

# REPORT OF EVALUATION OF NATIONAL PROGRAMME FOR ADOLESCENT GIRLS



Rural Haridwar



Urban Delhi



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**NUTRITION FOUNDATION OF INDIA  
NEW DELHI**

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## **EXECUTIVE SUMMARY**

### **Genesis of Nutrition Programme for Adolescent Girls**

Pregnant and lactating women have been identified as vulnerable groups from the nutritional point of view and food supplements to them are being provided under the ICDS programme; however data from the ICDS reports suggest that less than one fourth of the women come to the anganwadi and take the food supplements; majority do not come every day. Adolescent girls, who are undergoing rapid growth and development, are also a nutritionally vulnerable group but so far they have not got any benefit from ongoing ICDS programme. Prime Minister in his Independence Day address in 2001 stated that food grains will be provided to combat undernutrition in adolescent girls, pregnant and lactating women. The Tenth Plan has recommended a paradigm shift from untargeted food supplementation to universal screening of persons belonging to vulnerable groups, identification of undernourished individuals and focused intervention to improve their nutritional status. Taking these into account a Pilot Project was initiated in 2002, to operationalise the announcement of the Prime Minister. The project was named as Nutrition Programme for Adolescent Girls (NPAG) as the majority of the beneficiaries were adolescent girls.

### **NPAG implementation**

NPAG was taken up in two of the backward districts in each of the major states and the most populous district (excluding the capital district) in the remaining smaller states/Union Territories. Funds needed for the Pilot Project were provided to the states as Additional Central Assistance, so that states provide food grains through TPDS, totally free of cost to the families of identified undernourished persons. The Deptt. of Food and Civil Supplies allocated food grains to the states at BPL rates. Departments of Women and Child Development are implementing the programme in the centre and in the states.

In 2002-03 the Pilot Project envisaged that:

- All pregnant and lactating women and adolescent girls in the district will be identified and weighed by AWW once in three months.
- Pregnant and lactating women weighing < 40 kg and adolescent girls weighing < 35 kg will be identified. Their families will be provided 6 kg of food grains/month free of cost for the next three months.
- They and their families will be given nutrition education so that the undernourished persons do get additional portions from the family pot.

In 2002-03 and 2003-04 the programme covered all three groups in 51 identified districts. The programme was not funded in 2004-05 and from 2005-06 and 2006-07, only the component pertaining to adolescent girls is funded in 51 districts.

## Evaluation of NPAG

Right at the time of initiation of the programme in 2002-03, it was envisaged that after two years of implementation, the project would be evaluated. The Ministry of Women and Child Development had entrusted the task of evaluation of the NPAG to Nutrition Foundation of India in April 2006.

The objective of the evaluation was to assess the performance of NPAG under existing conditions. Of the 51 districts where the programme was being implemented, ten districts in ten states were chosen for evaluation. The Principal Investigators (PIs) were working in the Home Science Colleges/Medical Colleges/ Research Agencies located near the district chosen for evaluation (Table 1). Because institutions in the vicinity of the district were taking up the evaluation travel costs were minimised. PIs were able to recruit investigators from local area who were adept in local language, customs and gained good cooperation from the service providers and the population. Another advantage of using this procedure was that the evaluation led to improvement in the awareness regarding ongoing nutrition programmes in the participating colleges and thus helped in human resource development.

<b>S.No.</b>	<b>State</b>	<b>District</b>	<b>Principal Investigator</b>	<b>Designation and Institutional affiliation</b>
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10	Tamil Nadu	Thiruvanamalai	Dr. Jayam	Director, Perinatal Research Foundation. Chennai.

## **Parameters for evaluation**

### ***Financial and administrative component***

For the programme to succeed there has to be coordinated activity at the center, state and district level in terms of **timely release of funds and food grains**. Therefore information on this aspect was collected from the centre, state and district level officials from Finance, DWCD and PDS.

### ***Implementation at the field level***

Information in implementation of the programme was collected from the anganwadi, ration shop and the households.

The programme has been implemented in the most backward districts in major states. These districts may have problems in implementation of any programme; in order to eliminate this bias, efforts were made to compare the performance and coverage levels of NPAG with similar parameters for ICDS programme in the same anganwadi/ district.

## **Sampling frame**

A multi-stage stratified sampling design adopted in District Level Household Survey under Reproductive and Child Health Survey (DLHS-RCH) was used in the evaluation. For DLHS, in each selected district, 40 Primary Sampling Units (PSUs – Villages/UFS) were selected with probability proportional to size (pps) using 1991 Census data. The target sample size in each district was set at 1000 complete residential households from 40 selected PSUs. In next stage, within each PSU, 28 residential households were selected with Circular Systematic Random Sampling (CSRS) procedure to take care of 10 percent non-response due to various reasons. The National Sample Survey Organization (NSSO) provided the list of selected Urban Frame Survey (UFS) blocks on the basis of proportion of urban population in the district. The UFS were made available separately for each district for urban areas. The lists of PSUs (urban and rural) in the selected ten districts were obtained from International Institute of Population Sciences (IIPS), Mumbai.

The focus of the NPAG evaluation is the anganwadi (AW). Therefore for the NPAG evaluation the first step was to identify and locate the anganwadi in the PSU. If the PSU contained only one anganwadi, then the 28 households from the household listing done by the AWW were chosen using CSRS. If there were two anganwadis 14 households from each were chosen using CSRS; if there were more than two anganwadis in the PSU, two anganwadis were to be chosen randomly and from each anganwadi 14 households were taken using the anganwadi household list and CSRS. It is possible that the PSU is small and the anganwadi caters to a larger population. In this case also from the anganwadi household listing 28 households were chosen by CSRS and surveyed. Each of the households identified by CSRS was surveyed irrespective of the fact whether



the household had an adolescent girl or not. In the urban PSUs, in the selected UFS, there was no need of segmentation in most centres, as they were of almost equal size and had only one anganwadi. The anganwadi in the PSU was selected and from the anganwadi's household listing, 28 households were chosen by CSRS and surveyed.

### Task force and investigator's meeting

NFI constituted a **Task Force** with representatives from the MWCD, NSSO, and other concerned agencies to over see the study. The Task force met on 18.4.2006, considered and approved the proposed study design, investigators, and the proforma for data collection and data analysis plan.

The **Principal Investigator's meeting** was organised at NFI on 11<sup>th</sup> and 12<sup>th</sup> May 2006. The study design, methodology and proformae for data collection were discussed in detail. All the investigators observed and participated in the orientation programme in North West Delhi where the NFI team was carrying out the evaluation. The first instalment of grant for the study was handed over to the investigators at the meeting, so that they could initiate the recruitment and training of the investigators as soon as they return. The forms for data collection were provided at the time of the investigators meeting so as to avoid any delay in initiation of the training and the data collection.

### Evaluation Process

<b>Table 2: NPAG evaluation Time Frame of activities</b>	
	<b>Date</b>
Evaluation project sanctioned	23.03.2006
Confirmation of participating centres/ PIs in centers Draft proforma sent to PIs	First week April
Task Force formation Draft proforma sent to task force members	Second week April
Task force meeting	18 April 2006
PSU lists obtained from IIPS	19 April 2006
Pretesting of proforma Proforma sent to investigators for comments	Third Week April
Finalization of proforma	Fourth Week April
Printing of proforma	8 May 2006
Investigators meeting PSU list sent to investigators Instalment release to investigators Dispatch of proforma	10-11 May 2006
Initiation and completion of data collection	May–Nov 2006
Initiation and completion of data cleaning	Aug- Nov 2006
Initiation and completion of data entry	Aug- Nov 2006
Presentation of interim report to the MWCD	25.7.2006
State specific data analysis and draft report preparation	Sept- Nov 2006
State specific draft report sent to PI	Oct –Nov 2006
Summary ten state report prepared	Nov 2006
Report of the Evaluation submitted to MWCD	Nov 2006

Data collection began in third week of May in some centres and was completed by end of August 2006 except in one centre, which completed evaluation in Nov., 2006. On receiving evaluation data from the centres, NFI under took the task of data scrutiny, data entry, data verification, data analysis and report writing. The draft report pertaining to each centre along with the tables were sent to each of the PIs for perusal, modification and comments. The PIs sent their inputs; some sent a concise summary of situation in their district. Others sent their comments. The evaluation report was finalised taking all these into account (Table 2).

### Allocation and utilisation of allocated funds

Requirement of funds for the programme was computed by the Planning Commission utilising the data on district population and the target group from Census 2001; information on undernutrition rates in the district was not available in 2002; therefore undernutrition rates for the district was computed on the basis of undernutrition rates in the state as reported in the National Family Health Survey -2 (1998-99). There could be some underestimation of the number of persons who are undernourished because the most backward districts may have higher undernutrition rates than the state as a whole. It was felt that for the year 2003-04, the requirement of funds could be revised based on the data generated during the first six months of implementation of the programme.

Information on release of funds under NPAG and its utilisation between 2002-03 and 2006-07 and utilisation from 2002-03 to 2005-06 obtained from the Ministry of Women and Child Development (MWCD) is given in Table 3. Planning Commission allocated the funds as Additional Central Assistance in 2002-03; Finance Ministry released the amount to the state finance departments in Oct. 2002. State DWCDs were informed of the release and were requested to contact their finance department to get the funds and initiate the programme. However there were delays in the state DWCD getting the funds. Some states like

States	2002-03		2003-04		2005-06		2006-07
	Amount released	Amount utilised	Amount released	Amount utilised	Amount released	Amount utilised	Amount released
Chattisgarh	129.55	98.38	104	31.17	164.43		168.37
Gujarat	309.17	295.84	247	532.62	305		312.32
Kerala	266.21	Nil	213	84.51	247.87		260.37
Mizoram	6.93	12.5	6	15	16.86	17	7.04
Orissa	281.32	Nil	205	265.43	289.53	220.9	294.55
Rajasthan	184.95	Nil	148	75	236.49	88.33	241.7
Tamil Nadu	213.25	99.59	171	374.17	422.9	96.82	218.18
Uttar Pradesh	248.44	23.33	199	37.85	311.31		318.47
Uttaranchal	82.67	Nil	66		106.95		109.84
Delhi	116.47	7.5	177	3.39	148.62		80.01

Source: MWCD

Chattisgarh, Gujarat suffering from drought during this period, took up the project rapidly in an attempt to improve the dietary intake of the vulnerable segments of the population. Mizoram had initiated the programme right in the first year and implemented it in all districts in the state. Other states took some time get the funds released and therefore utilisation was low during the year 2002-03. Some of the non-special category states were concerned that programme was to be implemented by the funds provided under the Additional Central Assistance and so they had to return 70% of the amount later. Haryana did not take up the NPAG in 2002-03 because unlike the ICDS, funds were given as Additional Central Assistance.

In 2003-04 funds were provided under Special Additional Central Assistance as a 100% grant and thereby enabling all the states to initiate the programme. In view of the fact that funds released in 2002-03 were unspent, most of the states sought and obtained revalidation of the ACA. Further release of funds could be done only after the utilisation certificates of funds already released were provided by the states. As a result there were considerable delays in the release of funds earmarked for the Programme in 2003-04 and funds were finally released in March 2004, after making the necessary adjustments for the utilisation. **The utilisation of the funds was best during this year.** Though the procedure of fund release was cumbersome, the state Departments had become familiar with the procedures to be followed and the programme was fully operational in the ICDS system in 2003-04.

No funds were released for the programme during the year 2004-05; as a result the programme came to a complete halt during this year. Some states used unutilised funds from 2003-04 in the initial months but later the programme had to be discontinued due to a paucity of funds. In 2005-06 the programme was revived. In order to avoid the problems in fund flow from the centre to the state the funds were released by the Ministry of Women and Child Development in July-Aug 2005 directly to the State Departments of Women and Child Development; only adolescent girls were included in the revised scheme. Mizoram, Orissa, Rajasthan and Tamil Nadu reported good utilisation of funds and operationalisation of the programme in 2005-06. In other states there were delays in restarting the programme and consequent poor utilisation of funds. For 2006-07, Ministry of Women and Child Development released the funds in June - July 2006 and all the states have initiated the programme.

### **Allocation of food grains**

The Planning Commission computed the amount of food grains required, based on the estimates of the undernourished persons in the districts; Department of Food and Civil Supplies made the allocation of rice/wheat (on the basis of preferred food grain consumption in the districts selected) to be supplied to the states at BPL rates. The allocations made for the different states from 2002-03 to 2006-07 are shown in Table 4. The states DWCD were to make the payment to

the State Department of Civil supplies and lift the food grains to the districts. Funds were also provided for the transport of food grains to the district and to the fair price shops.

There were some initial teething problems in establishment of this system in all states. However all the states were able to establish this system in 2003-04 and lift the grains and supply it right down to the villages. Most states decided to run the programme mainly in the rural anganwadis, as the urban anganwadis were not well established. So supply of the food grains to the urban areas was limited.

States	2002-03	2003-04	2005-06	2006-07
Chattisgarh	1766.7	7100	2800	900
Gujarat	3233.3	12900	5200	
Kerala	2400	9600	4050	nil
Mizoram	66.7	300	100	90
Orissa	3033.3	12100	5000	1950
Rajasthan	2566.7	10200	4050	1270
Tamil Nadu	2133.3	8500	3550	840
Uttar Pradesh	3400.1	13700	5300	7100
Uttaranchal	1100	4400	1800	390
Delhi	700	2800	1150	20

*Request to release 10400 MTs of maize in 2006-07 has been sent to M/CAF&PD*

There had been delays in allocation of food grains both at the central and the state level. Allocated food grains were not lifted within the stipulated time frame. This led to problems in allocation of grains for the subsequent phases when the state requested for food grains. Thus as with the fund allocation, there was a vicious cycle, wherein earlier poor utilisation came in the way of optimal allocation for next phase and consequently poor performance and low utilisation. This is also responsible for the huge differences between years in terms of allocation of the food grains.

Information on the utilisation of the food grains in different districts was not readily available. Most of the district DWCD officials stated that they had faced problems in getting the timely supply of the food grains to the ration shops. The district Civil Supplies officials however stated that they faced major problems in timely allocation of the food grains because the food grains already allocated were not fully utilised within the stipulated three month period. It appeared that in 2003-04 these problems were beginning to get ironed out. Following the discontinuation of the Programme in 2004-05, most districts faced major problems in re-establishing the food grain supply chain and in spite of the fact that they had the required funds, very few states were able to distribute food grains in 2005-06

All these have resulted in erratic and interrupted supply of food grains to the undernourished persons; and so it was not possible to assess of impact of food supplementation in terms of improvement in nutritional status of undernourished persons. **In 2006-07 the impetus developed during the evaluation resulted in all the districts (except Haridwar) receiving the food grains and distributing**

**the grains to the identified undernourished adolescent girls within one month after the allocations were made. This demonstrated that allocation, purchase and distribution of food grain could be streamlined within existing system constraints.**

### **Training, IEC and operationalisation of the NPAG**

The responsibility of training and development of appropriate IEC material was given to the state Departments of Women and Child Development. Right from the first year the IEC and training operations were completed on time in all the states. All the anganwadi workers understood the programme and how it is to be implemented. Every year, all the states fully utilised the funds provided for IEC and training. In the very first year adult weighing balances were procured and weighing of adolescent girls and pregnant and lactating women were initiated. Excellent IEC materials were prepared for the community and family regarding the programme. **The fact that community understood the rationale of weighing all the persons belonging to the vulnerable groups, identifying those who are undernourished and distributing the grains to them and extended full cooperation to the anganwadi worker in her task of identifying, weighing and detecting the undernourished persons is the best testimony both to the excellent skills of the AWW and the maturity of the community.** It is indeed remarkable that the paradigm shift was so well accepted by the community and very well operationalised by the anganwadi workers in the very first year.

The experience with the programme shows that the AWWs

- were able to identify majority of pregnant and lactating women and adolescent girls,
- adjusted the zero error in the balances and weighed the adolescents and adults correctly and
- list those who were under weight.

In most of the districts they gave the chits and the family collected the food grains free of cost from the ration shop. The families did experience some difficulty in accessing food grains from ration shops because they were not open on all days or did not have food grains on all days but majority collected the grains for three consecutive months.

### **Programme implementation in 2003-04**

The programme with all the three vulnerable groups receiving the food grains supplements was implemented in the year 2003-04 which was the first year when programme had been implemented in all the states. The monitoring system for the programme was being set up during the year and therefore all the reports may not have been sent / compiled and reported during the year. For instance

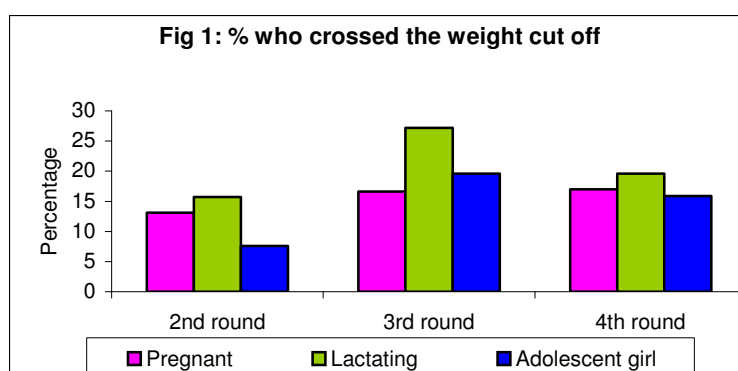
according to the reports that were collected from Haridwar district during the evaluation, 17,360 pregnant women, 19,893 lactating mothers and 1,72,251 adolescent girls received food grains during 2003-04, but according to the reports available at MWCD only 4,778 pregnant women, 5,923 lactating women and 53,525 adolescent girls received food grain supplements. The reported number of undernourished adolescent girls, pregnant and lactating women who received food grains in 2003-04 in the ten districts taken up for evaluation according to the data available with the MWCD is given in Table 5. As expected over 70% of the persons who received the supplements were adolescent girls.

S. No.	States	Adolescent girls	Pregnant women	Lactating women	Total
1	Chattisgarh	64696	10285	13639	88620
2	Gujarat	41419	4288	4364	49964
3	Kerala	40680	2282	1719	44681
4	Mizoram				
5	Orissa	46526	5788	6488	58802
6	Rajasthan	20722	4147	4642	29561
7	Tamil Nadu				58656*
8	Uttar Pradesh	9603	6790	7170	25563
9	Uttaranchal	53525	4778	5923	64226
10	Delhi				
Total		277171	38358	43945	361417

Source: MWCD

### Coverage and impact of the food grain supplementation

As food grains were to be collected once a month, majority of the families were able to collect the food grains for three consecutive months. The proportion of pregnant and lactating women accessing food supplements the ICDS services are no more than 20-30 % and even those who access do not do so consistently everyday for three to six months. The overworked undernourished pregnant or lactating woman cannot come daily to the anganwadi to collect the food but urgently needs additional food to improve both her and her child's nutritional status. **Unlike the other ICDS based food supplements, the NPAG programme in 2003-04 provided consistent food supplements to pregnant and lactating women throughout pregnancy and lactation effectively.**



Some states like Uttaranchal attempted to assess the impact of the NPAG on body weight. The data on changes in body weight reported in the three groups is given in Figure 1. There are

problems in using this approach. Analysis of the data from the three monthly weighment showed that majority of lactating women showed weight gain, though majority did not cross the cut off point of 40 kg, the proportion of underweight individuals crossing the cut off point was highest in this group. This might partly be due to the fact that the community and the family recognised that the lactating women require more food and gave them their due share in the food grains. The fact that with waning lactation, lactating women tend to regain some weight that they had lost earlier could also have contributed to this trend. However only about 20% crossed the cut off point, because even if they consume adequate quantities of food these women cannot gain more than a kilogram in three months; if she weighed less than 35 kg earlier she is unlikely to cross the cut off point of 40 kg even if she continued to receive food grains for 6-12 months.

Most households reported that they did ensure that the pregnant woman received her due share in food grains but it is not possible to assess the proportion of who gained weight due to food grains. All pregnant women gain weight during pregnancy; weight gain cannot be attributed to the food grain supplementation because foetal growth and physiological changes during pregnancy also contribute to weight gain. Substantial numbers of women deliver and so lose about 5 kg of weight; so apparent failure to gain weight may be due to delivery and not lack of improvement in dietary intake. Thus neither the weight gain nor the apparent lack of weight gain can be related to the food grain supplements in pregnant women.

Available data on three monthly weighment in adolescent girls indicates that average weight gain over one year is about 2 kg but only very small proportion crossed the cut off point of 35 kg. Majority of girls between 10-14 years weighed less than 30 kg and it will not be possible for them to cross the cut off point even if they did get substantial amount of the food grain supplementation. Except in Delhi, majority of the girls in the 15-19 year age group also weighed less than 35 kg. In all centres some of the adolescent girls whose weights were near the cut off point did cross 35 kg over one year. But weight gain in one year in girls from Mizoram who received food grains through out the year was not substantially different from Delhi girls who did not get any food grain supplements.

### **Programme in 2005-06**

The programme was modified to take care of the major bottlenecks in fund release. The funds for the year 2005-06 were released in July- Aug. 2005 directly by MWCD to the state Department of Women and Child Development. The Guidelines for the revised programme with only adolescent girls as the target group were issued by the MWCD. The Central Food and Civil Supplies Department made the allocation of food grains as per the request from the central MWCD. The revised programme was discussed with the state DWCD secretaries during the State Secretary's meeting in 2005. As all the states had earlier implemented the programme well in the very first year (2003-04) and the

only change over time was that the programme no longer covered pregnant and lactating women and was restricted only to adolescent girls, the central MWCD had expected that the implementation would start immediately. There were however difficulties in restarting the programme in most states. Of the ten states in which evaluation was taken up only Mizoram, Orissa were able to utilise all the funds released; Tamil Nadu and Rajasthan partly utilised the funds.

### **Programme in 2006-07**

NPAG evaluation was taken up between June and October 2006 in most of the states. In all the states the AWW had completed weighing adolescent girls at least once, had prepared the list of adolescent girls and sent it to CDPO. Data from the Evaluation showed that there were wide variations in the proportion of girls who were identified and weighed. In some states like Delhi, families were reluctant to allow the weighing of adolescent girls because though they had been weighed and undernourished girls were identified, their families had never received any food grains during the previous three years. At the other extreme was the state of Mizoram where the programme had continued and adolescent girls received food grains irrespective of their weight without any interruption during the last three years and the population cooperated in weighing of girls. In states like Uttaranchal, where the programme was fully operational through out 2003-04, the families cooperated because they felt that the programme will again result in the undernourished girls getting food grains so that nearly 90% of the girls were identified and weighed by AWW. In most of the states the families were not getting the food grains at the time of evaluation though ICDS functionaries informed the families that they were expecting the fund release and food grain allocation to be done shortly. The state and the district officials stated that they would be able to initiate the programme as soon as they receive the funds. Follow -up with the district officials and the population showed that the programme was fully operational in all states except Uttaranchal within two months after release of funds and food grain allocation.

### **Implementation of NPAG by Anganwadi Workers**

#### ***Acceptance of the concept of food grains for undernourished persons***

Initially some AWWs faced problems in some areas when the weighing to identify the undernourished persons was used as the criterion for providing the food grain supplements. However once the concept was explained, the community, families and PRI understood the rationale, they supported the programme. **During the evaluation in response to specific query on use of weight as the criterion for selection of undernourished persons requiring food supplements and providing food grains to their families, vast majority of the households agreed that it is right to have a nutrition criterion to identify those requiring nutritional supplement to improve nutritional status. AWW are able to provide chits to the undernourished persons so that their family could collect the food grains from the ration shop.** In some states the AWW has



been given the task of distributing the food grains because there were no ration shops in the vicinity. In some areas the distribution of food grains by AWW has been found to improve access but there were other areas where the community did not think so.

### ***Nutrition education***

One major intervention under NPAG was nutrition education. Under the NPAG all AWW were trained in and were given specific messages pertaining to the project. These included

- Pregnant, lactating women and adolescent girls are nutritionally vulnerable groups.
- Undernutrition is identified through weighing.
- Families of all undernourished persons identified will get 6 kg of food grains/month.
- The food grains should be mainly given to the undernourished person so that over the next three months there is improvement in nutritional status.

**These messages were clearly communicated especially in rural areas; in urban areas where there was space and time constraint and the NPAG programme was not operationalised well, messages did not get reiterated as often as in rural areas.** AWW's knowledge on steps to improve nutritional status in women and children and their communication skills were sub optimal; their nutrition education attempts for 0-3 and 3-6 year old children were often outdated (not stressing on exclusive breast feeding, timely complementary feeds from home food), sketchy and not comprehensive.

### ***Pregnant and lactating women***

It would appear that the anganwadi workers have performed their role quite effectively in implementing the programme NPAG programme for pregnant women in 2003-04. They have shown that it is possible for them to identify all pregnant and lactating women. However household survey showed that **in 2005-06 none of the centres identified 100% of all the pregnant and lactating women. It is important that the AWW identifies all pregnant and lactating women so that they can benefit from the ICDS programme or NPAG. In most centres pregnant and lactating women not weighed once in three months in 2006-07, even though, AWWs had the adult weighing balance and knew how to use it to define women as undernourished and normal using cut off points.**

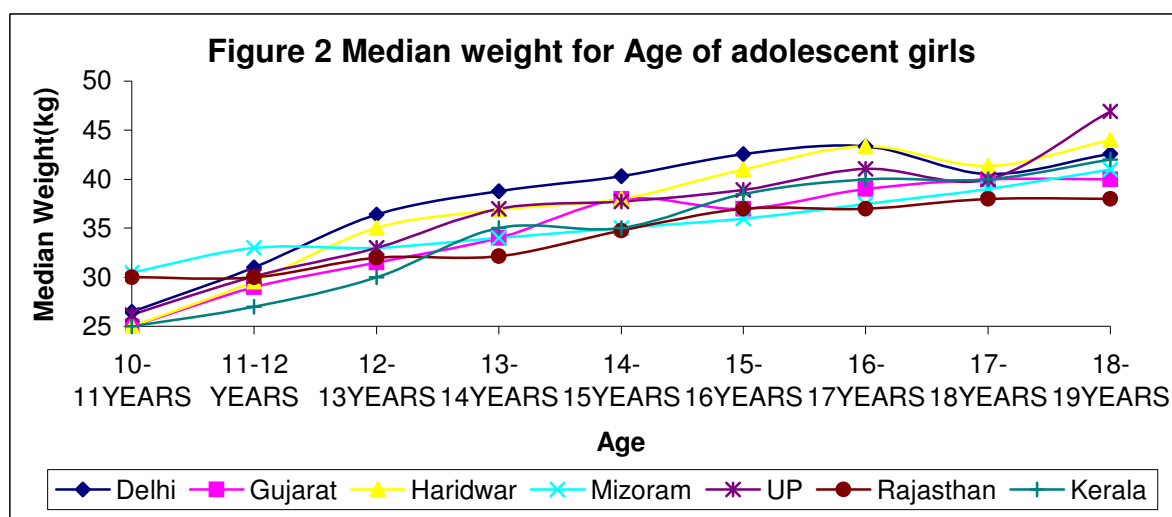
Many AWW and DWCD officials suggested that using the same cut off point for pregnant and lactating women is inappropriate; in spite of being undernourished pregnant women may be above the cut off point because during pregnancy there is gain in weight due to growth of the foetus. This is a valid point. When the

NPAG project guidelines were finalised it was felt that giving different cut off points for pregnant and lactating women may lead to confusion and come in the way of effective screening of the women for undernutrition by the AWW. **However data from 2003-04 showed that AWW handled identification of undernourished persons using different cut off points (35 kg for adolescent girls and 40 kg for pregnant and lactating women) quite well. In view of this experience, it may be appropriate to define separate cut off points (40 kg for lactating women and 45 kg for pregnant women) for detecting undernourished pregnant and lactating women.**

### ***Adolescent girls***

<b>Table 6 Body weight of adolescent girls in different states</b>												
Age in yrs		10	11	12	13	14	15	16	17	18	19	Total
Delhi	N	16	51	55	48	65	57	52	42	46	25	<b>457</b>
	Mean Wt	25.9	29.2	31.8	35.3	39.1	41.4	41.8	44.2	42.5	44.1	<b>37.9</b>
	SD	2.79	7.59	6.17	7.54	6.47	7.47	10.73	9.43	9.18	6.58	<b>9.55</b>
Gujarat	N	13	31	58	68	51	53	45	34	42	10	<b>405</b>
	Mean Wt	27	25.7	29.7	32	34.2	38.2	39.2	38.6	41.3	39.6	<b>34.6</b>
	SD	6.99	4.09	5.34	7.11	5.52	6.54	8	6.51	6.19	5.17	<b>7.91</b>
Haridwar	N	34	56	75	67	68	57	77	42	40	19	<b>535</b>
	Mean Wt	25.9	26.3	29.9	35.5	36.5	37.3	41.3	43.7	42.2	43.4	<b>35.7</b>
	SD	7.59	4.46	4.27	7.11	5.18	5.29	5.23	5.46	6.79	6.59	<b>8.18</b>
Mizoram	N	26	76	95	73	107	93	110	110	104	32	<b>826</b>
	Mean Wt	26.1	30.9	31.8	32.1	34.4	35.4	37.3	37.3	39.5	40.7	<b>35.1</b>
	SD	5.23	3.53	3.85	5.33	4.66	3.83	4.2	2.9	5.31	4.44	<b>5.43</b>
Uttar Pradesh	N	68	32	86	53	47	58	37	28	37	3	<b>449</b>
	Mean Wt	26.9	27.2	31.9	33	36.4	37.3	39	40.2	41.3	45.2	<b>34.1</b>
	SD	6.53	4.52	8.36	5.91	6.38	6.33	7.02	4.49	7.12	4.27	<b>8.2</b>
Rajasthan	N	4	46	84	42	42	42	42	27	49	2	<b>380</b>
	Mean Wt	32.8	29.4	30.5	31.9	33.1	36.3	36.6	37	37.5	38	<b>33.6</b>
	SD	5.97	4.84	4.78	3.79	5.75	5	5.64	3.14	4.9	0	<b>5.68</b>
Kerala	N	22	23	34	41	34	46	44	33	45	29	<b>351</b>
	Mean Wt	25.9	24.7	27.1	31.7	33.9	37.5	38.5	41.8	41	41.4	<b>35.2</b>
	SD	7.1	6.34	5.52	5.61	6.39	8.73	9.58	10.27	4.64	5.45	<b>9.28</b>
Orissa	N	43	62	117	112	102	93	87	47	71	15	<b>749</b>
	Mean Wt	25.9	24.2	27.4	32	33.7	36.1	35.9	37.4	37.5	37.5	<b>32.5</b>
	SD	5.25	4.75	4.72	5.69	6.39	4.63	4.72	5.4	5.37	5.34	<b>6.88</b>
Chattisgarh	N	8	18	32	19	22	11	13	2	7	2	<b>134</b>
	Mean Wt	24.5	26.2	29.6	27.3	30.6	31.4	36.5	31	37.7	37.5	<b>30.1</b>
	SD	10.09	3.93	4.09	7.61	4.12	3.07	4.43	5.66	2.21	0.71	<b>6.16</b>
Tamil Nadu	N	3	23	45	66	51	62	58	55	40	20	<b>423</b>
	Mean Wt	34.1	25.7	28.8	32.9	35.2	37.7	40	43.2	41.7	42.4	<b>36.7</b>
	SD	0.81	5.25	6.29	6.26	6.78	5.2	6.37	5.68	6.56	11.06	<b>8.17</b>

During the evaluation all the adolescent girls in the identified households were weighed and the weight was compared with the weight recorded by the AWW in her register. In all the states most of the weights recorded by AWW in their register were within + or - one Kg from the weight recorded by the evaluation team indicating that the weighment by AWW was reasonably accurate.

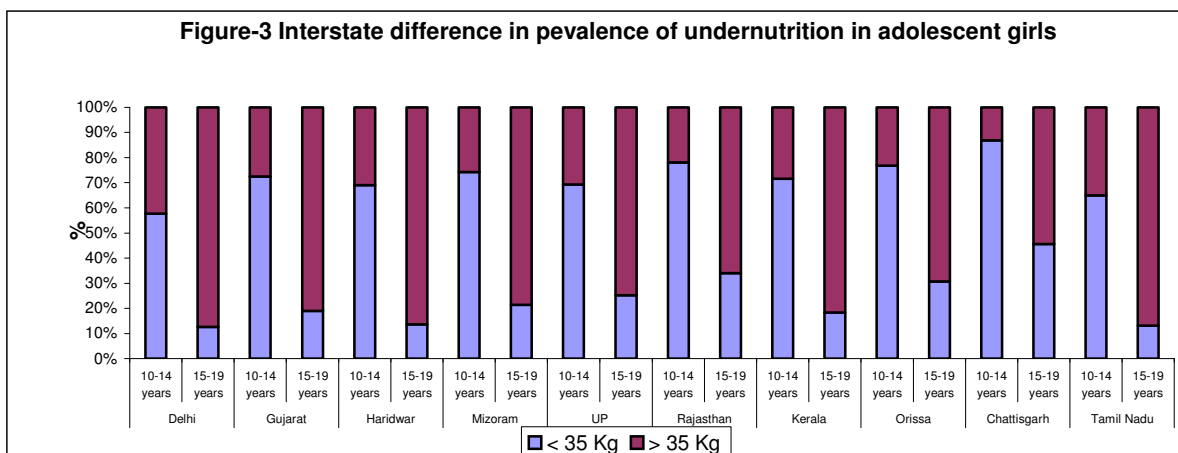


Data on median and mean body weight of girls( year wise) between 10-18 years in different states computed from the data collected by the evaluation team is shown in Figure 2 and Table 6. It is obvious that there are considerable differences between states in weight of adolescent girls; between 10-19 years the girls gain between 12-20 kg of weight (Table 6). In spite of the fact that none of the girls in Delhi had received any food grain supplement during the period 2002-03 to 2005-06 under NPAG programme, their body weight is higher than that of the Mizoram girls, majority of whom had received food grain/food supplements continuously for the period 2002-03 to 2005-06. **From the data it would appear that food/ food grain supplements even when continued for 3-4 years as has been done in Mizoram might not result in significant impact in terms of improvement in body weight in adolescent girls. This is in line with the findings from NPAG reporting formats sent by different states which indicate that food grain supplements upto 12 months in adolescent girls resulted in only 10 % of girls crossing the cut off point of 35kg.**

AWW and DWCD officials had repeatedly raised the issue of appropriateness of use a single weight cut off point for detection of undernutrition in adolescent girls between 10-19 years. They pointed out that by this criterion over 75% of the 10-14 year old girls are undernourished and will not cross the cut off point for several years. In view of this some DWCD officials even suggested that AWW may be given a weight for age chart for adolescent girls, similar to the **weight for age chart for children which have been in use in anganwadi for over three decades in the anganwadi for identifying undernourished adolescent girls.**

However when tested AWW's performance on assessment of nutritional status of children using weight for age charts was sub optimal. It is therefore unlikely that they will be able to use weight for age charts for adolescent girls and correctly identify under nourished girls.

Median weight of adolescent girls in the 10-14 year age group is around 30 kg and median weight of girls between 15 and 19 is 35Kg (Figure 3). So it



may be useful to use two cut off points 30kg for those below 15 and 35kg for over 15 years of age may be attempted. However before adopting these criteria, it should be realised that even if two cut off points are used majority of girls will not cross the cut off point within one year (Figure-3).

### ***Identification and weighing efficiency***

There are substantial differences between districts in the efficiency with which the AWW identified and weighed the adolescent girls, pregnant and lactating women. The identification and weighing efficiency under NPAG was essentially similar to the completeness of the identification and weighing of the preschool children in these anganwadis. The identification and weighing efficiency is higher in rural areas as compared to the urban areas.

### **Perception of the Households**

Data from the Household survey indicated that Anganwadi is known to majority of the urban and rural community; the community regarded Anganwadi as a place where food supplements are distributed to vulnerable groups. **The families accept that preschool children, adolescent girls, pregnant and lactating women are nutritionally vulnerable and require care. They understand the rationale for weighment and identification of undernourished persons and accept the concept that priority should be on providing food supplements to undernourished persons.**

Majority of the household both in urban and rural areas have ration card and obtain at least part of the food grains required for the family from the ration shop. In most areas the food grain distribution for NPAG is through the ration shops; **while majority stated that they had faced problems in accessing the food grains through PDS, they accepted that it is the most viable option available.** Alternative modes of distribution of food grains to the undernourished person's family, which have been tried, include distribution through anganwadis and PRI. In some areas where there are no ration shops they may be the only mode available but each of these the alternatives have their own sets of disadvantages.

**Women in these households stated that they would try to provide adequate food to the undernourished persons especially to pregnant and lactating women so that their nutritional status improves.** There was a clear understanding that food supplements given for a limited period ( till they deliver in pregnant women or until they complete one year of lactation in lactating women) to undernourished pregnant and lactating women will benefit both the mother and her offspring. The community and the family were therefore willing to do their best to ensure that undernourished pregnant and lactating women get additional food.

Pregnant and lactating women are two groups that have been receiving supplements from ICDS right from its inception. But available data suggest only about a fourth of all pregnant and lactating women are able to come to anganwadi and receive food supplements; only about a fourth of those who came are able to come and collect food for more than 20 days in a month. Data from NPAG in the first two years of implementation suggest that majority of pregnant and lactating women were able to collect rations for three months as food grains are to be collected once a month. NPAG was thus able to provide food grain supplements continuously for three months in pregnant and lactating women. **In view of the experience with NPAG and the fact that women from poorer segments of population will not have the time to come to anganwadi every day to collect food, it might be appropriate to universalise weighing, identification of undernourished pregnant (<45 kg) and lactating women (<40kg) and providing 6 kg of food grains/month free of cost to identified undernourished pregnant women for the remaining period of pregnancy or lactating women for the remaining period of first year of lactation.**

**The attitude of families towards food grain supplements to adolescent girls was rather equivocal.** Some of the better off segments of the population felt that they are providing adequate food to adolescent girls and did not feel there was need for additional food grain supplements to be given to them. There were anecdotal reports from some centres that some households during the school re-opening period sold the food grains and used to money for buying books or school uniform. Among the poorest sections of the population both in urban and rural areas, the women of household felt when there are other persons in the

family who are also not having adequate food and so they have to use the food grains to improve the household food security; therefore they cannot give all the additional food grain they got to the identified undernourished adolescent girl. Many educated family members stated **that majority of younger adolescent girls were categorised as undernourished by using a single cut off weight and very few of the adolescent girls crossed the cut off point even after several months of supplements; they raised the question whether it feasible to give food grains supplements to families of adolescent girls for several years continuously**

## **WAY FORWARD**

***Fund release:*** The evaluation has shown that the present mechanism of fund release from the Central Ministry of WCD to state Deptt of WCD is efficient so **this should be continued.**

***Food grain allocations:*** The present central mechanism of allocation of food grains on the basis of estimated number of undernourished persons requiring food grain supplements is a reasonable approximation and may be used for the first year. Thereafter the data from the district regarding the number of undernourished persons may be used to modify the requirement for the next year. A similar procedure may be used at the district level instead of waiting for the anganwadi workers lists to be consolidated and used for procuring the food grains required for the district. This will avoid delays in getting the first and subsequent food grain releases.

***Implementation of NPAG by AWW:*** The anganwadi workers have been able to communicate the paradigm shift from providing food supplements to all those who come to the anganwadi to universal weighing to identify undernourished persons and providing them with food grains. The communities and families have understood the rationale and have accepted the modified programme well. **The anganwadi workers have been able to get community cooperation in weighing and identification of undernourished persons. They are able to accurately weigh and identify undernourished persons according to cut off points. So they may be given this responsibility in future too.**

***Ration shops:*** Food grain distribution to the undernourished women through the ration shops may be the most sustainable option, except in areas where there are no ration shops. **The problems in collecting food grains from the ration shop may get minimised if food grains are given on the monthly Health and nutrition days; this would also improve health coverage for the undernourished persons and their children. If for any reason they are unable to collect the food grains on that day they may collect it from the ration shop any day there after.**

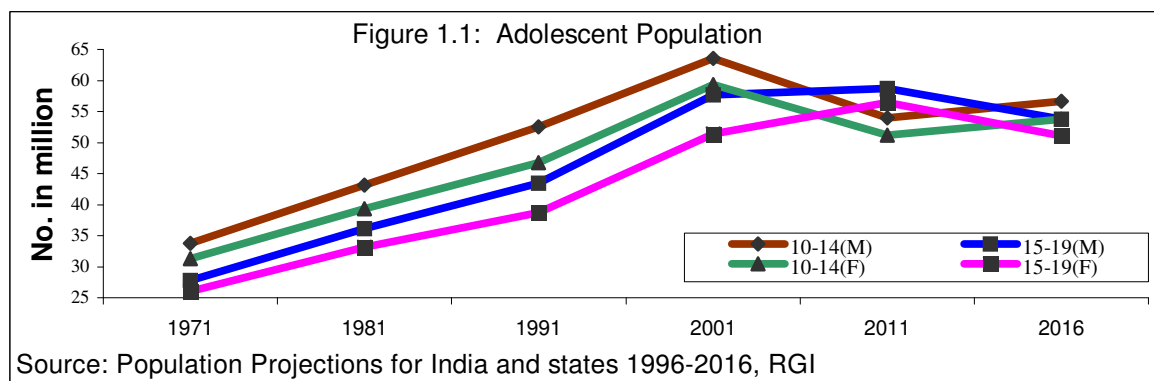
***Food Grain supplementation to pregnant and lactating women:*** Pregnant and lactating women currently receive cooked food supplements under the ICDS programme but they have to come daily to collect food from the anganwadi. This is not a feasible option for many needy women and hence majority do not benefit from food supplementation. It is suggested that in **all anganwadis in the country pregnant and lactating women should continue to be major target groups for food grain supplements. They should be weighed and all undernourished persons should receive food grain supplements once a month. For pregnant women it is recommended that cut off point used may be 45 kg and they should receive the food grain supplements of 6 kg/month for remaining period of pregnancy. For lactating women the cut off point should be 40 kg and they should receive food grain supplements for the remaining period of first year of lactation.**

***Food Grain supplementation to adolescent girls:*** While assessing the need for food grain supplements to undernourished adolescent girls it is important to take into account the fact that median weight of adolescent girls in the 10-14 year age group is around 30 kg and median weight of girls between 15 and 19 year age group is 35 Kg. The use of two cut off points 30 kg for those below 15 and 35 for over 15 years of age may be tried. However before adopting these criteria, it should be realised that even if two cut off points are used majority of girls will still not cross the cut off point within one year. From the current data it would appear that food/ food grain supplements even when continued for 3-4 years as has been done in Mizoram might not result in significant impact in terms of improvement in body weight in adolescent girls. This is in line with the findings from NPAG proforma sent by different states which indicate that **food grain supplements upto 12 months in adolescent girls resulted in less than 10 % of girls crossing the cut off point of 35 Kg. In view of the fact the NPAG has not been implemented continuously for two years, it may be preferable to continue with the programme in the 51 districts over the next two years to see if this trend is seen consistently in all states, before taking a final decision regarding the programme.**

District Level Household Survey (2002-04) has shown that prevalence of anaemia in adolescent girls is very high. In view of this a programme of iron and folic acid supplementation once a week to begin with in these 51 districts and later extended to all districts should be considered. Popularizing use of double fortified salt and dietary diversification through nutrition education can be universally implemented in all AWs.

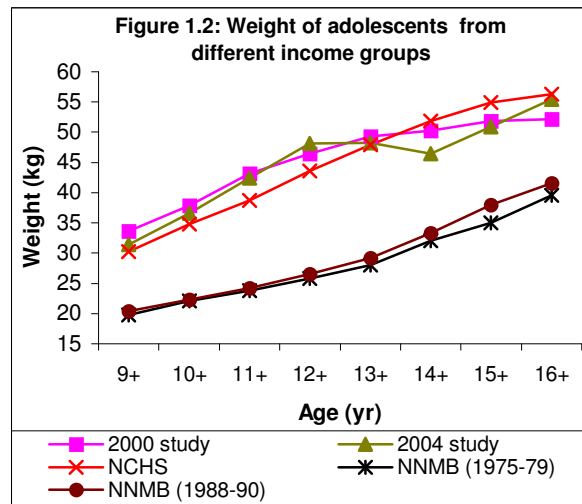
## 1. INTRODUCTION

Pregnant and lactating women have been identified as a vulnerable group from nutritional point of view and food supplements are being provided to them under the ICDS programme. However, data from the ICDS reports suggest that only one-fifth to one-fourth of these women come to the anganwadis to take the food supplements; majority do not come everyday. Food supplements provided in the ICDS are usually not treated as addition to home food but as substitute for it. Food supplementation is not targeted to undernourished women but is given to any one who comes to the anganwadi. Women who get food supplementation are not persuaded to have antenatal care. As a result of all of these problems there has not been any substantial improvement in the dietary intake or nutritional status of pregnant and lactating women or course and out come of pregnancy. There is an urgent need to identify undernourished pregnant and lactating women, give them nutrition and health education, antenatal care and additional food in a manner that that they can access so that there is improvement in their nutritional status.



India is undergoing demographic transition and the current decade is witnessing

the largest increase in the population of adolescents (Figure 1.1). Adolescents, who are undergoing rapid growth and development, are one of the nutritionally vulnerable groups. Data from NNMB surveys indicate that there is considerable undernutrition among adolescent girls from rural low-income group (Figure 1.2). Data from NFHS-II indicate that the median age at marriage of girls in India is 16 years and 61% of all girls were married before the age of 18. The mean age at first birth is 19.2. Undernutrition, anaemia and poor antenatal care inevitably





lead not only to increased maternal morbidity but also to higher incidence of low birth weight and perinatal mortality. Poor childrearing practices of these girls will add to infant morbidity and undernutrition, thus perpetuating the intergenerational cycle of under-nutrition. In spite of these well documented problems, so far adolescent girls have not got any benefit from the ongoing ICDS programme (Table 1.1). They cannot come to anganwadi every day to get food supplements. There is a need to explore mechanisms for identifying all adolescent girls, providing them nutrition and health education, identify those who are under nourished, provide them with food supplements and assess whether their nutritional status improves with these supplements.

Age	Mean BMI	Underweight %	Overweight %
15-39	19.3	38.8	1.7
20-24	19.3	41.8	3.6
25-29	19.8	39.1	7.3
30-34	20.4	35.0	11.7
35-49	21.1	31.1	16.8
All	20.3	35.8	10.6

*Source NFHS-II*

## 2. NUTRITION PROGRAMME FOR ADOLESCENT GIRLS

The Prime Minister in his Independence Day address in 2001 stated that food grains would be provided to combat under-nutrition in adolescent girls and pregnant and lactating women. The Tenth Plan has recommended a paradigm shift from untargeted food supplementation to universal screening of vulnerable persons belonging to vulnerable groups, identification of under nourished individuals and focused intervention to improve their nutritional status. Taking these into account a Pilot Project was initiated to operationalise the announcement of the Prime Minister. The project was named as Nutrition Programme for Adolescent Girls as the majority of the beneficiaries were adolescent girls and they had not been recipients of large scale food supplementation earlier.

### Selection of districts

The Project was taken up in two of the backward districts in each of the major states and most populous district (excluding the capital district) in the remaining smaller states/Union Territories (Annexure 2a). Departments of Women and Child Development are implementing the programme in the centre and in the states. Funds needed for the Pilot project were provided to the states as Special Additional Central Assistance from 2003-04. The Department of Food and Civil Supplies allocates food grains to the states at BPL rates. States provide food grains through TPDS totally free of cost to the families of identified under-nourished persons identified by anganwadi workers.

### Identification of undernourished persons

The project envisages that all pregnant and lactating women and adolescent girls in the selected districts would be weighed once in three months. Pregnant and lactating women weighing less than 40 kg and adolescent girls weighing less than 35 kg would be identified. Their families would be provided 6 kg of food grains/month free of cost for the next three months. The requirements of food grains were worked out using the estimated number of adolescent girls and pregnant and lactating women in the selected districts

#### Text Box 2.1: Details of Project

In 2002-03 the project envisaged that:

- All pregnant and lactating women and adolescent girls in these villages/towns will be weighed once in three months.
- Pregnant and lactating women weighing < 40 kg and adolescent girls weighing < 35 kg will be identified. Their families are provided 6 kg of food grains free of cost.
- They and their families are given nutrition education so that the undernourished persons do get additional portions from the family pot. Health care as required is provided by ANM.

In 2005-06 only the component pertaining to adolescent girls is operational and so the evaluation is limited to this.

based on the census (Annexure 2b). The number of adolescent girls has been worked out using the proportion of women in that age group at the State level estimated by the Working Group on Population Projections and female population of the selected districts as available in Census 2001. The proportion

for the selected districts of a State was assumed to be same as that for the entire State. To work out the number of pregnant and lactating women, data on crude birth rate from SRS was used. The proportion of undernourished adolescent girls and pregnant and lactating women was estimated using the BMI of the women in the 15-49 years age group as available from NFHS 1998-99 and the appropriate amount of food grains to be given to the undernourished persons over one year was computed. As actual data from these backward districts were not available, undernutrition rates

have been assumed to be the same as that at the state level. As expected most of the States found that these backward districts have higher number of undernourished girls and women than the figure computed from the state level average taken from NFHS. Some states attempted to get the actual number of underweight adolescent girls from the anganwadi after the survey and then place the request for appropriate amount of food grains to be given to the girls over the next three months. This however led to delays and problems in full utilization of the amount of the food grain allocated in the three-month period.

#### **Text Box 2.2: NPAG Scheme- 2005-06**

- Earlier Planning Commission allocated the ACA; Finance Ministry released the amount to the states.
- From 2005-06 MWCD allocates and releases funds.
- The Department of Food and Civil Supplies allocates food grains to the states at BPL rate.
- The project is being implemented by Ministry of Women and Child Development in the centre and in the states.
- Right at inception it was envisaged that the programme would be evaluated after two years of implementation.

#### **Reason for choosing food grains supplementation**

Pregnant and lactating women as well as adolescent girls are usually busy through out the day. Experience with the ICDS indicates that pregnant and lactating women are seldom able to come every day to collect the food supplements and less than one fourth of pregnant and lactating women collect food supplements provided by the anganwadi; even among those who come to collect food majority do not collect food for more than 20 days/month. In view of the poor utilization of the cooked food supplements, it was decided that the food grains that can be collected once a month and used throughout the month will be provided. Undoubtedly the 'take-home' food supplements provided will be shared with the family but that would add to household food security. Moreover the anganwadi worker would be providing nutrition education to the community, family and the undernourished person so that the families do ensure that the undernourished person gets the due share of the additional food grains provided to the family. Careful monitoring of the undernourished individual by anganwadi worker for weight gain is another mechanism for monitoring whether the undernourished person does get due shares from the food supplements provided. Guidelines issued by Planning Commission for implementation of the programme is in Annexure 2c and the Flow Chart for implementation of NPAG is in Annexure 2d.

## List of districts where NPAG was implemented

S.no	State	Districts
<b>Major States</b>		
1	Andhra Pradesh	Adilabad and Mahbubnagar
	Assam	Kokrajhar and Karbi anglong
	Bihar	Aurangabad and Gaya
	Gujarat	Panch mahal and Dohad
	Haryana	Ambala and Yamuna nagar
	Karnataka	Gulbarga and Kolar
	Kerala	Palakkad and Malappuram
	Maharashtra	Nanded and Nagpur
	Madhya Pradesh	Sagar and Damoh
	Orissa	Koraput and Kalahandi
	Punjab	Hoshiarpur and Jalandhar
	Rajasthan	Dungarpur and Banswara
	Tamil Nadu	Thiruvannamalai and Ramanathapuram
	Uttar Pradesh	Mirzapur and Sonbhadra
	West Bengal	Jalpaiguri and Puruliya
<b>Smaller States</b>		
	Arunachal Pradesh	Lohit
	Chattisgarh	Sarguja
	Goa	North goa
	Himachal Pradesh	Kangra
	Jammu and Kashmir	Anantanag
	Jharkhand	Pashchimi singhbhum
	Manipur	Senapati
	Meghalaya	East khasi hills
	Mizoram	Lunglei
	Nagaland	Tuensang
	Sikkhim	East
	Tripura	West tripura
	Uttaranchal	Hardwar
<b>Union Territories</b>		
	Andamans	
	Chandigarh	
	Dadra & Nagar Haveli	
	Diu	
	Daman	
	Lakshadweep	
	Karaikal (Pondicherry)	
	Northwest Delhi	

	Population as per Census 2001	CBR as per SRS 2000	Number of pregnant & lactating women	Female population (Census 2001)	projected proportion of adolescent	Estimated number of adolescent	Number of pregnant & lactating women adolescent	Proportion with BMI < 18.5 kg/m <sup>2</sup>	number beneficiaries	Requirement of funds in lakhs of Rupees	State-wise requirement of funds for nutrition	Balance @ Rs.400/ Centre Rs in lakhs	IEC/Trg. @ Rs.400/ centre Rs in lakhs	Other Exp. @ Rs.200/ Centre Rs in lakhs	Total req. of funds Rs in lakhs	50% of L Rs in lakhs	1st instt. Rs in lakhs	staple food	Require ment of food grains
<b>MAJOR STATES</b>																			
<b>ANDHRAPRADESH</b>	<b>5,986,223</b>	21.3			23.4			37.4			935.83	23.94	23.94	11.97	995.70	467.92	527.78	Rice	
Adilabad	2,479,347		52810	1233060		288536	341346		127663	519.33									69
Mahabubnagar	3,506,876		74696	1726884		404091	478787		179066	728.44									97
<b>ASSAM</b>	<b>1,742,724</b>	26.9			25.2			27.1			214.17	6.97	6.97	3.49	231.60	107.09	124.51	Rice	
Kokrajhar	930,404		25028	452162		113945	138973		37662	153.21									20
Karbi Anglong	812,320		21851	389721		98210	120061		32537	132.36									18
<b>BIHAR</b>	<b>5,469,943</b>	31.9			24.1			39.3			715.07	21.88	21.88	10.94	769.77	357.54	412.24	Wheat	
Aurangabad	2,004,960		63958	969203		233578	297536		116932	349.39									63
Gaya	3,464,983		110533	1675752		403856	514389		202155	604.04									109
<b>GUJARAT</b>	<b>3,660,257</b>	25.2			21.8			37.0			545.14	14.64	14.64	7.32	581.75	272.57	309.17	Rice	
Panch Mahal	2,024,883		51027	980673		213787	264814		97981	398.59									53
Dohad	1,635,374		41211	811406		176887	218098		80696	328.27									44
<b>HARYANA</b>	<b>1,996,029</b>	26.9			23.4			25.9			156.96	7.98	7.98	3.99	176.92	78.48	98.44	Wheat	
Ambala	1,013,660		27267	471294		110283	137550		35626	106.45									19
Yamunanagar	982,369		26426	454943		106457	132882		34417	102.84									19
<b>KARNATAKA</b>	<b>5,648,264</b>	22			22.8			38.8			896.28	22.59	22.59	11.30	952.76	448.14	504.62	Rice	
Gulbarga	3,124,858		68747	1533479		349633	418380		162331	660.36									88
Kolar	2,523,406		55515	1242253		283234	338749		131434	534.68									71
<b>KERALA</b>	<b>6,246,712</b>	17.9			18.7			18.7			407.49	24.99	24.99	12.49	469.96	203.75	266.21	Rice	
Palakkad	2,617,072		46846	1351278		252689	299535		56013	227.86									30
Malappuram	3,629,640		64971	1870161		349720	414691		77547	315.46									42
<b>MAHARASHTRA</b>	<b>6,919,602</b>	20.9			21.9			39.7			1063.22	27.68	27.68	13.84	1132.42	531.61	600.81	Rice	
Nanded	2,868,158		59945	1391857		304817	364761		144810	589.09									78
Nagpur	4,051,444		84675	1955955		428354	513029		203673	828.54									110
<b>MADHYA PRADESH</b>	<b>3,103,692</b>	31.2			22.7			38.2			377.78	12.41	12.41	6.21	408.81	188.89	219.93	Wheat	
Sagar	2,021,783		63080	948751		215366	278446		106366	317.82									57
Damoh	1,081,909		33756	568704		129096	162851		62209	185.88									34
<b>ORISSA</b>	<b>2,512,326</b>	24.3			23			48.0			512.38	10.05	10.05	5.02	537.51	256.19	281.32	Rice	
Koraput	1,177,954		28624	588516		135359	163983		78712	320.20									43
Kalahandi	1,334,372		32425	667246		153467	185892		89228	362.98									48
<b>PUNJAB</b>	<b>3,431,553</b>	21.5			21.3			16.9			159.44	13.73	13.73	6.86	193.75	79.72	114.03	Wheat	
Hoshiarpur	1,478,045		31778	714292		152144	183922		31083	92.88									17
Jalandhar	1,953,508		42000	915768		195059	237059		40063	119.71									22
<b>RAJASTHAN</b>	<b>2,607,457</b>	31.2			23.9			36.1			317.75	10.43	10.43	5.21	343.82	158.87	184.95	Wheat	
Dungarpur	1,107,037		34540	560941		134065	168604		60866	181.87									33
Banswara	1,500,420		46813	742041		177348	224161		80922	241.80									44
<b>TAMIL NADU</b>	<b>3,365,174</b>	19.2			20.2			29.0			359.20	13.46	13.46	6.73	392.85	179.60	213.25	Rice	
Thiruvannamalai	2,181,853		41892	1088662		219910	261801		75922	308.85									41
Ramanathapuram	1,183,321		22720	601253		121453	144173		41810	170.08									23
<b>UTTAR PRADESH</b>	<b>3,578,320</b>	32.8			23.3			35.8			425.32	14.31	14.31	7.16	461.10	212.66	248.44	Wheat	
Mirzapur	2,114,852		69367	999740		232939	302307		108226	323.38									58
Sonbhadra	1,463,468		48002	771817		179833	227835		81565	243.72									44

WEST BENGAL	5,938,437	20.6			23.5			43.7			1067.69	23.75	23.75	11.88	1127.07	533.85	593.23	Rice	
	Population as per Census 2001	CBR as per SRS 2000	Number of pregnant & lactating women	Female population (Census 2001)	projected proportion of adolescent	Estimated number of adolescent	Number of pregnant & lactating women adolescent	Proportion with BMI < 18.5 kg/m <sup>2</sup>	number beneficiaries	Requirement of funds in lakhs of Rupees	State-wise requirement of funds for nutrition	Balance @ Rs.400/ Centre Rs in lakhs	IEC/Trg. @ Rs.400/ centre Rs in lakhs	Other Exp. @ Rs.200/ Centre Rs in lakhs	Total req. of funds Rs in lakhs	50% of L Rs in lakhs	1st instt. Rs in lakhs	staple food	Require ment of food grains
Jalpaiguri	3,403,204		70106	1649926		387733	457839		200075	813.91									108
Puruliya	2,535,233		52226	1237154		290731	342957		149872	609.68									81
<b>SMALLER STATES</b>																			
<b>ARUNACHAL PRADESH</b>																			
		22.3			21.0			10.7			5.58	0.57	0.57	0.29	7.02	2.79	4.23	Rice	
Lohit	143,478		3200	66,226		13907	17107		1830	7.45									1
<b>CHATTISGARH</b>																			
		26.7			21.0			38.2			219.69	7.88	7.88	3.94	239.39	109.84	129.55	Wheat	
Sarguja	1,970,661		52617	971,465		204008	256624		98030	292.92									53
<b>GOA</b>																			
		14.3			21.0			27.1			73.08	3.03	3.03	1.51	80.65	36.54	44.11	Rice	
North Goa	757,407		10831	369,291		77551	88382		23952	97.43									13
<b>HIMACHAL PRADESH</b>																			
		22.1			21.0			29.7			114.50	5.35	5.35	2.68	127.88	57.25	70.63	Wheat	
Kangra	1,338,536		29582	678,312		142446	172027		51092	152.66									28
<b>JAMMU AND KASHMIR</b>																			
		19.6			21.0			26.4			113.41	4.68	4.68	2.34	125.11	56.71	68.41	Rice	
Anantanag	1,170,013		22932	561,293		117872	140804		37172	151.22									20
<b>JHARKHAND</b>																			
		26.5			21.0			39.3			238.60	8.32	8.32	4.16	259.40	119.30	140.10	Wheat	
Pashchimi Singhbhum	2,080,265		55127	1,027,554		215786	270913		106469	318.13									57
<b>MANIPUR</b>																			
		18.3			21.0			18.8			25.97	1.52	1.52	0.76	29.76	12.99	16.78	Rice	
Senapati	379,214		6940	182,568		38339	45279		8512	34.63									5
<b>MEGHALAYA</b>																			
		28.5			21.0			25.8			30.56	1.18	1.18	0.59	33.50	15.28	18.22	Rice	
East Khasi Hills	294,115		8382	144,956		30441	38823		10016	40.75									5
<b>MIZORAM</b>																			
		16.9			21.0			22.6			11.13	0.55	0.55	0.27	12.50	5.56	6.93	Rice	
Lunglei	137,155		2318	65,802		13818	16136		3647	14.84									2
<b>NAGALAND</b>																			
		12.2*			21.0			18.4			26.17	1.66	1.66	0.83	30.32	13.09	17.23	Rice	
Tuensang	414,801		5061	197,913		41562	46622		8579	34.90									5
<b>SIKKHIM</b>																			
		21.8			21.0			11.2			9.86	0.98	0.98	0.49	12.31	4.93	7.38	Rice	
East	244,790		5336	112,045		23529	28866		3233	13.15									2
<b>TRIPURA</b>																			
		16.5			21.0			27.1			150.53	6.12	6.12	3.06	165.84	75.27	90.57	Rice	
West Tripura	1,530,531		25254	746,706		156808	182062		49339	200.71									27
<b>UTTARANCHAL</b>																			
		20.2			21.0			35.8			136.46	5.78	5.78	2.89	150.90	68.23	82.67	Wheat	
Hardwar	1,444,213		29173	671,040		140918	170092		60893	181.95									33
<b>UNION TERRITORIES</b>																			
Andamans	314,239	19.1	6002	143,861	21.0	30211	36213	29.0	10502	42.72	32.04	1.26	1.26	0.63	35.18	16.02	19.16	Rice	6
Chandigarh	900,914	17.5	15766	392,690	21.0	82465	98231	16.9	16601	49.60	37.20	3.60	3.60	1.80	46.21	18.60	27.61	Wheat	9
Dadra & Nagar Haveli	220,451	34.9	7694	98,720	21.0	20731	28425	39.7	11285	45.91	34.43	0.88	0.88	0.44	36.63	17.21	19.42	Rice	6
Diu	44,110	23.7	1045	23,269	21.0	4886	5932	39.7	2355	9.58	7.18	0.18	0.18	0.09	7.63	3.59	4.03	Rice	1
Daman	113,949	23.7	2701	42,312	21.0	8886	11586	39.7	4600	18.71	14.03	0.46	0.46	0.23	15.17	7.02	8.16	Rice	2
Lakshadweep	60,595	26.1	1582	29,477	21.0	6190	7772	18.7	1453	5.91	4.43	0.24	0.24	0.12	5.04	2.22	2.82	Rice	1
Karaikal (Pondicherry)	170,640	17.8	3037	86,275	21.0	18118	21155	29.0	6135	24.96	18.72	0.68	0.68	0.34	20.42	9.36	11.07	Rice	3
North West Delhi	2,847,395	20.3	57802	1,283,094	21.0	269450	327252	12.0	39270	117.34	88.00	11.39	11.39	5.69	116.48	44.00	72.48	Wheat	21
<b>TOTAL REQUIREMENT OF FUNDS</b>										12727.11	9545.33	315.14	315.14	157.57	10333.18	4772.67			1881

\* : Urban Birth Rate Note: 1. To select the districts, the ranking done on index of backwardness has been used. If a district with rank 3 or 4 is much more populous than those with ranks 1 or 2, then the more populous districts have been selected.  
2. Proportion of adolescent females in the smaller states and UTs has been estimated by working out the combined proportion for these as (adolescent female population of the country - ad. fem. pop. of major states)/total population of smaller states+UTs and assuming the same proportion for eachState/UT.  
3. The States/UTs for which the estimates of undernourishment is not available, the proportion of the neighbouring State has been assumed.  
4. Cost has been worked out taking the BPL prices and assuming the people of Bihar, Jharkhand, M.P., Chattisgarh, Rajasthan, U.P., Uttaranchal, Punjab, Haryana, H.P. and Delhi to be wheat (Rs.4.15/kg) eaters and the rest as rice (Rs.5.65/kg) eaters.

**Guidelines for Operationalizing PM's Announcement to provide food-grains to Pregnant and Lactating Women and Adolescent Girls (sent by Planning Commission in 2002).**

A pilot project is being initiated to operationalize the above announcement of the Prime Minister. The project will be taken up in two of the backward districts in each of the major states identified on the basis of ranking developed by R.D. Division of the Planning Commission and most populous district (excluding the capital district) in remaining smaller states/UTs. The Pilot project is initially for a period of two years. The funds for the Year 2002-03 is being given as Special Additional Central Assistance to the states so that they can provide food grains through TPDS totally free of cost to the families of identified undernourished persons. The Planning Commission will be issuing the ACA Order shortly.

The programme will be operationalized through the DWCD in the Centre and in the states. The food-grains at BPL rates will be provided to the states for the programme. Anganwadi workers hold the key to this programme. In the selected districts, every Anganwadi worker will be given an adult weighing machine. The funds for this have been provided in the ACA. State Governments will procure weighing machine locally and distribute the same to all the Anganwadi workers within a period of two weeks.

The Anganwadi workers are already trained in weighing children. A short training course will be given to ensure that they do follow appropriate quality control measures and accurately learn to weigh pregnant and lactating women and adolescent girls. The funds for this training are also provided as a part of ACA. As a part of the training programme, the Anganwadi workers, supervisors and the CDPO will be trained to give appropriate nutrition education to these two groups; it is expected that they in turn will impart the knowledge to community and families, bring about a change in the existing pattern of intrafamilial distribution of food so that undernourished pregnant and lactating women and adolescent girls get their due share of the family food to meet their nutritional requirements. Improvement in food security of the family through the free food grain and improved intra-familial distribution of food as a result of nutrition education when coupled with health care can result in substantial improvement in the nutritional status of these undernourished individuals.

Guidelines to be followed by the Anganwadi Workers and Supervisors:

1. AWWs will weigh all pregnant and lactating women and adolescent girls in the community four times in a year. First round of weighment will be completed in August 2002. They will identify pregnant and lactating women with body weight less than 40 kg and adolescent girls with body weight less than 35 kg.
2. AWWs will give the identified women/girls a signed note requesting the PDS shop to provide the family of the identified undernourished person 6 kg of food-grains (wheat/rice based on habitual consumption pattern of the state) totally free of cost. The Anganwadi workers will continue to sign the request every month for a period of

three consecutive months to enable the family to collect 6 kg of food-grains totally free of cost from the PDS shops every month for three consecutive months.

3. The Supervisor will randomly check about 5% of individuals who had been weighed for accuracy. She will ensure that accurate records of weights of women and girls are maintained at the Anganwadi, compiled and reported in the format supplied.
4. The Anganwadi workers and ICDS supervisors will monitor and report every month the regularity of off-take of food-grains. If the families are not taking food-grains from PDS shops they will be persuaded to do so. In case there are any lacunae in the food-grains supply at PDS shop, the ICDS supervisors or CDPO will take up the matter at appropriate level and sort out the problem.
5. The AWWs will provide appropriate nutrition education to the beneficiaries and their families. The ANMs will provide necessary health education & health check-up to them and if any problem is detected, the beneficiaries with problem will be referred to the PHC doctor.
6. At the end of three months all these under nourished persons will be weighed. Those who show improvement in nutritional status and hence cross the cut off point for weight or cross the eligible group (e.g. no longer lactating or crossed 19 years) will no longer receive food-grains. Those persons who in spite of receiving food grains for three consecutive months have not shown improvement in nutritional status will be investigated by AWW/ANM, if necessary referred to doctor and report the reasons for non-improvement. They will in the mean time continue to receive free food grains for the next three months.
7. As a part of the routine weighment, all the other eligible persons (even those who were not covered in the earlier round) will also be weighed. Some of the persons who had earlier been above the cut off point may now be below the cut off point. They will be given food grains every month for the next three months .

Elected representatives, especially women in PRIs, NGOs and Women self-Help Group will be involved in advocacy, nutrition education, improving community participation and local monitoring of the programme.

A proforma has been designed to report the data on three monthly weighment as well as the off-take of food grains, proportion of people who had received food grains and the proportion who had crossed the cut-off point. The report will be sent to by the State Department of WCD to Central DWCD and Planning Commission for monitoring the project. Based on the review of performance upto December, the funds towards the second installment will be released by the Planning Commission.

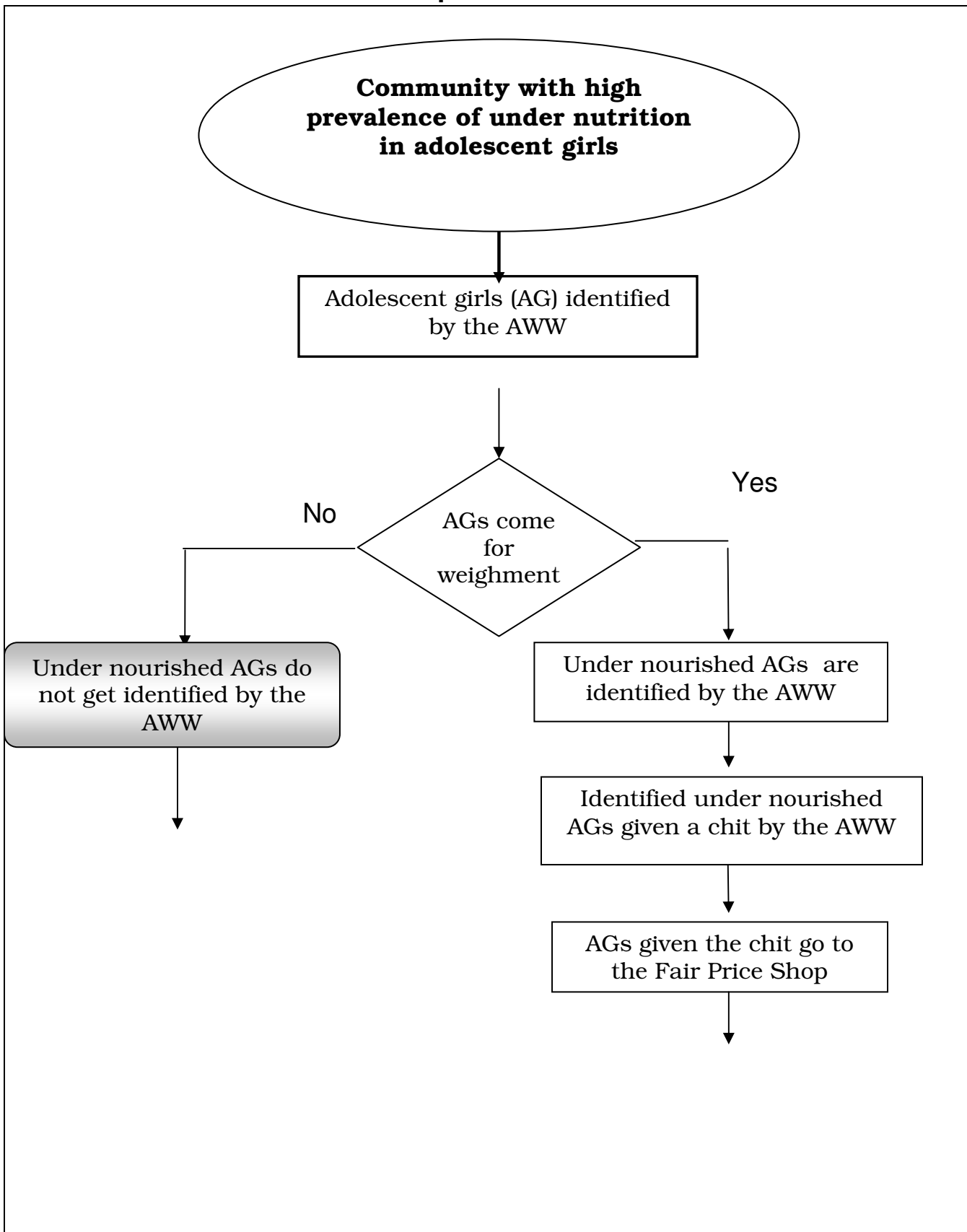
Performance under the programme will be assessed on the basis of the following performance criteria:

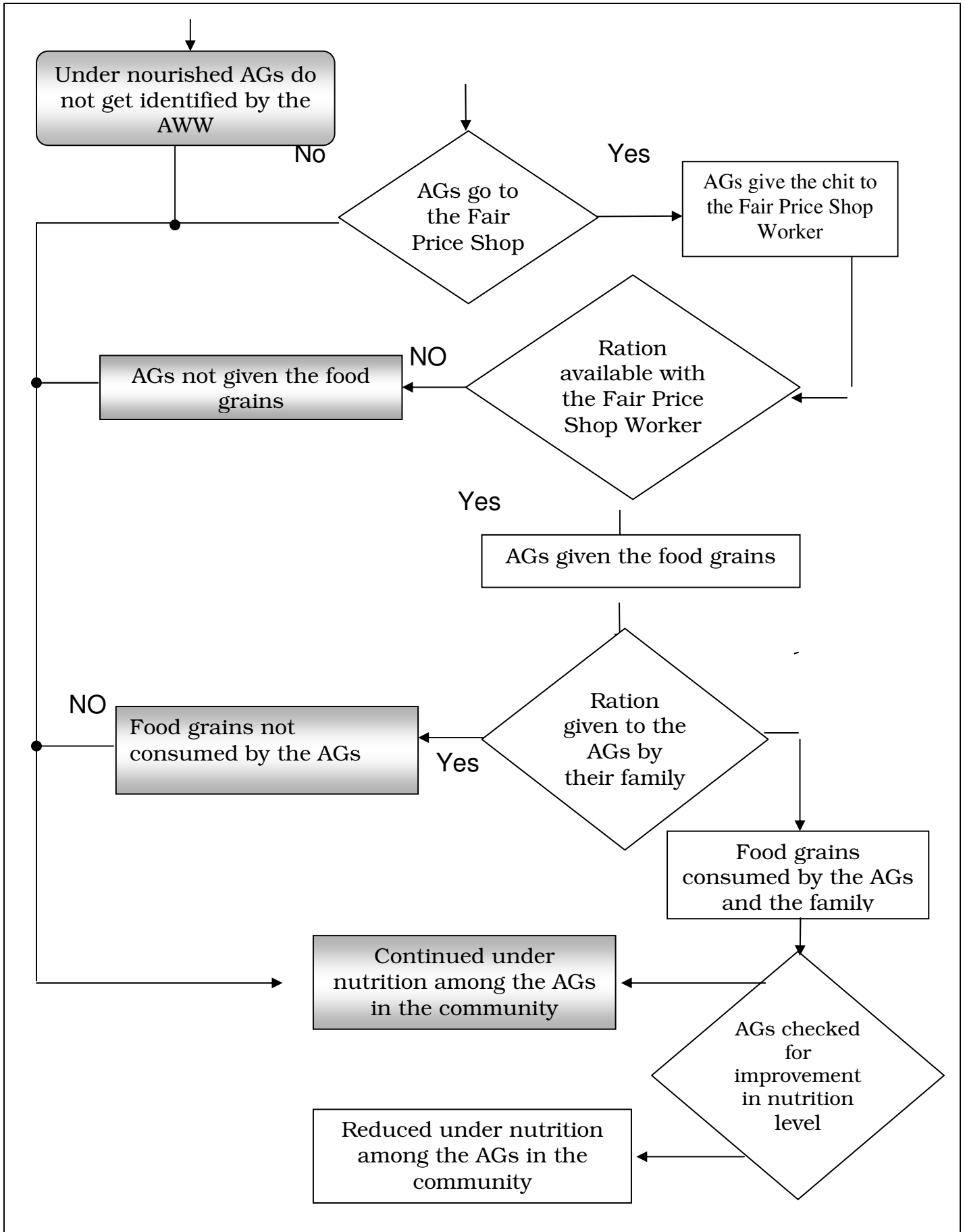
- i) Number of under-nourished women and adolescent girls identified through the programme;
- ii) Number of families who have under-nourished persons and take the grains from the PDS;
- iii) Number of these persons who had taken grains continuously for three months and have crossed a cut-off point after taking food-grains

**The programme will be evaluated after completing two years of implementation.**



### Flow chart for Implementation of NPAG





### 3. EVALUATION OF THE NPAG PROGRAMME

Right at the time of initiation of the programme in 2002-03, it was envisaged that after two years of implementation the project would be evaluated. The Ministry of Women and Child Development entrusted the task of evaluation of the NPAG programme to Nutrition Foundation of India in April 2006.

**Objective of the evaluation** was to assess the performance of NPAG under existing conditions in ten poorly performing districts of ten states.

#### **Parameters for evaluation**

##### ***Financial and administrative component***

For the programme to succeed there has to be coordinated activity at the state, center and district level in terms **of timely release of funds and food grains**. Therefore information on this was collected from the centre, state and district level officials from Finance, DWCD and PDS (Annexure 3c)

##### ***Implementation at the field level*** (Annexure 3c)

Evaluation of the implementation of the programme was done by collecting information about implementation of the programme from

- the anganwadi,
- ration shop
- the households

The programme has been implemented in the most backward districts in major states. These districts therefore may have problems which come in the way for effective implementation of the programme; in order to eliminate this bias, efforts will be made to compare the performance and coverage levels for other programmes in ICDS in the same anganwadi/ district.

The organisational structure of the programme and framework of evaluation is given in Annexure 3a and 3b.

#### **Choice of states/ districts**

The programme is currently under operation in 51 districts in 35 states and UTs. For the evaluation purposive sampling of states was done from different regions of the country (north, south, east and west), different population sizes (large medium and small), interest shown (very active to showing very little interest) and their performance and difficulties in implementation of the NPAG (Annexure 3b). The district for evaluation was chosen taking into account interested Principal Investigators (PI) working in the Home Science Colleges/Medical Colleges/ Research Agencies are located near the district. The fact that institutions in the vicinity of the district were taking up the evaluation reduced the cost of travel. It also enabled the investigators to use persons adept in the local language as investigators and gain better cooperation from the service providers

and the population. Another advantage of using this procedure was that this resulted in improvement in the awareness level regarding ongoing nutrition programmes in the participating colleges and thus helped in human resource development. The evaluation was taken up in Kerala, Tamil Nadu, Gujarat, Rajasthan, Orissa, UP, Delhi, Chattisgarh, Mizoram and Uttaranchal. The states districts chosen, the Principal Investigator who under took the evaluation in the district and the institution to which they are affiliated are indicated in Table 3.1.

<b>S.No.</b>	<b>State</b>	<b>District</b>	<b>Principle Investigator</b>	<b>Designation and Institutional affiliation</b>
1	Rajasthan	Banswara	Dr. M Kapoor	Professor (Retd) Deptt of Homes Science, University of Rajasthan, Jaipur
2	Delhi	Delhi	Dr. Prema Ramachandran	Director, Nutrition Foundation of India, New Delhi
3	Uttaranchal	Haridwar	Dr. Sushma Sharma	Consultant, Nutrition Foundation of India, New Delhi
4	Orissa	Kalahandi	Dr. Saraswati Swain	NIAHRD, Kalyaninagar, Cuttack
5	Mizoram	Lunglei	Dr. Lalrintluangi	Deputy Commisioner (Retd), Mott FW
6	Kerala	Palakkad	Dr. Saradha Ramadass	Reader Deptt of SMD, Avinashilingam University, Coimbatore
7	Gujarat	Panchmahal	Dr. P.V.Kotecha	Professor & Head, Preventive & Social Medicine, Govt. Medical College, Vadodara
8	Uttar Pradesh	Sonbhadra	Dr. S. Dwivedi	Prof. & Head Deptt. Of Community Medicine, MLN Medical College, Allahabad
9	Chattisgarh	Surguja	Dr. Sunderaraman	State Health Resource Centre Chattisgarh, Raipur
10	Tamil Nadu	Thiruvanamallai	Dr. Jayam	Director, Perinatal Research Foundation. Chennai

### **Sampling procedure for NPAG**

A multi-stage stratified sampling design adopted in District Level Household Survey under Reproductive and Child Health Survey (DLHS-RCH) was used in the evaluation. For DLHS, in each selected district, 40 Primary Sampling Units (PSUs – Villages/UFS) were selected with probability proportional to size (PPS) using 1991 Census data. All the villages were stratified according to population size and female literacy and used for implicit arrangement within each stratum. The distribution of number of rural and urban PSUs was made as per the percent of urban population in the district. The target sample size in each district was set at 1000 complete residential households from 40 selected PSUs. In next stage, within each PSU, 28 residential households were selected with Circular Systematic Random Sampling (CSRS) procedure in order to take care of 10 percent non-response due to various reasons. If a PSU was inaccessible, a replacement PSU with similar characteristics was selected by Nodal agency and

provided to Principal Investigator. The National Sample Survey Organization (NSSO) provided the list of selected urban frame survey (UFS) blocks on the basis of percent urban population in the district. The UFS were made available separately for each district for urban areas. The maps of selected blocks were obtained from the NSSO field office located in each state/union-territory. The list of PSUs (urban and rural) in the selected ten districts were obtained from IIPS Mumbai. Using the same PSUs and covering the same number of households in each PSU ensured that the appropriate sampling is done for the evaluation and adequate number of the adolescent girls are covered.

### **House listing**

The DLHS envisaged that all the households in the PSU will be enumerated and 28 households will be selected from each PSU by CSRS . However the focus of the NPAG evaluation is the anganwadi. Therefore for the NPAG evaluation the first step was to identify and locate the Anganwadi in the PSU. If the PSU contains only one anganwadi then the 28 households were chosen by CSRS from the household listing provided by the AWW. If there were two anganwadis 14 households from each anganwadi were chosen ; if there were three or more anganwadis in the PSU then two anganwadis were to be chosen randomly and from each anganwadi 14 households were selected. It is possible that the PSU is small and the anganwadi caters to a larger population. In this case also from the anganwadi household listing 28 households was chosen by CSRS and surveyed. Each of the households identified by the CSRS was surveyed irrespective of the fact whether the household has an adolescent girl or not. For the urban PSUs, in selected UFS as provided by NSSO, there was no need of segmentation as they were of almost equal size and had only one anganwadi. The anganwadi in the PSU was selected and from the anganwadi household listing, 28 households are selected by CSRS and surveyed. The possible relationships between anganwadi and PSU and the procedure to be adopted in selection of households under each of these options is shown in Annexure 3d.

### **Proformae for evaluation of the pilot project (Annexure 3e)**

The evaluation assessed the process of implementation of the project at centre, state, district and village level.

There are three major Departments involved in implementation of this project:

- The finance Department - for release of funds required
- Food and civil supplies Department – for providing the needed food grains at subsidised cost
- Department of Woman and child Development- for implementation of the programme

As a part of the evaluation the persons dealing with the project in **each of the three departments in the centre and the state** were interviewed to ascertain

- the problems in implementation
- the benefits and opportunities that the scheme may provide

During the implementation of the project and the measures that they have taken to correct the problems and derive optimal benefits from the project.

A similar interview was conducted with the personnel at the district, block and village level. Through these interviews it was possible to get a composite picture of the implementation of the programme at various levels from the providers perspectives. The data on funds provided and utilised in each year was obtained at the centre, state and district level. At field level data was collected from ration shop workers, anganwadi workers and households.

### **Nutritional assessment**

The evaluation team checked the balances available in each anganwadi for accuracy and sensitivity. All adolescent girls in the identified households were weighed so that data proportion of girls in the district with weight less than 35 kg could be computed

### **Meeting of the Task Force**

NFI constituted a Task Force to oversee the study. The Members of the Task Force are indicated in Annexure 3f. The Task force met on 18<sup>th</sup> April 2006, considered and approved the proposed study design, investigators, proforma for data collection and data analysis plan. The minutes of the Task force meeting is given in Annexure 3f.

### **Investigator's meeting**

The investigators meeting was organised at NFI on 11<sup>th</sup> and 12<sup>th</sup> May 2006. The study design, methodology and proformae for data collection were discussed in detail. All the investigators were taken to the North West Delhi where the NFI team was carrying out the evaluation for orientation training. The first instalment of grant for the study and proformae for data collection from state, district, ration shop, anganwadi and household were given to each investigators was handed over to the investigators at the meeting so that they could initiate the recruitment and training of the investigators as soon as they return

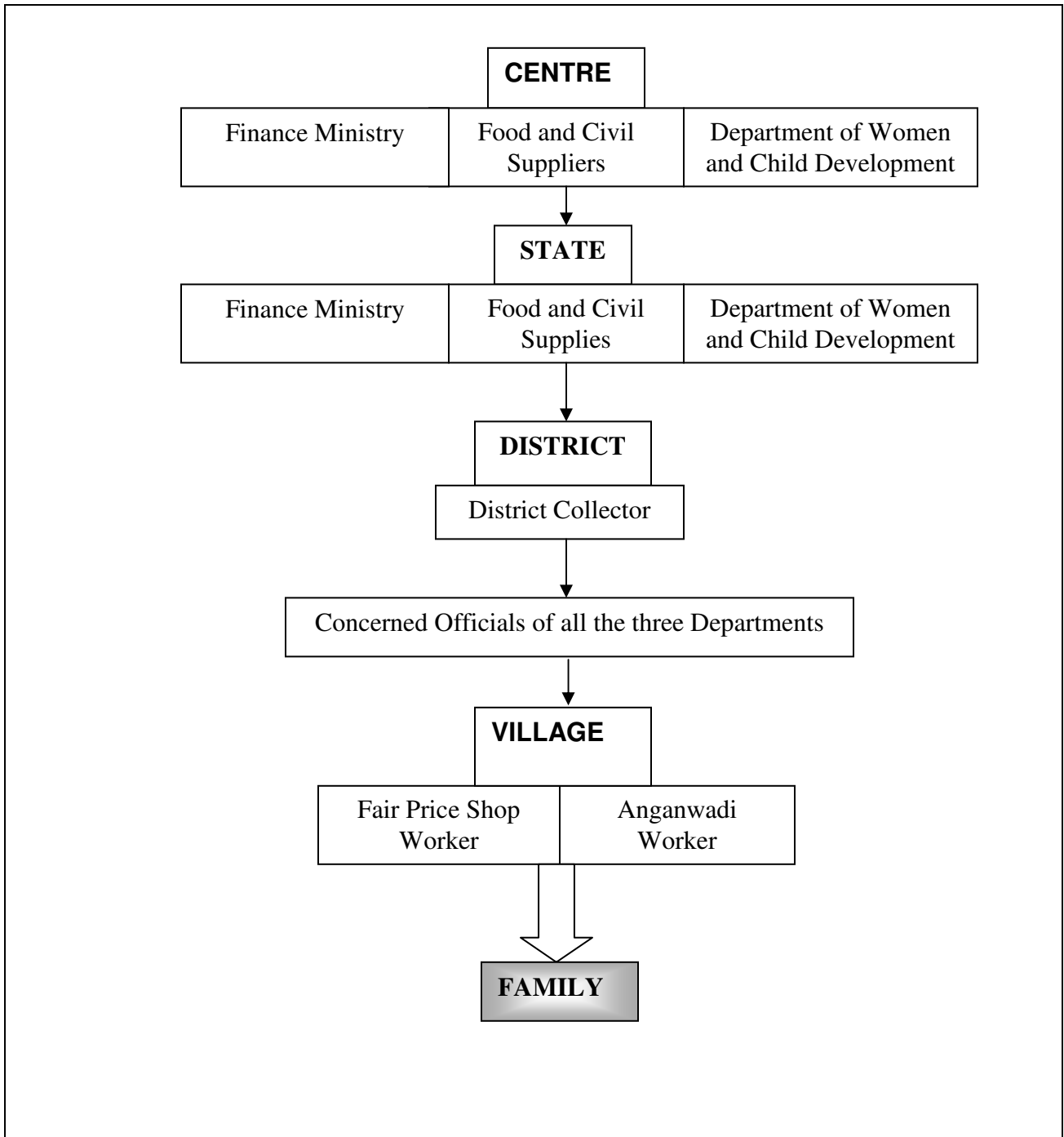
### **Data collection**

Soon after their return most of the Principal investigators recruited and trained the investigators who were to collect the data in the households and anganwadis form the selected PSU. However there were differences in time when data collection was initiated and even greater difference in the date by which data collection was completed (Annexure 3g). To a large extent these were due to adverse climatic conditions such as monsoon in Mizoram and Kalahandi and

summer heat in Rajasthan. However all the centres did complete the evaluation. In many of the states the NPAG programme was operational only in rural ICDS blocks and not in urban ICDS blocks. In these states evaluation was done only in rural PSUs. At few places PSUs didn't have anganwadi, so the nearby area similar to PSU given was chosen and evaluation was done after receiving approval from Task force members.

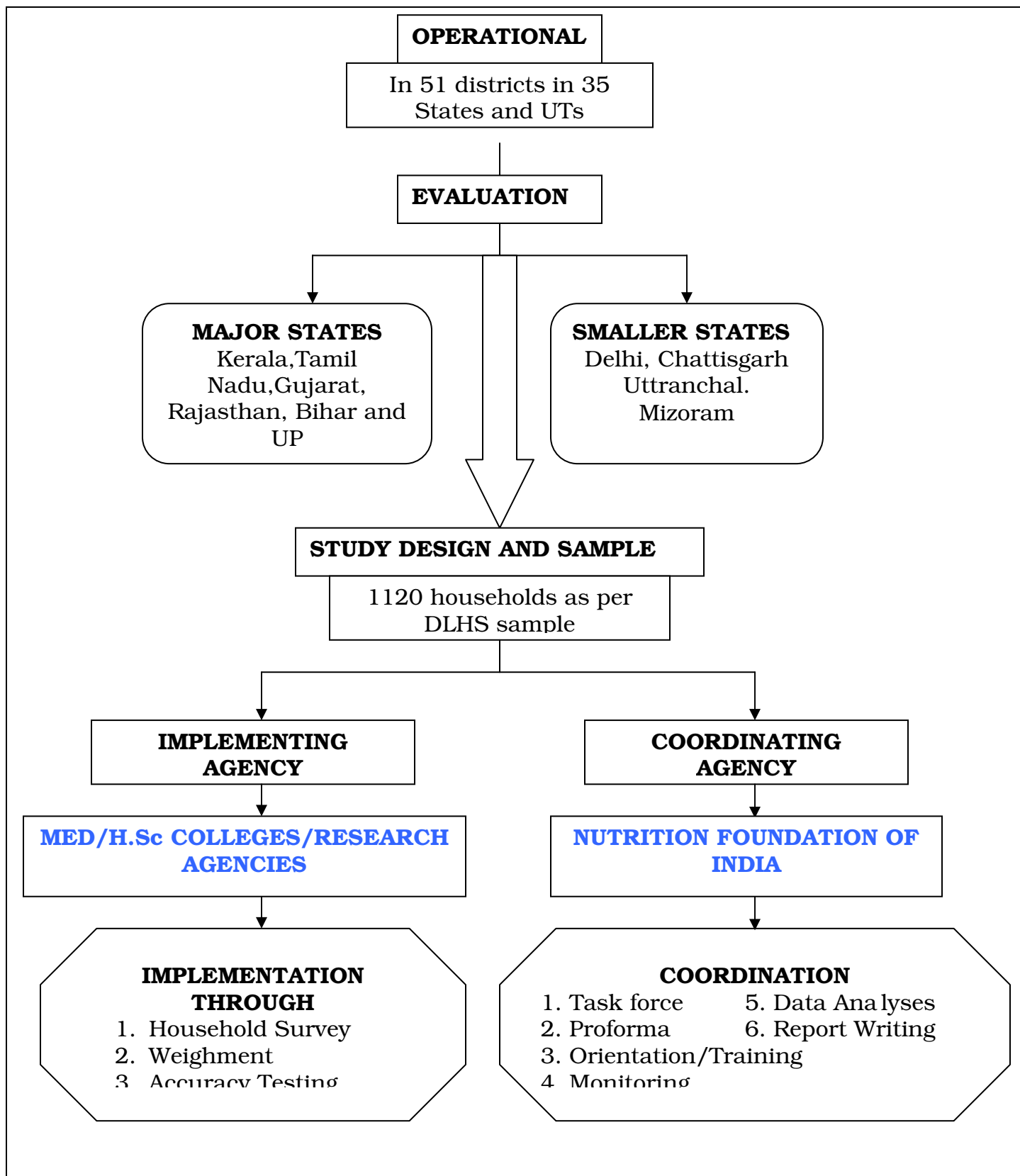
### **Data scrutiny, data entry and analysis**

As soon as the forms were received they were scrutinised by the NFI team. As and when any discrepancies and problems in proforma were detected, the investigators were contacted and clarifications were obtained. After rectification data from the household and anganwadi forms were entered. Data analysis was carried out at NFI and the state specific draft reports were prepared. These along with the tables were then sent to the Principal Investigators for review and were then finalised taking into account their comments. In addition to the state specific reports, the ten state urban rural summary report was prepared.

