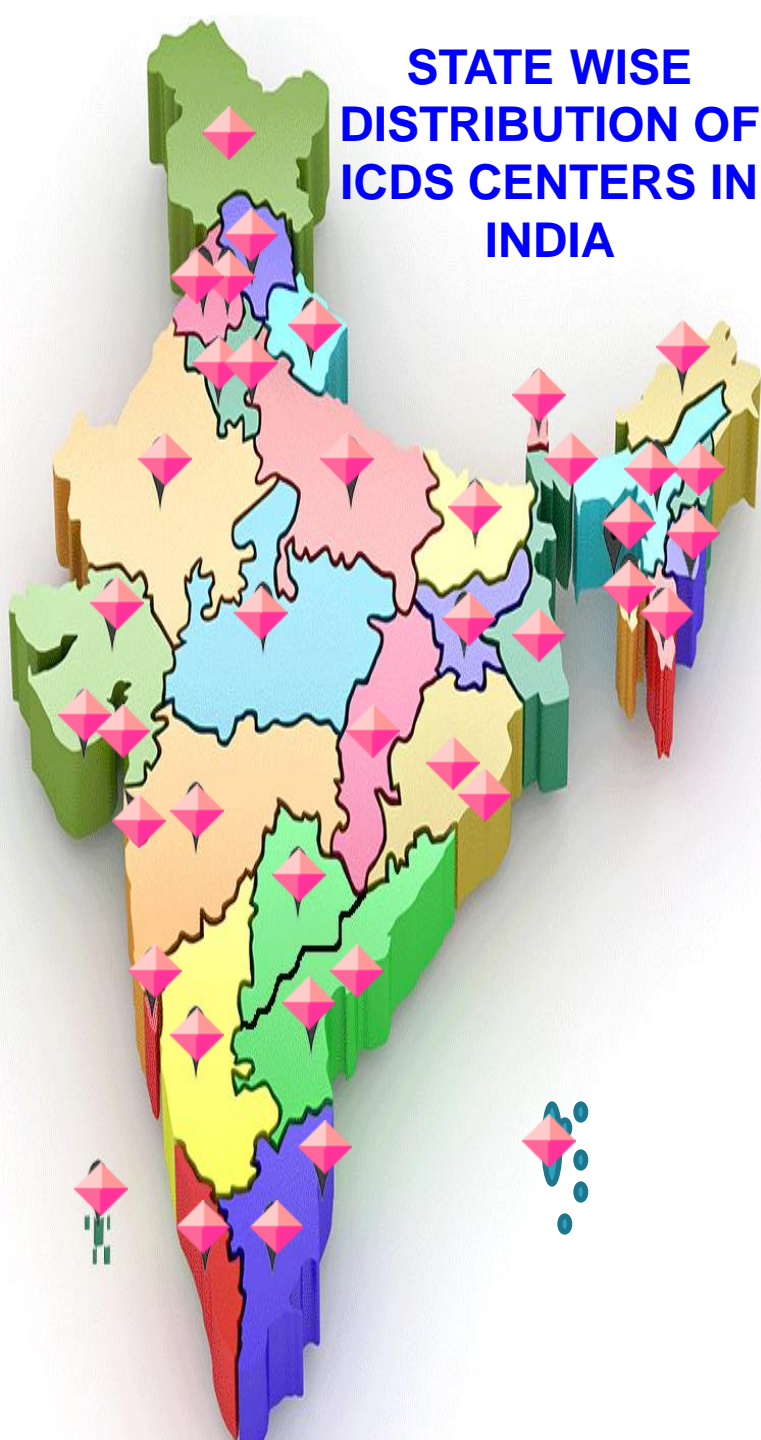
Sl. No.	State/UT	No. of ICDS Projects		No. of Anganwadi Centres		Children (6 months - 3 years)
		Sanctioned	Operational	Sanctioned	Operational	
19	Mizoram	27	27	2244	2244	45390
20	Nagaland	60	59	3980	3455	161281
21	Orissa	338	338	74154	71204	1980036
22	Punjab	155	154	27314	26656	546737
23	Rajasthan	304	304	62010	60133	1775895
24	Sikkim	13	13	1308	1275	11617
25	Tamil Nadu	434	434	54439	54439	1750851
26	Tripura	56	56	10145	9911	146912
27	Uttar Pradesh	897	897	190145	187997	11019917
28	Uttarakhand	105	105	20067	19430	407535
29	West Bengal	576	576	119481	116390	3470713
30	A & N Islands	5	5	720	710	8668
31	Chandigarh	3	3	500	500	26521
32	Delhi	95	95	11150	10897	495290
33	Dadra & N Haveli	2	2	302	282	9104
34	Daman & Diu	2	2	107	107	3665
35	Lakshadweep	9	9	107	107	2361
36	Puducherry	5	5	855	788	24818
	All India	7075	7072	1400000	1346186	46017364

