

Strengthening of Nutrition & Health Component ICDS Scheme

It has been observed that inspite of various efforts being made to improve the Nutrition and Health Status of Children. Adolescent Girls and women through providing different services not much improvement has been observed in the nutritional status of children. The main reasons behind seems to be lack of awareness among masses about the nutrition and health which requires more attention. To strengthen the nutrition and health education component of the ICDS Scheme every month. The NHED should be theme based for which the following points are proposed.

- ❖ One specific theme should be kept for discussion every month in various meetings like mother's circle meeting pay day meeting, home visit etc. being conducted by Anganwadi Workers, Supervisors, Child Development Project Officers.
- ❖ These topics may also be discussed every month in SHGs Village Committees or school by AWWs and supervisors so as to create awareness among maximum people in the community.
- ❖ CDPOs should also give lectures on selected topic for the month during the pay day meeting / circle meeting etc.
- ❖ Supervisors / AWWs should discuss these topics during home visits, mothers meeting, immunization day etc. with mothers / parents and caretakers of children and other community people.
- ❖ As adolescent girls also needs to be made aware about the family's nutritional needs and health aspects so these topics should be discussed in Balika Mandals also.

Various themes / topics proposed to be covered during the year are as follows:-

Month	Theme for the month
January	Importance of food type of nutrient – their functions / importance and sources.
February	Malnutrition Courses & consequences, identification and growth monitoring.
March	Nutritional / dietary needs of children, adolescent girls
April	Anemia – identification causes & consequences, food required during anemia.
May	Causes and prevention of other deficiency disorder like iodine deficiency, vitamin – a deficiency etc.
June	Care & dietary needs during pregnancy, lactation and old age.
July	Immunization – importance, schedule.
August	Breast feeding – importance of colostrums, mother's milk, disadvantages of bottle feeding.
September	Waning food / complementary food – what, when, why & how to introduce.

October	Preservation & conservation of nutrients.
November	Hygiene – food hygiene, personal hygiene, safe drinking water & environmental sanitation.
December	Miscellaneous topic like – Diarrhea & management, AIDS awareness, family planning etc.

CDPOs should prepare main points on these topics & distribute among Anganwadi Workers of her block CDPO will send the report in prescribed performa every month to Programme Officer. Accordingly compiled monthly progress report should be sent alongwith the MPR by the Programme Officer. A detailed plan of action and performa for reporting is also enclosed for necessary action.

**STRENGTHENING OF NUTRITION & HEALTH COMPONENT OF
ICDS SCHEME PLAN OF ACTION**

For Anganwadi worker:

During the 1st three weeks of the month Anganwadi Worker will deliver lecture to women in the mothers meeting to be held every week on the specified subject / theme of the month. In the last week of the month she will conduct nutrition quiz question answer session on same subject for the women of 15-45 years, pregnant and nursing mothers and adolescent girls.

FOR SUPERVISORS:

Supervisor will attend 2 mothers meetings and deliver lecture in those meetings every month and in circle level meeting. She will give lecture to AWWs, Supervisor will help the Anganwadi Worker in preparation of nutrition quiz and question answer session based on nutrition and health education component. She will attend and arranged this quiz session. She will also arrange some resource person with the help of CDPO from concerned department like Health, Food & Nutrition Board, Home Science College etc as per the subject / theme of the month if need arises. In the end of month supervisor will review the progress of AWWs.

FOR CHILD DEVELOPMENT PROJECT OFFICER:

During the pay day meeting CDPO will give lecture to the AWW on the topic specified for the month. She will arrange on competition i.e. slogan writing competition / quiz competition etc for the AWWs.

The topic covered during the previous month should be the topic for the competition for the current month. She will also review the progress of nutrition and health education component of her block and send a report on prescribed proforma every month in the Programme Officer.

CAMPS FOR VILLAGE WOMEN, PREGNANT AND NURSING MOTHER AND ADOLESCENT GIRLS:

Quarterly camps will be organized by CDPOs for the village women, pregnant and nursing mothers and adolescent girls. During the month of March, June, September, and December CDPO will organize camps in which various competitions should be kept i.e. low cost recipes competition, demonstration of low cost recipes, exhibition and lectures etc. For these activities she can take help of Community Food & Nutrition Extension Unit Home Science College and Health Department etc.