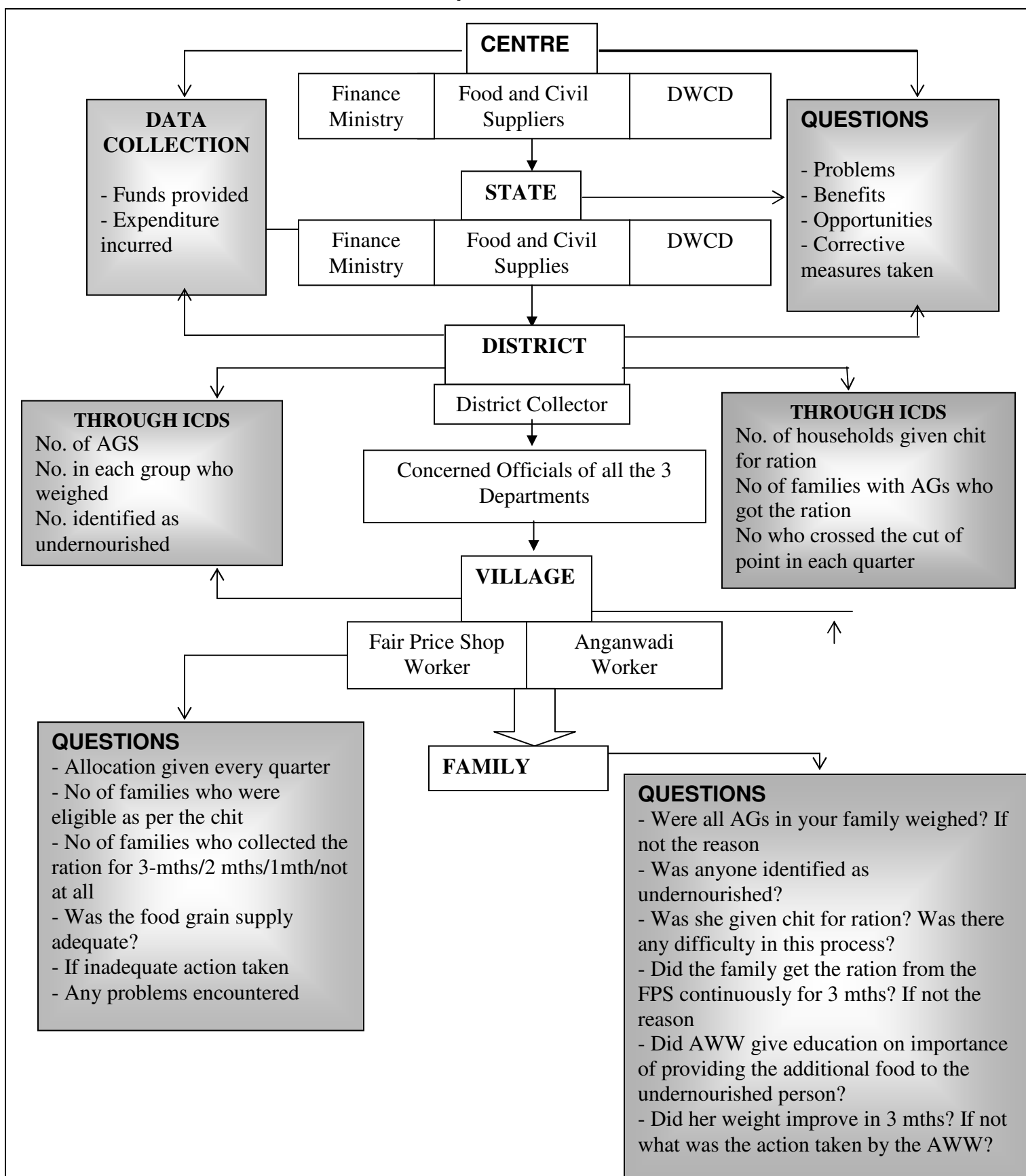
**Organisational structure of the programme**



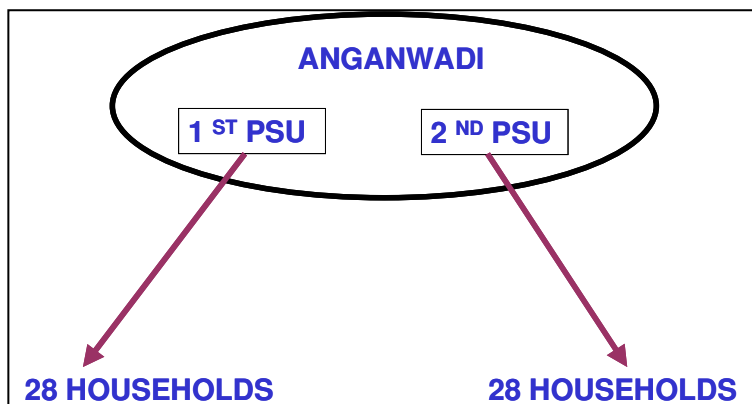
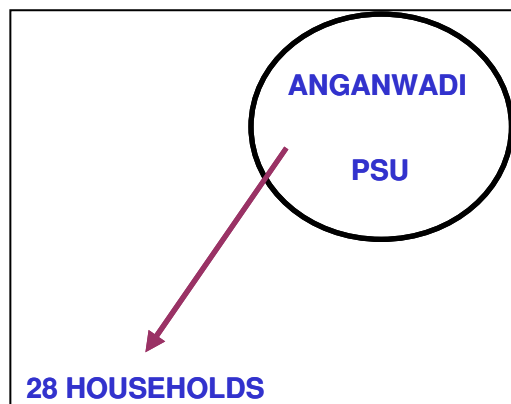
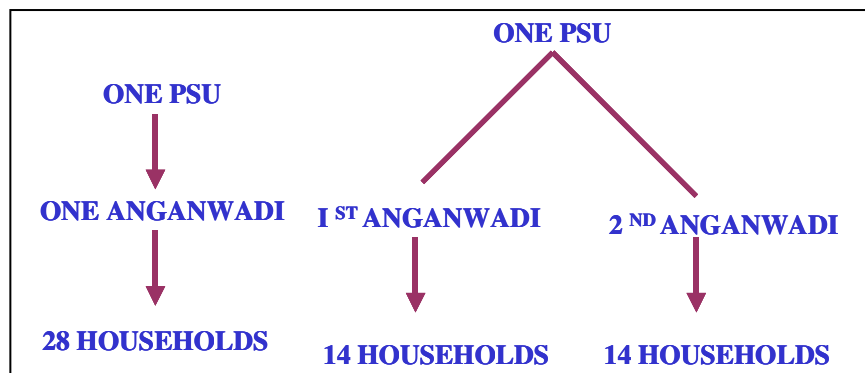
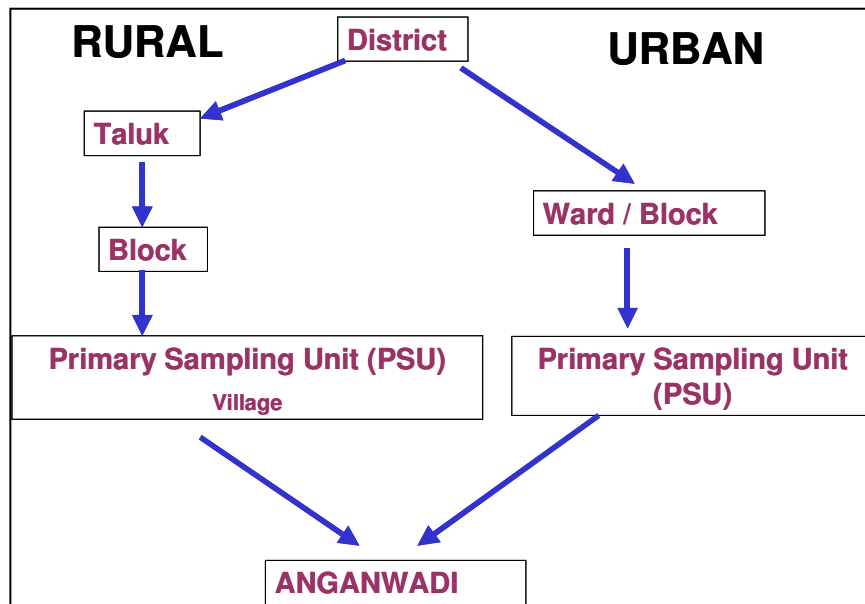
## Evaluation –Frame Work



## Evaluation questions - At different levels



Different procedures for selection of PSUs and anganwadi for evaluation



Proforma 1			
Centre level- Finance Department			
Name and designation of the officer:			
Department:			
City:			
State:			
Q. No.		Q. No.	Code/ No.
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	
	Specify		

### Details of funds allocated to the States

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> . installment		4 <sup>th</sup> . installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

### Details of funds released to the States

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> . installment		4 <sup>th</sup> . installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

Proforma 2			
Centre level- Civil Supplies Department			
Name and designation of the officer:			
Department:			
City:			
State:			
Q. No.		Q. No.	Code
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	
	Specify		

### Details of food supplies allocated by the Centre to the States

Name of the State	1 <sup>st</sup> . installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> Installment			4 <sup>th</sup> installment			
	Year	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
	2002-03												
	2003-04												
	2004-05												
	2005-06												

### Details of food supplies released by the Centre to the States

Name of the State	1 <sup>st</sup> . installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> Installment			4 <sup>th</sup> installment			
	Year	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
	2002-03												
	2003-04												
	2004-05												
	2005-06												

Proforma 3			
Centre Level- Department Of Women and Child Development			
Name and designation of the officer:			
Department:			
City:			
State:			
Q. No.		Q. No.	Code
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	
	Specify		

### Details of funds allocated by the Centre to the States

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> installment		4 <sup>th</sup> installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

### Details of food supplies released by the Centre to the States

Name of the State	1 <sup>st</sup> installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> Installment			4 <sup>th</sup> installment		
	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
2002-03												
2003-04												
2004-05												
2005-06												

<b>Proforma 4</b>			
<b>State level- Finance Department</b>			
<b>Name and designation of the officer:</b>			
<b>Department:</b>			
<b>City:</b>			
<b>State:</b>			
Q. No.		Q. No.	Code
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	

### Details of funds released from Centre to States

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> installment		4 <sup>th</sup> installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

### Details of funds released from State to District

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> installment		4 <sup>th</sup> installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

<b>Proforma 5</b>			
<b>State level- Civil Supplies Department</b>			
<b>Name and designation of the officer:</b>			
<b>Department:</b>			
<b>City:</b>			
<b>State:</b>			
Q. No.		Q. No.	Code
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	

### Details of food supplies released by Centre to States

Name of the State	1 <sup>st</sup> . installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> Installment			4 <sup>th</sup> installment		
	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
2002-03												
2003-04												
2004-05												
2005-06												

### Details of food supplies released by State to District

Name of the State	1 <sup>st</sup> . installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> Installment			4 <sup>th</sup> installment		
	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
2002-03												
2003-04												
2004-05												
2005-06												



<b>Proforma 6</b>			
<b>State Level- Department Of Women and Child Development</b>			
<b>Name and designation of the officer:</b>			
<b>Department:</b>			
<b>City:</b>			
<b>State:</b>			
Q. No.		Q. No.	Code
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	

### Details of funds released by State to districts

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> installment		4 <sup>th</sup> installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

### Details of food supplies released by State to districts

Name of the State	1 <sup>st</sup> installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> Installment			4 <sup>th</sup> installment			
	Year	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
2002-03													
2003-04													
2004-05													
2005-06													

Proforma 7			
District level- Finance Department			
Name and designation of the officer:			
Department:			
City:			
State:			
Q. No.		Q. No.	Code
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	

### Details of funds received by District

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> installment		4 <sup>th</sup> installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

### Details of funds provided to PDS

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> installment		4 <sup>th</sup> installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

<b>Proforma 8</b>			
<b>District level- Civil Supplies Department</b>			
<b>Name and designation of the officer:</b>			
<b>Department:</b>			
<b>City:</b>			
<b>State:</b>			
Q. No.		Q. No.	Code
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	

### Details of food supplies released by State to district

Name of the State	1 <sup>st</sup> . installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> Installment			4 <sup>th</sup> installment		
	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
2002-03												
2003-04												
2004-05												
2005-06												

### Details of food supplies released by District to the ration shops

Name of the State	1 <sup>st</sup> . installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> Installment			4 <sup>th</sup> installment		
	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
2002-03												
2003-04												
2004-05												
2005-06												

Proforma 9			
District level- Department of Women and Child Development			
Name and designation of the officer:			
Department:			
City:			
State:			
Q. No.		Q. No.	Code
1	How long have you been involved in implementation of the project (code in months)?	1	
2	In your department are there any specific guidelines for implementation of the project? 1. Yes 2.No	2	
	If yes, specify		
3	If earlier guidelines did you issue any guidelines? 1. Yes 2.No	3	
	If yes, specify		
4	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No 9. N.A.	4	
	If yes, specify		
5	What corrective measures have you taken in handling these problems? 1. Yes 2. No 9. N.A.	5	
	If yes, specify		
6	What do you think are the benefits and opportunities of this project?	6	

### Details of funds provided to PDS

Name of the State/District	1 <sup>st</sup> installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> installment		4 <sup>th</sup> installment	
	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs	Date	Rs in lakhs
2002-03								
2003-04								
2004-05								
2005-06								

### Details of food supplies released by District to the ration shops

Name of the State	1 <sup>st</sup> installment			2 <sup>nd</sup> installment			3 <sup>rd</sup> installment			4 <sup>th</sup> installment			
	Year	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount	Date	Type of grain	Amount
	2002-03												
	2003-04												
	2004-05												
	2005-06												

## EVALUATION OF NUTRITION PROGRAMME FOR ADOLESCENT GIRLS

### RATION SHOP PROFORMA

STATE: \_\_\_\_\_ DISTRICT: \_\_\_\_\_ VILLAGE/ TOWN: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ LICENSE NUMBER \_\_\_\_\_

Q. No.		Q. No.	Code
1	Do you know that undernourished adolescent girls get 6 kg of food grains /month free of cost? 1. Yes 2. No	1	
2	Is your ration shop providing food grains to them? 1. Yes 2. No	2	
3	Do you get monthly supply of food grains for this project 1. Yes 2. No	3	
4	Is the food grain supply regular? 1. Yes 2. No	4	
5	Is the food grain supply adequate? 1. Yes 2. No	5	

6. Can you give us details of food grains (in Kg) received and distributed since the programme began?

Period	1st installment		2 <sup>nd</sup> installment		3 <sup>rd</sup> Installment		4 <sup>th</sup> installment	
Year	Amount received	Amount distributed	Amount received	Amount distributed	Amount received	Amount distributed	Amount received	Amount distributed
2002-03								
2003-04								
2004-05								
2005-06								

7. How many chits did you receive and gave rations in the last 12 months?

Month	Number of Chits	Month	Number of chits	Month	Number of Chits	Month	Number of chits
1		4		7		10	
2		5		8		11	
3		6		9		12	

8. In the last three months how many families collected the ration using those chits?

Months	Number of Families who brought chits
All 3 months	
2 months	
Only 1 month	

Q. No.		Q. No.	Code
9	Are you facing any problems in implementation/ monitoring of the programme? 1. Yes 2.No	9	
10	If yes what kinds of problems do you face? 1. Irregular supply of food grains 2. Girls/families do not come to collect rations 3. No stock 4. Added burden of maintaining records	10	
11	What corrective measures have you taken in handling these problems? 1. Inform higher authorities 2. Any other	11	
12	What do you think are the benefits of this project? 1. Improved nutritional status of girls 2. Improving household food security	12	
13	Do you think that this project should continue? 1. Yes 2. No	13	
	If yes, specify		

Name of Investigator: \_\_\_\_\_

Centre: \_\_\_\_\_

Date: \_\_\_\_\_

**EVALUATION OF NUTRITION PROGRAMME FOR ADOLESCENT GIRLS  
ANGANWADI PROFORMA**

Q.No.		Q.No.	Code/ No.
1	State/ District-	1	
2	Anganwadi Centre code	2	
3	Number of households under the anganwadi	3	
4	Total population under anganwadi	4	
5	Supply of foods to anganwadi in last month		
5.1	Cereals (Kgs/month)-	5.1	
5.2	Pulses (Kgs/month)-	5.2	
6	Type of food provided 1. Food grains 2. RTE 3. Cooked food 4. Any other specify- 5. Combination, specify	6	
7	Persons registered in the anganwadi		
7.1	Number of children 7-12 months	7.1	
7.2	Number of children 1- 3 years	7.2	
7.3	Number of children - 3-6 years	7.3	
7.4	Number of pregnant women	7.4	
7.5	Number of lactating women	7.5	
7.6	Number of adolescent girls	7.6	
8	Under the NPAG scheme are you		
8.1	Weighing all adolescent girls	1. Yes 2. No	8.1
8.2	Identifying girls < 35 Kg	1. Yes 2. No	8.2
8.3	Distributing chits to those < 35 kg	1. Yes 2. No	8.3
8.4	Request them to collect grains from ration shops	1. Yes 2. No	8.4
8.5	Giving nutrition and health education	1. Yes 2. No	8.5
9	Were you given orientation training in weighing?	1. Yes 2. No	9
10	Were you given an adult weighing scale?	1. Yes 2. No	10
11	How do you check the weighing scale for accuracy? 1. Do not check, 2. Adjusting zero error 3. With std. weight (1/2 Kg 1 Kg) 4. With std. weight + ado girl 5. With std. Weight + ado girl & removing std weight 6. Any other		11
12	Demonstration of method for checking weighing scale 1. Satisfactory 2. Not satisfactory		12
13	When did you last check it for accuracy? 1. Less than a week 2. Less than a fortnight 3. Less than a month 4. More than a month 5. Just before weighing today		13
14	Investigator to check and record accuracy with standard weights 1. Accurate ½ kg 2. Inaccurate- < 1 Kg 3. Inaccurate- > 1 Kg		14
15	Demonstration of weighing of Adolescent/child by AWW 1. Correct 2. Incorrect		15
16	Were you given orientation training in nutrition and health education	1. Yes 2. No	16
17	Do you have the records of work done for this project since 2002- 03? 1. Yes 2. No. (If yes, Investigator to make Copy of all available the records and attach with Proforma)		17
18	When did you start the programme in 2005-06?		18
19	Is the programme ongoing now? 1. Yes 2. No if 2 go to Q. No. 36		19
20	What kind problem do you face in implementation of the programme? 1. No problems 2. Absence of accurate weighing scale 3. Girls do not get weighed 4. Girls do not pick up ration from ration shop 5. Girls do not consume additional food 6. Non-availability of rations in ration shops 7. No link between AWW and ration shop 8. Any other		20
21	What corrective measures have you taken in handling these problems? 1. Inform the authorities 2. Making families and adolescent girls aware of the importance of the programme 3. Any other		21
22	Do you get any support/assistance from the		
22.1	PRI	1. Yes 2. No	22.1
22.2	Ration shop	1. Yes 2. No	22.2
22.3	Family of the girls	1. Yes 2. No	22.3
22.4	ANM	1. Yes 2. No	22.4
23	Does NPAG		
23.1	Improve nutritional status	1. Yes 2. No	23.1
23.2	Improve participation in KSY	1. Yes 2. No	23.2

Q.		Last completed round				Current round			
		Q.No.		Number/ code		Q.No.		Number/ code	
24	Date, month, year when round began	24.1				24.2			
25	How many households are there in your area	25.1				25.2			
26	How many adolescent girls did you identify	26.1				26.2			
27	How many adolescent girls did you weigh	27.1				27.2			
28	How many adolescent girls were below 35 kg	28.1				28.2			
29	How many new adolescent girls weighing <35 kg were detected	29.1				29.2			
30	Number of chits distributed to adolescent girls	30.1				30.2			
31	Does the adolescent girl-receiving chit receive food supplement from aanganwadi centre also 1. Yes 2. No	31.1				31.2			
32	How many adolescent girls below 35 kg took								
	Rations for 1 month	32.11				32.21			
	Rations for 2 month	32.12				32.22			
33	Rations for all 3 months	32.13				32.23			
	How many adolescent girls who took 3 months supplements had								
	No change in weight	33.11				33.21			
	Deterioration in weight	33.12				33.22			
34	Showed improvement in weight but less than 35 kg	33.13				33.23			
	Crossed 35 kg	33.14				33.24			
34	How many received nutrition and health education	34.1				34.2			
35	How many of the adolescent girls receive cooked food supplements from aanganwadi	35.1				35.2			
	<b>Pregnant Woman (date, month and year when round began)</b>								
36	How many pregnant women did you identify	36.1				36.2			
37	Did you weigh pregnant women 1. Yes 2. No	37.1				37.2			
38	If yes the number of women weighed	38.1				38.2			
39	How many pregnant women were <40 kg	39.1				39.2			
40	How many of the pregnant women receive cooked food supplements from aanganwadi	40.1				40.2			
	<b>Lactating Woman</b>								
41	How many lactating women did you identify	41.1				41.2			
42	Did you weigh lactating women 1. Yes 2. No	42.1				42.2			
43	If yes the number of women weighed	43.1				43.2			
44	How many lactating women were <40 kg	44.1				44.4			
45	How many of the lactating women receive cooked food supplements from aanganwadi	45.1				45.2			
46	Did you give nutrition and health education to pregnant and lactating women 1. Yes 2. No	46.1				46.2			
	<b>Child (0-3 years)</b>	<b>Q</b>	<b>M</b>	<b>Q</b>	<b>F</b>	<b>Q</b>	<b>M</b>	<b>Q</b>	<b>F</b>
47	How many children (0-3 years) did you identify (M+F)	47.1		47.2		47.3		47.4	
48	Did you weigh children (0-3years) 1. Yes 2. No	48.1		48.2		48.3		48.4	
49	If yes number of children weighed (M+F)	49.1		49.2		49.3		49.4	
50	How many children were								
	Normal (M+F)	50.11		50.21		50.31		50.41	
	Underweight (M+F)	50.12		50.22		50.32		50.42	
51	Severely underweight (M+F)	50.13		50.23		50.33		50.43	
	How many of the children receive cooked food supplements from aanganwadi (M+F)	50.1		50.2		50.3		50.4	
	<b>Child (3-6 years)</b>	<b>Q</b>	<b>M</b>	<b>Q</b>	<b>F</b>	<b>Q</b>	<b>M</b>	<b>Q</b>	<b>F</b>
52	How many children (3-6 years) did you identify (M+F)	52.1		52.2		52.3		52.4	
53	Did you weigh children (3-6 years) 1. Yes 2. No	53.1		53.2		53.3		53.4	
54	If yes number of children weighed (M+F)	54.1		54.2		54.3		53.4	
55	How many children were								
	Normal (M+F)	55.11		55.21		55.31		55.41	
	Underweight (M+F)	55.12		55.22		55.32		55.42	
56	Severely underweight (M+F)	55.13		55.23		55.33		55.43	
	How many children (3-6 years) receive food supplements from aanganwadi (M+F)	56.1		56.2		56.3		56.4	

Name of Investigator:

Centre:

Date:

**EVALUATION OF NUTRITION PROGRAMME FOR ADOLESCENT GIRLS  
HOUSEHOLD PROFORMA**

**Lists of persons in the household**

S.No.	Name	Relation to head of the household	Sex	Age (years)	Marital Status	Age at Marriage (years)	Education	Occupation

Q.No.		Q.No.	Code/ No.
1	State/ district	1	
2	Anganwadi center code	2	
3	Household number	3	
4	Household type 1. Joint 2. Nuclear	4	
5	Household size	5	
6	Caste 1. SC 2. ST 3. OBC 4. Others	6	
7	Socio-economic status 1. High 2. Middle 3. Low	7	
8	Literacy status of head of household (HHH) 1. Illiterate 2. Can read or write 3. Schooling-primary 4. Schooling-secondary or more	8	
9	Literacy status of the wife of the HHH 1. Illiterate 2. Can read or write 3. Schooling-primary 4. Schooling-secondary or more	9	
9.1	Work Status of HHH <b>Urban</b> 1. Not working 2. Unskilled 3. Semi-skilled 4. Clerk/ Teacher/ Office worker 5. Business 6. Any Other <b>Rural</b> 1. Not working 2. Landless labourers 3. Cultivators 4. Landowners 5. Artisans 6. Service	9.1	
10	Work Status of wife of HHH <b>Urban</b> 1. Not working 2. Unskilled 3. Semi-skilled 4. Clerk/ Teacher/ Office worker 5. Business 6. Any Other <b>Rural</b> 1. Not working 2. Landless labourers 3. Artisans 4. Service 5. Domestic Help 6. Any Other	10	
11	Dietary habits 1. Vegetarian 2. Non-Vegetarian	11	
12	Monthly Family Income 1. < Rs 5000 2. Rs 5000-10,000 3. > Rs 10,000	12	
13	Which locality do you live in? <b>Urban:</b> 1. Slum / JJ Colony 2. Resettlement Colony 3. Regular Colony <b>Rural:</b> 1. Centre of village 2. Periphery 3. Harijan Basti	13	
14	Type of house 1. Kuttcha 2. Semi Pucca 3. Pucca	14	
15	Ownership of House 1. Own 2. Rented	15	
16	No. of rooms in the house 1. One 2. Two 3. Three 4. > Three	16	
17	Toilet facility in household 1. No facility 1. Sulabh 2. Shared pit 3. Own pit 4. Own flush	17	
18	Means of transport 1. Public Transport 2. Bicycle 3. Scooter/ Moped 4. Any other	18	
19	Cooking fuel used at home 1. Kerosene/charcoal/wood 2. Gas/Electricity 0. Other	19	
20	Drinking water source 1. Public Tap 2. Hand pump/Submersible/Overhead Tank at home 3. well/pond/ river	20	



Q.No.		Q.No.	Code/ No.
21	Means of Entertainment 1. Radio 2. T.V. (B/W) 3. T.V. (Colour) 4. None	21	
22	Kitchenware (predominantly) 1. Clay 2. Aluminium 3. Cast Iron 4. Brass/Copper 5. Stainless steel	22	
23	Number of household members in following age groups		
23.1	0-<3 years 1. None 2. One 3. Two 4. > Two	23.1	
23.2	3-6 years 1. None 2. One 3. Two 4. > Two	23.2	
23.3	Adolescent Girls (10-19 years) 1. None 2. One 3. Two 4. > Two	23.3	
23.4	Pregnant woman 1. None 2. One 3. Two	23.4	
23.5	Lactating woman 1. None 2. One 3. Two	23.5	
24.1	How many kilos of rice and wheat do you use for your household in a month?	24 & 24.1	
25	Do you have a ration card? 1. Yes 2. No	25	
26	Do you get food grains from ration shop? 1. Yes 2. No	26	
27	How many kgs of food grains do you buy from PDS?	27	
28	Do you know about anganwadi in your area? 1. Yes 2. No	28	
29	When you/your children get supplement, do you want to 1. Stay and eat it there 2. Collect food and go home 3. Stay at anganwadi even after eating the food 4. Do not get any supplement from anganwadi 5. Get only take home type of supplement 6. One family member collects for all	29	
30	<b>Pregnant woman 1. Present 2. Not present, if 2 go to 37</b>	30	
31	Do you visit anganwadi centre? 1. Never 2. <10 days 3. 10-20 days 4. >20 days/ month	31	
33	How many days did you visit the centre in the last month?	33	
34	Have you received any nutrition and health education at the centre? 1. Yes 2. No	34	
35	Do you take food supplement from the anganwadi centre? 1. Yes 2. No	35	
36	How many days have you taken food supplement in the last month?	36	
37	<b>Lactating woman 1. Present 2. Not present, if 2 go to 44</b>	37	
38	Do you visit anganwadi centre? 1. Never 2. <10 days 3. 10-20 days 4. >20 days/ month	38	
40	How many days did you visit the centre in the last month?	40	
41	Have you received any nutrition and health education at the centre? 1. Yes 2. No	41	
42	Do you take food supplement from the anganwadi centre? 1. Yes 2. No	42	
43	How many days have you taken food supplement in the last month?	43	
44	<b>Children (0-3 years) 1. Present 2. Not present, if 2 go to 52</b>	44	
45	Do you take your child to anganwadi centre? 1. Never 2. <10 days 3. 10-20 days 4. >20 days/ month	45	
46	How many days did you take your child to the centre in the last month?	46	
47	Have you received any nutrition and health education at the centre? 1. Yes 2. No	47	
48	Do you take food supplement for the child from the anganwadi centre? 1. Yes 2. No	48	
49	How many days have you taken food supplement in the last month?	49	
50	Did the anganwadi worker weigh your child at the centre? 1. Yes 2. No	50	
51	What was the nutritional status of the child when he was last weighed? 1. Normal 2. Undernourished 3. Severely Undernourished	51	
52	<b>Children (3-6 years) 1. Present 2. Not present, if 2 go to 60</b>	52	
53	Do you take your child to anganwadi centre? 1. Never 2. <10 days 3. 10-20 days 4. >20 days/ month	53	
54	How many days did you take your child to the centre in the last month?	54	
55	Have you received any nutrition and health education at the centre? 1. Yes 2. No	55	
56	Do you take food supplement for the child from the anganwadi centre? 1. Yes 2. No	56	
57	How many days have you taken food supplement in the last month?	57	
58	Did the anganwadi worker weigh your child at the centre? 1. Yes 2. No	58	
59	What was the nutritional status of the child when he was last weighed? 1. Normal 2. Undernourished 3. Severely Undernourished 4. Do not know	59	

Q.No.		Q.No.	Code/ No.
60	<b>Adolescent Girl Name</b> 1. Present 2. Not present, if 2 go to 82	60	
61	Age of the adolescent girl (years)	61	
62	Literacy status 1. Illiterate 2.Can read or write 3. Schooling- primary 4. Schooling-secondary or more	62	
63	Marital status 1. Currently Married 2. Never married 3. Widow/Separated/Divorcee	63	
64	If married, age of marriage 1. 10-13 years 2. 13-16 years 3. 16-19 years	64	
65	Actual Weight in Kgs (weighed by the investigator)	65	
66	Do you know about KSY and NPAG? 1. Yes 2. No	66 & 66.1	
67	Do you visit anganwadi centre? 1. Yes for KSY 2. Yes for NPAG 3. No	67	
68	Have you received any nutrition and health education at the centre? 1. Yes 2. No	68	
69	Have you received any Iron/Folic acid tablets? 1. Yes 2. No	69	
70	Do you take food supplement from the anganwadi centre? 1. Never 2. <10 days 3. 10-20 days 4. >20 days/ month	70	
71	How many days have you taken food supplement in the last month?	71	
72	Were you ever weighed by the AWW during last three months 1. Yes 2. No	72	
73	If yes, was your weight less than 35 kg? 1. Yes 2. No <b>If the adolescent girl weighs less than 35 kg ask her following set of questions.</b>	73	
74	Were you given a chit for obtaining free food grains? 1. Yes 2. No	74	
75	Did you / your family go to the ration shop to get the grains? 1. Yes 2. No	75	
76	Did you get the food grains from the ration shop? 1. Yes for one month 2. For two months 3. For three months 4. Never	76	
77	Reason for not getting food grains from ration shop 1. Not aware of NPAG 2. Did not go to ration shop 3. Ration shop closed 4. Ration shop open but no stock 5. Do not require ration	77	
78	If the family is getting additional grains under NPAG, after getting the additional grains from ration shop how many Kg of food grains do you use in a month for your family_____	78	
79	Did your family / children get more food because of NPAG? 1. Yes 2. No	79	
80	Did you get more food after being enrolled in the NPAG? 1. Yes 2. No	80	
81	At the end of three months 1. No change in weight 2. Deterioration in weight 3. improvement in weight but less than 35 kg 4. Crossed 35 kg	81	

Q.No. 82-86 If your family given a choice how would you like food supplementation to be given to					
Key: Type of food supplement 1. Food Grains 2. RTE 3. Hot cooked meal					
Reason for preference - 1. Easy to access 2. Satiety 3. Nutritious 4. Convenience 5. Combination					
	Age/ Physiological status	Type of food supplement		Reason for preference	
		Q. No.	Code	Q. No.	Code
82	0-3 years	82.1		82.2	
83	3-6 years	83.1		83.2	
84	Pregnant women	84.1		84.2	
85	Lactating women	85.1		85.2	
86	Adolescent girls	86.1		86.2	

87	In your opinion who should get the food supplements Key: 1. All in the community 2. Only undernourished in the community 3. All those coming to anganwadi 4. Only undernourished among those coming to anganwadi	Q. No.	Code
87.1	Preschool children	87.1	
87.2	Pregnant women	87.2	
87.3	Lactating women	87.3	
87.4	Adolescent girls	87.4	

If there are more than one pregnant/lactating women, preschool children or adolescent girl, give the name and age of the person, ask relevant question and write question number and code number in the space below.

## REMARKS

Name of the Investigator

Center

Date

### **Minutes of the first Task Force meeting of “Evaluation of nutrition programme for adolescent Girls”**

The first meeting of the Task Force for “Evaluation of nutrition programme for adolescent Girls” was held at Nutrition Foundation of India on 18.04.2006. The list of invitees, those who attended the meeting and the agenda for the meeting is in Annexure I and II. Mr. Chaman Kumar and Dr. S.P. Pal regretted their inability to attend the meeting.

Dr Gopalan, President, NFI welcomed the participants of the meeting. He stated that India has an excellent track record of conceptualizing and planning of interventions however implementation has been poor and hence outcomes such as improvement in nutritional status are sub optimal. He stated that the major factors responsible for poor implementation of a programme are inadequate infrastructure, lack of well-trained committed manpower and poor supply chain; close monitoring and mid course corrections is essential for better implementation.

Adolescent girls are an important vulnerable group whose needs- for education, health and nutrition are not addressed. NPAG is one of the pilot intervention for improving nutritional status of adolescent girls. DWCD has now entrusted NFI with the task of concurrent third party evaluation of food grain supplementation programme for adolescent girls. We hope to learn from this evaluation how far the programme implementation succeeded in the ten of the 51 districts in which it is in operation.

Dr. Prema Ramachandran, Director, NFI made a presentation on evaluation of the programme focusing on study design and sampling parameters for evaluation. She emphasized that the programme will be evaluated to assess the process of implementation and coverage as compared to the on the spot feeding programme for persons coming to the anganwadi. The list of proposed investigators for carrying out the evaluation in different states was presented and was agreed to.

Mr. Chattopadhyay stated that the DLHS sampling frame is appropriate to use because of its robust sampling procedure. He agreed to assist in obtaining primary sampling unit and household’s listing from IIPS as early as possible. He said that critical component of the evaluation is the assessment how NPAG is getting implemented at the village/urban block level as compared to the ICDS programme in these areas. In this context the aanganwadi worker, ration shop and household proformae needs elaboration to achieve the objectives of the evaluation. The aanganwadi proforma needs strengthening taking into account the reporting of formats and records.

Mrs. Jayalakshmi requested including socio-demographic profile of the households and whether they belong to and SC/ST/others category in the household proforma. It was agreed to include these and format of NFHS-2 for socio-demographic profile will be taken. She was requested to send a to Mrs. Rashmi Singh, Joint Director, NCT requesting her to take necessary steps to permit NFI to carry out pretesting of from next week and then start the evaluation in North West Delhi. This has to be done urgently so that NFI can undertake pretesting of proformae between 24-28 April and carry out required modification before the investigators meeting scheduled in 1<sup>st</sup> week of May.

Dr. Prabha stated that, over years there has been some discontinuity in the programme due to problems in funds released. 1st installment of funds for 2005-06 for all the states was released in July 2005, however 2<sup>nd</sup> installment was released only for those states that had requested.

Dr. Savithri gave the rationale for evaluation. The purpose of NFI's evaluation is to find out whether the programme is running successfully as compared to ICDS programme in the some areas so that decision can be taken on universalization of the programme in the country. At present the NPAG is just a pilot project running in 51 districts. As has been stated by Dr. Prabha there has been some discontinuity in providing funds for food grain supplementation in this project. But similar discontinuation due to various factors is seen in ICDS, as well as any programme run by other social sector departments. She also stated Central DWCD can provide data from center and state level regarding funds and food release but data from district level, aanganwadi, ration shop and households needs to be taken care of. Department of WCD will be able to give the data pertaining to fund release, progress in food grain supplementation in different years (2002-03 to 2005-06) in different districts, based on the reports and utilization certificates received from all the states. These can be cross-checked with the data provided by the state/district.

Dr. Jai Singh stated that there may be several reasons why the persons are not coming to aanganwadi or rationshop. It is preferable not to leave the query open ended. It is preferable to state and code common reasons- ration shop closed, food grain not available, no person is free to collect the ration, do not think that the girl requires additional food. Similarly reasons for not attending aanganwadi and getting food supplement should be elaborated. This was agreed to.

Mrs. Kambo emphasized that proforma on household level needs modification to elicit correct information and to make it more data entry and analysis friendly. This suggestion was also agreed to.

Dr. Prema requested the representatives from DWCD to issue letters to all the states for getting information on allocation and release of funds and food to the districts. In case the programme is not operational in the identified state that it was suggested to shift the state in which it is operationalised as it is more important to assess whether the beneficiaries are receiving their share and are getting the benefit if the programme is working appropriately.

Dr K. V. Rao agreed with all the suggestions made.

Dr. Prema said that all modifications suggested by the Task Force in the proformae would be carried out and circulated to all the Task Force members within a week for their approval. If necessary there may be another task force meeting before investigators meeting and training session in the first week of May.

The meeting ended with vote of thanks by Dr. Prema Ramachandran.

### **List of invitees**

Dr. C. Gopalan  
Dr K V Rao DG CSO  
Mr Chaman Kumar JS DWCD  
Dr SP Pal Adviser PEO, Planning Commission  
Mr Chattopadhyaya Chief Director Statistics DFW  
Mrs Jayalakshmi Adviser ( Statistics ) DWCD  
Dr Prabha Arora  
Dr. Jai Singh  
Dr Prema Ramachandran  
Dr Lalrin  
Mrs Savithri ( DWCD )  
Dr Sushma Sharma  
Mrs Kambo  
Scientific Staff of NFI

### **List of participants who attended the meeting**

Dr. C. Gopalan  
Dr K V Rao, DG, CSO  
Mr Chattopadhyaya, Chief Director Statistics DFW  
Mrs Jayalakshmi Adviser (Statistics) DWCD  
Dr. Prabha Arora  
Dr. Jai Singh  
Dr Prema Ramachandran  
Dr Lalrin  
Mrs Savithri (DWCD)  
Dr Sharma  
Mrs Kambo  
Scientific Staff of NFI

**NPAG evaluation – time frame**

<b>NPAG evaluation components</b>	<b>Date</b>
Evaluation project sanctioned	23.3.2006
Confirmation of participating centres/ PIs in centers	First week April
Draft proforma sent to PIs	
Task Force formation	Second week April
Draft proforma sent to task force members	
Task force meeting	18 April 2006
PSU lists obtained from IIPS	19 April 2006
Pretesting of proforma	Third Week April
Proforma sent to investigators for comments	
Finalization of proforma	Fourth Week April
Printing of proforma	8 May 2006
Investigators meeting	10-11 May 2006
PSU list sent to investigators	
Installment release to investigators	
Dispatch of proforma	
Initiation and completion of data collection	June –Nov 2006
Initiation and completion of data cleaning	Aug- Nov 2006
Initiation and completion of data entry	Aug- Nov 2006
Presentation of interim report to the MWCD	25.7.2006
State specific data analysis and draft report preparation	Sept- Nov 2006
State specific draft report sent to PI	Oct 2006
Summary ten state report prepared	Nov 2006
Report of the evaluation submitted to MWCD	Nov 2006

## 4. RESULTS

### 4.1 Central allocation of funds and food grains

#### *Allocation and utilisation of allocated funds*

Information on release of funds under NPAG between 2002-03 and 2006-07 and their

States	2002-03		2003-04		2005-06		2006-07
	Amount released	Amount utilised	Amount released	Amount utilised	Amount released	Amount utilised	Amount released
Chattisgarh	129.55	98.38	104	31.17	164.43		168.37
Gujarat	309.17	295.84	247	532.62	305		312.32
Kerala	266.21	Nil	213	84.51	247.87		260.37
Mizoram	6.93	12.5	6	15	16.86	17	7.04
Orissa	281.32	Nil	205	265.43	289.53	220.9	294.55
Rajasthan	184.95	Nil	148	75	236.49	88.33	241.7
Tamil Nadu	213.25	99.59	171	374.17	422.9	96.82	218.18
Uttar Pradesh	248.44	23.33	199	37.85	311.31		318.47
Uttaranchal	82.67	Nil	66		106.95		109.84
Delhi	116.47	7.5	177	3.39	148.62		80.01

Source: MWCD

utilisation between 2002-03 to 2005-06 obtained from the Ministry of Women and Child Development is given in Table 4.1. In the first year Planning Commission allocated the funds as Additional Central Assistance; Finance Ministry released the amount to the state finance departments in Oct 2002. State DWCDs were informed of the release and were requested to contact their finance department, get the funds and initiate the programme. However there were delays in the state DWCD getting the funds. Some states like Chattisgarh, Gujarat suffering from drought during this period and so took up the project rapidly in an attempt to improve the dietary intake of the vulnerable segments of the population. Mizoram had initiated the programme right in the first year and implemented it in all districts in the state. Other states took some time get the funds released and therefore utilisation was low during the year 2002-03. Some of the non-special category states were concerned that programme was to be implemented by the funds provided under the Additional Central Assistance and so they had to return 70% of the amount later. Haryana did not take up the NPAG because unlike the ICDS, funds were given as Additional Central Assistance that had to be repaid later.

In 2003-04 funds were provided under Special Additional Central Assistance as a 100% grant and thereby enabling all the states to initiate the programme. In view of the fact that previous years funds were unspent, most of the states sought and obtained revalidation of the ACA. Further release of funds could be taken done only after the utilisation certificates of funds already released are provided by the states. As a result there were delays in the release of funds earmarked for the programme in 2003-04 and funds were finally released in March 2004, after making the necessary adjustments for the utilisation. Though the procedure of fund release was cumbersome, the state



Departments had become familiar with the procedures to be followed. The programme was fully operational in the ICDS system in 2003-04 and funds were optimally utilised in 2003-04.

No funds were released for the programme during the year 2004-05; as a result the programme came to a complete halt during this year. Some states utilised the unutilised funds left over from 2003-04 in the initial months but later the programme was discontinued due to lack of funds. In 2005-06 the programme was revived. In order to avoid the earlier problems and consequent delays in fund flow, the funds were released by the Ministry of Women and Child Development in July- Aug 2005 directly to the State Departments of Women and Child Development; the revised programme provided food grains only adolescent girls. Mizoram, Orissa, Rajasthan and Tamil Nadu have reported utilisation of funds and operationalisation of the revised programme. In other states there were delays in restarting the programme and consequent poor utilisation of funds. For 2006-07, the funds were released by the Ministry of Women and Child Development in June - July 2006 and all the states have initiated the programme.

### **Allocation of food grains**

The Planning Commission computed the amount of food grains required, based on the estimates of the undernourished persons in the districts; Department of Food and Civil Supplies made the allocation of rice/wheat (on the basis of preferred food grain consumption in the districts selected) to be supplied to the states at BPL rates. The allocations made for the different states from 2002-03 to 2006-07 are shown in Table 4.2. The states DWCD were to make the payment to the State Department of Civil supplies and lift the food grains to the districts. Funds were also provided for the transport of food grains to the district and to the fair price shops.

States	2002-03	2003-04	2005-06	2006-07
Chattisgarh	1766.7	7100	2800	900
Gujarat	3233.3	12900	200	
Kerala	2400	9600	4050	nil
Mizoram	66.7	300	100	90
Orissa	3033.3	12100	5000	1950
Rajasthan	2566.7	10200	4050	1270
Tamil Nadu	2133.3	8500	3550	840
Uttar Pradesh	3400.1	13700	5300	7100
Uttaranchal	1100	4400	1800	390
Delhi	700	2800	1150	20
Request to release 10400 MTs of maize in 2006-07 has been sent to M/CAF&PD				

There were some initial teething problems in establishment of this system in all states. However all the states were able to establish this system in 2003-04 and lift the grains and supply it right down to the villages. Most states decided to run the programme mainly in the rural anganwadis, as the urban anganwadis were not well established. So supply of the food grains to the urban areas was limited.

There had been delays in allocation of food grains both at the central and the state level. Allocated food grains were not lifted within the time frame defined and were not utilised. This led to problems in allocation of grains next time when the state requested for food grains. Thus as with the fund allocation, there was a vicious cycle wherein

earlier poor utilisation came in the way of optimal allocation for next time and consequently poor performance and low utilisation. This is also responsible for the huge differences between years in terms of allocation of the food grains.

Information on the utilisation of the food grains in different districts was not readily available. Most of the district DWCD officials stated that they had faced problems in getting the timely supply of the food grains to the ration shops. The district civil supplies officials however stated that they faced major problems in timely allocation of the food grains because the food grains already allocated were not fully utilised within the stipulated three month period. It appeared that in 2003-04 the difficulties were getting ironed out. Following the discontinuation of the Programme in 2004-05, most districts faced major problems in re-establishing the food grain supply chain and hence in spite of the fact that they had the required funds, very few states were able to distribute food grains in 2005-06

All these have resulted in erratic and interrupted supply of food grains to the undernourished persons. It is therefore not possible to assess the impact of food supplementation in terms of improvement in nutritional status of undernourished persons. **In 2006-07 the impetus developed during the evaluation resulted in all the districts (except Haridwar) receiving the food grains and distributing the grains to the identified undernourished adolescent girls within one month after the allocations were made. This demonstrated that allocation, purchase and distribution of food grain could be streamlined within existing system constraints.**

#### **4.2 Evaluation of implementation of NPAG in ten districts**

The results of evaluation at the state, district, anganwadi and household level are presented in this section. Individual state reports are followed by cumulative data on anganwadi and household surveys in all the ten districts.

## Banswara

The Banswara district forms eastern part of the region known as Vagad or Vagwar. The district was formerly a princely state ruled by the Maharavals. It is said that a Bhil ruler Bansia ruled over it and Banswara was named after him. It

	Banswara	Rajasthan
Population		
Persons	1500420	56473122
Males	755379	29381657
Females	742041	27091465
Percentage decadal growth		28.33
Sex ratio (females per 1,000 males)	978	922
Population density (per sq. km.)	298	165
Literacy rate (%)		
Persons	44.22	61.0
Males	60.24	76.46
Females	27.86	44.34

Source: Census 2001

has an area of 5037 sqkm. The district is predominantly inhabited by tribals mainly Bhils, Bhil Meenas, Damor, Charpotas and Ninamas. The tribals live in small one-room houses, known as "tapra", which lie scattered all over the area. As per census 2001 the district has a population of 15,00,420, which is 2.6 % of the total population of the state. The rural population is 13,93,104 and the urban population is 1,07,316.

Agriculture is the main occupation of the people, especially of tribals. Literacy rate is low (44.2%) and female literacy is only 27.9%.

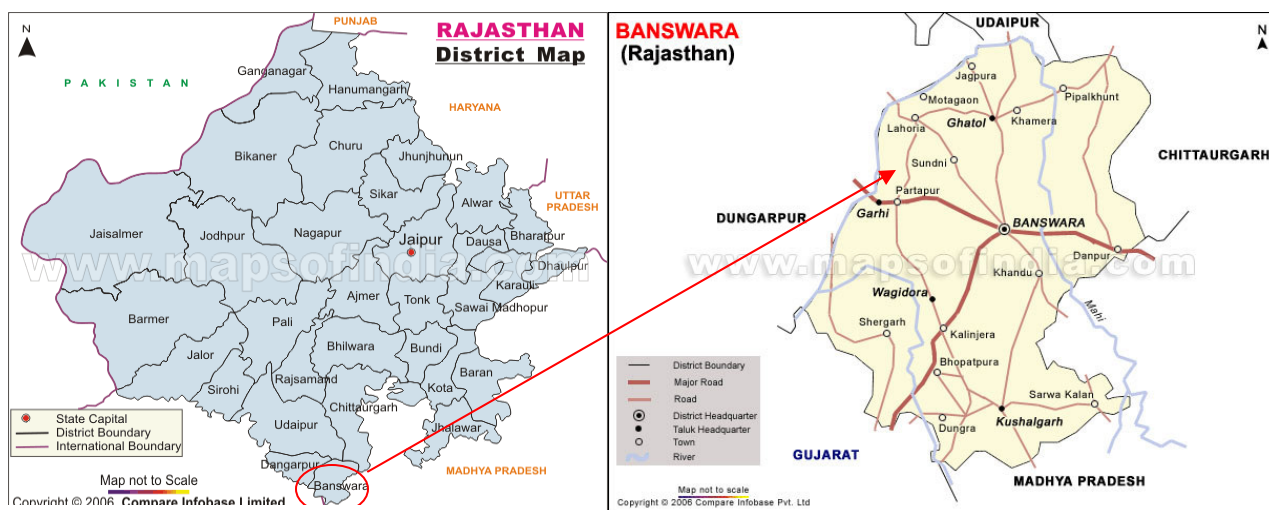


Figure: 4.2.1.1 District map of Banswara

### NPAG evaluation

The NPAG evaluation was conducted in 32 rural PSUs of Banswara district of Rajasthan (Annexure 4.2.1a). The data was analyzed and presented.

### Fund and food grain release

The funds and food grain released from 2002-03 to 2005-06 is given in Table 4.2.1.2, 4.2.1.3 and 4.2.1.4.

<b>Table 4.2.1.2: Details of funds released from state to district</b>			
<b>Year</b>	<b>Date</b>	<b>Amount in (lakhs)</b>	<b>Utilization</b>
2002-03	25.10.02	Rs 184.95	Amount received for two districts Not utilized due to operational problems Requested for revalidation
	18.08.03		GOI Revalidated the same amount
	30.08.03		GOR Received revalidated amount
	12.12.03	<b>Rs 58.18</b> Rs 48.62 Rs 6.38 Rs 3.18	Amount released to district Dy Dir. Banswara For Food For training For other expenses
2003-04	31.03.04	Rs. 148.00	GOI issued financial sanction for the 2 districts
	20.04.04		Sanctioned amount sent to state
	28.04.04		Funds received by GOR Received after the end of the financial year, therefore the amount remained largely unutilized
2004-05	05.10.04	Rs 109.95 (02-03) Rs. 148.00 (03-04) Rs. 4.14	GOR requested GOI for revalidation of balance money No reply received from GOI for the balance of funds for 02-03 03-04 grants revalidated and released  Since this was after the end of the financial year, no new expenditure was booked, but commission and transportation cost of dealers paid
2005-06	26.07.05	Rs. 236.49	Grant released by GOI
	17.09.05		Grant received by GOR
	25.10.05	Rs. 129.95	Grant released by GOR for Banswara
<b>Table 4.2.1.3: Details of food released from state to district</b>			
<b>Year</b>	<b>Date</b>	<b>Type of Food in mt</b>	<b>Utilization</b>
2002-03	25.1.03	Wheat 1466.70 mt	Not utilized
2003-04	7.7.03	Rice 5800 mt	Actual requirement – 2100mt Food grains received in Jan/Feb 2004 Grains lifted – 450 mt due to delays
2004-05	No grain released against revalidated amount		
2005-06	Sep' 05	Wheat 2300 mt	987.9 mt was lifted and used
Source: Sh. Ram Singh, Jr. Act.' DWCD, GOR, 31.05.06			

<b>Table 4.2.1.4: Details of food grain release</b>					
<b>Year</b>	<b>Identified adolescent girls</b>	<b>Monthly requirement of grains (mt)</b>	<b>Food grains released by GOI (mt)</b>	<b>Lifted amount of Grain (mt)</b>	<b>Expenditure on lifting in Mar 2006 (Rs.)</b>
02-03 -	21745		1466.7(W)	Nil	38,19,400
03-04	21745		5800.00(R)	450.00	2,22,039
04-05	Scheme was not operational				
05-06	37484	246.966	2300	987.00	4329373

Guidelines issued and progress report of 2005-06 is given in Annexure

4.2.1h. When the funds are released by the center, the proposal has to be made by the state DWCD and approved by the Planning Department of the State. After their approval funds will be provided to CSD. FCI releases the grain on receiving

the money and then the grain is lifted by the RAJFED (the transporting agency) and supplied through dealers to ration shops. The procedure of obtaining food grains for ration shop and distributing them is thus a long process with inevitable delays every year. Often food stocks are not available either in the godowns or ration shops in Banswara district. The ration shopkeepers lift grains along with grains for other schemes and this delays the distribution of the grains to the identified girls. Many dealers do not return the coupons back to the Department in time resulting in delays in food grain release. Ration shop in the villages remains closed for many days and so the families are unable to collect the rations.

**Table 4.2.1.5 Comparison of weight for age of adolescent girls in 2006 by the evaluation team and AWW**

Age in yrs	Weight by Evaluators (kg)		Weight by AWWs (kg)	
	N	Mean $\pm$ S.D	N	Mean $\pm$ S.D
10	NA	NA	6	24.3 $\pm$ 3.83
11	46	29.4 $\pm$ 4.84	205	24.4 $\pm$ 4.19
12	84	30.5 $\pm$ 4.78	214	26.8 $\pm$ 4.63
13	42	31.9 $\pm$ 3.79	133	29 $\pm$ 4.34
14	42	33.1 $\pm$ 5.75	120	30.6 $\pm$ 4.14
15	42	36.3 $\pm$ 5	114	31.6 $\pm$ 3.35
16	42	36.6 $\pm$ 5.64	70	33.4 $\pm$ 4.02
17	27	37 $\pm$ 3.14	21	33.3 $\pm$ 2.31
18	49	37.5 $\pm$ 4.9	21	34 $\pm$ 2.42
19	NA	NA	7	32.6 $\pm$ 1.44
<b>Total</b>	<b>374</b>	<b>33.6 <math>\pm</math> 5.68</b>	<b>912</b>	<b>28.6 <math>\pm</math> 5.14</b>

Age wise mean weight of adolescent girls from the list of girls weighing less than 35 kg provided by the AWW in the selected PSUs and the weight of adolescent girls from the selected households in the PSU taken by the evaluation team is given in the Table

4.2.1.5. In all age groups the mean weight of girls reported by evaluation team was higher because AWW provided only the records of girls weighing less than 35 Kg girls.

**Table 4.2.1.6: Total coverage under AWWs (n=33)**

Number of Households	5228
Total Population	33355
<b>Number of persons registered in AWWs</b>	
Children 7-12 months	384
Children 1-3 years	1131
Children 3-6 years	1354
Pregnant women	261
Lactating women	283
Adolescent girls	969

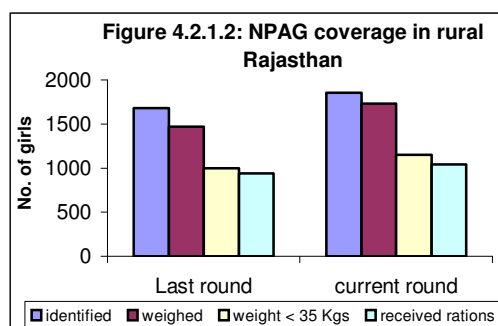
The NPAG evaluation was done in 33 rural anganwadis (AWs). Data on number of households, total population and number of persons registered with the AWWs in May 2006 is given in Table 4.2.1.6. The food supplements supplied in ICDS for all beneficiaries were India mix. Poor access to AW because of

lack of road connectivity came in the way of better utilization of ICDS and NPAG services in Banswara district. For eg. Gamana village has 200 houses spread out in a radius of approximately 3 kms with no pathways connecting them. One has to cross the fields separated by little hills called 'Tekri'. During monsoon, the fields are slushy with rainwater.

## NPAG-Adolescent Girl

All anganwadi workers (AWWs) received training in weighing of adolescent girls and providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girls. The AWWs received support from PRI (97 %), ANM (100 %) and families of the girls (97 %) in identifying adolescent girls, weighing them, detecting those weighing less than 35 kg and providing them chits for collecting food grains. The ration shop workers (90.9 %) were willing to take the chits and provide food grains to families of identified adolescent girls.

Adult weighing scales had been given to all the 33 AWW; all AWW had weighed adolescent girls in their area and identified girls under 35 kg. Thirty-one AWWs adjusted for zero error on the weighing scale just before weighing; one AWW checked accuracy using standard weight on the weighing scale and one checked accuracy using standard weight and adolescent girl on the weighing scale. The field investigators checked the accuracy of weighing scales. Weighing scales of seven AWW (21.9 %) were accurate and 25 (78.2 %) weighing scales were inaccurate by 1 kg. Eighteen AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (58.1 %) and 13 AWWs were not able to demonstrate how to correctly weigh adolescent girls. All AWWs provided NHE to the identified adolescent girls. All AWWs had distributed chits to the identified undernourished girls of their area. 16 AWWs had records of NPAG since 2002-03. Thirty-two AWWs stated that NPAG could improve the nutritional status of the adolescent girls; 26 AWWs reported that NPAG could improve participation of girls in KSY (Annexure 4.2.1b).



The data of the last round (Jan-2004 to March 2006) is available from all 33 AWWs. In the last round of NPAG, 1679 adolescent girls were identified; 1469 identified adolescent girls were weighed; 68.1 % girls who were weighed were below 35 kg. In the last round 570 new adolescent girls who weighed less than 35 kg had been identified. AWWs gave NHE to 876 adolescent girls. The chits were distributed to 945 (94.4 %) identified undernourished adolescent girls; 813 girls from 26 AWWs centers received rations for 3 months; 95 girls belonging to 6 AWW collected rations for 2 months; 37 girls belonging to 1 AWW collected rations for 1 month (Figure 4.2.1.2). Under KSY scheme, 47 girls collected food supplement from 16 AWWs. Repeat weighing after three months showed that 383 girls did not show any change in weight; 37 girls lost weight; 428 girls gained weight but did not cross 35 kg and 35 girls had crossed 35 kg.

The data pertaining to the current round (July 2005 to June 2006) was available from all 33 AWWs; 1853 adolescent girls were identified and 1732 were weighed; 66.7 % girls weighed less than 35 kg. Seven hundred and sixty three new adolescent girls weighing less than 35 kg were identified. AWW gave NHE to 1020 adolescent girls. Chits were distributed to the 1044 adolescent girls by 30 AWWs. All 1044 girls of thirty AWs collected rations for 3 months (Figure 4.2.1.2); 310 girls showed no weight gain; two girls had lost weight; 579 girls gained weight but did not cross the 35 kg and 46 girls had crossed 35 kg. Under KSY scheme, 58 girls were taking food supplement from sixteen AWs

### ***Ongoing ICDS programme***

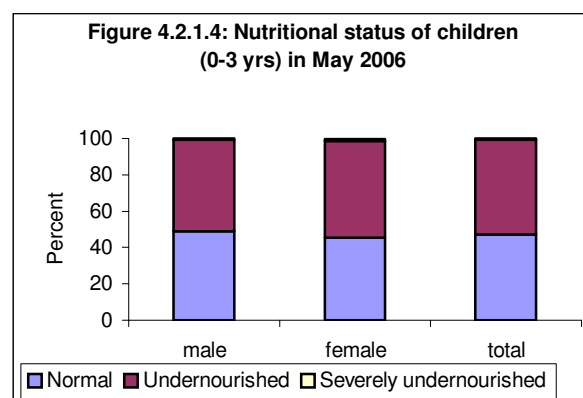
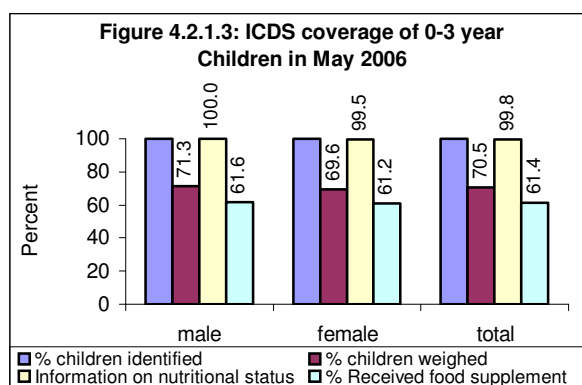
The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 33 AWs. The data for the month of May 2006 is presented in Annexure 4.2.1c.

### ***Pregnant and lactating women***

Data on pregnant women were available in 32 AWs; 279 pregnant women were identified, 165 pregnant women were weighed (22 AWs); 16 pregnant women weighed less than 40 kg. 142 pregnant women (in 16 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 27 AWs; 292 lactating women were identified, 191 lactating women were weighed (in 18 AWs); 17 lactating women weighed less than 40 kg; 166 lactating women (in 19 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women.

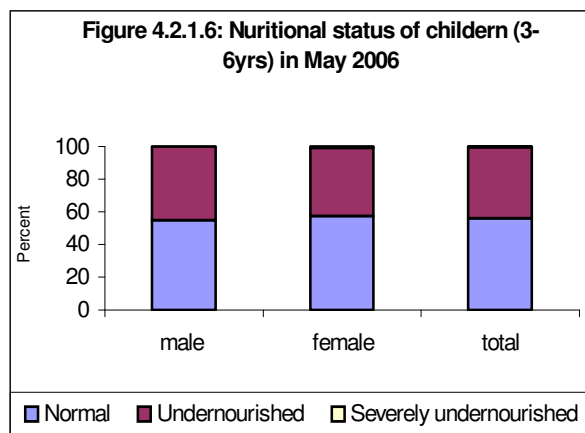
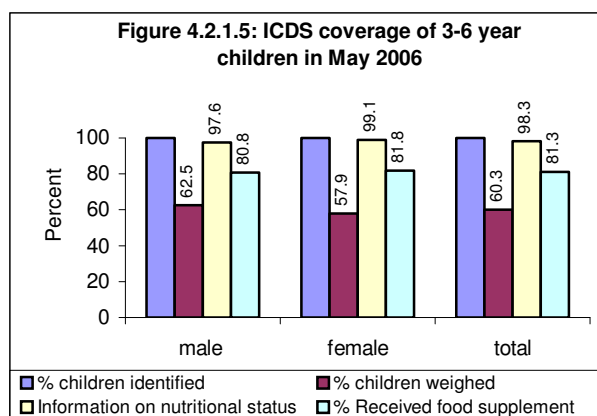
### ***Children (0-3 years of age)***

A total of 1829 children (0-3 years old) were identified; 70.5 % of them were weighed. Information on nutritional status was available in 99.8% of those weighed; 47.4 % were normal, 51.8 % were undernourished and 0.9 % were severely undernourished (Figure 4.2.1.4); 61.4 % received food supplements from AWs daily (Figure 4.2.1.3); Distribution of food supplements was not carried out on the basis of nutritional status of the child.



### Children (3-6 year old)

A total of 1544 children (3-6 year old) were identified; 60.3 % were weighed. Information on nutritional status of children was available for 98.3 % of those who were weighed; 56.3 % were normal; 43.3 % were undernourished and 0.4 % was severely undernourished (Figure 4.2.1.6); 81.3 % were receiving food supplement from AWs daily (Figure 4.2.1.5). Distribution of food supplement was not done on the basis of nutritional status of the children.



### Household Survey

The household survey was conducted in 32 rural PSUs of Banswara district (Annexure 4.2.1d & 4.2.1e). The data obtained were analysed and reported.

#### Rural

The survey was conducted in 895 rural households. The mean household size was 5.4; 64.4 % were nuclear families.

#### Socioeconomic profile

Majority of the households belonged to ST (71.6%); 16.3 % were OBCs and rest belonged to SC and other castes. Nearly ninety percent families (88.2 %) stated that their monthly income was less than Rs. 5000; the rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The heads of the household were better educated than the wives of the heads of the households. More than half of the head of the households were illiterate (55.4 %); 14 % could read or write and 20.7 % were educated up to primary level and only 9.9 % had secondary school or higher education; 82.8 % of the wives of head of the household were illiterate; only 8.5 % had primary education.

Most (76.6 %) of the head of the households were farmers; 8.7 % were in service; 2.2 % were working as landless labourers and 5.4 % were unemployed at the time of the survey. Most of the wives of the head of the households were



housewives (81.8 %) and did not work outside home; 14.9 % were working as farm labourers.

About half (49.6 %) of the population was residing in the center of the village; 45.3 % were living in the periphery of the village. Nearly all households (97.9 %) owned the houses. Majority of the families were living in kutcha houses (77.9 %) and 10.2 % in semi-pucca houses; 52.6 % of the population had two or more rooms and the rest (47.4 %) lived in one room houses. Only 8.6 % had toilet facility at home; the rest (91.5 %) the population had no access to toilet or were using sulabh. Only 22.6 % households had provision of drinking water in their own homes; the rest (77.4 %) obtained drinking water from public taps, hand pumps, well, pond, river or water tankers. Majority (59.4 %) of the households reported that they were vegetarian. Only 8.2 % were using gas for cooking food; the rest (91.8 %) were using kerosene, or wood stoves for cooking purposes. Nearly (99.7 %) all families were using stainless steel utensils for cooking food. Public transport was used by 78.2 % of the population; 12.6 % had bicycle; 76.3 % had no source of entertainment like radio or television at home; 12.5 % had radio and 11.2 % had television at home.

The mean consumption of food grains was 74.4 kg per month per household; almost all (94 %) families had ration cards and 73.4 % of them bought food grains from ration shop. On an average each household bought 32 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all (86.7 %) the households knew about AWs in their area. In rural areas only 35.8 % of the households did not get any food supplements from the AW; 25.4 % stayed at AWs and ate the supplement; 20.8 % collect supplement from AWs and took it home. Information on number of pregnant and lactating women and preschool children who visited AWs center, received NHE and or food supplements is given in Table 4.2.1.8.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	34	64.7 (22)	64.7 (22)	31.8 (7)	22.7 (5)	45.5 (10)
Lactating women	124	50.8 (63)	44.4 (55)	54.5 (30)	18.2 (10)	27.3 (15)
0-3 years	341	47.5 (162)	50.4 (172)	26.2 (45)	32.6 (56)	41.3 (71)
3-6 years	464	66.6 (309)	68.3 (317)	23.7 (75)	55.2 (175)	21.1 (67)

Figure in parenthesis denote actual numbers

Twenty-two out of 34 of the pregnant women visited AW, received NHE and collected food supplements; but only 10 out of 22 women received food

supplements for more than 20 days; 63 of 124 lactating women visited AWs and got NHE; 55 lactating women collected food supplements from AWs but only 15 had received food supplements for more than 20 days /month. Among 172 0-3 year old children collecting food supplements from AWs, only 71 children (41.3 %) collected food supplements for more than 20 days. Among the 3-6 yrs who received food supplements only 67 (21.1%) received supplements for more than 20 days; majority (55.2 %) collected supplements for 10-20 days; about a fourth collected supplements for less than 10 days /month.

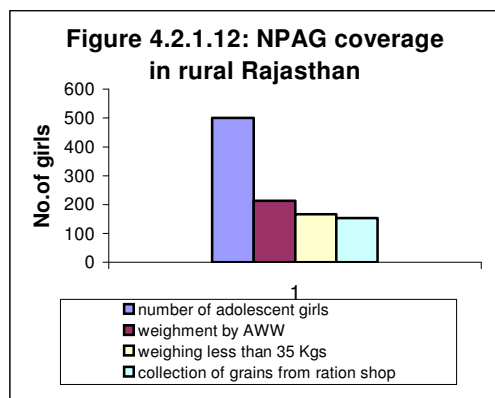
Table 4.2.1.9: Nutritional status of children as reported by parents

Age (years)	Number of children	Number weighed	Normal	Under-nourished	Severely under-nourished	Do not know
0-3	341	221	152	15	1	53
3-6	464	330	250	27	1	52

There were 341 children in 0-3 year old

age groups in the households surveyed; 221 children had been weighed. The parents reported that 152 children were normal; 15 were undernourished and 1 was severely undernourished. Parents of 53 children (24 %) reported that they did not know the nutritional status of their child. There were 464 children in 3-6 year old age group in the households surveyed; 330 children had been weighed. The parents reported that 250 children were normal; 27 were undernourished and 1 was severely undernourished. Parents of 52 children (15.8 %) reported that they did not know the nutritional status of their child (Table 4.2.1.9).

### NPAG

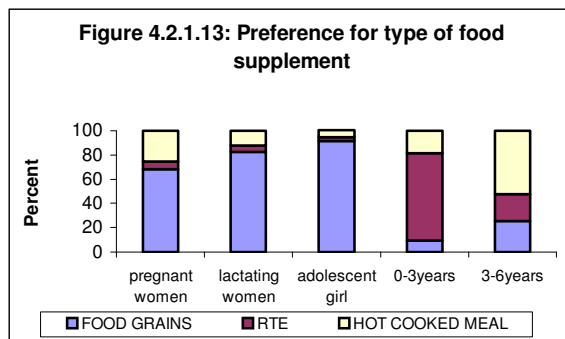


During the household survey 501 adolescent girls were identified; mean age of the girls was  $13.7 \pm 2.76$  years and mean weight was  $33.6 \pm 5.67$  kg; 33.5 % of the girls were illiterate; 48.5 % of the girls had primary level education, and 10.8 % had secondary level education. Only 9.2 % adolescent girls were married. Majority (73.3%) of the girls knew about KSY (53.7 %) and NPAG (64.3%). The family reported that 68 (18.5%) adolescent girls

visited AWs for KSY, 56.9 % of those who visited anganwadi received NHE, 55.9 % had received iron/folic acid tablets, 32.3 % took food supplement from AWs; 42.5 % visited AWs for NPAG. AWs workers had weighed 213 (44.8 %) of the identified adolescent girls and 166 (77.9 %) weighed less than 35 kg; 156 adolescent girls were given chit for collecting food grains; 154 collected grains from ration shop; 78 girls collected food grains for 3 months (Figure 4.2.1.12); 89 girls gained weight but still weighed less than 35 kg; 6 girls crossed 35 kg; 36 girls showed no change in weight and 23 girls lost weight.

## Household's opinion about food supplements through ICDS

When asked about their opinion as to who should get food supplements majority stated that all the persons belonging to the vulnerable groups- pregnant (73.6%), lactating women (83.8%), adolescent girls (85.4%), preschool children (76.9%) should get food supplements. The rest felt food supplements might be given to undernourished persons. They felt that food grains are the preferred supplement for pregnant (68.4%), lactating women (82.3%) and adolescent girls (91.6%). For 0-3 year old children 71.9% preferred RTE, which could be prepared at home and fed often. For the 3-6 year children 52.3% preferred hot cooked food, which children can eat when, they come for preschool education sessions. The rest preferred food grains or RTE. It is clear that as far as the



pregnant, lactating women and adolescent girls are concerned vast majority prefer food grain supplements. The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months only for one or two years, the community preferred this suggest that the option provided in NPAG was the right one.

## List of PSUs covered in Banswara District

Rural PSU List					
PSU NO.	TAHSIL T-NAME	BLOCK B-NAME	VILLAGE V-NAME		
1	10 Ghatol(part)	10 Ghatol	116 Padiya		
2	30 Banswara (part)	30 Talwar	238 Bassi Makwana		
3	50 Kushal Garh (part)	80 Sajjan garh	6 Kawariya		
4	50 Kushal Garh (part)	70 Kushal garh	389 Sarona		
5	10 Ghatol (part)	40 Peepal khoont	230 Kataro ki Bhain		
6	30 Banswara (part)	30 Talwara	99 Nadiya		
7	50 Kushal Garh (part)	80 Sajjan garh	82 Bor Bhatore		
8	30 Banswara (part)	40 NA	137 Chandra road		
9	50 Kushal Garh (part)	70 Kushal garh	178 Palakpara		
10	50 Kushal Garh (part)	70 Kushal garh	302 Ramgarh		
11	40 Bagidora (part)	50 Bagidora	199 Leelwani		
12	20 Garhi (full)	20 Garhi	47 Karanpur		
13	10 Ghatol (part)	10 Ghatol	143 Udaji ka gara		
14	20 Garhi (full)	20 Garhi	121 Saranpur		
15	40 Bagidora (part)	50 Bagidora	201 Saredi Bheelan		
16	40 Bagidora (part)	50 Bagidora	137 Lalawara		
17	40 Bagidora (part)	60 NA	106 Gamana		
18	10 Ghatol (part)	10 Ghatol	31 Kundla		
19	40 Bagidora (part)	50 Bagidora	237 Send nani		
20	30 Banswara (part)	30 Talwara	95 Malwasa		
21	10 Ghatol (part)	10 Ghatol	68 Borda		
22	30 Banswara (part)	40 NA	134 Katumbi		
23	30 Banswara (part)	30 Talwara	98 Saliya		
24	50 Kushal Garh (part)	80 Sajjan garh	26 Tanda Mangla		
25	20 Garhi (full)	20 Garhi	119 Bassimoti		
26	30 Banswara (part)	40 NA	189 Danpur		
27	10 Ghatol (part)	10 Ghatol	59 Ganora		
28	10 Ghatol (part)	10 Ghatol	139 Ghatol		
1A	10 Ghatol (part)	10 Ghatol (part)	117 Himmat singh ka gara		
5A	10 Ghatol (part)	40 Peepal khoont	231 kushalpura		
Urban PSU List					
PSU NO.	UFS NO.	TOWN/CITY	CODE	FRAME CODE	WARD NO.
29	1	Kushal garh	4	11	3
30	2	Kushal garh	2	11	4
31	3	Partap pur	2	11	
32	4	Banswara	3	11	6
33	5	Banswara	1	11	7
34	6	Banswara	1	11	32
35	7	Banswara	1	11	34
36	8	Banswara	1	11	34
37	9	Banswara	1	11	10
38	10	Banswara	1	11	8
39	11	Banswara	1	11	10
40	12	Banswara	1	11	20

Profile of AWs in Rajasthan

Annexure 4.2.1b

	Rural		
	Number		
	AW	No.	No./A W
Number of households	33	5228	158
Total population under AWC	33	3335	1011
Number of persons registered		5	
7-12 months	33	384	12
1-3 year	33	1131	34
3-6 year	33	1354	41
Pregnant women	33	261	8
Lactating women	33	283	9
Adolescent girls	33	969	29

Details of work done under NPAG in AW centers

	Total	
	No	%
<b>Total number</b>	<b>33</b>	
Weighing	33	100.0
Identifying adol. Girl <35kg	33	100.0
Giving chits to < 35kg	33	100.0
Collects grain from ration shop	33	100.0
Providing NHE to AG	33	100.0
AWW oriented to weighing	33	100.0
Provided with weighing scale	33	100.0
<b>Checking accuracy</b>	<b>33</b>	
Do not check	0	0.0
Adjusting zero error	31	93.9
With std weight	1	3.0
With std weight and adolescent girl	1	3.0
With std weight and adolescent girl and removing std weight	0	0.0
Any other	0	0.0
<b>Checking accuracy by investigator</b>	<b>32</b>	
Accurate by 1/2 kg	7	21.9
Inaccurate less than 1 kg	18	56.3
Inaccurate > 1 kg	7	21.9
<b>Demonstration of weighing</b>	<b>31</b>	
Correct	18	58.1
Incorrect	13	41.9
<b>Training of AWW for NHE</b>	<b>33</b>	<b>100.0</b>
<b>No. of AW giving NHE to P&amp;L</b>	<b>25</b>	<b>75.8</b>
<b>Records of work done</b>	<b>16</b>	<b>48.5</b>
<b>NPAG implementation Problems</b>	<b>42</b>	
No problem	12	28.6
Absence of accurate weighing scale	1	2.4
Girls do no get weighed	1	2.4
Girls do no pick up ration	2	4.8
Girls do no consume additional food	0	0.0
Non-availability of rations in ration shops	2	4.8
No link between AWW and ration shop	3	7.1
Any other	21	50.0
<b>Corrective measures</b>	<b>22</b>	
Inform the authorities	9	40.9
Make families and girls aware of NPAG	8	36.4
Any other	5	22.7
<b>Get support from</b>		
PRI	32	97.0
Ration Shop	30	90.9
Family of Girls	32	97.0
ANM	33	100.0
<b>Does NPAG improve</b>		
Nutritional status	32	97.0
Participation in KSY	26	78.8

	Total (Urban+Rural)		
	Number		
	AW	AG	AG/ AW
Date of last round		Jan 2004	
Date of current round		July 2004	
<b>LAST ROUND</b>			
<b>Number of AG</b>			
Identified	33	1679	51
Weighed	32	1469	46
Weight < 35 Kg	33	1001	30
New AG < 35 kg	20	570	29
Chits distributed	33	945	29
<b>Received rations for</b>			
1 month	1	37	0
2 months	6	95	0
3 months	26	813	31
<b>Nutritional status</b>			
No change in weight	14	383	27
Deterioration in weight	3	37	12
Improvement but less than 35 Kg	25	428	17
Crossed 35 kg.	6	35	6
<b>Received NHE</b>	<b>31</b>	<b>876</b>	<b>28</b>
<b>Received food supplement under KSY</b>	<b>16</b>	<b>47</b>	<b>3</b>
<b>CURRENT ROUND</b>			
<b>Number of adolescent girls</b>			
Identified	33	1853	56
Weighed	33	1732	52
Weight < 35 Kg	32	1155	36
New adolescent girls < 35 kg	23	763	33
<b>Number of chits distributed</b>	<b>30</b>	<b>1044</b>	<b>35</b>
<b>Received rations for</b>			
1 month	0	0	0
2 months	0	0	0
3 months	30	1044	35
<b>Nutritional status</b>			
No change in weight	12	310	26
Deterioration in weight	1	2	2
Improvement but less than 35 Kg	23	579	25
Crossed 35 kg.	9	46	5
<b>Received NHE</b>	<b>28</b>	<b>1020</b>	<b>36</b>
<b>Received food supplement under KSY</b>	<b>16</b>	<b>58</b>	<b>4</b>

## Details of ICDS components in the current month of the survey

	Number		
	AW	Persons	Persons/ AW
<b>Pregnant women</b>			
<b>Registered</b>	32	279	9
Weighed	22	165	8
Less than 40 Kg	8	16	2
Received food supplement	16	142	9
<b>Lactating women</b>			
<b>Registered</b>	27	292	11
Weighed	18	191	11
Less than 40 Kg	4	17	4
Received food supplement	19	166	9
<b>0-3 year children</b>			
<b>Registered</b>			
Male	32	904	28
Female	32	925	29
<b>Weighed</b>			
Male	28	645	23
Female	24	644	27
<b>Nutritional status</b>			
<b>Normal</b>			
Male	27	316	12
Female	24	293	12
<b>Undernourished</b>			
Male	25	325	13
Female	22	341	16
<b>Severely undernourished</b>			
Male	10	4	0
Female	5	7	1
<b>Received cooked food supplement</b>			
Male	24	557	23
Female	23	566	25
<b>3-6 year children</b>			
<b>Registered</b>			
Male	32	803	25
Female	32	741	23
<b>Weighed</b>			
Male	24	502	21
Female	23	429	19
<b>Nutritional status</b>			
<b>Normal</b>			
Male	24	270	11
Female	23	245	11
<b>Undernourished</b>			
Male	20	219	11
Female	20	177	9
<b>Severely undernourished</b>			
Male	1	4	4
Female	3	7	2
<b>Received cooked food supplement</b>			
Male	30	649	22
Female	30	606	20

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	68.4	82.3	91.6	9.6	25.3
RTE	6.1	5.6	3	71.9	22.4
Hot cooked meal	25.5	12.5	6	18.5	52.3
Preference for beneficiary of ICDS food supplement					
All in the community	73.6	83.8	85.4		76.9
Only undernourished in the community	8.9	6.1	4.6		8.0
All coming to AW	15.4	7.4	4.9		13.0
Only undernourished coming to AWs	1.5	2.1	4.6		1.6
Missing	0.6	0.6	0.6		0.6
Total	100.0	100.0	100.0		100.0

Preference for receiving food supplement from anganwadi		
	No	%
Stay and eat there	227	25.4
Collect food and go home	186	20.8
Stay at AWs even after eating food	12	1.3
Do not get supplement	320	35.8
Get only take home type supplement	29	3.2
One family member collects for all	2	0.2
Missing value	119	13.3
Total	895	100.0

## Details of Household Characteristics in Banswara

	No.	Mean $\pm$ S.D
Number of PSUs covered	32	
Number of households	895	
<b>Size of HH</b>	895	5.4 $\pm$ 1.76
Total food grains purchased (Kg)	881	74.4 $\pm$ 40.69
Kg of Grains from PDS	590	32.0 $\pm$ 8.26
	No.	%
<b>Type of HH</b>	895	
Joint	319	35.6
Nuclear	576	64.4
Missing Value	0	0.0
Total	895	100.0
<b>Caste</b>	895	
SC	48	5.4
ST	641	71.6
OBC	146	16.3
Others	60	6.7
Missing Value	0	0.0
Total	895	100.0
<b>Socio-economic status</b>	895	
High	6	0.7
Middle	100	11.2
Low	789	88.2
Missing Value	0	0.0
Total	895	100.0
<b>Literacy status of HHH</b>	895	
Illiterate	496	55.4
Can read and write	125	14.0
Schooling primary	185	20.7
Schooling secondary	89	9.9
Missing Value	0	0.0
Total	895	100.0
<b>Literacy status of wife of HHH</b>	847	
Illiterate	701	82.8
can read and write	62	7.3
Schooling primary	72	8.5
Schooling secondary	12	1.4
Missing Value	0	0.0
Total	847	100.0
<b>Work status of HHH</b>	895	
Unemployed	48	5.4
Unskilled/ landless labourer	20	2.2
Semi-skilled / cultivators	684	76.4
Clerk/office worker/ Teacher / Landowners	2	0.2
Business/ Artisans	63	7.0
Others	78	8.7
Missing Value	0	0.0
Total	895	100.0
<b>Work status of wife of HHH</b>	847	
Housewife	693	81.8
Unskilled/ landless labourer	6	0.7
Semi-skilled / cultivators	3	0.4
Clerk/office worker/ Teacher / Service	11	1.3
Business/ Domestic help	7	0.8
Others	126	14.9
Missing Value	1	0.1
Total	847	100.0
<b>Dietary Habits</b>	895	
Vegetarian	532	59.4
Non-vegetarian	363	40.6
Missing Value	0	0.0
Total	895	100.0
<b>Monthly Income</b>	895	
<5K	789	88.2
5-10K	100	11.2
>10K	6	0.7
Missing Value	0	0.0
Total	895	100.0
<b>Locality</b>	895	
Slum / Center of village	444	49.6

	No.	%
Resettlement colony / Periphery	405	45.3
Regular colony / Harijan basti	46	5.1
Missing Value	0	0.0
Total	895	100.0
<b>Type of House</b>	895	
Kutcha	697	77.9
Semi-pucca	91	10.2
Pucca	107	12.0
Missing Value	0	0.0
Total	895	100.0
<b>Ownership of House</b>	895	
Own	876	97.9
Rented	19	2.1
Missing Value	0	0.0
Total	895	100.0
<b>No. of rooms</b>	895	
One	424	47.4
Two	348	38.9
Three	90	10.1
> three	33	3.7
Missing Value	0	0.0
Total	895	100.0
<b>Toilet Facility</b>	895	
Sulabh / No facility	819	91.5
Shared pit	5	0.6
Own pit	66	7.4
Own flush	5	0.6
Missing Value	0	0.0
Total	895	100.0
<b>Transport</b>	895	
Public	700	78.2
Bicucle	113	12.6
Scooter / Moped	54	6.0
Any other	28	3.1
Missing Value	0	0.0
Total	895	100.0
<b>Cooking Fuel used</b>	895	
Kerosene/ Coal/ Wood	822	91.8
Gas / electricity	73	8.2
Others	0	0.0
Missing Value	0	0.0
Total	895	100.0
<b>Source of DW</b>	895	
Public Tap	378	42.2
Submersible	202	22.6
Well/ pond/ river	315	35.2
Missing Value	0	0.0
Total	895	100.0
<b>Entertainment</b>	895	
None	683	76.3
Radio	112	12.5
TV (BW)	36	4.0
TV (Col)	64	7.2
Missing Value	0	0.0
Total	895	100.0
<b>Kitchenware</b>	895	
Clay	1	0.1
Aluminium	2	0.2
Cast iron	0	0.0
Brass / Copper	0	0.0
Stainless Steel	892	99.7
Missing Value	0	0.0
Total	895	100.0
<b>Food grain Purchase</b>	895	
possession of Ration card	841	94.0
buy grains from Ration Shop	617	73.4

## Details of ICDS in Banswara

	Total	
	No.	%
<b>Awareness about presence of AWs</b>	776	86.7
<b>Pregnant women</b>	34	
<b>Visit AWs</b>		
Never	12	35.3
Less than 10 days	15	44.1
10-20 days	4	11.8
More than 20 days	3	8.8
<b>Receive NHE</b>	22	64.7
<b>Receiving food supplement</b>	22	64.7
Less than 10 days	7	31.8
10-20 days	5	22.7
More than 20 days	10	45.5
<b>Lactating women</b>	124	
<b>Visit AWs</b>		
Never	59	47.6
Less than 10 days	44	35.5
10-20 days	9	7.3
More than 20 days	12	9.7
<b>Receive NHE</b>	63	50.8
<b>Receiving food supplement</b>	55	44.4
Less than 10 days	30	54.5
10-20 days	10	18.2
More than 20 days	15	27.3
<b>0-3 year children</b>	341	
<b>Visit AWs</b>		
Never	162	47.5
Less than 10 days	105	30.8
10-20 days	44	12.9
More than 20 days	30	8.8
<b>Receive NHE</b>	162	47.5
<b>Receiving food supplement</b>	172	50.4
Less than 10 days	45	26.2
10-20 days	56	32.6
More than 20 days	71	41.3
<b>Weight of children</b>	221	64.8
<b>Nutritional status of children</b>		
Normal	152	68.8
Undernourished	15	6.8
Severely undernourished	1	0.5
Donot know	53	24.0
Missing value	0	0.0
<b>3-6 year children</b>	464	
<b>Visit AWs</b>		
Never	150	32.3
Less than 10 days	89	19.2
10-20 days	153	33.0
More than 20 days	72	15.5
<b>Receive NHE</b>	309	66.6
<b>Receiving food supplement</b>	317	68.3
Less than 10 days	75	23.7
10-20 days	175	55.2
More than 20 days	67	21.1
<b>Weight of children</b>	330	71.1
<b>Nutritional status of children</b>		
Normal	250	75.8
Undernourished	27	8.2
Severely undernourished	1	0.3
Donot know	52	15.8
Missing value	0	0.0

## Details of NPAG in Banswara

	Total	
	No.	Mean $\pm$ S.D
<b>Number of adolescent girls</b>	501	
<b>Mean age (years)</b>	501	13.7 $\pm$ 2.76
<b>Mean weight (Kg)</b>	382	33.6 $\pm$ 5.67
	No.	%
<b>Literacy status</b>		
Illiterate	168	33.5
Can read and write	36	7.2
Schooling primary	243	48.5
Schooling secondary	54	10.8
<b>Marital status (%)</b>		
Currently married	46	9.2
Never married	455	90.8
<b>Age at marriage (%)</b>		
10-13 years	10	2.0
13-16 years	18	3.6
16-19 years	18	3.6
not married	455	90.8
<b>KSY and NPAG</b>	367	73.3
Awareness about KSY	197	53.7
Awareness about NPAG	236	64.3
Visit AWs centre		
For KSY	68	18.5
For NPAG	156	42.5
Never	143	39.0
Receive NHE	209	56.9
Receive IFA	205	55.9
Receive food supplements from AWs	365	
Never	247	67.7
Less than 10 days	64	17.5
10-20 days	31	8.5
more than 20 days	23	6.3
<b>Weightment by AWW</b>	213	44.8
<b>Weighing less than 35 kg (%)</b>	166	77.9
<b>Given a chit for free food grains</b>	156	94.0
<b>Went to ration shop to collect grains</b>	154	98.7
<b>Collection of grains from ration shop</b>		
one month	46	29.9
two months	29	18.8
three months	78	50.6
never	1	0.6
<b>Reason for not getting food grains</b>		
not aware of NPAG	1	100.0
did not go to ration shop	0	0.0
ration shop closed	0	0.0
ration shop opened but no stock	0	0.0
do not require ration	0	0.0
<b>After receiving food grains</b>		
no change in weight	36	23.4
deterioration in weight	23	14.9
improvement in weight < 35 Kg	89	57.8
crossed 35 kg	6	3.9



A sample of chit given to adolescent girl

राजस्थान सरकार  
महिला एवं बाल विकास विभाग  
पोषाहार पायलेट परियोजना (राष्ट्रीय पोषाहार मिशन)

आयनवाही केन्द्र क्र. 1  
कोड नं. पी./जी./3

ग्राम पंचायत परतापूर

ग्राम नं. 250076  
तहसील गट्टी

आयनवाही केन्द्र का नाम मय कोड नं. 109 परतापूर C

नाम लाभार्थी मोनिका

पति - एसटी/एसटी/ओ पी सी /अन्यसह्यक/सामान्य

जन्म (किलोग्राम) 20 किलोग्राम

लाभार्थी परिवारण क्रमांक

आयनवाही पंजिका से

ग्रहण जारी करने की तिथि 3 फरवरी 2006

6 किलो निःशुल्क गेहूँ/चावल

पिता/पति का नाम भागी लाल

आय वर्ग - बी पी एल/ए पी एल/अन्य वर्ग

उत्पन्न लेने की दिनांक 20-9-05

उचित मूल्य की दुकान का नाम, स्थान एवं कोड नं.

हस्ताक्षर लाभार्थी मोनिका

हस्ताक्षर आगनवाही अधिकारी

आयनवाही कार्यकर्ता

राजस्थान सरकार  
महिला एवं बाल विकास विभाग  
पोषाहार पायलेट परियोजना (राष्ट्रीय पोषाहार मिशन)

आयनवाही केन्द्र क्र. 1  
कोड नं. पी./जी./3

ग्राम पंचायत परतापूर

ग्राम नं. 250076  
तहसील गट्टी

आयनवाही केन्द्र का नाम मय कोड नं. 109 परतापूर C

नाम लाभार्थी मोनिका

पति - एसटी/एसटी/ओ पी सी /अन्यसह्यक/सामान्य

जन्म (किलोग्राम) 20 किलोग्राम

लाभार्थी परिवारण क्रमांक

आयनवाही पंजिका से

ग्रहण जारी करने की तिथि 5-2-06

6 किलो निःशुल्क गेहूँ/चावल

पिता/पति का नाम मंगी लाल

आय वर्ग - बी पी एल/ए पी एल/अन्य वर्ग

उत्पन्न लेने की दिनांक 4-2-06

उचित मूल्य की दुकान का नाम, स्थान एवं कोड नं.

हस्ताक्षर लाभार्थी मोनिका

हस्ताक्षर आगनवाही अधिकारी

आयनवाही कार्यकर्ता

राजस्थान सरकार  
महिला एवं बाल विकास विभाग  
पोषाहार पायलेट परियोजना (राष्ट्रीय पोषाहार मिशन)

आयनवाही केन्द्र क्र. 1  
कोड नं. पी./जी./3

ग्राम पंचायत परतापूर

ग्राम नं. 250100  
तहसील गट्टी

आयनवाही केन्द्र का नाम मय कोड नं. 19 परतापूर C

नाम लाभार्थी अश्विनी

पति - एसटी/एसटी/ओ पी सी /अन्यसह्यक/सामान्य

जन्म (किलोग्राम) 30 किलोग्राम

लाभार्थी परिवारण क्रमांक

आयनवाही पंजिका से

ग्रहण जारी करने की तिथि 3 फरवरी 2006

6 किलो निःशुल्क गेहूँ/चावल

पिता/पति का नाम लक्ष्मी

आय वर्ग - बी पी एल/ए पी एल/अन्य वर्ग

उत्पन्न लेने की दिनांक 4-2-06

उचित मूल्य की दुकान का नाम, स्थान एवं कोड नं.

हस्ताक्षर लाभार्थी अश्विनी

हस्ताक्षर आगनवाही अधिकारी

आयनवाही कार्यकर्ता

## Notes on Details of Questions in Proforma 6

Respondent - Ms. Nalini Kathotia, Dy Dir, WFP & Admn., DWCD, GOR

1. Process is too long. When the funds are released for centrally sponsored schemes, the concerned Dept. prepares a proposal according to the guidelines. That proposal has to be approved by Plan Dept. of the State. Only on their approval sanction is conveyed to PDs at the districts. PDs requisition the grain directly from F.C.I. godowns in the districts. F.C.I. sends the bills to State Govt. Treasury and only on receiving the money, it releases the grain. The grain is lifted by RAJFED-the transporting agency and supplied through dealers approved by DSO.
2. Delay in release of sanction – separate administrative and financial sanctions are required. Getting these takes nearly two months.
3. Dealers and ration stand in-charge do not cooperate well
4. Sometimes grain not available with F.C.I.
5. Lack of continuity alienates the community, as they do not understand administrative procedures.
6. Requested collector to help. She felt, however that the long procedure is necessary because this ensures accountability and absolves the AWW of any blame.
7. This scheme provides nutritional support to adolescent girls. This support is very important to reduce the incidence of malnutrition (PEM, anemia, iodine and vitamin A) among them.
8. Enables monitoring of weights of AGs every three months, and if no improvement is seen in six months, the AG can be referred to PHC.
9. Brings AGs under monitoring by ANM.
10. AGs are given information regarding health, maternity, cleanliness, etc.

Respondent - Director, WCD

11. The participation of AG in ICDS scheme and AWC is encouraged leading to mutual benefit.
12. It provides an opportunity to AGs to gain knowledge and skills to become more conscientious mothers.
13. Provides an opportunity to AG to learn about economic independence through exposures to schemes like Swayamsiddha and SHGs.

