

# Introduction

- Launched on 2nd October, 1975, the Integrated Child Development Services (ICDS) Scheme is one of the flagship programmes of the Government of India and represents one of the world's largest and unique programmes for early childhood care and development.
- It is the symbol of country's commitment to its children and nursing mothers to providing pre-school non-formal education on one hand and breaking the vicious cycle of malnutrition, morbidity, reduced learning capacity and mortality on the other.

# OBJECTIVES

- To improve the nutritional status of preschool children 0-6 years of age group.
- To lay the foundation of proper psychological development of the child
- To reduce the incidence of mortality, morbidity malnutrition and school drop out
- To achieve effective coordination of policy and implementation in 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

# Beneficiaries

The beneficiaries under the Scheme are

1. children in the age group of 0-6 years,
2. Pregnant women
3. lactating mothers
4. women in 15-45 years age group and
5. adolescent girls. ( Selected Blocks)

# PACKAGE OF SERVICES

<b>Beneficiaries</b>	<b>Services</b>
Pregnant women	Health check up, immunization, supplementary nutrition, health and nutrition education
Nursing mothers	Health check up, supplementary nutrition, health and nutrition education
Other women 15 – 45 years	Nutrition and health education
Children less than 3 yrs	Health check up, immunization, supplementary nutrition, referral services
Children in age 3 -6 yrs	Health check up, immunization, supplementary nutrition, referral services, non formal education
Adolescent girls 11 – 18 yrs.	Supplementary nutrition and health education

# DELIVERY OF SERVICES

1. Supplementary nutrition
2. Nutrition and Health Education
3. Immunization
4. Health check-up
5. Non-formal pre-school education
6. Medical referral services
7. Schemes for Adolescent girls



# SUPPLEMENTARY NUTRITION

Supplementary nutrition is given to children below 6 years, and nursing and expectant mothers from low income group. The aim is to supplement nutritional intake as follows:

- Each child up to 6 years of age to get 300 calories and 8-10 grams of protein
- Each adolescent girl to get 500 calories and 20-25 grams of protein
- Each pregnant women and lactating mother to get 500 calories and 20-25 gms of protein
- Each malnourished child to get 600 calories and 16-20 grams of protein

# IMMUNIZATION-

- Immunization of children against 6 vaccine preventable disease is being done, while for expectant mothers, immunization against tetanus is recommended.



# HEALTH CHECK UP

- Record of weight and height of children at periodical intervals
- Watch over milestones
- Immunization
- Deworming
- General check up for detection of disease
- Treatment of diseases like diarrhea, ARI
- Prophylaxis against vitamin A deficiency and anemia
- Referral of serious cases
- Antenatal care of expectant mothers
- Post natal care of nursing mothers and care of new born infants



# Non-formal Pre-School Education (PSE)

- Children between the ages 3-6 years are imparted non-formal pre-school education in an angandwadi in each village with about 1000 population. The objective is to provide opportunities to develop desirable attitude, values and behaviour pattern among children. Locally produced inexpensive toys and material are used in organizing play and creative activity.



## **Referral Services:**

- During health check-ups and growth monitoring, sick or malnourished children, in need of prompt medical attention, are referred to the Primary Health Centre or its sub-centre.

## **Nutrition and Health Education:**

Health education is given to women so that they can look after their own health, nutrition and development needs as well as that of their children and families.

## THE ICDS TEAM:

- The ICDS team comprises –
  1. the Anganwadi Workers,
  2. Anganwadi Helpers,
  3. supervisors,
  4. Child Development Project Officers (CDPOs) and
  5. District Program Officers.
- Besides, the medical officers, Auxiliary Nurse Midwife (ANM) and Accredited Social Health Activist (ASHA) form a team with the ICDS functionaries to achieve convergence of different service.

# Kishori Shakti Yojana

This scheme is a redesign of the already existing Adolescent Girls (AG) Scheme being implemented as a component under the centrally sponsored Integrated Child Development Services (ICDS) Scheme.

## **Objective:**

- To improve the nutritional, health and development status of adolescent girls.
- Promote awareness of health, hygiene, nutrition and family care.
- Link them to opportunities for learning life skills.
- Going back to school.
- Help them gain a better understanding of their social environment and take initiatives to become productive members of the society.

# **SABLA- RAJIV GANDHI SCHEME FOR EMPOWERMENT OF ADOLESCENT GIRLS**

- A scheme for empowerment of adolescent girls, launched on International Women's Day this year, includes a complete nutrition program for adolescent girls in the age group of 11 to 19 years.
- The scheme launched through Integrated Child Development Scheme (ICDS)

# Indira Gandhi Matritva Sahayog Yojana(IGMSY)

- This scheme has been approved by GOI which provides cash incentive of Rs.4,000/- to pregnant and Nursing mothers to compensate wage loss and get supplementary nutrition during pregnancy and delivery period.
- Scheme is piloted in Tamil Nadu in two districts of Erode and Cuddalore using ICDS platform
- Implemented In synergy with state scheme of Dr.Muthulakshmi Reddy Maternity Benefit Scheme