* Based on State level consolidated report sent by State Government and information sent in templates by State Government

Sl. No.	State/UT	Beneficiaries of Supplementary Nutrition				Beneficiaries of Pre-school Education		
		Children (3 - 6 years)	Total Children (6 months - 6 years)	Pregnant & lactating Mothers (P&LM)	Total Beneficiaries (Children 6 months - 6 years plus P&LM)	Boys (3 - 6 years)	Girls (3 - 6 years)	Total (3 - 6 years)
19	Mizoram	32584	77974	20313	98287	463921	470986	934907
20	Nagaland	141659	302940	62508	365448	71013	69312	140325
21	Orissa	1892741	3872777	793324	4666101	772710	763028	1535738
22	Punjab	391036	937773	261844	1199617	201241	189795	391036
23	Rajasthan	1093039	2868934	892369	3761303	548384	540596	1088980
24	Sikkim	11671	23288	4441	27729	5781	5890	11671
25	Tamil Nadu	701289	2452140	670337	3122477	563710	544638	1108348
26	Tripura	152204	299116	77264	376380	80172	72032	152204
27	Uttar Pradesh	7425419	18445336	4853101	23298437	4334545	3975036	8309581
28	Uttarakhand	224567	632102	162684	794786	114191	116424	230615
29	West Bengal	3401191	6871904	1374924	8246828	1682255	1642814	3325069
30	A & N Islands	3882	12550	3277	15827	1907	1975	3882
31	Chandigarh	29285	55806	10415	66221	15077	14208	29285
32	Delhi	351177	846467	162462	1008929	180294	170883	351177
33	Dadra & N Haveli	10621	19725	3177	22902	5381	5240	10621
34	Daman & Diu	2643	6308	1103	7411	1241	1402	2643
35	Lakshadweep	2291	4652	1666	6318	1140	1152	2292
36	Puducherry	2994	27812	9205	37017	1562	1432	2994
	All India	36882060	82899424	19333605	102233029	18545840	17998156	36543996