**Suggestions** – Directions to F.C.I. should be sent directly from the center.

## Guidelines and Progress report- 2005-06

दिनांक 24-5-2006 को प्रातः 11 बजे प्रमुख शासन सचिव महोदया की अध्यक्षता में उनके कक्ष में आयोजित की जा रही बैठक के सम्बन्ध में किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम (N.P.A.G.) से सम्बन्धित नोट

योजना आयोग, भारत सरकार द्वारा राज्य के बांसवाड़ा एवं डूंगरपुर जिलों में कम वजन वाली गर्भवती एवं धात्री माताओं तथा कुपोषित किशोरी बालिकाओं के लिए पोषाहार पायलेट परियोजना प्रारम्भ करने की स्वीकृति वित्तीय वर्ष 2002-03 में दिनांक 17.7.2002 को प्रदान की गयी। प्रारम्भिक तौर पर यह योजना दो वर्षों की अवधि अर्थात् 2002-03 एवं 2003-04 के लिए थी। योजना आयोग से पूर्व में प्राप्त दिशा निर्देशानुसार इस योजना के अन्तर्गत 40 किलोग्राम से कम वजन वाली गर्भवती एवं धात्री माताओं तथा 35 किलोग्राम से कम वजन वाली किशोरी बालिकाओं को प्रतिमाह 6 किलोग्राम खाद्यान्न निःशुल्क उपलब्ध करवाए गए। वित्तीय वर्ष 2004-05 में इस योजना को निरन्तर जारी रखने की स्वीकृति भारत सरकार से प्राप्त नहीं हुई।

भारत सरकार, मानव संसाधन विकास मंत्रालय, महिला एवं बाल विकास विभाग, नई दिल्ली ने अपनी प्रशासनिक स्वीकृति क्रमांक एफ.1-23/2005-NPAG दिनांक 14.7.2005 द्वारा किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम को प्रायोगिक तौर पर वित्तीय वर्ष 2005-06 में क्रियान्वित किये जाने की स्वीकृति प्रदान की है। भारत सरकार से प्राप्त स्वीकृति के अनुसार यह योजना वित्तीय वर्ष 2005-06 में भी पूर्व की भांति राज्य के डूंगरपुर एवं बांसवाड़ा जिलों में ही लागू है। इस योजना के अन्तर्गत अब मात्र 35 किलोग्राम से कम वजन वाली 11 से 19 आयु वर्ग की किशोरी बालिकाओं को प्रतिमाह 6 किलोग्राम खाद्यान्न (गेहूँ/चावल) सार्वजनिक वितरण प्रणाली की दुकानों के माध्यम से निःशुल्क उपलब्ध करवाया जाएगा। वित्तीय वर्ष 2005-06 में गर्भवती एवं धात्री माताओं को इस योजना से हटाया गया है। चिन्हित/चयनित 35 किलोग्राम से कम वजन वाली किशोरी बालिकाओं को प्रतिमाह आंगनबाड़ी कार्यकर्ता द्वारा हस्ताक्षरित नोट/कूपन जारी किये जावेंगे। लाभार्थी नजदीकी निर्धारित उचित मूल्य की दुकान से हस्ताक्षरित नोट/कूपन में अंकित खाद्यान्न की मात्रा निःशुल्क प्राप्त कर सकेंगे।

वित्तीय वर्ष 2005-06 में भारत सरकार द्वारा इस योजना हेतु योजना आयोग भारत सरकार द्वारा पूर्व में जारी दिशा निर्देशों में 2 मुख्य संशोधन किये हैं जो निम्नानुसार हैं :-

- (1) यह योजना केवल किशोरी बालिकाओं तक सीमित रहेगी। गर्भवती एवं धात्री माताओं को अब इसमें शामिल नहीं किया जाना है।
- (2) योजना के अन्तर्गत चिन्हित लाभार्थियों की सूची ग्राम सभा से अनुमोदित करवाई जानी आवश्यक है। शेष समस्त दिशा निर्देश पूर्ववत रहेंगे।

बैठक में विचारणीय बिन्दु :-

- (1) विगत 2 वर्षों में योजना के अन्तर्गत अर्जित भौतिक एवं वित्तीय उपलब्धियों की समीक्षा :-

वित्तीय प्रगति -

भारत सरकार द्वारा किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम को वित्तीय वर्ष 2004-05 में निरन्तर जारी रखने की ना तो स्वीकृति प्रदान की गयी है, ना ही वित्तीय वर्ष

2004-05 में इस योजना के अन्तर्गत खाद्यान्न का आवंटन किया है। तदनुसार गत 2 वर्षों की वित्तीय प्रगति निम्नानुसार है :-

(राशि लाखों में)

क्र.सं.	विवरण	वर्ष 2004-05	वर्ष 2005-06
1	भारत सरकार से प्राप्त राशि	148.00 (गत वर्ष की राशि का रिवेलीडेशन)	236.49
2	व्यय की गयी राशि	4.14	101.36
3	शेष अप्रयुक्त राशि	143.86	135.13

नोट :- वर्ष 2002-03 एवं 2003-04 में निर्मुक्त की गयी 332.95 लाख (184.95 लाख + 148.00 लाख) में से प्रथम किश्त में से 109.95 लाख व द्वितीय किश्त में से 143.86 लाख अप्रयुक्त है।

भौतिक प्रगति -

क्र.सं.	विवरण	वर्ष 2004-05	वर्ष 2005-06
1	लक्षित लामान्वित	भारत सरकार से योजना को जारी रखने की स्वीकृति प्राप्त नहीं हुई थी	81087
2	लामान्वित जिन्हें खाद्यान्न का निःशुल्क वितरण किया गया	-	77410

(2) वित्तीय वर्ष 2006-07 के लिए योजना के अन्तर्गत उपलब्ध राशि के व्यय की कार्य योजना पर चर्चा :-

वर्तमान में भारत सरकार द्वारा इस योजना के अन्तर्गत राज्य के मात्र दो जिलों यथा डूंगरपुर एवं बांसवाडा को शामिल किया गया है। भारत सरकार ने गत वित्तीय वर्ष में दिनांक 14-7-2005 को जारी प्रशासनिक स्वीकृति में इस योजना को प्रायोगिक तौर पर वर्ष 2005-06 में जारी रखने की स्वीकृति प्रदान की थी। वर्तमान में विभाग के पास में भारत सरकार की ओर से ऐसी कोई स्वीकृति आदिनांक तक प्राप्त नहीं हुई है कि इस योजना को चालू वित्तीय वर्ष 2006-07 में निरन्तर जारी रखी जावे।

वित्तीय वर्ष 2006-07 के अन्तर्गत इस योजना के अन्तर्गत 7.15 लाख का प्रावधान बतलाया गया है। साथ ही प्रमुख शासन सचिव महोदय के योजना आयोग को लिखे गये अर्द्ध शासकीय पत्र क्रमांक 36201 दिनांक 3-5-2006 में इस योजना में उदयपुर एवं बारां जिलों को शामिल करने हेतु अनुरोध किया गया है। साथ ही गत वित्तीय वर्ष 2002-03 एवं 2003-04 की 253.81 लाख राशि अप्रयुक्त है एवं वर्ष 2005-06 की 135.13 लाख की राशि भी अप्रयुक्त है। यदि भारत सरकार द्वारा इस योजना के अन्तर्गत अन्य जिलों को शामिल नहीं किया जाता है एवं वर्ष 2006-07 में मात्र इन दो जिलों को ही रखा जाता है तो गत वित्तीय वर्षों की कुल अप्रयुक्त रही राशि 388.94 लाख ही पर्याप्त होगी एवं यदि भारत सरकार द्वारा इस योजना के अन्तर्गत राज्य के अन्य पिछड़े जिलों को शामिल कर लिया जाता है तो प्रावधानित 7.15 लाख की राशि पर्याप्त होगी। परन्तु उपलब्ध राशि के व्यय की कार्ययोजना भारत सरकार से स्थिति स्पष्ट होने पर ही सम्भव होगी।

(3) विभिन्न योजनाओं के संचालन में आ रही कठिनाइयां :-

(1) भारत सरकार द्वारा इस योजना के अन्तर्गत खाद्यान्न का आवंटन भारतीय खाद्य निगम के माध्यम से किया जाता है। भारतीय खाद्य निगम के सम्बन्धित जिलों में अधिकांश समय उचित मात्रा में खाद्यान्न उपलब्ध नहीं रहता है।

(2) भारतीय खाद्य निगम के निकटतम स्थित अन्य जिलों के गोदामों से यदि खाद्यान्न का आवंटन करवाया जाता है तो उसमें परिवहन व्यय की राशि अधिक आती है एवं आडिट आक्षेप भी आने की सम्भावना रहती है।

(3) भारतीय खाद्य निगम अग्रिम राशि जमा होने पर ही गेहूं का रिलीज आर्डर जारी करता है। इस हेतु उप निदेशक/बाल विकास परियोजना अधिकारी के स्तर से कोष कार्यालय के माध्यम से अग्रिम राशि आहरित की जाकर भारतीय खाद्य निगम के गोदाम में जमा करवाई जाती है। उसके उपरान्त खाद्यान्न उठाव एवं सम्बन्धित अधिकृत राशन विक्रेताओं तक खाद्यान्न का वितरण का कार्य जिला रसद अधिकारी के माध्यम से खाद्य एवं नागरिक आपूर्ति विभाग के अनुबन्धित थोक एवं खुदरा विक्रेताओं द्वारा किया जाता है जिसमें सम्म ~~अधिक~~ लगाता है।

(4) ~~अधिकृत थोक एवं खुदरा~~ विक्रेता अपनी सुविधा अनुसार भारत सरकार/राज्य सरकार की अन्य चलाई जा रही योजनाओं के साथ ही गेहूं का उठाव एवं परिवहन कार्य कर सुपुर्दगी देते हैं। जिससे विलम्ब होता है।

(5) साथ ही यह स्थिति भी पाई गयी है कि सम्बन्धित डीलर समय पर कूपन पुनः विभाग को नहीं लौटाते जिससे वितरित किये गये कूपन में से कितने लाभान्वितों ने खाद्यान्न प्राप्त किया, की जानकारी यथा समय नहीं हो पाती है।

(6) यह स्थिति भी पाई गई है कि अधिकृत राशन विक्रेता दुकाने अपनी मर्जी से कभी भी खोलते हैं व कभी भी बन्द कर देते हे जिससे किशोरी बालिकाओं को खाद्यान्न प्राप्त करने में कठिनाई महसूस होती है।

## किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम (N.P.A.G.)

योजना आयोग, भारत सरकार द्वारा राज्य के बांसवाड़ा एवं डूंगरपुर जिलों में कम वजन वाली गर्भवती एवं धात्री माताओं तथा कुपोषित किशोरी बालिकाओं के लिए पोषाहार पायलेट परियोजना प्रारम्भ करने की स्वीकृति वित्तीय वर्ष 2002-03 में दिनांक 17.7.2002 को प्रदान की गयी। प्रारम्भिक तौर पर यह योजना दो वर्षों की अवधि अर्थात् 2002-03 एवं 2003-04 के लिए थी। योजना आयोग से पूर्व में प्राप्त दिशा निर्देशानुसार इस योजना के अन्तर्गत 40 किलोग्राम से कम वजन वाली गर्भवती एवं धात्री माताओं तथा 35 किलोग्राम से कम वजन वाली किशोरी बालिकाओं (10-19 आयुवर्ग) को प्रतिमाह 6 किलोग्राम खाद्यान्न (गेहूं/चावल) निःशुल्क उपलब्ध करवाए गए। वित्तीय वर्ष 2004-05 में इस योजना को निरन्तर जारी रखने की स्वीकृति भारत सरकार से प्राप्त नहीं हुई।

भारत सरकार, मानव संसाधन विकास मंत्रालय, महिला एवं बाल विकास विभाग, नई दिल्ली ने अपनी प्रशासनिक स्वीकृति क्रमांक एफ.1-23/2005-NPAG दिनांक 14.7.2005 द्वारा किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम को प्रायोगिक तौर पर वित्तीय वर्ष 2005-06 में क्रियान्वित किये जाने की स्वीकृति प्रदान की है। भारत सरकार से प्राप्त स्वीकृति के अनुसार यह योजना वित्तीय वर्ष 2005-06 में भी पूर्व की भांति राज्य के डूंगरपुर एवं बांसवाड़ा जिलों में ही लागू है। इस योजना के अन्तर्गत अब मात्र 35 किलोग्राम से कम वजन वाली 11 से 19 आयु वर्ग की किशोरी बालिकाओं को प्रतिमाह 6 किलोग्राम खाद्यान्न (गेहूं/चावल) सार्वजनिक वितरण प्रणाली की दुकानों के माध्यम से निःशुल्क उपलब्ध करवाया जाएगा। वित्तीय वर्ष 2005-06 में गर्भवती एवं धात्री माताओं को इस योजना से हटाया गया है। चिन्हित/चयनित 35 किलोग्राम से कम वजन वाली किशोरी बालिकाओं को प्रतिमाह आगनबाड़ी कार्यकर्ता द्वारा हस्ताक्षरित नोट/कूपन जारी किये जावेंगे। लाभार्थी नजदीकी निर्धारित उचित मूल्य की दुकान से हस्ताक्षरित नोट/कूपन में अंकित खाद्यान्न की मात्रा निःशुल्क प्राप्त कर सकेगा।

वित्तीय वर्ष 2005-06 में भारत सरकार द्वारा इस योजना हेतु योजना आयोग भारत सरकार द्वारा पूर्व में जारी दिशा निर्देशों में 2 मुख्य संशोधन किये हैं जो निम्नानुसार हैं :-

- (1) यह योजना केवल किशोरी बालिकाओं तक सीमित रहेगी। गर्भवती एवं धात्री माताओं को अब इसमें शामिल नहीं किया जाना है।
- (2) योजना के अन्तर्गत चिन्हित लाभार्थियों की सूची ग्राम सभा से अनुमोदित करवाई जानी आवश्यक है। शेष समस्त दिशा निर्देश पूर्ववत् रहेगें।

योजना की प्रगति निम्नानुसार है :-

- (1) भारत सरकार से प्राप्त दिशा निर्देशानुसार राज्य के डूंगरपुर एवं बांसवाड़ा जिलों में 35 किलोग्राम से कम वजन वाली 11-19 आयुवर्ग की किशोरी बालिकाओं का वजन के आधार पर सर्वे का कार्य पूर्ण कर लिया गया है। बांसवाड़ा जिले में 35 किलोग्राम से कम वजन वाली चयनित किशोरी बालिकाओं की संख्या 41161 एवं डूंगरपुर जिले में 39926 तदानुसार कुल चयनित किशोरी बालिकाएं 81087 है।
- (2) राज्य के बांसवाड़ा एवं डूंगरपुर जिलों में 35 किलोग्राम से कम वजन वाली चयनित समस्त किशोरी बालिकाओं की सूची का ग्राम सभा से अनुमोदन करवा लिया गया है।
- (3) भारत सरकार वित्त मंत्रालय, व्यय विभाग आयोजना वित्त-प्रथम खण्ड, नई दिल्ली ने पत्र क्रमांक एफ.44-(9)पीएफआई, दिनांक 26.7.05 द्वारा किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम के अन्तर्गत वित्तीय वर्ष 2005-06 की अवधि हेतु अतिरिक्त केन्द्रीय सहायता राशि रूपये 236.49 लाख शत प्रतिशत अनुदान के रूप में निर्मुक्त की गयी है। जिसके अनुसरण में राज्य के वित्त (बजट) विभाग से उक्त राशि के जमा की पुष्टि करवाई जाकर उप निदेशक आईसीडीएस डूंगरपुर को 106.54 लाख एवं बांसवाड़ा को 129.95 लाख बजट राशि का आवंटन दिनांक 25.10.2005 को कर दिया गया है।
- (4) किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम के अन्तर्गत खाद्यान्न मद में व्यय की गयी राशि एवं गेहूँ उठाव की माह मार्च, 2006 तक की स्थिति निम्नानुसार है :-

(मात्रा मैटन में एवं राशि रूपयों में)

चयनित किशोरी बालिकाएं	खाद्यान्न की मासिक मांग	भारत सरकार द्वारा आवंटित गेहूँ मात्रा	एफ सी आई. से आवंटित करवाई गई गेहूँ मात्रा	एफ.सी. आई. से आवंटित गेहूँ की जमा करवाई गई राशि	माह मार्च .06 तक उठाई गई गेहूँ मात्रा	शेष मात्रा जिसका उठाव जारी है	विशेष विवरण
जिला-बांसवाड़ा (M. Town)							
41161	246.966	2300	987.900	4329373	987.900	निल	-
जिला-डूंगरपुर							
39926	239.556	1750	958.00	4198339	958.00	निल	-
81087	486.522	4050	1945.90	8527712	1945.90	निल	-

- (5) वित्तीय वर्ष 2005-06 के अन्तर्गत भारत सरकार द्वारा इस योजना के अन्तर्गत जारी 236.49 लाख अतिरिक्त केन्द्रीय सहायता राशि में से उप निदेशक, आईसीडीएस, डूंगरपुर एवं बांसवाड़ा द्वारा माह मार्च, 2006 तक 101.36 लाख की राशि व्यय की गयी है।

- (6) बांसवाडा जिले में पंजीकृत 41161 किशोरी बालिकाओं में से 37484 बालिकाओं को तथा डूंगरपुर जिले में पंजीकृत 39926 समस्त किशोरी बालिकाओं को निशुल्क खाद्यान्न का वितरण वर्ष 2005-06 में किया गया।

### क्रियान्वयन में विलम्ब के कारण

- (1) भारत सरकार मानव संसाधन विकास मंत्रालय महिला एवं बाल विकास विभाग नई दिल्ली ने किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम को प्रायोगिक तौर पर वित्तीय वर्ष 2005-06 में जारी रखने की स्वीकृति दिनांक 14.7.2005 को जारी की गयी। प्रशासनिक एवं वित्तीय स्वीकृति के साथ नवीन दिशा निर्देश संलग्न किये गये परन्तु इस योजना की वर्ष 2005-06 की अवधि हेतु खाद्यान्न का आवंटन एवं वित्तीय स्वीकृति उक्त तिथि तक प्राप्त नहीं हुई है। उक्त तिथि तक विलम्ब विभागीय स्तर पर नहीं हुआ है।
- (2) भारत सरकार वित्त मंत्रालय व्यय विभाग आयोजना वित्त-प्रथम खण्ड ने किशोरी बालिकाओं हेतु पोषाहार कार्यक्रम के अन्तर्गत वित्तीय वर्ष 2005-06 की अवधि हेतु वित्तीय स्वीकृति 236.49 लाख की दिनांक 26.7.2005 को जारी की है। जो विभाग में 17.9.2005 को प्राप्त हुई है। प्राप्त स्वीकृति के अनुसरण में राज्य के वित्त (बजट) विभाग से उक्त राशि के जमा की पुष्टि करवाई जाकर सम्बन्धित लेखा मद में प्रावधान करवाया जाकर मुख्य लेखाधिकारी मुख्यालय जयपुर द्वारा दिनांक 25.10.2005 को राज्य के डूंगरपुर जिले को 106.54 लाख एवं बांसवाडा जिले को 129.95 लाख की राशि का बजट आवंटन किया गया। इस प्रकार विभागीय स्तर पर योजना के क्रियान्वयन में तत्परता बरती गई है।
- (3) राज्य के डूंगरपुर एवं बांसवाडा जिलों में स्थित गोदामों में वांछित मात्रा में गेहूं की मात्रा उपलब्ध नहीं होने से तथा विभाग द्वारा राशि जमा करवाए जाने के पश्चात गेहूं के उठाव का कार्य सम्बन्धित जिला रसद अधिकारी से अनुबन्धित परिवहनकर्ता फर्म/थोक एवं खुदरा राशन विक्रेताओं के स्तर से किया जा रहा है। साथ ही राज्य के डूंगरपुर एवं बांसवाडा जिलों में पर्याप्त मात्रा में खाद्यान्न उपलब्ध नहीं होता है। अन्य जिलों के गोदामों से खाद्यान्न उठाव की स्थिति में आडिट आक्षेप आता है व परिवहन व्यय की राशि भी अधिक व्यय होती है। इससे इन जिलों में गेहूं आने तक उठाव के कार्य में विलम्ब होता है।

वित्तीय वर्ष 2006-07 में भारत सरकार, महिला एवं बाल विकास मंत्रालय, नई दिल्ली द्वारा इस योजना को निरन्तर जारी रखा जा रहा है अथवा नहीं के सम्बन्ध में कोई अधिकृत सूचना विभाग को भारत सरकार की ओर से आदिनांक तक प्राप्त नहीं हुई है।

**Source: DWCD, Rajasthan**



## Principal Investigator's Summary

### I. STATE LEVEL

#### A. The Following Officials Were Interviewed:

1. Secretary, Women & Child Development Department, GOR
2. Director, Women & Child Development Department, GOR
3. Deputy Director, Admin. & WFP, Women & Child Development Department, GOR
4. Mr. R.N. Meena, D.S., Expenditure II Dept. of Finance, GOR
5. Mr. S.C. Dinkar, D.S., Budget, Dept Of Finance, GOR
6. Mr. Vinod Pandya, Director, Budget, Dept of Finance, GOR.
7. Mrs. Minakshi Hooja, Secretary, Dept of Food & Civil Supplies, GOR.

#### B. Points Emerging From Interviews:

1. The main points that emerged are the following:
  - i. NPAG is a much needed program and should not only continue but also be extended to other districts with some modification.
  - ii. The officers were unanimous in the opinion that the procedures involved in getting administrative and financial sanctions were too long. However, they also felt that these procedures could not be done away with.
  - iii. These long procedures meant delay in getting the program to the beneficiaries.(The quarterly report shows that every year the respective rounds were going on simultaneously).
2. No suggestions for expediting the process emerged. However, it was suggested that the two programs under ICDS for AGs viz NPAG & KSY could be merged.

#### C. Observation/Comments Of Project Director:

1. There were long procedures involved in getting financial and administrative sanctions, leading to only one or two rounds being possible each year.
2. State level officials were prompt in conveying sanctions along with guidelines, etc to the District.
3. Officers in the Civil Supplies Dept., Plan, Budget and Expenditure sections of the Finance Dept. were indifferent regarding NPAG. The former said that the Dept. was not involved, while the latter said they were like a post office and did not know about the program.

### II.DISTRICT LEVEL

#### A. The following official were interviewed

1. Mr. Vikas Bhale, DC, Banswara, GOR.
2. Mr. Abrar Ahmed, ADM, Banswara, GOR
3. Mr. RK Verma, ACEO, Zila Parishad, Banswara.
4. Mrs. Krishna Srivastava, DD-ICDS & PD-WDA Banswara District, GOR.
5. Mr. Ghanshyam Parik, DSO, Basnwara, GOR.

## **B. Points Emerging From Interviews:**

1. Mrs Krishna Srivastava complained of delay in lifting grain from FCI and distribution to FPS Dealers at village level. The DSO pointed out that the delay was due to the lifting and distribution of grain for NPAG along with that for PDS for achieving economy.
2. Irregularity of opening of FPS and availability of dealers at the village level was also reported.
3. There were complaints of misbehaviour and alcohol consumption by FPS dealers
4. FPS officials did not return one copy of the coupon to ICDS officials.

Note: Many AWWs had found a way to overcome this problem. They kept all copies of the coupons with them, and collectively took all AGs to the FPS whenever the grain and the dealer were available. They got the coupon copy stamped and brought it back with them.

## **C. Observation/Comments of Project Director**

1. The problems reported above were actually seen in the field.
2. Dist. Officials, except for WCD, did not consider themselves involved in or responsible for, or accountable for NPAG or any other project of WCD Dept.
3. The DC has been recently posted. The DD depended largely on the earlier DC to expedite availability of grain, and was not sure what cooperation she could get from the new DC.
4. Lack of ownership of the program by district level officials – the DC (newly posted), ADM, AEO, Zila Parishad and DSO – was obvious. Monitoring at the District and Sector levels was non-existent; or only aimed at sending back 'required information' to higher authorities.

## **III. VILLAGE LEVEL FUNCTIONARIES**

### **A. The following officials were interviewed:**

1. Supervisors.
2. AWWs.

### **B. Points Emerging from Interviews:**

1. Problem of irregular availability of the FPS dealers and food grain was universally reported.
2. Demand for grain by families other than those of AGs with weight < 35 kgs was also reported.
3. Lack of understanding of the need for, and the method for, accurate recording, regular weighing, and accurate selection of AGs for NPAG was observed.

### **C. Observations/Comments of Project Director:**

1. FPS dealers were not available for interviews; indicating their apathy to the program. Selection of AGs for benefit of NPAG was not always accurate. There was much indiscrepancy in weight as well as age of AGs recorded.
2. Indications of caste and factionalism in society affecting access to NPAG as well as selection of beneficiaries were also seen.

3. Adolescent daughters-in-laws were generally not conceived as beneficiaries of the program.
4. Weighing of AGs was seen to be done only at the beginning of each round.
5. Supervision was found to be lax, and monitoring and guidance non-existent.
6. The understanding of definition of 'adolescence' was not uniform. It ranged from 12 –18 years, and 11 – 18 years. 19 year olds were also generally excluded.
7. Far spread-out of houses in villages and, in many cases, AWCs being on the main road and not in the centre of the village emerged as obstacles in access to NPAG and other services.
8. Many AWWs depended on friends/a male relative for record keeping which contributed to inaccuracies in the records.

#### **IV. GENERAL COMMENTS**

1. The growth years 11 – 19 are too long a period to justify one weight cut-off point. This leads to many better-nourished children of younger age group being included and many of the under weight girls in the older age groups being excluded. On other hand It is also realized that dividing adolescence into 2 age groups and having different cut-off weight points for both is likely to make the scheme more complicated. It is felt that this point should be thoroughly deliberated and appropriate solutions found.
2. Many discrepancies were found in records at the three levels – AW, sector and project. For e.g. while most AW records showed not more that two weighings (both at the beginning of the rounds), the project level QPR shows four rounds/year.
3. There also seems to be a lack of understanding of 'rounds' under NPAG at the District level, as seen from DL –QPR. For e.g. in the year 2004 –2005, the data for three weighments in each of the rounds I, II & III are recorded in Apr. Similarly in 2005 –06, the recording is in May.
4. Large discrepancies were also seen in the weight records of AGs. Some eligible AGs were not included, some with wt. >35 kg were included; and in the case of some others there were unexplained differences is recorded weights and those taken by the research team.
5. Similarly, weight records of children were found to be incomplete and also had many unexplained errors.
6. Many families living on the outskirts of the village, and a few in the centre of the village reported lack of participation or even knowledge about the AWC activities including NPAG. Social factors (other than mere distance) could also be at play.
7. With operationalization of NPAG, the supplementary nutrition under KSY has become redundant. The daily participation of AGs in the AWCs was found to be non-existent. The recommendation of state level WCD officials regarding merging of KSY and NPAG in NPAG operationalized areas needs to be seriously considered.

## Northwest Delhi

Delhi is the capital of India, its third largest city, and the industrial hub of northern India. The National Capital Territory of Delhi was divided into nine districts in 1997. They are Central, North, South, East, West, Northeast, Southeast, Northwest, and South-West District.

	Northwest Delhi	Delhi
<b>Population</b>		
Persons	2860869	13850507
Males	1571689	7607234
Females	1289180	6243273
Percentage decadal growth	60.12	46.31
Sex ratio (females per 1,000 males)	820	821
Population density (per sq. km.)	6471	9294
Literacy rate (%)		
Persons	80.57	81.82
Males	86.89	87.37
Females	73.30	75.00

Source: Census 2001

The Northwest Delhi is the largest district with an area of 440 sqkm that primarily include residential blocks of Jahangir puri, Sultan puri, Mongol puri, Narela, Bawana. As per census 2001, the Northwest Delhi population is 2360869, which is 20.7 % of the total population of the Delhi state. The Northwest Delhi has 90.8 % urban population and it constitutes 20.7 % of the state population. Sex ratio of Northwest

Delhi is 820, which is similar to the sex ratio of the state. Literacy rate is 80.6%, which is similar to state literacy rate of 81.8 %.

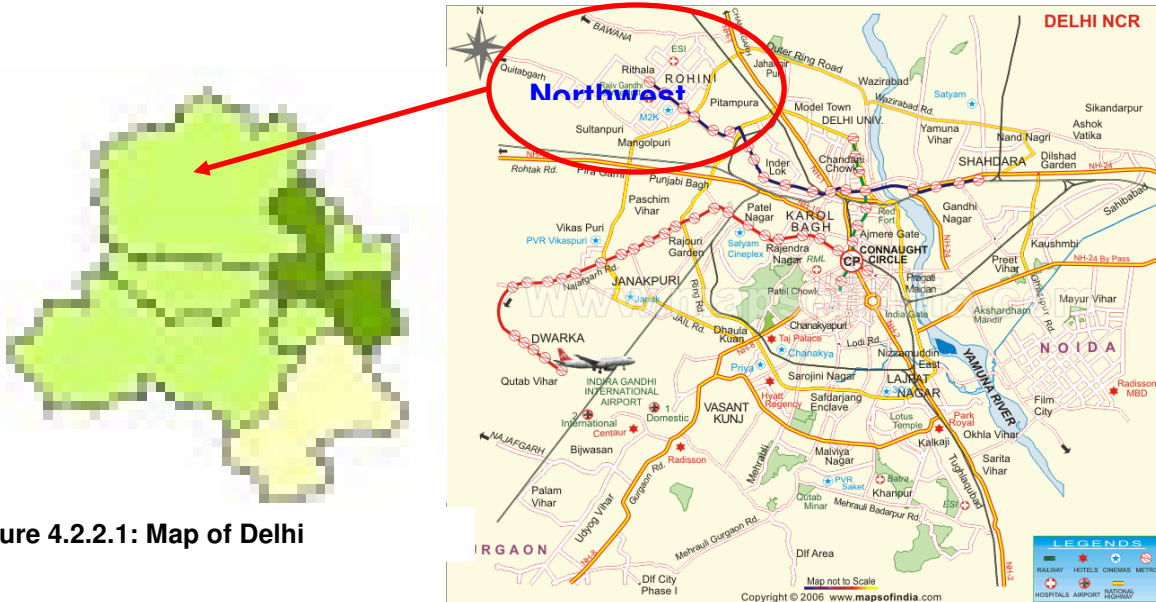


Figure 4.2.2.1: Map of Delhi

## NPAG Evaluation

The NPAG evaluation was conducted in 40 PSUs (4 rural and 36 urban) of Northwest district of Delhi (Annexure 4.2.2a). The data for the rural and urban areas were analyzed and presented separately.

## Fund and food grain release

**Table 4.2.2.2: Funds release and expenditure under NPAG in Northwest Delhi (in lakh)**

States	2002-03		2003-04		2004-05	
	Budget	Expenditure	Budget	Expenditure	Budget	Expenditure
Kanjhawala	15	1.96	Nil	Nil	17.50	172000
Alipur	16	1.09	27.80	0.39	10.00	9992
Jahangirpuri	26	1.53	20.60	1.14	16.00	26211
Sultanpuri	27.47	1.63	31.52	0	31.52	0
Mongolpuri	20	1.17	30.50	0	29.50	0
Narela	12	0.99	25.60	0	25.60	0
Total	116.47	8.38	177.00	1.53	116.47	2.08

The food grains were distributed once in the years 2002-03 and 2003-04 in only two blocks, Alipur and Jahangir puri of Northwest Delhi. Fund utilisation and

lifting of food grains from 2002-03 to 2005-06 is given in Annexure 4.2.2f. The progress report –2002-03 sent by DWCD is given in Annexure 4.2.2g.

**Table 4.2.2.3: NPAG in Northwest Delhi**

		Alipur			Jahangir puri			Total
		Preg	Lact	Adol girls	Preg	Lact	Adol girls	
2002-03	Total number of beneficiaries identified	1545	1550	8895	1388	1801	11446	26625
	Number of beneficiaries weighed	1522	1503	7673	556	412	9536	21202
	Number of undernourished beneficiaries	151	199	3571	265	202	4319	8707
	% Undernourished	10	13	40	19	11	38	33
	Food grains lifted (kg)	11	0	511	56	79	591	1248
2003-04	Total number of beneficiaries identified	1545	1550	8895	1373	2067	11446	26876
	Number of beneficiaries weighed	1522	1503	7673	1373	2067	11446	25584
	Number of undernourished beneficiaries	151	199	3571	265	202	4319	8707
	% Undernourished	10	13	40	19	10	38	32
	Food grains lifted	0	0	33	117	137	1644	1931

The programme was initiated in 2002-03 in Northwest Delhi. The training and IEC activities were completed and adult balances were provided to all anganwadis (AWs) in 2002. The community cooperated with the anganwadi workers (AWWs) for weighment and identification of the undernourished persons and were willing to participate in the programme. Weighing was done in 2002-03 (1 AW), 2003-04 (6 AWs), 2004-05 (2 AWs), 2005-06 (21 AWs) and 2006-07 (1 AW).

In Delhi, the procedure for getting the food grains provided to undernourished persons was rather cumbersome. In an attempt to get accurate number of the persons requiring food grain supplementation, the AWWs were first asked to weigh and send the list of eligible adolescent girls, pregnant and lactating women to CDPO who then sent the list to DWCD; DWCD compiled the list from all CDPOs and estimated the number of beneficiaries and the food grain requirement was then sent to Food and Civil Supplies Department (FCSD). The FCSD then released food grains through the PDS. This procedure was cumbersome and time consuming and there were months of delay between

weighing and distribution grains to undernourished persons. The families of undernourished persons were unaware of when food grains were being provided in the fair price shops. Since the food grains allocated in the 3 months were not utilized, there was difficulty in getting food grains allocated in the next three months from the civil supplies department. As a result of all these problems food grains were distributed to undernourished persons only once in Dec 2003 in one block and once in Jan 2004 in another block. The programme was discontinued in 2004-05. It was restarted in 2005-06 with adolescent girls as the only target group. The AWWs faced difficulty in weighing and identifying undernourished adolescent girls; the community felt that since even in earlier years they had not received food grains for the undernourished persons, there was no point in getting the adolescent girls weighed. Hence the number of adolescent girls identified, weighed and found to be weighing less than 35 kg was relatively low. The weightment was done once in 2005-06 and the list of identified girls was sent to DWCD but food grains were not released till June 2006. To overcome the problem of poor access to PDS shops, wheat was distributed in August 2006 by the AWW to the identified undernourished girls. As the number of girls identified was low in 2005-06 only a few girls got the food grains. It is expected that as the food grains were distributed in August 2006, the community will cooperate in next round resulting in better identification, weighing to detecting undernourished adolescent girls and distribution of food grains. The details of the funds released and the expenditure under NPAG in Northwest Delhi is given in Table 4.2.2.2 and 4.2.2.3

The records of weight of adolescent girls taken by AWW in the PSUs covered under evaluation and the weight of adolescent girls from the selected households in the PSU by the evaluation team is given in the Table 4.2.2.4. The weight of girls reported by evaluation team was almost similar for all age groups except for adolescent girls at 18 years of age.

**Table 4.2.2.4: Comparison of weight for age of adolescent girls in 2006 by the evaluation team and AWW**

Age (yrs)	Weight by Evaluators		Weight by AWWs									
	N	Mean $\pm$ S.D	2002		2003		2004		2005		2006	
			N	Mean $\pm$ S.D	N	Mean $\pm$ S.D	N	Mean $\pm$ S.D	N	Mean $\pm$ S.D	N	Mean $\pm$ S.D
10	16	25.9 $\pm$ 2.79	16	27.5 $\pm$ 3.61	30	25.5 $\pm$ 3.86	7	24.9 $\pm$ 2.97	14	23.2 $\pm$ 3.6	35	26.3 $\pm$ 5.83
11	51	29.2 $\pm$ 7.59	9	27.1 $\pm$ 3.62	47	27.1 $\pm$ 4.29	9	22.6 $\pm$ 3.36	26	24.9 $\pm$ 3.01	45	28.6 $\pm$ 6.67
12	55	31.8 $\pm$ 6.17	16	36.6 $\pm$ 7.26	50	32.2 $\pm$ 5.39	10	29.3 $\pm$ 3.47	21	29.3 $\pm$ 5.63	54	31.1 $\pm$ 5.31
13	48	35.3 $\pm$ 7.54	7	40.9 $\pm$ 2.12	46	34.9 $\pm$ 6.54	11	32.5 $\pm$ 5.7	28	28.5 $\pm$ 6.49	61	32.5 $\pm$ 6.53
14	65	39.1 $\pm$ 6.47	NA	NA	62	37.4 $\pm$ 6.34	10	35.5 $\pm$ 6	24	37.6 $\pm$ 5.54	65	35 $\pm$ 7.25
15	57	41.4 $\pm$ 7.47	18	46.7 $\pm$ 8.17	58	40.8 $\pm$ 6.16	9	40.6 $\pm$ 6.17	26	39.3 $\pm$ 8.55	63	38.9 $\pm$ 8.65
16	52	41.8 $\pm$ 10.73	15	40.4 $\pm$ 5.23	46	40.5 $\pm$ 8.76	5	40.8 $\pm$ 4.71	24	41.9 $\pm$ 7.25	58	42.6 $\pm$ 8.66
17	42	44.2 $\pm$ 9.43	5	55.4 $\pm$ 8.85	30	42.8 $\pm$ 6.33	5	41.8 $\pm$ 2.17	24	42.1 $\pm$ 6.57	32	44.6 $\pm$ 8.13
18	46	42.5 $\pm$ 9.18	12	48.7 $\pm$ 6.34	28	46.2 $\pm$ 6.49	NA	NA	NA	NA	25	51.6 $\pm$ 7.8
19	25	44.1 $\pm$ 6.58	NA	NA	14	45.4 $\pm$ 4.47	NA	NA	NA	NA	9	46.6 $\pm$ 11.01
<b>Total</b>	<b>457</b>	<b>37.9 <math>\pm</math> 9.55</b>	<b>98</b>	<b>39.6 <math>\pm</math> 10.22</b>	<b>411</b>	<b>36.6 <math>\pm</math> 8.68</b>	<b>66</b>	<b>33.6 <math>\pm</math> 8.47</b>	<b>187</b>	<b>34.0 <math>\pm</math> 9.34</b>	<b>449</b>	<b>36.3 <math>\pm</math> 9.98</b>

## Rural

Number of Households	1983
Total Population	8526
<b>Number of persons registered in AWs</b>	
Children 7-12 months	79
Children 1-3 years	290
Children 4-6 years	218
Pregnant women	56
Lactating women	73
Adolescent girls (KSY)	13

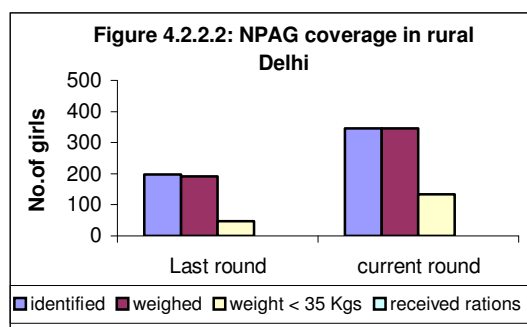
The NPAG evaluation was done in 6 rural anganwadis (AWs). Data on number of households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.2.5. Dalia, murmura and chana were being supplied to the AWs.

Following the Supreme Court order cooked food was served to all beneficiaries from July 2006.

### **NPAG - Adolescent Girl**

Five anganwadi workers (AWWs) received training in weighing adolescent girl (83.3 %) and all six provided nutrition and health education (NHE) pertaining to NPAG scheme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished adolescent girls.

Adult weighing scales had been given to all AWWs and all of them had weighed adolescent girls in their area and identified girls under 35 kg (one AWW reported that her weighing scale was not properly working therefore she borrowed weighing scale from nearby AWW and weighed adolescent girl in her area). All AWWs adjusted for zero error of the weighing scale just before weighing. The field investigators checked accuracy of weighing scales. Weighing scales of all five AWs were accurate and weighing scale of one AW was not working at the time of survey. Four AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (66.7 %) and 2 AWWs were not able to demonstrate how to correctly weigh adolescent girls. Only one AWW (16.7 %) provided NHE to the identified adolescent girls. Two AWWs had records of NPAG. Major predicament faced was that weighing had been done repeatedly every year but food grains were not distributed even once. This has reduced the support of family to AWWs and families did not want AWWs to weigh the girls (Annexure 4.2.2b).



The data on last round (Jan- 2004) was available in only one AW. In the last round of NPAG, 198 adolescent girls were identified; 192 identified adolescent girls were weighed; 24.5 % who were weighed were below 35 kg. AWW gave NHE to 5 adolescent girls. The chits were not distributed to the identified adolescent girls and no rations were

given to these identified adolescent girls. Under KSY scheme, 8 girls collected food supplements from 3 AWs.

The data pertaining to the current round (Jan 2006 to April 2006) was available in 5 AWs; 346 adolescent girls were identified and all were weighed; 38.4 % girls weighed less than 35 Kg. All AWWs gave NHE to sixty-one adolescent girls. The chits were not distributed to the identified adolescent girls and no rations were given to these identified adolescent girls. However in August 2006 food grains were directly given by AWWs to identified adolescent girls. Under KSY scheme, 13 girls collected food supplements from AWs (Figure 4.2.2.2).

### ***Ongoing ICDS programme***

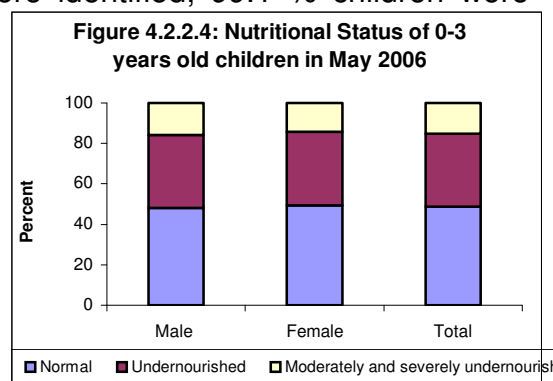
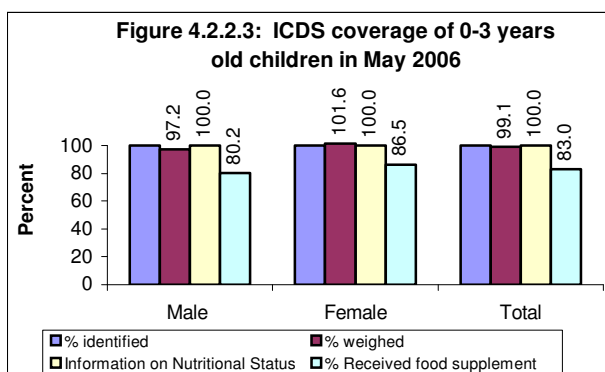
The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 6 AWs. The data for the month of May 2006 is presented in Annexure 4.2.2c.

### ***Pregnant and lactating women***

Data on pregnant women were available in 6 AWs; 66 pregnant women were identified; 9 pregnant women were weighed (1 AWW); one weighed less than 40 kg; 56 pregnant women received food supplements (in 6 AWs). Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 6 AWs; 85 lactating women were identified, 8 lactating women were weighed (1 AWs); 1 lactating women weighed less than 40 kg; 72 lactating women (in 6 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women.

### ***Children (0-3 years of age)***

A total of 440 children (0-3 years old) were identified; 99.1 % children were



weighed. The information on nutritional status was available for all children who were weighed; 48.6 % were normal; 36.2 % were undernourished and 15.1 % was moderately and severely undernourished\* (Figure 4.2.2.4); 82.9 % were

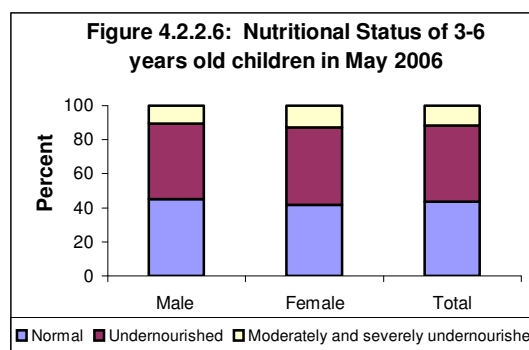
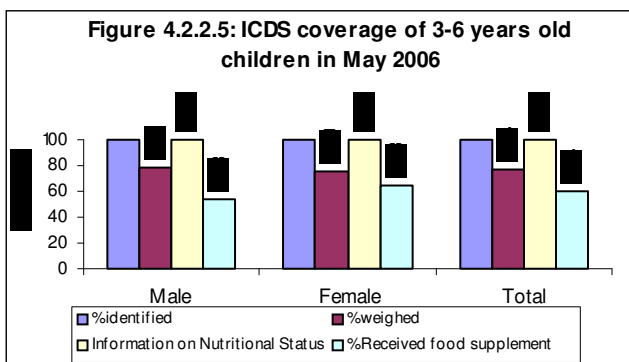
\* In Delhi moderately and severely undernourished children were pooled together right at the time of data collection.



receiving food supplement from AWs more than 20 days (Figure 4.2.2.3). Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### Children (3-6 year old)

A total of 288 children (3-6 years old) were identified; 77.4 % children were weighed. The information on nutritional status was available for all children who



were weighed; 43.5 % were normal; 44.8 % were undernourished and 11.7 % were moderately and severely undernourished (Figure 4.2.2.6); 59.4 % were receiving food supplement from AWs more than 20 days (Figure 4.2.2.5). Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### Urban

Number of Households	6329
Total Population	33417
<b>Number of persons registered in AWs</b>	
Children 7-12 months	423
Children 1-3 years	1441
Children 4-6 years	800
Pregnant women	263
Lactating women	349
Adolescent girls (KSY)	48

The NPAG evaluation was done in 26 urban AWs. Data on number of households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.2.6. Dalia, murmura and chana were being supplied to all the AWs. Following the Supreme

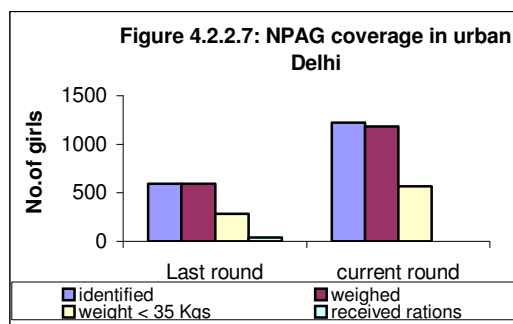
Court order cooked food was being started in July 2006 for all the beneficiaries.

### NPAG-Adolescent Girl

Twenty-four AWWs (92.3 %) received training in weighing adolescent girl and 25 provided NHE pertaining to NPAG scheme. The community acknowledged the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girls.

Adult weighing scales had been given to all AWWs and all of them had weighed adolescent girl in their area and identified adolescent girls under 35 kg (four

AWWs reported that their weighing scale was not working properly; therefore they borrowed weighing scale from nearby AWW and weighed adolescent girl in their area). All AWWs adjusted zero error of the weighing scale just before weighing. The field investigators checked accuracy of weighing scales. Weighing scales of 14 AWWs (66.7 %) were accurate and 7 (33.3 %) weighing scales were inaccurate by 1 kg. Sixteen AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (72.7 %) and 6 AWWs were not able to demonstrate how to correctly weigh adolescent girls. Nine AWWs (34.6 %) provided NHE to the identified adolescent girls. Seventeen AWWs had records of NPAG. Major problems faced were that weighing has been done repeatedly every year but food grains were not distributed even once. This has reduced the support of family to AWWs and families did not want AWWs to weigh the girls (Annexure 4.2.2b).



The data on last round (Jan- 2004) was available in 10 AWWs. In the last round of NPAG, 598 adolescent girls were identified; all identified adolescent girls were weighed; 46.9 % girls who were weighed were below 35 kg. AWW gave NHE to 23 adolescent girls. The chits were distributed to the 37 identified adolescent girls by two AWWs and all adolescent girls

collected ration only for one month. Under KSY scheme, 26 girls collected food supplements from AWWs.

The data pertaining to current round (Nov 2005 to June 2006) was available in 22 AWWs; 1225 adolescent girls were identified; 1181 (96.4 %) were weighed; 48.3 % girls who were weighed were less than 35 kg. AWWs provided NHE to thirty adolescent girls. The chits were not distributed to the identified adolescent girls and no rations were given to these identified adolescent girls. However in August 2006 food grains were directly given by AWWs to identified adolescent girls. Under KSY scheme, 33 girls collected food supplements from AWWs (Figure 4.2.2.7).

### ***Ongoing ICDS programme***

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from 24 AWWs. The data for the month of May 2006 has been presented (Annexure 4.2.2c).

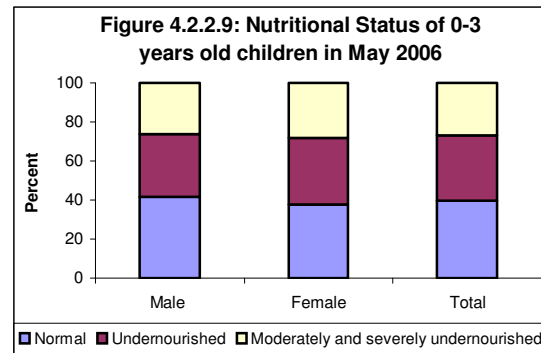
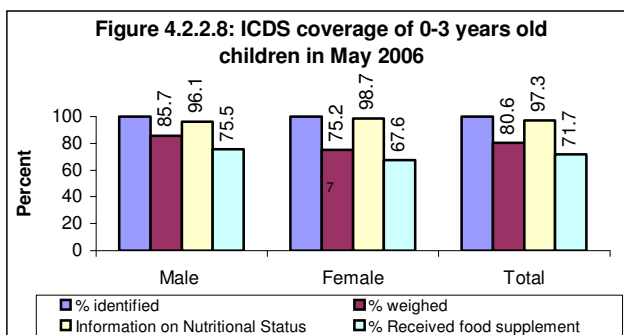
### ***Pregnant and lactating women***

Data on pregnant women were available in 25 AWWs; 355 pregnant women were identified; no pregnant woman was weighed; 245 pregnant women received food supplements (in 24 AWWs). Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 25 AWWs; 455 lactating women were identified,

no lactating woman was weighed; 315 lactating women (in 24 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women.

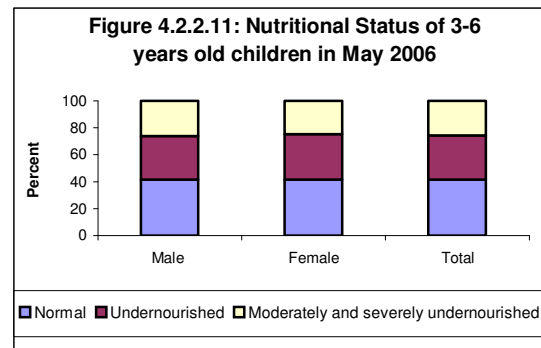
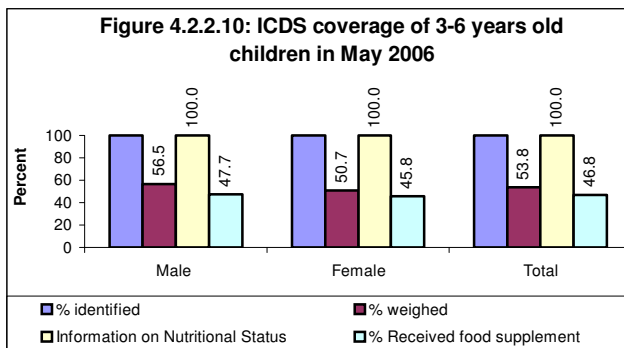
### Children (0-3 years of age)

A total of 2345 children (0-3 years old) were identified; 80.6 % children were weighed. The information on nutritional status of children was available for 97.3 % children who were weighed; 39.8 % were normal; 33.2 % were undernourished and 27 % were moderately to severely undernourished (Figure 4.2.2.9); 71.7 % collected food supplements from AWs more than 20 days (Figure 4.2.2.8). Distribution of food supplements was not carried out on the



basis of nutritional status of the child.

### Children (3-6 year old)



A total of 1255 children (3-6 years old) were identified; 53.8 % children were weighed. The information on nutritional status was available for all children who were weighed, of whom 41.5 % were normal; 33 % were undernourished and 25.5 % were moderately to severely undernourished (Figure 4.2.2.11); 46.8 % collected food supplements from AWs more than 20 days (Figure 4.2.2.10). Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### Household Survey

The survey was conducted in 40 PSUs (4 rural and 36 urban) of Northwest district of Delhi – PSUs (Annexure 4.2.2d and 4.2.2e). The data obtained from rural and urban PSUs were analysed and reported separately.

## ***Rural***

The survey was conducted in 110 rural households. The mean household size was 5.8; 63.6 % were nuclear families.

### *Socioeconomic profile*

Majority (47.3%) of the households surveyed belonged to OBC; 31.8 % were other castes including Muslims and rest belonged to SC and ST. Over fifty percent of the families (55.5 %) stated that their monthly income was less than Rs. 5000; the rest (23 %) stated that their income was above Rs. 10000 per month.

The head of the households were better educated than the wives of the head of the households. Over fifty-five percent of the head of the households were educated up to secondary or more (57.3%); 19.1 % had primary level education and 18.2 % were illiterate; 46.5 % of the wives of head of the household were illiterate; 20.8 % had primary education and 29.7 % had studied up to secondary school or more.

Only one fourth (27.2%) of the head of the households were farmers; one fourth (24.5 %) were working as landless labourers; 26.4 % were working as factory labourers, rickshaw pullers, small vendors in mandis and daily bazaars; 17.3 % were unemployed at the time of the survey. Most of the wives of the head of the households were housewives (94.1 %) and did not work outside home.

Most (96.4 %) of the population was residing in the center of the village. About ninety percent households (89.1 %) owned houses. Majority of the families were living in pucca houses (86.4 %); 24.5 % had two rooms and the rest lived in one-room houses (21.5 %). Majority had toilet facility at home (69.1%); the rest (23.6 %) the population had no access to toilet or were using sulabh. Only 34.5% had provision of drinking water at their own homes; the rest (65.5 %) obtained drinking water from public sources like taps; hand pumps or water tankers. Majority 65.5 % of the households reported that they were vegetarian. Majority of the families (59.1 %) were using gas for cooking; the rest (40.9 %) were using kerosene or wood stoves for cooking purposes. Almost all of them were using stainless steel utensils for cooking food. Public transport was used by 44.5 % of the population; 30 % had scooter or motorcycle. Most of them had colour television (61.8 %) at home; 15.5 % had no source of entertainment such as radio or T.V at home.

The mean consumption of food grains was 47.2 kg per month per household; nearly four-fifth (82.7 %) of the families had ration card and only one fourth of them bought food grains from ration shop. On an average each household bought 26.9 kg of food grains from the ration shop.

### *Utilization of ICDS services*

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	11	27.3 (3)	36.4 (4)	0	0	100(4)
Lactating women	18	22.2 (4)	27.8 (5)	0	60.0 (3)	40.0 (2)
0-3 years children	53	35.8 (19)	60.4 (32)	6.3 (2)	62.5 (20)	31.3 (10)
3-6 years children	53	37.7 (20)	50.9 (27)	7.4 (2)	55.6 (15)	37.0 (10)

Figures in parenthesis denote actual numbers

Almost all (93.6 %) the households knew about AW in their area. In rural areas only 41.8 % of the households were receiving food supplement from the AW; only 6.4 % stayed at AW and ate the supplement; the rest of them collected supplement from AW and took it home. Information on number of pregnant, lactating women and preschool children who visited AWs, received NHE or food supplements are given in Table 4.2.2.7.

The registered eligible beneficiaries, himself/herself or any family member, came and collected food supplements from the AWs and took it back to the home. The socioeconomic status or nutritional status of the persons did not appear to have been used as criteria for selection of persons/ families who would receive food supplements. As the AWs provided only dry rations, on the days when several of the families did not collect food supplements, there was no wastage; they were able to provide supplements even when more than expected number of persons came to AWs for food supplements. Since AWs started providing cooked food supplements, there is wastage of food on the days when families did not collect food supplement. Because of severe space constraints, it is not possible to provide pre school education or NHE at AWs. Even though cooked food is now provided to the beneficiaries collect food and take it home because of space constraints at AWC.

Three out of 11 pregnant women visited AWs, received NHE and four collected food supplements. Four of the 18 lactating women visited AWs and got NHE; five collected food supplements. Among 32 0- 3 year old children collecting food supplements from AWs, only 10 children (31.3 %) collected supplements for more than 20 days. Among 27 3-6 years children collecting food supplements; only ten children (37 %) collected food supplements for more than 20 days. Apparently children who received food supplements had not been selected on the basis of either socioeconomic or nutritional status; majority (55.6 %) collected supplements for 10-20 days.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	53	32	14	6	1
3-6	53	25	15	1	9

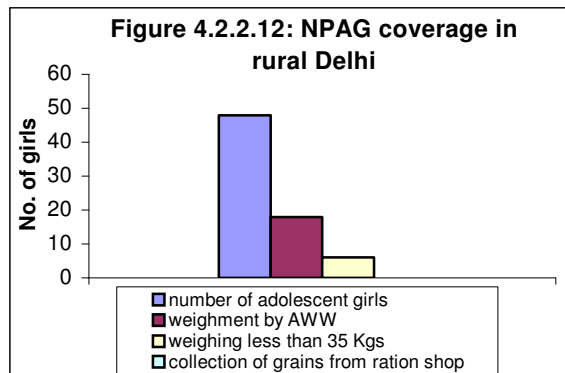
There were 53 children in 0-3 year old age groups in the households surveyed;

32 children had been weighed. The parents reported that 14 children

were normal; 6 were undernourished and 1 was severely undernourished. Parents of 11 children (34.4 %) reported that they did not know the nutritional status of their child. There were 53 children in 3-6 year old age group in the households surveyed; 25 children had been weighed. The parents reported that 15 children were normal; 1 was undernourished and 9 were severely undernourished.

## NPAG

During the household survey 48 adolescent girls were identified; mean age of the girls was  $13.9 \pm 2.66$  years and mean weight was  $37.3 \pm 9.36$ kg; 64.6 % of the girls had primary level education, and 29.2 % had secondary level education. Only one adolescent girl was married. Only few (97.9 %) girls knew about KSY (17%) and NPAG (14.9%). The family reported that 8.5 % adolescent girls visited



AWs for KSY, 14.9 % received NHE, 8.5 % had received iron/folic acid tablets, 9.1 % took food supplement from AWs; 6.4 % visited AWs for NPAG. AWs workers had weighed 18 (37.5 %) of the identified adolescent girls and 6 (33.3 %) weighed less than 35 kg. In Northwest Delhi AWWs were requested to weigh the adolescent girls and prepare a list of those weighing less than 35 kg and send it

to CDPO who will then get the rations. Since 2002-03, grains were distributed only once in 2003-04. In view of this there was some resistance among families to weighing of adolescent girls. During August 2006, food grains had been distributed to the identified undernourished girls and it is therefore expected that from the next round all adolescent girls would be weighed and all girls weighing less than 35 kg will be given food grains.

## Urban

The survey was conducted in 1006 urban households. The mean household size is 5.7; 62.2 % were nuclear families.

### *Socioeconomic profile*

Majority of households (46.2 %) belonged to OBC or Muslims; one-third to OBC (27.9 %) and rest belonged to SC. Half of the families (51.3 %) stated that their monthly income was less than Rs. 5000; the rest (11 %) families stated that their income was above Rs. 10,000 per month.

The head of the households were better educated than the wives of the head of the households; 24 % were illiterate; 24.2 % had primary education and 45.9 % of the head of the households were educated up to secondary or more; 48.1 % of

the wives of head of the household were illiterate; 25.5 % had primary education and 22.3 % had studied up to secondary school or more.

About one third of the head of the household were working as factory labourers, rickshaw pullers, small vendors in mandis and daily bazaars; 18.2 % were working as clerk, teachers, involved in public and private service sectors; 19 % had business; 15.5 % were unemployed at the time of the survey. Majority of the wives of the head of the households were housewives (87.5 %) and did not work outside home.

Most of the population was residing in the resettlement colonies (61.1 %); 15.7 % were living in slums and 23.0 % in regular colonies. Most of the families (81.2 %) owned houses. Majority of the families (92.8 %) were living in pucca houses; 81.2 % had two or more rooms and the rest lived in one room tenement. Majority had toilet facility at home (70 %); the rest of the population had no access to toilet or were using sulabh. Majority (60.9 %) had provision of drinking water at their own homes; the rest (38.8%) were taking drinking water from public sources like taps, hand pumps or water tankers. Half (50 %) of the households reported that they were vegetarian. Most families (82 %) were using gas for cooking food; the rest (18 %) were using kerosene or wood stoves for cooking purposes. Almost all of them were using stainless steel utensils for cooking food. Public transport was used by 50.1 % of the population. 24.2 % had scooter or motorcycle. Most of them had colour television (75.5 %) at home; 11.1 % had no source of entertainment such as radio or T.V at home.

The mean consumption of food grains was 45.3 kg per month per household; four-fifth (78.8 %) of the families had ration card and over forty-five percent of them bought food grains from ration shop. On an average each household bought 19.5 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	55	34.5 (19)	41.8 (23)	17.4 (4)	34.8 (8)	47.8 (11)
Lactating women	73	20.5 (15)	24.7 (18)	5.6 (1)	16.6 (3)	77.8 (14)
0-3 years	316	28.5 (90)	47.2 (149)	15.4 (23)	32.2 (48)	52.4 (78)
3-6 years	420	21.9 (92)	36.7 (154)	11.5 (18)	32.5 (50)	50.0 (77)

Figures in parenthesis denote actual numbers

Almost all (84.6 %) the households knew about AW in their area. In urban areas only 25.3 % of the households were receiving food supplement from the AW; only 2.2% stayed at AW and ate the supplement; the rest of them collected supplement from AW and took it home. Information on number of pregnant, lactating women and preschool children who visited AWs, received NHE or food supplements are given in Table 4.2.2.9.

The registered eligible beneficiaries himself/herself or any family member came and collected food supplements from the AW and took it back to the home. The socioeconomic status or nutritional status of the persons did not appear to have been used as criteria for selection of persons/ families who would receive food supplements. As the AWS provided only dry rations, on the days when several of the families did not collect food supplements, there was no wastage; they were able to provide supplements even when more than expected number of persons come to AWs for food supplements. Since AWs started providing cooked food supplements, there is wastage of food on the days when families did not collect food supplement. Even when cooked food is provided the beneficiaries collect the foods and take it home as there is no space in AWC. Because of severe space constraints, it is not possible to provide pre school education or NHE at AWs.

Nineteen out of 55 pregnant women visited AWs, received NHE and twenty three collected food supplements; 11 pregnant women had collected food supplements for more than 20 days. Fifteen of the 18 lactating women visited AWs and got NHE; 18 collected food supplements, 14 lactating women had collected food supplements for more than 20 days. Among 149 0- 3 year old children collecting food supplements from AWs, only 78 children (52.4 %) collected supplements for more than 20 days. Among 154 3-6 years children collecting food supplements; only 77 children (50 %) collected food supplements for more than 20 days. Apparently children who received food supplements had not been selected on the basis of either socioeconomic or nutritional status.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	316	92	46	17	2
3-6	420	92	44	9	3

There were 316 children in 0-3 year old age groups in the households surveyed; 92 children had been

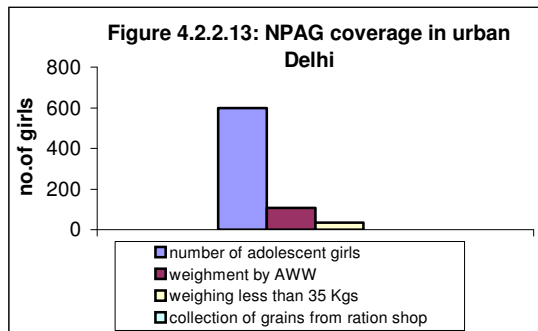
weighed. The parents reported that 46 children were normal; 17 were undernourished and 2 were severely undernourished. Parents of 27 children (29.3 %) reported that they did not know the nutritional status of their child. There were 420 children in 3-6 year old age group in the households surveyed; 92 children had been weighed. The parents reported that 44 children were normal; 9 were undernourished and 3 were severely undernourished. Parents of 36 children (39.1 %) reported that they did not know the nutritional status of their child (Table 4.2.2.10).

### NPAG

During the household survey 599 adolescent girls were identified; mean age of the girls was  $14.7 \pm 2.54$  years and mean weight was  $38.1 \pm 9.43$  kg; 55.6 % of the girls had primary level education, and 37.2 % had secondary level education. Seven adolescent girls were married. Only few (99.5 %) girls knew about KSY (3.4 %) and NPAG (13.8 %). The family reported that 1 % adolescent girls visited AWs for KSY, 5.2 % received NHE, 3.4 % had received iron/folic acid tablets, 2.2



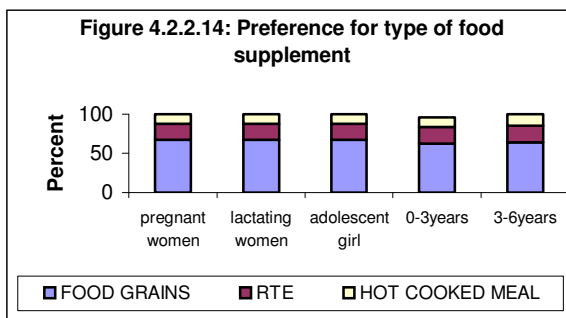
% took food supplement from AWWs; 13.4 % visited AWWs for NPAG. AWW workers had weighed 106 (17.7 %) of the identified adolescent girls and 36 (34 %) weighed less than 35 kg. In Northwest Delhi AWWs were requested to weigh the



adolescent girls and prepare a list of those weighing less than 35 kg and send it to CDPO who will then get the rations. Since 2002-03, grains were distributed only once in 2003-04. In view of this there was some resistance among families to weighing of adolescent girls. During August 2006, food grains had been distributed to the identified undernourished girls and it is therefore

expected that from the next round all adolescent girls would be weighed and all girls weighing less than 35 kg will be given food grains.

### Household opinion about food supplement through ICDS



When asked about their opinion as to who should get food supplements majority stated that all the persons belonging to the vulnerable groups-pregnant (65.3 %), lactating women (65.3 %), adolescent girls (65.3 %), preschool children (67.5 %) should get food supplements. The rest felt food supplements may be given to under

nourished persons. They felt that food grains are the preferred supplement for pregnant (67 %), lactating women (67 %), adolescent girls (67 %), 0-3 year old (66.2 %) and 3-6 year old (63.8 %) children. The reason stated was that it is convenient for each group and easily accessible so that it can be cooked according to taste and palatability of the family. The rest preferred RTE (21 %) or hot cooked food (12 %). The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months (only for one or two years), the community preference for food grains suggest that the option provided in NPAG was the right one.

**List of PSUs in Northwest Delhi**

Annexure 4.2.2a

USF NO.	TOWN / CITY NAME	IV UNIT	BLOCK NO.	POPULATION SIZE
1.	BAWANA	1	14	663
2.	BAWANA	1	31	730
3.	ALIPUR	1	8	736
4.	PUTHKURD	1	4	600
5.	PRAHALADPUR	1	3	324
6.	PRAHALADPUR	1	21	784
7.	PRAHALADPUR	2	10	746
8.	PRAHALADPUR	2	26	854
9.	JAHANGIRPUR	1	4	693
10.	JAHANGIRPUR	2	4	674
11.	JAHANGIRPUR	3	3	672
12.	JAHANGIRPUR	3	19	610
13.	JAHANGIRPUR	4	9	665
14.	JAHANGIRPUR	5	8	765
15.	JAHANGIRPUR	6	5	825
16.	JAHANGIRPUR	7	10	608
17.	JAHANGIRPUR	8	7	642
18.	JAHANGIRPUR	8	24	750
19.	JAHANGIRPUR	9	6	847
20.	JAHANGIRPUR	9	23	665
21.	JAHANGIRPUR	10	18	657
22.	JAHANGIRPUR	11	13	584
23.	JAHANGIRPUR	12	7	645
24.	SULTANPUR M	2	5	594
25.	SULTANPUR M	2	23	633
26.	SULTANPUR M	3	20	514
27.	SULTANPUR M	4	18	495
28.	SULTANPUR M	5	14	594
29.	SULTANPUR M	6	5	657
30.	SULTANPUR M	6	18	481
31.	SULTANPUR M	7	10	800
32.	SULTANPUR M	8	4	1120
33.	SULTANPUR M	8	22	702
34.	SULTANPUR M	9	6	1024
35.	SULTANPUR M	9	22	1032
36.	SULTANPUR M	10	12	964
PSU NO	PSU NAME	BLOCK NAME	NO OF RESIDENTIAL HOUSEHOLD	POPULATION SIZE
37.	TIKRI KHURD	NERALA	714	3132
38.	KHENA KALAN	NERALA (concl.)	651	4740
39.	CHAND PUR	SARASWATI VIHAR	207	1334
40.	RASOOL PUR	SARASWATI VIHAR	182	1270

## Annexure 4.2.2b

## Profile of anganwadis in North West Delhi

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	No.	No./AW	AW	No.	No./AW	AW	No.	No./AW
Number of households	26	6329	243	6	1983	331	32	8312	260
Total population under AWS	26	33417	1285	6	8526	1421	32	41943	1311
Number of persons registered									
7-12 months	25	423	17	6	79	13	31	502	16
1-3 year	25	1441	58	6	290	48	31	1731	56
3-6 year	25	800	32	6	218	36	31	1018	33
Pregnant women	25	263	11	6	56	9	31	319	10
Lactating women	25	349	14	6	73	12	31	422	14
Adolescent girls	26	48	2	5	13	3	31	61	2

## Details of work done under NPAG in anganwadi centers

	Urban		Rural		Total	
	No	%	No	%	No	%
Total number	26		6		32	
Weighing	26	100.0	6	100.0	32	100.0
Identifying adol. Girl <35kg	26	100.0	6	100.0	32	100.0
Giving chits to < 35kg	0	0.0	6	100.0	6	18.8
Collects grain from ration shop	0	0.0	6	100.0	6	18.8
Providing NHE to AG	9	34.6	1	16.7	10	31.3
AWW oriented to weighing	24	92.3	5	83.3	29	90.6
Provided with weighing scale	22	84.6	5	83.3	27	84.4
Checking accuracy	23		6		29	
Do not check	0	0.0	0	0.0	0	0.0
Adjusting zero error	23	100.0	5	83.3	28	96.6
With std weight	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl and removing std weight	0	0.0	0	0.0	0	0.0
Any other	0	0.0	1	16.7	1	3.4
Checking accuracy by investigator	21		5		26	
Accurate by 1/2 kg	14	66.7	5	100.0	19	73.1
Inaccurate less than 1 kg	3	14.3	0	0.0	3	11.5
Inaccurate > 1 kg	4	19.0	0	0.0	4	15.4
Demonstration of weighing	22		6		28	
Correct	16	72.7	4	66.7	20	71.4
Incorrect	6	27.3	2	33.3	8	28.6
Training of AWW for NHE	25	96.2	6	100.0	31	96.9
No. of AW giving NHE to P&L	24	92.3	6	100.0	30	93.8
Records of work done	17	65.4	2	33.3	19	59.4
NPAG implementation Problems	22		4		26	
No problem	0	0.0	0	0.0	0	0.0
Absence of accurate weighing scale	0	0.0	0	0.0	0	0.0
Girls do no get weighed	1	4.5	0	0.0	1	3.8
Girls do no pick up ration	0	0.0	0	0.0	0	0.0
Girls do no consume additional food	0	0.0	0	0.0	0	0.0
Non-availability of rations in ration shops	1	4.5	0	0.0	1	3.8
No link between AWW and ration shop	20	90.9	4	100.0	24	92.3
Any other	0	0.0	0	0.0	0	0.0
Corrective measures	5		0		5	
Inform the authorities	1	20.0	0	0.0	1	20.0
Make families and girls aware of NPAG	1	20.0	0	0.0	1	20.0
Any other	3	60.0	0	0.0	3	60.0
Get support from						
PRI	1	3.8	0	0.0	1	3.1
Ration Shop	2	7.7	0	0.0	2	6.3
Family of Girls	2	7.7	0	0.0	2	6.3
ANM	2	7.7	0	0.0	2	6.3
Does NPAG improve						
Nutritional status	2	7.7	0	0.0	2	6.3
Participation in KSY	1	3.8	0	0.0	1	3.1

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	AG	AG/ AW	AW	AG	AG/ AW	AW	AG	AG/ AW
Date of last round		Jan'04			1	Jan'04(1)			
Date of current round		Nov'05			5	Jan'06(5)			
LAST ROUND									
Number of AG									
Identified	10	598	60	2	198	99	12	796	66
Weighed	10	598	60	2	192	96	12	790	66
Weight < 35 kg	9	281	31	2	47	24	11	328	30
New AG < 35 kg	0	0	0	1	1	1	4	1	0
Chits distributed	2	37	19	0	0	0	2	37	19
Received rations for									
1 month	2	37	19	0	0	0	2	37	19
2 months	0	0	0	0	0	0	0	0	0
3 months	0	0	0	0	0	0	0	0	0
Nutritional status									
No change in weight	0	0	0	0	0	0	0	0	0
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 kg	0	0	0	0	0	0	0	0	0
Crossed 35 kg	0	0	0	0	0	0	0	0	0
Received NHE	10	23	2	2	5	3	12	28	2
Received food supplement under KSY	10	26	3	2	8	4	10	26	3
CURRENT ROUND									
Number of adolescent girls									
Identified	22	1225	56	5	346	69	27	1571	58
Weighed	22	1181	54	5	346	69	27	1527	57
Weight < 35 kg	22	570	26	5	133	27	27	703	26
New adolescent girls < 35 kg	2	6	3	0	0	0	4	6	2
Number of chits distributed	0	0	0	0	0	0	0	0	0
Received rations for									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	0	0	0	0	0	0
3 months	0	0	0	0	0	0	0	0	0
Nutritional status									
No change in weight	0	0	0	0	0	0	0	0	0
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 kg	0	0	0	0	0	0	0	0	0
Crossed 35 kg	0	0	0	0	0	0	0	0	0
Received NHE	13	30	2	4	61	15	17	91	5
Received food supplement under KSY	15	33	2	5	13	3	20	46	2

## Details of ICDS components in the current month of the survey

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/ AW	AW	Persons	Persons/ AW	AW	Persons	Persons/ AW
<b>Pregnant women</b>									
<b>Registered</b>	25	355	14	6	66	11	31	421	14
Weighed	0	0	0	1	9	9	1	9	9
Less than 40 Kg	0	0	0	1	1	1	1	1	1
Received food supplement	24	245	10	6	56	9	30	301	10
<b>Lactating women</b>									
<b>Registered</b>	25	455	18	6	85	14	31	540	17
Weighed	0	0	0	1	8	8	1	8	8
Less than 40 Kg	0	0	0	1	1	1	1	1	1
Received food supplement	25	315	13	6	72	12	31	387	12
<b>0-3 year children</b>									
<b>Registered</b>									
Male	24	1208	50	6	248	41	30	1456	49
Female	24	1137	47	6	192	32	30	1329	44
<b>Weighed</b>									
Male	24	1035	43	6	241	40	30	1276	43
Female	24	855	36	6	195	33	30	1050	35
<b>Nutritional status</b>									
<b>Normal</b>									
Male	24	414	17	5	116	23	29	530	18
Female	23	318	14	6	96	16	29	414	14
<b>Undernourished</b>									
Male	24	321	13	5	87	17	29	408	14
Female	24	289	12	5	71	14	29	360	12
<b>Severely undernourished</b>									
Male	24	260	11	5	38	8	29	298	10
Female	24	237	10	5	28	6	29	265	9
<b>Received cooked food supplement</b>									
Male	24	912	38	5	199	40	29	1111	38
Female	24	769	32	6	166	28	30	935	31
<b>3-6 year children</b>									
<b>Registered</b>									
Male	24	665	28	6	143	24	30	808	27
Female	24	590	25	6	145	24	30	735	25
<b>Weighed</b>									
Male	24	376	16	5	113	23	29	489	17
Female	24	299	12	6	110	18	30	409	14
<b>Nutritional status</b>									
<b>Normal</b>									
Male	24	156	7	5	51	10	29	207	7
Female	23	124	5	6	46	8	29	170	6
<b>Undernourished</b>									
Male	24	122	5	5	50	10	29	172	6
Female	24	101	4	6	50	8	30	151	5
<b>Severely undernourished</b>									
Male	23	98	4	3	12	4	26	110	4
Female	23	74	3	5	14	3	28	88	3
<b>Received cooked food supplement</b>									
Male	23	317	14	6	77	13	29	394	14
Female	23	270	12	5	94	19	28	364	13

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	67	67		67	66.2
RTE	21	21		21	21.2
Hot cooked meal	12	12		12	12.6
					63.8
					21.1
					15.1
Preference for beneficiary of ICDS food supplement (%)					
All in the community	65.3	65.3		65.3	67.5
Only undernourished in the community	20.1	20.1		20.1	17.9
All coming to AW	4.6	4.6		4.6	4.6
Only undernourished coming to anganwadi	7.6	7.6		7.6	7.5
Missing	2.4	2.4		2.4	2.4
Total	100.0	100.0		100.0	100.0

Receiving food supplement from anganwadi						
	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Stay and eat there	22	2.2	7	6.4	29	2.6
Collect food and go home	194	19.3	27	24.5	221	19.8
Stay at anganwadi even after eating food	20	2.0	9	8.2	29	2.6
Do not get supplement	559	55.6	57	51.8	616	55.2
Get only take home type supplement	3	0.3	0	0.0	3	0.3
One family member collects for all	15	1.5	3	2.7	18	1.6
Missing value	193	19.2	7	6.4	200	17.9
Total	1006	100.0	110	100.0	1116	100.0

Details of Household Characteristics in Northwest Delhi

Annexure 4.2.2d

	Urban		Rural		Total	
	No.	Mean ±S.D	No.	Mean ±S.D	No.	Mean ±S.D
Number of PSUs covered	36		4		42	
Number of households	1006		110		1116	
<b>Size of HH</b>	1005	5.7±2.20	110	5.8 ± 2.59	1115	5.7 ± 2.24
Total food grains purchased (Kg)	928	45.3 ± 19.73	97	47.2 ± 26.51	1025	45.5 ± 20.46
kg of Grains from PDS	361	19.5 ± 8.62	21	26.9±6.98	382	19.9 ±8.69
<b>Type of HH</b>	1006		110		1116	
Joint	379	37.7	40	36.4	419	37.5
Nuclear	626	62.2	70	63.6	696	62.4
Missing Value	1	0.1	0	0.0	1	0.1
Total	1006	100.0	110	100.0	1116	100.0
<b>Caste</b>	1006		110		1116	
SC	229	22.8	19	17.3	248	22.2
ST	30	3.0	3	2.7	33	3.0
OBC	281	27.9	52	47.3	333	29.8
Others	465	46.2	35	31.8	500	44.8
Missing Value	1	0.1	1	0.9	2	0.2
Total	1006	100.0	110	100.0	1116	100.0
<b>Socio-economic status</b>	1006		110		1116	
High	110	10.9	25	22.7	135	12.1
Middle	378	37.6	24	21.8	402	36.0
Low	516	51.3	61	55.5	577	51.7
Missing Value	2	0.2	0	0.0	2	0.2
Total	1006	100.0	110	100.0	1116	100.0
<b>Literacy status of HHH</b>	1006		110		1116	
Illiterate	242	24.1	20	18.2	262	23.5
Can read and write	59	5.9	6	5.5	65	5.8
Schooling primary	243	24.2	21	19.1	264	23.7
Schooling secondary	462	45.9	63	57.3	525	47.0
Missing Value	0	0.0	0	0.0	0	0.0
Total	1006	100.0	110	100.0	1116	100.0
<b>Literacy status of wife of HHH</b>	934		101		1035	
Illiterate	449	48.1	47	46.5	496	47.9
can read and write	38	4.1	3	3.0	41	4.0
Schooling primary	238	25.5	21	20.8	259	25.0
Schooling secondary	208	22.3	30	29.7	238	23.0
Missing Value	1	0.1	0	0.0	1	0.1
Total	934	100.0	101	100.0	1035	100.0
<b>Work status of HHH</b>	1006		110		1116	
Unemployed	156	15.5	19	17.3	175	15.7
Unskilled/ landless labourer	336	33.4	27	24.5	363	32.5
Semi-skilled / cultivators	104	10.3	15	13.6	119	10.7
Clerk/office worker/ Teacher / Landowners	183	18.2	15	13.6	198	17.7
Business/ Artisans	191	19.0	5	4.5	196	17.6
Others	36	3.6	29	26.4	65	5.8
Missing Value	0	0.0	0	0.0	0	0.0
Total	1006	100.0	110	100.0	1116	100.0
<b>Work status of wife of HHH</b>	934		101		1035	
Housewife	817	87.5	95	94.1	912	88.1
Unskilled/ landless labourer	52	5.6	3	3.0	55	5.3
Semi-skilled / cultivators	15	1.6	1	1.0	16	1.5
Clerk/office worker/ Teacher / Service	17	1.8	1	1.0	18	1.7
Business/ Domestic help	17	1.8	0	0.0	17	1.6
Others	2	0.2	1	1.0	3	0.3
Missing Value	14	1.5	0	0.0	14	1.4
Total	934	100.0	101	100.0	1035	100.0
<b>Dietary Habits</b>	1006		110		1116	
Vegetarian	507	50.4	72	65.5	579	51.9
Non-vegetarian	498	49.5	37	33.6	535	47.9
Missing Value	1	0.1	1	0.9	2	0.2
Total	1006	100.0	110	100.0	1116	100.0
<b>Monthly Income</b>	1006		110		1116	
<5K	516	51.3	61	55.5	577	51.7
5-10K	378	37.6	24	21.8	402	36.0
>10K	110	10.9	25	22.7	135	12.1
Missing Value	2	0.2	0	0.0	2	0.2
Total	1006	100.0	110	100.0	1116	100.0
<b>Locality</b>	1006		110		1116	
Slum / Center of village	158	15.7	106	96.4	264	23.7

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	615	61.1	1	0.9	616	55.2
Regular colony / Harijan basti	231	23.0	3	2.7	234	21.0
Missing Value	3	0.3	0	0.0	3	0.3
Total	1006	100.0	110	100.0	1116	100.0
<b>Type of House</b>	1006		110		1116	
Kutcha	6	0.6	2	1.8	8	0.7
Semi-pucca	64	6.4	13	11.8	77	6.9
Pucca	934	92.8	95	86.4	1029	92.2
Missing Value	2	0.2	0	0.0	2	0.2
Total	1006	100.0	110	100.0	1116	100.0
<b>Ownership of House</b>	1006		110		1116	
Own	817	81.2	98	89.1	915	82.0
Rented	188	18.7	12	10.9	200	17.9
Missing Value	1	0.1	0	0.0	1	0.1
Total	1006	100.0	110	100.0	1116	100.0
<b>No. of rooms</b>	1006		110		1116	
One	246	24.5	24	21.8	270	24.2
Two	318	31.6	27	24.5	345	30.9
Three	211	21.0	26	23.6	237	21.2
> Three	228	22.7	33	30.0	261	23.4
Missing Value	3	0.3	0	0.0	3	0.3
Total	1006	100.0	110	100.0	1116	100.0
<b>Toilet Facility</b>	1006		110		1116	
Sulabh / No facility	89	8.8	26	23.6	115	10.3
Shared pit	53	5.3	8	7.3	61	5.5
Own pit	159	15.8	12	10.9	171	15.3
Own flush	705	70.1	64	58.2	769	68.9
Missing Value	0	0.0	0	0.0	0	0.0
Total	1006	100.0	110	100.0	1116	100.0
<b>Transport</b>	1006		110		1116	
Public	504	50.1	49	44.5	553	49.6
Bicycle	210	20.9	24	21.8	234	21.0
Scooter / Moped	243	24.2	33	30.0	276	24.7
Any other	47	4.7	3	2.7	50	4.5
Missing Value	2	0.2	1	0.9	3	0.3
Total	1006	100.0	110	100.0	1116	100.0
<b>Cooking Fuel used</b>	1006		110		1116	
Kerosene/ Coal/ Wood	176	17.5	45	40.9	221	19.8
Gas / electricity	825	82.0	65	59.1	890	79.7
Others	5	0.5	0	0.0	5	0.4
Missing Value	0	0.0	0	0.0	0	0.0
Total	1006	100.0	110	100.0	1116	100.0
<b>Source of DW</b>	1006		110		1116	
Public Tap	390	38.8	72	65.5	462	41.4
Submersible	613	60.9	38	34.5	651	58.3
Well/ pond/ river	3	0.3	0	0.0	3	0.3
Missing Value	0	0.0	0	0.0	0	0.0
Total	1006	100.0	110	100.0	1116	100.0
<b>Entertainment</b>	1006		110		1116	
None	112	11.1	17	15.5	129	11.6
Radio	21	2.1	4	3.6	25	2.2
TV (BW)	111	11.0	21	19.1	132	11.8
TV(Col)	760	75.5	68	61.8	828	74.2
Missing Value	2	0.2	0	0.0	2	0.2
Total	1006	100.0	110	100.0	1116	100.0
<b>Kitchenware</b>	1006		110		1116	
Clay	1	0.1	0	0.0	1	0.1
Aluminium	3	0.3	5	4.5	8	0.7
Cast iron	0	0.0	0	0.0	0	0.0
Brass / Copper	0	0.0	1	0.9	1	0.1
Stainless Steel	1002	99.6	104	94.5	1106	99.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	1006	100.0	110	100.0	1116	100.0
<b>Food grain Purchase</b>	1006		110		1116	
Possession of Ration card	793	78.8	91	82.7	884	79.2
Buy grains from Ration Shop	368	46.4	20	22.0	388	43.9

## Details of ICDS and NPAG in Northwest Delhi

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
<b>Awareness about presence of anganwadi</b>	847	84.6	103	93.6	950	
<b>Pregnant women</b>	55		11		66	
<b>Visit anganwadi</b>						
Never	38	69.1	8	72.7	46	69.7
Less than 10 days	3	5.5	0	0.0	3	4.5
10-20 days	6	10.9	3	27.3	9	13.6
More than 20 days	8	14.5	0	0.0	8	12.1
<b>Receive NHE</b>	19	34.5	3	27.3	22	33.3
<b>Receiving food supplement</b>	23	41.8	4	36.4	26	39.4
Less than 10 days	4	17.4	0	0.0	4	15.4
10-20 days	8	34.8	0	0.0	8	30.8
More than 20 days	11	47.8	4	100.0	15	57.7
<b>Lactating women</b>	73		18		91	
<b>Visit anganwadi</b>						
Never	51	69.9	14	77.8	65	71.4
Less than 10 days	7	9.6	1	5.6	8	8.8
10-20 days	3	4.1	1	5.6	4	4.4
More than 20 days	12	16.4	2	11.1	14	15.4
<b>Receive NHE</b>	15	20.5	4	22.2	19	20.9
<b>Receiving food supplement</b>	18	24.7	5	27.8	23	25.3
Less than 10 days	1	5.6	0	0.0	1	4.3
10-20 days	3	16.6	3	60.0	6	26.1
More than 20 days	14	77.8	2	40.0	16	69.6
<b>0-3 year children</b>	316		53		369	
<b>Visit anganwadi</b>						
Never	176	55.7	22	41.5	198	53.7
Less than 10 days	36	11.4	2	3.8	38	10.3
10-20 days	24	7.6	8	15.1	32	8.7
More than 20 days	80	25.3	21	39.6	101	27.4
<b>Receive NHE</b>	90	28.5	19	35.8	109	29.5
<b>Receiving food supplement</b>	149	47.2	32	60.4	181	49.1
Less than 10 days	23	15.4	2	6.3	25	13.8
10-20 days	48	32.2	20	62.5	68	37.6
More than 20 days	78	52.4	10	31.3	88	48.6
<b>Weight of children</b>	92	29.1	32	60.4	124	33.6
<b>Nutritional status of children</b>						
Normal	46	50.0	14	43.8	60	48.4
Undernourished	17	18.5	6	18.8	23	18.5
Severely undernourished	2	2.2	1	3.1	3	2.4
Donot know	27	29.3	11	34.4	38	30.6
Missing value	0	0.0	0	0.0	0	0.0
<b>3-6 year children</b>	420		53		473	
<b>Visit anganwadi</b>						
Never	264	62.9	28	52.8	292	61.7
Less than 10 days	31	7.4	2	3.8	33	7.0
10-20 days	27	6.4	4	7.5	31	6.6
More than 20 days	98	23.3	19	35.8	117	24.7
<b>Receive NHE</b>	92	21.9	20	37.7	112	23.7
<b>Receiving food supplement</b>	154	36.7	27	50.9	181	38.3
Less than 10 days	18	11.5	2	7.4	20	11.0
10-20 days	50	32.5	15	55.6	65	35.9
More than 20 days	77	50.0	10	37.0	87	48.1
<b>Weight of children</b>	92	21.9	25	47.2	117	24.7
<b>Nutritional status of children</b>						
Normal	44	47.8	15	60.0	59	50.4
Undernourished	9	9.8	1	4.0	10	8.5
Severely undernourished	3	3.3	9	36.0	12	10.3
Donot know	36	39.1	0	0.0	36	30.8
Missing value	0	0.0	0	0.0	0	0.0

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
<b>Number of adolescent girls</b>	599		48		647	
<b>Mean age (years)</b>	599	14.7 $\pm$ 2.54	48	13.9 $\pm$ 2.66	647	14.6 $\pm$ 2.55
<b>Mean weight (kg)</b>	423	38.1 $\pm$ 9.43	34	37.3 $\pm$ 9.36	457	37.9 $\pm$ 9.55
	No.	%	No.	%	No.	%
<b>Literacy status</b>						
Illiterate	18	3.0	3	6.3	21	3.2
Can read and write	25	4.2	0	0.0	25	3.9
Schooling primary	333	55.6	31	64.6	364	56.3
Schooling secondary	223	37.2	14	29.2	237	36.6
<b>Marital status (%)</b>						
Currently married	7	1.2	1	2.1	8	1.2
Never married	592	98.8	47	97.9	639	98.8
<b>Age at marriage (%)</b>						
10-13 years	0	0.0	0	0.0	0	0.0
13-16 years	0	0.0	0	0.0	0	0.0
16-19 years	7	1.2	1	2.1	8	1.2
Not married	592	98.8	47	97.9	639	98.8
<b>KSY and NPAG</b>	596	99.5	47	97.9	643	99.4
Awareness about KSY	20	3.4	8	17.0	28	4.4
Awareness about NPAG	82	13.8	7	14.9	89	13.8
<b>Visit Anganwadi center</b>						
For KSY	6	1.0	4	8.5	10	1.6
For NPAG	80	13.4	3	6.4	83	12.9
Never	499	83.7	41	87.2	540	84.0
Receive NHE	31	5.2	7	14.9	38	5.9
Receive IFA	20	3.4	4	8.5	24	3.7
Receive food supplements from anganwadi	548		44		592	
Never	536	97.8	40	90.9	576	97.3
Less than 10 days	3	0.5	2	4.5	5	0.8
10-20 days	2	0.4	1	2.3	3	0.5
more than 20 days	7	1.3	1	2.3	8	1.4
<b>Weighting by AWW</b>	106	17.7	18	37.5	124	19.2
<b>Weighting less than 35 kg (%)</b>	36	34.0	6	33.3	42	33.9
<b>Given a chit for free food grains</b>	0	0.0	0	0.0	0	0.0
<b>Went to ration shop to collect grains</b>	0	0.0	0	0.0	0	0.0
<b>Collection of grains from ration shop</b>						
One month	0	0.0	0	0.0	0	0.0
Two months	0	0.0	0	0.0	0	0.0
Three months	0	0.0	0	0.0	0	0.0
Never	0	0.0	0	0.0	0	0.0
<b>Reason for not getting food grains</b>						
Not aware of NPAG	0	0.0	0	0.0	0	0.0
Did not go to ration shop	0	0.0	0	0.0	0	0.0
Ration shop closed	0	0.0	0	0.0	0	0.0
Ration shop opened but no stock	0	0.0	0	0.0	0	0.0
Do not require ration	0	0.0	0	0.0	0	0.0
<b>After receiving food grains</b>						
No change in weight	0	0.0	0	0.0	0	0.0
Deterioration in weight	0	0.0	0	0.0	0	0.0
Improvement in weight < 35 kg	0	0.0	0	0.0	0	0.0
Crossed 35 kg	0	0.0	0	0.0	0	0.0

## Progress Report of NPAG

### NPAG

A pilot project to provide food grains to under nourished adolescent girls, pregnant and lactating women was initiated for two years in 2002-03. The scheme is being implemented in the following ICDS Projects of North West I & North West II Districts of Delhi.

#### S.NO. NAME OF ICDS PROJECT

1. NARELA
2. MANGOL PURI
3. JAHANGIR PURI
4. SULTAN PURI
5. KANJHAWLA
6. ALIPUR

Recently, the Govt. of India has revised the guidelines of the said scheme with the direction to restrict the scheme to Adol. Girls only and the list of the beneficiaries has to be approved in the Gram Sabha. Due to the non-existence of Gram-Sabha in Delhi State confirmed from the office of the D.C. A letter was written to the Assistant Director, GOI for directing regarding alternative for verifying NPAG beneficiaries in absence of Gram-Sabha for implementation of revised guidelines. In the mean time we are issuing revised guidelines to the 6 implementing CDPOs Following is the year-wise details of funds allocated and expenditure incurred.

Year	Funds allocated (Rs. in lacs)	Funds utilised (Rs. in lacs)	Unspent balance
2002-03	116.47	7.50	108.97
2003-04	177	3.39	173.61
2004-05	177	.36 (Approx.)	176.64 (Approx.)
2005-06	177		

The funds remains unutilized because the supplies from FPS were not regular and the concerned CDPOs are in regular touch with the concerned area FSO and also at the HQ level for the regular supply. For the financial year 2005-06, the allocation of 1150 MTs of Food grains (50% of annual requirement) for 6 ICDS Projects under the scheme has been conveyed by the GOI. But food grains to be supplied under the scheme for the projects under North West District of Delhi (JahangirPuri, Sultanpuri/Mangolpuri, Kanjhawla, Narela, and Alipur) could not be lifted by the concerned CDPOs and thus extension was sought from the GOI, which in turn, vide letter no. 4-5/2006-BPII dated 12.5.2005, had accordingly extended the validity period for lifting of food grains for the Annual Plan 2005-06 under NPAG upto 90 days from the issue of this letter i.e. upto 12<sup>th</sup> August, 2006(as per Annexure- I).Accordingly, instructions have been issued to all the concerned CDPOs

I am directed to request approval of Planning Commission for Special Assistance Central Assistance of Rs. 116.47 lakh to Delhi for the Annual Plan 2005-06. In view of the importance of the programme and the fact that the proposed project supplements the existing "Mid-Day Meal" scheme, the above amount will be a 100% grant to the State.

The spendable AOA of Rs. 116.47 lakh will be utilized by the State Government in the following manner:

S.No.	Name of the Project	Additional Central Plan Assistance Sanctioned (Rs. in lakh)	Amount to be released in the 1 <sup>st</sup> instalment (Rs. in lakh)
1	Subsidized food for the pregnant and lactating women (with weight < 40 kg) and adolescents (with weight < 33 kg) in the identified districts i.e. North West Delhi.	28.20	28.20
2	Weighing Machines	11.35	11.35
3	HEC Training	11.35	11.35
4	Other Expenditure	6.57	6.57
	Total	116.47	116.47

The amount may be released up to the Department concerned in the current financial year.

Source: DWCD



S/NCT(R)

No.9(1)/2002-H&FW  
Government of India  
Planning Commission

Yojana Bhavan, Sansad Marg,  
New Delhi, July 17, 2002

To

The Chief Secretary,  
Govt. of NCT of Delhi,  
Delhi.

Subject: Special Additional Central Assistance to provide subsidized food grains to pregnant and lactating women and adolescents in the Annual Plan 2002-03

Sir,

I am directed to convey approval of Planning Commission for Special Additional Central Assistance of Rs. 116.47 lakh to Delhi for the Annual Plan 2002-03. In view of the importance of the programme and the fact that the proposed targeted supplementation is a "Merit Goods", the above amount will be a 100% grant to the States.

2. The special ACA of Rs. 116.47 lakh will be utilized by the State Government for the following:

Sl.No.	Name of the Project	Additional Central Plan Assistance Sanctioned (Rs. in lakh)	Amount to be released in the 1 <sup>st</sup> instalment (Rs. in lakh)
1.	Subsidized food grains to pregnant and lactating women (with weight < 40 kg) and adolescents (with weight < 35 kg) in the identified districts viz., North West Delhi,	88.00	44.00
2.	Weighing Machines	11.39	11.39
3.	IEC/Training	11.39	11.39
4.	Other Expenditure	5.69	5.69
	<b>Total</b>	<b>116.47</b>	<b>72.47</b>

3. The amount may be passed on to the Department concerned in the current financial year.

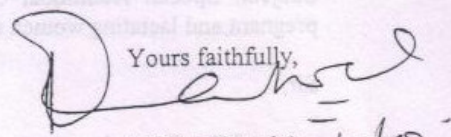
4. At the sectoral level of development, this additionality will be accounted for as under and will be over and above the concerned sectoral/sub-sectoral ~~total~~ outlay for 2002-03.

