

Details of Integrated Child Development Services (ICDS):

With the objective of improving the health and nutrition status of children upto the age of 6 years, to reduce death rate and the tendency of dropping out school and to bring improvement in the health of mothers, this program has been initiated in India from 02 October, 1975. The main objectives of ICDS are as follows: -

1. To improve the situation regarding nutrition and health of children upto the age of 06 years.
2. To lay the foundation of proper psychological, physical and social development of children.
3. To reduce death rate, illness, malnutrition and tendency of dropping out school.
4. To effectively coordinate the determination of policy and implementation of program in different departments to encourage child development.
5. To increase the capacity of mothers for looking after the needs of general health and nutrition of children through education of proper health and nutrition.

In Uttarakhand zone, during 1978-79, child development schemes were initiated in three Development Blocks, namely, Chakrata, Kirtinagar and Dehradun. At present, the ICDS program is being conducted through total 105 Child Development Projects by including 95 Development Blocks and 08 urban areas under 13 districts.

Extension of ICDS in the State

Rural Projects	Urban Projects	Total Projects	Anganwadi Centres	Mini Centres
97	08	105	14947	1520

District wise details of above projects also given below: -

S. No.	District	Child Development Projects	Approved Anganwadi Centre	Conducted Anganwadi Centre	Approved Mini Centre	Conducted Mini Centre	Total approved Anganwadi and Mini Centres (4 + 6)
1	2	3	4	5	6	7	8
1.	Dehradun	7	1657	1639	250	203	1907
2.	Haridwar	11	3056	2526	123	18	3179

S. No.	District	Child Development Projects	Approved Anganwadi Centre	Conducted Anganwadi Centre	Approved Mini Centre	Conducted Mini Centre	Total approved Anganwadi and Mini Centres (4 + 6)
3.	Tehri Garhwal	9	1278	1157	739	533	2017
4.	Uttarkakshi	6	666	553	386	309	1052
5.	Pauri Garhwal	15	1082	1066	771	646	1853
6.	Rudraprayag	3	460	421	232	152	692
7.	Chamoli	9	724	673	354	190	1078
8.	Udham Singh Nagar	10	2191	2054	196	58	2387
9.	Nainital	9	1032	995	384	334	1416
10.	Almora	11	1190	1190	670	670	1860
11.	Bageshwar	3	558	554	276	256	834
12.	Pithoragarh	8	656	635	455	419	1111
13.	Champawat	4	397	391	284	186	681
Total		105	14947	13854	5120	3974	20067

Through “Anganwadi centres” under ICDS, 06 specific services are provided to the beneficiaries: - (1) Nutrition and Health education, (2) Health check-up, (3) Referral services, (4) Immunization/Vaccination, (5) Supplementary nutritional feeding, (6) Primary Childcare and education.

Beneficiary wise Classification of Services: -

Beneficiary		Services	
1.	Expectant and nursing women	A	Health Check-up
		B	Tetanus vaccination of expectant mother
		C	Supplementary nutritional Feeding.
		D	Nutrition and Health Education
		E	Referral Services
2.	Other women between the age of 14 - 45	A	Nutrition and Health Education
3.	Children below the age of 1 year	A	Growth monitoring
		B	Supplementary nutritional feeding (above the age of 6 months)
		C	Immunization
		D	Health Check-up
		E	Referral Services
4.	Children in the age of 1-3 years	A	Growth monitoring and supplementary nutritional feeding
		B	Immunization
		C	Health Check-up
		D	Referral Services

	Beneficiary		Services
5.	Children in the age of 3-6 years	A	Growth monitoring and Supplementary nutritional feeding
		B	Immunization
		C	Health Check-up
		D	Referral Services
		E	Pre-school non-formal education
6.	Adolescent girls	A	Health and nutritional education and supplementary nutritional feeding
		B	Supplementary nutritional feeding in Sabala scheme

1. Details of ICDS services: -

- (i) (1) **Supplementary nutritional feeding:** - Children in the age of 06 years and expectant and nursing women are given supplementary nutritional feeding in the Anganwadi centres. The objective of this service is to end the malnourishment by awakening the community for specific needs of nutrition of children and women. The amount of supplementary feeding is borne by centre and state government in 50:50 ratios.
- (ii) (b) **Pre-school education:** - Children in the age of 03-06 years are given pre-school education at Anganwadi centres. In this service, financed by Central government, pre-school education kit is provided by giving Rs.1,000/- to each Anganwadi centre and Rs.500/- to each mini centre for overall development of children. The kits are provided to Anganwadi centres by making purchase at ICDS directorate level with the coordination of Education Department, 4676 Anganwadi centres are being conducted as ECCE centres. Anganwadi workers and assistants at ECCE centre are imparted specific training of Pre-school education. Each ECCE centre is paid Rs.5,000/- as establishment amount and Rs.1,500/- annual recurring amount from Sarva Shiksha Abhiyan.
- (iii) (2) **Health Check-up and Vaccination:** - In each Anganwadi centre, once in a month (Saturday) Rural Health and Nutrition Day is organised with the coordination of Health Department. It provides health check-up of children, adolescent girls, and expectant and nursing women, vaccination and services of pre-delivery and post-

delivery. In each Anganwadi centre an annual rate of Rs.600/- for medicine kit and Rs.300/- for mini medicine kit at mini centre has been fixed. The medicine kit has medicines of general diseases. These medicines are purchased through Directorate General Medical, Health and Family Welfare, Uttarakhand.

- (iv) (3) **Growth monitoring & Referral services:** - In each Anganwadi centre, weight of every child is measured and the growth of children is monitored. Weighing scale for measuring weight, growth chart booklet for entering weight and community growth chart for consultation regarding weight remains available at the centre. Children of highly malnourished category are issued reference slip by the Anganwadi worker for referring them to the Health Department. During the training of Anganwadi workers special attention is given to managing weight of malnourished children and consultation to their families.
- (v) (4) **Health and Nutrition Education:** - In every Anganwadi centre, expectant and nursing women, adolescent girls and women in age of 15 to 45 years are given education regarding health and nutrition. On Rural Health and Nutrition Day, the representatives of Health Department are specifically present at Anganwadi centres. The main purpose of this service is to provide information to the beneficiaries and encourage the demand of services of ICDS.