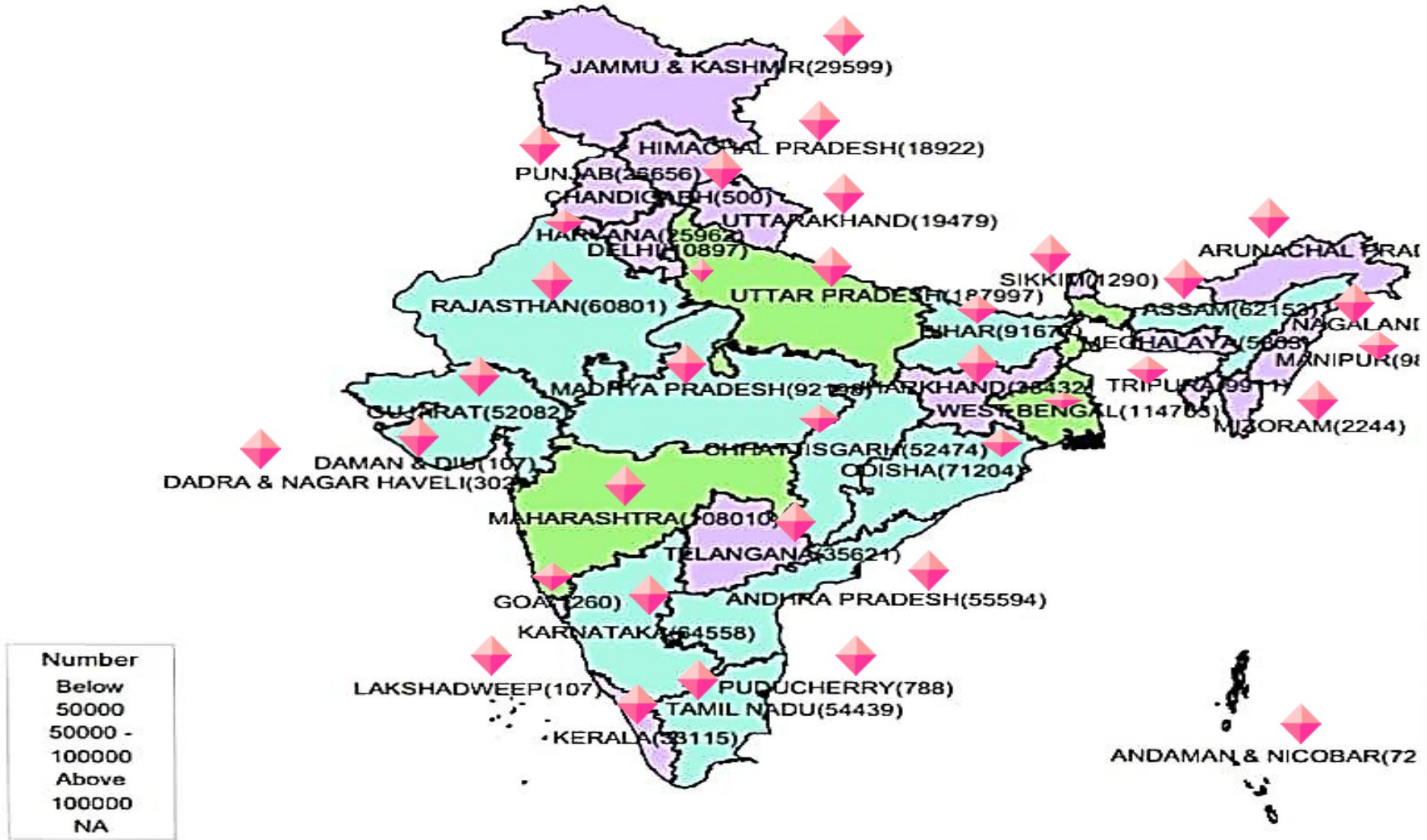
BENEFICIARIES	SERVICES
Pregnant women	Health checkup, immunization, supplementary nutrition, health and nutrition education
Nursing mothers	Health checkup, supplementary nutrition, health and nutrition education
Other women 15-45 years	Nutrition and health education
Children less than 3 years	Health checkup up, immunization, supplementary nutrition, referral services
Children in age 3-6 years	Health checkup, immunization, supplementary nutrition, referral services, non formal education
Adolescent girls 11-18 years	Supplementary nutrition and health education

STATE WISE DISTRIBUTION OF ICDS CENTERS IN INDIA



Jammu and Kashmir	29599	West Bengal	114783
Himachal Pradesh	18922	Odisha	71204
Punjab	26656	Chattisgarh	52474
Chandigarh	500	Madhya Pradesh	92218
Uttarakhand	19479	Gujarat	52082
Haryana	25962	Daman and Diu	107
Delhi	10897	Dadra and Nagar Haveli	302
Rajasthan	60801	Maharashtra	108010
Uttar Pradesh	187997	Telangana	35621
Bihar	91677	Andhra Pradesh	55594
Sikkim	1290	Goa	260
Arunachal Pradesh	32431	Karnataka	64558
Assam	621535	Puducherry	788
Nagaland	14326	Tamil Nadu	54439
Manipur	2945	Kerala	33115
Meghalaya	5883	Lakshadweep	107
Tripura	9911	Andaman & nicobar island	72
Mizoram	2244		

ICDS CENTRES ACROSS INDIA



Optimal growth & development

Current scenario

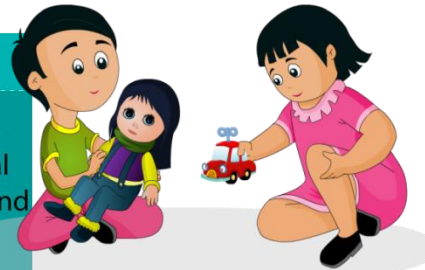
The ECCE activities at Anganwadi centres are mainly focused on the nutrition, health and growth. Developmental domains are not completely touched upon

Domains of development



PHYSICAL DEVELOPMENT

Changes in height, weight, body size, proportions, appearance, physiological functions, perceptions, motor abilities and overall physical health.



PSYCHO-SOCIAL DEVELOPMENT

Development of emotions, self awareness and understanding, interpersonal awareness and skills, friendships and relationships, moral development and behaviour



COGNITIVE DEVELOPMENT

Development in intellectual capacities such as memory, attention, metacognition, language, problem solving, reasoning, imagination and creativity.