Sl.No.	Name of the sub-sector of development	Amount
1.	Social Services (Nutrition)	Rs.116.47 lakh

5. The State Government should furnish details of expenditure and physical progress upto December 2002. The second instalment of funds will be released in the month of December only on receipt of financial and physical progress.

6. Please acknowledge receipt of this letter.

Yours faithfully,

  
 (Rajan Katoch)  
 Jt. Secretary (SP)

Copy to:

- Secretary, Planning Deptt., Govt. of NCT of Delhi, Delhi
- Secretary, Finance Deptt., Govt. of NCT of Delhi, Delhi
- Secretary, Deptt. of Women & Child Development, Govt. of NCT of Delhi, Delhi
- Joint Secretary, (PF-I), Ministry of Finance, Deptt. of Expenditure, North Block, New Delhi.
- Adviser (FR), Planning Commission, New Delhi.
- Adviser (Nutrition), Planning Commission, New Delhi.
- SP Coordination Unit, Planning Commission, New Delhi.

Sl.No.	Name of the project	Amount (Rs. lakh)
1.	Subsidized food grains to pregnant and lactating women (with weight > 40 kg) and adolescents (with weight < 35 kg) in the identified districts viz. West Delhi	11.39
2.	Weighting Machines	11.39
3.	ICCT training	2.88
4.	Other Expenditure	70.71
	<b>Total</b>	<b>116.47</b>

## Principle Investigator's Summary

### NPAG Scheme

The Delhi state provided the bulk of information about the performance of NPAG in urban ICDS block in the country because in most other states the NPAG programme was not operational in urban ICDS blocks. The scheme is focused to address under nutrition level amongst pregnant women, lactating mothers and adolescent girls (10-19 years age). It was started in 2002-2003. During first two years of its operation that is 2002-2003 and 2003-2004, pregnant women, lactating mothers and adolescent girls were the beneficiaries under the scheme. The pregnant women and lactating mothers weighing below 40 kg, and adolescent girls weighing below 35 kg were eligible for 6 kg food grain per month free of cost from central budget. During 2004-2005, the NPAG scheme was not operational. Again in 2005-2006 the scheme was restarted but only the adolescent girls have been retained as beneficiaries.

### Evaluation Survey in Delhi

Nutrition Foundation of India (NFI) conducted the evaluation in 40 Primary Sampling Units (PSUs) of Delhi. The Survey period was May 21, 2006 to June 30, 2006. In Delhi, NPAG project has been implemented only in one district - Northwest Delhi. The Programme is operationalised through Anganwadi centers (AWs).

### Methodology

As per study design, the evaluation study was carried out in 40 PSUs comprising 36 urban PSUs and 4 rural PSUs. District and State level data were also obtained in from respective offices. The monthly progress reports of ICDS and NPAG records were taken from anganwadi workers. Anganwadi and ration shop proforma were filled by interviewing AWW and ration shopkeeper. The list of households was obtained from each AWWs household survey report and then 28 households were selected by using Circular Systematic sampling.

### Findings



Resettlement Colony in Delhi



Slums in Delhi

An urban AW is usually a small room. The room being small has no space for the children to sit and for preschool education to be given. The children usually sit either in the verandah or steps outside the room. AWWs were often very near to each other as they were located in very crowded localities. Pregnant, lactating women and adolescent girls just collect ready to eat food as and when they come and go back home. On the other hand, in rural and peri-urban settings, AWWs are much spacious.



**An Urban Anganwadi**

**A Rural Anganwadi**

**Preschool education and Nutrition and Health Education (NHE)**

The preschool activities are not taken up in most of the AWWs and the charts displayed are generally old and torn and do not depict proper information on NHE of children, pregnant and lactating women. In

rural areas AWWs generally impart preschool education and also have neat and clear charts with proper information displayed at the AWWs. NHE is periodically undertaken.

**Food supplementation**

In urban areas AWWs mainly function as supplementary food distribution centers and the children or adults just come and take the food home. AWWs were only providing take home supplements to registered eligible child/ women, or some family member came and collected take home food supplements from the AWWs. Most of the population residing in slums and resettlement colonies were the migrant population. AWWs may not register children, pregnant and lactating women who were living on rent, as they tend to shift frequently from one locality to other. AWWs gave food supplement to those who were permanent resident and who were willing to receive food supplement. They did not register children of 3-6 years of age who had been enrolled in play schools. AWWs also mentioned that they were using same scale for weighing children and for children below 1 year (who were unable to stand by their own) were weighed along with mother and then mother weight was subtracted to obtain weight of the child.



The socioeconomic status or nutritional status of the persons did not appear to have been used as criteria for selection of persons/ families who would receive food supplements. As the AWWs provided only dry rations, on the days when several of the families did not collect food supplements, there was no wastage; they were able to provide supplements even when more than expected number of persons come to AW for food supplements. AWWs had started providing cooked food supplements now. Due to very little space in the AWWs, cooked food is also collected and taken home and being shared by the family.

## NPAG

In 2002-03 the balances were procured and training of AWWs were completed on time. The community accepted the concept of weighing all to identify undernourished persons and provide food grains only to undernourished person. In 2003-04 community cooperated readily to weighing of all pregnant, lactating women and adolescent girls.

In Delhi, the procedure for getting the food grains to be provided to undernourished persons was rather cumbersome. In an attempt to get accurate number of the persons requiring food grains supplementation, AWWs were first asked to weigh and send the list of undernourished adolescent girls, pregnant and lactating women to CDPO; they then sent the list to DWCD; DWCD compiled the list from all CDPOs and estimated the number of beneficiaries and the food grains requirement was sent to Food and Civil Supplies Department. The FCSD then released food grains through the PDS.

This procedure was time consuming and there was some months of delay between weighing and distributing the food grains to undernourished persons. The families of undernourished persons did not know when food grains are being provided in the fair price shops. Since the food grains allocated in the 3 months were not utilized, there was difficulty in getting food grains allocated in the next three months from the civil supplies department. As a result of all these problems food grains were distributed to undernourished persons only once in Dec 2003 in one block and once in Jan 2004 in another block. The programme was discontinued in 2004-05. When it was restarted with adolescent girls as the only target group in 2005-06.



**Weighing of adolescent girl**

In 2005-06, the AWWs had faced difficulty in weighing and identifying undernourished adolescent girls; the community felt that earlier they had not received food grains for the undernourished persons and so there is no point in getting the adolescent girls weighed. The number of adolescent girls identified, weighed and found to be weighing less than 35 kg was relatively low. The weighing was done once in 2005-06 and the list of identified girls was sent to DWCD but food grains were not released till June 2006. The AWWs distributed wheat



**Stacks of wheat in anqanwadi for NPAG**

in August 2006 to the identified undernourished girls. To overcome the problem of poor access to PDS shops, but as the number of girls identified was low in 2005-06 only a few girls got the food grains. It is expected that as food grains were distributed in August 2006, the community will cooperate in next round of weighing and all undernourished adolescent girls will be identified and given food grains. This may lead to improved community cooperation, better identification of undernourished adolescent girls and distribution of food grains. The evaluation showed that in spite of not receiving food grains under NPAG scheme in Northwest Delhi, the weight of the adolescent girls was higher amongst adolescent girls of all other states.

There was not full coverage of identification and weighing by the AWWs. The AWWs considered that only 100 -120 children have to be registered and provided food supplements.

The socioeconomic status or nutritional status of the persons did not appear to have been used as criteria for selection of persons/ families who would receive food supplements. They registered only those children who have been staying permanently in their areas. They never identified and enumerated all children in all the household. Even among those whom registered and who come to AWs, they did not weigh all children. Their skills in weighment and in identification of grades of undernutrition in children were poor. As revealed by the household data analysis, the AWWs did not communicate with the parents regarding the information on nutritional status of their children. Due to space constraints in the urban AWs, the AWWs would give the food supplements to those who come to the AWs and send them back home. They did not invest time and effort on nutrition education. Even when nutrition education material was available there was very little space or time for carrying out extensive nutrition education.

## Haridwar

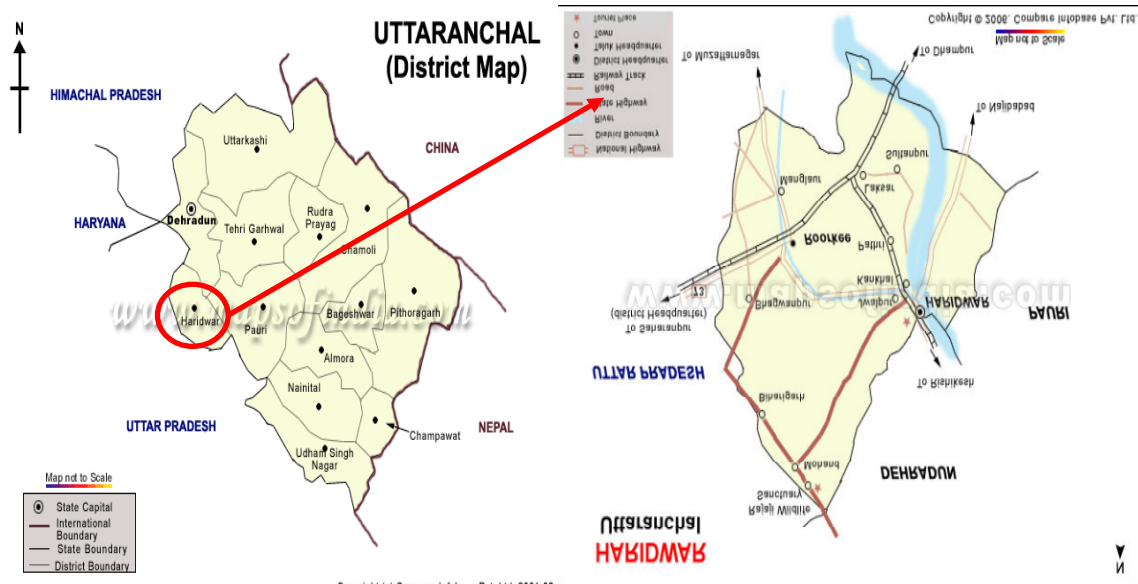
Haridwar district is in the western part of Uttaranchal state of India covering an area of about 12,306 sq/km and has 6 blocks, population of which is 17% of the state population. The district is ringed by Saharanpur in the west, Dehradun in the north and east, Pauri Garhwal in the east, Muzzaffar Nagar and Bijnor in the south (Fig. 4.2.3.1).

	Haridwar	Uttaranchal
<b>POPULATION</b>		
Persons	1444213	8479562
Males	773173	4316401
Females	671040	4163161
Percentage decadal growth	26.30	19.20
Sex ratio(females per 1,000 males)	852	964
Population density (per sq. km.)	612	159
<b>LITERACY RATE (%)</b>		
Persons	56.69	72.27
Males	64.92	84.00
Females	48.47	60.25

Source: Census 2001

The district is ringed by Saharanpur in the west, Dehradun in the north and east, Pauri Garhwal in the east, Muzzaffar Nagar and Bijnor in the south (Fig. 4.2.3.1). The sex ratio of the district is 852 females per 1000 males which is lower than the state average of 964. Males constitute 53% of the population and females 47%. Haridwar has an average literacy rate of 56.7%, lower than the state average of 72.3 %. The male literacy rate is 64.9%, and female literacy rate is only 48.5% (Table

4.2.3.1). Administratively district Haridwar is divided in 3 Tehsil, 6 Community Development Blocks, 46 Nyaya Panchayats, 359 Grama Sabhas and 299 Gram Panchayat.



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**Fig 4.2.3.1: Uttaranchal district map**

### NPAG evaluation

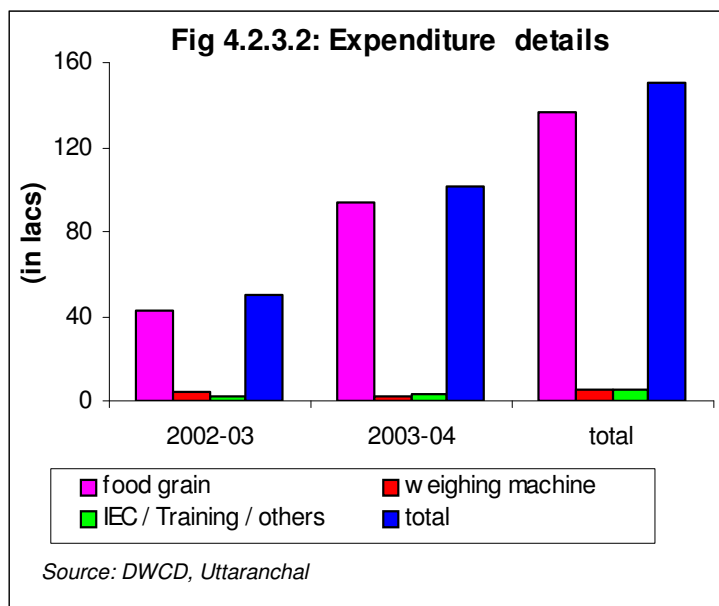
The evaluation of NPAG was conducted in 40 PSUs (28 in rural and 12 in urban areas) of Haridwar district of Uttaranchal. The data for the rural and urban areas were analyzed and presented separately.

## Funds and food release

The NPAG programme was initiated in 2002-03 in Haridwar District. The training and IEC activities were completed and adult balances were provided to all anganwadis in 2002. To provide information on the scheme and communicate the need for providing rations to only the undernourished, IEC activities were carried out. Brochures, wall paintings and billboards in villages were extensively used to disseminate this information (Annexure 4.2.3f, pg 118). PRI and the population accepted the principle that food grains are to be given to the undernourished persons only.

The NPAG programme was running well in 2002-03 and 2003-2004. The programme was discontinued in 2004-05. In 2005-06, it was restarted with adolescent girls as the only target group. In 2002-03, 2003-04 rice/wheat was given through ration shop.

Information on the expenditure incurred by the state government on NPAG during the year 2002-03 and 2003-04 is given in Fig 4.2.3.2. Compared to the food grain cost, other expenses are very meager. Food grain supplements through PDS is very cost effective as it avoids administrative costs and cooking costs.



The undernourished persons were identified by the AWW four times a year. The list of undernourished people was submitted and was approved by Gram Sabha. After the approval, AWW gave signed note to identified beneficiary for obtaining food grains (6 Kg rice/wheat) from FPS shop. Supervisors and CDPOs verified the cases randomly. AWW on identifying adolescent girls would send the information to district DWCD where they receive coupons from state office. DWCD distributed coupons in lots based on the data from anganwadi workers. Anganwadi workers then gave the coupons to the beneficiaries. The ration shop collected them and sent them to Department of Civil Supplies. At the end of three months all the beneficiaries were weighed again. AWW provided appropriate nutrition education to the beneficiaries and their families.



Though the procedure appears complicated, it had advantage of transparency; involvement of PRIs at different levels to a novel concept that only undernourished persons will be given food grain supplements.

The details of weight of beneficiaries of NPAG in the year 2003-04 are given in Table 4.2.3.2 and Figure 4.2.3.3. A total of seventeen hundred and three sixty pregnant women took rations for three consecutive months; 12.4 % pregnant women had crossed cut off point. Pregnant women who deliver lose weight so they will not be crossing cut off even if they had taken additional food. Best response was observed in lactating women (16.9%) (Fig 4.2.3.3) Nearly 11.8% of the adolescent girls (10-19 years) who received food grains for 3 months had crossed the cut off line. Very few adolescents in the 10-15 year age group crossed the cut off point because majority weighed <30 kg.

## Rural

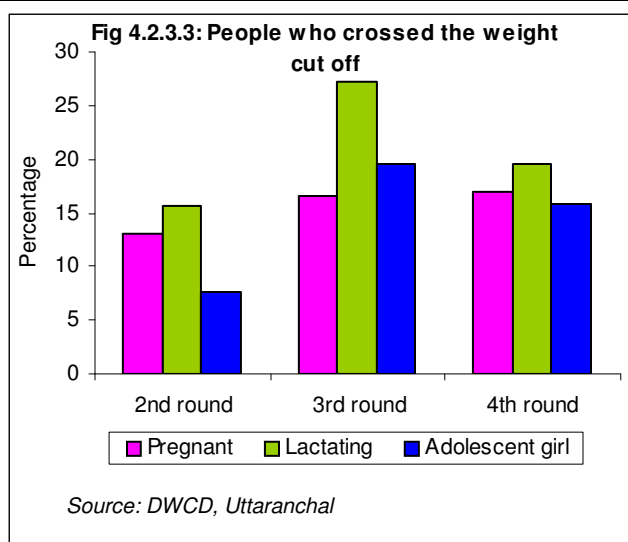
The evaluation of NPAG was conducted in 29 anganwadis (AW) in rural areas of Haridwar District. Data on number of households, total population and number of persons registered with the anganwadi in May 2006 is given in Table 4.2.3.3. India mix [consisting of wheat flour (50%), mundwa (30%), soyabean flour (20%) and micronutrients (0.4%)] was provided to all categories of persons registered in the anganwadi. Occasionally as a nutrition education measure, India Mix. was cooked and given to children in the 3-6 yr age group. Double fortified salt (3 kg per family for 3 months) was given to the families registered in the Anganwadi.

**Table 4.2.3.2: NPAG in the year 2003-04 in Haridwar district of Uttaranchal**

	Total No	Persons who crossed the weight cut-offs
Pregnant women	17360	2156 (12.4)
Lactating women	19893	3356 (16.9)
Adolescent girls (10-14 years)	172251	20315 (11.8)
Total	209504	25827 (12.3)

Source: DWCD, Uttaranchal

Figures in parentheses indicate percentage of persons who had received food grains for 3 months and had crossed the cut off point



**Table 4.2.3.3: Total coverage under anganwadi (n=29)**

Number of Households	5230
Total Population	39519
<b>Number of persons registered in AW</b>	
Children 7-12 months	427
Children 1-3 years	820
Children 3-6 years	1201
Pregnant women	281
Lactating women	278
Adolescent girls (KSY)	155

### ***NPAG- Adolescent Girls***

All anganwadi workers (AWWs) received training in weighing of adolescent girls and providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girls.

The AWW received support from family of girls (52 %), from the PRI (36%) and from the ANM (32%) in identifying the beneficiaries for NPAG; detecting those who were underweight and providing them with chits for collecting food grains. The ration shop workers (76%) were willing to take the chits and provide food grains to families of identified beneficiaries.

All 29 AWWs had weighing scales and 27 AWWs had weighed adolescent girls in their area and identified number of girls under 35 kg. Most (93.1%) AWWs adjust zero error of the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of 19 AWWs were accurate and 10 weighing scales were inaccurate by  $\geq 1$  Kg. Twenty-four AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (82.8 %) and 5 AWWs did not weigh correctly. Twenty-eight AWWs had records of NPAG during the year 2005-06. Only nine AWWs were presently providing NHE to the identified adolescent girls (31 %). (Annexure 4.2.3b)

In 2005-06 weighing has been done and girls have been identified but chits and food grains were not distributed till early June 2006. The data on last round (August 2005- June 2006) was available from 26 AWWs. In the last round of NPAG, 3362 adolescent girls were identified; 3248 identified adolescent girls were weighed; 1611 girls weighed below 35 kg. AWWs gave NHE to 305 adolescent girls. However, no food grain distribution took place during 2005-06. Under KSY scheme, 176 girls were taking food supplement from AWWs.

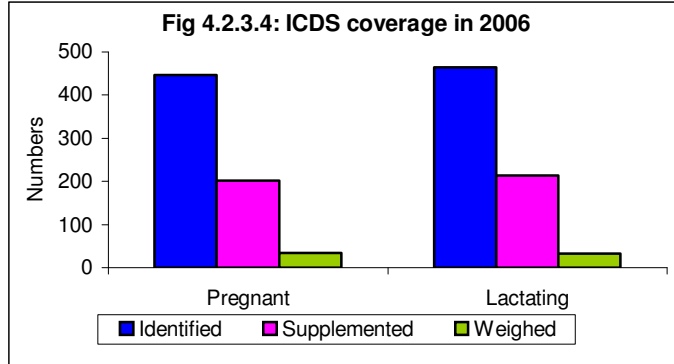
In the current round, 270 adolescent girls were identified; 242 were weighed and 161 weighed less than 35 kg. As food grains were not distributed after the last round, the families were reluctant to allow the AWWs to weigh the girls again. However, they assured that if the programme starts once again, they would be willing to cooperate in the implementation of the programme.

### ***Ongoing ICDS programme***

The data on ongoing ICDS programme was collected for May 2006 from all the 29 AWWs and is presented in annexure 4.2.3c.

*Pregnant and lactating women*

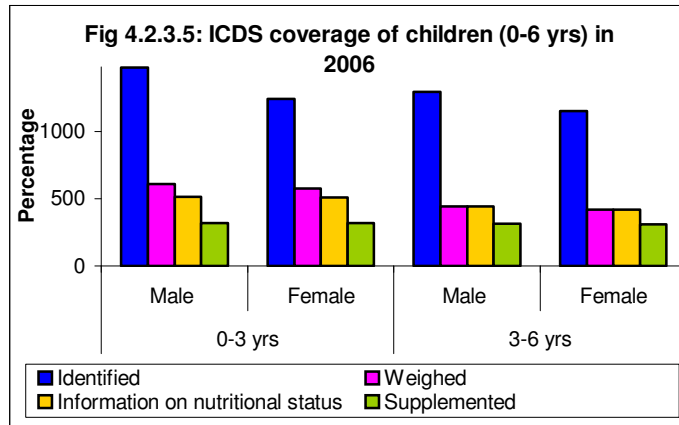
The AWWs in Haridwar were identifying pregnant and lactating women but not weighing them. 446 pregnant women were identified. Only two AWWs reported weighing pregnant and lactating women in the last and current round. Six out of thirty four pregnant women who were weighed were less than 40 kg; 202 pregnant women received food supplements. Food supplements were given to those who were registered with the AWs irrespective of their weight. Over ninety percent of AWWs (96%) reported that they were giving NHE to pregnant and lactating women.



Four hundred and sixty four lactating women were identified, two AWWs weighed 33 lactating women; 7 lactating women weighed less than 40 kg; 214 lactating women were getting food supplements (Fig 4.2.3.4). Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant and lactating women.

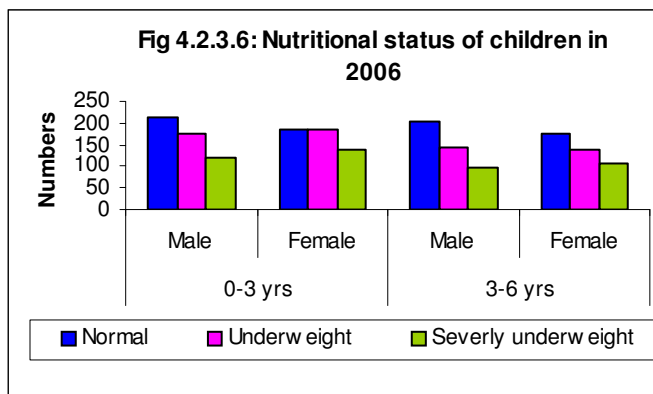
*Children (0-3 years of age)*

A total of 2721 children were identified; 43.5% were weighed; Information on nutritional status was available on 86.6 % children who were weighed (Fig 4.2.3.5); 39% were normal; 35.5 % were undernourished and 25.5 % were severely undernourished; 23.4 % were receiving food supplement from the AWs for more than 20 days (Fig 4.2.3.6). Distribution of food supplement was not done on the basis of nutritional status of the children.



*Children (3-6 year old)*

A total of 2447 children were identified; 35.2% were weighed. Information on



nutritional status was available on all the children who were weighed by AWWs (Fig 4.2.3.5); 44 % were normal; 32.6 % were underweight and 23.4 % were severely underweight (Figure 4.2.3.6). 25.5 % were receiving food supplement from AWs for more than 20 days. Distribution of food supplement was not done on the basis of nutritional status of the children.

## Urban

The NPAG evaluation was done in 10 urban AWs. Data on number of households, total population and number of persons registered with the anganwadi in May 2006 is given in Table 4.2.3.4. India mix was provided to all categories of persons registered in the AWs. Double fortified salt was given to the families registered in the Anganwadi.

Number of Households	2084
Total Population	11193
<b>Number of persons registered in AW</b>	
Children 7-12 months	183
Children 1-3 years	321
Children 4-6 years	551
Pregnant women	85
Lactating women	96
Adolescent girls (KSY)	204

### **NPAG- Adolescent girls**

Seven (70%) AWWs received training in weighing of adolescent girls and providing NHE pertaining to NPAG scheme. The AWWs received support from family of girls (50 %), from the PRI (25%) and from the ANM (25%) in identifying the beneficiaries for NPAG and detecting those who were underweight. The ration shop workers (75%) were willing to take the chits and provide food grains to families of identified beneficiaries.

Seven AWWs had weighing scales; 5 AWWs had weighed adolescent girls in their area and identified number of girls under 35 kg. Most (90%) AWWs adjusted zero error of the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of 5 AWWs were accurate. Four AWWs weighed adolescent girls correctly when investigator asked them to demonstrate weighing of adolescent girl. Only one AWW had records of NPAG; nine AWWs were oriented to NHE; 2 AWWs provided NHE to the identified adolescent girls (20 %).

In 2005-06 weighing has been done and girls have been identified but chits and food grains were not distributed. The data on last round (August 2005- June 2006) was available from 2 AWs. In the last round of NPAG, 204 adolescent girls were identified; 201 identified adolescent girls were weighed; 107 girls weighed below 35 kg. One AWW gave NHE to 20 adolescent girls. Under KSY scheme, 29 girls were taking food supplement from 4 AWs. (Annexure 4.2.3b)

As NPAG was not operational in urban ICDS plan, in the current round, no AWW had identified, weighed and detected undernourished adolescent girls. One

AWW gave NHE to 20 adolescent girls. Under KSY scheme, 29 girls were taking food supplement from 4 AWWs.

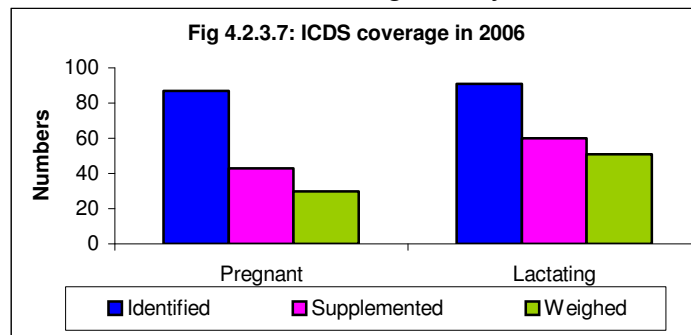
The NPAG scheme was restricted to rural Haridwar only and had not started in urban Haridwar. Most of the AWWs in the urban areas were in the process of being set-up.

### ***Ongoing ICDS programme***

The data on ongoing ICDS programme was collected for May 2006 from 10 AWWs and is presented in annexure 4.2.3.c.

#### ***Pregnant and lactating women***

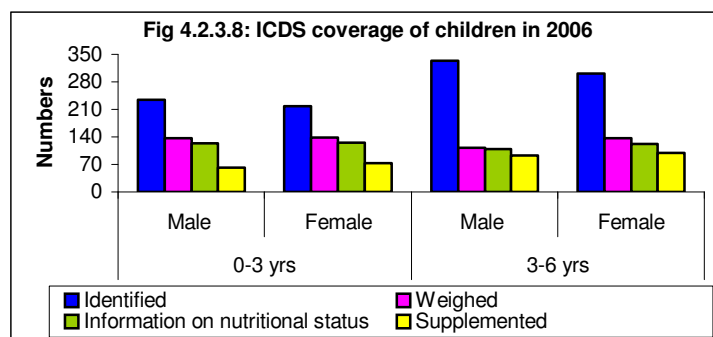
Eight AWWs were identifying pregnant and lactating women and were weighing them. They identified 87 pregnant women; 30 were weighed by 4 AWWs; 13 pregnant women who were weighed were less than 40 kg; Five AWWs were giving food supplement to 43 pregnant women. Food supplements were given to those who were registered with the AWWs irrespective of their weight.



Ninety one lactating women were identified, four AWWs weighed 51 lactating women; 11 lactating women weighed less than 40 kg; 60 lactating women were getting food supplements (Fig 4.2.3.7). Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant and lactating women. Eight AWWs reported that they were giving NHE to pregnant and lactating women. More lactating women than pregnant women collected supplements and got weighed because pregnant women found it difficult to come and collect their share.

#### ***Children (0-3 years)***

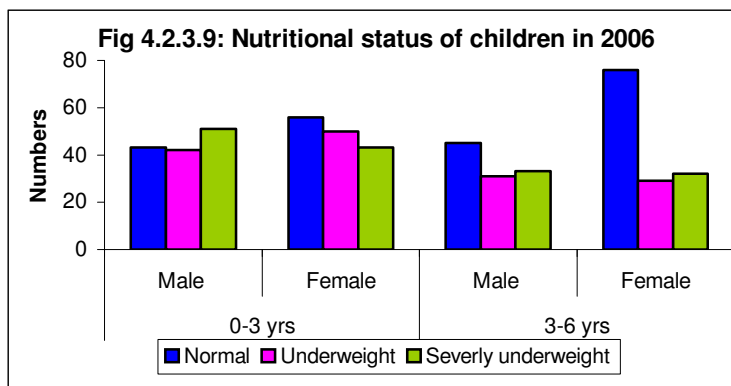
A total of 452 children were identified; 55% were weighed; Information on nutritional status was available on 60.8 % children who were weighed (Fig 4.2.3.8); 36% were normal; 29.8 % were undernourished and 34.2 % were severely undernourished (Fig 4.2.3.9); 29.9 % were receiving food supplement from the AWWs for more than 20 days (Fig



4.2.3.8). Distribution of food supplement was not done on the basis of nutritional status of the children.

#### *Children (3-6 years)*

A total of 635 children were identified; 39.2% were weighed (Fig 4.2.3.8). Information on nutritional status was available on all (98.8%) the children who were weighed by AWWs; 49.2 % were normal; 24.4 % were underweight and 26.4 % were severely underweight (Fig 4.2.3.9). 30.2 % were receiving food supplement from AWs for more than 20 days (Fig 4.2.3.8). Distribution of food supplement was not done on the basis of nutritional status of the children.



#### **Household survey**

The survey was conducted in 39 PSUs (29 rural and 10 urban) of Haridwar district of Uttaranchal (Annexure 4.2.3d). The data obtained from rural and urban PSUs were analysed and reported separately.

#### ***Rural***

The survey was conducted in 751 rural households. The mean household size was 6.6; 65.4 % were nuclear families.

#### ***Socioeconomic profile***

Almost one third of the households surveyed belonged to OBC (31.6%) and 42.9 % to SC. The rest belonged to ST and other castes. Nearly eighty percent families (79.1 %) stated that their monthly income was less than Rs. 5000. Seventeen per cent had income between Rs. 5000 – Rs. 10000 per month.

The head of the households were found to be better educated than the wives of the head of the households. 36.8 % were illiterate; one-fourth of them (24.8%) were educated up to primary level and 29.8 % were educated up to secondary school; Nearly two thirds of the wives of head of the household were illiterate (68.5 %) and 16.9 % had primary level education and 7.3 % had studied up to secondary school or more.

Half of the head of the households were landless labourers (49.7%) and 20.6 % were cultivators and landowners; 4.5 % were not working at the time of the

survey. Rest of them were either engaged in service or were artisans. Almost all the wives of the head of the households were housewives (94.3 %) and did not work outside home. 56.5 % of the households reported that they were vegetarian.

Half of the population (52.1 %) was residing in the center of the village and 14.9% were residing in the Harijan basti's. Nearly, all (98%) households owned the households. 71% of the families were living in pucca houses; 9.9 % in kutcha houses.; 37.5 % lived in one room and less than one third (30.2 %) with two rooms. Sixty percent of them had no toilet facility; 23% had toilet facility at home. Public transport was used by about 27 % of the population and half of the population had bicycle. Most of the families (84.4%) were using kerosene or wood stoves for cooking; 14.9% were using gas for cooking food. Three fourths of the population had arrangement of drinking water from hand pumps or overhead tanks; 25 % was taking drinking water from public sources like public taps. 39% of them had no source of entertainment such as radio or T.V; 6.7 % had radio and 36 % had B/W television at home. Almost all the families (96.3 %) were using stainless steel utensils and only 2.5 % were using aluminum/ clay vessels for cooking.

The mean consumption of food grains was rice (22.1 Kg) and wheat (48.6 Kg) per month per household; 86.8% of the families possessed ration card; 26.5% of them bought food grains from ration shop. On an average each household bought 27.8 Kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Most (86 %) of the households knew about AWs in their area. In rural areas 36.9 % of the beneficiaries collected supplement from AWs and took it home; 29.2%

<b>Table 4.2.3.5 Utilization of ICDS services (%)</b>						
Beneficiary	Number registered	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	62	16.1 (10)	24.2 (15)	13.3 (2)	73.4 (11)	13.3 (2)
Lactating women	161	21.7 (35)	34.8 (56)	12.5 (7)	87.5 (49)	0.0 (0)
0-3 years	325	17.5 (57)	25.5 (83)	2.4(2)	96.4 (80)	1.2 (1)
3-6 years	543	34.1 (185)	46.6 (253)	4.7 (12)	90.9 (230)	4.3 (11)

Number in parenthesis denote actual numbers

stayed at AWs and ate the supplement. Information on number of pregnant and lactating women, and preschool children who visited AWs, received NHE and / or food supplement is given in Table 4.2.3.5 and 4.2.3.6

Seventeen out of 62 (27.4%) of the pregnant women visited AWs; 10 (16.1%) of them received NHE; 21% took food supplement from AWs. But only 2 out of 15 pregnant women received food supplements for more than 20 days. Only 37% of the total lactating women visited the AWs; 21.7 % of the lactating women

received NHE; 34.8 % collected food supplement from the AWs. But none of them had received food supplements for more than 20 days a month.

Among 325 children in 0-3 yr olds collecting food supplements

Age (yr)	No. of children	No weighed	Normal	Underweight	Severely underweight
0-3	325	76	41	15	5
3-6	543	218	87	34	8

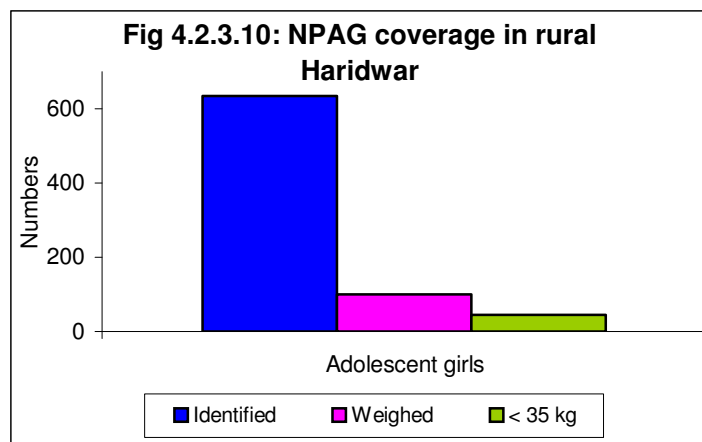
from AWs, 25.5 % of them received food supplement; 1.2 % collected food supplement for more than 20 days; 96.4% collected supplements for 10-20 days. 17.5 % had received NHE. Among 543 children in 3-6 olds collecting food supplements from the AWs, 46.6 % had received food supplement; 4.3 % collected food supplement for more than 20 days; 90.9 % of the children received food supplement from the AWs for 10 to  $\geq 20$  days; 34.1 % had received NHE.

Seventy-six out of 325 children in 0-3 year age groups had been weighed. The parents reported that 54% of their children were normal; 19.7 % were underweight; 6.8 % were severely underweight. Parents of 20% children did not know the nutritional status of the child. 218 out of 543 children in 3-6 year old age groups were weighed. The parents reported that 39.9 % children were normal; 15.6 % were underweight; 3.6% were severely underweight (Table 4.2.3.6). Parents of 40.8 % children did not know the nutritional status of the children (Annexure 4.2.3e).

It is a really worrying situation that a large percentage of parents did not know about the nutritional status of their children. The communication gap should be bridged.

### NPAG

During the household survey 634 adolescent girls were identified; mean age of the girls was  $14.08 \pm 2.48$  years and mean weight was  $35.7 \pm 8.17$ . 8.5 % of the girls were illiterate; 54.6 % of the girls had primary level education; 28.4 % had secondary level education. All (99%) of the adolescent girls were not married at the time of survey. 58.1 % girls were



aware of KSY and 57.6 % were aware of NPAG programme. The family reported that 5 % and 2% of the adolescent girls visited the anganwadi for KSY and NPAG respectively. 16.4 % of them had received nutrition and health education;



18.3 % had iron/folic acid tablets; 32 girls took food supplement from anganwadi. Anganwadi workers had weighed 99 (15.6%) of the identified adolescent girls and 44.4 % weighed less than 35 kg; none of them were given chits for collecting food grains (Figure 4.2.3.10) (Annexure 4.2.3e). In Haridwar, anganwadi workers were requested to weigh adolescent girls, prepare a list of those weighing less than 35 kg and send it to CDPO who will then get the rations. However as food grains were not distributed in 2005-06, there was some resistance among families to weighing of adolescent girls.

### ***Urban***

The survey was conducted in 224 urban households. The mean household size was 6.1; 83.9 % were nuclear families.

### ***Socioeconomic Profile***

52.7% of the households belonged to SC; 26.3% to OBC and rest belonged to other castes (including Muslims). 88.8 % of the families stated that their monthly income was less than Rs. 5000. Nine per cent had income between Rs. 5000 – Rs. 10000 per month.

The head of the households were better educated than the wives of the head of the households. 29.5 % were illiterate; 34.8% were educated up to primary level; 31.3% were educated up to secondary level or more. 61.6 % of the wives of head of the household were illiterate; 21.4 % had primary level education; 7.6 % had studied up to secondary school or higher education.

About half were working as factory labourers, rickshaw pullers, small vendors in daily bazaars and only 1.8 % were working as clerk, teachers, involved in public and private service sectors. 3 % owned a business; 2 % were not working at the time of the survey. Majority (88.3 %) of the wives of the head of the households were housewives; did not work outside home. Fifty five percent of the households reported that they were non-vegetarian.

More than half (58 %) of the population was residing in the slums and 28.6 % in regular colonies. 89.3% owned the houses; 50.9 % were living in pucca houses; 43% lived in one room houses; 34 % had two rooms; 26.3% had own toilet facility; 56.3 % of the families were using sulabh. Public transport was used by about 36.2 % of the population and 46.9 % had bicycle. 69.6 % were using kerosene or wood stoves for cooking and 29 % were using gas for cooking food. 54.9% had arrangement of drinking water at their own homes; 45.1 % were taking drinking water from other sources like public taps, water tankers, wells, ponds etc. 29 % households had no source of entertainment such as radio or T.V; 67% of the population had a television (colour/BW) at home. Majority was using predominantly stainless steel utensils for cooking (98.7 %) and only 1.3 % was using aluminum kitchenware also for cooking.

The mean consumption of food grains was rice (22 kg) and wheat (39.5 kg) per month per household. 83.9 % of the families possessed ration card; 27.1 % bought food grains from ration shop. On an average each household bought 24.6 kg of food grains from the ration shop (Annexure 4.2.3d).

#### Utilization of ICDS services

Beneficiary	No. Registered	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant	16	25 (4)	37.5 (6)	50 (3)	50 (3)	0
Lactating	37	18.9 (7)	29.7 (11)	54.5 (6)	36.4 (4)	9.1 (1)
0-3 years	90	32.2 (29)	40 (36)	8.3 (3)	91.7(33)	0
3-6 years	198	52.5 (104)	59.6 (118)	0.8 (1)	90.7 (107)	8.5 (10)

*Figure in parenthesis denote actual numbers*

Most (89.3 %) of the households knew about anganwadi in their area. In urban areas 44.8 % collect supplement from AWs and took it home and about 26.9 % stayed at AWs and ate the supplement. Information on number of pregnant and lactating women and preschool children who visited the AWs, received NHE and/or food supplements is given in Table 4.2.3.7 and 4.2.3.8

Six out of 16 pregnant women visited the AWs; four reported receiving NHE; all 6 collected food supplement from AWs; but none of them collected food supplements for more than 20 days. Thirteen of 37 lactating women visited AWs; seven got NHE; 11 collected food supplements from AWs but only one had collected food supplements for more than 20 days.

Among 90 children in 0-3 yr olds collecting food supplements from AWs, 40% of them received food supplement; none collected for more than 20 days; 91.7% collected food supplements atleast 10- 20 days of the month; 32.2 % had received NHE. Among 198 children in 3-6 olds collecting food supplements from the AWs, 59.6% had received supplement; 8.5% received supplements for more than 20 days; 90.7% collected food supplements 10-20 days of the month.

Twenty-nine (32.2%) out of 90 children in 0-3 year age groups had been weighed. The

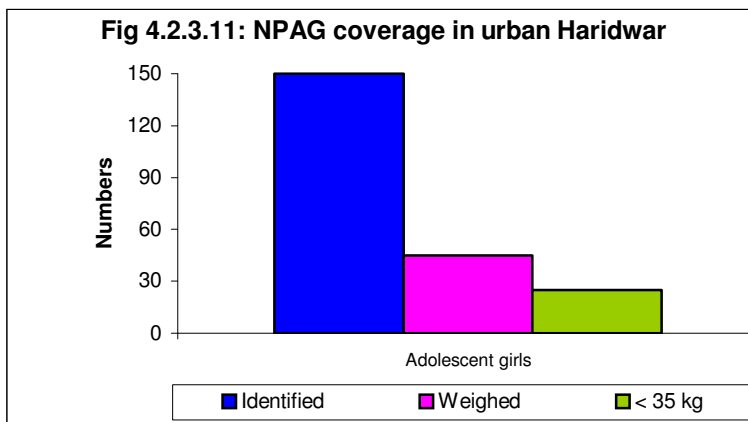
Age	Number of children	Number weighed	Normal	Undernourished	Severely undernourished
0-3	90	29	15	4	0
3.-6	198	101	56	11	1

The parents reported that 15 of their children were normal; 4 were underweight; no child was severely underweight. Parents of 10 children do not know the nutritional status of the child. 101 out of 198 children in 3-6 year old age groups were weighed. The parents reported that 56 children were normal; 11 were

underweight; 1 was severely underweight (Table 4.2.3.8). Parents of 33 children do not know the nutritional status of the children (Annexure 4.2.3e).

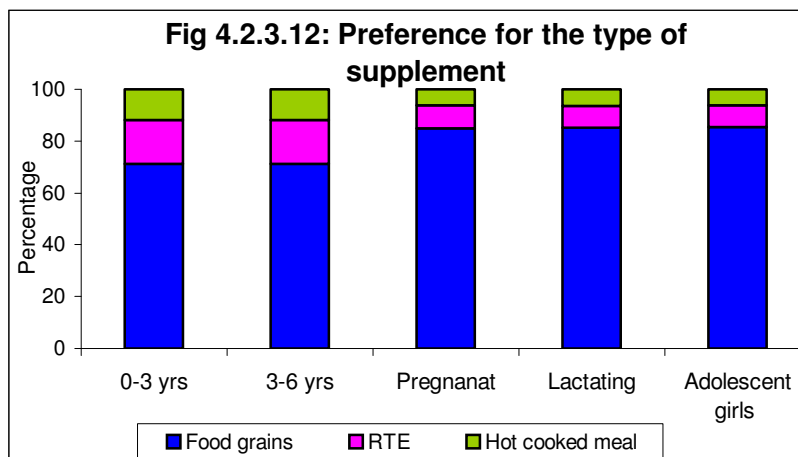
### NPAG

During the household survey 150 adolescent girls were identified; mean age of the girls was  $14.2 \pm 2.58$  years and mean weight was  $35.9 \pm 8.29$ ; 5.3% of the girls were illiterate; 50.7% of the girls had primary level education; 34.7 % had secondary level education. None of the girls were married at the time of survey. 35.9 % of the girls were aware of NPAG; 31% were aware of KSY. The families reported that 14.8 % of adolescent girls visited AWs for KSY and took food supplement from AWs; 18.3 % received NHE; 4.9 % had received iron/folic acid tablets; AWWs had weighed 46 (30.7%) of the identified adolescent girls and 25 (54.3 %) weighed less than 35 kg (Figure 4.2.3.11). The NPAG programme was not operational in the urban AWs. (Annexure 4.2.3e)



### Household's opinion about food supplements through ICDS

When asked about their opinion as to who should get food supplements majority stated that all persons belonging to vulnerable groups in the community – pregnant (53.9%), lactating women (54.05%), adolescent girls (54.4%), preschool children (54.5%) should get food supplements. The rest felt food supplements might be given to all in the community, irrespective of nutritional status. They felt that food grains are the preferred supplement for all groups- pregnant (85.1%), lactating women (85.6%), adolescent girl (85.8%), 0-3 yr children (71.7%) and 3-6 year old children (71.7%) (Figure 4.2.3.12). It is clear that the community prefers food grain supplements for all persons. The reason stated was that it is convenient to collect them once a week or once a month and parents could prepare dishes of their choice and feed the children according to their taste and preference (Annexure 4.2.3c).



The fact that over year, the AWs provided mainly the take home supplements might to some extent influence the responses from the families. About 55 % of the families stated that food supplements should be given to all the beneficiaries (preschool children, pregnant women, lactating women and adolescent girls) who were undernourished. However 35 % stated that the food supplement should be given to all the beneficiaries in the community.

## Details of selected village (PSU) in Haridwar district

S.NO.	VILLAGE	BLOCK	POP.N.
1	JOGAWALA	GORDHANPUR	763
2	CHANDPUR KHADER	GORDHANPUR	1048
3	BUKKANPUR	LATHARDEWA HURN	1409
4	ABDUL RAHEEMPUR	GORDHANPUR	905
5	FATWA TANDA	LAKSAR	1473
6	MEHWADKHURD	NANHERA ANANTPUR	1917
7	MOLNA	BHAGWANPUR	1399
8	BHUWAPUR CHAMRAWAL	BAHADRABAD	948
9	KURDI	LATHARDEWA HURN	889
10	BAHADARPUR SAINI (M)	NANHERA ANANTPUR	429
11	BOODPUR JAT	LATHARDEWA HURN	2538
12	BRAMPUR	LATHARDEWA HURN	2246
13	SARDPURA	NANHERA ANANTPUR	3670
14	BANJAREWALA	BHAGWANPUR	2733
15	TEKOULA KALAN	LATHARDEWA HURN	3991
16	SETPUR	LAKSAR	1852
17	NANGAL IMRATI	LATHARDEWA HURN	3142
18	MADHOPUR HAZARTPUR	NANHERA ANANTPUR	2946
19	KHATAKHER	NANHERA ANANTPUR	2479
20	KOTWAL ALAM PUR	LATHARDEWA HURN	4260
21	SARAI	BAHADRABAD	4634
22	BHAGAFAN ABIDPUR	BAHADRABAD	1112
23	PADARTHA (DHANPURA)	BAHADRABAD	7479
24	IBRAHIM PUR	BHAGWANPUR	4302
25	SALYER SALAHAPUR	NANHERAANANTPUR	3748
26	BAHADARPUR MOHAMMADPUR	LATHARDEWA HURN	4970
27	MOHANPUR MOHAMMADPUR	LATHARDEWA HURN	5790
28	DHANDERA	LATHARDEWA HURN	10018
29	HARIDWAR (WARD-17)	HARIDWAR	605
30	HARIDWAR (WARD-5)	HARIDWAR	598
31	HARIDWAR RISHIKUL(WARD19)	HARIDWAR	898
32	HARIDWAR (WARD-4)	HARIDWAR	805
33	BHEL-RANIPUR (WARD-4)	BHEL-RANIPUR	752
34	BHEL-RANIPUR (WARD-15)	BHEL-RANIPUR	687
35	ROORKEE (WARD-15)	ROORKEE	762
36	ROORKEE (WARD-6)	ROORKEE	790
37	ROORKEE (WARD-14)	ROORKEE	810
38	ROORKEE-CANTT (WARD-1)	ROORKEE-CANTT	798
39	MANGLAUR (WARD-2)	MANGLAUR	623
40	LAKSAR (WARD-6)	LAKSAR	774

Profile of anganwadis in Haridwar

Annexure 4.2.3b

	Urban			Rural			Total (Urban+Rural)		
	AW	No.	No./AW	AW	No.	No./AW	A W	No.	No./A W
Number of households	10	2084	208	29	5230	180	39	7314	187
Total population Under AWC	10	11193	1119	28	39519	1411	38	50712	1335
Cereals	9	1165	129	29	3596	124	38	4761	125
Pulses	5	600	120	22	2910	132	27	3510	130
Number of persons									
7-12 months	9	183	20	28	427	15	37	610	16
1-3 year	9	321	36	28	820	29	37	1141	31
3-6 year	10	551	55	28	1201	43	38	1752	46
Pregnant women	10	85	9	29	281	10	39	366	9
Lactating women	10	96	10	29	278	10	39	374	10
Adolescent girls	10	204	20	29	155	5	39	359	9

	urban			Rural			Total (Urban+Rural)		
	AW	AG	AG/ AW	AW	AG	AG/ AW	AW	AG	AG/ AW
Date of last round									
Date of current round									
LAST ROUND									
Number of AG									
identified	2	204	102	26	3362	129	28	3566	127
weighed	2	201	101	26	3248	125	28	3449	123
weight < 35 Kg	2	107	54	24	1611	67	26	1718	66
New AG < 35 kg	0	0	0	2	37	19	2	37	19
chits distributed	0	0	0	4	180	45	4	180	45

Details of work done under NPAG in anganwadi

	Urban		Rural		Total	
	No	%	No	%	No	%
Total number	10		29		39	
Weighing	5	50.0	27	93.1	32	82.1
Identifying girls < 35	5	50.0	26	89.7	31	79.5
Giving chits to < 35	0	0.0	6	20.7	6	15.4
Collects grain from ration shop	0	0.0	6	20.7	6	15.4
Providing NHE	2	20.0	9	31.0	11	28.2
AWW oriented to weighing	7	70.0	28	96.6	35	89.7
Provided with weighing scale	7	70.0	29	100.0	36	92.3
Checking accuracy	10		29		39	
Do not check	1	10.0	2	6.9	3	7.7
Adjusting zero error	9	90.0	27	93.1	36	92.3
With std weight	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl and removing std weight	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
Checking accuracy by investigator	10		29		39	
Accurate by 1/2 kg	5	50.0	19	65.5	24	61.5
Inaccurate less than 1 kg	3	30.0	7	24.1	10	25.6
Inaccurate > 1 kg	2	20.0	3	10.3	5	12.8
Demonstration of weighing	9		29		38	
Correct	4	44.4	24	82.8	28	73.7
Incorrect	5	55.6	5	17.2	10	26.3
Training of AWW for NHE	9	90.0	28	96.6	37	94.9
Records of work done	1	10.0	28	96.6	29	74.4
NPAG implementation Problems	4		25		29	
No problem	0	0.0	13	52	13	41.9
Absence of accurate weighing scale	1	25.0	1	4	2	6.5
Girls do no get weighed	1	25.0	3	12	4	12.9
Girls do no pick up ration	0	0.0	1	4	1	3.2
Girls do no consume additional food	0	0.0	0	0	0	0.0
Non-availability of rations in ration shops	0	0.0	0	0	0	0.0
No link between AWW and ration shop	0	0.0	0	0	0	0.0
Any other	2	50.0	7	28	9	35.5
Corrective measures	3		11		14	
Inform the authorities	0	0.0	4	36.4	4	33.3
Make families and girls aware of NPAG	2	66.7	6	54.5	8	53.3
Any other	1	33.3	1	9.1	2	13.3
Get support from	4		25		29	
PRI	1	25	9	36	10	17.9
Ration Shop	3	75	19	76	22	39.3
Family of Girls	2	50	13	52	15	26.8
ANM	1	25	8	32	9	16.1
Does NPAG improve						
Nutritional status	3	75.0	19	65.5	22	53.7
Participation in KSY	1	25.0	18	62.1	19	46.3

received rations for									
1 month	0	0	0	2	111	56	2	111	56
2 months	0	0	0	2	111	56	2	111	56
3 months	0	0	0	3	151	50	3	151	50
Nutritional status									
no change in weight	0	0	0	0	0	0	0	0	0
deterioration in weight	0	0	0	0	0	0	0	0	0
improvement but less than 35 Kg	0	0	0	0	0	0	0	0	0
crossed 35 kg.	0	0	0	0	0	0	0	0	0
received NHE	1	20	20	6	305	51	7	325	46
Received food supplement under KSY	4	29	7	19	176	9	23	205	9
CURRENT ROUND									
Number of adolescent girls									
Identified	0	0	0	3	276	92	3	276	92
weighed	0	0	0	3	242	81	3	242	81
weight < 35 Kg	0	0	0	3	161	54	3	161	54
New adolescent girls < 35 kg	0	0	0	1	9	9	1	9	9
Number of chits distributed	0	0	0	1	70	70	1	70	70
received rations for									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	0	0	0	0	0	0
3 months	0	0	0	0	0	0	0	0	0
Nutritional status									
no change in weight	0	0	0	0	0	0	0	0	0
deterioration in weight	0	0	0	0	0	0	0	0	0
improvement but less than 35 Kg	0	0	0	0	0	0	0	0	0
crossed 35 kg.	0	0	0	0	0	0	0	0	0
received NHE	1	20	20	1	25	25	2	45	23
Received food supplement under KSY	4	29	7	23	120	5	27	149	6

Details of ICDS components in the current month of the survey

Annexure 4.2.3c

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/AW	AW	Persons	Persons/AW	AW	Persons	Persons/AW
<b>Pregnant women</b>									
<b>Registered</b>	8	87	11	28	446	16	36	533	15
Weighed	4	30	8	2	34	17	6	64	11
Less than 40 Kg	3	13	4	1	6	6	4	19	5
Received food supplement	5	43	9	22	202	9	27	245	9
<b>Lactating women</b>									
<b>Registered</b>	8	91	11	27	464	17	35	555	16
Weighed	4	51	13	2	33	17	6	84	14
Less than 40 Kg	3	11	4	1	7	7	4	18	5
Received food supplement	6	60	10	24	214	9	30	274	9
<b>0-3 year children</b>									
<b>Registered</b>									
Male	8	234	29	26	1477	57	34	1711	50
Female	8	218	27	26	1244	48	34	1462	43
<b>Weighed</b>									
Male	9	136	14	23	607	26	32	730	23
Female	8	139	16	22	576	26	30	702	23
<b>Nutritional status</b>									
<b>Normal</b>									
Male	7	43	6	21	214	10	28	257	9
Female	8	56	7	18	186	10	26	242	9
<b>Undernourished</b>									
Male	6	42	7	22	178	8	28	220	8
Female	7	40	6	21	186	9	28	226	8
<b>Severely undernourished</b>									
Male	6	51	9	19	122	6	25	173	7
Female	7	43	6	19	139	7	26	182	7
<b>Received cooked food supplement</b>									
Male	4	62	16	20	317	16	24	379	16
Female	4	73	18	16	319	20	20	392	20
<b>3-6 year children</b>									
<b>Registered</b>									
Male	8	334	42	25	1293	52	33	1627	49
Female	7	301	43	24	1154	48	31	1455	47
<b>Weighed</b>									
Male	8	112	14	21	442	21	29	554	19
Female	7	137	32	20	420	21	27	641	24
<b>Nutritional status</b>									
<b>Normal</b>									
Male	7	45	6	21	203	10	28	248	9
Female	7	76	11	19	176	9	26	252	10
<b>Undernourished</b>									
Male	5	31	6	21	144	7	26	175	7
Female	5	29	6	20	137	7	25	166	7
<b>Severely undernourished</b>									
Male	6	33	6	20	95	5	26	128	5
Female	6	32	5	18	106	6	24	138	6
<b>Received cooked food supplement</b>									
Male	5	93	19	22	314	14	27	407	15
Female	5	99	20	17	309	18	22	408	19

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	85.1	85.6	85.8	71.7	71.7
Rte	8.6	8.2	8.1	16.5	16.4
Hot cooked meal	6.2	6.2	6.1	11.8	11.9
Preference for beneficiary of ICDS food supplement					
All in the community	329	327	323		320
Only undernourished in the community	525	527	530		531
All coming to AW	55	55	55		55
Only undernourished coming to anganwadi	36	36	37		39
Missing value	30	30	30		30
Total	975	975	975		975

Preference for receiving food supplement from anganwadi						
	urban		rural		Total	
	No.	%	No	%	No	%
Stay and eat there	36	16.1	121	16.1	157	16.5
Collect food and go home	60	26.8	153	20.4	213	22.4
Stay at anganwadi even after eating food	29	12.9	70	9.3	99	10.4
Do not get supplement	4	1.8	46	6.1	50	5.3
Get only take home type supplement	5	2.2	22	2.9	27	2.8
One family member collects for all	0	0	3	0.4	3	0.3
Missing value	66	33.0	336	44.7	402	42.3
Total	200	100.0	751	100	951	100.0

**Details of Household Characteristics in Haridwar**

**Annexure 4.2.3d**

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
Number of PSUs covered	10		29		39	
Number of households	224		751		975	
<b>Size of HH</b>	224	6.1 $\pm$ 3.05	751	6.6 $\pm$ 2.79	975	6.5 $\pm$ 2.86
Total food grains purchased (Kg)	220	27.9 $\pm$ 9.85	732	72.6 $\pm$ 45.77	952	70.2 $\pm$ 43.21
Kg of Grains from PDS	49	24.6 $\pm$ 15.26	191	27.8 $\pm$ 9.84	240	27.2 $\pm$ 11.21
	No.	%	No.	%	No.	%
<b>Type of HH</b>	224		751		975	
Joint	36	16.1	260	34.6	296	30.4
Nuclear	188	83.9	491	65.4	679	69.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Caste</b>	224		751		975	
SC	118	52.7	322	42.9	440	45.1
ST	3	1.3	4	0.5	7	0.7
OBC	59	26.3	237	31.6	296	30.4
Others	44	19.6	188	25.0	232	23.8
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Socio-economic status</b>	224		751		975	
High	5	2.2	27	3.6	32	3.3
Middle	20	8.9	130	17.3	150	15.4
Low	199	88.8	594	79.1	793	81.3
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Literacy status of HHH</b>	224		751		975	
Illiterate	66	29.5	276	36.8	342	35.1
Can read and write	10	4.5	44	5.9	54	5.5
Schooling primary	78	34.8	186	24.8	264	27.1
Schooling secondary	70	31.3	224	29.8	294	30.2
Missing Value	0	0.0	1	0.1	1	0.1
Total	224	100.0	751	100.0	975	100.0
<b>Literacy status of wife of HHH</b>	213		698		911	
Illiterate	138	64.8	478	68.5	616	67.6
can read and write	10	4.7	51	7.3	61	6.7
Schooling primary	48	22.5	118	16.9	166	18.2
Schooling secondary	17	8.0	51	7.3	68	7.5
Missing Value	0	0.0	0	0.0	0	0.0
Total	213	100.0	698	100.0	911	100.0
<b>Work status of HHH</b>	224		751		975	
Unemployed	6	2.7	34	4.5	40	4.1
Unskilled/ landless labourer	116	51.8	373	49.7	489	50.2
Semi-skilled / cultivators	22	9.8	91	12.1	113	11.6
Clerk/office worker/ Teacher / Landowners	4	1.8	64	8.5	68	7.0
Business/ Artisans	7	3.1	35	4.7	42	4.3
Others	69	30.8	82	10.9	151	15.5
Missing Value	0	0.0	72	9.6	72	7.4
Total	224	100.0	751	100.0	975	100.0
<b>Work status of wife of HHH</b>	224		700		924	
Housewife	188	83.9	660	94.3	848	91.8
Unskilled/ landless labourer	10	4.5	20	2.9	30	3.2
Semi-skilled / cultivators	4	1.8	3	0.4	7	0.8
Clerk/office worker/ Teacher / Service	6	2.7	10	1.4	16	1.7
Business/ Domestic help	3	1.3	2	0.3	5	0.5
Others	2	0.9	5	0.7	7	0.8
Missing Value	11	4.9	0	0.0	11	1.2
Total	224	100.0	700	100.0	924	100.0
<b>Dietary Habits</b>	224		751		975	
Vegetarian	101	45.1	424	56.5	525	53.8
Non-vegetarian	123	54.9	327	43.5	450	46.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Monthly Income</b>	224		751		975	
<5K	192	85.7	598	79.6	790	81.0
5-10K	25	11.2	126	16.8	151	15.5
>10K	7	3.1	26	3.5	33	3.4
Missing Value	0	0.0	1	0.1	1	0.1
Total	224	100.0	751	100.0	975	100.0
<b>Locality</b>	224		751		975	
Slum / Center of village	130	58.0	391	52.1	521	53.4

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	30	13.4	248	33.0	278	28.5
Regular colony / Harijan basti	64	28.6	112	14.9	176	18.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Type of House</b>	224		751		975	
Kutcha	48	21.4	74	9.9	122	12.5
Semi-pucca	62	27.7	143	19.0	205	21.0
Pucca	114	50.9	533	71.0	647	66.4
Missing Value	0	0.0	1	0.1	1	0.1
Total	224	100.0	751	100.0	975	100.0
<b>Ownership of House</b>	224		751		975	
Own	200	89.3	736	98.0	936	96.0
Rented	24	10.7	15	2.0	39	4.0
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>No. of rooms</b>	224		751		975	
One	96	42.9	282	37.5	378	38.8
Two	76	33.9	227	30.2	303	31.1
Three	30	13.4	104	13.8	134	13.7
> three	22	9.8	136	18.1	158	16.2
Missing Value	0	0.0	2	0.3	2	0.2
Total	224	100.0	751	100.0	975	100.0
<b>Toilet Facility</b>	224		751		975	
Sulabh / No facility	126	56.3	453	60.3	579	59.4
Shared pit	9	4.0	19	2.5	28	2.9
Own pit	30	13.4	109	14.5	139	14.3
Own flush	59	26.3	170	22.6	229	23.5
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Transport</b>	224		751		975	
Public	81	36.2	206	27.4	287	29.4
Bicude	105	46.9	380	50.6	485	49.7
Scooter / Moped	24	10.7	115	15.3	139	14.3
Any other	14	6.3	50	6.7	64	6.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Cooking Fuel used</b>	224		751		975	
Kerosene/ Coal/ Wood	156	69.6	634	84.4	790	81.0
Gas / electricity	65	29.0	112	14.9	177	18.2
Others	3	1.3	5	0.7	8	0.8
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Source of DW</b>	224		751		975	
Public Tap	96	42.9	190	25.3	286	29.3
Submersible	123	54.9	559	74.4	682	69.9
Well/ pond/ river	5	2.2	2	0.3	7	0.7
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Entertainment</b>	224		751		975	
None	65	29.0	293	39.0	358	36.7
Radio	9	4.0	50	6.7	59	6.1
TV (BW)	90	40.2	272	36.2	362	37.1
TV(Col)	60	26.8	136	18.1	196	20.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	224	100.0	751	100.0	975	100.0
<b>Kitchenware</b>	224		751		975	
Clay	0	0.0	4	0.5	4	0.4
Aluminium	3	1.3	19	2.5	22	2.3
Cast iron	0	0.0	1	0.1	1	0.1
Brass / Copper	0	0.0	3	0.4	3	0.3
Stainless Steel	221	98.7	723	96.3	944	96.8
Missing Value	0	0.0	1	0.1	1	0.1
Total	224	100.0	751	100.0	975	100.0
<b>Food grain Purchase</b>	224		751		975	
possession of Ration card	188	83.9	652	86.8	840	86.2
buy grains from Ration Shop	51	27.1	196	30.1	247	29.4



### Details of ICDS in Haridwar

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
<b>Awareness about presence of anganwadi</b>	200	89.3	645	85.9	845	
<b>Pregnant women</b>	16		62		78	
<b>Visit anganwadi</b>						
Never	10	62.5	44	71.0	54	69.2
Less than 10 days	3	18.8	17	27.4	20	25.6
10-20 days	3	18.8	0	0.0	3	3.8
More than 20 days	0	0.0	0	0.0	0	0.0
<b>Receive NHE</b>	4	25.0	10	16.1	14	17.9
<b>Receiving food supplement</b>	6	37.5	13	21.0	19	24.4
Less than 10 days	3	50.0	2	15.4	5	26.3
10-20 days	3	50.0	11	84.6	14	73.7
More than 20 days	0	0.0	2	15.4	2	10.5
<b>Lactating women</b>	37		161		198	
<b>Visit anganwadi</b>						
Never	24	64.9	102	63.3	122	61.6
Less than 10 days	7	18.9	47	29.2	54	27.3
10-20 days	5	13.5	9	5.6	14	7.1
More than 20 days	1	2.7	3	1.9	4	2.0
<b>Receive NHE</b>	7	18.9	35	21.7	42	21.2
<b>Receiving food supplement</b>	11	29.7	56	34.8	67	30.8
Less than 10 days	6	54.5	7	12.5	13	21.3
10-20 days	4	36.4	49	87.5	53	86.9
More than 20 days	1	9.1	0	0.0	1	1.6
<b>0-3 year children</b>	90		325		415	
<b>Visit anganwadi</b>						
Never	50	55.6	204	62.8	254	61.2
Less than 10 days	7	7.8	16	4.9	23	5.5
10-20 days	9	10.0	26	8.0	35	8.4
More than 20 days	20	22.2	49	15.1	69	16.6
<b>Receive NHE</b>	29	32.2	57	17.5	86	20.7
<b>Receiving food supplement</b>	36	40.0	83	25.5	119	28.7
Less than 10 days	3	8.3	2	2.4	5	11.8
10-20 days	33	91.7	80	96.4	113	95.0
More than 20 days	0	0.0	1	1.2	1	0.8
<b>Weight of children</b>	29	32.2	76	23.4	105	25.3
<b>Nutritional status of children</b>						
Normal	15	51.7	41	53.9	56	53.3
Undernourished	4	13.8	15	19.7	19	18.1
Severely undernourished	0	0.0	5	6.6	5	4.8
Donot know	10	34.5	15	19.7	25	23.8
Missing value	0	0.0	0	0.0	0	0.0
<b>3-6 year children</b>	198		543		741	
<b>Visit anganwadi</b>						
Never	44	22.2	214	39.4	258	34.8
Less than 10 days	4	2.0	29	5.3	33	4.5
10-20 days	19	9.6	58	10.7	77	10.4
More than 20 days	94	47.5	165	30.4	259	35.0
<b>Receive NHE</b>	104	52.5	185	34.1	289	39.0
<b>Receiving food supplement</b>	118	59.6	253	46.6	371	50.1
Less than 10 days	1	0.8	12	4.7	13	3.5
10-20 days	107	90.7	230	90.9	337	90.8
More than 20 days	10	8.5	11	4.3	21	5.7
<b>Weight of children</b>	101	51.0	218	40.1	319	43.0
<b>Nutritional status of children</b>						
Normal	56	55.4	87	39.9	143	44.8
Undernourished	11	10.9	34	15.6	45	14.1
Severely undernourished	1	1.0	8	3.7	9	2.8
Donot know	33	32.7	89	40.8	122	38.2
Missing value	0	0.0	0	0.0	0	0.0

### Annexure 4.2.3e

### Details of NPAG in Haridwar

	Urban		Rural		Total	
	No.	Mean ±S.D	No.	Mean ±S.D	No.	Mean ±S.D
<b>Number of adolescent girls</b>	150		634		784	
<b>Mean age (years)</b>	150	14.2 ±2.58	634	14.1 ± 2.48	784	14.1 ± 2.50
<b>Mean weight (Kg)</b>	103	35.9 ± 8.29	432	35.7 ± 8.17	535	35.7 ± 8.18
	No.	%	No.	%	No.	%
<b>Literacy status</b>						
Illiterate	8	5.3	54	8.5	62	7.9
Can read and write	14	9.3	54	8.5	68	8.7
Schooling primary	76	50.7	346	54.6	422	53.8
Schooling secondary	52	34.7	180	28.4	232	29.6
<b>Marital status (%)</b>						
Currently married	0	0.0	5	0.8	5	0.6
Never married	150	100.0	628	99.1	778	99.2
Widow/Seperated/Divorcee	0	0.0	1	0.2	1	0.1
<b>Age at marriage (%)</b>						
10-13 years	0	0.0	0	0.0	0	0.0
13-16 years	0	0.0	4	0.6	4	0.5
16-19 years	0	0.0	1	0.2	1	0.1
not married	150	100.0	628	99.1	778	99.2
<b>KSY and NPAG</b>	142	94.7	597	94.2	739	94.3
Awareness about KSY	44	31.0	347	58.1	391	52.9
Awareness about NPAG	51	35.9	344	57.6	395	53.5
<b>Visit Anganwadi centre</b>						
For KSY	21	14.8	30	5.0	51	6.9
For NPAG	0	0.0	10	1.7	10	1.4
Never	120	84.5	560	93.8	680	92.0
Receive NHE	26	18.3	98	16.4	124	16.8
Receive IFA	7	4.9	109	18.3	116	15.7
<b>Receive food supplements from anganwadi</b>						
Never	117	82.4	564	94.5	681	92.2
Less than 10 days	1	0.7	15	2.5	16	2.2
10-20 days	3	2.1	8	1.3	11	1.5
more than 20 days	18	12.7	9	1.5	27	3.7
<b>Weight by AWW</b>	46	30.7	99	15.6	145	18.5
<b>Weighing less than 35 kg (%)</b>	25	54.3	44	44.4	69	47.6
<b>Given a chit for free food grains</b>	22	88.0	0	0.0	22	31.9
<b>Went to ration shop to collect grains</b>	0	0.0	0	0.0	0	0.0
<b>Collection of grains from ration shop</b>						
one month	0	0.0	0	0.0	0	0.0
two months	0	0.0	0	0.0	0	0.0
three months	0	0.0	0	0.0	0	0.0
never	0	0.0	0	0.0	0	0.0
<b>Reason for not getting food grains</b>						
not aware of NPAG	0	0.0	0	0.0	0	0.0
did not go to ration shop	0	0.0	0	0.0	0	0.0
ration shop closed	0	0.0	0	0.0	0	0.0
ration shop opened but no stock	0	0.0	0	0.0	0	0.0
do not require ration	0	0.0	0	0.0	0	0.0
<b>After receiving food grains</b>						
no change in weight	0	0.0	0	0.0	0	0.0
deterioration in weight	0	0.0	0	0.0	0	0.0
improvement in weight < 35 Kg	0	0.0	0	0.0	0	0.0
crossed 35 kg	0	0.0	0	0.0	0	0.0

## PRINCIPLE INVESTIGATORS SUMMARY

### NPAG Scheme

#### Evaluation Survey in Haridwar

Team from Nutrition Foundation of India (NFI), carried out the evaluation survey in Haridwar, with Dr. Sushma Sharma, as its Principal Investigator. The Survey period was May 22, 2006 to June 18, 2006. In Uttaranchal, NPAG project has been implemented only in one district - Haridwar. The Programme is operationalised through Anganwadi centers (AWCs).

#### Methodology

As per study design, the evaluation study was carried out in 40 Primary Sampling Units (PSUs) comprising 28 rural PSUs and 12 urban PSUs. District and State level data were also obtained in from respective offices. The monthly progress reports (MPR's) of ICDS and NPAG records were taken from AWW. AW and ration shop proforma were filled by interviewing AWW and ration shopkeeper. The list of households was obtained from each of the anganwadi worker's household survey report and then 28 households were selected by using circular systematic sampling.

#### Findings

The District Programme Officer (DPO), CDPO's and supervisors's were all aware of not only the normal ICDS functioning but also were well aware of the NPAG programme and their role in the programme.

Haridwar district has been divided into six blocks, with one CDPO for each block. Complete support was provided to the investigators by all the 6 CDPOs. They organized the visits to the anganwadis and whenever possible provided the team with a vehicle also. There was excellent support by AWW and helpers as well. The AWW / helper accompanied the team to the selected households and it was evident that the villagers knew them and were aware of the work being done by the AW.



#### Infrastructure of AWC

In rural and peri-urban settings, anganwadis are spacious; most anganwadis are running in primary schools in Haridwar. One classroom of the primary school is

allotted to the Anganwadi centre for the children. So, there was enough space for children to sit, consume food provided in the anganwadi and for preschool education to be given. The total infrastructure of the school (playground, swings, charts, posters and other teaching aids for non formal education) was available to the Anganwadi. Hence, children could be involved in outdoor games and physical activity also. On days when food supplements were not available, children from the AW were also fed with the MDM prepared at the school. The biggest advantage of having the AW at the primary school was that the younger children could accompany their older siblings to school and once they are 5 yrs old, they enter the primary school. However, urban anganwadis are still in the process of getting established. Even those that have just been established are temporarily running at the AWW house and subsequently will be relocated.



**Activities in the Anganwadi**

The food supplementation, nutrition education and preschool education are being taken up very earnestly in all the rural anganwadis; neat and clear charts with proper information on nutrition and health education of children, pregnant and lactating women are displayed at the anganwadi centers. Non-formal preschool education was a regular feature and children’s eagerness to recite poems / songs was evident. This may be due to the regular visits by the Supervisor / CDPO. Nutrition and health education is periodically undertaken and the messages were appropriate. The identification and weighing efficiency by the Anganwadi worker was high in all the beneficiary groups.



Stacked sacks of sattu (India mix by WFP)



**Food supplementation**

Food supplementation to the registered beneficiaries was regularly provided by the AWW. The AWW was distributing Sattu (India mix by WFP) and double fortified salt to these beneficiaries as food supplements. Sattu is mixed flour comprising of wheat flour (50%), mundwa (30%), soyabean flour (20%) and micronutrients (0.4%). A total of 103 beneficiaries were registered by all AWW [10 pregnant,



10 lactating, 40 (0-3 yr), 40 (3-6 yr) children and 3 adolescent girls (under KSY)]. The AWW had discretion of selecting and registering the beneficiaries and so food supplements were given to all those who were registered with the Anganwadi. Socioeconomic status or nutritional status of the persons did not appear to have been used as criteria for selection of persons/ families who would receive food supplements

Food supplementation was regularly done in children coming to the AW, which was predominantly from 3-6 yrs; 0-3 yrs old children did not frequently come to the AW. However, their supplement was collected by someone (older sibling / mother / grandmother) from their family on their behalf. Pregnant / lactating women preferred to come only once a week to collect their weekly supplements of sattu hence, mostly women visited the AW for food supplements 4-5 times in a month. Double fortified salt was given once in three months.

Some anganwadis had started providing cooked food supplements also. They had prepared a cyclic menu and put it up on the wall of the classroom. The ingredients like sugar, oil and fuel were currently being provided by the AWW from her own household. However, she was told that subsequently she could claim the expenses incurred.



The AWC was also provided with utensils (steel thali and a spoon) for each child. The AW helper helps in preparation of the food and along with the AWW, served it. However, the investigators found that the cooked meal was not really preferred by either the children or the AWW and helpers. The children complained of a bitter after taste in sattu preparations. Parents felt that they could prepare a variety of dishes from sattu and feed the children according to their taste and preference. This could not be done at the AW. The AWW did not like the idea of cooked meals as the work of the pre-preparation, preparation and distribution of food took a lot of time and this resulted in shift of focus at the AW from NFE to only cooking and distributing food.



## NPAG

The NPAG programme was initiated in 2002-03 in Haridwar District. The training and IEC activities were completed and adult balances were provided to all anganwadis in 2002. To provide information on the scheme and communicate the need for providing rations to only the undernourished, IEC activities were carried out. Brochures, wall paintings and billboards in villages were extensively used to disseminate this information. PRI and the population accepted the principle that all vulnerable people will be weighed to identify undernourished persons and food grains are to be given to the undernourished persons only.

स्वास्थ्य और शिक्षा के लिए आना है। यह है एक बड़ा किरायेदार को चुनने पड़ेगा।

अपनी कार्यवाही को करवाने के लिए आपका काम है।

### साथ-साथ-देवदत्त परिवर्धन योजना

आपकी ही योजना के तहत 11 से 19 वर्ष की किरायेदारों को चुनने के लिए 1 अलग ही चर्चा करनी होगी।



**साथ-साथ-देवदत्त योजना का लाभार्थी कौन ?**

- 1- जो किरायेदार को चुनने के लिए चुनने वाली है।
- 2- जो किरायेदार को चुनने के लिए चुनने वाली है।



**किशोरी**  
एव  
**महिला स्वाध्यायन**

परिवर्धन योजना के तहत



**श्रीमान सावाजीराम एव  
श्रीमती मधुसूदनी देवी**  
आपका नाम और पता

**किशोरी एवं महिला स्वाध्यायन**

आपकी ही योजना के तहत 11 से 19 वर्ष की किरायेदारों को चुनने के लिए 1 अलग ही चर्चा करनी होगी।

**परिवर्धन योजना का लाभार्थी कौन ?**



**किशोरी**

1. किरायेदार को चुनने के लिए चुनने वाली है।

2. किरायेदार को चुनने के लिए चुनने वाली है।

3. किरायेदार को चुनने के लिए चुनने वाली है।

### किशोरी एवं महिला स्वाध्यायन

आपकी ही योजना के तहत 11 से 19 वर्ष की किरायेदारों को चुनने के लिए 1 अलग ही चर्चा करनी होगी।



**किशोरी एवं महिला स्वाध्यायन**

परिवर्धन योजना के तहत



**किशोरी एवं महिला स्वाध्यायन**

परिवर्धन योजना के तहत

**किशोरी एवं महिला स्वाध्यायन**

आपकी ही योजना के तहत 11 से 19 वर्ष की किरायेदारों को चुनने के लिए 1 अलग ही चर्चा करनी होगी।



**किशोरी**



## अल्पपोषित, किशोरी एवं महिला स्वाध्यायन योजना जनपद, हरिद्वार



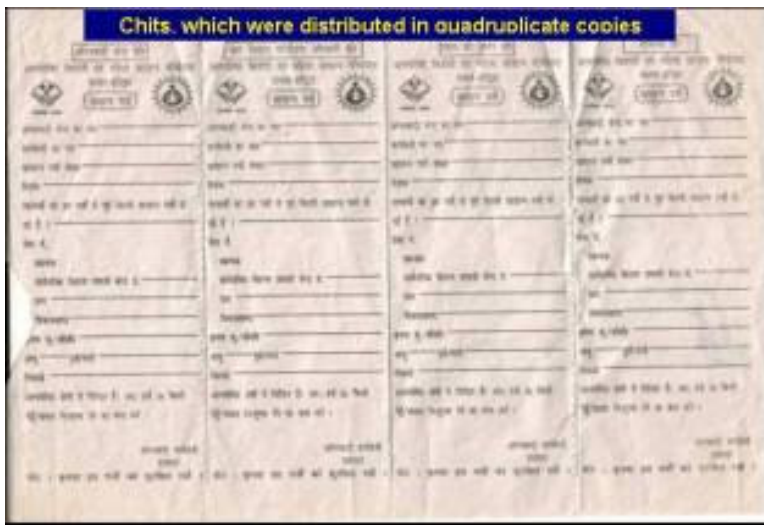
उद्देश्य - अल्पपोषित 11 से 19 वर्ष की किशोरियाँ एवं गर्भवती / धात्री महिलाओं में कुपोषण की समाप्ति / लाभार्थी - 40 किलोग्राम से कम वजन की गर्भवती / धात्री महिला 35 किलोग्राम से कम वजन की 11 से 19 वर्ष की किशोरियाँ/ लड़कियाँ / लाभ - 06 किलोग्राम नि:शुल्क स्वास्थ्य प्रतिमाह तीन माह की अवधि तक समन्वित ग्राम विकास की मदद पर लाभार्थी को उपलब्ध कराया जाएगा / अंश - प्रत्येक तीन माह में एकबार संकेत सार सभी किशोरियाँ एवं गर्भवती धात्री महिलाओं को वजन लिया जायेगा तथा तद्नुसार अगले तीन माह के लिए नि:शुल्क स्वास्थ्य दिया जायेगा / सन्देश - दोबारा कम वजन पाये जाने पर लाभार्थी को प्राथमिक स्वास्थ्य केंद्र पर जाँच हेतु रेफर किया जायेगा तथा तीन माह तक पुनः स्वास्थ्य दिया जायेगा / अधिक जानकारी के लिए अपने ग्राम की आंगनवाड़ी / जिला कार्यक्रम अधिकारी / बाल विकास परियोजना अधिकारी से सम्पर्क करें /

**जिला कार्यक्रम अधिकारी हरिद्वार**      **मुख्य विकास अधिकारी रेशनाबाद विकास मकन, हरिद्वार**      **जिलाधिकारी हरिद्वार**

The NPAG was running well in 2002-03 and 2003-2004. The programme was discontinued in 2004-05. In 2005-06, it was restarted with adolescent girls as the only

target group. In 2002-03, rice was provided and in 2003-04 wheat was given through ration shop.

The anganwadi workers first weighed the beneficiaries to get the accurate number of persons requiring food grain supplementation. Anganwadi wise demand was conveyed to the local supervisor who in turn gave this demand to the CDPO. The block CDPO was responsible for communicating the request for food grains to the



DPO's office at Haridwar. The supply of food grains was handled by the FCI in coordination with Food and Civil Supplies Ministry at central and State level. Distribution of food grains to beneficiaries was on a fixed day and time. Prior to collecting their rations, the beneficiaries had to collect their demand procurement slip for 6 kg signed by the AWW.

In 2005-06, the AWW had faced difficulty in weighing and identifying undernourished adolescent girls. The families resented repeated weighment without providing rations to the undernourished girls. Parents at times attempted to increase / decrease the age of the girl child so that she could be enrolled as a beneficiary. In spite of these problems, in 2005-06 weighment has been done and girls have been identified but chits and food grains were not distributed till early June 2006. As all the AWW have completed identification, weighment, and detection of undernourished girls, they were ready to distribute chits to adolescent girls. The scheme will be operational once the rations are available.

It was seen that when asked for their preference, almost all the pregnant and lactating women (85%) preferred to receive food grains as food supplements and collect them once a week. Regarding the 3-6 yrs old children, it was seen that they too preferred to collect the sattu and take it home. This was for the simple reason that the limited dishes prepared at the Anganwadi were monotonous for the children and a variety of dishes can be prepared at home from sattu according to their own taste and preference

## Kalahandi

Kalahandi is a tribal district of Orissa. The meaning of Kalahandi is “*a pot of beautiful arts*” which is enriched with many lights and shadows. Though, it is now considered to be a backward district, it was earlier known as “Kamala Mandala” and flourished in 1191 A.D. during the reign of Gangaraj Madan Mahadev. Kalahandi receives an average rainfall of 956 to 1389 mm but it rains irregularly therefore the district faces draught frequently. Much of the population has to migrate in search of labour. The problem of migration among tribals is acute; it affects their socioeconomic life and disturbs the education of the children. There are 2,236 villages and 13 blocks in the district (Figure 4.2.4.1).

	Kalahandi	Orissa
<b>Population</b>		
<b>Persons</b>	13,34,372	3,67,06,920
<b>Males</b>	6,67,126	1,86,12,340
<b>Females</b>	6,67,246	1,80,94,580
<b>Sex ratio (females per 1,000 males)</b>	1,000	972
<b>Population density (per sq. km.)</b>	168	236
<b>Literacy rate (%)</b>	46.20	63.61
<b>Rural Population</b>	12,34,095	3,12,10,602
<b>Urban Population</b>	1,00,277	54,96,318
<b>Rural-Urban Ratio</b>	92:8	85:15

*Source: Census 2001*

As per census 2001, the district had a population of 13,34,372 (3.6 percent of the population of the state); out of which 7.5 % live in urban areas. The District has 50% males and 50 % female population. The sex ratio of the district is 1000 females per thousand males, which is slightly higher than the state average of 972 (Table

4.2.4.1). The literacy rate of the district is 46.2 %, which is lower than the literacy rates of the entire state (63.6 %).

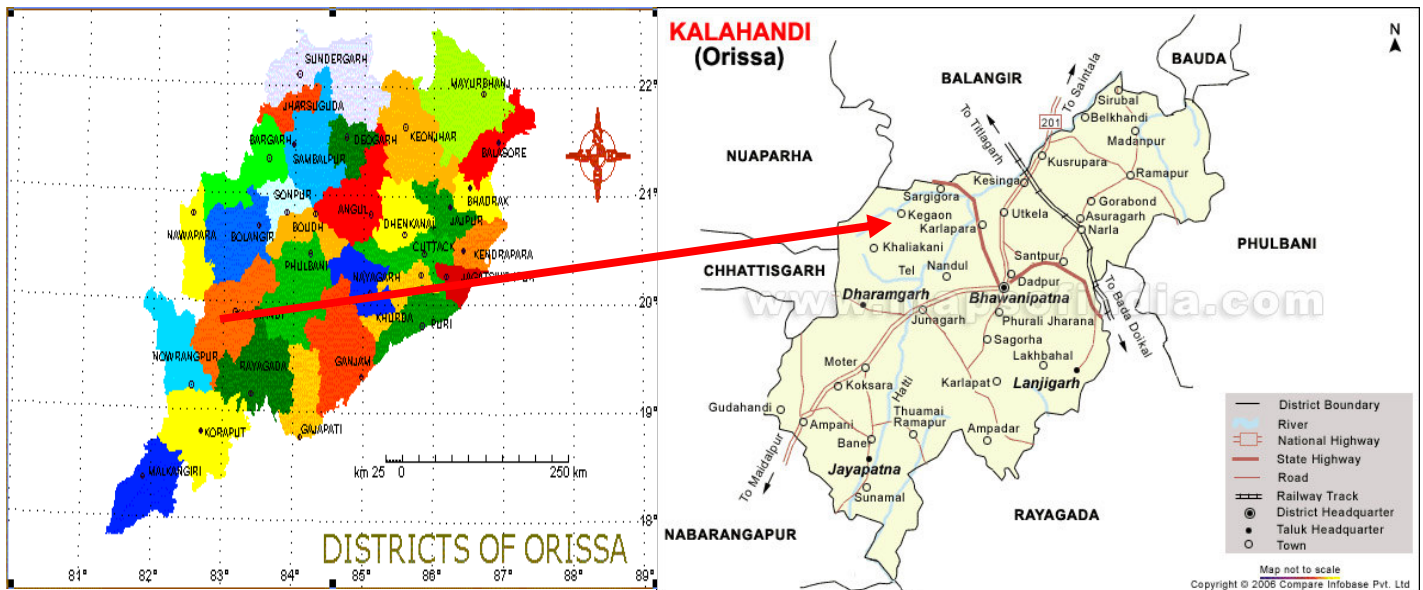


Figure 4.2.4.1: District Map of Kalahandi

## NPAG Evaluation

The evaluation of NPAG was conducted in 40 PSUs (29 rural and 11 urban) of Kalahandi district of Orissa, (Annexure 4.2.4a). The data for the rural and urban areas were analysed and presented separately.

### Funds and food grains release

2003-04	Amount paid for IEC and Training	4,55,600
	Purchase of weighing scale	2,02,500
2005-06	Advertisement	1,000
	Purchase of weighing scale	63,281

Source: DWCD, Kalahandi

The NPAG programme was initiated in 2002-03 in Kalahandi district. The training and IEC activities were completed and adult balances provided to all anganwadis in 2003-04 and

2005-06 (Table 4.2.4.2). The programme was discontinued in 2004-05. In 2005-06, the programme recommenced with adolescent girls as the only target group. The funds always reach the district at the end of the year; hence the beneficiaries get grains in the subsequent financial year only. Rice supplied by Civil Supplies Department reached the villages after March'03 for the year 2002-03 and in March'04 for the year 2003-04, hence it was distributed only once in both the years 2003-04 and 2004-05. There are not enough ration shops to distribute the grain. Therefore the district programme officer tried to get food grain distributed by the anganwadi workers (AWWs) in the first year but that was not effective.

	2003-04		2004-05		2005-06	
	Amount	Date	Amount	Date	Amount	Date
Finance received from the State	52,52,801.00	22.12.03	Nil		52,19,892.00	30.11.05
	66,67,693.00	24.12.03			20,00,959.00	30.11.05
	04,81,801.00	12.03.04			14,78,969.00	30.11.05
	02,42,340.00	12.03.04			10,51,827.00	31.01.06
	60,113.00	12.03.04			37,12,331.00	31.01.06
				14,23,060.00	31.01.06	
Total	12704748.00		Nil		14887038	
Finance given to Civil Supplies	35,01,868.00	17.02.03	32,000.00	25.05.04	66,78,266.00	19.01.06
	17,09,245.00	13.03.03				
	41,688.00	24.03.03				
	40,32,000.00	25.02.04				
Total	9284801.00		32,000.00		66,78,266.00	
Civil supplies –food grain release (rice in qtl.)	5,558.52	18.2.03			9,820.98	21.2.06
	2,779.26	21.3.03				
	6,400.00	31.3.04				
Total	14737.78				9,820.98	

Source: DWCD, Kalahandi

Now they are trying to give the grains through Panchayats. Although the grains have been released by February 2006, it has not reached the Panchayats in



T.Rampur block till now. In the current year the officers were sensitized to the programme and now they are taking steps to implement it. The information on the expenditure incurred by the state government, food grain release on NPAG during the year 2003-04, 2004-05 and 2005-06 is given in Table 4.2.4.3.

## Rural

<b>Table 4.2.4.4: Total coverage under AWs (n=29)</b>	
Number of Households	7572
Total Population	36074
<b>Number of persons registered in AWs</b>	
Children 7-12 months	493
Children 1-3 years	1316
Children 4-6 years	1854
Pregnant women	372
Lactating women	342
Adolescent girls	2118

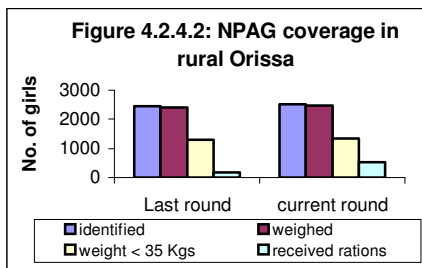
The NPAG evaluation was done in 29 rural anganwadis (AWs). District Data on number of households; total population and number of persons registered with the AWs in May 2006 are given in Table 4.2.4.4. Orimix were being supplied to AWs.

### ***NPAG-Adolescent Girl***

All anganwadi workers (AWWs) received training in weighing of adolescent girl and providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girl. The AWWs received support from PRI (100 %), ANM (100 %) and family of girls (96.6 %) in identifying all adolescent girls, weighing them and detecting those with weight less than 35kg and providing them chits for collecting food grains.

Adult weighing scales had been given to all the 29 AWWs; all of them had weighed adolescent girls in their area and identified girls under 35 kg. All AWWs adjusted for zero error on the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of twenty-eight AWWs were accurate and 1 weighing scale was inaccurate by more than 1 kg. Twenty-eight AWWs weighed adolescent girl accurately when investigator asked them to demonstrate weighing of the adolescent girl (96.6 %) and 1 AWW was not able to demonstrate how to correctly weigh adolescent girls. All AWWs provided NHE to the identified adolescent girls. Chits were distributed by 13 AWWs to identified adolescent girls of their area. 13 AWWs had records of NPAG since 2002-03. AWWs reported that NPAG could improve the nutritional status of adolescent girls and their participation in KSY (Annexure 4.2.4b).

The data on last round (Jan 2005 to July 2005) was available from all 29 AWs; 2451 adolescent girls were identified; 2410 identified adolescent girls were weighed; 53.6 % girls who were weighed were below 35 kg. In the last round of NPAG 76 new adolescent girls who weighed less than 35 kg had been identified.



AWWs gave NHE to 1506 adolescent girls; 180 girls received food supplements (4 AWWs). Under KSY scheme only one girls received ration for 3 months. Repeat weighment after three months showed that Thirty-five girls did not show any change in weight; 12 girls lost weight; 88 girls gained weight but did not cross the 35 kg and 45 girls had crossed 35kg.

The data pertaining to the current round (Jan 2006 to April 2006) was available in 25 AWWs; 2522 adolescent girls were identified and 2471 were weighed; 54.7 % girls weighed less than 35 kg. In the current round of NPAG 163 new adolescent girls weighing less than 35 kg were identified. 27 AWWs gave NHE to 1533 adolescent girls; 529 (39.1 %) adolescent girls collected food grains from 11 AWWs (Figure 4.2.4.2). Repeat weighment after three months showed that forty girls did not show any change in weight; 5 girls lost weight; 75 girls gained weight but did not cross the 35 kg and 19 girls had crossed 35kg.

**Ongoing ICDS programme**

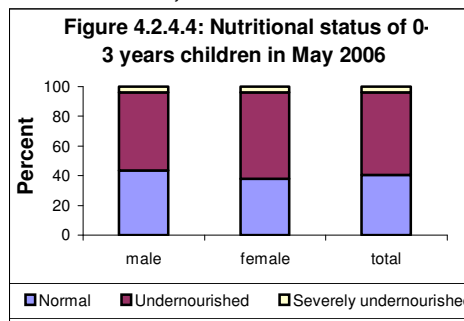
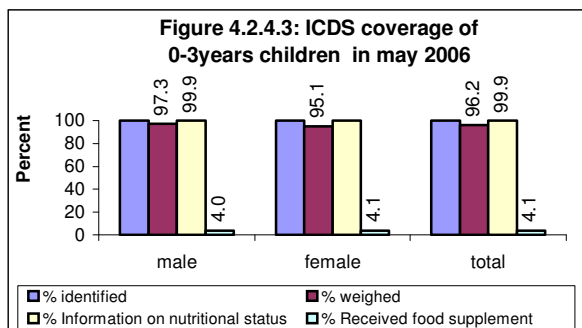
The data on ongoing ICDS was collected for the month of April 2006 and May 2006 from all 29 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.4c. Food supplements were not provided during April/May in both urban and rural AWWs. As in the beginning of the every new financial year there are problems in getting food supplement, gradually these problems get sorted out and the food becomes available.

*Pregnant and lactating women*

Data on pregnant women were available in 29 AWWs; 393 pregnant women were identified, 391 pregnant women were weighed; 48 pregnant women weighed less than 40 kg. Data on lactating women were available in all 29 AWWs; 389 lactating women were identified, 385 lactating women were weighed; 66 lactating women weighed less than 40 kg. No AWW was distributing food supplements to pregnant and lactating women. All AWWs imparted NHE to pregnant and lactating women.

*Children (0-3 years of age)*

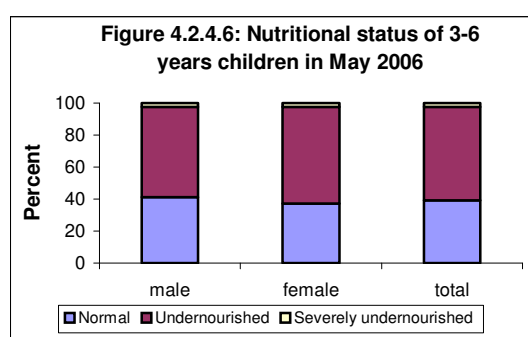
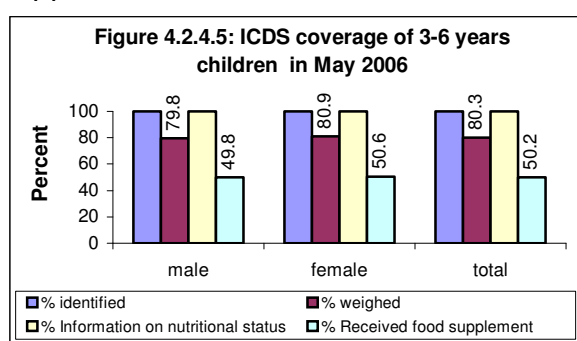
A total of 2241 children (0-3 years old) were identified; 96.2% of them were



weighed. Information on nutritional status was available for all those who were weighed; 40.7 % were normal, 55.3 % were undernourished and 3.9 % were severely undernourished (Figure 4.2.4.4); 4.06 % received food supplements from AWs for more than 20 days (Figure 4.2.4.3). Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### Children (3-6 year old)

A total of 2110 children (3-6 year old) were identified; 80.3 % were weighed. Information on nutritional status of children was available for all of those who were weighed; 39.3 % were normal; 58.3 % were undernourished and 2.4 % was severely undernourished (Figure 4.2.4.6); 50.2 % were receiving food supplement from AWs for more than 20 days (Figure 4.2.4.5). Distribution of food supplement was not done on the basis of nutritional status of the children.



### Urban

**Table 4.2.4.5: Total coverage under AWs (n=11)**

Number of Households	2513
Total Population	12990
<b>Number of persons registered in AWs</b>	
Children 7-12 months	143
Children 1-3 years	405
Children 4-6 years	631
Pregnant women	73
Lactating women	95
Adolescent girls (KSY)	473

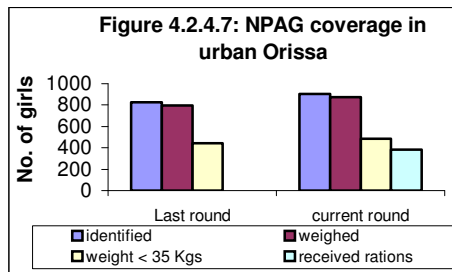
The NPAG evaluation was done in 11 urban AWs. Data on number of households, total population and number of persons registered with the anganwadi in May 2006 is given in Table 4.2.4.5. Data on food supplement was not available, as in Kalahandi District; the urban areas are not being provided with

SNP.

### NPAG-Adolescent Girl

All AWWs received training in weighing of adolescent girl and providing NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girl. The AWWs received support from PRI (90.9 %), ANM (100 %) and family of girls (100 %) in identifying all adolescent girls, weighing them and detecting those with weight less than 35kg and providing them chits for collecting food grains.

Adult weighing scales had been given to the 10 AWWs; but all the 11 AWWs had weighed adolescent girls in their area and identified girls under 35 kg (one AWW borrowed the weighing scale from the nearby AW). All AWWs adjusted for zero error on the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of all the AWWs were accurate. All the AWWs weighed adolescent girl accurately when investigator asked them to demonstrate weighing of the adolescent girl. All AWWs provided NHE to the identified adolescent girls. Chits were distributed by 2 AWWs to identified adolescent girls of their area. Only 1 AWW had records of NPAG since 2002-03. AWWs reported that NPAG could improve the nutritional status of adolescent girls and their participation in KSY. (Annexure 4.2.4b)



The data on last round (April-2005) was available from all 11 AWWs; 828 adolescent girls were identified; 798 identified adolescent girls were weighed; 55.8 % girls who were weighed were below 35 kg. In the last round of NPAG, 18 new adolescent girls who weighed less than 35 kg had been identified. AWWs gave NHE to 443 adolescent girls. No chits had

been distributed to the identified undernourished adolescent girls and none of the girls had received food grains.

The data pertaining to the current round (April 2006) was available in 11 AWWs; 904 adolescent girls were identified and 873 were weighed; 55.4 % girls weighed less than 35 kg. In the current round of NPAG, 41 new adolescent girls weighing less than 35 kg had been identified. All AWWs gave NHE to 476 adolescent girls; 386 identified undernourished girls collected rations from 8 AWWs (Figure 4.2.4.7). Repeat weighing after three months showed that three girls did not show any change in weight; 4 girls lost weight; 69 girls gained weight but did not cross the 35 kg and 2 girls had crossed 35kg.

### ***Ongoing ICDS program***

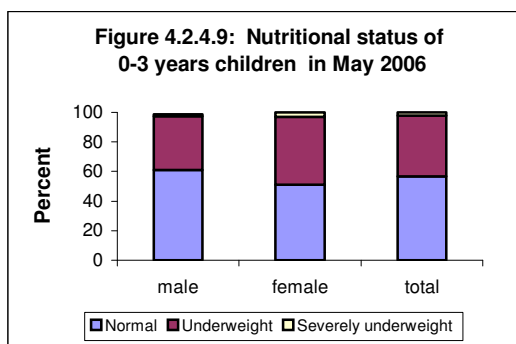
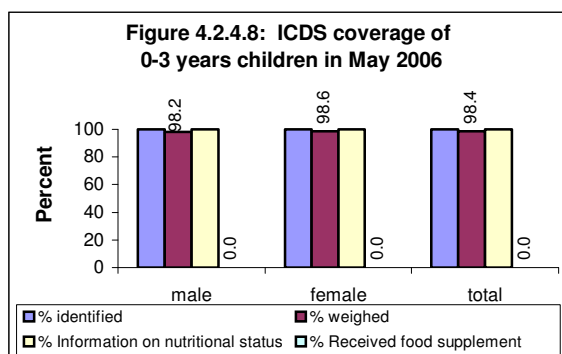
The data on ongoing ICDS was collected for the month of April 2006 and May 2006 from all 11 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.4c.

### ***Pregnant and lactating women***

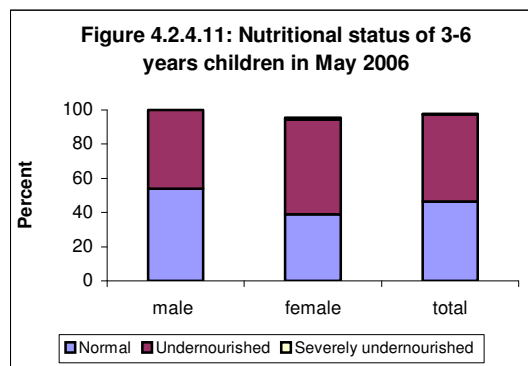
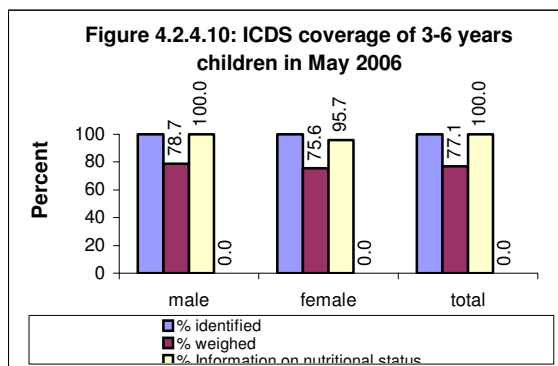
Data on pregnant women were available in 11 AWWs; 76 pregnant women were identified, 73 pregnant women were weighed; 23 pregnant women weighed less than 40 kg. Data on lactating women were available in all 11 AWWs; 84 lactating women were identified, 81 lactating women were weighed; 33 lactating women weighed less than 40 kg. No AWW was distributing food supplements to pregnant and lactating women. Ten AWWs gave NHE to pregnant and lactating women.

### Children (0-3 years of age)

A total of 628 children (0-3 years old) were identified; 98.4% of them were weighed. Information on nutritional status was available for all those who were weighed; 56.8 % were normal, 40.9 % were undernourished and 2.3 % were severely undernourished (Figure 4.2.4.9); During the months of April or May food supplements were not given to the children (Figure 4.2.4.8).



### Children (3-6 years)



A total of 621 children (3-6 year old) were identified; 77.1 % were weighed. Information on nutritional status of children was available for all of those who were weighed; 46.6 % were normal; 50.7 % were undernourished and 0.6 % was severely undernourished (Figure 4.2.4.11). During the months of April or May food supplements were not given to the children (Figure 4.2.4.10).

### Household Survey

The household survey was conducted in 40 PSUs (28 rural and 12 urban) of Kalahandi district (Annexure 4.2.4d & 4.2.4e). The data obtained from rural and urban PSUs were analysed and reported separately.

#### Rural

The survey was conducted in 812 rural households. The mean household size was 4.6; 76.3 % were nuclear families.

### *Socioeconomic profile*

Majority of the households belonged to OBC (40 %); 35.1 % were ST and rest belonged to SC and other castes. Nearly ninety percent families (88.9 %) stated that their monthly income was less than Rs. 5000; the 11 % stated that their income was between Rs. 5000 – Rs. 10000 per month.

The head of the households were better educated than the wives of the head of the households. About one tenth of the head of the households were educated up to secondary school (10.7 %) or more; 16.7 % were educated up to primary level and 45.6 % were illiterate. Nearly three-quarters of the wives of head of the households were illiterate (74.7 %) and only 8.4 % had primary education and 2.7 % had studied up to secondary school or more.

Most (40 %) of the head of the households were landless labourers and only 2.7 % were working as farmers and more than half of the head of households were in service (52 %) and 1.1% were unemployed at the time of the survey. Almost all of the wives of the head of the households were working outside home (99.5 %); 22.6% were working as landless labourer and 16.6 % as domestic help and 60.3% were in farm activities.

Most (79.2 %) of the population was residing in the center of the village. Nearly all households (98 %) owned the houses. Majority of the families were living in kutcha houses (79.3 %) and 18.3 % in semi pucca houses. 79.5 % of the population had two or more rooms and rest lived in one room. Only 4.3 % had toilet facility at home; the rest (95%) of the population was using sulabh. Only 28 % households had the provision of potable water in their own homes; the rest (71.8 %) obtained drinking water from public taps, hand pumps or water tankers, well, pond and river. Majority 93.1% of the households reported that they were non-vegetarian. Only 4.7 % were using gas for cooking purposes and most of the families (95.3 %) were using kerosene or wood stoves for cooking food. Most (97.5 %) families were using stainless steel utensils for cooking food. Public transport was used by 48 % of the population; 46 % had cycle. 59.4 % had no source of entertainment like radio or T.V colour television at home; 25.7 % had radio and 4.4 % had colour television at home.

The mean consumption of food grains was 63 kg per month per household. Nearly seventy percent (67.4 %) of the families possessed ration card and more than sixty-five percent of them bought food grains from ration shop (66.4 %). On an average each household bought 23.6 kg of food grains from the ration shop.

### *Utilization of ICDS services*

Almost all (98.5 %) the households were aware of the AWs in their area. In rural areas 44.8 % of the households were receiving food supplement from the anganwadi; 20.3 % stayed at AWs and ate the supplement; 24.5 % collected the supplements from AWs and took it home. Information on number of pregnant and lactating women and preschool children who visited AWs; had received NHE and/or food supplement is given in Table 4.2.4.6.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	13	46.2(6)	23.1(3)	33.3(1)	66.7(2)	0
Lactating women	48	77.1(37)	62.5(30)	13.3(4)	10.0(3)	76.7(23)
0-3 years	170	45.9(78)	20.6(35)	26.5(9)	5.9(2)	70.6(24)
3-6 years	240	73.8(177)	69.2(166)	4.8(8)	9.6(16)	85.6(142)

Figure in parenthesis denote actual numbers

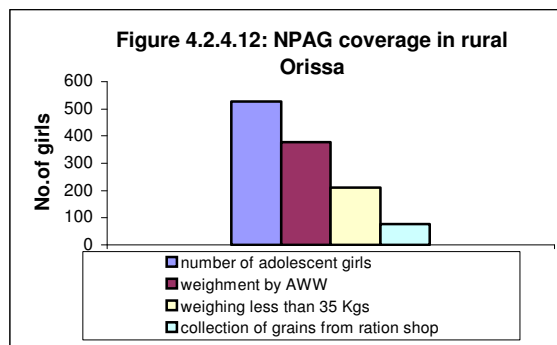
Six out of thirteen of the pregnant women visited AWs; received NHE and three pregnant women collected food supplements; two out of 3 women received supplement for 10-20 days. Thirty-seven of the 48 lactating women visited AWs and got NHE; 30 lactating women collected food supplement from the AWs; only 23 had received food supplements for more than 20 days per month. Among 35 0-3 year old children collecting food supplements from AWs, 24 children (70.6 %) had collected food supplements for more than 20 days. Among the 3-6 yrs children who received food supplements, 142 (85.6 %) children collected supplement for more than 20 days.

Age	No. of children	No. weighed	Normal	Under-nourished	Severely undernourished
0-3	170	150	94	55	1
3-6	240	189	115	69	0

There were 170 children in 0-3 year old age group in the households surveyed; 150

children had been weighed. The parents reported that 94 children were normal and 55 were undernourished and only one child was severely undernourished. There were 240 children in 3-6 year old age group in the households surveyed; 191 children had been weighed. The parents reported that 115 children were normal and 69 were undernourished. Parents of 5 children reported that they did not know the nutritional status of their child (Table 4.2.4.7).

## NPAG



During the household survey 527 adolescent girls were identified in the survey with mean age of the girls was  $14.1 \pm 2.45$  years and mean weight was  $32.4 \pm 7.02$  kg. 26 % of the girls were illiterate; 39.7 % of the girls had primary level education, and 22.6 % had secondary level education. Only two percent adolescent girls were married, and the age at marriage was

16-19 years. Information was available for 89.4 % girls; 56.3 % knew about KSY and only 22.3 % knew about NPAG. The family reported that 255 (54.1%)

adolescent girls visited AWs for KSY, 35 % of those who visited anganwadi received NHE, 59.9 % had received iron/folic acid tablets, 25.8 % took food supplement from AWs; 21.9 % visited AWs for NPAG. AWs workers had weighed 377 (71.5 %) of the identified adolescent girls and 212 (56.2 %) weighed less than 35 kg; 106 adolescent girls were given chit for collecting food grains; all had collected grains from ration shop; 6 girls collected food grains for 3 months; 4 girls for two months, and 67 girls collected food grains for one month (Figure 4.2.1.12); 77 girls gained weight but still weighed less than 35 kg; none of them had crossed 35 kg; 26 girls showed no change in weight and 3 girls lost weight.

## **Urban**

The survey was conducted in 308 urban households. The mean household size was 5.2; 76.3 % were nuclear families.

### *Socioeconomic profile*

Majority of the households belonged to OBC (45.5 %); 25.6 % were SC and rest belonged to ST and other castes. Nearly eighty percent families (79.9 %) stated that their monthly income was less than Rs. 5000; the 17 % stated that their income was between Rs. 5000 – Rs. 10000 per month.

The head of the households were better educated than the wives of the head of the households. About one third of the head of the households were educated up to secondary school (34.1 %) or more; 32.5 % were educated up to primary level and 20.5 % were illiterate. 46.5 % of the wives of head of the households were illiterate; 20.3 % had primary education and 17.8 % had studied up to secondary school or more.

Nearly sixty percent of head of the households were involved were working as factory labourers, rickshaw pullers, small vendors in daily bazaars; 22.1 % were working as clerk, teachers, involved in public and private service sectors. Fifteen percent had their own business at the time of the survey. Majority (93.4 %) of the wives of the head of the households were working outside home.

Most (93.5 %) of the population was residing in the regular colonies; only 5.8% in slum. Nearly all households (86 %) owned the houses. Majority (48.7 %) of the families were living in kutchha houses. As Bhawanipatna is an upcoming town, the old regular colonies were having kutchha houses, which still exists as it. 91 % of the population had two or more rooms and rest lived in one room. Only 25.6 % had toilet facility at home; the rest (70.8%) of the population had no access to toilet or were using sulabh. Only 20.5 % households had the provision of potable water in their own homes; the rest (78.8 %) obtained drinking water from public taps, hand pumps or water tankers, well, pond and river. Majority 95.5% of the households reported that they were non-vegetarian. Most (76.6 %) of the families were using kerosene or wood stoves for cooking food; the rest 23.4 % were



using gas for cooking purposes. Most (98.1 %) families were using stainless steel utensils for cooking food. Public transport was used by 33.1 % of the population; 47.1 % had cycle. 40 % had no source of entertainment like radio or T.V colour television at home; 23.4 % had colour television at home.

The mean consumption of food grains was 64 kg per month per household. 64.6 % of the families possessed ration card and nearly sixty percent (59.7%) of them bought food grains from ration shop. On an average each household bought 25.4 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all (97.7 %) the households were aware of the AWs in their area. In urban areas 62 % of the households did not get any food supplements from the AWs; 36.7 % collected the supplements from AWs and took it home. Information on number of pregnant, lactating women and preschool children who reported that they visited AWs, had received NHE and food supplement are given in Table 4.2.4.8.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	4	0	0	0	0	0
Lactating women	17	70.6 (12)	0	0	0	0
0-3 years	60	66.7 (40)	6.7 (4)	50 (2)	50 (2)	0
3-6 years	99	69.7 (69)	3.0 (3)	33.7 (1)	66.7(2)	0

*Figure in parenthesis denote actual numbers*

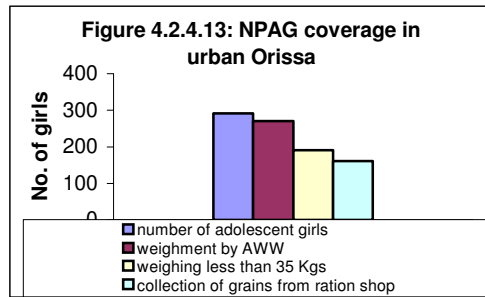
None of the pregnant women visited AWs for receiving NHE and food supplements. 12 of the 17 lactating women visited AWs and got NHE, but none of lactating women collected food supplements from the AWs. Among four 0-3 year old children collecting food supplements from AWs, 2 children (50 %) had collected food supplements for 10-20 days. Among the 3-6 yrs children who received food supplements, 2 (66.7 %) children collected supplement for 10-20 days.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	60	50	40	10	0
3-6	99	83	71	12	0

There were 60 children in 0-3 year old age group in the households

surveyed; 50 children had been weighed. The parents reported that 40 children were normal and 10 were undernourished. There were 99 children in 3-6 year old age group in the households surveyed; 83 children had been weighed. The parents reported that 71 children were normal and 12 were undernourished (Table 4.2.4.9).

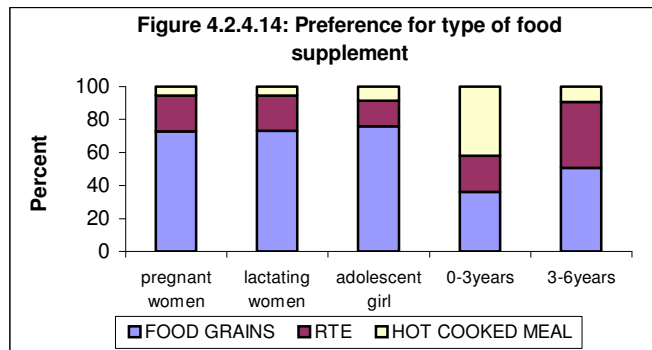
## NPAG



During the household survey 292 adolescent girls were identified in the survey with mean age of the girls was  $14.1 \pm 2.5$  years and mean weight was  $32.5 \pm 6.64$  kg. 4.1 % of the girls were illiterate; 59.2 % of the girls had primary level education, and 30.1 % had secondary level education. Majority (96.9 %) of the girls knew about KSY (72.1%) and but only 15.5 % girls

knew about NPAG. The family reported that 204 (72.1%) adolescent girls visited AWs for KSY, 43.5 % of those who visited AW received NHE, 73.1 % had received iron/folic acid tablets, 1.1 % took food supplement from AWs; 15.2 % visited AWs for NPAG. AWWs had weighed 271 (92.8 %) of the identified adolescent girls and 191 (70.5 %) weighed less than 35 kg; 162 adolescent girls were given chit for collecting food grains; all had collected food grains from ration shop; 156 girls collected food grains for 3 months; 3 girls for two months, and 2 girls collected food grains for one month (Figure 4.2.1.12); 130 girls gained weight but still weighed less than 35 kg; 13 girls had crossed 35 kg; 17 girls showed no change in weight and 2 girls lost weight.

## Households' opinion about food supplements through ICDS



When asked about their opinion as to who should get food supplements majority stated that all the persons belonging to the vulnerable groups- pregnant (29.6 %), lactating women (32.6 %), adolescent girls (45.4 %), preschool children (31.8 %) should get food supplements.

The rest felt food supplements might be given to undernourished persons. They felt that food grains are the preferred supplement for pregnant (72.9 %), lactating women (73 %), adolescent girls (75.7 %) and 3-6 yrs old children (50.6 %). For 0-3 year old children 42.1 % preferred hot cooked meal. The rest preferred RTE or hot cooked meal. It is clear that as far as the pregnant, lactating women and adolescent girls are concerned vast majority prefer food grain supplements. The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months (only for one or two years), the preference of community for food grains suggests that the option provided in NPAG was the right one.

## List of PSUs in Kalahandi district

PSU NO.	TEHSIL	T-NAME	BLOCK	B- NAME	VILLAGE	NAME	RES- HH	T- POPL N
1	70	DHARAMAGARH	130	GOLAMUNDA	84	KANKARAKHOL	13	51
2	140	SADAR	10		286	KITPADAR	59	263
3	120	THUAMUL RAM PUR	70	THUAMUL RAM PUR	257	MUSKUTA	26	130
4	120	THUAMUL RAM PUR	70	THUAMUL RAM PUR	181	DHAMARIGUDA	93	361
5	140	SADAR	10		231	RAKSI	19	75
6	170	NARALA	30	NARLA	98	KURMEL	122	513
7	132	TANJIGARH	60	LANJIGARH	32	DUMERMUNDA	125	531
8	140	SADAR	10		95	BALARAMPUR	95	440
9	170	NARALA	30	NARLA	70	KUSMEL	34	149
10	170	NARALA	30	NARLA	124	SUKUNABHATA	75	380
11	170	NARALA	30	NARLA	18	BALISINGA	280	1270
12	151	KESINGA	20	KESINGA	102	KUNDABANDH	260	1135
13	140	JAYAPATNA	120	KALAMPUR	87	A	219	915
14	70	DHARAMAGARH	130	GOLAMUNDA	7	BADAKANA	245	1221
15	151	KESINGA	20	KESINGA	108	TUMURA	178	886
16	151	KESINGA	20	KESINGA	119	THEMERA	183	809
17	70	DHARAMAGARH	80	DHARAMAGARH	42	KIROKUDA	207	927
18	102	KOKASARA	110	KOKASARA	76	KHANATARA	228	1010
19	91	JUNAGARH	90	JUNAGARH	124	SUPAD	323	1137
20	110	JAYAPATNA	100	JAYAPATNA	121	DEADR	532	2329
21	91	JUNAGARH	130	GOLANUNDA	32	HIRAPUR	356	1661
22	110	JAYAPATNA	100	JAYAPATNA	70	BANDHAGAON	357	1697
23	70	DHARAMAGARH	80	DHARMAGARH	31	KUCHAGAON	372	1564
24	102	KOKASARA	110	KOKASARA	54	TIPIGUDA	600	2600
25	160	MADANPUR RAMPUR	50	KARLAMUNDA	207	TEMARA	384	1597
26	91	JUNAGARH	90	JUNAGARH	147	SAPLAHARA	382	1837
27	170	NARALA	30	NARLA	50	CHAKULI	310	1429
28	170	NARALA	30	NARLA	33	BARAGAON BALBASPUR	341	1694
1A	PLEASE SELECT THE NEAREST VILLAGE AS AN ADDITIONAL							
3A	120	THUAMUL RAM PUR	70	THUAMUL RAMPUR	255	KANARPAS	23	89
5A	140	SADAR	10		233	KHAING	43	212
9A	170	NARALA	30	NARLA	69		40	185
PSU NO.	UFS NO.	TOWN / CITY	CODE	FRAME CODE	WARD - CODE	1V UNIT	BLO- CK NO.	POP - SIZE
29	1	KESINGRA	3	11	12	1	23	500
30	2	JUNAGARH	4	11	3	1	21	638
31	3	BHAWANI PATNA	1	11	11	1	1	768
32	4	BHAWANI PATNA	1	11	9	1	10	591
33	5	BHAWANI PATNA	1	11	12	1	15	730
34	6	BHAWANI PATNA	1	11	10	1	22	665
35	7	BHAWANI PATNA	1	11	12	1	31	644
36	8	BHAWANI PATNA	1	11	10	1	5	977
37	9	BHAWANI PATNA	1	11	4	2	28	485
38	10	BHAWANI PATNA	1	11	14	3	28	576
39	11	BHAWANI PATNA	1	11	13	3	30	544
40	12	BHAWANI PATNA	1	11	15	3	4	551

## Profile of AWs in Kalahandi

	Urban			Rural			Total (Urban+Rural)			
	Number			Number			Number			
	AW	No.	No./AW	AW	No.	No./AW	AW	No.	No./AW	
Number of households	11	2513	228	29	7572	261	40	1008	5	252
Total population under AWC	11	12990	1181	29	36074	1244	40	4906	4	1227
Number of persons registered										
7-12 months	11	143	13	29	493	17	40	636		16
1-3 year	11	405	37	29	1316	45	40	1721		43
3-6 year	11	631	57	28	1854	66	39	2485		64
Pregnant women	11	73	7	29	372	13	40	445		11
Lactating women	11	95	9	29	342	12	40	437		11
Adolescent girls	11	473	43	29	2118	73	40	2591		65

## Details of work done under NPAG in AW centers

	Urban		Rural		Total	
	No	%	No	%	No	%
<b>Total number</b>	<b>11</b>		<b>29</b>		<b>40</b>	
Weighing	11	100.0	29	100.0	40	100.0
Identifying < 35 kgs	11	100.0	29	100.0	40	100.0
Giving chits to < 35 Kgs	2	18.2	13	44.8	15	37.5
Collects grain from ration shop	2	18.2	15	51.7	17	42.5
Providing NHE to adolescent girls	11	100.0	29	100.0	40	100.0
AWW oriented to weighing	11	100.0	29	100.0	40	100.0
Provided with weighing scale	10	90.9	29	100.0	39	97.5
<b>Checking accuracy</b>	<b>11</b>		<b>29</b>		<b>40</b>	
Do not check	0	0.0	0	0.0	0	0.0
Adjusting zero error	11	100.0	29	100.0	40	100.0
With std weight	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl and removing std weight	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
<b>Checking accuracy by investigator</b>	<b>11</b>		<b>29</b>		<b>40</b>	
Accurate by 1/2 kg	11	100.0	28	96.6	39	97.5
Inaccurate less than 1 kg	0	0.0	0	0.0	0	0.0
Inaccurate > 1 kg	0	0.0	1	3.4	1	2.5
<b>Demonstration of weighing</b>	<b>11</b>		<b>29</b>		<b>40</b>	
Correct	11	100.0	28	96.6	39	97.5
Incorrect	0	0.0	1	3.4	1	2.5
<b>Training of AWW for NHE</b>	<b>11</b>	<b>100.0</b>	<b>29</b>	<b>100.0</b>	<b>40</b>	<b>100.0</b>
<b>No. of AW giving NHE to P&amp;L</b>	<b>10</b>	<b>90.9</b>	<b>29</b>	<b>100.0</b>	<b>39</b>	<b>97.5</b>
<b>Records of work done</b>	<b>1</b>	<b>9.1</b>	<b>13</b>	<b>44.8</b>	<b>14</b>	<b>35.0</b>
<b>NPAG implementation Problems</b>	<b>11</b>		<b>29</b>		<b>40</b>	
No problem	11	100.0	15	51.7	26	65.0
Absence of accurate weighing scale	0	0.0	1	3.4	1	2.5
Girls do no get weighed	0	0.0	0	0.0	0	0.0
Girls do no pick up ration	0	0.0	0	0.0	0	0.0
Girls do no consume additional food	0	0.0	0	0.0	0	0.0
Non-availability of rations in ration shops	0	0.0	13	44.8	13	32.5
No link between AWW and ration shop	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
<b>Corrective measures</b>	<b>10</b>		<b>17</b>		<b>27</b>	
Inform the authorities	1	10.0	15	88.2	16	59.3
Make families and girls aware of NPAG	0	0.0	1	5.9	1	3.7
Any other	9	90.0	1	5.9	10	37.0
<b>Get support from</b>						
PRI	10	90.9	29	100.0	39	97.5
Ration Shop	1	9.1	2	6.9	3	7.5
Family of Girls	11	100.0	28	96.6	39	97.5
ANM	11	100.0	29	100.0	40	100.0
<b>Does NPAG improve</b>						
Nutritional status	11	100.0	29	100.0	40	100.0
Participation in KSY	0	0.0	0	0.0	0	0.0

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	AG	AG/ AW	AW	AG	AG/ AW	AW	AG	AG/ AW
Date of last round		April 2005			Jan 2005				
Date of current round		April 2006			Jan 2006				
<b>LAST ROUND</b>									
<b>Number of AG</b>									
<b>Identified</b>	11	828	75	29	2451	85	40	3279	82
<b>Weighed</b>	11	798	73	29	2410	83	40	3208	80
<b>Weight &lt; 35 Kgs</b>	11	445	40	29	1292	45	40	1737	43
<b>New AG &lt; 35 kgs</b>	3	18	6	3	76	25	6	94	16
<b>Chits distributed</b>	0	0	0	0	0	0	0	0	0
<b>Received rations for</b>									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	0	0	0	0	0	0
3 months	0	0	0	4	180	90	0	0	0
<b>Nutritional status</b>									
No change in weight	0	0	0	4	35	9	0	0	0
Deterioration in weight	0	0	0	3	12	4	0	0	0
Improvement but less than 35 Kgs	0	0	0	4	88	22	0	0	0
Crossed 35 kgs.	0	0	0	4	45	11	0	0	0
<b>Received NHE</b>	11	443	40	27	1506	56	11	443	40
<b>Received food supplement under KSY</b>	0	0	0	1	1	1	0	0	0
<b>CURRENT ROUND</b>									
<b>Number of adolescent girls</b>									
<b>Identified</b>	11	904	82	29	2522	87	11	904	82
<b>Weighed</b>	11	873	79	29	2471	85	11	873	79
<b>Weight &lt; 35 Kgs</b>	11	484	44	29	1352	47	11	484	44
<b>New adolescent girls &lt; 35 kgs</b>	6	41	7	15	163	11	6	41	7
<b>Number of chits distributed</b>	0	0	0	0	0	48	0	0	0
<b>Received rations for</b>									
1 month	0	0	0	0	0	90	2	180	90
2 months	0	0	0	0	0	0	0	0	0
3 months	8	386	0	11	529	0	0	0	0
<b>Nutritional status</b>									
No change in weight	2	3	2	3	40	13	5	43	9
Deterioration in weight	1	4	4	1	5	5	2	9	5
Improvement but less than 35 Kgs	2	69	35	3	75	25	5	144	29
Crossed 35 kgs.	1	2	2	2	19	10	3	21	7
<b>Received NHE</b>	11	476	43	27	1533	57	38	2009	53
<b>Received food supplement under KSY</b>	0	0	0	1	1	1	1	1	1

## Details of ICDS components in the current month of the survey

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/AW	AW	Persons	Persons/AW	AW	Persons	Persons/AW
<b>Pregnant women</b>									
<b>Registered</b>	11	76	7	29	393	14	40	469	12
Weighed	11	73	7	29	391	13	40	464	12
Less than 40 Kg	7	23	3	13	48	4	20	71	4
Received food supplement	0	0	0	0	0	0	0	0	0
<b>Lactating women</b>									
<b>Registered</b>	11	84	8	29	389	13	40	473	12
Weighed	11	81	7	29	385	13	40	466	12
Less than 40 Kg	9	33	4	17	66	4	26	99	4
Received food supplement	0	0	0	0	0	0	0	0	0
<b>0-3 year children</b>									
<b>Registered</b>									
Male	11	344	31	29	1124	39	40	1468	37
Female	11	284	26	29	1117	39	40	1401	35
<b>Weighed</b>									
Male	11	338	31	29	1094	38	40	1432	36
Female	11	280	25	29	1062	37	40	1342	34
<b>Nutritional status</b>									
<b>Normal</b>									
Male	11	208	19	29	474	16	40	682	17
Female	11	143	13	29	403	14	40	546	14
<b>Undernourished</b>									
Male	11	125	11	29	576	20	40	701	18
Female	11	128	12	29	618	21	40	746	19
<b>Severely undernourished</b>									
Male	6	5	1	20	44	2	26	49	2
Female	6	9	2	19	41	2	25	50	2
<b>Received cooked food supplement</b>									
Male	0	0	0	1	76	76	1	76	76
Female	0	0	0	1	46	46	1	46	46
<b>3-6 year children</b>									
<b>Registered</b>									
Male	11	314	29	29	1075	37	40	1389	35
Female	11	307	28	29	1035	36	40	1342	34
<b>Weighed</b>									
Male	11	247	22	29	858	30	40	1105	28
Female	11	232	21	29	837	29	40	1069	27
<b>Nutritional status</b>									
<b>Normal</b>									
Male	11	133	12	28	355	13	39	488	13
Female	11	90	8	29	311	11	40	401	10
<b>Undernourished</b>									
Male	11	114	10	28	483	17	39	597	15
Female	11	129	12	28	505	18	39	634	16
<b>Severely undernourished</b>									
Male	0	0	0	8	20	3	8	20	3
Female	3	3	1	8	21	3	11	24	2
<b>Received cooked food supplement</b>									
Male	0	0	0	29	535	18	29	535	18
Female	0	0	0	29	524	18	29	524	18

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	72.9	73	75.7	36.2	50.6
RTE	21.8	21.4	15.8	21.7	39.9
Hot cooked meal	5.3	5.6	8.5	42.1	9.6
Preference for beneficiary of ICDS food supplement					
All in the community	29.6	32.9	45.4		31.8
Only undernourished in the community	42.6	39.7	19.9		9.0
All coming to AW	6.2	6.4	11.4		39.3
Only undernourished coming to anganwadi	1.4	2.5	22.4		1.4
Missing	20.3	18.5	0.9		18.5
Total	100.0	100.0	100.0		100.0

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Receiving food supplement from anganwadi						
Stay and eat there	1	0.3	165	20.3	166	14.8
Collect food and go home	113	36.7	199	24.5	312	27.9
Stay at anganwadi even after eating food	0	0.0	0	0.0	0	0.0
Do not get supplement	191	62.0	448	55.2	639	57.1
Get only take home type supplement	0	0.0	0	0.0	0	0.0
One family member collects for all	0	0.0	0	0.0	0	0.0
Missing value	3	1.0	0	0.0	3	0.3
Total	308	100.0	812	100.0	1120	100.0

## Details of Household Characteristics in Kalahandi

	Urban		Rural		Total (U+R)	
	No.	Mean ±S.D	No.	Mean ±S.D	No.	Mean ±S.D
Number of PSUs covered	11		29		40	
Number of households	308		812		1120	
<b>Size of HH</b>	308	5.2±2.00	812	4.6±1.76	1120	4.8±1.84
Total food grains purchased (Kg)	305	64.0 ± 26.30	806	63.0±30.75	1111	63.3±29.58
Kgs of Grains from PDS	165	25.4±1.88	530	23.6±9.24	695	24.0±8.15
	No.	%	No.	%	No.	%
<b>Type of HH</b>	308		812		1120	
Joint	72	23.4	184	22.7	256	22.9
Nuclear	235	76.3	626	77.1	861	76.9
Missing Value	1	0.3	2	0.2	3	0.3
Total	308	100.0	812	100.0	1120	100.0
<b>Caste</b>	308		812		1120	
SC	79	25.6	146	18.0	225	20.1
ST	10	3.2	285	35.1	295	26.3
OBC	140	45.5	325	40.0	465	41.5
Others	77	25.0	54	6.7	131	11.7
Missing Value	2	0.6	2	0.2	4	0.4
Total	308	100.0	812	100.0	1120	100.0
<b>Socio-economic status</b>	308		812		1120	
High	10	3.2	13	1.6	23	2.1
Middle	52	16.9	89	11.0	141	12.6
Low	246	79.9	710	87.4	956	85.4
Missing Value	0	0.0	0	0.0	0	0.0
Total	308	100.0	812	100.0	1120	100.0
<b>Literacy status of HHH</b>	308		812		1120	
Illiterate	63	20.5	370	45.6	433	38.7
Can read and write	38	12.3	216	26.6	254	22.7
Schooling primary	100	32.5	135	16.6	235	21.0
Schooling secondary	105	34.1	87	10.7	192	17.1
Missing Value	2	0.6	4	0.5	6	0.5
Total	308	100.0	812	100.0	1120	100.0
<b>Literacy status of wife of HHH</b>	286		730		1016	
Illiterate	133	46.5	545	74.7	678	66.7
can read and write	44	15.4	104	14.2	148	14.6
Schooling primary	58	20.3	61	8.4	119	11.7
Schooling secondary	51	17.8	20	2.7	71	7.0
Missing Value	0	0.0	0	0.0	0	0.0
Total	286	100.0	730	100.0	1016	100.0
<b>Work status of HHH</b>	308		812		1120	
Unemployed	2	0.6	9	1.1	11	1.0
Unskilled/ landless labourer	6	1.9	325	40.0	331	29.6
Semi-skilled / cultivators	1	0.3	22	2.7	23	2.1
Clerk/office worker/ Teacher / Landowners	68	22.1	21	2.6	89	7.9
Business/ Artisans	47	15.3	9	1.1	56	5.0
Others	182	59.1	422	52.0	604	53.9
Missing Value	2	0.6	4	0.5	6	0.5
Total	308	100.0	812	100.0	1120	100.0
<b>Work status of wife of HHH</b>	286		730		1016	
Unemployed	1	0.3	4	0.5	5	0.5
Unskilled/ landless labourer	1	0.3	165	22.6	166	16.3
Semi-skilled / cultivators	0	0.0	0	0.0	0	0.0
Clerk/office worker/ Teacher / Service	15	5.2	0	0.0	15	1.5
Business/ Domestic help	2	0.7	121	16.6	123	12.1
Others	267	93.4	440	60.3	707	69.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	286	100.0	730	100.0	1016	100.0
<b>Dietary Habits</b>	308		812		1120	
Vegetarian	14	4.5	56	6.9	70	6.3
Non-vegetarian	294	95.5	756	93.1	1050	93.8
Missing Value	0	0.0	0	0.0	0	0.0
Total	308	100.0	812	100.0	1120	100.0
<b>Monthly Income</b>	308		812		1120	
<5K	249	80.8	722	88.9	971	86.7
5-10K	49	15.9	81	10.0	130	11.6
>10K	10	3.2	9	1.1	19	1.7
Missing Value	0	0.0	0	0.0	0	0.0
Total	308	100.0	812	100.0	1120	100.0
<b>Locality</b>	308		812		1120	
Slum / Center of village	18	5.8	643	79.2	661	59.0

	Urban		Rural		Total (U+R)	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	2	0.6	63	7.8	65	5.8
Regular colony / Harijan basti	288	93.5	105	12.9	393	35.1
Missing Value	0	0.0	1	0.1	1	0.1
Total	308	100.0	812	100.0	1120	100.0
<b>Type of House</b>	308		812		1120	
Kutcha	150	48.7	644	79.3	794	70.9
Semi-pucca	94	30.5	149	18.3	243	21.7
Pucca	64	20.8	19	2.3	83	7.4
Missing Value	0	0.0	0	0.0	0	0.0
Total	308	100.0	812	100.0	1120	100.0
<b>Ownership of House</b>	308		812		1120	
Own	265	86.0	796	98.0	1061	94.7
Rented	40	13.0	9	1.1	49	4.4
Missing Value	3	1.0	7	0.9	10	0.9
Total	308	100.0	812	100.0	1120	100.0
<b>No. of rooms</b>	308		812		1120	
One	15	4.9	73	9.0	88	7.9
Two	101	32.8	339	41.7	440	39.3
Three	109	35.4	307	37.8	416	37.1
> three	82	26.6	90	11.1	172	15.4
Missing Value	1	0.3	3	0.4	4	0.4
Total	308	100.0	812	100.0	1120	100.0
<b>Toilet Facility</b>	308		812		1120	
Sulabh / No facility	218	70.8	771	95.0	989	88.3
Shared pit	11	3.6	6	0.7	17	1.5
Own pit	21	6.8	35	4.3	56	5.0
Own flush	58	18.8	0	0.0	58	5.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	308	100.0	812	100.0	1120	100.0
<b>Transport</b>	308		812		1120	
Public	102	33.1	390	48.0	492	43.9
Bicucle	145	47.1	380	46.8	525	46.9
Scooter / Moped	60	19.5	38	4.7	98	8.8
Any other	1	0.3	2	0.2	3	0.3
Missing Value	0	0.0	2	0.2	2	0.2
Total	308	100.0	812	100.0	1120	100.0
<b>Cooking Fuel used</b>	308		812		1120	
Kerosene/ Coal/ Wood	236	76.6	774	95.3	1010	90.2
Gas / electricity	72	23.4	38	4.7	110	9.8
Others	0	0.0	0	0.0	0	0.0
Missing Value	0	0.0	0	0.0	0	0.0
Total	308	100.0	812	100.0	1120	100.0
<b>Source of DW</b>	308		812		1120	
Public Tap	181	58.8	557	68.6	738	65.9
Submersible	63	20.5	227	28.0	290	25.9
Well/ pond/ river	64	20.8	26	3.2	90	8.0
Missing Value	0	0.0	2	0.2	2	0.2
Total	308	100.0	812	100.0	1120	100.0
<b>Entertainment</b>	308		812		1120	
None	125	40.6	484	59.6	609	54.4
Radio	12	3.9	209	25.7	221	19.7
TV (BW)	99	32.1	78	9.6	177	15.8
TV(Col)	72	23.4	36	4.4	108	9.6
Missing Value	0	0.0	5	0.6	5	0.4
Total	308	100.0	812	100.0	1120	100.0
<b>Kitchenware</b>	308		812		1120	
Clay	0	0.0	1	0.1	1	0.1
Aluminium	3	1.0	8	1.0	11	1.0
Cast iron	3	1.0	1	0.1	4	0.4
Brass / Copper	0	0.0	4	0.5	4	0.4
Stainless Steel	302	98.1	792	97.5	1094	97.7
Missing Value	0	0.0	6	0.7	6	0.5
Total	308	100.0	812	100.0	1120	100.0
<b>Food grain Purchase</b>	308		812		1120	
possession of Ration card	199	64.6	547	67.4	746	66.6
buy grains from Ration Shop	184	59.7	539	66.4	723	64.6

## Details of ICDS in Kalahandi

	Urban		Rural		Total (U+R)	
	No.	%	No.	%	No.	%
<b>Awareness about presence of anganwadi</b>	301	97.7	800	98.5	1101	
<b>Pregnant women</b>	4		13		17	
<b>Visit anganwadi</b>						
Never	4	100.0	7	53.8	11	64.7
Less than 10 days	0	0.0	5	38.5	5	29.4
10-20 days	0	0.0	1	7.7	1	5.9
More than 20 days	0	0.0	0	0.0	0	0.0
<b>Receive NHE</b>	0	0.0	6	46.2	6	35.3
<b>Receiving food supplement</b>	0	0.0	3	23.1	3	17.6
Less than 10 days	0	0.0	1	33.3	1	33.3
10-20 days	0	0.0	2	66.7	2	66.7
More than 20 days	0	0.0	0	0.0	0	0.0
<b>Lactating women</b>	17		48		65	
<b>Visit anganwadi</b>						
Never	5	29.4	11	22.9	16	24.6
Less than 10 days	11	64.7	26	54.2	37	56.9
10-20 days	1	5.9	5	10.4	6	9.2
More than 20 days	0	0.0	6	12.5	6	9.2
<b>Receive NHE</b>	12	70.6	37	77.1	49	75.4
<b>Receiving food supplement</b>	0	0.0	30	62.5	30	46.2
Less than 10 days	0	0.0	4	13.3	4	13.3
10-20 days	0	0.0	3	10.0	3	10.0
More than 20 days	0	0.0	23	76.7	23	76.7
<b>0-3 year children</b>	60		170		230	
<b>Visit anganwadi</b>						
Never	16	26.7	84	49.4	100	43.5
Less than 10 days	38	63.3	70	41.2	108	47.0
10-20 days	2	3.3	7	4.1	9	3.9
More than 20 days	4	6.7	9	5.3	13	5.7
<b>Receive NHE</b>	40	66.7	78	45.9	118	51.3
<b>Receiving food supplement</b>	4	6.7	34	20.0	38	16.5
Less than 10 days	2	50.0	9	26.5	11	28.9
10-20 days	0	0.0	2	5.9	2	5.3
More than 20 days	2	50.0	24	70.6	26	68.4
<b>Weight of children</b>	50	83.3	151	88.8	201	87.4
<b>Nutritional status of children</b>						
Normal	40	80.0	94	62.3	134	66.7
Undernourished	10	20.0	55	36.4	65	32.3
Severely undernourished	0	0.0	1	0.7	1	0.5
Donot know	0	0.0	0	0.0	0	0.0
Missing value	0	0.0	0	0.0	0	0.0
<b>3-6 year children</b>	99		240		339	
<b>Visit anganwadi</b>						
Never	20	20.2	56	23.3	76	22.4
Less than 10 days	58	58.6	37	15.4	95	28.0
10-20 days	4	4.0	22	9.2	26	7.7
More than 20 days	17	17.2	125	52.1	142	41.9
<b>Receive NHE</b>	69	69.7	177	73.8	246	72.6
<b>Receiving food supplement</b>	3	3.0	166	69.2	169	49.9
Less than 10 days	1	33.3	8	4.8	9	5.3
10-20 days	0	0.0	16	9.6	16	9.5
More than 20 days	2	66.7	142	85.5	144	85.2
<b>Weight of children</b>	83	83.8	189	78.8	272	80.2
<b>Nutritional status of children</b>						
Normal	71	85.5	115	60.8	186	68.4
Undernourished	12	14.5	69	36.5	81	29.8
Severely undernourished	0	0.0	0	0.0	0	0.0
Donot know	0	0.0	5	2.6	5	1.8
Missing value	0	0.0	0	0.0	0	0.0

## Details of NPAG in Kalahandi

	Urban		Rural		Total (U+R)	
	No.	Mean ±S.D	No.	Mean ±S.D	No.	Mean ±S.D
<b>Number of adolescent girls</b>	292		527		819	
<b>Mean age (years)</b>	292	14.1 ± 2.46	527	14.1 ± 2.45	819	
<b>Mean weight (Kgs)</b>	275	32.5 ± 6.64	474	32.4 ± 7.02	749	
	No.	%	No.	%	No.	%
<b>Literacy status</b>						
Illiterate	12	4.1	137	26.0	149	18.2
Can read and write	19	6.5	62	11.8	81	9.9
Schooling primary	173	59.2	209	39.7	382	46.6
Schooling secondary	88	30.1	119	22.6	207	25.3
<b>Marital status (%)</b>						
Currently married	2	0.7	10	1.9	12	1.5
Never married	290	99.3	517	98.1	807	98.5
<b>Age at marriage (%)</b>						
10-13 years	0	0.0	0	0.0	0	0.0
13-16 years	1	0.3	1	0.2	2	0.2
16-19 years	1	0.3	9	1.7	10	1.2
not married	290	99.3	517	98.1	807	98.5
<b>KSY and NPAG</b>	283	96.9	471	89.4	754	92.1
Awareness about KSY	204	72.1	265	56.3	469	62.2
Awareness about NPAG	44	15.5	105	22.3	149	19.8
Visit Anganwadi centre						
For KSY	204	72.1	255	54.1	459	60.9
For NPAG	43	15.2	103	21.9	146	19.4
Never	36	12.7	111	23.6	147	19.5
Receive NHE	123	43.5	165	35.0	288	38.2
Receive IFA	207	73.1	282	59.9	489	64.9
<b>Receive food supplements from anganwadi</b>	280	100	468	100	748	100
Never	277	98.9	347	74.1	624	83.4
Less than 10 days	0	0.0	84	17.9	84	11.2
10-20 days	3	1.1	21	4.5	24	3.2
more than 20 days	0	0.0	16	3.4	16	2.1
<b>Weight by AWW</b>	271	92.8	377	71.5	648	79.1
<b>Weighing less than 35 kgs (%)</b>	191	70.5	212	56.2	403	62.2
<b>Given a chit for free food grains</b>	162	84.8	106	50.0	268	66.5
<b>Went to ration shop to collect grains</b>	162	100.0	106	100.0	268	100.0
<b>Collection of grains from ration shop</b>						
one month	2	1.2	67	63.2	69	25.7
two months	3	1.9	4	3.8	7	2.6
three months	156	96.3	6	5.7	162	60.4
never	1	0.6	29	27.4	30	11.2
<b>Reason for not getting food grains</b>						
not aware of NPAG	0	0.0	0	0.0	0	0.0
did not go to ration shop	0	0.0	0	0.0	0	0.0
ration shop closed	0	0.0	0	0.0	0	0.0
ration shop opened but no stock	1	100.0	29	100.0	30	100.0
do not require ration	0	0.0	0	0.0	0	0.0
<b>After receiving food grains</b>						
no change in weight	17	10.5	26	24.5	43	16.0
deterioration in weight	2	1.2	3	2.8	5	1.9
improvement in weight < 35 Kgs	130	80.2	77	72.6	207	77.2
crossed 35 kgs	13	8.0	0	0.0	13	4.9

## Principal Investigator's Summary

Year wise details of the implementation of the NPAG	2003-04		2004-05		2005-06	
	Amount	Date	Amount	Date	Amount	Date
Finance received from the State	52,52,801.00 66,67,693.00 04,81,801.00 02,42,340.00 60,113.00	22.12.03 24.12.03 12.03.04 12.03.04 12.03.04	Nil		52,19,892.00 20,00,959.00 14,78,969.00 10,51,827.00 37,12,331.00 14,23,060.00	30.11.05 30.11.05 30.11.05 31.01.06 31.01.06 31.01.06
Finance given to Civil Supplies	35,01,868.00 17,09,245.00 41,688.00 40,32,000.00	17.02.03 13.03.03 24.03.03 25.02.04	32,000.00	25.05.04	66,78,266.00	19.01.06
Civil supplies –food grain release (rice in qtl.)	5,558.52 2,779.26 6,400.00	18.2.03 21.3.03 31.3.04			9,820.98	21.2.06
DWCD – implementation						
At the village level	Rice supplied by CS reached the villages after March'03, hence it was distributed only in the year 2003-04 for once in the year		Rice supplied by CS reached the villages after March'04, hence it was distributed only in the year 2004-05 for once in the year		Rice supplied by CS reached the villages after March'06, hence it was distributed only in the year 2005-06 for once in the year	
Fund release to AWC						
Ration shop – providing food grains In Kalahandi ration shops were never used for distribution of rice as there are not enough of them and also not in each village	As per decision of the District Admn. The Rice was distributed by the AWW after obtaining from Panchayats				During the year 03-04 the district observed that the AWWs are not distributing the rice properly. Hence during this phase AWWs are only providing the chits and the Panchayats are giving the rice in lieu of the chit provided by the AWW	
Village population – accessing availing the services	Approx. 16 % of total population		Approx. 18 % of total population		Approx. 21 % of total population	
Problems faced in implementation and how they were over come	The money always reaches the district at the fag end of the year. Hence the beneficiary gets grain in the next financial year of the fund release. There are not enough ration shops to distribute the grain. They tried with the AWWs in the first year but that was not effective. Now they are trying to give the grains through Panchayats. Hardly any body in the system is aware of the NPAG and has not received any guidelines regarding the programme and record keeping. The grains are distributed twice since 2002-03 till now and that too for two to three months only. After the evaluation process the district seems have woken up and taking steps to implement it. Although the grains have been released since February 2006 it has not reached the Panchayats in T.Rampur block till now. There are not enough weighing machines in serviceable condition in the district					



## Lunglei

**Lunglei** is a town, situated in the south-central part of the state of Mizoram which is in the northeastern India. Lunglei, sometimes spelled Lungleh, literally meaning 'bridge of rock'. It has got its name from a bridge made of rock found in

	Lunglei	Mizoram
<b>Population</b>		
Persons	137155	891058
Males	71353	459783
Females	65802	431275
Percentage decadal growth		29.19
<b>Sex ratio (females per 1,000 males)</b>		
	944	938
<b>Population density (per sq. km.)</b>		
		42
<b>Literacy rate (%)</b>		
Persons	84.2	88.49
Males	87.36	90.69
Females	80.74	86.13

Source: Census 2001

the riverine area around Nghasih - a small tributary of the river Tlawng. It is one of the most populous towns in the Mizo Hills (Figure 4.2.5.1). As per census 2001, Lunglei district has an area of 4538 sqkms and has 4 blocks, with a population of which is 15.4 % of the state population. The sex ratio of the district is 944 females per 1000 males which is slightly higher than the state average of 938. Males constitute 52% of the

population and females 48%. Lunglei has an average literacy rate of 84.2 %, less than the state average of 88.5 %. The male literacy rate is 87.3 %, and female literacy rate is 80.7 % (Table 4.2.5.1).

### MIZORAM District Map

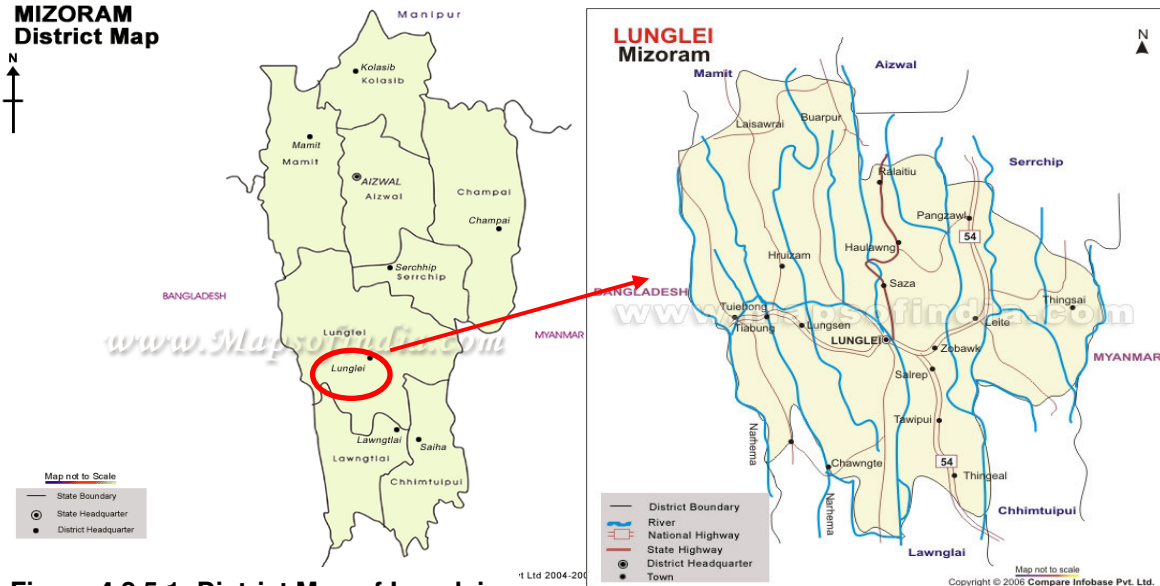


Figure 4.2.5.1: District Map of Lunglei

### NPAG

The evaluation of NPAG was conducted in 37 PSUs (19 rural and 18 urban) of Lunglei district of Mizoram (Annexure 4.2.5a). The data for the rural and urban areas have been analysed and presented separately.

## Fund and food grain release

NPAG in the state goes by the name of Special Additional Central Assistance (SACA). SACA is not limited to the pilot district of Lunglei, but encompasses the entire state of Mizoram. All the identified adolescent girls were given food supplements. Those who were weighing below 35 kgs received rice under SACA, and other adolescent girls who weighed more than 35 kgs received food supplement under the KSY scheme through anganwadi or through PRI. Thus all the adolescent girls in the state were receiving food supplement, right from 2002-03 without any interruption till 2006-07.

The NPAG programme was initiated in 2002-03 in Lunglei District. The training and IEC activities were completed and adult balances were provided to all anganwadis in 2002. The NPAG was running successfully from 2002-03 to 2004-05. In 2005-06 the programme continued but with adolescent girls as the only target group.

The procurement of rice under NPAG is done by Food and Civil Supplies and Consumer Affairs Department, Mizoram on the request of Social

Welfare Department, Mizoram. The Department also carries out the transportation of rice to the designated point. Table 4.2.5.2 gives the details of expenditure, number of beneficiaries and quantity of food grain procurement under NPAG in Mizoram.

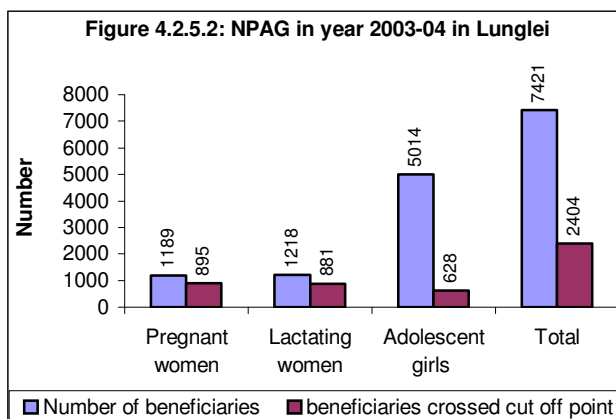
Year	Expenditure incurred (Rs. in Lakhs)	No. of beneficiaries	Type of food given	Quantity of food grains procured
2002-03	12.50	3705	Rice	133600
2003-04	15.00	10697	Rice	69543
			Dal	16266
			H.P.biscuits	1643
			Motor Chana	26458
			Groundnut	10580
			Calcium	2168
			Multi vitamin	1323
2004-05	17.00	12405	Rice	26220
			Dal	4377
			H.P.biscuits	6114
			Motor Chana	11101
			Groundnut	4953
			S.C.P	8358
			Calcium	1001
Multi vitamin	1002			
2005-06	17.00	12506	Rice	22385
			Dal	3730
			H.P.biscuits	5138
			Motor Chana	12210
			Groundnut	5460
			S.C.P	10176
			Calcium	1475
Multi vitamin	1475			

Source: DWCD, Lunglei

The details of NPAG in the year 2003-04 are given in Table 4.2.5.3 and Figure 4.2.5.2. Nearly eighty percent of the adolescent girls (10-

	Number of beneficiaries	beneficiaries crossed cut off point (%)
Pregnant women	1189	895 (75.3)
Lactating women	1218	881 (72.3)
Adolescent girls	5014	628 (12.5)
Total	7421	2404 (32.4)

Source: DWCD, Lunglei



14 years) were below 35 kg and 40.9 % of the girls (15-19 years) were below 35 kg. About 75.3% of pregnant women and 72.3 % of lactating women receiving food grains for 3 months crossed cut off point of 40 kg. But only 12.5 % of adolescent girls had cut-off point of 35 kg. Available data on three monthly weightment of adolescent girls indicate that average weight gain over one year is about 2 kg but only very small proportion

**Table 4.2.5.4: Impact of NPAG on weight gain of adolescent girls**

	Lunglei		Mizoram	
	No.	Weight (kg)	No.	Weight (kg)
Pre weight	1727	29.2 ± 3.93	5016	29 ± 4.00
Post weight	1724	31.2 ± 3.88	5012	31 ± 3.88

crossed the cut off point of 35 kg. The weight gain in girls from Mizoram who received food grains through

**Table 4.2.5.5: Difference in weight of adolescent girls on receiving food grains who weighed less than 35 kg**

Weight	Loss in weight					No change	Gain in weight				
	5 kg	4 kg	3 kg	2 kg	1 kg		1 kg	2 kg	3 kg	4 kg	5 kg
Number	1	1	3	3	3	12	97	4373	101	11	5

out the year was not substantially different from Delhi girls who did not get any food grain supplements.

## Rural

**Table 4.2.5.6: Total coverage under anganwadi (n=18)**

Number of Households	1564
Total Population	8180
<b>Number of persons registered in AW</b>	
Children 7-12 months	165
Children 1-3 years	506
Children 4-6 years	630
Pregnant women	147
Lactating women	174
Adolescent girls	450

'motor' chana, groundnut, multivitamins etc.

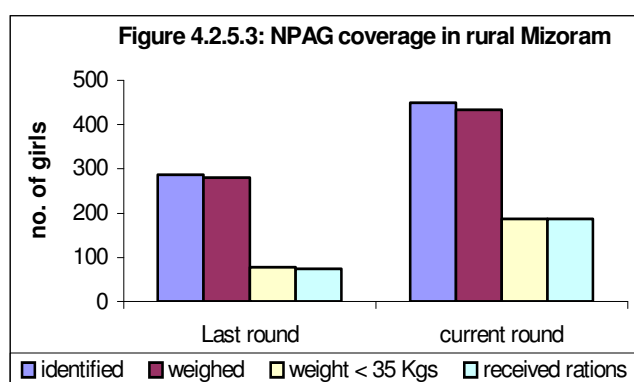
The NPAG evaluation was done in 18 rural anganwadis (AWs). Data on number of households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.5.6. A variety of food supplements were given to all beneficiaries coming to anganwadi ranging from cereal pulse mix, rice, pulse, RTE,

## NPAG-Adolescent girl

Seventeen anganwadi workers (AWWs) received training in weighing adolescent girls and providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community had accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girls. The AWWs received support from ANM (50 %) and families of the girls (55.6 %) in identifying adolescent girls, weighing them, detecting those weighing less than 35 kg and providing them chits for collecting food grains. The ration shop workers (55.6 %) were willing to take the chits and provide food grains to families of identified adolescent girls

Adult weighing scales had been given to all 18 AWWs; all of them had weighed adolescent girls in their area and identified girls under 35 kg. Fifteen AWW adjusted zero error of the weighing scale just before weighing. Two AWWs used

standard weight with adolescent girl on the weighing scale for checking the accuracy and one of them further checked the accuracy by removing the standard weights. The field investigators checked the accuracy of weighing scales. Weighing scales of fourteen AWWs were accurate and four weighing scales were inaccurate by 1 kg. Sixteen AWW weighed adolescent girl accurately when investigator asked them to demonstrate weighing of adolescent girl (88.9 %) and 2 AWWs were not able to demonstrate how to correctly weigh adolescent girls. All AWWs provided NHE to the identified adolescent girls. All AWWs had distributed chits and provided food grains to the identified undernourished adolescent girls in their area. Six AWW had records of NPAG. The programme is ongoing in all the anganwadis in 2005-06. About 83.3 % AWW reported that NPAG could improve the nutritional status of adolescent girls and their participation in KSY (Annexure 4.2.5b).



The data on last round (April-2005 to Sep-2005) was available from 10 AWWs; 287 adolescent girls were identified; 280 identified adolescent girls were weighed; 27.8 % were below 35 kg. In the last round of NPAG, 32 new adolescent girls who weighed less than 35 kg had been identified. AWW gave NHE to 190 adolescent girls. The chits

were distributed to 75 undernourished adolescent girls by ten AWWs and all of them collected food grains from ration shop. Under KSY scheme, 182 girls collected food supplement from AWWs. Repeat weighment after three months showed that 56 girls gained weight but did not cross the 35 kg and 17 girls had crossed 35 kg.

The data pertaining to the current round (April-2006 to May 2006) was available from all the 18 AWWs; 449 adolescent girls were identified; 433 were weighed; 43.2 % girls weighed less than 35 kg. AWW gave NHE to 293 adolescent girls. Chits were distributed to the 187 adolescent girls by 18 AWWs. Only 2 girls took ration for 1 month and 185 girls received rations for 3 months. Under KSY scheme, 264 girls collected food supplement from 15 AWWs. Repeat weighment after three months showed that 12 girls showed no weight gain; 20 girls lost weight; 119 girls gained weight but did not cross 35 and 36 girls had crossed 35 kg.

### ***Ongoing ICDS programme***

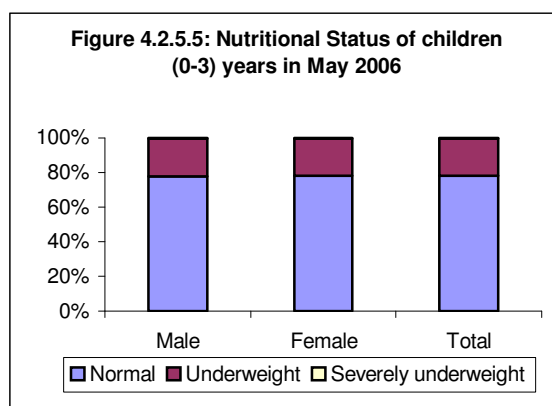
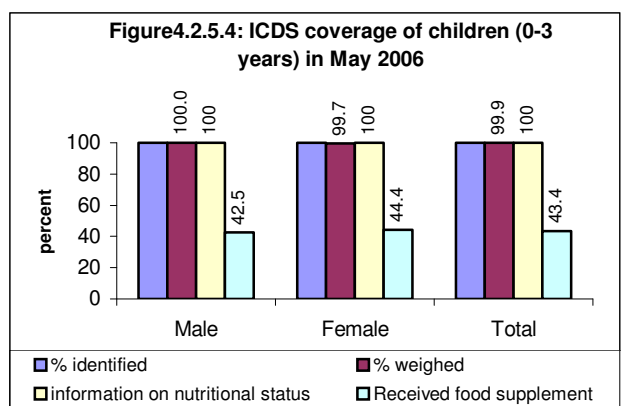
The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 18 AWWs. The data from May 2006 is presented below (Annexure 4.2.5c). In the district AWW continued to weigh pregnant and lactating women even though they were no longer the target group under NPAG in 2005-06.

### *Pregnant and lactating women*

Data on pregnant women were available from 18 AWs; 149 pregnant women were identified; 140 pregnant women were weighed (17 AWs); 24 pregnant women weighed less than 40 kg; 119 pregnant women received food supplements (in 16 AWs); socioeconomic status or nutritional status was not used as a criteria for providing food supplements to pregnant women. Data on lactating women were available from 17 AWs; 162 lactating women were identified; weighed (in 17 AWs); 50 lactating women weighed less than 40 kg; 154 lactating women received food supplement (in 16 AWs); socioeconomic status or nutritional status was not used as a criteria for providing food supplements to lactating women. 83.3 % of AWWs reported that they imparted NHE to pregnant and lactating women.

### *Children (0-3 years)*

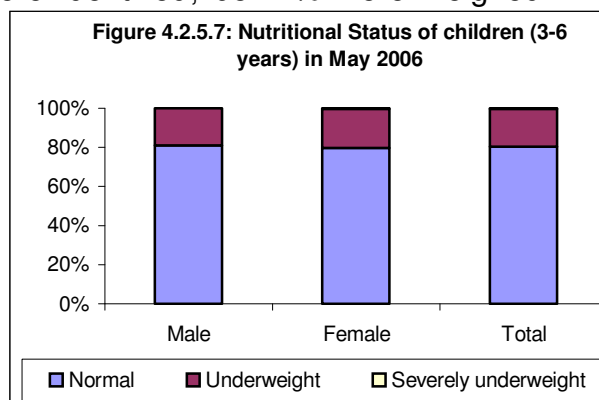
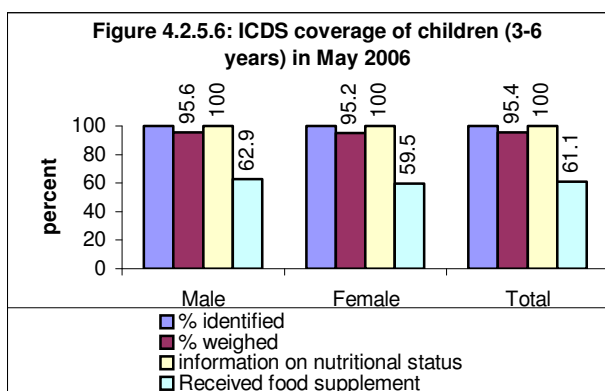
A total of 691 children (0-3 years old) were identified; 99.8 % children were weighed. Information on nutritional status was available for all the children who were weighed; 77.9 % were normal; 21.7% were undernourished and 0.3 % was



severely undernourished (Figure 4.2.5.5); 43.4 % were receiving food supplement from anganwadi for more than 20 days (Figure 4.2.5.4). Distribution of food supplements was not carried out on the basis of nutritional status of children.

### *Children (3-6 years)*

A total of 566 children (3-6 year old) were identified; 95.4 % were weighed.



Information on nutritional status was available for all the children who were weighed; 80.4 % were normal and 19.4 % were undernourished. Only one child was severely undernourished (Figure 4.2.5.7); 61.1 % were receiving food supplement from anganwadi for more than 20 days (Figure 4.2.5.6). Distribution of food supplements was not carried out on the basis of nutritional status of children.

## Urban

**Table 4.2.5.7: Total coverage under anganwadi (n=18)**

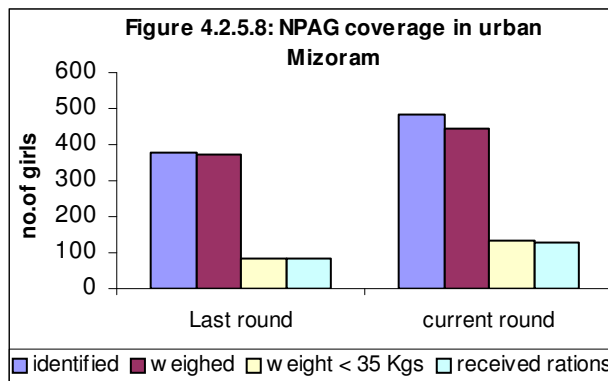
Number of Households	2120
Total Population	10530
<b>Number of persons registered in AW</b>	
Children 7-12 months	284
Children 1-3 years	478
Children 4-6 years	558
Pregnant women	265
Lactating women	292
Adolescent girls	510

The NPAG evaluation was conducted in 18 urban AWs. Data on number of households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.5.7. A variety of food supplements were given to all beneficiaries coming to AW ranging from cereal pulse mix, rice, pulse, RTE, 'motor' chana, groundnut, multivitamin etc.

## NPAG-Adolescent girl

All the AWWs received training in weighing adolescent girl and providing NHE pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girl and distributing food grains to families of undernourished girls. The AWWs (77.8 %) received support from PRI, ANM and family of girls in identifying all adolescent girls, weighing them and detecting those with weight less than 35 kg and providing them chits for collecting food grains. The ration shop workers (77.8 %) were willing to take the chits and provide food grains to families of identified adolescent girls.

Adult weighing scales had been given to all 18 AWWs and all of them had weighed adolescent girls in their area and identified number of girls under 35 kg. All AWWs adjust zero error of the weighing scale. The field investigators checked the accuracy of weighing scales. Weighing scales of 17 AWWs were accurate and 1 weighing scales were inaccurate by 1 kg. All 18 AWWs weighed adolescent girl accurately when investigator asked them to demonstrate weighing of adolescent girl. All AWWs provided NHE to the identified adolescent girls. All anganwadi workers gave chits to the adolescent girls and girls collected rations from the ration shop. Thirteen AWWs had records of NPAG. The programme is ongoing in 2005-06 in all the AWWs. AWW faced no problems in the implementation of the programme. The 17 AWWs also reported that NPAG could improve nutritional status and also could improve participation in KSY (Annexure 4.2.5b).



The data on last round (March 2005 to May 2005) was available from 14 AWWs; 379 adolescent girls were identified; 373 identified adolescent girls were weighed; 22 % who were weighed were below 35 kg. The chits were distributed to all the identified undernourished adolescent girls and all the girls collected food grains from ration shop. Under KSY scheme, 126 girls collected food supplement

from 5 AWWs. Repeat weighing after three months showed that 63 girls gained weight but they did not cross 35 kg and 18 girls had crossed 35 kg.

The data pertaining to the current round (Mar 2006 to May 2006) was available from 17 AWWs; 485 adolescent girls were identified; 443 were weighed; 30.5 % girls weighed less than 35 kg. Thirty-four new adolescent girls weighing less than 35 kg were identified. AWWs gave NHE to 274 adolescent girls. Chits were given to all identified undernourished adolescent girls and all girls collected food grains. Under KSY scheme, 199 girls collected food supplement from 9 AWWs. Repeat weighing after three months showed that most (89) of the girls gained weight but they did not cross 35 kg even though they had received food grains in both the rounds; only one fourth of the girls had crossed 35 kg on receiving food grains for 3 months.

### ***Ongoing ICDS programme***

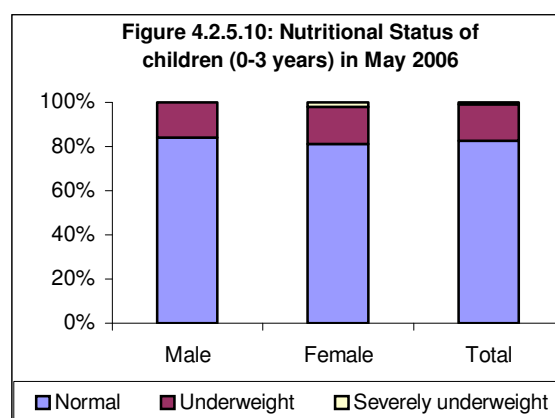
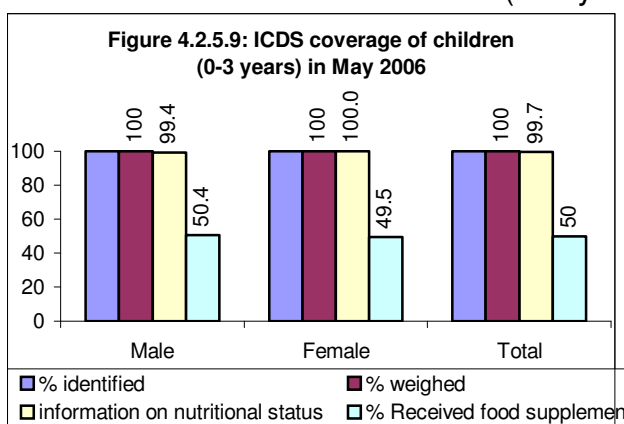
The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from 18 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.5c.

### ***Pregnant and lactating women***

Data on pregnant women were available in 17 AWs; 243 pregnant women were identified; 217 pregnant women were weighed (in 14 AWs); 35 pregnant women weighed less than 40 kg; 209 pregnant women received food supplements (in 16 AWs); socioeconomic status of or nutritional status were not used as criteria for providing food supplement to pregnant women. Data on lactating women were available in 17 AWs; 258 lactating women were identified and weighed; 29 lactating women weighed less than 40 kg; 200 lactating women received food supplements (in 15 AWs); socioeconomic status of or nutritional status were not used as criteria for providing food supplement to lactating women. 66.7 % of AWWs reported that they were giving NHE to pregnant and lactating women.

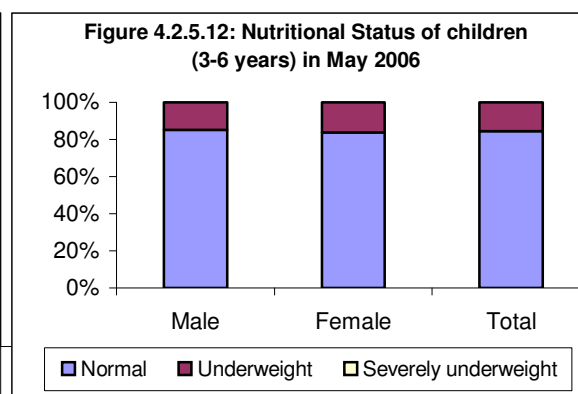
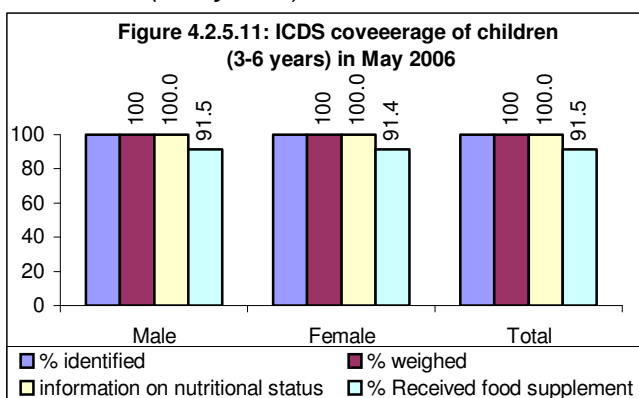
### Children (0-3 years)

A total number of 656 children (0-3 years old) were identified and weighed.



Information on nutritional status was available for all the children who were weighed; 82.7 % were normal; 16.4 % were undernourished and 0.9 % was severely undernourished (Figure 4.2.5.10); 50 % received food supplements from AWs for more than 20 days (Figure 4.2.5.9). Distribution of food supplements was not carried on the basis of nutritional status of the child.

### Children (3-6 years)



A total number of 598 children (3-6 year old) were identified and weighed. Information on nutritional status was available for all the children who were weighed; 84.4 % were normal and 15.6 % were undernourished (Figure



4.2.5.12); 91.5 % received food supplements from AWs for more than 20 days (Figure 4.2.5.11). Distribution of food supplements was not carried on the basis of nutritional status of the child.

### **Household survey**

The household survey was conducted in 37 PSUs (19 rural and 18 urban) of Lunglei district of Mizoram. The data obtained from rural and urban PSUs were analysed and reported separately (Annexure 4.2.5d and 4.2.5e).

### **Rural**

The survey was conducted in 532 rural households. The mean household size is 5.3; 83.1 % were nuclear families.

#### *Socioeconomic profile*

Almost all of the households belonged to ST (97.4%) and rest belonged to SC, OBC and other castes. Over ninety percent of the families (90.6 %) stated that their monthly income was less than Rs. 5000 and 8.5 % stated that their income was between Rs. 5,000 – Rs. 10,000 per month.

About one third of the head of the households were educated up to primary level (30.1 %); 16.9 % were educated up to secondary school and 30.5 % were illiterate. About one third of the wives of head of the household were illiterate (32.3 %); 28.1 % had primary education and 14.1 % had studied up to secondary school or more.

Most of the head of the households were farmers (90.6 %) and 5.8 % were in service and 2.1 % were unemployed at the time of the survey. Half of the wives of the head of the households were housewives (50.0 %) and did not work outside home. About 34.2 % were working as farm labourers and 5.3 % were artisans.

Most of the population was residing in the center of the village (99.1 %). Most of the households owned houses (94.5 %). More than half of the families were living in 'kutchra' houses (61.3 %) and 38.5 % in semi pucca houses. Most (84.2 %) had two or more rooms and 15.8 % were living in one room. Only 7 % of the population had no access to toilet or were using sulabh; 31.8 % had toilet facility at their homes; 61.3 % were using shared toilet. Most (93.2 %) of the households reported that they were non-vegetarian. One-fourth (23.7 %) of the families were using gas for cooking food; 76.3 % were using kerosene or wood stoves for cooking. Most families were using aluminum utensils (71.8 %) and 24.1 % were using stainless steel for cooking. Only 7.7 % had provision of drinking water at their own homes and majority was taking drinking water from public sources like taps, hand pumps or water tankers, well, pond and river (92.1 %). Public transport was used by about 92.1 % of the population and 4.7 % had scooter or motorcycle. About half of them had no source of entertainment such as radio or T.V colour television (51.9 %) at home and 33.3 % had radio and 12.8 % had colour television at home.

The mean consumption of food grains was 62.3 kg per month per household. Almost all (99.2 %) families had ration card and bought food grains from ration shop. On an average each household bought 32.6 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all the households were aware about the AWs in their area (98.9 %). In rural areas 95.3 % of the households were receiving food supplement from the anganwadi; 48.5 % of them stayed at anganwadi and ate the supplement and only 19.5 % collect supplement from anganwadi and took it home. Information on number of pregnant, lactating women and preschool children who visited AWs, received NHE and/or food supplements is given in Table 4.2.5.8.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	68	95.6 (65)	100 (68)	22.1 (15)	50.0 (34)	27.9 (19)
Lactating women	32	90.6 (29)	90.6 (29)	44.8 (13)	41.4 (12)	13.8 (4)
0-3 years	108	91.7 (99)	89.8 (97)	20.6 (20)	48.5 (47)	30.9 (30)
3-6 years	220	96.4 (212)	96.4 (212)	6.6 (14)	50.9 (108)	42.4 (90)

*Figure in parenthesis denote actual numbers*

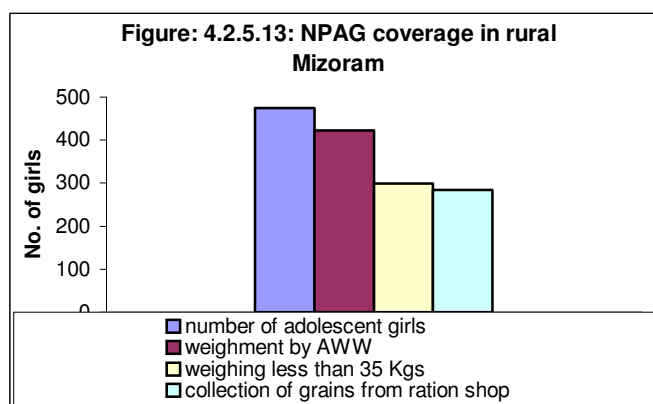
All the pregnant women had visited AWs for receiving NHE and collected food supplement from AWs; only 27.9 % pregnant women received supplements for more than 20 days. A total of 29 lactating women visited AWs for receiving NHE and food supplement from AWs; only 13.8 % lactating women received supplements for more than 20 days. Among 97 0-3 year old children, 30 children (30.9 %) had collected food supplements for more than 20 days. Among 212 3-6 year old children, 90 children (42.4 %) had collected food supplements for more than 20 days.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	108	98	77	20	1
3-6	220	211	111	100	0

There were 108 children in 0-3 year old age group in the households surveyed; 98 children had been weighed. The

parents reported that the nutritional status of 77 children was normal; 20 were undernourished and 1 was severely undernourished. There were 220 children in 3-6 year old age group in the households surveyed; 211 children had been weighed. The parents reported that 111 children were normal and 100 were undernourished (Table 4.2.5.9).

#### *NPAG*



During the household survey 475 adolescent girls were identified in the survey with mean age of the girls was  $14.3 \pm 2.53$  years and mean weight was  $34.4 \pm 5.48$  kg; 36 % of the girls had primary level education; 28.4 % had secondary level education. Majority (95.2 %) of the girls knew about KSY (90 %) and

NPAG (91.6 %). The family reported that 218 (48.2 %) adolescent girls visited AWs for KSY; 92.5 % had received NHE; 30.1 % had collected iron/folic acid tablets; 92 % collected food supplement from AWs; 203 (44.9 %) girls had visited AWs for NPAG; AWWs had weighed 88.8 % of the identified adolescent girls; 70.9 % (299 girls) weighed less than 35 kg; 284 (95 %) adolescent girls were given chits for collecting food grains; all of them collected food grains from ration shop; 92.3 % received food grains for three months from the ration shop (Figure 4.2.5.13); 246 (86.6 %) of the adolescent girls gained weight but they did not cross 35 kg; 18 (6.3%) girls crossed 35 kg on receiving food grains.

### **Urban**

The survey was conducted in 500 urban households. The mean household size is 4.8; 87.8 % were nuclear families.

#### *Socioeconomic profile*

Almost all of the households surveyed belonged to ST (97.4%) and rest belonged to SC, OBC and other castes. About three-fourth of the families (75.8 %) stated that their monthly income was less than Rs. 5000; 22.2 % stated that their monthly income was between Rs. 5000 – Rs. 10000 per month.

About 41 % of the heads of these households were educated up to secondary school or more; 40 % were educated up to primary level and 8.4 % were illiterate. 44.5 % of the wives of head of the household had primary education; 35.1 % had studied up to secondary school or more and only 10.1 % were illiterate.

Nearly one fourth were working as factory labourers, rickshaw pullers, small vendors in daily bazaars (26.8 %); 39.4 % were working as semi-skilled jobs; 21 % were working as clerk, teachers, involved in public and private service sectors; 3.2 % had their own business and 5.2 % were unemployed at the time of the survey. More than half of the wives of the head of the households were housewives (52.3 %) and 20.1 % were involved in semi-skilled jobs.

Most of the population was residing in regular colonies (42.4 %) and resettlement colonies (22.8 %) and rest one third was living in slums (34.8 %). Most families owned houses (73.2 %). Nearly three fourth of them were living in semi-pucca

houses (77.6 %) and 19.4% in kutcha houses; 94 % had two or more rooms. Only 2.2 % of the families had no access to toilet or were using sulabh; 71.4 % had toilet facility. One-third (33.8 %) had provision of drinking water in their own homes and majority was taking potable water from public sources like taps, hand pumps or water tankers (66 %). Almost all (97.2 %) households reported that they were non-vegetarian. Most families were using gas (64.8 %) for cooking and 35.2 % were using kerosene or wood stoves for cooking food. Majority of the households were using aluminum utensils for cooking (68 %) and 29 % were also using stainless steel kitchenware for cooking. Nearly one fourth of them had no source of entertainment such as radio or T.V (25.8 %) and one third had colour television (30.4 %) and 40.2 % had radio at home. Public transport was used by 91.6 % of the population and only 5.6 % had scooter or motorcycle.

The mean consumption of food grains 49.4 kg per month per household. All families had ration card (99.4 %) and bought food grains from ration shop. On an average each household bought 26.4 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all (99.8 %) the households were aware about AWs in their area. In the urban areas only 7.2 % of the households were not receiving food supplement from the anganwadi. More than half of them stayed at anganwadi and ate the supplement (53.2 %) and 16 % collected supplement from anganwadi and took it home. Information on number of pregnant, lactating women and preschool children who visited AWs, received NHE and/or food supplements is given in Table 4.2.5.10.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	27	96.3 (26)	96.3 (26)	3.8 (1)	84.6 (22)	11.5 (3)
Lactating women	26	88.4 (23)	88.5 (23)	88.5 (23)	0	0
0-3 years	97	78.3 (76)	80.4 (78)	10.3 (8)	74.4 (58)	15.4 (12)
3-6 years	146	86.3 (125)	86.3 (126)	3.2 (4)	73.0 (92)	23.8 (30)

Figure in parenthesis denote actual numbers

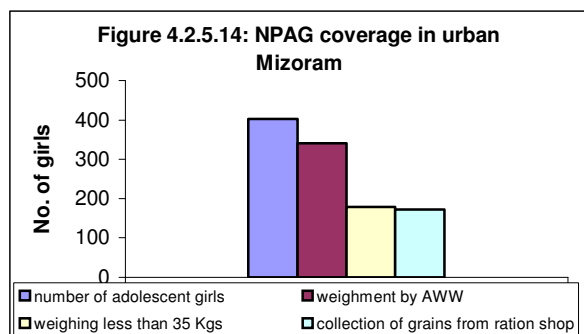
Twenty-six out of 27 pregnant women visited AWs; received NHE and collected food supplements from AWs; only 3 (11.5 %) pregnant women collected supplements for more than 20 days. Twenty-three out of 26 lactating women visited AWs; received NHE and collected food supplements from AWs; none collected supplements for more than 20 days. Among 78 0-3 year old children, 12 children (15.4 %) had collected food supplements for more than 20 days. Among 126 3-6 year old children, 30 children (23.8 %) collected food supplements for more than 20 days.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	97	77	60	17	0
3-6	146	126	94	30	0

There were 97 children in 0-3 year old age group in the households surveyed; 77 children were weighed. The

parents reported that nutritional status of 60 children was normal and 17 were undernourished. There were 146 children in 3-6 year old age groups in the households surveyed; 126 children were weighed. The parents reported that 94 children were normal and 30 were undernourished. Parents of 2 children did not know the nutritional status of their children (Table 4.2.5.11).

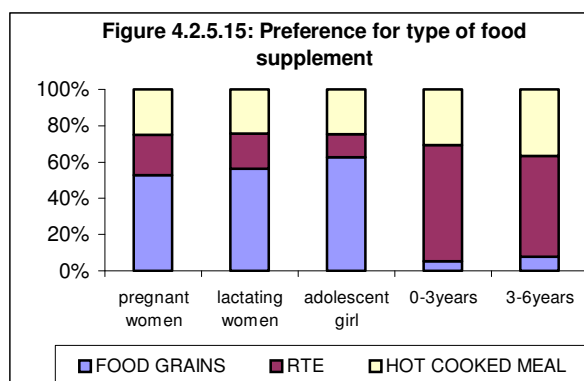
### NPAG



During the household survey 402 adolescent girls were identified in the survey with mean age of the girls was  $15.2 \pm 2.45$  years and mean weight was  $35.5 \pm 5.35$  kg; 41.3 % of the girls had primary education and 47.5 % had secondary education. Majority (93.5 %) of the girls knew about KSY (96.3 %) and NPAG (91.2 %). The family reported that 277 (73.7 %)

adolescent girls visited AWs for KSY; 92.6 % had received NHE; 16.5 % had collected iron/folic acid tablets; 93.1 % collected food supplement from AWs; 74 (19.7 %) girls had visited AWs for NPAG; AWWs had weighed 84.8 % of the identified adolescent girls; 50.4 % (172 girls) weighed less than 35 kg; all adolescent girls were given chits for collecting food grains; all of them collected food grains from ration shop; 92.4 % received food grains for three months from the ration shop (Figure 4.2.5.14); 70.9 % of the adolescent girls gained weight but they did not cross 35 kg; 24.4 % girls crossed 35 kg on receiving food grains.

### Household's opinion about food supplements through ICDS



When asked about their opinion as to who should get food supplements majority stated that all the persons belonging to the vulnerable groups-pregnant (46.7 %), lactating women (49.9 %), adolescent girls (41.2 %) should get food supplements; the rest felt food supplements might be given to all persons coming to AWs. 50.3 % families opined that all the preschool

children coming to the AWs should be given food supplements; 33.6 % stated that all preschool children in the community should be give food supplements. They felt that food grains are the preferred supplement for pregnant (52.9 %), lactating women (56.2 %) and adolescent girls (62.7 %). For 0-3 year old children (64.3 %) and 3-6 year old children (55.5 %), families preferred RTE; the rest felt that hot cooked meal should be given to the children. It is clear that as far as the pregnant, lactating women and adolescent girls are concerned, vast majority prefer food grain supplements. The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months (only for one or two years), the preference of community for food grains suggests that the option provided in NPAG was the right one.