What can be done?

Provide activities that enable children to express themselves, handle objects, explore their natural and social milieu, and to grow up healthy

Brain stimulation

Current scenario

General activities provided do not focus on the synaptic connections to be established in the brain at early years

What can be done?

Introduction of specific activities fostering

Memory

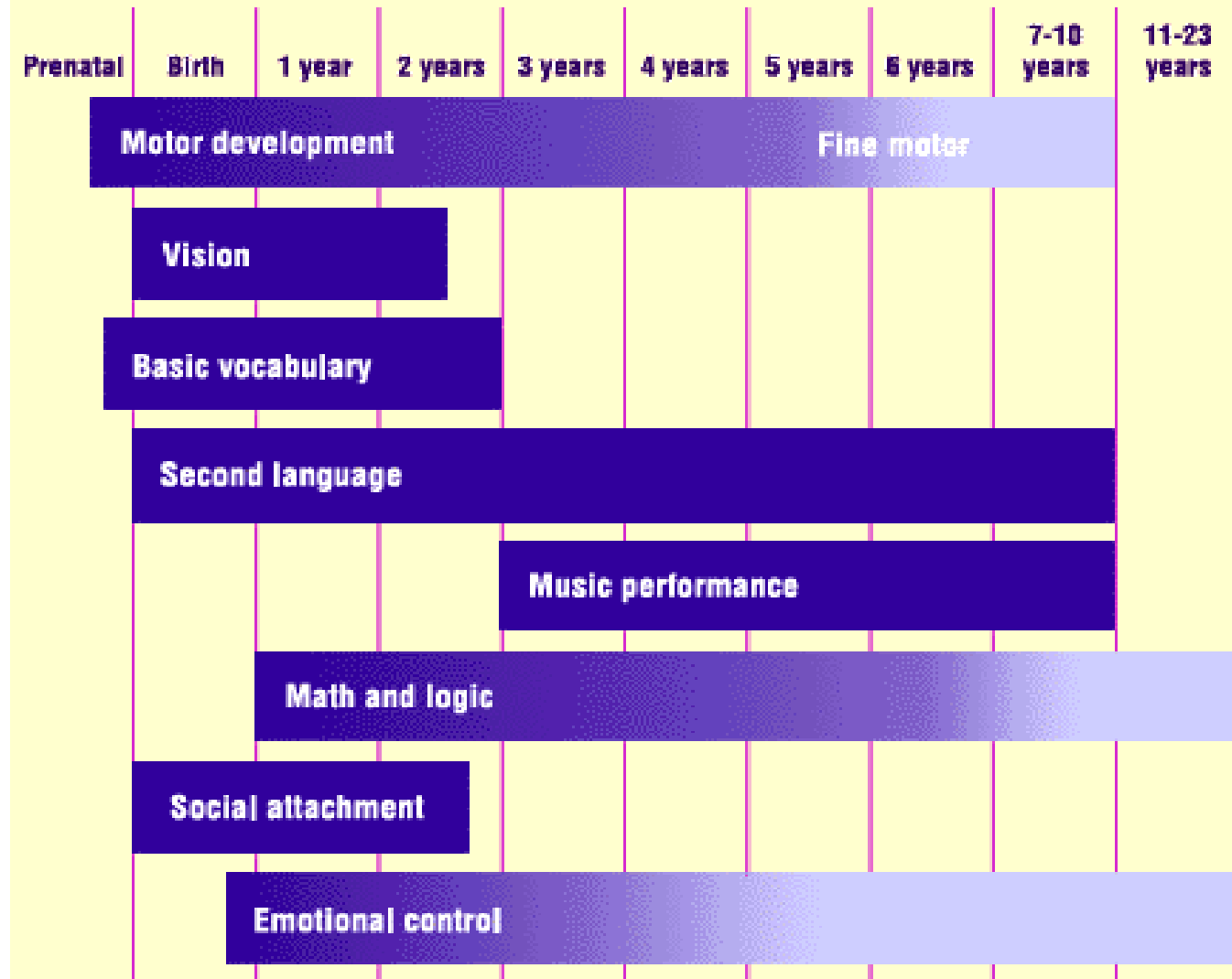
Logical reasoning

Better social interaction

Language development

Emotional well-being

Windows of learning through brain stimulation



School readiness

Current scenario

Practice of a structured and planned school readiness component for 5-6 year old is not monitored

What can be done?