## List of PSUs in Lunglei district

PSU NO.	PSU NAME.	BLOCK NAME	NO. OF RESIDENTIAL HOUSEHOLDS	POPULATION SIZE
1	SIHPHIRTLANG	LUNGSEN	24	144
1A	ROLUI	LUNGSEN	54	321
2	THEKADUAR	LUNGSEN	18	87
2A	BINDIASORA	LUNGSEN	27	174
2B	MURISKATA	LUNGSEN	22	120
3	KHANGRAASURI	LUNGSEN	6	48
3A	BUKUNGSURI	LUNGSEN	28	155
3B	ZOHMUN	LUNGSEN	24	124
4	MAMTE	LUNGLEI	52	353
5	VAISAM	LUNGSEN	62	334
6	KHAWHRI	HNAHTHIAL	55	305
7	THAIZAWL	LUNGLEI	46	264
7A	BORAHORINACHHUAH	LUNGLEI	27	138
8	SOUTH ZOTE	LUNGLEI	99	701
9	DARZO	HNAHTHIAL	158	1039
10	WEST BUNGHMUN	WEST BUNGHMUN	167	983
11	BUALPUI (H)	HNAHTHIAL	98	578
12	SOUTH LUNGRANG	LUNGSEN	154	833
13	NUNSURI	LUNGSEN	128	809
14	ZAWLPUI	WEST BUNGHMUN	111	621
15	PUANKHAI	WEST BUNGHMUN	131	780
16	DIBLIBAGH	LUNGSEN	176	1103
17	THINGFAL	LUNGLEI	220	1280
18	LUNGSEN	LUNGSEN	397	2186
19	THILTLANG	HNAHTHIAL	181	956
20	N.TAWIPUI	LUNGLEI	181	979
21	CHERHLUN	HNAHTHIAL	304	1919
22	LOWER PANGZAWL	HNAHTHIAL	330	1884
23	SOUTH VANLAIPHAH	HNAHTHIAL	316	1867
UFS NO.	TOWN / CITY NAME	WARD	BLOCK NO.	POPULATION SIZE
24	JUNGLEI	2	3	668
25	JUNGLEI	3	7	823
26	JUNGLEI	8	12	538
27	JUNGLEI	7	17	498
28	JUNGLEI	5	21	981
29	JUNGLEI	9	24	911
30	JUNGLEI	11	1	1063
31	JUNGLEI	13	4	1155
32	JUNGLEI	19	8	757
33	JUNGLEI	16	12	413
34	JUNGLEI	12	16	670
35	JUNGLEI	12	19	1034
36	JUNGLEI	14	24	388
37	TLABUNG	1	2	776
38	TLABUNG	1	6	908
39	NANATHIL	-	5	572
40	NANATHIL	-	11	560

## Profile of anganwadis in Lunglei

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	No.	No./A W	AW	No.	No./A W	AW	No.	No./A W
Number of households	18	2120	118	18	1564	87	36	3684	102
Total population under AWC	18	10530	585	18	8180	454	36	18710	520
Cereals (Kgs)	18	1730.8	96	18	2876	160	36	4607	128
Pulses (Kgs)	18	1765	98	18	2517	140	36	4282	119
Number of persons registered									
7-12 months	18	284	16	18	165	9	36	449	12
1-3 year	18	478	27	18	506	28	36	984	27
3-6 year	18	558	31	18	630	35	36	1188	33
Pregnant women	18	265	15	18	147	8	36	412	11
Lactating women	18	292	16	18	174	10	36	466	13
Adolescent girls	18	510	28	18	450	25	36	960	27

## Details of work done under NPAG in anganwadi centers

	Urban		Rural		Total	
	No	%	No	%	No	%
Total number	18		18		36	
Weighing	18	100.0	18	100.0	36	100.0
Identifying adol. Girl <35kg	18	100.0	18	100.0	36	100.0
Giving chits to < 35kg	18	100.0	18	100.0	36	100.0
Collects grain from ration shop	18	100.0	18	100.0	36	100.0
Providing NHE to AG	18	100.0	18	100.0	36	100.0
AWW oriented to weighing	18	100.0	17	94.4	35	97.2
Provided with weighing scale	18	100.0	18	100.0	36	100.0
Checking accuracy	18		18		36	
Do not check	0	0.0	1	5.6	1	2.8
Adjusting zero error	18	100.0	15	83.3	33	91.7
With std weight	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl	0	0.0	1	5.6	1	2.8
With std weight and adolescent girl and removing std weight	0	0.0	1	5.6	1	2.8
Any other	0	0.0	0	0.0	0	0.0
Checking accuracy by investigator	18		18		36	
Accurate by 1/2 kg	17	94.4	14	77.8	31	86.1
Inaccurate less than 1 kg	1	5.6	4	22.2	5	13.9
Inaccurate > 1 kg	0	0.0	0	0.0	0	0.0
Demonstration of weighing	18		18		36	
Correct	18	100.0	16	88.9	34	94.4
Incorrect	0	0.0	2	11.1	2	5.6
Training of AWW for NHE	18	100.0	17	94.4	35	97.2
No. of AW giving NHE to P&L	12	66.7	15	83.3	27	75.0
Records of work done	13	72.2	6	33.3	19	52.8
NPAG implementation Problems	17		15		32	
No problem	17	100.0	15	100.0	32	100.0
Absence of accurate weighing scale	0	0.0	0	0.0	0	0.0
Girls do no get weighed	0	0.0	0	0.0	0	0.0
Girls do no pick up ration	0	0.0	0	0.0	0	0.0
Girls do no consume additional food	0	0.0	0	0.0	0	0.0
Non-availability of rations in ration shops	0	0.0	0	0.0	0	0.0
No link between AWW and ration shop	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
Corrective measures	0		3		3	
Inform the authorities	0	0.0	1	33.3	1	33.3
Make families and girls aware of NPAG	0	0.0	2	66.7	2	66.7
Any other	0	0.0	0	0.0	0	0.0
Get support from						
PRI	14	77.8	10	55.6	24	66.7
Ration Shop	14	77.8	10	55.6	24	66.7
Family of Girls	14	77.8	10	55.6	24	66.7
ANM	14	77.8	9	50.0	23	63.9
Does NPAG improve						
Nutritional status	17	94.4	15	83.3	32	88.9
Participation in KSY	17	94.4	15	83.3	32	88.9

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	AG	AG/ AW	AW	AG	AG/ AW	AW	AG	AG/ AW
Date of last round		March2005			April 2005				
Date of current round		March 2006			April 2006				
LAST ROUND									
Number of AG									
Identified	14	379	27	10	287	29	24	666	28
Weighed	14	373	27	10	280	28	24	653	27
Weight < 35 Kgs	12	82	7	10	78	8	22	160	7
New AG < 35 kgs	3	13	4	7	32	5	10	45	5
Chits distributed	12	82	7	10	75	8	22	157	7
Received rations for									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	0	0	0	0	0	0
3 months	12	82	7	10	75	8	22	157	7
Nutritional status									
No change in weight	1	1	1	9	2	0	10	3	0
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 Kgs	9	63	7	10	56	6	19	119	6
Crossed 35 kgs.	4	18	5	6	17	3	10	35	4
Received NHE	8	176	22	10	190	19	18	366	20
Received food supplement under KSY	5	126	25	9	182	20	14	308	22
CURRENT ROUND									
Number of adolescent girls									
Identified	17	485	29	18	449	25	35	934	27
Weighed	16	443	28	18	433	24	34	876	26
Weight < 35 Kgs	16	135	8	18	187	10	34	322	9
New adolescent girls < 35 kgs	7	34	5	16	73	5	23	107	5
Number of chits distributed	16	135	8	18	187	10	34	322	9
Received rations for									
1 month	0	0	0	1	2	2	1	2	2
2 months	0	0	0	0	0	0	0	0	0
3 months	16	135	8	17	185	11	33	320	10
Nutritional status									
No change in weight	3	6	2	6	12	2	9	18	2
Deterioration in weight	0	0	0	1	20	20	1	20	20
Improvement but less than 35 Kgs	13	89	7	14	119	9	27	208	8
Crossed 35 kgs.	7	34	5	9	36	4	16	70	4
Received NHE	12	274	23	16	293	18	28	567	20
Received food supplement under KSY	9	199	22	15	264	18	24	463	19



## Details of ICDS components in the current month of the survey

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/ AW	AW	Persons	Persons/ AW	AW	Persons	Persons/ AW
<b>Pregnant women</b>									
Registered	17	243	14	18	149	8	35	392	11
Weighed	14	217	16	17	140	8	31	357	12
Less than 40 Kg	5	35	7	11	24	2	16	59	4
Received food supplement	16	209	13	16	119	7	32	328	10
<b>Lactating women</b>									
Registered	17	258	15	17	162	10	34	420	12
Weighed	17	258	15	17	162	10	34	420	12
Less than 40 Kg	6	29	5	13	50	4	19	79	4
Received food supplement	15	200	13	16	154	10	31	354	11
<b>0-3 year children</b>									
Registered									
Male	15	341	23	10	360	36	25	701	28
Female	18	315	18	17	331	19	35	646	18
Weighed									
Male	15	341	23	10	360	36	25	701	28
Female	18	315	18	17	330	19	35	645	18
<b>Nutritional status</b>									
<b>Normal</b>									
Male	14	285	20	10	280	28	24	565	24
Female	18	256	14	17	258	15	35	514	15
<b>Undernourished</b>									
Male	12	54	5	9	79	9	21	133	6
Female	15	53	4	17	71	4	32	124	4
<b>Severely undernourished</b>									
Male	0	0	0	1	1	1	1	1	0
Female	1	6	6	1	1	1	2	7	0
<b>Received cooked food supplement</b>									
Male	8	172	22	10	153	15	18	325	18
Female	8	156	20	11	147	13	19	303	16
<b>3-6 year children</b>									
Registered									
Male	15	307	20	10	275	28	25	582	23
Female	18	291	16	17	291	17	35	582	17
Weighed									
Male	15	307	20	10	263	26	25	570	23
Female	18	291	16	15	277	18	33	568	17
<b>Nutritional status</b>									
<b>Normal</b>									
Male	15	261	17	9	213	24	24	474	20
Female	18	244	14	17	221	13	35	465	13
<b>Undernourished</b>									
Male	10	46	5	10	50	5	20	96	5
Female	13	47	4	17	55	3	30	102	3
<b>Severely undernourished</b>									
Male	0	0	0	0	0	0	0	0	0
Female	0	0	0	1	1	1	1	1	1
<b>Received cooked food supplement</b>									
Male	15	281	19	10	173	17	25	454	18
Female	17	266	16	17	173	10	34	439	13

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	52.9	56.2	62.7	5.2	7.8
RTE	22.2	19.6	12.5	64.3	55.5
Hot cooked meal	25	24.1	24.8	30.5	36.7
Preference for beneficiary of ICDS food supplement					
All in the community	46.7	49.9	41.2		33.6
Only undernourished in the community	15.4	15.4	25.7		9.5
All coming to AW	29.3	26.2	27.4		50.3
Only undernourished coming to anganwadi	1.8	1.9	4.3		0.7
Missing	6.8	6.6	1.5		5.9
Total	100.0	100.0	100.0		100.0

Receiving food supplement from anganwadi						
	Urban		Rural		Total	
	No.	%	No	%	No	%
Stay and eat there	266	53.2	258	48.5	524	50.8
Collect food and go home	80	16.0	104	19.5	184	17.8
Stay at anganwadi even after eating food	89	17.8	130	24.4	219	21.2
Do not get supplement	36	7.2	25	4.7	61	5.9
Get only take home type supplement	7	1.4	8	1.5	15	1.5
One family member collects for all	0	0.0	1	0.2	1	0.1
Missing value	22	4.4	6	1.1	28	2.7
Total	500	100.0	532	100.0	1032	100.0

## Details of Household Characteristics in Lunglei

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
Number of PSUs covered	18		19		37	
Number of households	500		532		1032	
<b>Size of HH</b>	500	4.8 $\pm$ 1.55	532	5.3 $\pm$ 1.53	1032	5.0 $\pm$ 1.56
Total food grains purchased (Kg)	491	49.4 $\pm$ 16.30	525	62.3 $\pm$ 21.67	1016	56.1 $\pm$ 20.32
Kgs of Grains from PDS	467	26.4 $\pm$ 10.76	507	32.6 $\pm$ 12.98	974	29.6 $\pm$ 12.37
	No.	%	No.	%	No.	%
<b>Type of HH</b>	500		532		1032	
Joint	61	12.2	88	16.5	149	14.4
Nuclear	439	87.8	442	83.1	881	85.4
Missing Value	0	0.0	2	0.4	2	0.2
Total	500	100.0	532	100.0	1032	100.0
<b>Caste</b>	500		532		1032	
SC	7	1.4	6	1.1	13	1.3
ST	487	97.4	518	97.4	1005	97.4
OBC	4	0.8	7	1.3	11	1.1
Others	1	0.2	1	0.2	2	0.2
Missing Value	1	0.2	0	0.0	1	0.1
Total	500	100.0	532	100.0	1032	100.0
<b>Socio-economic status</b>	500		532		1032	
High	9	1.8	5	0.9	14	1.4
Middle	111	22.2	45	8.5	156	15.1
Low	379	75.8	482	90.6	861	83.4
Missing Value	1	0.2	0	0.0	1	0.1
Total	500	100.0	532	100.0	1032	100.0
<b>Literacy status of HHH</b>	500		532		1032	
Illiterate	42	8.4	162	30.5	204	19.8
Can read and write	53	10.6	120	22.6	173	16.8
Schooling primary	200	40.0	160	30.1	360	34.9
Schooling secondary	205	41.0	90	16.9	295	28.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Literacy status of wife of HHH</b>	427		474		901	
Illiterate	43	10.1	153	32.3	196	21.8
can read and write	44	10.3	121	25.5	165	18.3
Schooling primary	190	44.5	133	28.1	323	35.8
Schooling secondary	150	35.1	67	14.1	217	24.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	427	100.0	474	100.0	901	100.0
<b>Work status of HHH</b>	500		532		1032	
Unemployed	26	5.2	11	2.1	37	3.6
Unskilled/ landless labourer	134	26.8	6	1.1	140	13.6
Semi-skilled / cultivators	197	39.4	482	90.6	679	65.8
Clerk/office worker/ Teacher / Landowners	105	21.0	0	0.0	105	10.2
Business/ Artisans	16	3.2	2	0.4	18	1.7
Others	22	4.4	31	5.8	53	5.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Work status of wife of HHH</b>	428		474		902	
Housewife	224	52.3	237	50.0	461	51.1
Unskilled/ landless labourer	53	12.4	8	1.7	61	6.8
Semi-skilled / cultivators	86	20.1	25	5.3	111	12.3
Clerk/office worker/ Teacher / Service	25	5.8	7	1.5	32	3.5
Business/ Domestic help	26	6.1	35	7.4	61	6.8
Others	14	3.3	162	34.2	176	19.5
Missing Value	0	0.0	0	0.0	0	0.0
Total	428	100.0	474	100.0	902	100.0
<b>Dietary Habits</b>	500		532		1032	
Vegetarian	14	2.8	36	6.8	50	4.8
Non-vegetarian	486	97.2	496	93.2	982	95.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Monthly Income</b>	500		532		1032	
<5K	379	75.8	482	90.6	861	83.4
5-10K	111	22.2	45	8.5	156	15.1
>10K	9	1.8	5	0.9	14	1.4
Missing Value	1	0.2	0	0.0	1	0.1
Total	500	100.0	532	100.0	1032	100.0
<b>Locality</b>	500		532		1032	
Slum / Center of village	174	34.8	527	99.1	701	67.9

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	114	22.8	3	0.6	117	11.3
Regular colony / Harijan basti	212	42.4	2	0.4	214	20.7
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Type of House</b>	500		532		1032	
Kutcha	97	19.4	326	61.3	423	41.0
Semi-pucca	388	77.6	205	38.5	593	57.5
Pucca	15	3.0	1	0.2	16	1.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Ownership of House</b>	500		532		1032	
Own	366	73.2	503	94.5	869	84.2
Rented	132	26.4	29	5.5	161	15.6
Missing Value	2	0.4	0	0.0	2	0.2
Total	500	100.0	532	100.0	1032	100.0
<b>No. of rooms</b>	500		532		1032	
One	30	6.0	84	15.8	114	11.0
Two	243	48.6	346	65.0	589	57.1
Three	214	42.8	99	18.6	313	30.3
> three	13	2.6	3	0.6	16	1.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Toilet Facility</b>	500		532		1032	
Sulabh / No facility	11	2.2	37	7.0	48	4.7
Shared pit	132	26.4	326	61.3	458	44.4
Own pit	344	68.8	166	31.2	510	49.4
Own flush	13	2.6	3	0.6	16	1.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Transport</b>	500		532		1032	
Public	458	91.6	490	92.1	948	91.9
Bicucle	4	0.8	4	0.8	8	0.8
Scooter / Moped	28	5.6	25	4.7	53	5.1
Any other	10	2.0	13	2.4	23	2.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Cooking Fuel used</b>	500		532		1032	
Kerosene/ Coal/ Wood	176	35.2	406	76.3	582	56.4
Gas / electricity	324	64.8	126	23.7	450	43.6
Others	0	0.0	0	0.0	0	0.0
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
<b>Source of DW</b>	500		532		1032	
Public Tap	264	52.8	213	40.0	477	46.2
Submersible	169	33.8	41	7.7	210	20.3
Well/ pond/ river	66	13.2	277	52.1	343	33.2
Missing Value	1	0.2	1	0.2	2	0.2
Total	500	100.0	532	100.0	1032	100.0
<b>Entertainment</b>	500		532		1032	
None	129	25.8	276	51.9	405	39.2
Radio	201	40.2	177	33.3	378	36.6
TV (BW)	16	3.2	11	2.1	27	2.6
TV(Col)	152	30.4	68	12.8	220	21.3
Missing Value	2	0.4	0	0.0	2	0.2
Total	500	100.0	532	100.0	1032	100.0
<b>Kitchenware</b>	500		532		1032	
Clay	3	0.6	9	1.7	12	1.2
Aluminium	340	68.0	382	71.8	722	70.0
Cast iron	4	0.8	7	1.3	11	1.1
Brass / Copper	1	0.2	6	1.1	7	0.7
Stainless Steel	145	29.0	128	24.1	273	26.5
Missing Value	7	1.4	0	0.0	7	0.7
Total	500	100.0	532	100.0	1032	100.0
<b>Food grain Purchase</b>	500		532		1032	
possession of Ration card	497	99.4	528	99.2	1025	99.3
buy grains from Ration Shop	486	97.8	528	100.0	1014	98.9

## Details of ICDS in Lunglei

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
<b>Awareness about presence of anganwadi</b>	498	99.8	525	98.9	1023	
<b>Pregnant women</b>	27		68		95	
<b>Visit anganwadi</b>						
Never	2	7.4	0	0.0	2	2.1
Less than 10 days	9	33.3	17	25.0	26	27.4
10-20 days	13	48.1	33	48.5	46	48.4
More than 20 days	3	11.1	18	26.5	21	22.1
<b>Receive NHE</b>	26	96.3	65	95.6	91	95.8
<b>Receiving food supplement</b>	26	96.3	68	100.0	94	98.9
Less than 10 days	1	3.8	15	22.1	16	17.0
10-20 days	22	84.6	34	50.0	56	59.6
More than 20 days	3	11.5	19	27.9	22	23.4
<b>Lactating women</b>	26		32		58	
<b>Visit anganwadi</b>						
Never	2	7.7	4	12.5	6	10.3
Less than 10 days	9	34.6	14	43.8	23	39.7
10-20 days	13	50.0	10	31.3	23	39.7
More than 20 days	1	3.8	3	9.4	4	6.9
<b>Receive NHE</b>	23	88.5	29	90.6	52	89.7
<b>Receiving food supplement</b>	23	88.5	29	90.6	52	89.7
Less than 10 days	23	100.0	13	44.8	36	69.2
10-20 days	0	0.0	12	41.4	12	23.1
More than 20 days	0	0.0	4	13.8	4	7.7
<b>0-3 year children</b>	97		108		205	
<b>Visit anganwadi</b>						
Never	10	10.3	10	9.3	20	9.8
Less than 10 days	9	9.3	17	15.7	26	12.7
10-20 days	56	57.7	51	47.2	107	52.2
More than 20 days	12	12.4	29	26.9	41	20.0
<b>Receive NHE</b>	76	78.4	99	91.7	175	85.4
<b>Receiving food supplement</b>	78	80.4	97	89.8	175	85.4
Less than 10 days	8	10.3	20	20.6	28	16.0
10-20 days	58	74.4	47	48.5	105	60.0
More than 20 days	12	15.4	30	30.9	42	24.0
<b>Weight of children</b>	77	79.4	98	90.7	175	85.4
<b>Nutritional status of children</b>						
Normal	60	77.9	77	78.6	137	78.3
Undernourished	17	22.1	20	20.4	37	21.1
Severely undernourished	0	0.0	1	1.0	1	0.6
Donot know	0	0.0	0	0.0	0	0.0
Missing value	0	0.0	0	0.0	0	0.0
<b>3-6 year children</b>	146		220		366	
<b>Visit anganwadi</b>						
Never	13	8.9	8	3.6	21	5.7
Less than 10 days	6	4.1	12	5.5	18	4.9
10-20 days	81	55.5	110	50.0	191	52.2
More than 20 days	37	25.3	90	40.9	127	34.7
<b>Receive NHE</b>	125	85.6	212	96.4	337	92.1
<b>Receiving food supplement</b>	126	86.3	212	96.4	338	92.3
Less than 10 days	4	3.2	14	6.6	18	5.3
10-20 days	92	73.0	108	50.9	200	59.2
More than 20 days	30	23.8	90	42.5	120	35.5
<b>Weight of children</b>	126	86.3	211	95.9	337	92.1
<b>Nutritional status of children</b>						
Normal	94	74.6	111	52.6	205	60.8
Undernourished	30	23.8	100	47.4	130	38.6
Severely undernourished	0	0.0	0	0.0	0	0.0
Donot know	2	1.6	0	0.0	2	0.6
Missing value	0	0.0	0	0.0	0	0.0

## Details of NPAG in Lunglei

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
<b>Number of adolescent girls</b>	402		475		877	
<b>Mean age (years)</b>	402	15.2 $\pm$ 2.45	475	14.3 $\pm$ 2.53	877	14.7 $\pm$ 2.53
<b>Mean weight (Kgs)</b>	373	35.5 $\pm$ 5.35	453	34.4 $\pm$ 5.48	826	35.1 $\pm$ 5.43
	No.	%	No.	%	No.	%
<b>Literacy status</b>						
Illiterate	31	7.7	106	22.3	137	15.6
Can read and write	14	3.5	63	13.3	77	8.8
Schooling primary	166	41.3	171	36.0	337	38.4
Schooling secondary	191	47.5	135	28.4	326	37.2
<b>Marital status (%)</b>						
Currently married	2	0.5	8	1.7	10	1.1
Never married	400	99.5	467	98.3	867	98.9
<b>Age at marriage (%)</b>						
10-13 years	0	0.0	0	0.0	0	0.0
13-16 years	0	0.0	8	1.7	10	1.1
16-19 years	2	0.5	0	0.0	0	0.0
not married	400	99.5	467	98.3	867	98.9
<b>KSY and NPAG</b>	376	93.5	452	95.2	828	94.4
Awareness about KSY	362	96.3	407	90.0	769	92.9
Awareness about NPAG	343	91.2	414	91.6	757	91.4
Visit Anganwadi centre						
For KSY	277	73.7	218	48.2	495	59.8
For NPAG	74	19.7	203	44.9	277	33.5
Never	26	6.9	32	7.1	58	7.0
Receive NHE	348	92.6	418	92.5	766	92.5
Receive IFA	62	16.5	136	30.1	198	23.9
Receive food supplements from anganwadi	377	100	452	100	829	100
Never	26	6.9	36	8.0	62	7.5
Less than 10 days	91	24.1	106	23.5	197	23.8
10-20 days	242	64.2	266	58.8	508	61.3
more than 20 days	18	4.8	44	9.7	62	7.5
<b>Weight by AWW</b>	341	84.8	422	88.8	763	87.0
<b>Weighing less than 35 kgs (%)</b>	172	50.4	299	70.9	471	61.7
<b>Given a chit for free food grains</b>	172	100.0	284	95.0	456	96.8
<b>Went to ration shop to collect grains</b>	172	100.0	284	100.0	456	100.0
<b>Collection of grains from ration shop</b>						
one month	12	7.0	17	6.0	29	6.4
two months	1	0.6	5	1.8	6	1.3
three months	159	92.4	262	92.3	421	92.3
never	0	0.0	0	0.0	0	0.0
<b>Reason for not getting food grains</b>						
not aware of NPAG	0	0.0	0	0.0	0	0.0
did not go to ration shop	0	0.0	0	0.0	0	0.0
ration shop closed	0	0.0	0	0.0	0	0.0
ration shop opened but no stock	0	0.0	0	0.0	0	0.0
do not require ration	0	0.0	0	0.0	0	0.0
<b>After receiving food grains</b>						
no change in weight	3	1.7	15	5.3	18	3.9
deterioration in weight	5	2.9	5	1.8	10	2.2
improvement in weight < 35 Kgs	122	70.9	246	86.6	368	80.7
crossed 35 kgs	42	24.4	18	6.3	60	13.2

A sample of chit given to adolescent girl in Lunglei

*Special Addition Central Asseslan*

**PILOT PROJECT (SACA) SCHEME HNUAIA BUHFAI  
DAWNNA CARD (Operated through ICDS)**

1. Dawngtu hming  
Name *Recumb* : \_\_\_\_\_
2. Retailer : \_\_\_\_\_
3. Yeng / Khua  
(*Locality*) : \_\_\_\_\_
4. AWW Hning  
*Center* : \_\_\_\_\_
5. Sign of AWW : \_\_\_\_\_

Month	Date	Signature of Retailer	Signature of Beneficiaries

Countersigned by:

## Principal Investigator Summary

### Brief description of Lunglei district And Lunglei ICDS programme

Lunglei dist. is situated in the southern part of Mizoram, having a boundary of Aziawl dist undivided in the north and Chhimtuipui Dist in the south, the district extending upto Myanmar in the west and Bangladesh in the east. The headquarter is at Lunglei which is 230 kms form Aziwal, capital of Mizoram state. Lunglei district has an area of 4538 sq. kms and has 4 blocks, with a population of 137155.

The following programmes are in operation through ICDS in the Lunglei district: -

1. Pre-school education – is carried out at the AW center with an objective to impart non- formal education to the children between 3-6 years.
2. Supplementary nutrition- supplementary food items are distributed for children between 0-6years and pregnant and lactating mothers at the AW center.
3. The health staff especially AWW should use AW center to provide health check up and immunization to the children and pregnant mothers. Early detection of disabilities and regular weighing of the children are undertaken.
4. Health and nutrition education is given to the mothers and girls.
5. KSY- Kishori Shakti yojana.
6. Special Additional Central Assistance Schemes this also includes NPAG.
7. Swayam Sidha – This is one of the 3 pilot project for empowerment of women In Mizoram

Monitoring and evaluation is done at the block and district level. Block level is chaired by the BDO and the District level is chaired by the district collector.

The Project Officer is the controlling officer of ICDS at the district level.

Lunglei has Divisional ICDS cell, which was established in 1986, with objective to monitor the works of the ICDS projects in Lunglei and Chhimtuipui districts. The jurisdiction of this Divisional cell extended into Myanmar and Bangladesh borders, as such there are many problems in the sphere of infrastructural facilities and also due to the low standard of living of the population of the border areas. In spite of the hardship and difficulties, interventions of the ICDS programmes are effective. Female feticide, stillbirth, low birth weight and death of children below 6 years are rare.

Lunglei district was selected by the central govt. to receive extra food grains for underweight adolescent, pregnant and lactating mothers. Under Special Additional Central Assistance Scheme during 2002-2003 to 2004, most of the beneficiaries benefited from the scheme. The State Govt. is continuing the scheme even during the period that the funds were not received from the center.

The four blocks carrying out the NPAG programme in Lunglei district is; Lunglei, Lungsen, hnathial and Bunghmun. The profile of each block is as given below:

### 1. Lunglei Block ICDS project

Year of establishment – 1984 –85  
 No. Of AW Center functioning – 113  
 Total population - 67278

Under NPAG Scheme 1450  
 underweight adolescent girls were  
 given food grain most of them gained  
 weight.

Staff position	Sancti oned	In position	Vacant
CDPO	1	1	-
CO	5	4	1
AWW	113	113	-
Helpers	113	113	-
Ministrial post	3	3	1
Driver	1	1	-
Peon	2	2	-

### 2. Lungsen Block ICDS project

Year of establishment- 1983-84  
 No. Of AW center functioning – 67  
 Total population – 11042

lungsen is one of the most backward  
 projects under Divisional ICDS cell of  
 Lunglei. Most of the villages covered  
 by this project are inhabited by the Chakmas and Brus. Malaria is high endemic  
 in this block and most inhabitants are affected. Death rate due to malaria is high.  
 Most of the adolescent girls are underweight. During the last NPAG programme,  
 1667 beneficiaries who received assistance gained weight. Survey is still going  
 on so as to identify more of these underweight adolescent girls.

Staff position	Sanctioned	In position	Vacant
CDPO	1	1	-
CO	4	2	2
AWW	67	67	-
Helpers	67	67	-
Ministrial post	2	2	-
Driver	1	1	-
Peon	2	1	1

### 3. Hnathial Block ICDS project

Year of establishment- 1979-80  
 No. Of AW center functioning –84  
 Total population- 26521

As shown in the map the area covered  
 by Hnathial ICDS project extends to  
 Myanmar border in the east and there  
 were 1474 underweight adolescent girls who were given food grain and most of  
 them gained weight.

Staff position	Sanctioned	In position	Vacant
CDPO	1	1	-
CO	4	4	-
AWW	84	84	-
Helpers	84	84	-
Ministrial post	2	2	-
Driver	1	1	-
Peon	1	1	-

### 4. Bunghmun Block ICDS project

Year of establishment – 1984-85  
 No. Of AW center functioning – 50  
 Total population – 1293

This is also one of the most backward  
 projects. It is highly malarial infested  
 area with high mortality and  
 morbidity. The block extends to Bangladesh border and due to bad

Staff position	Sanctioned	In position	Vacant
CDPO	1	1	-
CO	3	1	2
AWW	50	50	-
Helpers	50	50	-
Ministrial post	3	3	-
Driver	1	1	-
Peon	2	2	-

communication many of the villages could not be covered during the survey. Many of the adolescent girls are left out, which the present round is trying to cover. There were only 413 beneficiaries recorded and most of them gained weight.

*Bunghmun* was the last block from which the reports could not be obtained earlier due to landslides and inaccessible condition of the area due rain

### **Evaluation of NPAG in Lunglei**

The officials at the state and district level were referring to the programme as Special Addition Central Assistance (SACA) in the state. NPAG guidelines have not been strictly adhered to by the state government; therefore the entire state of Mizoram was covered under NPAG.

Early onset of monsoon and land slides due to heavy rains delayed arrival of the investigators team of Lunglei. After collecting the data at district office the PI attended the CDPO meeting and used the opportunity to discuss the formats and ask for the co-operation of the officials. The PI recruited the field officer from each PSU on the advise of ICDS officers so that information could be gathered quickly, some of the PSUs have been changed, as the PSUs, which were selected earlier, would be accessible in July-August due to the prevailing monsoon rains.

It took 3-4 days to complete the data collection on 28 households and the anganwadi. The households were selected from the AWW Center Register. The investigators team reached some of the households with great difficulty, as these dwellings are located at a distance from each other and the hilly terrain makes traveling between them harder. In other places they were so closely situated that it was difficult to differentiate one household from another. Moreover, the information had to be gathered either early in the morning or late in the evening as most of the householders go to their *jhum* fields during the day. The team had the full co-operation of the District Officials and in many PSUs AWWs accompanied the team. In some areas communication was really bad, we had to paddle through mud and in some areas were completely washed away. Reports from the last PSU, *Bunghmun* reached us on 19<sup>th</sup> July 2006

## Palakkad

Palakkad district is one of the main granaries of Kerala and its economy is primarily agricultural. The total geographical area of the district is 4480 sqkm representing 11.5% of the State area; Palakkad has 8.2 % population of the state. The net cultivated area of the district is 284 lakh hectares, i.e., 64% of the geographical area. Major portion of the cultivable land is used for raising food crops. Palakkad is having rather a dry climate similar to Tamil Nadu. However the average rainfall is good for cultivation. There are five taluks, 163 villages, four Municipal towns and ninety Panchayats in the district. The district is divided into 13 community Development Blocks for the effective implementation of various development activities.

Table 4.2.6.1: Demographic Indicators		
	Palakkad	Kerala
<b>Population</b>		
Persons	2617072	31838619
Males	1265794	15468664
Females	1351278	16369955
Percentage decadal growth	9.86	9.42
Sex ratio (females per 1,000 males)	1068	1058
Population density (per sq. km.)	584	819
<b>Literacy rate (%)</b>		
Persons	84.35	90.9
Males	89.52	94.2
Females	79.56	87.8

*Source: Census 2001*

According to the 2001 census the population of the district is 2617072 (8.2 % of the state population) and 88.9 per cent of the district's population is rural in nature. The density of the population is 584 per sqkm. Decadal growth rate for the period 1991-2001 is 9.9 % in comparison with the State figures of 9.4 %. The sex ratio of the district is 1068 females for 1000 males. The District has achieved 84.4 % literacy in 2001 calculated on the basis of population above

the age of 7 years. Agriculture engages more than 65 % of the workers. (Table 4.2.6.1)





## NPAG evaluation

The evaluation of NPAG was conducted in 40 PSUs (28 rural and 12 urban) of Palakkad district of Kerala (Annexure 4.2.6a). The data for the rural and urban areas have been analysed and presented separately.

### Funds and food grains release

The NPAG programme was initiated in 2002-03 in Palakkad District. The training and IEC activities were completed and adult balances were provided to all anganwadis (AWs) in 2002-03. The programme was discontinued in 2004-05. In 2005-06, it was restarted with adolescent girls as the only target group.

A quantity of 4000 MT has been allotted to Palakkad district for distribution during the period from Oct- 2003 to Mar- 2004 and it has been reallocated to the Taluks. The Social Welfare Department has remitted the amount for 670 MTs of rice only and the ARDs have lifted 670 MTs of rice from FCI during Oct- 2003 itself. The Social Welfare Department could not remit the amount as per the allotment of the remaining months in time. Hence, the scheme could not be continued later in this district. A sample of chit given to adolescent girl by AW worker is given in Annexure 4.2.6f.

### Rural

Number of Households	12323
Total Population	56407
<b>Number of persons registered in AWs</b>	
Children 7-12 months	466
Children 1-3 years	1000
Children 4-6 years	1316
Pregnant women	233
Lactating women	232
Adolescent girls (KSY)	766

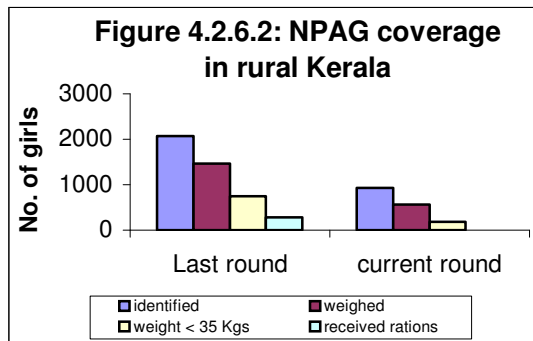
The NPAG evaluation was done in 41 rural AWs. Data on number of households, total population and number of persons registered with the AW in May 2006 is given in Table 4.2.6.2. Cooked food was being supplied to the AWs. Uppuma is given to adolescent girls, pregnant and lactating

women and porridge to 0-3 year old children made out of wheat, oil, groundnut and porridge to 3-6 year old children made out of wheat, oil, groundnut, f wh eat and green gram.

### NPAG-Adolescent Girl

Thirty-nine AWWs received training in weighing adolescent girl (95.1 %) and 22 were providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of weighing, identifying, detecting the undernourished girls and distributing food grains to families of undernourished girls. Only 9 AWWs had their own adult weighing scale; the rest of the AWWs borrowed the weighing scales from other near by sub-centres or

PHCs.; all of them had weighed adolescent girls in their area and identified girls under 35 kg. Eight AWWs adjusted for zero error on the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of 2 AWWs were accurate. Only five AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl; 2 AWWs did not weigh the adolescent girl correctly. All AWWs provided NHE to the identified adolescent girls. Twenty-seven AWWs had records of NPAG (Annexure 4.2.6b).



The data on last round (Feb- 2003 to June 2004) was available from 30 AWWs. In the last round of NPAG, 2064 adolescent girls were identified; 1466 identified adolescent girls were weighed; 51.2 % girls who were weighed were below 35 kg (Figure 4.2.6.2). In the last round 145 new adolescent girls who weighed less than 35 kg had been identified. Nine AWWs provided NHE to

144 adolescent girls. The chits were distributed to 595 identified undernourished adolescent girls by 26 AWWs; 45 adolescent girls in 2 AWWs received food grains for two months; 230 girls in 11 AWWs collected ration for three months. Under KSY scheme, 133 girls collected food supplement in 13 AWWs.

The data pertaining to current round (Feb- 2004) was available from 13 AWWs. In the last round of NPAG, 934 adolescent girls were identified; 558 identified adolescent girls were weighed in 8 AWWs; 33 % girls who were weighed were below 35 kg (Figure 4.2.6.2). Chits were not distributed at the time of the survey.

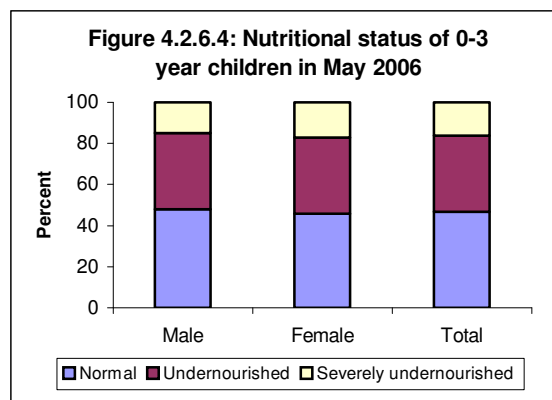
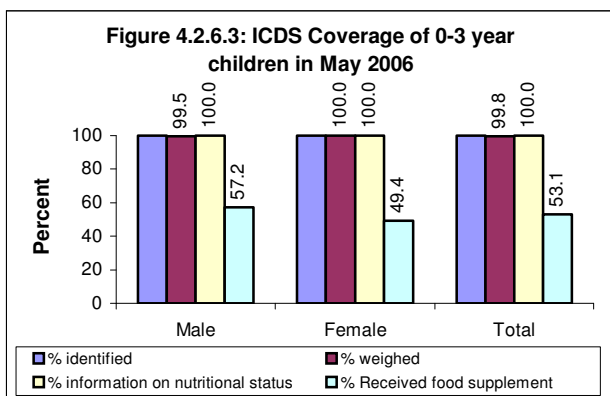
### ***Ongoing ICDS programme***

The data on ongoing ICDS was collected for the month of April 2006 and May 2006 from all 41 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.6c.

#### ***Pregnant and lactating women***

Data on pregnant women were available in 36 AWWs; 254 pregnant women were identified; 151 pregnant women were weighed (25 AWWs); 50 pregnant women weighed less than 40 kg (15 AWWs). 152 pregnant women (in 32 AWWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 35 AWWs; 270 lactating women were identified; 160 lactating women were weighed (24 AWWs). 58 lactating women weighed less than 40 kg (16 AWWs); 127 lactating women (in 32 AWWs) received food supplement. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women.

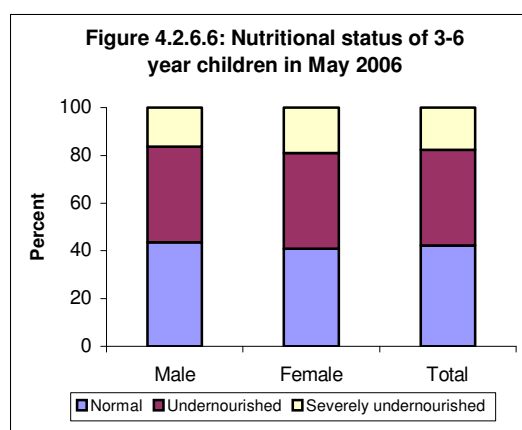
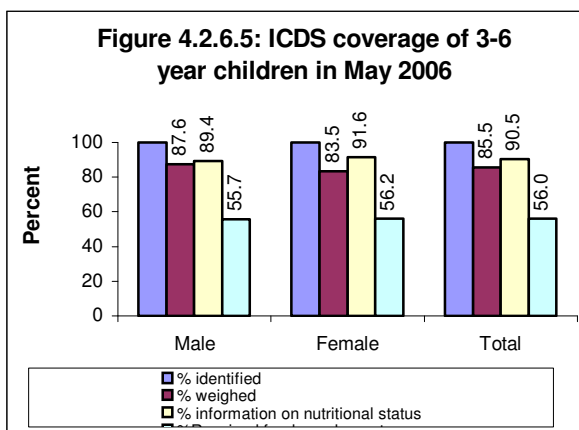
### Children (0-3 years of age)



A total of 1664 children (0-3 years old) were identified and weighed. Information on nutritional status is available for all children who were weighed; 46.7 % were normal; 37.2 % were undernourished and 16.1 % was severely undernourished (Figure 4.2.6.4); 53.1 % received food supplements from AWs more than 20 days (Figure 4.2.6.3). The percentage of severely undernourished children was much higher as compared to NFHS-2 data (4.7 %). The reason stated was that food intake was very low due to lack of regular employment and most of the families belong below poverty line. Moreover AWs were not reachable due to long distance thereby beneficiaries were not able to take food supplement regularly.

### Children (3-6 year old)

A total of 1778 children (3-6 year old) were identified; 85.5 % were weighed. Information on nutritional status of children was available for 90.4 % of those who were weighed; 42.2 % were normal; 40 % were undernourished and 17.7 % were severely undernourished (Figure 4.2.6.6); 56 % were receiving food supplements from AWs more than 20 days (Figure 4.2.6.5). Distribution of food supplements



was not carried out on the basis of nutritional status of the child.

## Urban

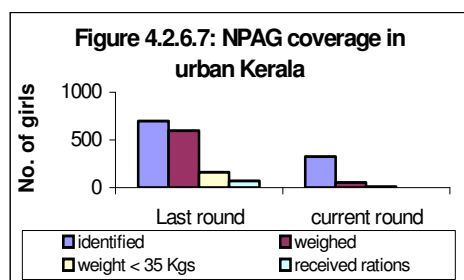
<b>Table 4.2.6.3: Total coverage under AWs (n=17)</b>	
Number of Households	6907
Total Population	35190
<b>Number of persons registered in AWs</b>	
Children 7-12 months	164
Children 1-3 years	400
Children 4-6 years	554
Pregnant women	102
Lactating women	91
Adolescent girls (KSY)	409

The NPAG evaluation was done in 17 urban AWs. Data on number households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.6.3. Cooked food supplement was being supplied to the AWs. Uppuma is given to adolescent

girls, pregnant and lactating women and 0-3 year old children made out of wheat, oil, groundnut and porridge to 3-6 year old children made out of wheat and green gram

### NPAG-Adolescent girls

All AWWs received training in weighing adolescent girl and 14 (93.8 %) providing NHE pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girls. 10 AWWs had adult weighing scales and rest of the AWWs borrowed the weighing scales from other near by sub-centres or PHCs; 17 AWs had weighed adolescent girls in their area and all had identified girls under 35 kg. All AWWs adjusted for zero error on the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Seven AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl. All AWWs provided NHE to the identified adolescent girls. Sixteen AWW had distributed chits to identified undernourished girls of their areas. Twelve AWWs had records of NPAG (Annexure 4.2.6b).



The data on last round (Feb-2003 to April-2004) was available from 8 AWs. In the last round of NPAG, 700 adolescent girls were identified; 598 identified adolescent girls were weighed; 27.1 % girls who were weighed were below 35 kg (Figure 4.2.6.7). Two AWWs gave NHE to 15 adolescent girls. The chits were distributed to 106 identified undernourished adolescent girls; 12 girls in 2 AWs collected ration for two months and 59 girls in 3 AWs collected ration for three months. Under KSY scheme, 14 girls collected food supplements from two AWs.

The data on current round was not available as the programme is not ongoing in the district. However three AWs had identified 327 adolescent girls in their area and one had weighed 53 girls.

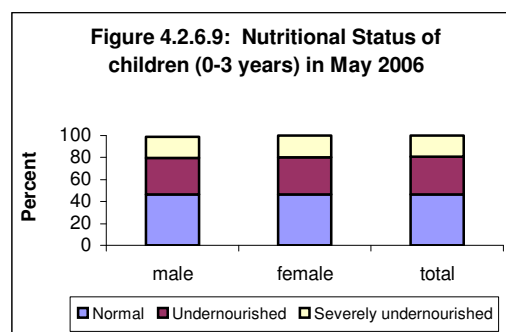
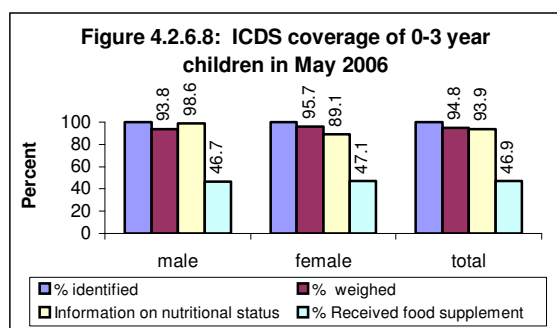
## Ongoing ICDS programme

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 17 AWs. The data for the month of May 2006 is presented in Annexure 4.2.6c.

### Pregnant and lactating women

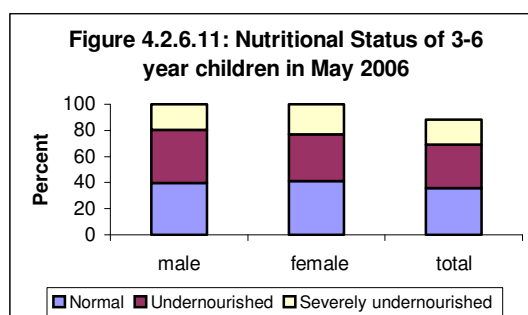
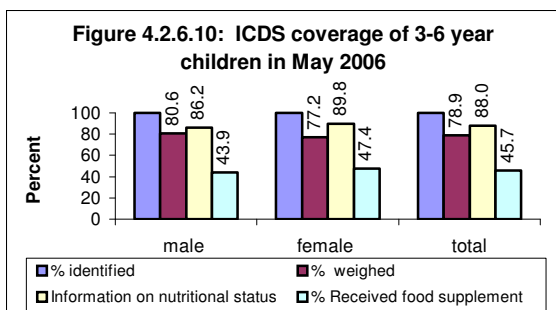
Data on pregnant women were available from 15 AWs; 127 pregnant women were identified; 99 pregnant women were weighed (12 AWs). 12 pregnant women of weighed less than 40 kg (5 AWs). 63 pregnant women in 13 AWs received food supplement. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available from 14 AWs; 131 lactating women were identified; 92 lactating women were weighed (10 AWs); 10 lactating women of weighed less than 40 Kg (3 AWs); 72 lactating women in 12 AWs received food supplements. Twelve AWWs reported that they were imparting NHE to pregnant women and lactating women.

### Children (0-3 years)



A total of 896 children (0-3 years old) were identified; 94.8 % children were weighed. The information on nutritional status was available for 93.9 % of those weighed; 46.8 % were normal; 33.8 % were undernourished and 19.4 % were severely undernourished (Figure 4.2.6.9); 46.9 % received food supplements from AWs more than 20 days (Figure 4.2.6.8).

### Children (3-6 years)



A total of 952 children (3-6 year old) were identified; 78.9 % were weighed. The information on nutritional status was available for 88 % of those who were weighed; 40.4 % were normal; 38.3 % were undernourished and 21.3 % were severely undernourished (Figure 4.2.6.11); 45.7 % were receiving food supplement from AWs more than 20 days (Figure 4.2.6.10).

## **Households Survey**

The household survey was conducted in 40 PSUs (28 rural and 12 urban) of Palakkad district of Kerala. The data obtained from rural and urban PSUs were analysed and reported separately (Annexure 4.2.6d and 4.2.6e).

### ***Rural***

The survey was conducted in 787 rural households. The mean household size is 4.8; 62.4 % were nuclear families.

#### *Socioeconomic profile*

Majority of the households belonged to OBC (55.7%); 19.2% were SC and rest belonged to other castes and ST. 76.7 % families stated that their monthly income was less than Rs. 5000; the rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The wives of the household were better educated than the heads of the households. One-fourth (25.9 %) of the head of the households were illiterate; 37 % were educated up to primary level and 30 % were educated up to secondary school or more. Nearly one fourth (22.9 %) of the wives of head of the household were illiterate; 32.9 % had primary education and 37.3 % had secondary school education.

One third (28.1 %) of the head of the households were working as landless labourers, mostly porters; 27.3 % were in other services and 30.5 % were unemployed at the time of the survey. Most (71.7 %) of the wives of the head of the households were housewives and did not work outside home; 17.7 % were working as landless labourer.

Most (62.5 %) of the population was residing in the center of the village. Nearly all households (96.6 %) owned the houses. 40.2% families were living in kutchha houses and 46.9 % were living in semi-pucca houses. Majority (92.7 %) of the population had two or more rooms and the rest (7.4 %) lived in one room. Most 87.4 % of the population had toilet facility at home; the rest (12.3 %) of the population had no access to toilet or were using sulabh. Only 16.7 % household had provision of drinking water in their own homes; the rest (83.2 %) obtained drinking water from public sources like taps, hand pumps or water tankers, well, pond and river. Majority of the households reported that they were non-

vegetarian. Only 34.2 % were using gas for cooking food; the rest (65.7 %) were using kerosene or wood stoves for cooking purposes. More than half (53.5 %) of the families were using stainless steel utensils for cooking food; the rest (40.9 %) were using aluminum for cooking purposes. Public transport was used by 86.3 % of the population; 8.8 % had bicycle. Nearly one-third (29.7 %) had no source of entertainment such as radio or T.V colour television at home; 18 % had radio and 40.5 % had colour television at home.

The mean consumption of food grains was 40.9 kg per month per household. Almost all (91.7 %) families had ration cards and 61.8 % of them bought food grains from ration shop. On an average each household bought 23.3 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all (95 %) the households knew about AW in their area. In rural areas about 40.5 % of the households did not get any food supplement from the AWs; 31 % stayed at AWs and ate the supplement; 17 % collected supplement from AWs and took it home. Information on number of pregnant and lactating women and preschool children who visited AWs received NHE and/or food supplements is given in Table 4.2.6.4.

Beneficiary	No. present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	7	100 (7)	14.3 (1)	14.3 (1)	0	0
Lactating women	15	6.7 (1)	0	0	0	0
0-3 years	138	29.7 (41)	23.9 (33)	21.2 (7)	21.2 (7)	45.5 (15)
3-6 years	211	46.9 (99)	33.6 (71)	2.8 (2)	35.2 (25)	62 (44)

Figures in parenthesis denotes actual numbers

There were 7 pregnant women and all had visited AWs; received NHE; but only one had collected food supplement for less than 10 days. One out of 15 lactating women visited AW for receiving NHE; none collected food supplement from AW. Among 33 0-3 year old children collecting food supplement from AWs, 15 children had collected food supplements for more than 20 days and seven had collected food supplements for 10-20 days. Among seventy one 3-6 year old children collecting food supplement from AWs, 44 children collected food supplement for more than 20 days (Table 4.2.6.4).

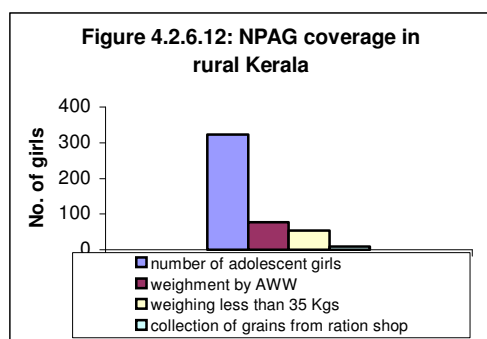
Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	138	45	31	10	1
3-6	211	103	68	28	3

There were 138 children in 0-3 year old age group in the households surveyed;

45 children had been weighed. The parents reported that 31 children were normal; 10 were undernourished and 1 was severely undernourished.

Parents of 3 children reported that they did not know the nutritional status of their child. There were 211 children in 3-6 year old age group in the households surveyed; 103 children had been weighed. The parents reported that 68 children were normal; 28 were undernourished and 3 were severely undernourished. Parents of 4 children did not know the nutritional status of their child (Table 4.2.6.5).

## NPAG



During the household survey 322 adolescent girls were identified; mean age of the girls was  $14.8 \pm 2.78$  years and mean weight was  $35.1 \pm 9.82$  kg. 28.6 % of the girls had primary level education and 70.5 % had secondary level education. Only 6.2 % adolescent girls were married. Majority (90.7 %) of the girls knew about NPAG or KSY (45.2 %). The families reported that 39 (13.4 %)

had visited AW for KSY; 57.5 % had received NHE; 53.1 % had received iron/folic acid tablets. The information on receiving food supplement was available from 282 girls; 18.8 % girls collected food supplement from AW. 83 (28.4 %) girls had visited AW for NPAG. AWWs had weighed 77 (23.9 %) of the identified adolescent girls and 53 (68.8 %) weighed less than 35 kg; 17 adolescent girls were given chits for collecting food grains; 13 collected grains from ration shop; 7 girls collected food grains for 1 month; 2 girls collected for 3 months and 4 girls never collected food grains from ration shop (Figure 4.2.6.12); only one girl gained weight but still weighed less than 35 kg; 12 girls showed no change in weight. The NPAG scheme was not fully operational and also girls had not received food grains for three consecutive months therefore change in nutritional status of girls were not observed.

## Urban

### *Socioeconomic profile*

The survey was conducted in 364 households. The mean household size is 5; 62.4 % nuclear families. Most of the families were Muslims.

More than forty percent of the households belonged to OBC (42.9 %); 26.6 % were SC and rest (27.2 %) belonged to other castes. Over seventy percent (71.4 %) families stated that their monthly income was less than Rs. 5000; the rest (26.6 %) stated that their income was between Rs. 5000 – Rs. 10000 per month.

Nearly twenty percent (18.4 %) head of the households were illiterate; 33.5 % were educated up to primary level and 36.5 % were educated up to secondary school or more. Almost twenty percent (19.9 %) wives of head of the household



were illiterate; 42.1 % were educated up to secondary school level and 32.5 % had primary level education. The level of education of wives of the head of the household is comparatively higher than the head of the households as in low income groups male population seek job at their early age to support the family Whereas female populations are allowed to continue their education until they get married.

More than one third (36.5 %) were working as porters, factory labourers, rickshaw pullers, small vendors in daily bazaars; 9.3 % were doing semi-skilled jobs; 9.1 % had their own business and 24.2 % were unemployed at the time of the survey. Most wives of the head of the households were housewives (75.3 %) and did not work outside home; 14.4 % were working as coolie and factory workers.

Most (59.6 %) of the population was residing in the regular colonies; 13.5 % in resettlement colonies and 26.6 % in slums. Most families (89.8 %) owned the houses. Most of the families (43.4 %) were living in semi-pucca houses; 43.1 % were living in kutcha houses; and only 13.2 % had pucca houses. Most of the families who are living since long time in the Kutcha houses are in below poverty line and are not in a position to improve their houses, therefore many regular colonies had kutcha houses in the district. Majority of the population (93.4 %) had two rooms or more and the rest lived in one room. Majority of the population (83 %) had toilet facility at home; only 11.5% of the families had no access to toilet or were using sulabh. Majority (99.7 %) households obtained drinking water from public sources like hand pumps, public taps, water tankers, ponds, river or well. Majority (97 %) of the households reported that they were non-vegetarian. 32.4 % were using gas for cooking food; the rest (66.5 %) were using kerosene or wood stoves for cooking purposes. Majority (58.8 %) was using stainless steel utensils for cooking food; the rest (37.1 %) were using aluminum kitchenware for cooking purposes. Public transport was used by 82.7 % of the population; 8 % had scooter or motorcycle. 27.7 % had no source of entertainment like radio or T.V and 45.9 % had colour television at home.

The mean consumption of food grains was 40.6 kg per month per household. The data is consistent with the NSSO, NNMB and INP data that showed that consumption of cereals is lower in Kerala as compared to other states like Uttar Pradesh, Madhya Pradesh etc. Almost all (93.1 %) families had ration cards and 61.7 % of them bought food grains from ration shop. On an average each household bought 25.8 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all (89.1 %) households knew about AWs in their area. In urban areas only 34.9 % of the households did not get any food supplement from the AWs; 31.9 % stayed at AW and ate the supplement; 13.2 % collected supplement from AW and took it home. Information on number of pregnant, lactating women and

preschool children who visited AWs received NHE and/or food supplements is given in Table 4.2.6.6.

Beneficiary	No. present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	9	33.3 (3)	33.3 (3)	0	66.7 (2)	33.3 (1)
Lactating women	13	30.8 (4)	23.1 (3)	0	66.7 (2)	33.3 (1)
0-3 years	88	37.5 (33)	30.7 (27)	37 (10)	37 (10)	0
3-6 years	98	56.1 (55)	54.1 (53)	0	17 (9)	56.6 (30)

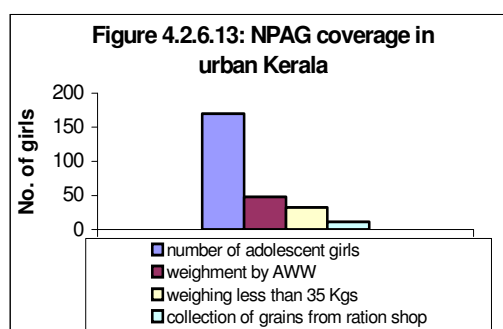
Figures in parenthesis denotes actual numbers

Three out of nine pregnant women visited AW; received NHE and collected food supplements; but only 4 out of 13 lactating women visited AW; received NHE; 3 collected food supplements. Among 27 0-3 year old children collecting food supplement from AWs, only 10 children collected food supplements for 10-20 days. Among the 3-6 yrs old children who received food supplements; 30 received supplements for more than 20 days. Information on number of days receiving food supplement from AW by seven 0-3 year old children and fourteen 3-6 year old children was not available.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	88	39	26	9	1
3-6	98	65	50	10	0

There were 88 children in 0-3 year old age group in the households surveyed; only 39 children had been weighed. The parents reported that 26 children were normal; 9 were undernourished and 1 was severely undernourished. Parents of 3 children reported that they did not know the nutritional status of their child. There were 98 children in 3-6 year old age group in the households surveyed; 65 children had been weighed. The parents reported that 50 children were normal and 10 were undernourished. Parents of 5 children reported that they did not know the nutritional status of their child (Table 4.2.6.7).

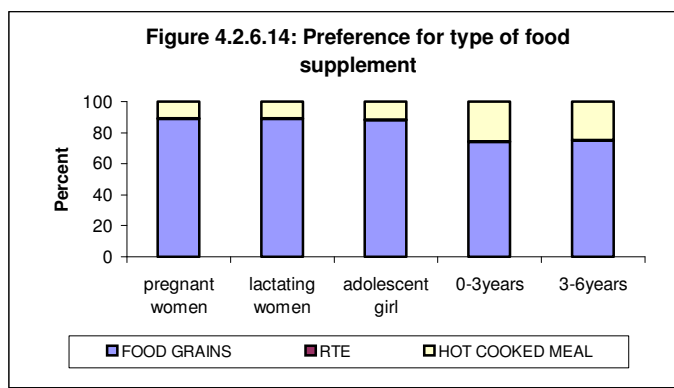
## NPAG



During the household survey 170 adolescent girls were identified; mean age of the girls was  $14.8 \pm 2.93$  years and mean weight was  $35.4 \pm 8.32$  kg. Majority (66.5 %) of the girls had secondary level education and 31.8 % had primary level education. Majority (95.3 %) of the girls knew about KSY or NPAG (61.1 %). The families reported that 10 (6.2%) adolescent girls visited AW for KSY; 53.1 % received NHE; 39.5 % had received iron/folic acid tablets; 16.9 % collected food supplement; 26.5 % visited AWs for NPAG.

AWWs had weighed 48 (29.6 %) of the identified adolescent girls and 32 (66.7 %) weighed less than 35 kg; 20 adolescent were given chit for collecting food grains; 16 collected food grains from ration shop; 6 girls collected food grains for one month; 3 girls collected food grains for two months and 2 girls collected food grains for three months. Five girls never collected food grains from ration shop; they stated that they were not aware of the NPAG programme and also stock was not available at ration shop (Figure 4.2.6.13); 4 girls gained weight but still weighed less than 35 kg; only 1 girl crossed 35 kg. The NPAG scheme was not fully operational and also girls had not received food grains for three consecutive months therefore change in nutritional status of girls were not observed.

### Household's opinion about food supplements through ICDS



When asked about their opinion as to who should get food supplements majority stated that all the persons belonging to the vulnerable groups- pregnant (44.7 %), lactating women (44.2 %), adolescent girls (44.4 %), preschool children (44.7 %) should get food supplements. The rest felt food supplements

might be given to under nourished persons. They felt that food grains are the preferred supplement for pregnant (88.7 %), lactating women (89 %), adolescent girls (88.1 %), 0-3 years old children (74 %) and 3-6 year children (74.8 %). The reason stated was that it is convenient for each group and easily accessible by the family. The rest preferred hot cooked meal or RTE (Figure 4.2.6.14). It is clear that as far as the pregnant, lactating women and adolescent girls are concerned vast majority prefer food grain supplements. The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months (only for one or two years), the preference of community for food grains suggests that the option provided in NPAG was the right one.

## List of PSUs in Palakkad district

PSU NO.	TEHSIL	T-NAME	BLOCK	B-NAME	VILLAGE	V-NAME	RES-HH	T-POPLN
1	20	MANNARKAD	20	MANNARKAD	7	PADAVAYAL	1576	6654
2	40	CHITTUR	40	CHITTUR	17	KUNNAMKATTUPATHY	900	3783
3	40	CHITTUR	40	CHITTUR	3	THATHAMANGALAM	1193	6549
4	30	PALAKKAD	30	PALAKKAD	15	MALAMPUZHA II	1937	10385
5	50	ALATHUR	50	ALATHUR	25	VADAKKACHEN II	2191	11558
6	50	ALATHUR	50	ALATHUR	1	KOTTAYI I	2030	10833
7	50	ALATHUR	50	ALATHUR	2	KOTTAYI II	1615	8236
8	20	MANNARKAD	20	MANNARKAD	2	ALANALLUR II	1511	9505
9	20	MANNARKAD	20	MANNARKAD	20	KUMARAMPUTHAR	2262	13603
10	20	MANNARKAD	20	MANNARKAD	16	TACHAPARA	2037	10977
11	10	OTTAPALAM	10	OTTAPPALAM	33	VANIYAMKULAM II	2659	13550
12	10	OTTAPALAM	10	OTTAPPALAM	9	KNMPUZHA	2768	15435
13	30	PALAKKAD	30	PALAKKAD	1	KONGAO II	2513	13237
14	30	PALAKKAD	30	PALAKKAD	9	PART II	2861	14741
15	20	MANNARKAD	20	MANNARKAD	12	KALAMALA	2962	14012
16	50	ALATHUR	50	ALATHUR	8	KUZHALMANNAM	3105	15421
17	30	PALAKKAD	30	PALAKKAD	22	ETAPPULLY II	3054	14781
18	50	ALATHUR	50	ALATHUR	15	ENMAYUR II	2649	14051
19	40	CHITTUR	40	CHITTUR	41	MUTHALAMADA II	2331	13294
20	20	MANNARKAD	20	MANNARKAD	9	AGATI	4067	19228
21	50	ALATHUR	50	ALATHUR	17	MELARCHUED	4523	23706
22	40	CHITTUR	40	CHITTUR	29	NERNMARA	3278	16723
23	50	ALATHUR	50	ALATHUR	18	ALATHUR	4316	23498
24	20	MANNARKAD	20	MANNARKAD	19	KARAKUNSS	3735	21672
25	10	OTTAPPALAM	10	OTTAPPALAM	8	VETHNEZHI	3662	17950
26	10	OTTAPPALAM	10	OTTAPPALAM	23	PATATHARA	4647	27739
27	10	OTTAPPALAM	10	OTTAPPALAM	22	THRTHALA	3655	21541
28	10	OTTAPPALAM	10	OTTAPPALAM	24	KAPPUR	4137	25369
PSU NO.	UFS NO.	TOWN/ CITY	CODE	FRAME CODE	WARD NO.	IV UNIT	BLK NO.	POP. SIZE
29	1	SHORANUR	1	11		2	21	614
30	2	OTTAPALAM	2	11	14	3	20	531
31	3	OTTAPALAM	2	11	11	3	25	608
32	4	PUDUPPARIYARAM	6	11	3	1	9	660
33	5	MARUTHAROAD	7	11	9	1	24	960
34	6	MARUTHAROAD	7	11	4	1	6	846
35	7	KODUVAYUR	8	11	10	1	4	575
36	8	KODUVAYUR	8	11	2.3	1	9	720
37	9	PUDUNAGARAM	9	11	2	1	9	690
38	10	PALAKKAD	3	11	1	2	2	896
39	11	PALAKKAD	3	11	3	2	23	742
40	12	PALAKKAD	3	11	21	5	34	715

## Profile of AWs in Kerala

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	No.	No./A W	AW	No.	No./A W	AW	No.	No./A W
<b>Number of households</b>	17	6907	406	41	12323	301	58	19230	332
<b>Total population under AWC</b>	17	35190	2070	41	56407	1376	58	91597	1579
<b>Number of persons registered</b>									
<b>7-12 months</b>	15	164	11	38	466	12	53	630	12
<b>1-3 year</b>	17	400	24	40	1000	25	57	1400	25
<b>3-6 year</b>	17	554	33	40	1316	33	57	1870	33
<b>Pregnant women</b>	17	102	6	40	233	6	57	335	6
<b>Lactating women</b>	16	91	6	39	232	6	55	323	6
<b>Adolescent girls</b>	17	409	24	40	766	19	57	1175	21

## Details of work done under NPAG in AW centers

	Urban		Rural		Total	
	No	%	No	%	No	%
<b>Total number of AW</b>	17		41		58	
Weighing adolescent girls	17	100.0	41	100.0	58	100.0
Identifying adol. Girl <35kg	17	100.0	41	100.0	58	100.0
Giving chits to < 35kg	16	94.1	39	95.1	55	94.8
Collects grain from ration shop	16	94.1	41	100.0	57	98.3
Providing NHE to AG	17	100.0	41	100.0	58	100.0
AWW oriented to weighing	17	100.0	39	95.1	56	96.6
Provided with weighing scale	10	58.8	9	22.0	19	32.8
<b>Checking accuracy</b>	11		11		22	
Do not check	1	9.1	0	0.0	1	4.5
Adjusting zero error	10	90.9	8	72.7	18	81.8
With std weight	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl and removing std weight	0	0.0	0	0.0	0	0.0
Any other	0	0.0	3	27.3	3	13.6
<b>Checking accuracy by investigator</b>	4		3		7	
Accurate by 1/2 kg	4	100.0	2	66.7	6	85.7
Inaccurate less than 1 kg	0	0.0	0	0.0	0	0.0
Inaccurate > 1 kg	0	0.0	1	33.3	1	14.3
<b>Demonstration of weighing</b>	7		7		14	
Correct	7	100.0	5	71.4	12	85.7
Incorrect	0	0.0	2	28.6	2	14.3
<b>Training of AWW for NHE</b>	14	82.4	22	53.7	36	62.1
<b>No. of AW giving NHE to P&amp;L</b>	12	70.6	29	70.7	41	70.7
<b>Records of work done</b>	12	70.6	27	65.9	39	67.2
<b>NPAG implementation Problems</b>	1		2		3	
No problem	1	100.0	2	100.0	3	100.0
Absence of accurate weighing scale	0	0.0	0	0.0	0	0.0
Girls do no get weighed	0	0.0	0	0.0	0	0.0
Girls do no pick up ration	0	0.0	0	0.0	0	0.0
Girls do no consume additional food	0	0.0	0	0.0	0	0.0
Non-availability of rations in ration shops	0	0.0	0	0.0	0	0.0
No link between AWW and ration shop	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
<b>Corrective measures</b>	0		0		0	
Inform the authorities	0	0.0	0	0.0	0	0.0
Make families and girls aware of NPAG	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
<b>Get support from</b>						
PRI	0	0.0	3	7.3	3	5.2
Ration Shop	0	0.0	3	7.3	3	5.2
Family of Girls	0	0.0	3	7.3	3	5.2
ANM	0	0.0	2	4.9	2	3.4
<b>Does NPAG improve</b>						
Nutritional status	0	0.0	0	0.0	0	0.0
Participation in KSY	0	0.0	0	0.0	0	0.0

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	AG	AG/ AW	AW	AG	AG/ AW	AW	AG	AG/ AW
<b>Date of last round</b>		Feb 2003			Feb 2004				
<b>Date of current round</b>									
<b>LAST ROUND</b>									
<b>Number of AG</b>									
<b>Identified</b>	8	700	88	30	2064	69	38	2764	73
<b>Weighed</b>	8	598	75	30	1466	49	38	2064	54
<b>Weight &lt; 35 Kg</b>	8	162	20	30	751	25	38	913	24
<b>New AG &lt; 35 kg</b>	1	7	7	10	145	15	11	152	14
<b>Chits distributed</b>	8	106	13	26	595	23	34	701	21
<b>Received rations for</b>									
1 month	0	0	0	0	0	0	0	0	0
2 months	2	12	6	2	45	23	4	57	14
3 months	3	59	20	11	230	21	14	289	21
<b>Nutritional status</b>									
No change in weight	1	8	8	6	64	11	7	72	10
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 Kg	1	3	3	2	21	11	3	24	8
Crossed 35 kg.	2	22	11	4	31	8	6	53	9
<b>Received NHE</b>	2	15	8	9	144	16	11	159	14
<b>Received food supplement under KSY</b>	2	14	7	13	133	10	15	147	10
<b>CURRENT ROUND</b>									
<b>Number of adolescent girls</b>									
<b>Identified</b>	3	327	109	13	934	72	16	1261	79
<b>Weighed</b>	1	53	53	8	558	0	9	611	68
<b>Weight &lt; 35 Kg</b>	1	7	7	6	184	31	7	191	27
<b>New adolescent girls &lt; 35 kg</b>	0	0	0	3	54	18	3	54	18
<b>Number of chits distributed</b>	0	0	0	0	0	0	0	0	0
<b>Received rations for</b>									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	0	0	0	0	0	0
3 months	0	0	0	0	0	0	0	0	0
<b>Nutritional status</b>									
No change in weight	0	0	0	0	0	0	0	0	0
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 Kg	0	0	0	0	0	0	0	0	0
Crossed 35 kg.	0	0	0	0	0	0	0	0	0
<b>Received NHE</b>	0	0	0	0	0	0	0	0	0
<b>Received food supplement under KSY</b>	0	0	0	3	15	5	3	15	5

## Details of ICDS components in the current month of the survey

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/AW	AW	Persons	Persons/AW	AW	Persons	Persons/AW
<b>Pregnant women</b>									
<b>Registered</b>	15	127	8	36	254	7	51	381	7
Weighed	12	99	8	25	151	6	37	250	7
Less than 40 Kg	5	12	2	15	50	3	20	62	3
Received food supplement	13	63	5	32	152	5	45	215	5
<b>Lactating women</b>									
<b>Registered</b>	14	131	9	35	270	8	49	401	8
Weighed	10	92	9	24	160	7	34	252	7
Less than 40 Kg	3	10	3	16	58	4	19	68	4
Received food supplement	12	72	6	32	127	4	44	199	5
<b>0-3 year children</b>									
<b>Registered</b>									
Male	15	454	30	38	806	21	53	1260	24
Female	16	442	28	39	858	22	55	1300	24
<b>Weighed</b>									
Male	15	426	28	38	802	21	53	1228	23
Female	16	423	26	37	858	23	53	1281	24
<b>Nutritional status</b>									
<b>Normal</b>									
Male	15	198	13	37	384	10	52	582	11
Female	16	175	11	37	392	11	53	567	11
<b>Undernourished</b>									
Male	15	142	9	37	297	8	52	439	8
Female	16	127	8	35	320	9	51	447	9
<b>Severely undernourished</b>									
Male	13	80	6	32	121	4	45	201	4
Female	15	75	5	32	146	5	47	221	5
<b>Received cooked food supplement</b>									
Male	15	212	14	37	461	12	52	673	13
Female	16	208	13	35	424	12	51	632	12
<b>3-6 year children</b>									
<b>Registered</b>									
Male	16	469	29	38	894	24	54	1363	25
Female	16	483	30	39	884	23	55	1367	25
<b>Weighed</b>									
Male	16	378	24	38	783	21	54	1161	22
Female	16	373	23	38	738	19	54	1111	21
<b>Nutritional status</b>									
<b>Normal</b>									
Male	16	129	8	37	306	8	53	435	8
Female	16	138	9	36	276	8	52	414	8
<b>Undernourished</b>									
Male	16	133	8	37	279	8	53	412	8
Female	16	120	8	36	271	8	52	391	8
<b>Severely undernourished</b>									
Male	16	64	4	31	115	4	47	179	4
Female	15	77	5	33	129	4	48	206	4
<b>Received cooked food supplement</b>									
Male	16	206	13	36	498	14	52	704	14
Female	16	229	14	37	497	13	53	726	14

Preference for food supplement (%)						
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years	
Food grains	88.7	89		88.1	74	74.8
Rte	0.5	0.4		0.3	0.6	0.5
Hot cooked meal	10.8	10.6		11.6	25.4	24.7
Preference for beneficiary of ICDS food supplement (%)						
All in the community	44.7	44.2		44.4		44.7
Only undernourished in the community	11.1	11.0		11.2		10.7
All coming to AW	2.6	2.6		2.7		3.1
Only undernourished coming to AW	32.6	33.0		32.7		32.5
Missing	9.0	9.1		9.0		9.0
Total	100.0	100.0		100.0		100.0

Receiving food supplement from AW						
	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Stay and eat there	116	31.9	244	31.0	360	31.3
Collect food and go home	48	13.2	134	17.0	182	15.8
Stay at AW even after eating food	13	3.6	13	1.7	26	2.3
Do not get supplement	127	34.9	319	40.5	446	38.7
Get only take home type supplement	1	0.3	3	0.4	4	0.3
One family member collects for all	0	0.0	3	0.4	3	0.3
Missing value	59	16.2	71	9.0	130	11.3
Total	364	100.0	787	100.0	1151	100.0

## Details of Household Characteristics in Palakkad

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
Number of PSUs covered	12		28		40	
Number of households	364		787		1151	
<b>Size of HH</b>	364	5.0 $\pm$ 2.32	787	4.8 $\pm$ 2.32	1151	4.9 $\pm$ 2.32
Total food grains purchased (Kg)	348	40.6 $\pm$ 17.66	767	40.9 $\pm$ 21.19	1115	40.8 $\pm$ 20.15
Kg of Grains from PDS	102	25.8 $\pm$ 15.96	297	23.3 $\pm$ 18.25	399	24.0 $\pm$ 17.71
<b>Type of HH</b>	364		787		1151	
Joint	137	37.6	295	37.5	432	37.5
Nuclear	227	62.4	491	62.4	718	62.4
Missing Value	0	0.0	1	0.1	1	0.1
Total	364	100.0	787	100.0	1151	100.0
<b>Caste</b>	364		787		1151	
SC	97	26.6	151	19.2	248	21.5
ST	8	2.2	46	5.8	54	4.7
OBC	156	42.9	438	55.7	594	51.6
Others	99	27.2	151	19.2	250	21.7
Missing Value	4	1.1	1	0.1	5	0.4
Total	364	100.0	787	100.0	1151	100.0
<b>Socio-economic status</b>	364		787		1151	
High	6	1.6	8	1.0	14	1.2
Middle	97	26.6	175	22.2	272	23.6
Low	260	71.4	604	76.7	864	75.1
Missing Value	1	0.3	0	0.0	1	0.1
Total	364	100.0	787	100.0	1151	100.0
<b>Literacy status of HHH</b>	364		787		1151	
Illiterate	67	18.4	204	25.9	271	23.5
Can read and write	41	11.3	54	6.9	95	8.3
Schooling primary	122	33.5	291	37.0	413	35.9
Schooling secondary	133	36.5	236	30.0	369	32.1
Missing Value	1	0.3	2	0.3	3	0.3
Total	364	100.0	787	100.0	1151	100.0
<b>Literacy status of wife of HHH</b>	292		611		903	
Illiterate	58	19.9	140	22.9	198	21.9
can read and write	16	5.5	42	6.9	58	6.4
Schooling primary	95	32.5	201	32.9	296	32.8
Schooling secondary	123	42.1	228	37.3	351	38.9
Missing Value	0	0.0	0	0.0	0	0.0
Total	292	100.0	611	100.0	903	100.0
<b>Work status of HHH</b>	364		787		1151	
Unemployed	88	24.2	241	30.6	329	28.6
Unskilled/ landless labourer	133	36.5	221	28.1	354	30.8
Semi-skilled / cultivators	34	9.3	52	6.6	86	7.5
Clerk/office worker/ Teacher / Landowners	26	7.1	7	0.9	33	2.9
Business/ Artisans	33	9.1	28	3.6	61	5.3
Others	46	12.6	215	27.3	261	22.7
Missing Value	4	1.1	23	2.9	27	2.3
Total	364	100.0	787	100.0	1151	100.0
<b>Work status of wife of HHH</b>	292		611		903	
Unemployed	220	75.3	438	71.7	658	72.9
Unskilled/ landless labourer	42	14.4	108	17.7	150	16.6
Semi-skilled / cultivators	5	1.7	4	0.7	9	1.0
Clerk/office worker/ Teacher / Service	13	4.5	10	1.6	23	2.5
Business/ Domestic help	2	0.7	1	0.2	3	0.3
Others	9	3.1	52	8.5	61	6.8
Missing Value	1	0.3	0	0.0	1	0.1
Total	292	100.0	611	100.0	903	100.0
<b>Dietary Habits</b>	364		787		1151	
Vegetarian	8	2.2	37	4.7	45	3.9
Non-vegetarian	353	97.0	749	95.2	1102	95.7
Missing Value	3	0.8	1	0.1	4	0.3
Total	364	100.0	787	100.0	1151	100.0
<b>Monthly Income</b>	364		787		1151	
<5K	260	71.4	604	76.7	864	75.1
5-10K	97	26.6	175	22.2	272	23.6
>10K	6	1.6	8	1.0	14	1.2
Missing Value	1	0.3	0	0.0	1	0.1
Total	364	100.0	787	100.0	1151	100.0
<b>Locality</b>	364		787		1151	
Slum / Center of village	97	26.6	492	62.5	589	51.2

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	49	13.5	73	9.3	122	10.6
Regular colony / Harijan basti	217	59.6	222	28.2	439	38.1
Missing Value	1	0.3	0	0.0	1	0.1
Total	364	100.0	787	100.0	1151	100.0
<b>Type of House</b>	364		787		1151	
Kutcha	157	43.1	316	40.2	473	41.1
Semi-pucca	158	43.4	369	46.9	527	45.8
Pucca	48	13.2	101	12.8	149	12.9
Missing Value	1	0.3	1	0.1	2	0.2
Total	364	100.0	787	100.0	1151	100.0
<b>Ownership of House</b>	364		787		1151	
Own	327	89.8	760	96.6	1087	94.4
Rented	37	10.2	26	3.3	63	5.5
Missing Value	0	0.0	1	0.1	1	0.1
Total	364	100.0	787	100.0	1151	100.0
<b>No. of rooms</b>	364		787		1151	
One	23	6.3	58	7.4	81	7.0
Two	118	32.4	240	30.5	358	31.1
Three	139	38.2	272	34.6	411	35.7
> three	83	22.8	217	27.6	300	26.1
Missing Value	1	0.3	0	0.0	1	0.1
Total	364	100.0	787	100.0	1151	100.0
<b>Toilet Facility</b>	364		787		1151	
Sulabh / No facility	42	11.5	97	12.3	139	12.1
Shared pit	20	5.5	16	2.0	36	3.1
Own pit	164	45.1	401	51.0	565	49.1
Own flush	138	37.9	271	34.4	409	35.5
Missing Value	0	0.0	2	0.3	2	0.2
Total	364	100.0	787	100.0	1151	100.0
<b>Transport</b>	364		787		1151	
Public	301	82.7	679	86.3	980	85.1
Bicucle	20	5.5	18	2.3	38	3.3
Scooter / Moped	29	8.0	69	8.8	98	8.5
Any other	14	3.8	21	2.7	35	3.0
Missing Value	0	0.0	0	0.0	0	0.0
Total	364	100.0	787	100.0	1151	100.0
<b>Cooking Fuel used</b>	364		787		1151	
Kerosene/ Coal/ Wood	242	66.5	517	65.7	759	65.9
Gas / electricity	118	32.4	269	34.2	387	33.6
Others	0	0.0	1	0.1	1	0.1
Missing Value	4	1.1	0	0.0	4	0.3
Total	364	100.0	787	100.0	1151	100.0
<b>Source of DW</b>	364		787		1151	
Public Tap	252	69.2	404	51.3	656	57.0
Submersible	49	13.5	131	16.6	180	15.6
Well/ pond/ river	62	17.0	251	31.9	313	27.2
Missing Value	1	0.3	1	0.1	2	0.2
Total	364	100.0	787	100.0	1151	100.0
<b>Entertainment</b>	364		787		1151	
None	101	27.7	234	29.7	335	29.1
Radio	43	11.8	142	18.0	185	16.1
TV (BW)	48	13.2	85	10.8	133	11.6
TV(Col)	167	45.9	319	40.5	486	42.2
Missing Value	5	1.4	7	0.9	12	1.0
Total	364	100.0	787	100.0	1151	100.0
<b>Kitchenware</b>	364		787		1151	
Clay	8	2.2	22	2.8	30	2.6
Aluminium	135	37.1	322	40.9	457	39.7
Cast iron	4	1.1	16	2.0	20	1.7
Brass / Copper	1	0.3	1	0.1	2	0.2
Stainless Steel	214	58.8	421	53.5	635	55.2
Missing Value	2	0.5	5	0.6	7	0.6
Total	364	100.0	787	100.0	1151	100.0
<b>Food grain Purchase</b>	364		787		1151	
possession of Ration card	339	93.1	722	91.7	1061	92.2
buy grains from Ration Shop	209	61.7	446	61.8	655	61.7

## Details of ICDS in Palakkad


	Urban		Rural		Total	
	No.	%	No.	%	No.	%
<b>Awareness about presence of AW</b>	320	89.1	744	95	1064	
<b>Pregnant women</b>	9		7		16	
<b>Visit AW</b>						
Never	5	55.6	7	100.0	12	75.0
Less than 10 days	1	11.1	0	0.0	1	6.3
10-20 days	2	22.2	0	0.0	2	12.5
More than 20 days	1	11.1	0	0.0	1	6.3
<b>Receive NHE</b>	3	33.3	7	100.0	10	62.5
<b>Receiving food supplement</b>	3	33.3	1	14.3	4	25.0
Less than 10 days	0	0.0	1	100.0	1	25.0
10-20 days	2	66.7	0	0.0	2	50.0
More than 20 days	1	33.3	0	0.0	1	25.0
<b>Lactating women</b>	13		15		28	
<b>Visit AW</b>						
Never	12	92.3	13	86.7	25	89.3
Less than 10 days	0	0.0	0	0.0	0	0.0
10-20 days	1	7.7	0	0.0	1	3.6
More than 20 days	0	0.0	0	0.0	0	0.0
<b>Receive NHE</b>	4	30.8	1	6.7	5	17.9
<b>Receiving food supplement</b>	3	23.1	0	0.0	3	10.7
Less than 10 days	0	0.0	0	0.0	0	0.0
10-20 days	2	66.7	0	0.0	2	66.7
More than 20 days	1	33.3	0	0.0	1	33.3
<b>0-3 year children</b>	88		138		226	
<b>Visit AW</b>						
Never	60	68.2	110	79.7	170	75.2
Less than 10 days	6	6.8	9	6.5	15	6.6
10-20 days	5	5.7	1	0.7	6	2.7
More than 20 days	17	19.3	18	13.0	35	15.5
<b>Receive NHE</b>	33	37.5	41	29.7	74	32.7
<b>Receiving food supplement</b>	27	30.7	33	23.9	60	26.5
Less than 10 days	10	37.0	7	21.2	17	28.3
10-20 days	10	37.0	7	21.2	17	28.3
More than 20 days	0	0.0	15	45.5	15	25.0
<b>Weight of children</b>	39	44.3	45	32.6	84	37.2
<b>Nutritional status of children</b>						
Normal	26	66.7	31	68.9	57	67.9
Undernourished	9	23.1	10	22.2	19	22.6
Severely undernourished	1	2.6	1	2.2	2	2.4
Donot know	3	7.7	3	6.7	6	7.1
Missing value	0	0.0	0	0.0	0	0.0
<b>3-6 year children</b>	98		211		309	
<b>Visit AW</b>						
Never	50	51.0	120	56.9	170	55.0
Less than 10 days	5	5.1	6	2.8	11	3.6
10-20 days	4	4.1	6	2.8	10	3.2
More than 20 days	39	39.8	79	37.4	118	38.2
<b>Receive NHE</b>	55	56.1	99	46.9	154	49.8
<b>Receiving food supplement</b>	53	54.1	71	33.6	124	40.1
Less than 10 days	0	0.0	2	2.8	2	1.6
10-20 days	9	17.0	25	35.2	34	27.4
More than 20 days	30	56.6	44	62.0	74	59.7
<b>Weight of children</b>	65	66.3	103	48.8	168	54.4
<b>Nutritional status of children</b>						
Normal	50	76.9	68	66.0	118	70.2
Undernourished	10	15.4	28	27.2	38	22.6
Severely undernourished	0	0.0	3	2.9	3	1.8
Donot know	5	7.7	4	3.9	9	5.4
Missing value	0	0.0	0	0.0	0	0.0

## Details of NPAG in Palakkad

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
<b>Number of adolescent girls</b>	170		322		492	
<b>Mean age (years)</b>	170	14.8 $\pm$ 2.93	322	14.8 $\pm$ 2.78	492	14.7 $\pm$ 2.79
<b>Mean weight (Kg)</b>	132	35.4 $\pm$ 8.32	220	35.1 $\pm$ 9.82	352	35.2 $\pm$ 9.28
	No.	%	No.	%	No.	%
<b>Literacy status</b>						
Illiterate	1	0.6	1	0.3	2	0.4
Can read and write	2	1.2	2	0.6	4	0.8
Schooling primary	54	31.8	92	28.6	146	29.7
Schooling secondary	113	66.5	227	70.5	340	69.1
<b>Marital status (%)</b>						
Currently married	2	1.2	20	6.2	22	4.5
Never married	168	98.8	302	93.8	470	95.5
<b>Age at marriage (%)</b>						
10-13 years	0	0.0	0	0.0	0	0.0
13-16 years	0	0.0	4	1.2	4	0.8
16-19 years	2	1.2	16	5.0	18	3.7
not married	168	98.8	302	93.8	470	95.5
<b>KSY and NPAG</b>	162	95.3	292	90.7	454	92.3
Awareness about KSY	99	61.1	132	45.2	231	50.9
Awareness about NPAG	99	61.1	132	45.2	231	50.9
<b>Visit AW centre</b>						
For KSY	10	6.2	39	13.4	49	10.8
For NPAG	43	26.5	83	28.4	126	27.8
Never	99	61.1	173	59.2	272	59.9
Receive NHE	86	53.1	168	57.5	254	55.9
Receive IFA	64	39.5	155	53.1	219	48.2
Receive food supplements from AW	142	100	282	100	424	100
Never	118	83.1	229	81.2	347	81.8
Less than 10 days	6	4.2	13	4.6	19	4.5
10-20 days	6	4.2	9	3.2	15	3.5
more than 20 days	12	8.5	31	11.0	43	10.1
<b>Weight by AWW</b>	48	28.2	77	23.9	125	25.4
<b>Weighting less than 35 kg (%)</b>	32	66.7	53	68.8	85	68.0
<b>Given a chit for free food grains</b>	20	62.5	17	32.1	37	43.5
<b>Went to ration shop to collect grains</b>	16	80.0	13	76.5	29	78.4
<b>Collection of grains from ration shop</b>						
one month	6	37.5	7	53.8	13	44.8
two months	3	18.8	0	0.0	3	10.3
three months	2	12.5	2	15.4	4	13.8
never	5	31.3	4	30.8	9	31.0
<b>Reason for not getting food grains</b>						
not aware of NPAG	4	80.0	3	75.0	7	77.8
did not go to ration shop	0	0.0	0	0.0	0	0.0
ration shop closed	0	0.0	0	0.0	0	0.0
ration shop opened but no stock	1	20.0	1	25.0	2	22.2
do not require ration	0	0.0	0	0.0	0	0.0
<b>After receiving food grains</b>						
no change in weight	11	68.8	12	92.3	23	79.3
deterioration in weight	0	0.0	0	0.0	0	0.0
improvement in weight < 35 Kg	4	25.0	1	7.7	5	17.2
crossed 35 kg	1	6.3	0	0.0	1	3.4



A Sample of chits given to adolescent girls in Palakkad district



**കേരളസർക്കാർ**  
**സാമൂഹ്യക്ഷേമ വകുപ്പ്**

PSU - 3

**ദേശീയ പോഷകാഹാര പരിപാടി (പാലക്കാട് ജില്ല)**

**ഗുണഭോക്താവിനുള്ള തിരിച്ചറിയൽ കാർഡ് / അറിവിതരണം സംബന്ധിച്ച രേഖ**

അംഗൻവാടി നമ്പർ: 140

ഐ.സി.ഡി.എസ്. പ്രോജക്ട് : ICDS ചിട്ടം

ഗുണഭോക്താവിന്റെ പേരും മേൽവിലാസവും : മിനി D/o സഭരാജിനി കൂട്ടായ്മ മെറ്റോളജി

ഗുണഭോക്താവിന്റെ പേര് ഉൾപ്പെടുത്തിയിട്ടുള്ള റേഷൻകാർഡ് നമ്പർ : 1947004216

ഗുണഭോക്താവ് ഏത് വിഭാഗത്തിൽപ്പെടുന്നു : കുമാരി / ഗർഭിണി / മുലയൂട്ടുന്ന അമ്മ

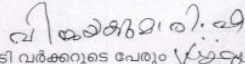
പ്രതിമാസം അനുവദിച്ചിട്ടുള്ള അരി : 6 കിലോ


അറിവിതരണം നടത്തുന്ന റേഷൻകടയുടെ എ.ആർ.ഡി. നമ്പരും മേൽവിലാസവും : 7 ചന്ദ്രൻ മെറ്റോളജി തത്തുമാശലം

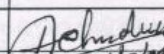
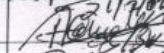
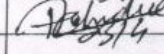
ഗുണഭോക്താവിന്റെ ഒപ്പ് : \_\_\_\_\_

സ്ഥലം : ചിട്ടം

തീയതി : 26-12-03

  
 അംഗൻവാടി വർക്കരുടെ പേരും ഒപ്പും  
 \_\_\_\_\_  
 ഒപ്പും

സൂപ്പർവൈസറുടെ പേരും ഒപ്പും  
 ഔദ്യോഗിക വിലാസം: MANJUSHA V  
  
 ശിശുവികസന പദ്ധതി ഓഫീസറുടെ ഒപ്പും സീലും വികസന പദ്ധതി ഓഫീസർ  
 \_\_\_\_\_  
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വിതരണം നടത്തിയ അരിയുടെ വിവരം				
തീയതി	ഇഷ്യൂ നോട്ട് നമ്പരും തീയതിയും	വിതരണം ചെയ്യപ്പെട്ട അരിയുടെ തുകയും	റേഷൻകട ഉടമയുടെ ഒപ്പും തീയതിയും	ഗുണഭോക്താവിന്റെ ഒപ്പും തീയതിയും
21/2/04	42902 H30/p/24	06 kg		MK
23/3/04	42915	06kg		MK
23/4/04	42921	06kg		MK

## **Principal Investigator's Summary**

### **NPAG SCHEME**

The Palakkad district is one of the most backward districts in Kerala state. In order to reinstate good nutrition among pregnant women, lactating mothers and adolescent girls in the age range of 10- 19 years the nutrition programme is initiated in 2002-2003. The pregnant women and lactating mothers who were weighing below 40 kg were eligible to get cooked food from the anganwadi center and adolescent girls weighing below 35 kg were eligible to get 6kg food grain in the form of rice per month.

The anganwadi workers were given training to undertake this scheme. It is observed that the adult weighing balance was provided to urban centers but not for rural centers. The anganwadi workers in the urban areas weighed all the adolescent girls below poverty line using the weighing balance whereas in rural areas they depend on the sub centres or recorded the measurements maintained by the primary centers and identified undernourished adolescent girls.

The under nourished adolescent girls were given a chit by the anganwadi workers to collect 6kg food grains every month from the ration shop situated close to the anganwadi center. Some of the beneficiaries had not collected rice from the ration shop due to a long distance from their home hence stock of rice is still there. The distribution of rice was done for few months only. The beneficiaries, anganwadi workers felt that the scheme should be continued to promote the undernourished adolescent girls who are exposed to health risk in the society.

In Kerala there is no department of Women and Child Development but the department of Social Welfare is responsible in implementing the NPAG scheme.

The survey was carried out Between May 16 to June 30, 2006. NPAG scheme was implemented in two districts namely Malappuram and Palakkad districts out of 14 districts in Kerala state. The programme was in action through anganwadi centers both in urban and rural areas.

### **Evaluation survey in Palakkad**

On the request of the department of Women and Child Development at the center Nutrition Foundation of India assigned the evaluation survey in Palakkad district, Kerala state to Avinashilingam University for Women, Coimbatore situated close to the target area. Chancellor Dr. K. Kulandaivel and Vice Chancellor Dr. Saroja Prabhakaran nominated Dr.V.Saradha Ramadas. Reader, Department of Food Service Management and Dietetics as Principal Investigator to conduct the NPAG evaluation project in Palakkad district, Kerala.

The questionnaire developed by Nutrition Foundation of India (NFI) is pretested and scrutinized by Principal Investigators of all the 10 selected states in the group meeting at New Delhi. Nutrition Foundation of India distributed the revised questionnaire needed for the survey. The details of venue were earmarked by NFI with the consultation of concerned state government and communicated to the Principal Investigators. The collection of data was done by the field investigators on the guidelines and suggestions provided by NFI then and there. The filled in questionnaire were sent to NFI as and when the data is collected for analysis of data.

## **Methodology**

- The district Social Welfare department was approached to identify the 40 primary sampling units (PSUs) constituting 28 rural and 12 urban PSUs.
- In each PSU 28 households or if two anganwadi is present 14 households from each anganwadi area was surveyed to identify the undernourished as well as the beneficiaries of adolescent girls, pregnant women, lactating mothers, 0-3 year children, 3-6 year children
- A systematic random sampling method was followed in which every fifth household was selected until 28 households were completed
- The details of NPAG, MPR data of ICDS from anganwadi workers, the details of finance and distribution of food grains from ration shops, civil supplies and district social welfare office were collected using respective questionnaire.

## **Findings**

- It is heartening to note that most of the beneficiaries aware of the NPAG scheme
- Despite rice being the staple food in Kerala state wheat is also supplied to anganwadi centers under the ICDS scheme. Hence rice kanji or wheat uppuma with vegetables were prepared and given to the pregnant women, lactating mothers, 1-3 year children, 3-6 year children.
- All the anganwadi workers had undergone training to upgrade their skill at the block level. The training was given once in two years.
- All the beneficiaries are interested to participate in this programme if it continues to function since majority of them were belonging to BPL
- Since the social welfare department failed to meet the financial demand for the distribution of rice the civil supplies stopped supplying grains after three months. So non availability of grains to ration shop within a short span of time prevented further extension of the scheme
- Since the details of state level is collected by Dr. Vijayalakshmi, Thuvananthapuram they are not indicated here.

### ***Actual availability of food grains to the beneficiaries***

The identified adolescent girls weighing below 35 kg included in the scheme were given chits by the anganwadi workers. They collected 6kg of rice per month

from the ration shop over a period of three months in the year 2003- 2004. Some of the adolescent girls owing to long distance from their home find it difficult to reach the anganwadi center to receive chits and to collect food grains from the ration shop. It is difficult to monitor whether the beneficiaries alone consumed the food after cooking. The improvement of the under nourished adolescent girls in this scheme was not very prominent since the programme was in operation for a very short period as well as the food grains received by the beneficiaries may be shared by the family members.

### **Identification of adolescent girls weighing below 35kg**

The anganwadi workers conducted survey to identify the adolescent girls weighing below 35kg. Only in the year 2004 and 2005 survey was done to identify under nourished adolescent girls. The data collected by anganwadi workers were compiled by block level supervisors CDPOs and then by the project officer of district social welfare department to reach the state social welfare department.

### **Food grain distribution**

The ration shop closer to the AWC is allotted to distribute the food grains to the beneficiaries. The ration shop received the rice directly from the civil supplies department as per the requisition of the district social welfare department.

The rice had been distributed only once to the ration shop. The ration shop supplied 6kg rice per month to the beneficiaries who brought the chit signed by the AWW. It was in operation for 3 months in the year 2003 –2004. Some of the ration shop had the balance of rice since the beneficiaries could not reach the spot to collect and more over the scheme was closed with a financial problem.