Activities to stimulate 3 R's

- ✓ Reading
- ✓ Writing
- ✓ Arithmetic



What is school readiness?

School readiness means each child enters school ready to engage in and benefit from early learning experiences that best promote the child's success

Five developmental areas for school readiness

- ✓ Approaches to learning
- ✓ Health and physical well-being
- ✓ Language and communication development
- ✓ Social and emotional development
- ✓ Cognitive and general knowledge.



Anganwadi Centre Population Norms

➤ For Rural/Urban Projects

- ✓ 400-800 - 1 AWC
- ✓ 800-1600 - 2 AWCs
- ✓ 1600-2400 - 3 AWCs

Thereafter in multiples of 800 1 AWC

➤ For Mini-AWC

- ✓ 150-400 -1 Mini AWC

➤ For Tribal /Riverine/Desert, Hilly and other difficult areas/ Projects

- ✓ 300-800 - 1 AWC

➤ For Mini- AWC

- ✓ 150-300 1 Mini AWC

Training Infrastructure

- Anganwadi Workers Training Centers (AWTCs)
- Middle Level Training Centers (MLTCs)
- National Institute of Public Cooperation and Child Development (NIPCCD) and its Regional Centers

International Partners

- United Nations International Children' Emergency Fund (UNICEF)
- Cooperative for Assistance and Relief Everywhere (CARE)
- World Food Programme

SALIENT FINDINGS OF JRM MDM PUDUCHERRY

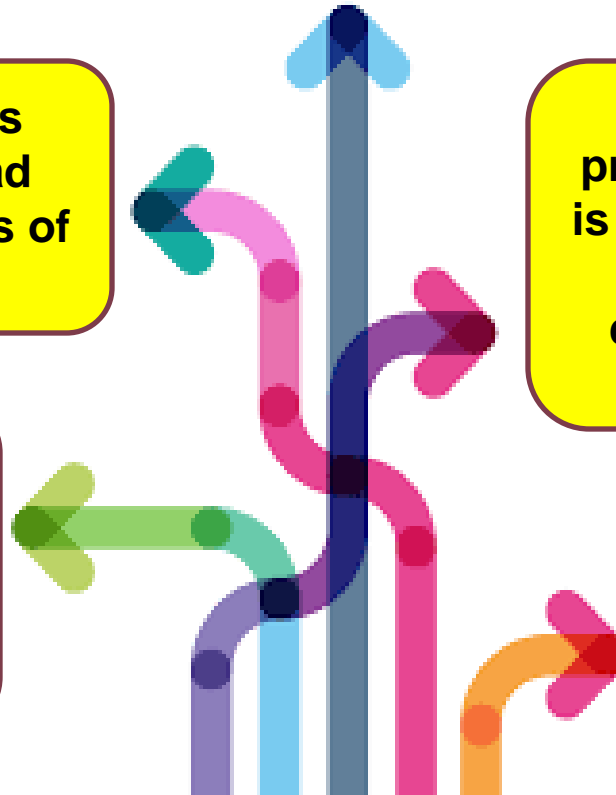
Weight for age, height for age of male children in Puducherry district was good when compared to that to female children

Among the 771 students studied 566 students had notable clinical symptoms of nutritional deficiency.

Mean intake of rice (105 g) and whole gram (12 g) is higher when compared to the mean intake of Karaikkal district

Proper storage methods practised and Safe RO water is provided inclusion of more vegetables and adequate quantity of food provision was noted

Sanitation facilities and Maintenance of health records was done periodically



OUR EXPERIENCES



NIPCED- Evaluation

DST Project on
Combating Anaemia

**Evaluation of
ICDS**

NFI Project on Interventions

Greens
Vitamin A
Education

OUTCOMES

Programme in TamilNadu
Inadequate facilities,
Infrastructure, Lighting,
Education, Irregular Supply of
Iron and Folic acid Tablets,
Personal Hygiene and
Sanitation

Research Studies in Anaemia

- **KITCHEN GARDENING**
- **METHOD DEMONSTRATION**
- **NUTRITION EDUCATION**



ROOF KITCHEN GARDEN OF GREEN LEAFY VEGETABLES MAINTAINED BY SHG WOMEN



CREDITS

Dr.A.Thirumani Devi

Dr.C. Arokiyamaraichelvi

Dr.Pa.Raajeswari

Abhirami Sivaprasad

Pragatheswari.R

*Thank
you*