### **Constraints**

- Lack of human weighing balance in the rural area made them to depend on the reports of PHCs.
- Politicians and other malpractices at various levels influence selection of beneficiaries.
- It is hard to reach the AWC when the houses are scattered.

<b>Details of funds and food supplies released in 2003-04</b>		
Year	I <sup>st</sup> installment Date - Rs in lakhs	II <sup>nd</sup> installment Date - Rs in lakhs
2003-04	27.10.03 - 5,00,000	23.03.04 - 27,00,000
	I <sup>st</sup> installment Type of grain- amount (mt)	II <sup>nd</sup> installment Type of grain- amount (mt)
	Rice - 23.9	Rice - 56.22

A total of Rs 32, 00,000 had been released and spent in two installments by the Social Welfare department at the district level. The rice grain released by district to the ration shop was 23. 9MT and 56.2 MT for I<sup>st</sup> & II<sup>nd</sup>

installment respectively. Since the department of Women and Child Development is not in Kerala, Social Welfare department has undertaking the NPAG scheme.

According to Civil Supplies it is noted that the state released 4000MT of rice grain on 29.09.03. But the civil supplies at the district level released 670MT of rice on 24.11.03 since Social Welfare department remitted the amount only for 670MT of rice. The Social Welfare department could not remit the amount as per the allotment the scheme could not be continued in this district. Delay in the remittance of amount to FCI caused the problem to supply food grains to ration shop.

The Civil Supplies did not show interest in the implementation of this programme.

### **Conclusion and recommendations**

- The nutrition programme for the undernourished adolescent girls may be of beneficial effect to produce healthy children in the future.
- The under nutrition is more common in the reproductive age so there is a need for additional supply of food grains to promote the nutritional status of the adolescent girls belonging to below poverty line.
- The adult weighing balance is supplied only to urban areas it should be supplied to rural areas also for an effective identification of exact beneficiaries. Other wise AWW may fail to identify the real under nourished group.
- Wherever the houses are scattered widely additional anganwadi center can be planned to promote the really affected group so as to reach the center easily.
- If more than one under nourished girl is present in the same family they should be included in the scheme.
- Efforts need to be taken to prevent the political influence for the benefit of the actual beneficiaries.
- Monitoring is needed to check whether the beneficiaries utilize the food grains.

### **Beneficiaries at District Level- Palakkad**

<b>Beneficiaries</b>	<b>2003-Dec</b>	<b>2004-Dec</b>	<b>2005-July</b>
0-3 years	47974	44259	40007
3-6 years	40450	39015	36241
Pregnant & lactating mothers	14908	22178	13856
Adolescent girls	Not available	33851	27939

## Panchmahal

**Panchmahal**, also **Panch Mahal**, is a district in the eastern part of Gujarat state (Figure 4.2.7.1). *Panch mahal* means "five districts", and refers to the five districts that were transferred by the Sindhia Maharaja of Gwalior to the British. Panchmahal is one of the backward districts of Gujarat. Most of the population is tribal and is concentrated in Santrampur, Kadana and Ghoghamba Talukas. There are 1215 villages and 11 Talukas in the district. Most of the area is consists of hilly and rocky land. The average rainfall of the district is 600 to 750

	Panchmahal	Gujarat
<b>Population</b>		
Persons	2024883	50596992
Males	1044210	26344053
Females	980673	24252939
Percentage decadal growth		22.5
Sex ratio (females per 1,000 males)	938	921
Population density (per sq. km.)		258.1
<b>Literacy rate (%)</b>		
Persons	61.5	69.9
Males	76.6	80.5
Females	45.4	58.6

Source: Census 2001

mm but it rains irregularly therefore the district has to face draught frequently. Most of the land is "rain-fed" and the farmers have to depend upon the monsoon. Majority of the tribals have small and marginal land holdings. The irrigation facilities are poor in this district therefore the farmers have to depend on kharif crops. Most of the family members migrate in search of labour during lean agriculture season. The problem of migration among tribals is acute; it affects their socio-economic life and disturbs the education of the children.

As per Census 2001, the district had a population of 2,024,883 (4 percent of the population of the state) of which 12.5 % live in urban areas. The sex ratio of the district is 938 females per thousand males, which is slightly higher than the state average of 921. The literacy rate of the district is 61.5 %, which is lower than the literacy rates of the entire state (69.9 %). (Table 4.2.7.1)



Figure 4.2.7.1: Map of Panchmahal

## NPAG evaluation

The evaluation of NPAG was conducted in 40 PSUs (28 rural and 12 urban) of Panchmahal district of Gujarat (Annexure 4.2.7a). The data for the rural and urban areas was analysed and presented separately.

The NPAG programme was initiated in 2002-03 in Panchmahal District. The training and IEC activities were completed and adult balances were provided to all AWs in 2002. The NPAG was running well in 2002-03 and 2003-2004. The programme was discontinued in 2004-05. The programme resumed in 2005-06 with adolescent girls as the only target group. During the years 2002-03, 2003-04 rice was distributed through ration shop. Maize (yellow), which is the staple diet of the population, is being provided under NPAG. But the acceptance of yellow maize is low; so it was decided to provide white maize during 2006-07. In March 2006, the Minister who distributed food grains to few identified girls carried out a formal inauguration of the scheme. But the food grains were not available till early June 2006. The NPAG scheme has been sanctioned in 15 blocks covering the two districts-Panchmahal and Dahod and about 1.12 lakh beneficiaries have been covered under this scheme in 2005-06.

Year	Rs. (in Lakhs)
2002-03	295.84
2003-04	532.62
2004-05	36.11
2005-06	305.00

*Source: Commissionerate Women and Child development, Govt of Gujarat*

transferred to Gujarat civil supply corporation for purchasing of rice/ maize.

The state has performed well in late 2002-03 and in 2003-04. There was distribution of total 109756.04 quintals of rice of from July 2003 to July 2004. The amount of food grains (maize) released in March 2006 was 39650 quintals (Table 4.2.7.3).

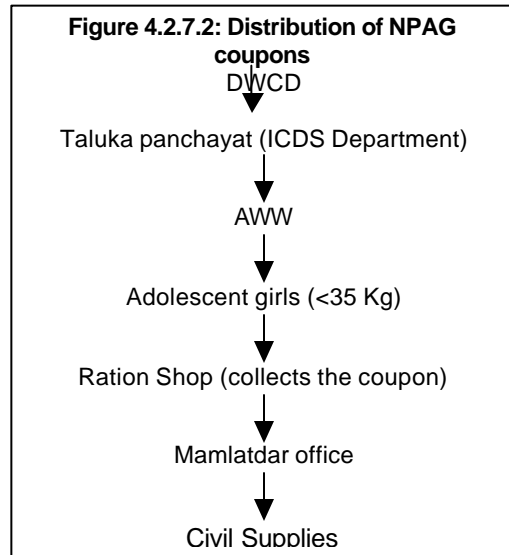
The Commissionerate of Women and Child Development have given information on the expenditure incurred by the state government on NPAG during the year 2002-03, 2003-04, 2004-05 and 2005-06 (Table 4.2.7.2). It also stated that no grant allotment to district fund has been

S.No	Month/Year	Type of grain	Amount (quintal)	Expenditure (Rs)
1	03.07.2003	Rice	32542.86	27257000
2	Aug-03	Rice	4094.07	2676702
3	Sep-03	Rice	13427	8778873
4	Oct-03	Rice	17725.54	11588958
5	Nov-03	Rice	4937.53	3228157
6	Jan-04	Rice	20923.23	1699607
7	Feb-04	Rice	10736.3	7019392
8	Mar-04	Rice	5181.39	3484743
9	May-July-04	Rice	188.12	126520
10	Total		109756.04	77859952
11	Mar-06	Maize	39650.00	

The procedure followed for providing food grains to adolescent girls is shown in Figure 4.2.7.2. Four times in the year AW workers (AWWs) identified the undernourished person. The list of undernourished persons was submitted the gram sabha for approval. After approval, the AWWs provided the identified beneficiaries with a signed note for acquiring food grains (6 kg maize) from FPS shop. Supervisors and CDPOs verified the cases randomly. AWWs on identifying adolescent girls would send the information to district DWCD where they receive

coupons from state office. DWCD distributed coupons in lots based on the data from AWWs. AWWs then gave the coupons to the beneficiaries. The ration shop collected them and as records sent them to Department of Civil Supplies finally. At the end of three months all the beneficiaries would be weighed again. AWW also provided appropriate nutrition education to the beneficiaries and their families.

Though the procedure appears complicated, it has advantage of transparency; involvement of PRIs at different levels to a novel concept that only undernourished persons will be given food grain supplements. This procedure might have helped in bringing about acceptance of the concept, people participation and cooperation in the programme because over 50 % in all the four groups had accessed food grains for all the three months

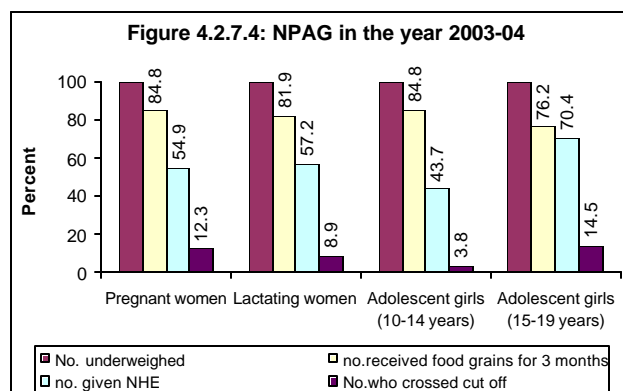
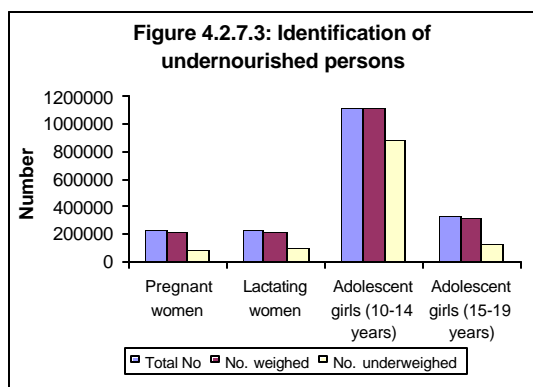


The detail of NPAG in the year 2003-04 was given in Table 4.2.7.4 and Figure 4.2.7.3 and 4.2.7.4. Almost all the beneficiaries were weighed. About 40 % of the pregnant and lactating women were below 40 kg. More than eighty percent of them took rations for three consecutive months but 12.3 % pregnant women and 8.9 % lactating women had crossed cut off point. Nearly eighty percent of the adolescent girls (10-14 years) were below 35 kg and 40.9 % of the girls (15-19 years) were below 35 kg. About 80% adolescent girls received food grains for 3 months only 3.8 % of them have crossed the cut off line in the age group of 10-14 years and 14.5 % had crossed cut off point of 35 kg in the age group of 15-19 years. The progress report is given in Annexure 4.2.7g and 4.2.7h.

<b>Table 4.2.7.4: NPAG in the year 2003-04 in Panchmahal and Dahod districts of Gujarat</b>							
	Total No	No. weighed	No. underweighed	No. received food grain	No. given nutrition education	No. received food grains for 3 months	No. who crossed cut off point
Pregnant women	229917	224076	94457	80058	51836	80058	11632 (12.3)
Lactating women	227448	223264	96450	79038	55185	79308	8606 (8.9)
Adolescent girls (10-14 years)	1120978	1112603	879105	745343	384155	745343	33514 (3.8)
Adolescent girls (15-19 years)	336434	326196	133426	101686	93938	101686	19296 (12.5)
Total	1914777	1886139	1203438	1006125	585114	1006395	73048 (6.1)

Source: Department of Women and Child Development, Gandhi nagar  
 Figures in parentheses indicate percentage of persons who had received food grains for 3 months and had crossed the cut off point





## Rural

The NPAG evaluation was done in 28 rural Anganwadis (AWs). Data on number of households, total population and number of persons registered with the AW in May 2006 is given in Table 4.2.7.5. Ready to eat food or take home rations for pregnant women, lactating women and 3-6 yrs old children and cereal-pulse mix for 0-3 years old children were being supplied to the AWs.

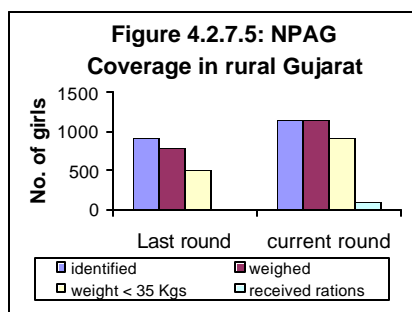
<b>Table 4.2.7.5: Total coverage under AWs (n=28)</b>	
Number of Households	4000
Total Population	26875
<b>Number of persons registered in AWs</b>	
Children 7-12 months	322
Children 1-3 years	1016
Children 4-6 years	1191
Pregnant women	221
Lactating women	258
Adolescent girls (KSY)	1159

### NPAG-Adolescent Girl

Twenty-five AWWs received training in weighment of adolescent girls and 23 (82.1 %) providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting the undernourished adolescent girls and distributing food grains to families of undernourished girls. The AWWs received support from ANM (82.1 %) and family of girls (78.6 %) in identifying adolescent girls, weighing them, detecting those weighing less than 35 kg and providing them chits for collecting food grains. The ration shop workers (92.9 %) were willing to take the chits and provide food grains to families of identified adolescent girls. Some AWWs stated that they were asked by the community to register incorrect weight for some of the girls, so that they would keep getting free rations and to provide food grains to the other girl in the house who weighed more than 35 kg also. AWWs and Supervisors stated that very little of the ration went to the undernourished girls; food grains get cooked and distributed in the family. Joint families disagreed among themselves because daughter of one family gets free ration but all members of the joint family wanted to share the cooked food. Most of the ration

shopkeepers stated that free ration helped in improving household food security and not the dietary intake or nutritional status of the undernourished girls.

Adult weighing scales had been given to all the 28 AWWs; all AWW had weighed adolescent girls in their area and identified girls under 35 kg. 27 AWWs adjusted for zero error on the weighing scale just before weighing. One AWW checked accuracy using standard weight with adolescent girl on the weighing scale. The field investigators checked the accuracy of weighing scales. Weighing scales of twenty-five AWWs were accurate and 2 weighing scales were inaccurate by 1 kg. Twenty-five AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (92.6 %) and 2 AWWs were not able to demonstrate how to correctly weigh adolescent girls. Twenty-one AWWs provided NHE to the identified adolescent girls (75 %). All AWWs had distributed chits to the identified undernourished girls of their area. 26 AWWs had records of NPAG. 19 AWWs stated that NPAG could improve the nutritional status of the adolescent girls; 16 AWWs reported that NPAG could improve participation of girls in KSY. Twenty-six AWWs had records of NPAG.



The data of the last round (April- 2005) was available from all 11 AWWs. In the last round of NPAG, 907 adolescent girls were identified; 785 identified adolescent girls were weighed; 65.4 % girls who were weighed were below 35 kg (Figure 4.2.7.5). In the last round 42 new adolescent girls who weighed less than 35 kg had been identified.

Seven AWWs gave NHE to 359 adolescent girls.

The chits were distributed to 110 identified

undernourished adolescent girls by three AWWs; none of the girls collected food grains from ration shop. Under KSY scheme, 50 girls collected food supplement from the 5 AWWs.

The data pertaining to the current round (Mar 2006 to May 2006) was available in 20 AWWs; 1141 adolescent girls were identified and weighed; 81.3 % girls weighed less than 35 kg. Twenty new adolescent girls weighing less than 35 kg were identified. Six AWWs gave NHE to 119 adolescent girls. The Chits were distributed to the 110 adolescent girls by 3 AWWs; 54 girls belonging to one AW collected ration for 2 months and 57 girls belonging to one AW collected rations for 3 months. Under KSY scheme, 50 girls collected food supplement from 6 AWWs. Repeat weighing after three months showed that 32 girls did not show any change in weight; 15 girls lost weight; 5 girls gained weight but did not cross 35 kg and 5 girls had crossed 35 kg. In 2005-06 weighing has been done and girls have been identified but food grains were not distributed till early June 2006.

## Ongoing ICDS programme

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 28 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.7c.

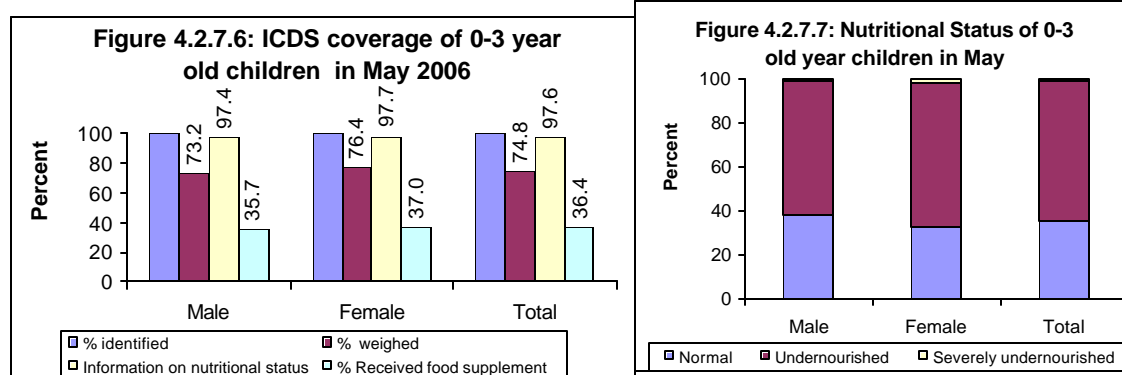
### Pregnant and lactating women

In spite of the fact that NPAG scheme from 2005-06 required weighing of adolescent girls only, the AWWs in Panchmahal continued to weigh and identified pregnant and lactating women weighing less than 40 kg. However food supplements were given to those who come to AWWs and took the RTE, not on the basis of their weight less than 40 kg.

Data on pregnant women were available in 26 AWWs; 221 pregnant women were identified; 60 pregnant women were weighed (8 AWWs); 11 pregnant women weighed less than 40 kg; 70 pregnant women (in 14 AWWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 26 AWWs; 250 lactating women were identified, 44 lactating women were weighed (6 AWWs); Six lactating women weighed less than 40 kg; 65 lactating women (in 14 AWWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women. Only two AWWs gave NHE to pregnant and lactating women.

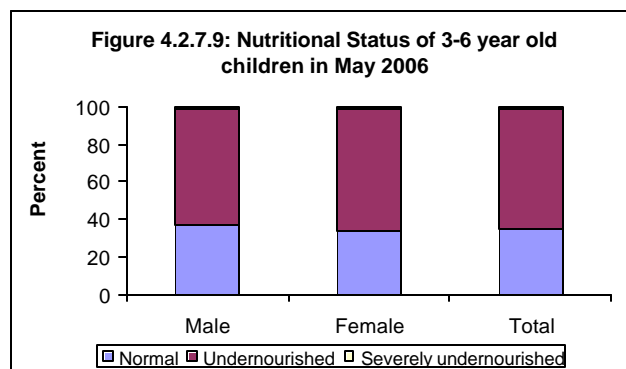
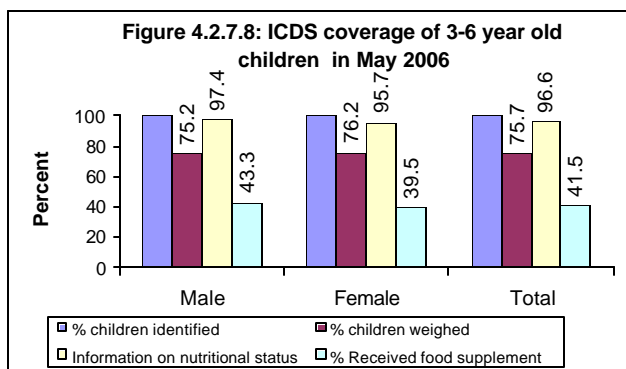
### Children (0-3 years of age)

A total of 1485 children (0-3 years old) were identified; 74.8 % children were weighed. Information on the nutritional status was available for 97.6 % of those who were weighed; 35.2 % were normal; 63.5 % were undernourished and 1.3 % were severely undernourished (Figure 4.2.7.7); 36.4 % received food supplements from AWWs for more than 20 days (Figure 4.2.7.6). Distribution of food supplements was not carried out on the basis of nutritional status of the children.



### Children (3-6 year old)

A total of 1040 children (3-6 year old) were identified; 75.7 % were weighed. The information on the nutritional status was available for 96.6 % of those who were weighed by AWWs; 35.1 % were normal; 63.3 % were undernourished and 1.6 % was severely undernourished (Figure 4.2.7.9); 41.5 % received the food supplements from AWs for more than 20 days (Figure 4.2.7.8); Distribution of food supplement was not carried out on the basis of nutritional status of the children.



### Urban

**Table 4.2.7.6: Total coverage under AWs (n=16)**

Number of Households	3096
Total Population	19035
<b>Number of persons registered in AWs</b>	
Children 7-12 months	288
Children 1-3 years	628
Children 4-6 years	778
Pregnant women	201
Lactating women	176
Adolescent girls (KSY)	1255

The NPAG evaluation was done in 16 urban AWs. Data on number of households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.7.6. Ready to eat food or take home rations for pregnant women, lactating women and 3-6 yrs old children and cereal-pulse mix for 0-3 years old children were being

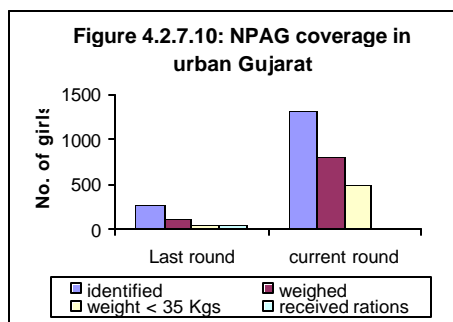
supplied to the AWs.

### NPAG-Adolescent girls

Fourteen AWWs received training in weighment of adolescent girl (87.5 %) and 15 (93.8 %) providing NHE pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting the undernourished adolescent girls and distributing food grains to families of undernourished girls. The AWWs received support from ANM (81.3 %) and family of girls (87.5 %) in identifying adolescent girls, weighing them, detecting those weighing less than 35 kg and providing them chits for collecting food

grains. All ration shopkeepers were willing to take the chits and provide food grains to families of identified adolescent girls. The community response and problem faced by AWWs were essentially similar to that seen in rural areas.

Adult weighing scales had been given to all the 16 AWWs; all AWW had weighed adolescent girls in their area and identified girls under 35 kg. All AWWs adjusted for zero error on the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales of AWWs. Weighing scales of 15 AWWs were accurate and 1 weighing scales were inaccurate by 1 kg. Fourteen AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (87.5 %) and 2 AWWs were not able to demonstrate how to correctly weigh adolescent girls. Eleven AWWs provided NHE to the identified adolescent girls (68.8 %). Eight AWWs had distributed chits to identified undernourished girls in their area. Eleven AWWs had records of NPAG since. 68.8 % AWWs stated that NPAG could improve the nutritional status of the adolescent girls and could improve the participation of girls in KSY (75 % AWWs).



The data of the last round (Mar-2003, Oct-2003 and April-2005) is available from 3 AWWs. In the last round of NPAG, 287 adolescent girls were identified; 112 identified adolescent girls were weighed; 42 % girls who were weighed were below 35 kg (Figure 4.2.7.10). The chits were distributed to all identified undernourished adolescent girls; all girls collected food grains for 3 months.

The data pertaining to the current round (Mar 2006 and April 2006) was available in 7 AWWs; 1325 adolescent girls were identified; 817 were weighed; 60 % girls who were weighed were below 35 kg. No chits were distributed to the adolescent girls.

### ***Ongoing ICDS programme***

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 16 AWWs. The data for the month of May 2006 is presented below Annexure 4.2.7c.

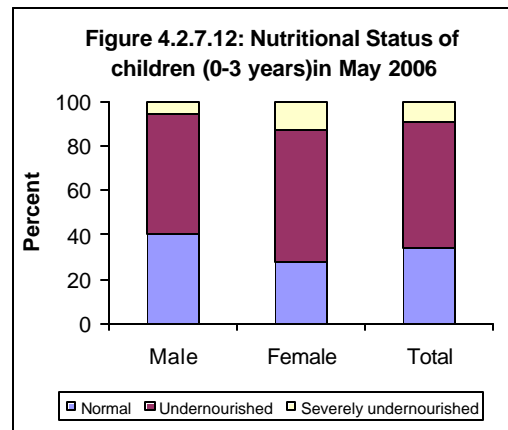
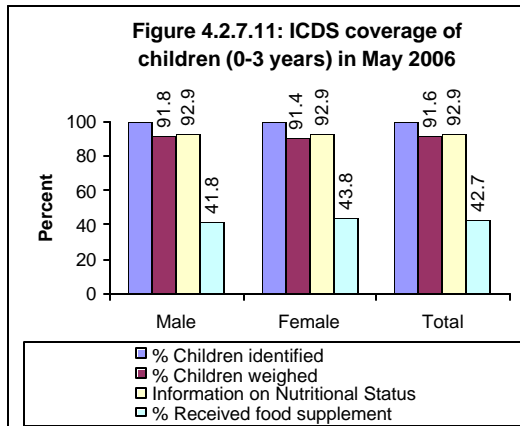
### ***Pregnant and lactating women***

Data on pregnant women were available from 12 AWWs; 131 pregnant women were identified; 57 pregnant women were weighed (five AWWs). 13 pregnant women weighed less than 40 kg; 30 pregnant women (in 6 AWW) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 12 AWWs; 131 lactating women were identified; 56 lactating women were weighed (5 AWWs) in May 2006; 11 lactating women weighed less

than 40 Kg; 29 lactating women (in 6 AWs) received food supplements. 50 % AWs gave NHE to pregnant and lactating women.

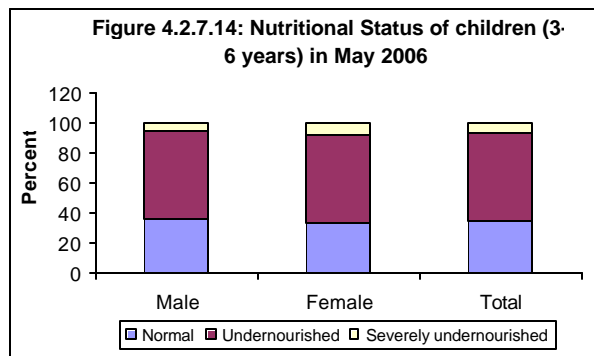
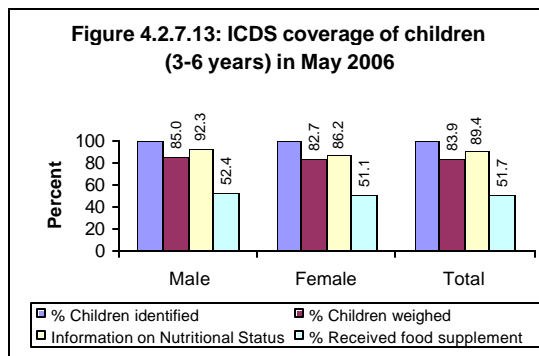
### Children (0-3 years)

A total of 974 children (0-3 years old) were identified; 91.6 % of them were weighed. The information on nutritional status was available for 92.9 % of those who were weighed; 34 % were normal; 56.8 % were undernourished and 9.2 %



was severely undernourished (Figure 4.2.7.12). 42.7 % received food supplements from AW for more than 20 days (Figure 4.2.7.11). Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### Children (3-6 years)



A total of 775 children (3-6 year old) were identified; 83.9 % of them were weighed. The information on nutritional status was available for 89.4 % of those who were weighed; 34.6 % were normal; 58.5 % were undernourished and 6.9 % were severely undernourished (Figure 4.2.7.14); 51.7 % received food supplements from AWs for more than 20 days (Figure 4.2.7.13).

## Households Survey

The household survey was conducted in 40 PSUs (28 rural and 12 urban) of Panchmahal district (Annexure 4.2.7d & 4.2.7e). The data obtained from rural and urban PSUs were analysed and reported separately.

### Rural

The survey was conducted 784 rural households. The mean household size is 5.1; 55 % were nuclear families.

#### *Socioeconomic profile*

Majority of the households belonged to OBC (45.5%); 30.1 % were ST and rest belonged to SC and other castes. Nearly ninety percent families (89.5 %) stated that their monthly income was less than Rs. 5,000; the rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The head of the households were better educated than the wives of the head of the households. Only 37.8 % of the head of the households were illiterate; 23.7 % were educated up to primary level and 31.1 % were educated up to secondary school or more. Nearly three-quarters of the wives of head of the household were illiterate (74.4 %); only 10.1 % had primary level education and 11.9 % had studied up to secondary school or more.

Most (45 %) of the head of the households were farmers; 16.2 % were working as landless labourers and 8 % were unemployed at the time of the survey. Most of the wives of the head of the households were housewives (68.7 %) and did not work outside home; 13.5 % were working as landless labourer and 6 % as domestic helpers.

Most (83.3 %) of the populations were residing in the center of the village. Nearly all households (98.2 %) owned the houses. More than forty-five percent of the families were living in pucca houses (46 %) and 39.3 % in semi pucca houses; majority (78.3 %) of the population had two or more rooms; the rest (21.7 %) lived in one room. Only 12 % had toilet facility at home and the rest (84.9 %) had no access to toilet or were using sulabh. Majority (58 %) had provision of drinking water in their home and the rest (41.9 %) obtained drinking water from public sources like taps, hand pumps or water tankers, well, pond and river. Majority (88.9 %) of the households reported that they were vegetarian. Only 8.5 % were using gas for cooking food; the rest (91.3 %) were using kerosene or wood stoves for cooking purposes. Most (76.3 %) families were using stainless steel utensils for cooking food; 8.2 % were using clay and 6.8 % were using aluminum for cooking purposes. Public transport was used by 58.8 % of the population; 14 % had cycle. Most (79.1 %) of the households had no source of entertainment

like radio or T.V colour television at home; only 3.1 % had radio and 5.4 % had colour television at home.

The mean consumption of food grains was 53.7 kg per month per household. Almost all (92 %) families had ration cards and nearly fifty percent (49.2 %) of them bought food grains from ration shop. On an average each household bought 25.5 Kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all (98.2 %) the households knew about AWs in their area. In rural areas only 25.6% of the households did not get any food supplements from the AW; 38.5 % collected supplements from AW and took it home; 32.4 % consumed the supplements at AW. Information on number of pregnant and lactating women and preschool children who visited AWs center, received NHE and or food supplements is given in Table 4.2.7.7.

Twenty three out of 31 of the pregnant women visited AW, received NHE and 22 pregnant women collected food supplements; but only 10 out of 22 pregnant women received food supplements for more than 20 days; 27 of 49 lactating

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	31	74.2 (23)	71.0 (22)	18.2 (4)	36.4 (8)	45.5 (10)
Lactating women	49	55.1 (27)	55.1 (27)	3.7 (1)	37.0 (10)	59.3 (16)
0-3 years	226	71.2 (161)	70.8 (160)	13.8 (22)	21.3 (34)	63.1 (101)
3-6 years	259	83.0 (215)	83.0 (215)	5.6 (12)	18.1 (39)	77.2 (166)

Figure in parenthesis denote actual number

women visited AWs and got NHE and collected food supplements from AWs but only 16 had received food supplements for more than 20 days /month. Among 160 0-3 year old children collecting food supplements from AWs, 101 children (63.1 %) collected food supplements for more than 20 days. Among the 3-6 yrs who received food supplements only 166 (77.2 %) received supplements for more than 20 days; 18.1 % collected supplements for 10-20 days; only 5.6 % collected supplements for less than 10 days /month.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	226	174	119	29	0
3-6	259	216	147	36	0

There were 226 children in 0-3 year old age group in the households

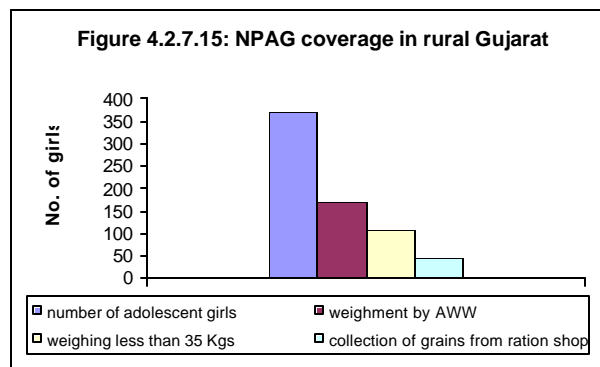
surveyed; 174 children had been weighed. The parents reported that 119 children were normal and 29 were undernourished. Parents of 26 children (20.7 %) reported that they did not know the nutritional status of their child. There were 259 children in 3-6 year old age group in the households surveyed; 216 children had been weighed. The parents reported that 147 children were normal



and 36 were undernourished (Table 4.2.7.8). Parents of 33 children (15.3 %) reported that they did not know the nutritional status of their child.

## NPAG

During the household survey 370 adolescent girls were identified; mean age of the girls was 14.2 ± 2.46 years and mean weight was 34.6 ± 7.57 kg. 11.6 % of the girls were illiterate; 44.9 % of the girls had primary level education and 38.4 % had secondary level education. Only 8.1 % percent adolescent girls were married. The age at marriage was 16-19 years. Majority (99.5 %) of the girls knew about KSY (50.3 %) and NPAG (45.1%). The family reported that 125 (34 %) adolescent girls visited AWs for KSY; 49.7 % received NHE; 53 % had received iron/folic acid tablets; 37.7 % collected food supplements from AW; 62 (16.8 %) visited AWs for NPAG. AWWs had weighed 170 (45.9 %) of the identified adolescent girls and 109 (64.1 %) weighed less than 35 kg (Figure 4.2.7.15). 49 adolescent girls were given chits for collecting food grains; 45 collected grains from ration shop; 33 girls collected grains for 3 months; 34 girls gained weight but still weighed less than 35 kg; 6 girls crossed 35 kg; 5 girls showed no change in weight. In Gujarat, AWWs were requested to weigh adolescent girls and prepare a list of those girls weighing less than 35 kg and send the list to the CDPO who would then release the rations. However since 2002-03, only once in 2003-04 were food grains distributed. In view of this there was some resistance among families to weighing of adolescent girls.



## Urban

The survey was conducted in 336 urban households. The mean household size is 5.4; 55.7 % were nuclear families.

### Socioeconomic Profile

Majority (47.3%) of the households belonged of OBC; 30.4 % were SC and rest belonged to other castes (including Muslims). Nearly ninety percent of the families (89.3 %) stated that their monthly income was less than Rs. 5000; the rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The heads of the household were better educated than the wives of the heads of the households. 25 % of the head of the households were illiterate; 13.1 % could read or write and 29.2 % were educated up to primary level and 32.7 % were

educated up to secondary school or more. Nearly half of the wives of head of the household were illiterate (47.1 %); 27 % had primary level education and 14 % had studied up to secondary school or more.

32.1 % of the head of the households were employed as factory labourers, rickshaw pullers, small vendors in daily bazaars; only 6 % were working as clerks, teachers, involved in public and private service sectors; nearly ten percent (9.5 %) had their own business and 18.5 % were unemployed at the time of the survey. Majority (88.1 %) of the wives of the head of the households were housewives and did not work outside home.

Most (70.5 %) of the population was residing in the slums and 29.5 % in the regular colonies. Nearly all households (95.2 %) owned the houses. 46.1 % of the families were living in pucca houses. Majority (85.2 %) of the population had two or more rooms and the rest (14.9 %) lived in one-room houses. 46.8 % had toilet facility at home; the rest (44.9 %) the population had no access to toilet or were using sulabh. Only 39 % households had provision of drinking water in their homes and the rest (61 %) obtained drinking water from public sources like taps; hand pumps or water tankers. Majority (53 %) of the households reported that they were vegetarian. Only 24.7 % were using gas for cooking food; the rest (75.3 %) were using kerosene, or wood stoves for cooking purposes. Nearly (86.9 %) all families were using stainless steel utensils for cooking food. Public transport was used by 68.5 % of the population; 17.6 % had bicycle. 49.4 % had no source of entertainment like radio or television at home; 9.5 % had radio and 40.8 % had television at home.

The mean consumption of food grains was 54.4 kg per month per household. Almost all (91.4 %) families had ration cards and 45.9 % of them bought food grains from ration shop. On an average each household bought 41.8 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all (95.8 %) the households knew about AW in their area. In urban areas 26.2 % of the households did not get any food supplements from the AW; 23.2 % stayed at AWs and ate the supplement; 35.4 % collect supplement from AWs and took it home. Information on number of pregnant and lactating women and preschool children who visited AWs center, received NHE and or food supplements is given in Table 4.2.7.9.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	14	50.0 (7)	42.9 (6)	33.3 (2)	33.3 (2)	33.3 (2)
Lactating women	24	41.7 (10)	33.3 (8)	12.5 (1)	37.5 (3)	50.0 (4)
0-3 years	81	56.8 (46)	59.3 (48)	6.2 (3)	31.3 (15)	62.5 (30)
3-6 years	124	67.7 (84)	66.9 (83)	0	16.9 (14)	85.5 (71)

Figure in parenthesis denote actual number

7 out of 17 of the pregnant women visited AW, received NHE and 6 pregnant women collected food supplements; but only 2 out of 6 women received food supplements for more than 20 days; 10 of 24 lactating women visited AWs and got NHE; 8 lactating women collected food supplements from AWs but only 4 had received food supplements for more than 20 days /month. Among 48 0-3 year old children collecting food supplements from AWs, 30 children (62.5 %) collected food supplements for more than 20 days. Among the 3-6 yrs who received food supplements only 71 (85.5 %) received supplements for more than 20 days; 16.9 % collected supplements for 10-20 days/month.

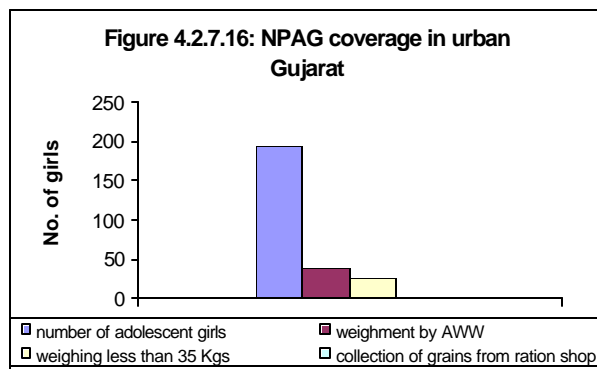
**Table 4.2.7.10: Nutritional status of children as reported by parents**

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	81	79	40	6	6
3-6	124	82	67	8	0

There were 81 children in 0-3 year old age group in the households surveyed; 79

children had been weighed. The parents reported that 40 children were normal; 6 were undernourished and 6 severely undernourished. Parents of 27 children (34.2 %) reported that they did not know the nutritional status of their child. There were 124 children in 3-6 year old age group in the households surveyed; 82 children had been weighed. The parents reported that 67 children were normal and 8 were undernourished. Parents of 7 children (8.5 %) reported that they did not know the nutritional status of their child (Table 4.2.7.10).

### NPAG

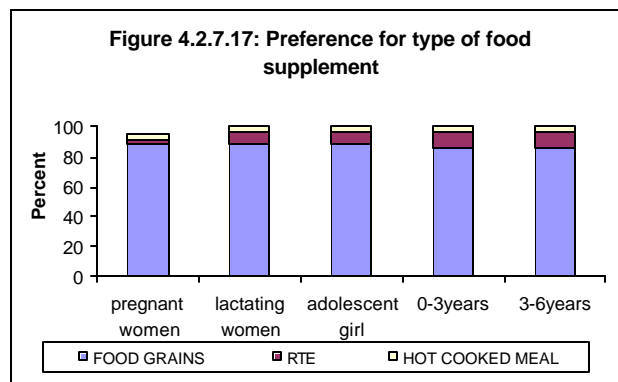


During the household survey 194 adolescent girls were identified; mean age of the girls was 14.4 ± 2.89 years and mean weight was 34.5 ± 8.57 kg. 9.3 % of the girls were illiterate; 59.3 % of the girls had primary level education and 26.3 % had secondary level education. Only 4.1 % adolescent girls were married. Majority (89.7 %)

(29.3 %) and NPAG (22.4 %). The family reported that 34 (19.5 %) adolescent girls visited AWs for KSY, 25.9 % of those who visited anganwadi received NHE, 33.9 % had received iron/folic acid tablets, 19 % took food supplement from AWs; only 10.3 % visited AWs for NPAG. AWs workers had weighed 38 (19.6 %) of the identified adolescent girls and 26 (68.4 %) weighed less than 35 kg (Figure 4.2.7.16). No chits were distributed to the identified adolescent girls.

## Households opinion about food supplements through ICDS

When asked about their opinion as to who should get food supplements majority stated that all the persons belonging to the vulnerable groups- pregnant (51.4 %), lactating women (51.1 %), adolescent girls (56.3 %), preschool children (56.3 %) should get food supplements. The rest felt food supplements might be given to under nourished persons. They felt that food grains are the preferred supplement for pregnant (88.6 %), lactating women (88.5 %), adolescent girls (88.7 %), 0-3 years old children (85.4 %) and 3-6 year children (85.5 %). The reason stated was that it is convenient for each group and easily accessible by the family. The rest preferred hot cooked meal or RTE (Figure 4.2.7.17). It is clear that as far as the pregnant, lactating women and adolescent girls are concerned vast majority prefer food grain supplements. The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months only for one or two years, the community preferred this suggest that the option provided in NPAG was the right one.



## List of PSUs in Panchmahal district

PSU NO	TEHSIL	T-NAME	BLOCK	B-NAME	PANCH	VILLAGE	V-NAME	RES-HH	POPUL
1	50	LUNAWADA	50	LUNAWADA	LUNAWADA(50)	323	KEL	69	402
2	30	HALOL	30	HALOL	HALOL(30)	25	SURASULTANOURA	204	1382
3	60	SANTRAMPUR	60	SANTRAMPUR	SANTRAMPUR(60)	1	DITVAS	195	2960
4	60	SANTRAMPUR	60	SANTRAMPUR	SANTRAMPUR(60)	371	KOTHA	151	999
5	10	GODHRA	10	GODHRA	GODHRA(10)	148	VATLAV	191	1014
6	60	SANTRAMPUR	60	SANTRAMPUR	SANTRAMPUR (60)	230	ZENZWA	181	1134
7	60	SANTRAMPUR	60	SANTRAMPUR	SANTRAMPUR(60)	144	NANAMACHHIWADA	80	498
8	60	SANTRAMPUR	60	SANTRAMPUR	SANTRAMPUR(60)	232	DHUNIYA	123	706
9	60	SANTRAMPUR	60	SANTRAMPUR	SANTRAMPUR(60)	138	KAJLI	128	770
10	50	LUNAWADA	50	LUNAWADA	LUNAWADA(50)	131	VADI	110	543
11	50	LUNAWADA	50	LUNAWADA	LUNAWADA(50)	239	DHESIYA	301	1479
12	20	KALOL	20	KALOL	KALOL(20)	36	ALALI	365	1962
13	60	SANTRAMPUR	60	SANTRAMPUR	SANTRAMPUR(60)	133	THAKORNANADHRA	251	1392
14	40	SHEHERA	40	SHEHERA	SHEHERA(40)	55	BAMROLIBUJARG	327	1925
15	10	GODHRA	10	GODHRA	GODHRA(10)	46	MOJARI	471	4429
16	50	LUNAWADA	50	LUNAWADA	LUNAWADA(50)	48	KHUNTELAV	386	2195
17	10	GODHRA	10	GODHRA	GODHRA(10)	39	KUWAJAR	446	2974
18	40	SHEHERA	40	SHEHERA	SHEHERA(40)	21	SADANPUR	251	1393
19	50	LUNAWADA	50	LUNAWADA	LUNAWADA(50)	3	DHOL KHAKHARA	258	1260
20	40	SHEHERA	40	SHEHERA	SHEHERA(40)	30	BODIDRA KHURD	509	2816
21	100	DEVGADBARIA	100	DEVGADBARIA	DEVGADBARIA(100)	109	KANPUR	915	6284
22	40	SHEHERA	40	SHEHERA	SHEHERA(40)	19	NANDARVA	933	5433
23	10	GODHRA	10	GODHRA	GODHRA(10)	54	DHANITRA	728	4270
24	50	LUNAWADA	50	LUNAWADA	LUNAWADA(50)	264	LADVEL	534	3020
25	20	KALOL	20	KALOL	KALOL(20)	20	BEDHIYA	1160	6548
26	50	LUNAWADA	50	LUNAWADA	LUNAWADA(50)	301	KHAROL	865	5259
27	50	LUNAWADA	50	LUNAWADA	LUNAWADA(50)	40	BAKOR	735	3933
28	20	KALOL	20	KALOL	KALOL(20)	53	MALAV	541	3039
PSU NO	UFS NO	TOWN/CITY	CODE	FRAME CODE	WARD NO	IV UNIT	BLOCK NO	POP SIZE	F-VALUE
1	2	3	4	5	6	7	8	9	10
29	1	HALOL(NP)	3	11	3	1	5	830	00032761
30	2	SHIVRAJPUR(VP)	4	11	1	1	8	905	00035721
31	3	LUNAWADA(NP)	5	11	5	1	10	643	0002538
32	4	LUNAWADA(NP)	5	11	4	1	22	620	00024472
33	5	LUNAWADA(NP)	5	11	6	1	24	650	00025656
34	6	LUNAWADA(NP)	5	11	5	1	8	500	00019735
35	7	LUNAWADA(NP)	5	11	2	2	21	630	00024867
36	8	GODHARA	1	11	1	1	14	685	00027037
37	9	GODHARA	1	11	1	1	16	640	00025261
38	10	GODHARA	1	11	1	10	1	780	00030787
39	11	GODHARA	1	11	1	10	3	815	00032169
40	12	GODHARA	1	11	2	2	15	782	00030866

## Profile of AWs in Gujarat

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	No.	No./AW	AW	No.	No./AW	AW	No.	No./AW
Number of households	16	3096	194	28	4000	143	44	7096	161
Total population Under awc	16	19035	1190	28	2687	5	960	4591	1043
Number of persons registered									
7-12 months	16	288	18	28	322	12	44	610	14
1-3 year	16	628	39	28	1016	36	44	1644	37
3-6 year	16	778	49	28	1191	43	44	1969	45
Pregnant women	16	201	13	28	221	8	44	422	10
Lactating women	16	176	11	28	258	9	44	434	10
Adolescent girls	15	1255	84	28	1159	41	43	2414	56

## Details of work done under NPAG in AW centers

	Urban		Rural		Total	
	No	%	No	%	No	%
Total number of AW	16		28		44	
Weighing adolescent girls	16	100.0	28	100.0	44	100.0
Identifying adolescent girls <35 Kg	16	100.0	28	100.0	44	100.0
Giving chits to < 35 Kg	8	50.0	28	100.0	36	81.8
Collects grain from ration shop	7	43.8	28	100.0	35	79.5
Providing NHE to adolescent girls	11	68.8	21	75.0	32	72.7
AWW oriented to weighing	14	87.5	25	89.3	39	88.6
Provided with weighing scale	16	100.0	28	100.0	44	100.0
Checking accuracy	16		28		44	
Do not check	0	0.0	0	0.0	0	0.0
Adjusting zero error	16	100.0	27	96.4	43	97.7
With std weight	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl	0	0.0	1	3.6	1	2.3
With std weight and adolescent girl and removing std weight	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
Checking accuracy by investigator	16		27		43	
Accurate by 1/2 kg	15	93.8	25	92.6	40	93.0
Inaccurate less than 1 kg	1	6.3	1	3.7	2	4.7
Inaccurate > 1 kg	0	0.0	1	3.7	1	2.3
Demonstration of weighing	16		27		43	
Correct	14	87.5	25	92.6	39	90.7
Incorrect	2	12.5	2	7.4	4	9.3
Training of AWW for NHE	15	93.8	23	82.1	38	86.4
No. of AW giving NHE to P&L	8	50.0	2	7.1	10	22.7
Records of work done	11	68.8	26	92.9	37	84.1
NPAG implementation Problems	16		26		42	
No problem	2	12.5	9	34.6	11	26.2
Absence of accurate weighing scale	0	0.0	1	3.8	1	2.4
Girls do no get weighed	0	0.0	0	0.0	0	0.0
Girls do no pick up ration	0	0.0	0	0.0	0	0.0
Girls do no consume additional food	0	0.0	0	0.0	0	0.0
Non-availability of rations in ration shops	2	12.5	0	0.0	2	4.8
No link between AWW and ration shop	0	0.0	0	0.0	0	0.0
Any other	12	75.0	16	61.5	28	66.7
Corrective measures	12		17		29	
Inform the authorities	2	16.7	2	11.8	4	13.8
Make families and girls aware of NPAG	9	75.0	10	58.8	19	65.5
Any other	1	8.3	5	29.4	6	20.7
Get support from						
PRI	2	12.5	9	32.1	11	25.0
Ration Shop	16	100.0	26	92.9	42	95.5
Family of Girls	14	87.5	22	78.6	36	81.8
ANM	13	81.3	23	82.1	36	81.8
Does NPAG improve						
Nutritional status	11	68.8	19	67.9	30	68.2
Participation in KSY	12	75.0	16	57.1	28	63.6

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	AG	AG/AW	AW	AG	AG/AW	AW	AG	AG/AW
Date of last round		Mar2003			Apr2005				
Date of current round		Mar2006			Mar -06				
<b>LAST ROUND</b>									
Number of adolescent girls									
Identified	3	287	96	11	907	82	14	1194	85
Weighed	1	112	112	10	785	79	11	897	82
Weight < 35 Kg	1	47	47	10	513	51	11	560	51
New AG < 35 Kg	0	0	0	1	42	42	1	42	42
Chits distributed	1	47	47	3	110	37	4	157	39
Received rations for									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	0	0	0	0	0	0
3 months	1	47	47	0	0	0	1	47	47
<b>Nutritional status</b>									
No change in weight	0	0	0	0	0	0	0	0	0
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 Kg	0	0	0	0	0	0	0	0	0
Crossed 35 kg.	0	0	0	0	0	0	0	0	0
Received NHE	0	0	0	7	359	51	7	359	51
Received food supplement under KSY	0	0	0	5	50	10	5	50	10
<b>CURRENT ROUND</b>									
Number of adolescent girls									
Identified	7	1325	189	20	1141	60	26	2466	95
Weighed	7	817	117	20	1141	60	26	1958	75
Weight < 35 Kg	7	490	70	20	928	46	27	1418	53
New adolescent girls < 35 kg	1	0	0	2	20	10	3	20	7
Number of chits distributed	0	0	0	3	110	37	3	110	37
Received rations for									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	1	54	54	1	54	54
3 months	0	0	0	1	57	57	1	57	57
<b>Nutritional status</b>									
No change in weight	0	0	0	1	32	32	1	32	32
Deterioration in weight	0	0	0	1	15	15	1	15	15
Improvement but less than 35 Kg	0	0	0	1	5	5	1	5	5
Crossed 35 kg.	0	0	0	1	5	5	1	5	5
Received NHE	0	0	0	6	119	20	6	119	20
Received food supplement under KSY	0	0	0	6	50	8	6	50	8

## Details of ICDS components in the current month of the survey

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/AW	AW	Persons	Persons/AW	AW	Persons	Persons/AW
<b>Pregnant women</b>									
Registered	12	131	11	26	221	9	38	352	9
Weighed	5	57	11	8	60	10	11	117	11
Less than 40 Kg	3	13	4	8	11	1	11	24	2
Received food supplement	6	30	5	14	70	5	20	100	5
<b>Lactating women</b>									
Registered	12	131	11	26	250	10	38	381	10
Weighed	5	56	11	6	44	7	11	100	9
Less than 40 Kg	3	11	4	2	6	3	5	17	3
Received food supplement	6	29	5	14	65	5	20	94	5
<b>0-3 year children</b>									
Registered									
Male	16	510	32	28	739	26	44	1249	28
Female	16	464	29	28	746	27	44	1210	28
Weighed									
Male	16	468	29	22	541	25	38	1009	27
Female	16	424	27	22	570	26	38	994	26
<b>Nutritional status</b>									
<b>Normal</b>									
Male	16	173	11	26	201	8	42	374	9
Female	15	109	7	21	181	9	36	290	8
<b>Undernourished</b>									
Male	16	237	15	26	322	12	42	559	13
Female	15	234	16	22	366	17	37	600	16
<b>Severely undernourished</b>									
Male	8	25	3	10	4	0	18	29	2
Female	9	51	6	8	10	1	17	61	4
<b>Received cooked food supplement</b>									
Male	10	213	21	15	264	18	25	477	19
Female	8	203	25	14	276	20	22	479	22
<b>3-6 year children</b>									
Registered									
Male	16	399	25	26	557	21	42	956	23
Female	16	376	24	25	483	19	41	859	21
Weighed									
Male	16	339	21	26	419	16	42	758	18
Female	16	311	19	22	368	17	38	679	18
<b>Nutritional status</b>									
<b>Normal</b>									
Male	16	112	7	24	149	6	40	261	7
Female	15	89	6	20	118	6	35	207	6
<b>Undernourished</b>									
Male	16	183	11	26	253	10	42	436	10
Female	16	157	10	22	228	10	38	385	10
<b>Severely undernourished</b>									
Male	6	18	3	3	6	2	9	24	3
Female	5	22	4	3	6	2	8	28	4
<b>Received cooked food supplement</b>									
Male	11	209	19	17	241	14	28	450	16
Female	10	192	19	15	191	13	25	383	15

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	88.6	88.5	88.7	85.4	85.5
Rte	8	8	7.7	10.9	10.9
Hot cooked meal	3.4	3.5	3.6	3.7	3.6
Preference for beneficiary of ICDS food supplement (%)					
All in the community	51.4	51.1	56.3		56.3
Only undernourished in the community	22.9	22.7	22.7		24.0
All coming to AW	4.6	4.6	3.8		5.1
Only undernourished coming to AW	2.1	2.1	2.3		2.2
Missing	19.1	19.6	23.9		12.3
Total	100.0	100.0	100.0		100.0

Receiving food supplement from AW						
	Urban		Rural		Total	
	No.	%	No	%	No	%
Stay and eat there	78	23.2	122	15.6	200	17.9
Collect food and go home	119	35.4	302	38.5	421	37.6
Stay at AW even after eating food	37	11.0	132	16.8	169	15.1
Do not get supplement	88	26.2	201	25.6	289	25.8
Get only take home type supplement	1	0.3	2	0.3	3	0.3
One family member collects for all	2	0.6	11	1.4	13	1.2
Missing value	11	3.3	14	1.8	25	2.2
Total	336	100.0	784	100.0	1120	100.0

## Details of Household Characteristics in Panchmahal

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
Number of PSUs covered	12		28		40	
Number of households	336		784		1120	
Size of HH	336	5.4 $\pm$ 2.43	784	5.1 $\pm$ 2.05	1120	5.2 $\pm$ 2.18
Total food grains purchased (Kg)	229	54.4 $\pm$ 28.89	596	53.7 $\pm$ 29.91	825	53.8 $\pm$ 29.61
Kg of Grains from PDS	134	41.8 $\pm$ 32.96	300	25.5 $\pm$ 23.52	434	25.6 $\pm$ 22.81
	No.	%	No.	%	No.	%
Type of HH	336		784		1120	
Joint	149	44.3	353	45.0	502	44.8
Nuclear	187	55.7	431	55.0	618	55.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Caste	336		784		1120	
SC	102	30.4	98	12.1	197	17.6
ST	7	2.1	236	30.1	243	21.7
OBC	159	47.3	357	45.5	516	46.1
Others	68	20.2	96	12.2	164	14.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Socio-economic status	336		784		1120	
High	3	0.9	3	0.4	6	0.5
Middle	33	9.8	79	10.1	112	10.0
Low	300	89.3	702	89.5	1002	89.5
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Literacy status of HHH	336		784		1120	
Illiterate	84	25.0	296	37.8	380	33.9
Can read and write	44	13.1	58	7.4	102	9.1
Schooling primary	98	29.2	186	23.7	284	25.4
Schooling secondary	110	32.7	244	31.1	354	31.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Literacy status of wife of HHH	278		683		961	
Illiterate	131	47.1	508	74.4	639	66.5
can read and write	33	11.9	25	3.7	58	6.0
Schooling primary	75	27.0	69	10.1	144	15.0
Schooling secondary	39	14.0	81	11.9	120	12.5
Missing Value	0	0.0	0	0.0	0	0.0
Total	278	100.0	683	100.0	961	100.0
Work status of HHH	336		784		1120	
Unemployed	62	18.5	63	8.0	125	11.2
Unskilled/ landless labourer	108	32.1	127	16.2	235	21.0
Semi-skilled / cultivators	61	18.2	353	45.0	414	37.0
Clerk/office worker/ Teacher / Landowners	20	6.0	145	18.5	165	14.7
Business/ Artisans	32	9.5	25	3.2	57	5.1
Others	48	14.3	71	9.1	119	10.6
Missing Value	5	1.5	0	0.0	5	0.4
Total	336	100.0	784	100.0	1120	100.0
Work status of wife of HHH	278		683		961	
Unemployed	245	88.1	469	68.7	714	74.3
Unskilled/ landless labourer	10	3.6	92	13.5	102	10.6
Semi-skilled / cultivators	1	0.4	11	1.6	12	1.2
Clerk/office worker/ Teacher / Service	5	1.8	13	1.9	18	1.9
Business/ Domestic help	13	4.7	42	6.1	55	5.7
Others	4	1.4	56	8.2	60	6.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	278	100.0	683	100.0	961	100.0
Dietary Habits	336		784		1120	
Vegetarian	178	53.0	697	88.9	875	78.1
Non-vegetarian	158	47.0	87	11.1	245	21.9
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Monthly Income	336		784		1120	
<5K	300	89.3	702	89.5	1002	89.5
5-10K	33	9.8	79	10.1	112	10.0
>10K	3	0.9	3	0.4	6	0.5
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Locality	336		784		1120	
Slum / Center of village	237	70.5	653	83.3	890	79.5

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	0	0.0	130	16.6	130	11.6
Regular colony / Harijan basti	99	29.5	1	0.1	100	8.9
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Type of House	336		784		1120	
Kutcha	52	15.5	361	46.0	413	36.9
Semi-pucca	129	38.4	308	39.3	437	39.0
Pucca	155	46.1	115	14.7	270	24.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Ownership of House	336		784		1120	
Own	320	95.2	770	98.2	1090	97.3
Rented	16	4.8	14	1.8	30	2.7
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
No. of rooms	336		784		1120	
One	50	14.9	170	21.7	220	19.6
Two	171	50.9	421	53.7	592	52.9
Three	94	28.0	178	22.7	272	24.3
> three	21	6.3	15	1.9	36	3.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Toilet Facility	336		784		1120	
Sulabh / No facility	151	44.9	666	84.9	817	72.9
Shared pit	28	8.3	24	3.1	52	4.6
Own pit	60	17.9	63	8.0	123	11.0
Own flush	97	28.9	31	4.0	128	11.4
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Transport	336		784		1120	
Public	230	68.5	461	58.8	691	61.7
Bicucle	59	17.6	110	14.0	169	15.1
Scooter / Moped	29	8.6	71	9.1	100	8.9
Any other	13	3.9	142	18.1	155	13.8
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Cooking Fuel used	336		784		1120	
Kerosene/ Coal/ Wood	253	75.3	716	91.3	969	86.5
Gas / electricity	83	24.7	67	8.5	150	13.4
Others	0	0.0	1	0.1	1	0.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Source of DW	336		784		1120	
Public Tap	201	59.8	106	13.5	307	27.4
Submersible	131	39.0	455	58.0	586	52.3
Well/ pond/ river	4	1.2	223	28.4	227	20.3
Missing Value	0	0.0	0	0.0	0	0.0
Total	336	100.0	784	100.0	1120	100.0
Entertainment	336		784		1120	
None	166	49.4	620	79.1	786	70.2
Radio	32	9.5	24	3.1	56	5.0
TV (BW)	34	10.1	28	3.6	62	5.5
TV(Col)	103	30.7	42	5.4	145	12.9
Missing Value	1	0.3	0	0.0	1	0.1
Total	336	100.0	784	100.0	1120	100.0
Kitchenware	336		784		1120	
Clay	3	0.9	64	8.2	67	6.0
Aluminium	33	9.8	53	6.8	86	7.7
Cast iron	2	0.6	26	3.3	28	2.5
Brass / Copper	6	1.8	40	5.1	46	4.1
Stainless Steel	292	86.9	598	76.3	890	79.5
Missing Value	0	0.0	3	0.4	3	0.3
Total	336	100.0	784	100.0	1120	100.0
Food grain Purchase	336		784		1120	
possession of Ration card	307	91.4	721	92.0	1028	91.8
buy grains from Ration Shop	141	45.9	355	49.2	496	48.2



## Details of ICDS in Panchmahal

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
<b>Awareness about presence of AW</b>	322	95.8	770	98.2	1092	
<b>Pregnant women</b>	14		31		45	
<b>Visit AW</b>						
Never	7	50.0	6	19.4	13	28.9
Less than 10 days	4	28.6	5	16.1	9	20.0
10-20 days	0	0.0	7	22.6	7	15.6
More than 20 days	3	21.4	13	41.9	16	35.6
<b>Receive NHE</b>	7	50.0	23	74.2	30	66.7
<b>Receiving food supplement</b>	6	42.9	22	71.0	28	62.2
Less than 10 days	2	33.3	4	18.2	6	21.4
10-20 days	2	33.3	8	36.4	10	35.7
More than 20 days	2	33.3	10	45.5	12	42.9
<b>Lactating women</b>	24		49		73	
<b>Visit AW</b>						
Never	15	62.5	21	42.9	36	49.3
Less than 10 days	3	12.5	4	8.2	7	9.6
10-20 days	3	12.5	7	14.3	10	13.7
More than 20 days	3	12.5	17	34.7	20	27.4
<b>Receive NHE</b>	10	41.7	27	55.1	37	50.7
<b>Receiving food supplement</b>	8	33.3	27	55.1	35	47.9
Less than 10 days	1	12.5	1	3.7	2	5.7
10-20 days	3	37.5	10	37.0	13	37.1
More than 20 days	4	50.0	16	59.3	20	57.1
<b>0-3 year children</b>	81		226		307	
<b>Visit AW</b>						
Never	34	42.0	62	27.4	96	31.3
Less than 10 days	7	8.6	22	9.7	29	9.4
10-20 days	3	3.7	27	11.9	30	9.8
More than 20 days	36	44.4	115	50.9	151	49.2
<b>Receive NHE</b>	46	56.8	161	71.2	207	67.4
<b>Receiving food supplement</b>	48	59.3	160	70.8	208	67.8
Less than 10 days	3	6.3	22	13.8	25	12.0
10-20 days	15	31.3	34	21.3	49	23.6
More than 20 days	30	62.5	101	63.1	131	63.0
<b>Weight of children</b>	79	97.5	174	77.0	253	82.4
<b>Nutritional status of children</b>						
Normal	40	50.6	119	68.4	159	62.8
Undernourished	6	7.6	29	16.7	35	13.8
Severely undernourished	6	7.6	0	0.0	6	2.4
Donot know	27	34.2	26	14.9	53	20.9
Missing value	0	0.0	0	0.0	0	0.0
<b>3-6 year children</b>	124		259		383	
<b>Visit AW</b>						
Never	41	33.1	43	16.6	84	21.9
Less than 10 days	0	0.0	12	4.6	12	3.1
10-20 days	8	6.5	23	8.9	31	8.1
More than 20 days	74	59.7	180	69.5	254	66.3
<b>Receive NHE</b>	84	67.7	215	83.0	299	78.1
<b>Receiving food supplement</b>	83	66.9	215	83.0	298	77.8
Less than 10 days	0	0.0	12	5.6	12	4.0
10-20 days	14	16.9	39	18.1	53	17.8
More than 20 days	71	85.5	166	77.2	237	79.5
<b>Weight of children</b>	82	66.1	216	83.4	298	77.8
<b>Nutritional status of children</b>						
Normal	67	81.7	147	68.1	214	71.8
Undernourished	8	9.8	36	16.7	44	14.8
Severely undernourished	0	0.0	0	0.0	0	0.0
Donot know	7	8.5	33	15.3	40	13.4
Missing value	0	0.0	0	0.0	0	0.0

## Details of NPAG in Panchmahal

	Urban		Rural		Total	
	No.	Mean ±S.D	No.	Mean ±S.D	No.	Mean ±S.D
<b>Number of adolescent girls</b>	194		370		564	
<b>Mean age (years)</b>	194	14.4 ± 2.89	370	14.2 ± 2.46	564	14.3 ± 2.61
<b>Mean weight (Kg)</b>	132	34.5 ± 8.57	274	34.6 ± 7.57	406	34.6 ± 7.90
<b>Literacy status</b>						
Illiterate	18	9.3	43	11.6	61	10.8
Can read and write	10	5.2	19	5.1	29	5.1
Schooling primary	115	59.3	166	44.9	281	49.8
Schooling secondary	51	26.3	142	38.4	193	34.2
<b>Marital status (%)</b>						
Currently married	8	4.1	30	8.1	38	6.7
Never married	186	95.9	340	91.9	526	93.3
<b>Age at marriage (%)</b>						
10-13 years	0	0.0	0	0.0	0	0.0
13-16 years	1	0.5	7	1.9	8	1.4
16-19 years	7	3.6	23	6.2	30	5.3
not married	186	95.9	340	91.9	526	93.3
<b>KSY and NPAG</b>	174	89.7	368	99.5	542	96.1
Awareness about KSY	51	29.3	185	50.3	236	43.5
Awareness about NPAG	39	22.4	166	45.1	205	37.8
Visit AW centre						
For KSY	34	19.5	125	34.0	159	29.3
For NPAG	18	10.3	62	16.8	80	14.8
Never	122	70.1	181	49.2	303	55.9
Receive NHE	45	25.9	183	49.7	228	42.1
Receive IFA	59	33.9	195	53.0	254	46.9
Receive food supplements from AW	168		366		534	
Never	136	81.0	228	62.3	364	68.2
Less than 10 days	11	6.5	45	12.3	56	10.5
10-20 days	13	7.7	33	9.0	46	8.6
more than 20 days	8	4.8	60	16.4	68	12.7
<b>Weighting by AWW</b>	38	19.6	170	45.9	208	36.9
<b>Weighting less than 35 kg (%)</b>	26	68.4	109	64.1	135	64.9
<b>Given a chit for free food grains</b>	0	0.0	49	45.0	49	36.3
<b>Went to ration shop to collect grains</b>	0	0.0	45	91.8	45	91.8
<b>Collection of grains from ration shop</b>						
one month	0	0.0	5	11.1	5	11.1
two months	0	0.0	7	15.6	7	15.6
three months	0	0.0	33	73.3	33	73.3
never	0	0.0	0	0.0	0	0.0
<b>Reason for not getting food grains</b>						
not aware of NPAG	0	0.0	0	0.0	0	0.0
did not go to ration shop	0	0.0	0	0.0	0	0.0
ration shop closed	0	0.0	0	0.0	0	0.0
ration shop opened but no stock	0	0.0	0	0.0	0	0.0
do not require ration	0	0.0	0	0.0	0	0.0
<b>After receiving food grains</b>						
no change in weight	0	0.0	5	11.1	5	11.1
deterioration in weight	0	0.0	0	0.0	0	0.0
improvement in weight < 35 Kg	0	0.0	34	75.6	34	75.6
crossed 35 kg	0	0.0	6	13.3	6	13.3

## A SAMPLE OF CHITS GIVEN TO ADOLESCENT GIRL

57 ઇયુઆન

**રાષ્ટ્રીય પોષણ મિશન**  
**સંકલિત ગાળ વિકાસ યોજના**

જિલ્લો : ..... પેલખરાજ

કુપન નંબર : N° 1650237      ૬ કીલો ચોખા / ઘઉં

લાભાર્થીનો પ્રકાર : સગર્ભા / ધૂર્ણ / કિશોરી

ઘટકનું નામ : ..... જીવાણુ      સીડીપીઓફીની, સિડો  
આંગણવાડી કેન્દ્રનું નામ : ..... જીવાણુ      આઈ.સી.ડી.એચ., જીવાણુ

લાભાર્થીનું નામ : ..... ગૌરી રાજેન્દ્રકાન્ત રાવેલ      કોડ નંબર ૩

રા. પો. મિશનના રજીસ્ટરનો નોંધણી નંબર : .....

ઘસ્યુ કરનારની સહી અને તારીખ : ..... મહેમુદ મેલ      ૨૯

વ્યાજની સહાયની દુકાનનો નંબર/ગામનું નામ : ..... આઈ.સી.ડી.એચ. મેલ      ૩૩૨

ચોખા/ઘઉં આપ્યા તેનો બીલ નંબર : ..... આઈ.સી.ડી.એચ. મેલ      ૩૩૩

દુકાનદારની સહી : .....      લાભાર્થીની સહી : ..... જીવાણુ

● સુચના ●

૧. જે ઘટકમાં રાષ્ટ્રીય પોષણ મિશનના લાભાર્થીને આ કુપન આપેલ છે તેમાં નોંધેલ સરતા અનાજની દુકાને તે કુપન મળવાથી ૩૦ દિવસમાં રજુ કરવાથી ૬ કીલો ચોખા વિના મુલ્યે મળી શકશે.
૨. આ યોજનાના લાભાર્થીના અંગત ઉપયોગ માટે જ ચોખા/ઘઉં આપવામાં આવેલ હોઈ તેનો ઉપયોગ લાભાર્થીએ જ કરવાનો રહેશે. લાભાર્થી અન્યને ચોખા કે ઘઉં આપી શકતા નથી કે વેચાણ કરી શકતા નથી.
૩. કુપન ખોવાઈ ન જાય કે ચોરાઈ ન જાય તે રીતે સાચવી રાખવી.
૪. ચોખા/ઘઉં મળી ગયા પછી આપના ગામની આંગણવાડી કાર્યકરને જણ કરો. ચોખા મળવામાં કોઈ મુશ્કેલી હોય તો આંગણવાડી કાર્યકર/ સીડીપીઓફીનું ધ્યાન દોરો.

## Progress Report of NPAG in 2002-03

GUJARAT

30

મહિલા અને બાલ વિકાસ નિધન	.....
તારીખ: 30.12.2002	.....
પાલિકા: 24	.....
વર્ષ: 2003	.....

No.9(1)/2002-H&FW  
Government of India  
Planning Commission

Yojana Bhavan, Sansad Marg,  
New Delhi, July 17, 2002

To

The Chief Secretary,  
Govt. of Gujarat,  
Gandhinagar.

Subject: Special Additional Central Assistance to provide subsidized food grains to pregnant and lactating women and adolescents in the Annual Plan 2002-03

Sir,

I am directed to convey approval of Planning Commission for Special Additional Central Assistance of Rs. 581.75 lakh to Gujarat for the Annual Plan 2002-03. In view of the importance of the programme and the fact that the proposed targeted supplementation is a "Merit Goods", the above amount will be a 100% grant to the States.

2. The special ACA of Rs. 581.75 lakh will be utilized by the State Government for the following:

Sl.No.	Name of the Project	Additional Central Plan Assistance Sanctioned (Rs. in lakh)	Amount to be released in the 1 <sup>st</sup> instalment (Rs. in lakh)
1.	Subsidized food grains to pregnant and lactating women (with weight < 40 kg) and adolescents (with weight < 35 kg) in the identified districts viz., Panch mahal, Dohad	545.15	272.57
2.	Weighing Machines	14.64	14.64
3.	IEC/Training	14.64	14.64
4.	Other Expenditure	7.32	7.32
	<b>Total</b>	<b>581.75</b>	<b>309.17</b>

3. The amount may be passed on to the Department concerned in the current financial year.

Under National Nutrition Mission of  
 Food Grain Scheme to under marshled  
 adolescent girls program in various taluk districts

ચમણ અને દાહો જિલ્લાના સગર્ભા / ધાત્રી / કિશોરીઓ માટે રાષ્ટ્રીય પોષણ મિશન દ્વારા ૬ કિલો માસિક  
 અનાજ આપવાની યોજના :

Summary of  
 Total Pregnancies  
 સર્વે મુજબના બીપીએલ  
 લાભાર્થીઓ

Monthly  
 ૬ કિલો લેખે અનાજની  
 માસિક જરૂરીયાત  
 Requirement  
 ૬ કિલો લેખે અનાજની વાર્ષિક  
 જરૂરીયાત  
 Annual Requirement

કોડ	બીપીએલ	કિલો	માસિક જરૂરીયાત	વાર્ષિક જરૂરીયાત
દાહો	85342	કિલો	512052	6144624
મહાલ		કિલો		
		કિલો	5121	61446
		મે.ટન	51	614
મહાલ	45448	કિલો	272688	3272256
		કિલો	2727	32723
		મે.ટન	27	327
સા	130790	કિલો	784740	9416880
		કિલો	7847	94169
		મે.ટન	78	942

**STATEMENT SHOWING THE DETAILS OF BENEFICIARIES  
UNDER NATIONAL NUTRITION MISSION**

**DISTRICT : DAHOD**

	Category	Total registered	Total weighed	Total eligible under NNM	Coupons released for quarter
1.	Pregnant Mothers	18560	18560	4856	12300
2.	Lactating mothers	17748	17748	5319	13500
3.	Adolescents 11-14 years	88122	88122	29107	75750
4.	Adolescents 15-19 years			10640	26850
<b>TOTAL</b>		<b>1,24,430</b>	<b>124430</b>	<b>49912</b>	<b>128400</b>

**PANCHMAHALS**

	Category	Total registered	Total weighed	Total eligible under NNM	Coupons released for quarter
1.	Pregnant mothers	13074	13074	4286	
2.	Lactating mothers	14768	14768	4364	
3.	Adolescents 11-14 years:				
	: 56739	56739	56739	41419	
4.	Adolescents 15-19 years :				
<b>TOTAL</b>		<b>84581</b>	<b>84581</b>	<b>49964</b>	<b>142000</b>

**STATEMENT SHOWING THE GRANT RECEIVED AND EXPENDITURE  
INCURRED DURING 2002-03 FOR NATIONAL NUTRITION MISSION**

<b>Particulars</b>	<b>Rs. In lakhs</b>
(1) Opening balance	NIL
(2) Grant received	309.17
(3) Total	309.17
(4) Expenditure incurred	295.84
(5) Balance	13.33

### National Nutrition Mission

~~///~~ **Government of India has communicated to launch the scheme in Panchmahals Dahod district vide letter no 3804/ secy (WCD) / 2002 dated 16.08.2002**

~~///~~ Core objective of the mission are:

~~///~~ Reduction in malnutrition

~~///~~ Reduction/ elimination of micronutrient malnutrition deficiencies relating to iron, iodine, Vitamin- A etc.

~~///~~ Reduction in chronic energy deficiency

~~///~~ Benefit of the scheme has been given to BPL females meeting the weight criteria as well as all expectant mothers registered at anganwadis on 30.08.2002 are otherwise eligible.

~~///~~ All the anganwadis have been provided with weighing scale specially purchased for this programme.

~~///~~ A trainers training has been given with the support of CHETNA, Ahmedabad. (Training design report enclosed)

~~///~~ The Government of Gujarat has requested Government of India to give Rice in place of Wheat to the beneficiaries as food habit of the particular area is Rice, which was accepted by Government of India, planning Commission vide their letter of 06.11.2002 (copy enclosed)

~~///~~ Training to all the anganwadi staff and the health Para medical staff have been given at the taluka place.

~~///~~ Reporting format for the National Nutrition Mission includes several points relation to the health status of the beneficiaries have been kept by Anganwadi worker and health worker.

~~///~~ Arrangement for measuring Hemoglobin levels of beneficiaries has been taken care by Health Dept.

~~///~~ Food coupons have been designed by Women and Child Development Department and through local fair price shop the food grain was given to the beneficiaries

~~///~~ With the help of Gujarat state civil supplies corporation a day has been fixed every week for the beneficiaries to get the food grain.

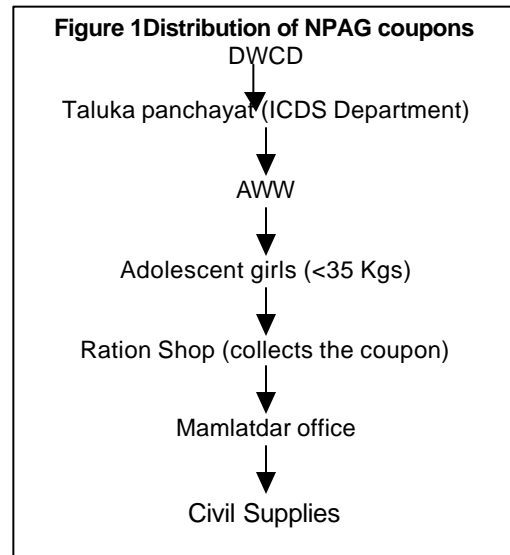
~~///~~ IFA tablets have been given to the beneficiaries weighed and found eligible for food grain and given the food grain is enclosed herewith.

~~///~~ Last reported statement of beneficiaries is enclosed herewith.

*Source: Mrs. Rita Teotia, former sec. DWCD, Gujarat*

## Principal Investigator Summary

The procedure followed for providing food grains to adolescent girls is shown in Figure 1. The undernourished persons were identified by the AWW four times a year. The list of undernourished persons was submitted and was approved by Gram Sabha. After the approval, AWW gives signed note to identified beneficiary for obtaining food grains (6 Kg maize) from FPS shop. Supervisors and CDPOs verified the cases randomly. AWW on identifying adolescent girls would send the information to district DWCD where they receive coupons from state office. DWCD distribute coupons in lots based on the data from anganwadi workers. Anganwadi workers then gave the coupons to the beneficiaries. The ration shop collects them and as records send them to Department of Civil Supplies finally. At the end of three months all the beneficiaries will be weighed again. AWW provided appropriate nutrition education to the beneficiaries and their families.



Though the procedure appears complicated, it has advantage of transparency; involvement of PRIs at different levels to a novel concept that only undernourished persons will be given food grain supplements. This procedure might have helped in bringing about acceptance of the concept, people participation and cooperation in the programme because over 50 % in all the four groups had accessed food grains for all the three months

### Observations regarding the functioning of anganwadi

- ?? Majority of AWWs were regular functioning, weighing machine was present and being used regularly for weighing adolescent girls. AWWs had knowledge on how to weigh adolescents and detect those below 35 Kgs.
- ?? Most of the Anganwadi workers found it difficult to grade the undernourished children.
- ?? Under three children got cereal pulse mix as take home food once a week it is shared occasionally by the family members.
- ?? Pregnant, lactating and 3-6 children got RTE and they take home and it is shared with the family.
- ?? Food supply was not there in 5 AWW.
- ?? Records were incomplete and old records not maintained at anganwadi. They can be traced at district level.

### Problems Encountered

In many PSU ICDS was not functional or PDS shops closed and/or non-cooperative.

No records at PDS as submitted to Government already/



Work done in Gujarat only for one year in 2003 (Jan to Jan). All adolescent girls have been weighed in 2005-06 and once the food arrives, the program will take off hopefully. The minister already did official inauguration.

At AWW and household, Program officer cooperated, as he was RCHO holding charge of ICDS PO.

At household, helper or AWW accompanied during the survey, which made investigation easier. CDPOs were cooperative.

## Sonbhadra

Sonbhadra is the largest district of Uttar Pradesh. It lies to the extreme southeastern part of the state, and is bounded by Mirzapur district in the northwest, Chandoli district in the north, Bihar state to the northeast, Jharkhand state to the east, Chhattisgarh state to the south, and Madhya Pradesh state to the west. The district headquarters is in the town of Robertsganj. Engross

	Sonbhadra	UP
<b>Population</b>		
<b>Persons</b>	1463468	166052859
<b>Males</b>	771817	87466301
<b>Females</b>	691651	78586558
<b>Percentage decadal growth</b>	36.13	25.80
<b>Sex ratio (females per 1,000 males)</b>	896	898
<b>Population density (per sq. km.)</b>	216	689.2
<b>Literacy rate (%)</b>		
<b>Persons</b>	49.96	57.36
<b>Males</b>	63.79	70.23
<b>Females</b>	34.26	42.98

Source: Census 2001

The district has an area of 6788 sqkm with a population of 1463468 persons (0.8% of state's population), and a population density of 216 persons per sqkm. Males constitute 52.7% of the population and females 47.3%. The sex ratio of the district is 896 females per 1000 males which is almost similar to the state average of 898. Sonbhadra has an average literacy rate of 50 %, lower than the state average of 57.4 %. The male literacy rate is 63.8 %, and female literacy rate is 34.3 %. (Table 4.2.8.1)



Figure 4.2.8.1: District map of Sonbhadra

### NPAG evaluation

The evaluation of NPAG was conducted in 31 PSUs (28 rural and 3 urban) of Sonbhadra district of Uttar Pradesh (Annexure 4.2.8a). The data for the rural and urban areas have been analysed and presented separately.

### Funds and food grains release

The NPAG programme was initiated in 2002-03 in Sonbhadra District. The training and IEC activities were completed and adult balances were provided to all AWs in 2002. The NPAG

was running well in 2002-03, 2003-2004 and 2004-05. In 2005-06, it was resumed with adolescent girls as the only target group.

Year	Funds given to PDS (Rs.)	Food grains released to Ration shop (Qtl)
2002-03	502180	863.61
2003-04	1174000	2443.92
2004-05	2348000	2555.85
2005-06	2734000	1038.35

Table 4.2.8.2 gives details of funds and food grains release under NPAG scheme from 2002-03 to 2005-06. The funds released in 2002-03 remained unutilized and were revalidated for 2003-04. In 2004-05 funds for 2003-04 and 2004-05 were released to PDS in three installments of Rs. 1174000. A total amount of 863.6 qtls of wheat was released in 2002-03. In 2003-04 and 2004-05 a total amount of 2443.9 qtls and 2555.8 qtls of wheat were released to PDS respectively. In 2005-06, a total amount of 5879.5 qtls were released from state to district, of which 1038.4 qtls were released to PDS.

Age in yrs	Weight by Evaluators		Weight by AWWs					
	N	Mean $\pm$ S.D	2004		2005		2006	
			N	Mean $\pm$ S.D	N	Mean $\pm$ S.D	N	Mean $\pm$ S.D
10	68	26.9 $\pm$ 6.53	6	27.8 $\pm$ 3.37	78	23.2 $\pm$ 3.7	7	24.4 $\pm$ 6.08
11	32	27.2 $\pm$ 4.52	37	23.7 $\pm$ 4.87	40	22.8 $\pm$ 4.52	145	22.6 $\pm$ 4.90
12	86	31.9 $\pm$ 8.36	62	27.6 $\pm$ 4.81	76	27.3 $\pm$ 5.91	75	25.8 $\pm$ 5.41
13	53	33 $\pm$ 5.91	33	30.9 $\pm$ 3.93	44	29.1 $\pm$ 4.31	54	27.2 $\pm$ 4.30
14	47	36.4 $\pm$ 6.38	38	32.9 $\pm$ 2.67	40	30.1 $\pm$ 4.17	37	30.8 $\pm$ 4.99
15	58	37.3 $\pm$ 6.33	38	32.1 $\pm$ 2.53	55	33.5 $\pm$ 4.79	49	33 $\pm$ 2.78
16	37	39 $\pm$ 7.02	13	31.8 $\pm$ 2.65	25	34.4 $\pm$ 4.75	32	35.3 $\pm$ 3.50
17	28	40.2 $\pm$ 4.49	NA	NA	NA	NA	14	35.2 $\pm$ 3.12
18	37	41.3 $\pm$ 7.12	NA	NA	11	33 $\pm$ 7.04	16	36.1 $\pm$ 4.69
19	NA	NA	NA	NA	NA	NA	NA	NA
<b>Total</b>	<b>446</b>	<b>34.1 <math>\pm</math> 8.2</b>	<b>227</b>	<b>29.5 <math>\pm</math> 5.01</b>	<b>369</b>	<b>28.1 <math>\pm</math> 6.25</b>	<b>429</b>	<b>27.6 <math>\pm</math> 6.76</b>

The records of weight of adolescent girls taken by AWW in the PSUs covered under evaluation and the weight of adolescent girls from the selected households in the PSU by the evaluation team is given in the Table 4.2.1.3. The weight of girls reported by evaluation team was higher in all age groups.

### **Rural**

Number of Households	7133
Total Population	50773
<b>Number of persons registered in AWWs</b>	
Children 7-12 months	1243
Children 1-3 years	2507
Children 4-6 years	4122
Pregnant women	748
Lactating women	714
Adolescent girls (KSY)	3270

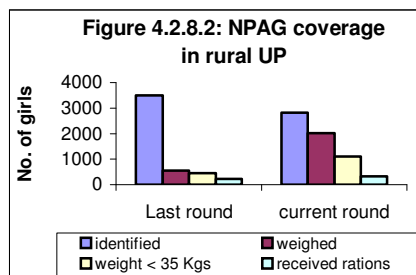
they came to AW everyday for preschool education.

The NPAG evaluation was conducted in 31 rural anganwadis (AWs). Data on number of households, total population and number of persons registered with the AWWs in May 2006 is given in Table 4.2.8.4. Ready to eat food or take home rations (Panjiri) were being supplied weekly to all pregnant and lactating women and 0- 3 year old children and RTE was given daily to 3-6 year old children as

## NPAG-Adolescent Girl

Twenty-one AWWs received training in weighing of adolescent girl and 23 received training in providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting the undernourished girls and distributing food grains to families of undernourished girls. The AWWs received supported from PRI (25.8 %), ANM (58.1 %) and family of girls (77.4 %) in identifying all adolescent girls, weighing them and detecting those with weight less than 35 kg and providing them chits for collecting food grains. The ration shop workers (64.5 %) were willing to take the chits and provide food grains to families of identified adolescent girls. But fifteen AWWs stated that there is non-availability of rations in the ration shops at the time of distribution. Nineteen AWWs also stated that they had informed authorities for non-availability of rations in the ration shops (Annexure 4.2.8b).

Adult weighing scales had been given to 29 AWWs and 22 of them had weighed adolescent girls in that area and identified girls under 35 kg. Nineteen AWWs adjusted zero error of the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of twelve AWWs (66.7 %) were accurate and 6 weighing scales were inaccurate by 1 kg. Fifteen AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (78.9 %) and 4 AWWs were not able to demonstrate how to correctly weigh adolescent girls. Thirty AWWs (96.8 %) provided NHE to the identified adolescent girls. Eight AWWs had given chits to identified adolescent girls. Only one AWW had records of NPAG. Nineteen AWWs stated that NPAG could improve nutritional status of adolescent girls and 21 AWWs reported that NPAG could improve participation of adolescent girls in KSY.



The data on last round (April- 2004 to Oct 2005) was available in 23 AWWs; 3505 adolescent girls were identified; 562 adolescent girls were weighed (in 17 AWWs); 465 weighed less than 35 kg (Figure 4.2.8.2). In the last round of NPAG, 57 new adolescent girls who weighed less than 35 kg were identified. AWWs gave NHE to 735 adolescent girls. The chits were distributed to 237 identified undernourished

adolescent girls by thirteen AWWs; 135 girls collected food grains for 1 month, 89 girls for 2 months and 13 girls for 3 months from ration shop. Under KSY scheme, 72 girls were taking food supplement from AWWs. Repeat weighing after three months showed that, 36 girls had gained weight but did not cross 35 kg.

The data pertaining to the current round (April 2006 to June 2006) was available in 25 AWWs; 2807 adolescent girls were identified; 2011 adolescent girls were weighed (in 22 AWWs); 55.5% girls weighed less than 35 kg. AWWs gave NHE to 763 adolescent girls (Figure 4.2.8.2). In the current round of NPAG 131 new adolescent girls weighing less than 35 kg were identified. Chits were distributed to the 392 adolescent girls by 8 AWWs. Only 316 girls of 5 AWW collected ration for 2 months. Under KSY scheme, 75 girls were taking food supplement from AWWs. There was an improvement in weighing and identification of undernourished adolescent girls by the AWWs therefore more girls were able to get benefit of the programme in the current round.

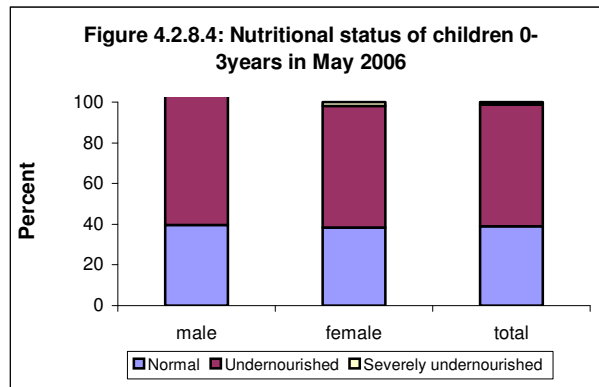
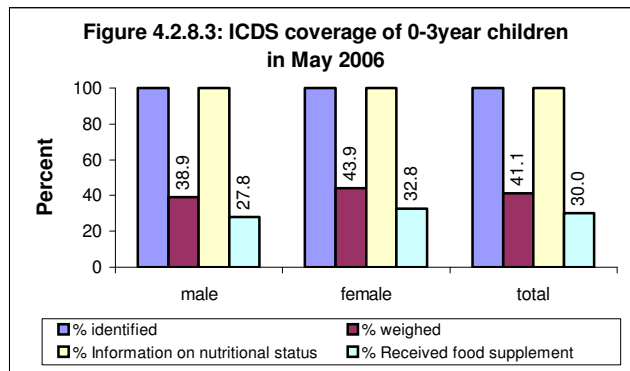
## Ongoing ICDS programme

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from 31 AWs. The data for the month of May 2006 is presented in Annexure 4.2.8c.

### Pregnant and lactating women

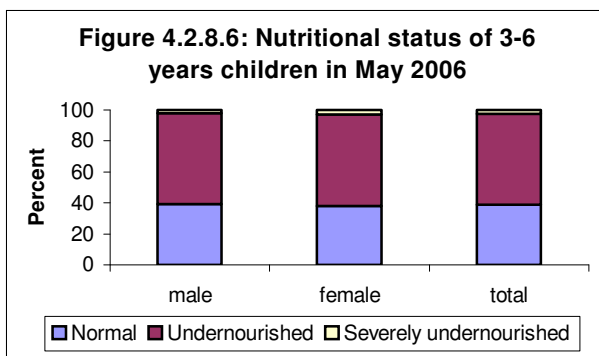
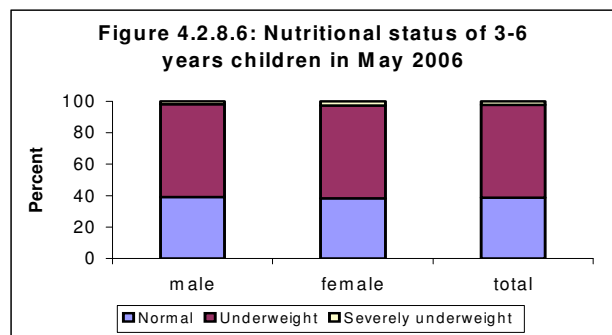
Data on pregnant women were available in 31 AWs; 709 pregnant women were identified, 97 pregnant women were weighed (9 AWs); 33 pregnant women weighed less than 40 kg. 274 pregnant women (in 31 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 31 AWs; 708 lactating women were identified, 106 lactating women were weighed (in 6 AWs); 2 lactating women of one AWs weighed less than 40 kg; 214 lactating women (in 31 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women. Twenty-eight AWWs were giving NHE to pregnant and lactating women.

### Children (0-3 years of age)



A total of 2939 children (0-3 years old) were identified; 41.1 % of them were weighed. Information on nutritional status was available for all the children who were weighed; 39.1 % were normal, 59.5 % were undernourished and 1.4 % were severely undernourished (Figure 4.2.8.4); 30 % received food supplements from AWs daily (Figure 4.2.8.3); Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### Children (3-6 year old)



A total of 2781 children (3-6 year old) were identified; 37.5 % of them were weighed. The information on nutritional status is available on all children who were weighed by AWWs, 38.6 % were normal; 59.0 % were undernourished and 2.4 % were severely undernourished

(Figure 4.2.8.6); 40.4 % were receiving food supplement from AWs daily (Figure 4.2.8.5). Distribution of food supplement was not done on the basis of nutritional status of the children.

## Urban

Number of Households	620
Total Population	4022
<b>Number of persons registered in AWs</b>	
Children 7-12 months	119
Children 1-3 years	147
Children 4-6 years	354
Pregnant women	58
Lactating women	73
Adolescent girls (KSY)	247

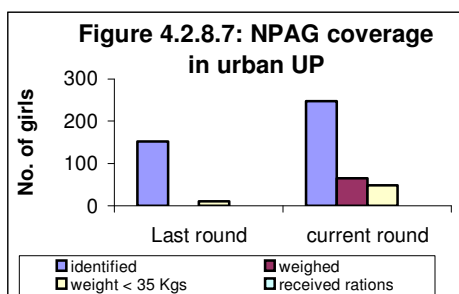
AWs everyday for preschool education.

The NPAG evaluation was conducted in 3 urban AWs. Data on number of households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.8.5. Ready to eat food or take home rations (Panjiri) were being supplied weekly to all pregnant and lactating women and 0- 3 year old children and RTE was given daily to 3-6 year old children as they came to

### NPAG-Adolescent girls

Only 1 AWW received training in weighing of adolescent girl and providing NHE pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girls. The AWWs received support from PRI, ANM and family of girls in identifying all adolescent girls, weighing them and detecting those with weight less than 35 kg and providing them chits for collecting food grains. The ration shop workers were willing to take the chits and provide food grains to families of identified adolescent girls. However all three AWWs stated that there is non-availability of rations at the ration shops and had informed authorities for non-availability of rations in the ration shops (Annexure 4.2.8b).

Adult weighing scales had been given to all the AWWs; all of them had weighed adolescent girls in their area and identified girls under 35 kg. All AWWs adjust zero error of the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of 1 AW was accurate and 2 weighing scales were inaccurate by 1 kg. Two AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl and 1 AWW was not able to demonstrate how to correctly weigh adolescent girls. All 3 AWWs gave NHE to the identified adolescent girls. All AWWs had given chits to identified undernourished girls of their areas and girls of all the three AWs had collected food grains from ration shop. None of the AWWs had records of NPAG. All AWWs stated that NPAG could improve nutritional status of adolescent girls and their participation in KSY.



The data on last round (April- 2004 and Oct 2004) was available in 3 AWs; 152 adolescent girls were identified. No data was available on weighing of adolescent girls, however one AWW reported that 11 girls weighed less than 35 kg (Figure 4.2.8.7). In the last round of NPAG, 3 new adolescent girls were identified. No chits were distributed to the identified undernourished adolescent girls. AWWs gave NHE to 78 adolescent girls. Under

KSY scheme 9 girls received food supplements.

The data pertaining to the current round (Mar 2006 and April 2006) was available from 3 AWWs; 247 adolescent girls were identified; 65 girls were weighed (in 1 AWW), 73.8 % girls weighed less than 35 kg (Figure 4.2.8.7). AWWs gave NHE to 121 adolescent girls. Under KSY scheme 9 girls received food supplement. Chits were not distributed to the adolescent girls.

### Ongoing ICDS programme

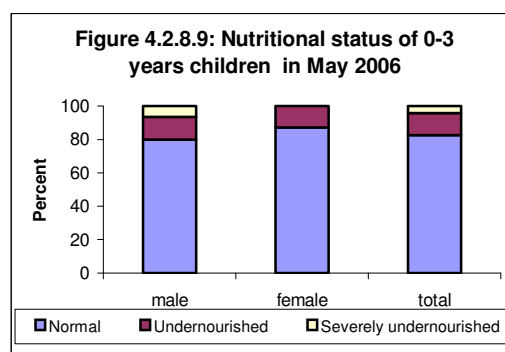
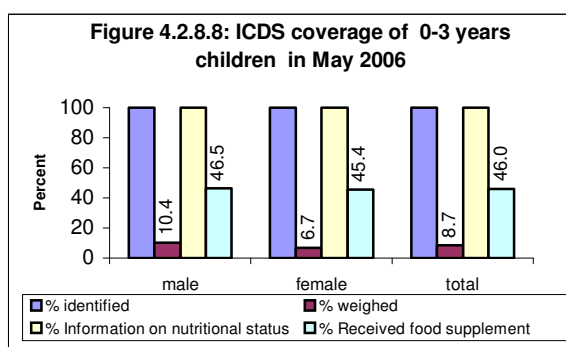
The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from 3 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.8).

#### Pregnant and lactating women

Data on pregnant women were available in 3 AWWs; 58 pregnant women were identified, 20 pregnant women were weighed (1 AWW); 5 pregnant women weighed less than 40 kg. 27 pregnant women (in 3 AWWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 3 AWWs; 71 lactating women were identified, 16 lactating women were weighed (in 1 AWW); none of the lactating women weighed less than 40 kg; 21 lactating women (in 3 AWWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women. All the three AWWs were giving NHE to pregnant and lactating women.

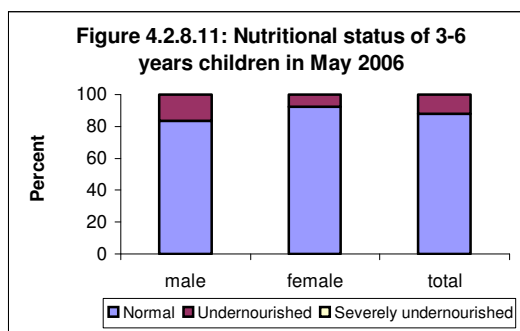
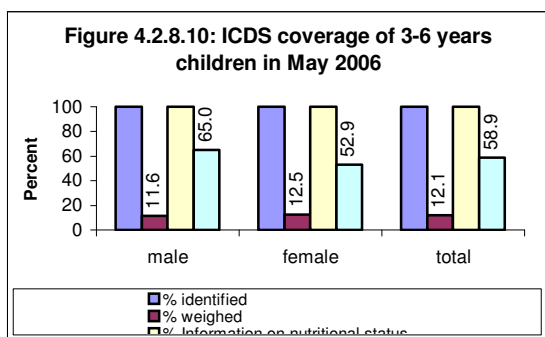
#### Children (0-3 years)

A total of 263 children (0-3 years old) were identified; 8.7 % of them were weighed. Information on nutritional status was available for all the children who were weighed; 82.6 % were normal, 13 % were undernourished and 4.3 % were severely undernourished (Figure 4.2.8.9); 46 % received food supplements from AWWs for more than 20 days (Figure 4.2.8.8); Distribution of food supplements was not carried out on the basis of nutritional status of the child.



#### Children (3-6 years)

A total of 207 children (3-6 year old) were identified; 12.1 % of them were weighed. The information on nutritional status is available on all children who were weighed by AWWs, 88 % were normal and 12 % were undernourished (Figure 4.2.8.11); 58.9 % were receiving food supplement from AWWs for more than 20 days (Figure 4.2.8.10). Distribution of food supplement was not done on the basis of nutritional status of the children.



## Household Survey

The household survey was conducted in 31 PSUs (28 rural and 3 urban) of Sonbhadra district (Annexure 4.2.8d and 4.2.8e). The data obtained from rural and urban PSUs were analysed and reported separately.

### Rural

The survey was conducted in 785 rural households. The mean household size is 6; 61.4 % were nuclear families.

### Socioeconomic profile

About forty percent of the households surveyed belonged to OBC (40.3%); more than a third to SC (36.7 %); rest belonged to other castes. Over ninety percent families (91.7 %) stated that their monthly income was less than Rs. 5000; rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The head of the households were better educated than the wives of the head of the households. Nearly half of the head of the households were illiterate (48.2 %) and 27 % were educated up to primary level and only 19.9 % were educated up to secondary school or more. Over eighty-five percent of the wives of head of the household were illiterate (86.1 %) and only 8.8 % had primary education.

One third of the head of the households were farmers (38.2 %) and 41.5 % were working as landless labourers and rest were in service and 4.6 % were unemployed at the time of the survey. Most of the wives of the head of the households were housewives (83.9 %) and did not work outside home. About 8.9 % were working as landless labourer and 5.2 % as domestic helper.

Most of the populations were residing in the center of the village (60.9 %). Nearly all houses were self-owned property (98.5 %). Nearly ninety percent families lived in kutcha houses (87.3 %). and had two or more rooms (87.6 %); rest lived in one room (12.4 %). Only 8 % had toilet facility and majority of the population had no access to toilet or were using sulabh (92.1 %). Majority had provision of potable water at their own homes (75.8 %) and 24.2 % was taking drinking water from public sources like taps, hand pumps or water tankers, well, pond and river. Eighty two percent of the households reported that they were non-vegetarian. Only 3.7 % were using gas for cooking food and 96.3 % of the families were using kerosene or wood stoves for cooking. Mostly families were using stainless steel utensils (49.4 %) and aluminum (48.9%) for cooking purposes. Public transport was used by about one third (37.5 %) of the population and 56.1 % had bicycle. More than half of them had no source of



entertainment such as radio or T.V colour television (54.4 %) at home and 28.3 % had radio and only 3.6 % had colour television at home.

The mean consumption of food grains was 79.1 kg per month per household. Over sixty percent (68.4 %) of the families had ration card and 60% of them bought food grains from ration shop. On an average each household bought 32.5 kg of food grains from the ration shop.

### **Utilization of ICDS services**

Almost all the households know about AWs in their area (90.2 %). In rural areas more than one third of the beneficiaries collect supplement from AWs and took it home (34.6 %) and 11.7% stayed at AWs and ate the supplement at the AWs. Information on number of pregnant, lactating women and preschool children who visited AWs, received NHE and/or food supplements is given in Table 4.2.8.6.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	43	18.6 (8)	18.6 (8)	87.5 (7)	12.5 (1)	0
Lactating women	62	14.5 (9)	20.9 (13)	92.3 (12)	0	7.7(1)
0-3 years	347	18.7 (65)	31.2 (108)	75.9 (82)	15.7 (17)	0.8 (9)
3-6 years	517	22.4 (116)	38.9 (201)	29.8 (60)	47.3 (95)	22.9 (46)

Figures in parenthesis denote actual numbers

About eighteen percent of the pregnant women visited AWs for receiving NHE and food supplement; but none of them received supplements for more than 20 days. Nine out of the 62 lactating women visited AWs for receiving NHE and 13 for food supplement; only one received supplements for more than 20 days. Among 108 0-3 year old children collecting food supplement from AWs, only 9 children collected food supplements for more than 20 days. Among 201 3-6 year old children, only 46 (22.9 %) collected food supplement for more than 20 days.

Age	Number of children	Number weighed	Normal	Under-Nourished	Severely undernourished
0-3	347	105	62	3	0
3-6	517	143	79	8	0

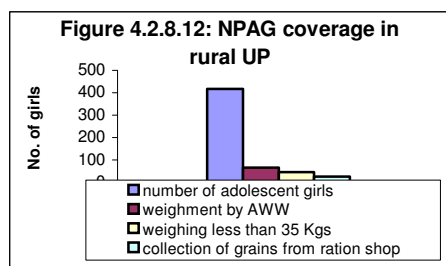
There were 347 children in 0-3 year old age groups in the households surveyed; 105 children were weighed. The parents reported that 62

children were normal and 3 were undernourished. Parents of 40 children (20.7 %) reported that they did not know the nutritional status of their child. There were 517 children in 3-6 year old age groups in the households surveyed; 143 children who were visiting the AWs were weighed. The parents reported that 79 children were normal and 8 were undernourished. Parents of 56 children (39.2 %) reported that they did not know the nutritional status of their child (Table 4.2.8.7).

### **NPAG**

During the household survey 416 adolescent girls were identified in the survey with mean age of the girls was  $13.6 \pm 2.63$  years and mean weight was  $34.3 \pm 8.11$  kg. Nearly half of the girls had primary education and 28.1 % had secondary education. About 19 % of the girls were illiterate. About 12.5 % adolescent girls were married. The age at marriage of these girls

was reported to be 13-16 years and 16-19 years. Only one-fifth (94.7 %) of the girls knew about KSY (19 %) and NPAG (21.6 %). The family reported that 3.3 % adolescent girls visited AWs for KSY, 11.4 % of those who visited anganwadi received NHE, 8.4 % had received iron/folic acid tablets, 9.4 % took food supplement from AWs; 16.5 % visited AWs for NPAG.



AWs workers had weighed 65 (15.6 %) of the identified adolescent girls and 46 (70.8 %) weighed less than 35 kg; 28 adolescent girls were given chit for collecting food grains; 27 collected grains from ration shop; 24 girls collected food grains for 2 months (Figure 4.2.8.12); 13 girls gained weight but still weighed less than 35 kg; 7 girls crossed 35 kg.

### Urban

The survey was conducted in 84 urban households. The mean household size is 6.1; 71.4 % were nuclear families.

#### Socioeconomic profile

Almost half of the households surveyed belonged to SC (47.6%) and nearly a third to ST (32.1 %) and rest belonged to OBC and other castes. Nearly ninety-five percent of the families (94 %) stated that their monthly income was less than Rs. 5000; rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The head of the households were found to be better educated than the wives of the head of the households. More than half of the head of the households were illiterate (58.3 %) and 22.6 % were educated up to primary level and only 17.9 % were educated up to secondary or more. Ninety percent of the wives of head of the household were illiterate and only 7.5 % had primary education.

More than half were working as factory labourers, rickshaw pullers; small vendors in daily bazaars (53.6 %) and only 20.2 % were semi-skilled jobs. About 14.3 % had their own business and 6 % were unemployed at the time of the survey. Majority of the wives of the head of the households were housewives (91.3 %) and did not work outside home.

Most of the population was residing in the slums (79.8 %) and 19.0 % in resettlement colonies. Most families owned houses (91.7 %). Nearly three-fourth of them were living in kutchha houses (73.8 %) and only 13.1 % had pucca houses. and had two rooms or more (67.7 %). Only 11 % had toilet facility (shared or own) and 89.3 % of the families had no access to toilet or were using sulabh. Majority had provision of potable water at their home (83.3 %). Majority of the households (86.9 %) reported that they were non-vegetarian. Only 3.6 % were using gas for cooking food and 95.2 % were using kerosene or wood stoves for cooking. Majority was using stainless steel utensils for cooking (56.0 %) and 44.0 % were using aluminum kitchenware for cooking. Public transport was used by about 64.3 % of the population and 31 % had bicycle. About sixty percent of them had no source of entertainment such as radio or T.V. (60.7 %) and only ten percent had radio (9.5 %) and only 29.8 % had T.V. at home.

The mean consumption of food grains was 75.6 kg per month per household. About 75 % percent of the families had ration card and less than half of them bought food grains from

ration shop (41.3 %). On an average each household bought 33.4 kg of food grains from the ration shop.

### Utilization of ICDS services

Most households (77.4 %) knew about AWs in their area. In urban areas 19 % collected the supplement from the AWs and took it home and about 14.3 % stayed at AWs and ate the supplement. Information on number of pregnant, lactating women and preschool children who visited AWs, received NHE and/or food supplements is given in Table 4.2.8.8.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	9	100 (9)	0	0	0	0
Lactating women	3	0	0	0	0	0
0-3 years	33	6 (2)	21.2 (7)	71.4 (5)	28.6 (2)	0
3-6 years	65	3	20.0 (13)	0	92.3 (12)	7.7 (1)

Figures in parenthesis denote actual numbers

All nine pregnant women

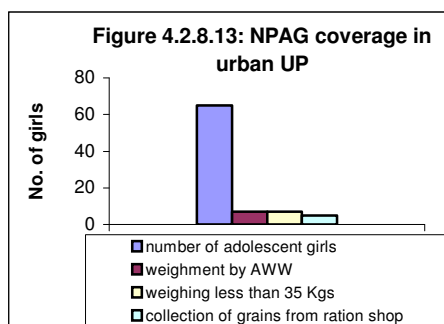
n visited AWs for receiving NHE but did not collect food supplements from the AWs and all 3 lactating women did not avail the services of the AWs. Seven children collected food supplements but none received the supplements for more than 20 days. Thirteen children collecting food supplements but only one received the supplements for more than 20 days.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	33	7	4	2	0
3-6	65	8	4	2	0

There were 33 children in 0-3 year old age groups in the households surveyed; only 7 children were weighed. The parents reported that 4

children were normal, and 2 were undernourished. Parents of only one child reported that they did not know the nutritional status of their child. There were 65 children in 3-6 year old age groups in the households surveyed; 8 children who were visiting the AWs were weighed. The parents reported that 4 children were normal and 2 were undernourished. Parents of 2 children reported that they did not know the nutritional status of their child (Table 4.2.8.9).

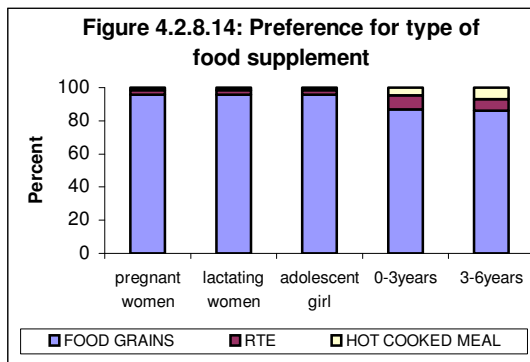
### NPAG



During the household survey 65 adolescent girls were identified in the survey with mean age of the girls was  $13.9 \pm 2.47$  years and mean weight was  $32.7 \pm 8.64$ . Half of the girls had primary education (50.8 %) and 16.9 % had secondary education. Nine percent girls were married at the time of survey. Very few girls knew about KSY (3 %) and NPAG (15.4 %). The family reported that only 1 adolescent girls visited AWs for KSY, 4.7 % of those who visited anganwadi received NHE and had received iron/folic acid tablets, 9.2 % took food supplement from AWs; 16.5 %

visited AWs for NPAG. AWs workers had weighed 10.8 % of the identified adolescent girls and of them weighed less than 35 kg; 5 adolescent girls were given chit for collecting food grains; 4 collected grains for 2 months and 1 girl collected food grains for 1 month (Figure 4.2.8.13); 2 girls gained weight but still weighed less than 35 kg; 3 girls crossed 35 kg.

## Household's opinion about food supplements through ICDS



When asked about their opinion as to who should get food supplements majority (60 %) stated that all the persons belonging to the vulnerable groups- pregnant, lactating women, adolescent girls, preschool children should get food supplements. The rest felt food supplements might be given to undernourished persons. They felt that food grains are the preferred supplement for all the groups- pregnant (95.7 %), lactating women (95.7 %), adolescent girls (95.9 %), 0-3 year old children (87 %) and 3-6 year old children (86.1 %). It is clear that as far as the pregnant, lactating women and adolescent girls are concerned vast majority prefer food grain supplements. The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months only for one or two years, the community preferred this suggest that the option provided in NPAG was the right one (Annexure 4.2.8c).

## List of PSUs in Sonbhadra district

PSU NO.	TAHSIL T-NAME	BLOK B-NAME	VILLAGE V-NAME	
1	10 Robertsgunj	10 Dhorawal	43 Halwai	
2	20 Dudhi	80 Bhabani	235 Hatniyar	
3	10 Robertsgunj	20 Robertsgunj	471 Banaura	
4	10 Robertsgunj	40 Nagwa	1013 Sashnai	
5	10 Robertsgunj	20 Robertsgunj	444 Rampur	
6	10 Robertsgunj	40 Nagwa	908 Panikap kalana	
7	10 Robertsgunj	20 Robertsgunj	374 Bhagauti	
8	10 Robertsgunj	30 Chatra	792 Pachokhar	
9	10 Robertsgunj	10 Dhorawal	106 Teprasivadati	
10	10 Robertsgunj	30 Chatra	825 Shonari	
11	10 Robertsgunj	10 Dhorawal	123 Pagla	
12	20 Dudhi	60 Myorpur	46 Khairahi	
13	20 Dudhi	80 Babhani	254 Ashanahar	
14	20 Dudhi	70 Dudhi	149 Mahuariya	
15	10 Robertsgunj	10 Dhorawal	156 Bhatulia	
16	20 Dudhi	80 Babhani	256 Pokhara	
17	20 Dudhi	70 Dudhi	205 Kewal	
18	10 Robertsgunj	50 Chopan	1073 Kanach	
19	20 Dudhi	60 Myorpur	100 Supachuwa	
20	10 Robertsgunj	50 Chopan	1048 Jogaeal	
21	10 Robertsgunj	50 Chopan	1114 Karel	
22	20 Dudhi	60 Myorpur	2 Kuldomari	
23	20 Dudhi	70 Dudhi	136 Dumhan	
24	10 Robertsgunj	20 Robertsgunj	661 Salkhan	
25	10 Robertsgunj	30 Chatra	796 Ramgarh	
26	10 Robertsgunj	50 Chopan	1076 Kota	
27	20 Dudhi	60 Myorpur	5 Anapara	
28	20 Dudhi	60 Myorpur	8 Parasi	
PSU NO.	TOWN / CITY	WARD	BLOCK NO.	POP. SIZE
29	Obra	Ward no. 9	8	670
30	Obra	Ward no. 3	1	670
31	Obra	Ward no. 14	2	700
32	Obra	Ward no.	3	620
33	Renukoot	Ward no. 9	19	630
34	Renukoot	Ward no. 5	9	630
35	Robertsganj	Ward no. 7	1	740
36	Robertsganj	Ward no. 2	21	710
37	Churk Gurma	Ward no. 1	9	600
38	Pipari	Ward no. 3	13	660
39	Chopan	Ward no. 4	12	668
40	Dudhi	Ward no. 7	12	675

## Profile of AWs in Sonbhadra

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	No.	No./AW	AW	No.	No./AW	AW	No.	No./AW
Number of households	3	620	207	31	7133	230	34	7753	228
Total population under AWC	3	4022	1341	31	5077	1638	34	5479	1612
Number of persons registered									
7-12 months	3	119	40	31	1243	40	34	1362	40
1-3 year	2	147	74	31	2507	81	33	2654	80
3-6 year	3	354	118	30	4122	137	33	4476	136
Pregnant women	3	58	19	31	748	24	34	806	24
Lactating women	3	73	24	31	714	23	34	787	23
Adolescent girls	3	247	82	31	3270	105	34	3517	103

## Details of work done under NPAG in AW centers

	Urban		Rural		Total	
	No	%	No	%	No	%
Total number of AW	3		31		34	
Weighing adolescent girl	3	100.0	22	71.0	25	73.5
Identifying adol. Girl <35kg	3	100.0	22	71.0	25	73.5
Giving chits to < 35kg	3	100.0	8	25.8	11	32.4
Collects grain from ration shop	3	100.0	8	25.8	11	32.4
Providing NHE to AG	3	100.0	30	96.8	33	97.1
AWW oriented to weighing	1	33.3	21	67.7	22	64.7
Provided with weighing scale	3	100.0	29	93.5	32	94.1
Checking accuracy	3		30		33	
Do not check	0	0.0	1	3.3	1	3.0
Adjusting zero error	3	100.0	19	63.3	22	66.7
With std weight	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl and removing std weight	0	0.0	0	0.0	0	0.0
Any other	0	0.0	10	33.3	10	30.3
Checking accuracy by investigator	3		18		21	
Accurate by 1/2 kg	1	33.3	12	66.7	13	61.9
Inaccurate less than 1 kg	2	66.7	5	27.8	7	33.3
Inaccurate > 1 kg	0	0.0	1	5.6	1	4.8
Demonstration of weighing	3		19		22	
Correct	2	66.7	15	78.9	17	77.3
Incorrect	1	33.3	4	21.1	5	22.7
Training of AWW for NHE	1	33.3	23	74.2	24	70.6
No. of AW giving NHE to P&L	3	100.0	28	90.3	31	91.2
Records of work done	0	0.0	1	3.2	1	2.9
NPAG implementation Problems	3		22		25	
No problem	0	0.0	3	13.6	3	12.0
Absence of accurate weighing scale	0	0.0	1	4.5	1	4.0
Girls do not get weighed	0	0.0	2	9.1	2	8.0
Girls do not pick up ration	0	0.0	0	0.0	0	0.0
Girls do not consume additional food	0	0.0	1	4.5	1	4.0
Non-availability of rations in ration shops	3	100.0	15	68.2	18	72.0
No link between AWW and ration shop	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
Corrective measures	3		21		24	
Inform the authorities	3	100.0	19	90.5	22	91.7
Make families and girls aware of NPAG	0	0.0	2	9.5	2	8.3
Any other	0	0.0	0	0.0	0	0.0
Get support from						
PRI	0	0.0	8	25.8	8	23.5
Ration Shop	3	100.0	20	64.5	23	67.6
Family of Girls	3	100.0	24	77.4	27	79.4
ANM	1	33.3	18	58.1	19	55.9
Does NPAG improve						
Nutritional status	3	100.0	19	61.3	22	64.7
Participation in KSY	2	66.7	21	67.7	23	67.6

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	AG	AG/ AW	AW	AG	AG/ AW	AW	AG	AG/ AW
Date of last round		April 2004			April 2004				
Date of current round		April 2006			April 2006				
LAST ROUND									
Number of AG									
Identified	3	152	51	23	3505	152	26	3657	141
Weighed	0	0	0	17	562	33	17	562	33
Weight < 35 Kg	1	11	11	17	465	27	18	476	26
New AG < 35 kg	1	3	3	6	57	10	7	60	9
Chits distributed	0	0	0	13	237	18	13	237	18
Received rations for									
1 month	0	0	0	7	135	19	7	135	19
2 months	0	0	0	5	89	18	5	89	18
3 months	0	0	0	1	13	13	1	13	13
Nutritional status									
No change in weight	0	0	0	0	0	0	0	0	0
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 Kg	0	0	0	2	36	18	2	36	18
Crossed 35 kg.	0	0	0	0	0	0	0	0	0
Received NHE	2	78	39	17	735	43	19	813	43
Received food supplement under KSY	3	9	3	24	72	3	27	81	3
CURRENT ROUND									
Number of adolescent girls									
Identified	3	247	82	25	2807	112	28	3054	109
Weighed	1	65	65	22	2011	91	23	2076	90
Weight < 35 Kg	1	48	48	22	1116	51	23	1164	51
New adolescent girls < 35 kg	0	0	0	10	131	13	10	131	13
Number of chits distributed	0	0	0	8	392	49	8	392	49
Received rations for									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	5	316	63	5	316	63
3 months	0	0	0	0	0	0	0	0	0
Nutritional status									
No change in weight	0	0	0	0	0	0	0	0	0
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 Kg	0	0	0	0	0	0	0	0	0
Crossed 35 kg.	0	0	0	0	0	0	0	0	0
Received NHE	2	121	61	17	763	45	19	884	47
Received food supplement under KSY	3	9	3	25	75	3	28	84	3

## Details of ICDS components in the current month of the survey

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/AW	AW	Persons	Persons/AW	AW	Persons	Persons/AW
<b>Pregnant women</b>									
Registered	3	58	19	31	709	23	34	767	23
Weighed	1	20	20	9	97	11	10	117	12
Less than 40 Kg	1	5	5	5	33	7	6	38	6
Received food supplement	3	27	9	31	274	9	34	301	9
<b>Lactating women</b>									
Registered	3	71	24	31	708	23	34	779	23
Weighed	1	16	16	6	106	18	7	122	17
Less than 40 Kg	0	0	0	1	2	2	1	2	2
Received food supplement	3	21	7	31	214	7	34	235	7
<b>0-3 year children</b>									
<b>Registered</b>									
Male	2	144	72	26	1655	64	28	1799	64
Female	2	119	60	24	1284	54	26	1403	54
<b>Weighed</b>									
Male	1	15	15	21	644	31	22	659	30
Female	1	8	8	19	564	30	20	572	29
<b>Nutritional status</b>									
<b>Normal</b>									
Male	1	12	12	18	255	14	19	267	14
Female	1	7	7	18	217	12	19	224	12
<b>Undernourished</b>									
Male	1	2	2	20	383	19	21	385	18
Female	1	1	1	19	336	18	20	337	17
<b>Severely undernourished</b>									
Male	1	1	1	5	6	1	6	7	1
Female	0	0	0	3	11	4	3	11	4
<b>Received cooked food supplement</b>									
Male	3	67	22	25	460	18	28	527	19
Female	3	54	18	22	421	19	25	475	19
<b>3-6 year children</b>									
<b>Registered</b>									
Male	2	103	52	28	1418	51	30	1521	51
Female	2	104	52	25	1363	55	27	1467	54
<b>Weighed</b>									
Male	1	12	12	21	522	25	22	534	24
Female	1	13	13	19	521	27	20	534	27
<b>Nutritional status</b>									
<b>Normal</b>									
Male	1	10	10	18	204	11	19	214	11
Female	1	12	12	17	199	12	18	211	12
<b>Undernourished</b>									
Male	1	2	2	19	308	16	20	310	16
Female	1	1	1	19	307	16	20	308	15
<b>Severely undernourished</b>									
Male	0	0	0	10	10	1	10	10	1
Female	0	0	0	12	15	1	12	15	1
<b>Received cooked food supplement</b>									
Male	3	67	22	30	584	19	33	651	20
Female	3	55	18	29	539	19	32	594	19

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	95.7	95.7	95.9	87	86.1
Rte	2.9	2.7	2.7	8.5	7
Hot cooked meal	1.4	1.7	1.4	4.5	6.9
Preference for beneficiary of ICDS food supplement					
All in the community	63.2	63.3	61.0		60.5
Only undernourished in the community	18.6	18.5	20.8		20.1
All coming to AW	3.7	3.6	3.7		4.6
Only undernourished coming to AW	12.8	12.9	13.0		13.0
Missing	1.7	1.7	1.5		1.7
Total	100.0	100.0	100.0		100.0

Receiving food supplement from AW						
	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Stay and eat there	12	14.3	92	11.7	104	12.0
Collect food and go home	16	19.0	272	34.6	288	33.1
Stay at AW even after eating food	0	0.0	3	0.4	3	0.3
Do not get supplement	37	44.0	333	42.4	370	42.6
Get only take home type supplement	0	0.0	1	0.1	1	0.1
One family member collects for all	0	0.0	4	0.5	4	0.5
Missing value	19	22.6	80	10.2	99	11.4
Total	84	100.0	785	100.0	869	100.0

## Details of Household Characteristics in Sonbhadra

	Urban		Rural		Total	
	No.	Mean ±S.D	No.	Mean ±S.D	No.	Mean ±S.D
Number of PSUs covered	3		28		31	
Number of households	84		785		869	
<b>Size of HH</b>	84	6.1±2.51	785	6.0±2.44	869	6.0±2.41
Total food grains purchased (Kg)	84	75.6±47.40	748	79.1±39.18	832	78.7±40.07
Kg of Grains from PDS	25	33.4±4.01	339	32.5±9.13	364	32.6±8.87
	<b>No.</b>	<b>%</b>	<b>No.</b>	<b>%</b>	<b>No.</b>	<b>%</b>
<b>Type of HH</b>	84		785		869	
Joint	24	28.6	299	38.1	323	37.2
Nuclear	60	71.4	482	61.4	542	62.4
Missing Value	0	0.0	4	0.5	4	0.5
Total	84	100.0	785	100.0	869	100.0
<b>Caste</b>	84		785		869	
SC	40	47.6	288	36.7	328	37.7
ST	27	32.1	91	11.6	118	13.6
OBC	12	14.3	316	40.3	328	37.7
Others	5	6.0	88	11.2	93	10.7
Missing Value	0	0.0	2	0.3	2	0.2
Total	84	100.0	785	100.0	869	100.0
<b>Socio-economic status</b>	84		785		869	
High	0	0.0	6	0.8	6	0.7
Middle	5	6.0	60	7.6	65	7.5
Low	79	94.0	719	91.6	798	91.8
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Literacy status of HHH</b>	84		785		869	
Illiterate	49	58.3	378	48.2	427	49.1
Can read and write	1	1.2	38	4.8	39	4.5
Schooling primary	19	22.6	212	27.0	231	26.6
Schooling secondary	15	17.9	156	19.9	171	19.7
Missing Value	0	0.0	1	0.1	1	0.1
Total	84	100.0	785	100.0	869	100.0
<b>Literacy status of wife of HHH</b>	80		753		833	
Illiterate	72	90.0	648	86.1	720	86.4
can read and write	1	1.3	13	1.7	14	1.7
Schooling primary	6	7.5	66	8.8	72	8.6
Schooling secondary	1	1.3	26	3.5	27	3.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	80	100.0	753	100.0	833	100.0
<b>Work status of HHH</b>	84		785		869	
Unemployed	5	6.0	36	4.6	41	4.7
Unskilled/ landless labourer	45	53.6	326	41.5	371	42.7
Semi-skilled / cultivators	17	20.2	300	38.2	317	36.5
Clerk/office worker/ Teacher / Landowners	0	0.0	4	0.5	4	0.5
Business/ Artisans	12	14.3	29	3.7	41	4.7
Others	5	6.0	90	11.5	95	10.9
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Work status of wife of HHH</b>	80		753		833	
Housewife	73	91.3	632	83.9	705	84.6
Unskilled/ landless labourer	6	7.5	67	8.9	73	8.8
Semi-skilled / cultivators	1	1.3	7	0.9	8	1.0
Clerk/office worker/ Teacher / Service	0	0.0	1	0.1	1	0.1
Business/ Domestic help	0	0.0	39	5.2	39	4.7
Others	0	0.0	7	0.9	7	0.8
Missing Value	0	0.0	0	0.0	0	0.0
Total	80	100.0	753	100.0	833	100.0
<b>Dietary Habits</b>	84		785		869	
Vegetarian	11	13.1	141	18.0	152	17.5
Non-vegetarian	73	86.9	643	81.9	716	82.4
Missing Value	0	0.0	1	0.1	1	0.1
Total	84	100.0	785	100.0	869	100.0
<b>Monthly Income</b>	84		785		869	
<5K	79	94.0	720	91.7	799	91.9
5-10K	5	6.0	60	7.6	65	7.5
>10K	0	0.0	5	0.6	5	0.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Locality</b>	84		785		869	
Slum / Center of village	67	79.8	478	60.9	545	62.7

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	16	19.0	199	25.4	215	24.7
Regular colony / Harijan basti	1	1.2	108	13.8	109	12.5
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Type of House</b>	84		785		869	
Kutcha	62	73.8	685	87.3	747	86.0
Semi-pucca	11	13.1	51	6.5	62	7.1
Pucca	11	13.1	49	6.2	60	6.9
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Ownership of House</b>	84		785		869	
Own	77	91.7	773	98.5	850	97.8
Rented	7	8.3	11	1.4	18	2.1
Missing Value	0	0.0	1	0.1	1	0.1
Total	84	100.0	785	100.0	869	100.0
<b>No. of rooms</b>	84		785		869	
One	28	33.3	97	12.4	125	14.4
Two	32	38.1	184	23.4	216	24.9
Three	9	10.7	226	28.8	235	27.0
> three	15	17.9	277	35.3	292	33.6
Missing Value	0	0.0	1	0.1	1	0.1
Total	84	100.0	785	100.0	869	100.0
<b>Toilet Facility</b>	84		785		869	
Sulabh / No facility	75	89.3	723	92.1	798	91.8
Shared pit	2	2.4	5	0.6	7	0.8
Own pit	4	4.8	43	5.5	47	5.4
Own flush	3	3.6	14	1.8	17	2.0
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Transport</b>	84		785		869	
Public	54	64.3	294	37.5	348	40.0
Bicycle	26	31.0	440	56.1	466	53.6
Scooter / Moped	4	4.8	45	5.7	49	5.6
Any other	0	0.0	6	0.8	6	0.7
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Cooking Fuel used</b>	84		785		869	
Kerosene/ Coal/ Wood	80	95.2	756	96.3	836	96.2
Gas / electricity	3	3.6	29	3.7	32	3.7
Others	1	1.2	0	0.0	1	0.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Source of DW</b>	84		785		869	
Public Tap	2	2.4	17	2.2	19	2.2
Submersible	70	83.3	595	75.8	665	76.5
Well/ pond/ river	12	14.3	173	22.0	185	21.3
Missing Value	0	0.0	0	0.0	0	0.0
Total	84	100.0	785	100.0	869	100.0
<b>Entertainment</b>	84		785		869	
None	51	60.7	427	54.4	478	55.0
Radio	8	9.5	222	28.3	230	26.5
TV (BW)	5	6.0	107	13.6	112	12.9
TV(Col)	20	23.8	28	3.6	48	5.5
Missing Value	0	0.0	1	0.1	1	0.1
Total	84	100.0	785	100.0	869	100.0
<b>Kitchenware</b>	84		785		869	
Clay	0	0.0	2	0.3	2	0.2
Aluminium	37	44.0	384	48.9	421	48.4
Cast iron	0	0.0	3	0.4	3	0.3
Brass / Copper	0	0.0	6	0.8	6	0.7
Stainless Steel	47	56.0	388	49.4	435	50.1
Missing Value	0	0.0	2	0.3	2	0.2
Total	84	100.0	785	100.0	869	100.0
<b>Food grain Purchase</b>	84		785		869	
possession of Ration card	63	75.0	537	68.4	600	69.0
buy grains from Ration Shop	26	41.3	342	63.7	368	61.3



## Details of ICDS in Sonbhadra

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
<b>Awareness about presence of AW</b>	65	77.4	708	90.2	773	
<b>Pregnant women</b>	9		43		52	
<b>Visit AW</b>						
Never	0	0.0	42	97.7	42	80.8
Less than 10 days	9	100.0	8	18.6	17	32.7
10-20 days	0	0.0	1	2.3	1	1.9
More than 20 days	0	0.0	2	4.7	2	3.8
<b>Receive NHE</b>	9	100.0	8	18.6	17	32.7
<b>Receiving food supplement</b>	0	0.0	8	18.6	8	15.4
Less than 10 days	0	0.0	7	87.5	7	87.5
10-20 days	0	0.0	1	12.5	1	12.5
More than 20 days	0	0.0	0	0.0	0	0.0
<b>Lactating women</b>	3		62		65	
<b>Visit AW</b>						
Never	3	100.0	43	69.4	46	70.8
Less than 10 days	0	0.0	13	21.0	13	20.0
10-20 days	0	0.0	1	1.6	1	1.5
More than 20 days	0	0.0	5	8.1	5	7.7
<b>Receive NHE</b>	0	0.0	9	14.5	9	13.8
<b>Receiving food supplement</b>	0	0.0	13	21.0	13	20.0
Less than 10 days	0	0.0	12	92.3	12	92.3
10-20 days	0	0.0	0	0.0	0	0.0
More than 20 days	0	0.0	1	7.7	1	7.7
<b>0-3 year children</b>	33		347		380	
<b>Visit AW</b>						
Never	26	78.8	230	66.3	256	67.4
Less than 10 days	5	15.2	85	24.5	90	23.7
10-20 days	0	0.0	17	4.9	17	4.5
More than 20 days	2	6.1	15	4.3	17	4.5
<b>Receive NHE</b>	2	6.1	65	18.7	67	17.6
<b>Receiving food supplement</b>	7	21.2	108	31.1	115	30.3
Less than 10 days	5	71.4	82	75.9	87	75.7
10-20 days	2	28.6	17	15.7	19	16.5
More than 20 days	0	0.0	9	8.3	9	8.0
<b>Weighment of children</b>	7	21.2	105	30.3	112	29.5
<b>Nutritional status of children</b>						
Normal	4	57.1	62	59.0	66	58.9
Undernourished	2	28.6	3	2.9	5	4.5
Severely undernourished	0	0.0	0	0.0	0	0.0
Donot know	1	14.3	40	38.1	41	36.6
Missing value	0	0.0	0	0.0	0	0.0
<b>3-6 year children</b>	65		517		582	
<b>Visit AW</b>						
Never	50	76.9	228	44.1	278	47.8
Less than 10 days	4	6.2	90	17.4	94	16.2
10-20 days	9	13.8	71	13.7	80	13.7
More than 20 days	2	3.1	62	12.0	64	11.0
<b>Receive NHE</b>	3	4.6	116	22.4	119	20.4
<b>Receiving food supplement</b>	13	20.0	201	38.9	214	36.8
Less than 10 days	0	0.0	60	29.9	60	28.0
10-20 days	12	92.3	95	47.3	107	50.0
More than 20 days	1	7.7	46	22.9	47	22.0
<b>Weighment of children</b>	8	12.3	143	27.7	151	25.9
<b>Nutritional status of children</b>						
Normal	4	50.0	79	55.2	83	55.0
Undernourished	2	25.0	8	5.6	10	6.6
Severely undernourished	0	0.0	0	0.0	0	0.0
Donot know	2	25.0	56	39.2	58	38.4
Missing value	0	0.0	0	0.0	0	0.0

## Details of NPAG in Sonbhadra

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
<b>Number of adolescent girls</b>	65		416		481	
<b>Mean age (years)</b>	65	13.9 $\pm$ 2.47	416	13.6 $\pm$ 2.63	481	13.7 $\pm$ 2.61
<b>Mean weight (Kg)</b>	64	32.7 $\pm$ 8.64	385	34.3 $\pm$ 8.11	449	34.1 $\pm$ 8.20
	No.	%	No.	%	No.	%
<b>Literacy status</b>						
Illiterate	18	27.7	78	18.8	96	20.0
Can read and write	3	4.6	16	3.8	19	4.0
Schooling primary	33	50.8	205	49.3	238	49.5
Schooling secondary	11	16.9	117	28.1	128	26.6
<b>Marital status (%)</b>						
Currently married	6	9.2	52	12.5	58	12.1
Never married	59	90.8	364	87.5	423	87.9
<b>Age at marriage (%)</b>						
10-13 years	0	0.0	3	0.7	3	0.6
13-16 years	0	0.0	26	6.3	26	5.4
16-19 years	6	9.2	23	5.5	29	6.0
not married	59	90.8	364	87.5	423	87.9
<b>KSY and NPAG</b>	65	100.0	394	94.7	459	95.4
Awareness about KSY	2	3.1	75	19.0	77	16.8
Awareness about NPAG	10	15.4	85	21.6	95	20.7
Visit AW centre						
For KSY	1	1.5	13	3.3	14	3.1
For NPAG	8	12.3	65	16.5	73	15.9
Never	56	86.2	316	80.2	372	81.0
Receive NHE	3	4.6	45	11.4	48	10.5
Receive IFA	3	4.6	33	8.4	36	7.8
Receive food supplements from AW	65		394		459	
Never	59	90.8	357	90.6	416	90.6
Less than 10 days	6	9.2	29	7.4	35	7.6
10-20 days	0	0.0	2	0.5	2	0.4
more than 20 days	0	0.0	6	1.5	6	1.3
<b>Weighment by AWW</b>	7	10.8	65	15.6	72	15.0
<b>Weighing less than 35 kg (%)</b>	7	100.0	46	70.8	53	73.6
<b>Given a chit for free food grains</b>	5	71.4	28	60.9	33	62.3
<b>Went to ration shop to collect grains</b>	5	100.0	27	96.4	32	97.0
<b>Collection of grains from ration shop</b>						
one month	1	20.0	3	11.1	4	12.5
two months	4	80.0	24	88.9	28	87.5
three months	0	0.0	0	0.0	0	0.0
never	0	0.0	0	0.0	0	0.0
<b>Reason for not getting food grains</b>						
not aware of NPAG	0	0.0	0	0.0	0	0.0
did not go to ration shop	0	0.0	0	0.0	0	0.0
ration shop closed	0	0.0	0	0.0	0	0.0
ration shop opened but no stock	0	0.0	0	0.0	0	0.0
do not require ration	0	0.0	0	0.0	0	0.0
<b>After receiving food grains</b>						
no change in weight	0	0.0	7	25.9	7	21.9
deterioration in weight	0	0.0	0	0.0	0	0.0
improvement in weight < 35 Kg	2	40.0	13	48.1	15	46.9
crossed 35 kg	3	60.0	7	25.9	10	31.3

## Surguja

Surguja district is located in the northern part of Chattisgarh State and has borders with Jharkhand, and Madhya Pradesh (Figure 4.2.9.1). Surguja district has numerous hills and plateaus; climate is subtropical characterized by hot summer and monsoon rainfall followed by dry and cold winter season. The temperature varies from 39.6°C to 43°C in summer and 8.9°C to 23.9°C in winter. The annual rainfall of the district is 1600 mm. The net irrigated area is 31968 ha, out of which 6077 ha (19 % only) is irrigated by ground water. About 41.7 % of the total area is actually developed to agriculture while about 5.7 % remains under fallow lands.

	Surguja	Chattisgarh
Population		
Persons	1970661	20795956
Males	999196	10452426
Females	971465	10343530
Percentage decadal growth		18.06
Sex ratio (females per 1,000 males)	972	990
Population density (per sq. km.)		41
Literacy rate (%)		
Persons	54.8	65.18
Males	67.6	77.86
Females	41.6	52.40

*Source: Census 2001*

According to census India 2001, Surguja district has as area of 16359 sqkm, in 19 blocks; the district's population is 9.5 % of the state population; 93 % of the population live in rural areas. The sex ratio of the district is 972 females per 1000 males which is slightly lower than the state ratio of 990. Males constitute 50.7% of the population and females



**Figure 4.2.9.1: Map of Surguja**

49.3%. Literacy rate in Surguja is 54.8 % which is lower than the state level of 65.2 %. The literacy rate in men (67.6 %) is higher than literacy rate in women (41.6 %). (Table 4.2.9.1)

### NPAG evaluation

The NPAG evaluation was conducted in 28 rural PSUs of Surguja district of Chattisgarh (Annexure 4.2.9a). The data for the rural areas was analysed and presented. The programme was not operational in urban areas of Surguja.

Balances were procured and training and IEC activities were completed in 2002. The NPAG programme was initiated on 26th January 2003 in Surguja District (Guidelines issued in 2002-03 are given in Annexure 4.2.9f). The concept that all persons belonging to the three vulnerable groups will be identified and weighed and the identified undernourished persons will get food grain supplements was well accepted by the ICDS personnel, community and PRI. In view of the fact that in 2002-03 the state has had the third consecutive year of drought, the Government of Chattisgarh took a decision to provide 4 kg of rice free of cost to identified undernourished pregnant women, lactating women and adolescent girls, under its project 'Minimata Nutrition Programme' in addition to the 6 kg of rice being provided under NPAG. The NPAG programme was operational during 2002-03, 2003-2004, 2004-05 and 2005-06.

### Fund and food grain release

Funds released by the center and the state between 2002-03 and 2006-07 is indicated in Table 4.2.9.2. Unutilized funds were revalidated and used in the next year. There are some discrepancies in the expenditure figures indicated by the district and state authorities. However the scheme has been implemented in all the four years with funds made available by the center and the state. Food grains distributed between 2002-03 and 2006-07 is indicated in Table 4.2.9.3. During

Year / month	Central Government			State Government		
	Budget	Expenditure	Utilization Gap	Budget	Expenditure	Utilization Gap
2002-03*	129.55	73.56494	55.98506	100.00	76.18449	23.81551
2003-04*				225.00	16.1576	208.8424
2004-05*	104.00	81.3638	22.6362	100.00	78.2439	21.7561
Apr-06**	76.26	72.82382	3.43618	72.32	70.01588	2.30412

*Source: District Programme Officer, DWCD, Surguja*

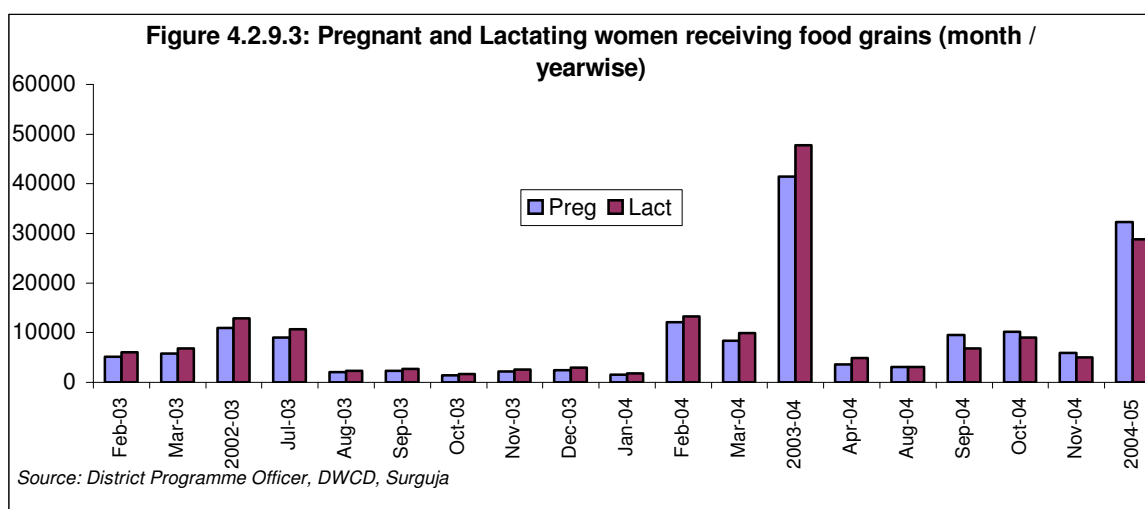
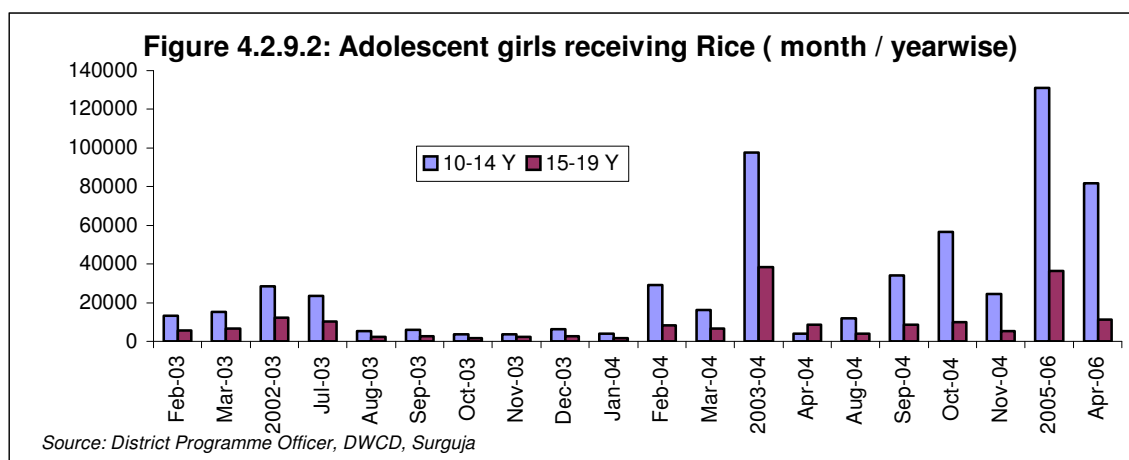
2005-06 initially wheat was released but was later replaced by rice, which is the staple food for the population in the district. In 2005-06 the scheme was restricted only for adolescent girls (guidelines issued in 2005-06 are given in Annexure 4.2.9g). State Civil Supplies Department had released food grains for

Year / month	No. of beneficiaries	State Govt- 4 Kg/ Beneficiary		Central Govt- 6Kg/beneficiaries	
		Amount of rice distributed (qtls.)	Amount spent on procuring grains (lakhs)	Amount of rice distributed (qtls.)	Amount spent on procuring grains (lakhs)
2002-03*	64380	2575.2	25.057	3862.8	26.422
2003-04*	227324	6808.6	66.248	9809.08	67.094
2004-05*	228782	9151.28	89.042	13726.92	93.892
Apr-06**	92908	3716.32	4112331	5574.48	61.685

*\*, Beneficiaries included pregnant, lactating women and adolescent girls; \*\*, beneficiaries included only adolescent girls*  
*Source: District Programme Officer, DWCD, Surguja*

Rs. 113.97 Lakhs. Table 4.2.9.3 gives details of quantity of rice distributed to beneficiaries and expenditure in the year 2003-04, 2004-05, 2005-06 and April 2006 (detailed description and progress report of each year are given in Annexure 4.2.9h).

The procedure for providing food grains to the identified undernourished adolescent girls does not involve ration shops, as PDS system was not effectively functional at the beginning of the NPAG in 2002-03. The food grain is directly supplied to the CDPOs by the Civil Supply Department and in turn, the block level CDPOs send the rice to AWs at the village level. As suggested by the central government, Gram sabhas were extensively involved in implementation of NPAG. All the girls of the area should be weighed under of supervision of female member of Gram sabha. All the identified undernourished girls were given a coupon (containing information on name, name of father/ husband, date of birth, weight, ward/ colony name, caste etc.) by the AWW. At the end of the three months all the identified undernourished adolescent girls were weighed again.



The girls weighing more than 35 kg or had crossed the age of 19 years were not given food grains. The girls who have entered the eligible age and those whose

weight was less than 35 kg were included in the list of beneficiaries receiving food grains.

The number of adolescent girls (Figure 4.2.9.2) and pregnant and lactating women (Figure 4.2.9.3) receiving food grains is increasing each year. This may be due to increased awareness among people about programme and so that AWW are able to identify, weigh, detect undernourished persons who then get food grains.

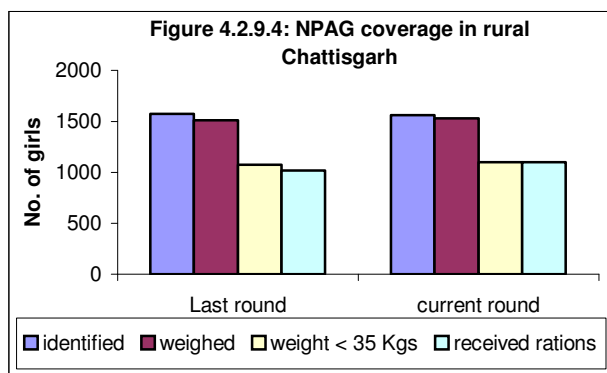
<b>Table 4.2.9.4: Total coverage under AWs (n=29)</b>	
Number of Households	5059
Total Population	27680
<b>Number of persons registered in AWs</b>	
Children 7-12 months	625
Children 1-3 years	1122
Children 4-6 years	1118
Pregnant women	393
Lactating women	361
Adolescent girls (KSY)	1420

The NPAG evaluation was done in 29 rural anganwadis (AWs). Data on number of household, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.9.4. The AWs were giving cereals as food supplement to all the beneficiaries those who come to anganwadi

### ***NPAG-Adolescent Girl***

All anganwadi workers (AWWs) received training in weighing of adolescent girl; 28 AWWs trained in providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting the undernourished girls and distributing food grains to the families of undernourished girls. The AWWs received support from PRI (75.9 %), ANM (100 %) and family of the girls (96.6 %) in identifying all adolescent girls, weighing them and detecting those with weight less than 35 kg and providing them chits for collecting food grains.

Adult weighing scales had been given to all the 29 AWWs; all of them had weighed adolescent girls in their area and identified girls weighing less than 35 kg. Twenty-six AWWs adjust zero error of the weighing scale just before weighing. Two AWWs checked accuracy using standard weight and one AWW checked accuracy using standard weight with adolescent girl on the weighing scale. The field investigators checked the accuracy of weighing scales. Weighing scales of twenty AWWs were accurate; 6 weighing scales were inaccurate by less than 1 kg and 1 weighing scale was inaccurate by greater than 1 kg. All AWWs weighed adolescent girl accurately when investigator asked them to demonstrate weighing of adolescent girl. All AWW provided NHE to the identified adolescent girls. All the AWWs distributed chits to the identified undernourished adolescent girls. All these girls received rice from the AWWs under the supervision of a female member of Gram Sabha. Only one AWW had all the records of NPAG. Four AWWs did attempt to create awareness of the benefits of the programme among the families of the adolescent girls so that they can get weighed and get benefit of the programme. All AWWs reported that NPAG could improve nutritional status of the girls and also could improve participation in KSY.



The data in the last round (April-2005 to Nov-2005) is available from all AWs. In the last round of NPAG, 1572 adolescent girls were identified; 1512 were weighed; 71 % girls who were weighed were below 35 kg (Figure 4.2.9.4). In the last round 84 new adolescent girls who weighed less than 35 kg had been identified. AWWs gave NHE to 1281 adolescent girls. 1021

received food grains for one month.

The data pertaining to the current round (Apr 2006 to May 2006) was available in all AWs; 1565 adolescent girls were identified and 1533 girls were weighed; 71.8 % girls weighed less than 35 kg. One hundred and five new adolescent girls weighing less than 35 kg were identified. AWWs gave NHE to 1274 adolescent girls. 1099 girls collected ration for 1 month (Figure 4.2.9.4).

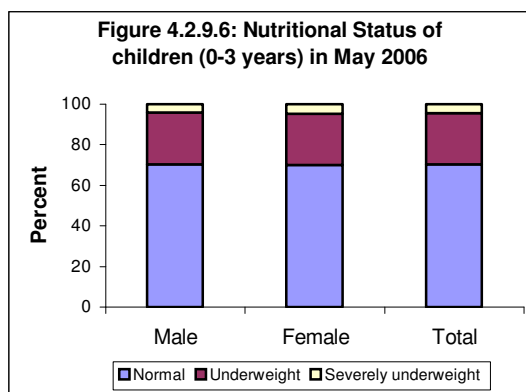
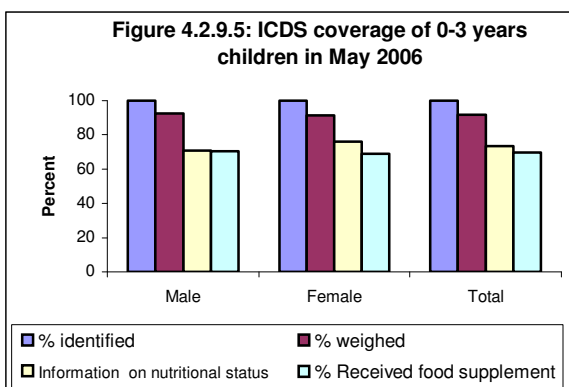
### ***Ongoing ICDS programme***

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 29 AWs. The data for the month of May has been analyzed and presented.

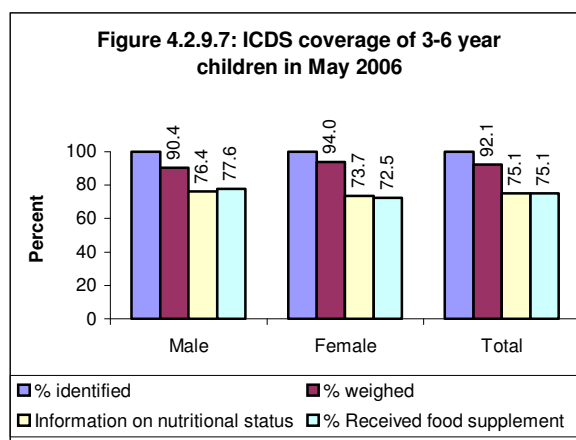
### ***Pregnant and Lactating Women***

Data on pregnant women were available in 29 AWs; 372 pregnant women were identified, 369 pregnant women were weighed; 53 pregnant women weighed less than 40 kg; 281 pregnant women (in 24 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 29 AWs; 373 lactating women were identified, 290 lactating women were weighed; 36 lactating women weighed less than 40 kg; 300 lactating women (in 24 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women.

### ***Children (0-3 years of age)***

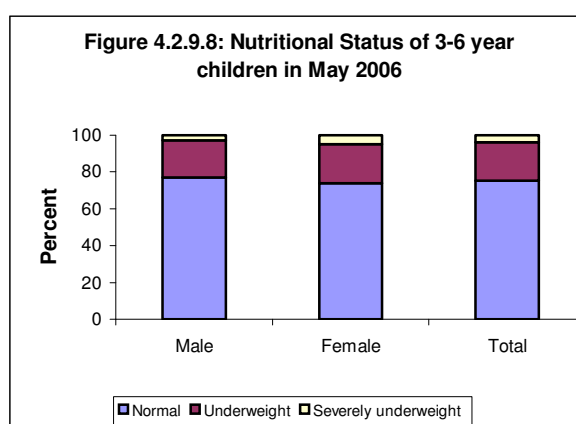


A total of 1512 children (0-3 years old) were identified; 91.9 % of them were weighed. Information on nutritional status was available in 73.3 % of those weighed; 70.3 % were normal, 25.3 % were undernourished and 4.4 % were severely undernourished (Figure 4.2.9.5); 69.6 % received food supplements from AWs daily (Figure 4.2.9.6); Distribution of food supplements was not carried out on the basis of nutritional status of the child.



#### *Children (3-6 years of age)*

A total of 1057 children (3-6 year old) were identified; 92.1 % were weighed. Information on nutritional status of children was available for 75.1 % of those who were weighed; 75.4 % were normal; 20.8 % were undernourished and 3.8 % was severely undernourished (Figure 4.2.9.8); 75.1 % were receiving food supplement from AWs daily (Figure 4.2.9.7). Distribution of food supplement was not done on the basis of nutritional status of the children.



### **Household survey**

The household survey was conducted in 28 rural PSUs of Surguja district (Annexure 4.2.9d & 4.2.9e).

#### ***Socioeconomic profile***

The survey was conducted in 784 rural households. The mean household size is 5.7; 65.3 % were nuclear families.

More than half (54.6%) of the households belonged to ST; 29.7 % to OBC; rest belonged to SC and other castes. 94.4 % families stated that their monthly income was less than Rs. 5000; only 5% stated that their income was between Rs. 5000 – Rs. 10000 per month.

The head of the households were better educated than the wives of the head of the households. More than half (57.4 %) of the head of households were illiterate; 20.7 % were educated up to primary level; 13.1 % were educated up to secondary school or more. Majority (82.2 %) of the wives of head of the

household were illiterate; 10.5 % had primary level education and only 4.5% had studied up to secondary school or more.

Most (79.2 %) of the head of the households were farmers; 8.3 % were working as landless labourers; 1 % was not working at the time of the survey; the rest were in service. Most of the wives of the head of the households were housewives (61.3 %) and did not work outside home. 4 % were working as farm labourers and 23.9 % as domestic help.

Most of the population surveyed was residing in the center of the village (63 %). Over ninety percent (96.8 %) owned houses. 94.8 % of the families were living in kutchha houses; 2.8 % in semi pucca houses. 35.6% of houses had two rooms; 32.4% had three rooms and 21.6% had more than three rooms. Only 0.5 % had toilet facility at home. 97.7 % of the population had no access to toilet and were using sulabh. Half of the households (52.3 %) had provision of drinking water in their homes; 47.7 % were taking drinking water from public sources like taps, hand pumps or water tankers, well, pond and river. Over Seventy percent (71.6%) of the households reported that they were non-vegetarian. Only 2.0 % were using gas for cooking food; 97.8 % of the families were using kerosene or wood stoves for cooking. 91.2 % families were using stainless steel utensils and 7 % were using aluminum for cooking. Public transport was used by 34.2 % of the population and more than fifty percent (56.0 %) had a bicycle. Two thirds of them (62.6 %) had no source of entertainment such as radio or T.V colour television at home and only 21.2 % had radio and 3.4 % had colour television at home.

The mean consumption of food grains was 70.2 kg per month per household; 45.9 % of the families surveyed had ration card and 83.9 % of them bought food grains from ration shop. On an average each household bought 34.3 kg of food grains from the ration shop.

### **Utilization of ICDS services**

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	120	72.5 (87)	69.2 (83)	67.5 (81)	0.8 (1)	0.8 (1)
Lactating women	327	72.5 (237)	70.0 (229)	96.5 (221)	3.5 ( 8)	0
0-3 years	471	75.4 (355)	73.5 (346)	92.5 (320)	7.5 (26)	0
3-6 years	569	70.5 (401)	67.8 (386)	71.5 (276)	28.2 (109)	0.3 (1)

*Figure in parenthesis denote actual numbers*

Almost all (99.5 %) the households were aware of the AWs in their area. About 71.5 % of the households were receiving food supplement from the AWs. More than sixty percent of them collect supplement from AWs and took it home (63.6 %) and only 7% stayed at AWs and consumed the supplement at the AWs. Information of the number of pregnant, lactating women and preschool children who visited AWs; received NHE and/or food supplement is given in Table 4.2.9.5.



More than seventy percent of the pregnant women visited AW for receiving NHE and 69.2% collected food supplements; but only 1 out of 120 women received food supplements for more than 20 days; 237 of 327 lactating women visited AWs and got NHE; 229 lactating women collected food supplements from AWs but none of the lactating women had received food supplements for more than 20 days /month. However currently very small proportion of pregnant and lactating women receives food supplements for over 10 days in a month. Among 346 0-3 year old children collecting food supplements from AWs, none of the children collected food supplements for more than 20 days. Among 3-6 yrs old, seventy percent (67.8%) children collect food supplement from AWs and only 1 child had collected food supplements for more than 20 days.

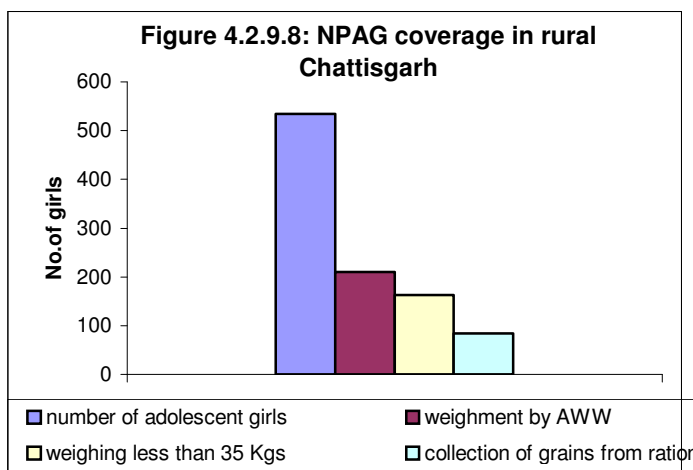
Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	471	300	203	76	1
3-6	569	324	194	91	8

There were 471 children in 0-3 year old age groups in the households surveyed;

300 children had been weighed. The parents reported that 203 children were normal; 76 were undernourished and 1 was severely undernourished. Parents of 20 children (6.7 %) reported that they did not know the nutritional status of their child. There were 569 children in 3-6 year old age group in the households surveyed; 324 children had been weighed. The parents reported that 194 children were normal; 91 were undernourished and 8 was severely undernourished. Parents of 31 children (9.6 %) reported that they did not know the nutritional status of their child (Table 4.2.9.6).

### NPAG

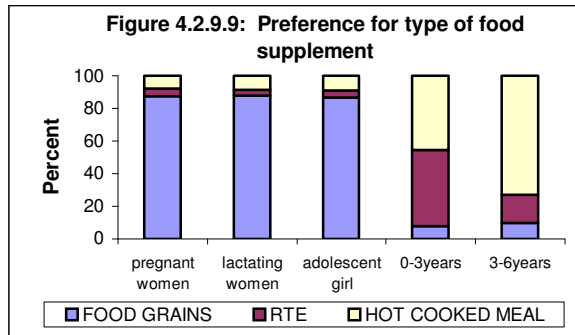
During the household survey 534 adolescent girls were identified with mean age of the girls was  $13.5 \pm 2.66$  years and mean weight was  $30.3 \pm 5.80$  kg; 22.1 % of the girls were illiterate; 51.7 % of the girls had primary level education and 18.2 % had secondary level education. Only seven percent adolescent girls were married. The age at marriage was



between 16-19 years. Majority (70.3%) of the girls knew about KSY (42.1 %) and NPAG (49.6 %). The family reported that 90 (56.9 %) adolescent girls visited AWs for KSY, 60.5 % of those who visited anganwadi received NHE, 28.3 % had received iron/folic acid tablets, 42.3 % took food supplement from AWs. AWs workers had weighed 210 (61.2 %) of the identified adolescent girls and 163

(75.1 %) weighed less than 35 kg. Chits were not distributed to the girls weighing less than 35 kg as food grains were directly distributed by AWWs in Surguja district. Out of 163 girls 82 girls collected food grains for 1 month (Figure 4.2.1.12); 13 girls gained weight but still weighed less than 35 kg. ; 10 girls showed no change in weight and 3 girls lost weight.

### Household’s opinion about food supplements through ICDS



When asked about the opinion as to who should get food supplements majority stated that all the persons belonging to vulnerable groups who visit AWWs—pregnant (36.5 %), lactating women (44.8 %), adolescent girls (33.5 %) and preschool children (48.5 %) should get food supplements. The rest felt food supplements may be given to under

nourished persons. They felt that food grains are the preferred supplement for pregnant (87.3 %), lactating women (87.9%) and adolescent girls (86.6%). For 0-3 year old children both RTE (46.8 %) and hot cooked meal (45.4 %) was preferred. For the 3-6 year children 72.8% preferred hot cooked food, which children can eat when, they come for preschool education sessions. The rest preferred RTE (17.3 %) and food grains (9.8 %). The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months, the preference of the community for food grains for this vulnerable group suggest that the option provided in NPAG was the right one.

## List of PSUs in Surguja

STATE: CHHATISGARH

DIST: SURGUJA

NO OF RURAL PSU'S: 28

POP :1496316

PSU N	TEHSIL	T-NAME	BLOCK	B-NAME	VILLAGE	V-NAME	RES HH	T-POPLN
1	80	SURAJPUR	160	PREMNAGAR	408	JAIPUR	90	464
2	20	PAL	20	RAMCHANDRAPUR	91	LURGI	59	390
3	80	SURAJPUR	140	BHAIYATHAN	186	RAJKISHORNAGAR	101	609
4	100	LUNDRA	210	LUNDRA	57	KARDONI	111	594
5	40	PRATAPPUR	50	PRATAPPUR	56	KHUNSHI	119	569
6	80	SURAJPUR	130	SURAJPUR	300	NARESHPUR	149	722
7	20	PAL	30	BALRAMPUR	223	DUMAR KHORKA	79	445
8	60	SAMRI	80	SHANKARGARH	8	PAHARI	66	337
9	90	AMBIKAPUR	180	AMBIKAPUR	128	MAJHAPARA	133	785
10	30	WADRAFNAGAR	40	WADRAFNAGAR	104	AMDIHA	63	259
11	100	LUNDRA	210	LUNDRA	82	BULANGA	210	1224
12	80	SURAJPUR	150	RAMANUJNAGAR	321	KALYANPUR	248	1359
13	20	PAL	20	RAMCHANDRAPUR	42	BISHANPUR	168	808
14	20	PAL	30	BALRAMPUR	114	MANIKPUR	218	1104
15	90	AMBIKAPUR	200	UDEYPUR	394	SAYAR	180	805
16	90	AMBIKAPUR	180	AMBIKAPUR	112	MENDRA KHURD	166	954
17	100	LUNDRA	210	LUNDRA	36	NAGAM	206	1067
18	80	SURAJPUR	150	RAMANUJNAGAR	359	MOHANPUR	203	885
19	60	SAMRI	80	SHANKARGARH	21	PONDI KHURD	160	756
20	20	PAL	20	RAMCHANDRAPUR	10	TALKESHWARPUR	334	2021
21	90	AMBIKAPUR	170	RAJPUR	65	DHANDHAPUR	368	2180
22	80	SURAJPUR	160	PREMNAGAR	399	BAKALO	293	1448
23	30	WADRAFNAGAR	40	WADRAFNAGAR	30	RAGHUNATHNAGAR	365	1850
24	90	AMBIKAPUR	180	AMBIKAPUR	173	KANTHI	317	1799
25	80	SURAJPUR	130	SURAJPUR	287	DATIMA	276	1496
26	90	AMBIKAPUR	180	AMBIKAPUR	113	SAKALO	281	1435
27	90	AMBIKAPUR	180	AMBIKAPUR	114	SARGAWAN	261	1842
28	20	PAL	30	BALRAMPUR	178	BALRAMPUR	440	2242

## Profile of anganwadis in Surguja

Annexure- 4.2.9b

	Number		
	AW	No.	No./AW
Number of households	29	5059	174
Total population Under awc	29	27680	954
Number of persons			
7-12 months	29	625	22
1-3 year	29	1122	39
3-6 year	29	1118	39
Pregnant women	29	393	14
Lactating women	29	361	12
Adolescent girls	29	1420	49

	Rural Number		
	AW	AG	AG/ AW
Date of last round			
Date of current round			
<b>LAST ROUND</b>			
Number of AG			
Identified	29	1572	54
Weighed	29	1512	52
Weight < 35 Kgs	29	1074	37
New AG < 35 kgs	10	84	8
Chits distributed	0	0	0
Received rations for			
1 month	28	1021	36
2 months	0	0	0
3 months	0	0	0
<b>Nutritional status</b>			
No change in weight	0	0	0
Deterioration in weight	0	0	0
Improvement but less than 35 Kgs	0	0	0
Crossed 35 kgs.	0	0	0
Received NHE	25	1281	51
Received food supplement under KSY	1	1	1
<b>Current round</b>			
Number of adolescent girls			
Identified	29	1565	54
Weighed	29	1533	53
Weight < 35 Kgs	29	1100	38
New adolescent girls < 35 kgs	16	105	7
Number of chits distributed	0	0	0
Received rations for			
1 month	29	1099	38
2 months	0	0	0
3 months	0	0	0
<b>Nutritional status</b>			
No change in weight	0	0	0
Deterioration in weight	0	0	0
Improvement but less than 35 Kgs	0	0	0
Crossed 35 kgs.	0	0	0
Received NHE	25	1274	51
Received food supplement under KSY	1	1	1

## Details of work done under NPAG in anganwadi

	Rural	
	No	%
<b>Total number of anganwadi</b>	<b>29</b>	
Weighing adolescent girls	29	100.0
Identifying < 35 Kgs	29	100.0
Giving chits to < 35 Kgs	29	100.0
Collects grain from ration shop	29	100.0
Providing NHE to adolescent girls	29	100.0
AWW oriented to weighing	29	100.0
Provided with weighing scale	29	100.0
<b>Checking accuracy</b>	29	
Do not check	0	0.0
Adjusting zero error	26	89.7
With std weight	2	6.9
With std weight and adolescent girl	1	3.4
With std weight and adolescent girl and removing std weight	0	0.0
Any other	0	0.0
<b>Checking accuracy by investigator</b>	27	
Accurate by 1/2 kg	20	74.1
Inaccurate less than 1 kg	6	22.2
Inaccurate > 1 kg	1	3.7
<b>Demonstration of weighing</b>	29	
Correct	29	100.0
Incorrect	0	0.0
<b>Training of AWW for NHE</b>	28	96.6
<b>No. of AW giving NHE to P&amp;L</b>	29	100.0
<b>Records of work done</b>	1	3.4
<b>NPAG implementation Problems</b>	29	
No problem	16	55.2
Absence of accurate weighing scale	3	10.3
Girls do not get weighed	3	10.3
Girls do not pick up ration	0	0.0
Girls do not consume additional food	0	0.0
Non-availability of rations in ration shops	0	0.0
No link between AWW and ration shop	0	0.0
Any other	7	24.1
<b>Corrective measures</b>	14	
Inform the authorities	10	71.4
Make families and girls aware of NPAG	4	28.6
Any other	0	0.0
<b>Get support from</b>		
PRI	22	75.9
Ration Shop	29	100.0
Family of Girls	28	96.6
ANM	29	100.0
<b>Does NPAG improve</b>		
Nutritional status	29	100.0
Participation in KSY	29	100.0

## Details of ICDS components in the current month of the survey

	Number		
	AW	Persons	Persons/ AW
<b>Pregnant women</b>			
<b>Registered</b>	29	372	13
Weighed	29	369	13
Less than 40 Kg	21	53	3
Received food supplement	24	281	12
<b>Lactating women</b>			
<b>Registered</b>	29	373	13
Weighed	25	290	12
Less than 40 Kg	13	36	3
Received food supplement	24	300	13
<b>0-3 year children</b>			
<b>Registered</b>			
Male	27	767	28
Female	27	745	28
<b>Weighed</b>			
Male	26	710	27
Female	26	680	26
<b>Nutritional status</b>			
<b>Normal</b>			
Male	23	353	15
Female	20	363	18
<b>Undernourished</b>			
Male	20	128	6
Female	19	130	7
<b>Severely undernourished</b>			
Male	14	19	1
Female	11	25	2
<b>Received cooked food supplement</b>			
Male	21	539	26
Female	21	514	24
<b>3-6 year children</b>			
<b>Registered</b>			
Male	28	540	19
Female	27	517	19
<b>Weighed</b>			
Male	26	488	19
Female	19	486	26
<b>Nutritional status</b>			
<b>Normal</b>			
Male	20	287	14
Female	20	264	13
<b>Undernourished</b>			
Male	16	76	5
Female	17	76	4
<b>Severely undernourished</b>			
Male	8	10	1
Female	12	18	2
<b>Received cooked food supplement</b>			
Male	21	419	20
Female	22	375	17

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	87.3	87.9	86.6	7.8	9.8
Rte	5	3.5	4.2	46.8	17.3
Hot cooked meal	7.7	8.6	9.2	45.4	72.8
Preference for beneficiary of ICDS food supplement					
All in the community	1.7	2.6	3.6		9.8
Only undernourished in the community	9.7	12.5	20.8		13.3
All coming to AW	36.5	44.8	33.5		48.5
Only undernourished coming to anganwadi	0.8	2.0	2.6		0.6
Missing	51.4	38.1	39.5		27.8
Total	100.0	100.0	100.0		100.0

Preference for receiving food supplement from anganwadi		
	No	%
Stay and eat there	54	6.9
Collect food and go home	499	63.6
Stay at anganwadi even after eating food	0	0.0
Do not get supplement	230	29.3
Get only take home type supplement	1	0.1
One family member collects for all	0	0.0
Missing value	0	0.0
Total	784	100.0

## Details of Household Characteristics in Surguja

	Rural	
	No.	Mean $\pm$ S.D
Number of PSUs covered	28	
Number of households	784	
Size of HH	784	5.7 $\pm$ 3.89
Total food grains purchased (Kg)	694	70.2 $\pm$ 47.78
Kgs of Grains from PDS	267	34.3 $\pm$ 14.40
	No.	%
<b>Type of HH</b>	784	
Joint	272	34.7
Nuclear	512	65.3
Missing Value	0	0.0
Total	784	100.0
<b>Caste</b>	784	
SC	65	8.3
ST	428	54.6
OBC	233	29.7
Others	57	7.3
Missing Value	1	0.1
Total	784	100.0
<b>Socio-economic status</b>	784	
High	3	0.4
Middle	41	5.2
Low	740	94.4
Missing Value	0	0.0
Total	784	100.0
<b>Literacy status of HHH</b>	784	
Illiterate	450	57.4
Can read and write	69	8.8
Schooling primary	162	20.7
Schooling secondary	103	13.1
Missing Value	0	0.0
Total	784	100.0
<b>Literacy status of wife of HHH</b>	741	
Illiterate	609	82.2
can read and write	21	2.8
Schooling primary	78	10.5
Schooling secondary	33	4.5
Missing Value	0	0.0
Total	741	100.0
<b>Work status of HHH</b>	784	
Unemployed	7	0.9
Unskilled/ landless labourer	65	8.3
Semi-skilled / cultivators	621	79.2
Clerk/office worker/ Teacher / Landowners	44	5.6
Business/ Artisans	12	1.5
Others	35	4.5
Missing Value	0	0.0
Total	784	100.0
<b>Work status of wife of HHH</b>	741	
Unemployed	454	61.3
Unskilled/ landless labourer	30	4.0
Semi-skilled / cultivators	3	0.4
Clerk/office worker/ Teacher / Service	2	0.3
Business/ Domestic help	177	23.9
Others	74	10.0
Missing Value	1	0.1
Total	741	100.0
<b>Dietary Habits</b>	784	
Vegetarian	221	28.2
Non-vegetarian	561	71.6
Missing Value	2	0.3
Total	784	100.0
<b>Monthly Income</b>	784	
<5K	742	94.6
5-10K	40	5.1
>10K	2	0.3
Missing Value	0	0.0
Total	784	100.0
<b>Locality</b>	784	
Slum / Center of village	494	63.0

	Rural	
	No.	%
Resettlement colony / Periphery	231	29.5
Regular colony / Harijan basti	57	7.3
Missing Value	2	0.3
Total	784	100.0
<b>Type of House</b>	784	
Kutcha	743	94.8
Semi-pucca	22	2.8
Pucca	5	0.6
Missing Value	14	1.8
Total	784	100.0
<b>Ownership of House</b>	784	
Own	759	96.8
Rented	21	2.7
Missing Value	4	0.5
Total	784	100.0
<b>No. of rooms</b>	784	
One	72	9.2
Two	279	35.6
Three	254	32.4
> three	169	21.6
Missing Value	10	1.3
Total	784	100.0
<b>Toilet Facility</b>	784	
Sulabh / No facility	766	97.7
Shared pit	8	1.0
Own pit	4	0.5
Own flush	4	0.5
Missing Value	2	0.3
Total	784	100.0
<b>Transport</b>	784	
Public	268	34.2
Bicucle	439	56.0
Scooter / Moped	51	6.5
Any other	17	2.2
Missing Value	9	1.1
Total	784	100.0
<b>Cooking Fuel used</b>	784	
Kerosene/ Coal/ Wood	767	97.8
Gas / electricity	15	1.9
Others	0	0.0
Missing Value	2	0.3
Total	784	100.0
<b>Source of DW</b>	784	
Public Tap	78	9.9
Submersible	410	52.3
Well/ pond/ river	296	37.8
Missing Value	0	0.0
Total	784	100.0
<b>Entertainment</b>	784	
None	491	62.6
Radio	166	21.2
TV (BW)	99	12.6
TV(Col)	27	3.4
Missing Value	1	0.1
Total	784	100.0
<b>Kitchenware</b>	784	
Clay	9	1.1
Aluminium	56	7.1
Cast iron	0	0.0
Brass / Copper	4	0.5
Stainless Steel	715	91.2
Missing Value	0	0.0
Total	784	100.0
<b>Food grain Purchase</b>	784	
possession of Ration card	360	45.9
buy grains from Ration Shop	302	38.5

## Details of ICDS in Surguja

	Rural	
	No.	%
<b>Awareness about presence of anganwadi</b>	780	99.5
<b>Pregnant women</b>	120	
<b>Visit anganwadi</b>		
Never	19	15.8
Less than 10 days	101	84.2
10-20 days	0	0.0
More than 20 days	0	0.0
<b>Receive NHE</b>	87	72.5
<b>Receiving food supplement</b>	83	69.2
Less than 10 days	81	97.6
10-20 days	1	1.2
More than 20 days	1	1.2
<b>Lactating women</b>	327	
<b>Visit anganwadi</b>		
Never	34	10.4
Less than 10 days	288	88.1
10-20 days	3	0.9
More than 20 days	2	0.6
<b>Receive NHE</b>	237	72.5
<b>Receiving food supplement</b>	229	70.0
Less than 10 days	221	96.5
10-20 days	8	3.5
More than 20 days	0	0.0
<b>0-3 year children</b>	471	
<b>Visit anganwadi</b>		
Never	68	14.4
Less than 10 days	382	81.1
10-20 days	18	3.8
More than 20 days	3	0.6
<b>Receive NHE</b>	355	75.4
<b>Receiving food supplement</b>	346	73.5
Less than 10 days	320	92.5
10-20 days	26	7.5
More than 20 days	0	0.0
<b>Weight of children</b>	300	63.7
<b>Nutritional status of children</b>		
Normal	203	67.7
Undernourished	76	25.3
Severely undernourished	1	0.3
Donot know	20	6.7
Missing value	0	0.0
<b>3-6 year children</b>	569	
<b>Visit anganwadi</b>		
Never	103	18.1
Less than 10 days	382	67.1
10-20 days	74	13.0
More than 20 days	10	1.8
<b>Receive NHE</b>	401	70.5
<b>Receiving food supplement</b>	386	67.8
Less than 10 days	276	71.5
10-20 days	109	28.2
More than 20 days	1	0.3
<b>Weight of children</b>	324	56.9
<b>Nutritional status of children</b>		
Normal	194	59.9
Undernourished	91	28.1
Severely undernourished	8	2.5
Donot know	31	9.6
Missing value	0	0.0

## Details of NPAG in Surguja

	Rural	
	No.	Mean $\pm$ S.D
<b>Number of adolescent girls</b>	534	
<b>Mean age (years)</b>	534	13.5 $\pm$ 2.66
<b>Mean weight (Kgs)</b>	164	30.3 $\pm$ 5.80
	No.	%
<b>Literacy status</b>		
Illiterate	118	22.1
Can read and write	43	8.1
Schooling primary	276	51.7
Schooling secondary	97	18.2
<b>Marital status (%)</b>		
Currently married	38	7.1
Never married	496	92.9
<b>Age at marriage (%)</b>		
10-13 years	3	0.6
13-16 years	14	2.6
16-19 years	21	3.9
not married	496	92.9
<b>KSY and NPAG</b>	375	70.2
Awareness about KSY	158	42.1
Awareness about NPAG	186	49.6
Visit Anganwadi centre		
For KSY	90	24.0
For NPAG	176	46.9
Never	108	28.8
Receive NHE	227	60.5
Receive IFA	106	28.3
Receive food supplements from anganwadi	347	100
Never	193	55.6
Less than 10 days	149	42.9
10-20 days	5	1.4
more than 20 days	0	0.0
<b>Weight by AWW</b>	210	39.3
<b>Weighing less than 35 kgs (%)</b>	163	77.6
Given a chit for free food grains	0	0.0
Went to ration shop to collect grains	84	0.0
Collection of grains from ration shop		
one month	82	97.6
two months	1	1.2
three months	1	1.2
never	0	0.0
<b>Reason for not getting food grains</b>		
not aware of NPAG	0	0.0
did not go to ration shop	0	0.0
ration shop closed	0	0.0
ration shop opened but no stock	0	0.0
do not require ration	0	0.0
<b>After receiving food grains*</b>		
no change in weight	10	11.9
deterioration in weight	3	3.6
improvement in weight < 35 Kgs	13	15.5
crossed 35 kgs	0	0.0

\*. Information on nutritional status was available from 26 girls

## Guidelines 2002-03

### कार्यवाही विवरण

विशेष सचिव महोदय के कक्ष क्रमंक 164 में दिनांक 30.09.2002 को जिला सरगुजा में योजना आयोग, भारत शासन द्वारा वर्ष 2002-03 में कम वजन की गर्भवती-शिशुवती महिलाओं एवं किशोरी बालिकाओं हेतु Sub sidized Food Grains संबंधी नवीन योजना के संबंध में एक बैठक का आयोजन किया गया। बैठक में उप संचालक (पोषण आहार) एवं जिला कार्यक्रम अधिकारी, महिला व बाल विकास सरगुजा उपस्थित थे। बैठक में विशेष सचिव महोदय द्वारा निम्नानुसार निर्देश दिये गये:-

1. जिला सरगुजा द्वारा दी गई प्रारम्भिक जानकारी अनुसार जिले में कम वजन की गर्भवती-शिशुवती महिलाओं एवं किशोरी बालिकाओं की संख्या लगभग 5000 बताई गई है। जिले में कुल 19 विकासखंड/ बाल विकास परियोजनाएं हैं। जिले की जनसंख्या को देखते हुए हितग्राहियों की संख्या काफी कम है। अतः जिला अधिकारी सरगुजा को ऐसी महिलाओं एवं बालिकाओं को चिह्नित करने हेतु जिले की प्रत्येक विकासखंड/परियोजनाओं में एक दिवसीय अभियान चलाया जाकर वास्तविक जानकारी दिनांक 07.10.02 तक उप संचालक(पो.आ.) को भेजने हेतु निर्देशित किया गया। उपरोक्तानुसार किये जाने वाले सर्वे हेतु विभिन्न विभागों का सहयोग लिया जाकर इसका क्रियान्वयन किया जाना सुनिश्चित किया जावे। (कार्यवाही जिला कार्यक्रम अधिकारी सरगुजा)
2. इस योजनाद्वारा चिह्नित की गयी महिलाओं/ बालिकाओं की जानकारी प्रत्येक परियोजना /आंगनवाड़ी केन्द्र स्तर पर संभारित की जाये। जिसमें संबंधित महिला/बालिका के पति/पिता का नाम जन्मतिथि, वजन, बार्ड /मोहल्ले का नाम एवं जाति संबंधी विवरण दर्ज किया जावे। ऐसी महिलाओं/ बालिकाओं को नागरिक आपूर्ति निगम से संबंधित सहकारी समितियों/ उचित नूल्य की दुकानों के माध्यम से प्रतिमाह 6 कि.ग्रा. वीपीएल रेट का चावल दिया जावेगा। दिये जाने वाले खाद्यान्न का लेखा जोखा विभाग द्वारा रखा जावेगा। हितग्राहियों को खाद्यान्न प्राप्त करने के लिये राशन कार्ड एवं कूपन आंगनवाड़ी कार्यकर्ता द्वारा उपलब्ध कराया जावेगा। आंगनवाड़ी कार्यकर्ता द्वारा हस्ताक्षरित कूपन, हितग्राही से प्राप्त कर उसे खाद्यान्न दिया जाकर कूपन संबंधित दुकान द्वारा रखा जायेगा एवं राशन कार्ड में खाद्यान्न का इन्डॉज किया जाकर इसे हितग्राही को वापस दिया जायेगा। उचित नूल्य की दुकान द्वारा ऐसे हितग्राहियों को दिये गये चावल से संबंधित कूपन को एकत्र कर परियोजना में प्रस्तुत किया जावेगा। कूपन में दिये गये खाद्यान्न को विभाग के पर्यवेक्षक/बाल विकास परियोजना अधिकारी द्वारा सत्यापित किया जाकर नियमानुसार भुगतान हेतु जिला अधिकारी को प्रस्तुत करेगा।



3. ऐसी हितग्राही महिला /बालिकाओं एवं उसके परिवार को आंगनवाड़ी कार्यकर्ता एवं ए.एन.एम.(स्वास्थ्य विभाग)द्वारा पोषण एवं स्वास्थ्य शिक्षा दी जावेगी एवं तीन माह बाद इनका वजन लिया जाकर कार्ड में अंकित किया जावेगा। विभागीय अमले द्वारा पोषण आहार से संबंधित शिक्षा तथा स्वास्थ्य विभाग के अमले द्वारा स्वास्थ्य शिक्षा एवं स्वास्थ्य परीक्षण किया जावेगा। प्रत्येक तीन माह पश्चात ऐसी महिला /बालिका का वजन लेकर यह सुनिश्चित किया जावेगा कि उसके वजन में वृद्धि हुये है अथवा नहीं। यदि उसके वजन में संतोषजनक वृद्धि होती है तो उसे बीपीएल रेट पर दिये जाने वाले खाद्यान्न का वितरण बंद कर दिया जावेगा किंतु उन्हें आंगनवाड़ी केंद्रों के माध्यम से पूरक पोषण आहार का वितरण नियमानुसार दिया जावेगा। यदि संबंधित हितग्राही के वजन में आशाजनक वृद्धि नहीं पायी जाती है तो ऐसी महिला /बालिका को नजदीकी स्वास्थ्य केंद्र में रेफर किया जावेगा एवं इस संबंध में डॉक्टर से परामर्श लिया जाकर कार्यवाही की जावेगी। साथ ही आगामी तीन माह उसे पुनः खाद्यान्न दिया जावेगा। इस प्रकार प्रत्येक तिमाही में हितग्राही महिला /बालिका का वजन लिया जाकर उपरोक्तानुसार कार्यवाही सुनिश्चित की जावेगी। परिवोजना/ आंगनवाड़ी केंद्रों के माध्यम से विभाग द्वारा निर्धारित प्रपत्र में तिमाह जानकारी लिया जाकर उपसंचालक(पो.आ.) को प्रथम सप्ताह में भेजी जावेगी।

4. विभागीय अधिकारी द्वारा एवं पंचायत की महिला सदस्य द्वारा कम से कम 5 प्रतिशत ऐसी महिला /बालिकाओं से संबंधित वजन एवं खाद्यान्न रिकार्ड आदि के संबंध में रेडम रूप से परीक्षण किया जावेगा ताकि यह सुनिश्चित हो सके कि योजना का निष्पन्न सही रूप से किया जा रहा है अथवा नहीं। यदि कोई कमी लगे तो काम पर संबंधित कार्यकर्ता को उचित सलाह दी जाकर रिकार्ड आदि का संभारण सही रूप से किया जावेगा। यदि किसी कारणवशा संबंधित महिला /बालिका को उचित मूल्य की दुकान से खाद्यान्न का वितरण सही रूप से नहीं हो पा रहा है तो इस संबंध में वरिष्ठ अधिकारियों को अवगत कराया जाकर समस्या का निराकरण तथा सौझ करवाने हेतु प्रयास किया जावेगा।

उपरोक्तानुसार दिये गये निर्देशों के अतिरिक्त योजना आयोग भारत सरकार नयी दिल्ली से इस नवीन योजना से संबंधित गाईड लाइन्स एवं त्रैटिक रिपोर्ट संबंधी प्रपत्र की प्रति जिला कार्यक्रम अधिकारी महिला एवं बाल विकास सचिवालय को दी गयी एवं इसका पालन किया जाना सुनिश्चित किये जाने हेतु निर्देशित किया जाकर बैठक का समापन किया गया।

छत्तीसगढ़ शासन  
महिला एवं बाल विकास विभाग  
मंत्रालय डी.के.एस.भवन रायपुर

क्रमांक/ 172 /मवावि/पो0आ0/2005  
प्रति,

रायपुर, दिनांक 27-7-2005

✓/ कलेक्टर,

जिला- सरगुजा(छ0ग0)

✓/ जिला कार्यक्रम अधिकारी/

जिला महिला एवं बाल विकास अधिकारी,

जिला- सरगुजा(छ0ग0)

विषय:- नेशनल न्यूट्रीशन मिशन अन्तर्गत किशोरी बालिकाओ हेतु योजना (एनपीएजी)।

संदर्भ:- भारत शासन, महिला एवं बाल विकास विभाग का पत्र क्रमांक एफ नं.

1-23/2005-एनपीएजी दिनांक 14.7.2005.

जिला सरगुजा में नेशनल न्यूट्रीशन मिशन अन्तर्गत वर्ष 2002-03 से कम वजन की गर्भवती/शिशुवती माताओ एवं किशोरी बालिकाओ को निःशुल्क अनाज देने की योजना प्रारंभ की गई है। योजना पर पुनर्विचार पश्चात इसे वर्ष 2005-06 से संशोधित स्वरूप में लागू किया जाना है जिसके मुख्य बिन्दु निम्नानुसार है :-

- यह योजना अब केवल 35 किलो ग्राम से कम वजन की 11 से 19 आयु वर्ग की किशोरी बालिकाओ हेतु लागू रहेगी। गर्भवती/शिशुवती माताओ को आईसीडीएस कार्यक्रम के तहत लाभान्वित किया जायेगा।
- योजना के हितग्राही बालिकाओ की सूची को ग्राम सभा से अनुमोदित कराया जाना आवश्यक है। तत्पश्चात योजना का तत्काल क्रियान्वयन प्रारंभ कर दिया जायेगा।
- हितग्राही बालिकाओ का वजन महिला पंचायत प्रतिनिधि की उपस्थिति में लिया जायेगा। पर्यवेक्षक/ महिला पंचायत प्रतिनिधि द्वारा लगभग 5 प्रतिशत हितग्राहियों का वजन रेण्डम आधार पर जांच किया जायेगा। बाल विकास परियोजना अधिकारी द्वारा लगभग 1 प्रतिशत हितग्राहियों का वजन सत्यापित किया जाना होगा।
- प्रत्येक त्रैमास की समाप्ति पश्चात समस्त हितग्राहियों का वजन पुनः लिया जायेगा। यदि हितग्राही के वजन में अपेक्षित स्तर तक वृद्धि होती है अथवा उसकी उम्र 19 वर्ष से अधिक हो जाती है तो उसका नाम हितग्राहियों की सूची से काट दिया। यदि हितग्राहियों के वजन में अपेक्षित वृद्धि न होने से वह कम

वजन की श्रेणी में रहती है तो उसको जॉन आंगनवाड़ी कार्यकर्ता/एएनएम द्वारा की जाकर उसको प्राथमिक स्वास्थ्य केंद्र में मेडिकल ऑफिसर के पास रिफर किया जायेगा तथा शासकीय उचित मूल्य की दुकान से आगामी 3 माह तक पुनः 6 किलो ग्राम निःशुल्क अनाज उसे दिया जायेगा ।

- हितग्राहियों की सूची में छूटे हुए अन्य पात्र हितग्राही किशोरी बालिकाओं का वजन लिया जाकर कम वजन की श्रेणी में आने पर उन्हें नियमानुसार दर्ज कर अन्य हितग्राहियों की तरह लगभग 3 माह तक प्रतिमाह 6 किलो अनाज निःशुल्क प्रदाय किया जायेगा । पर्यवेक्षक द्वारा लगभग 5 प्रतिशत हितग्राहियों का तथा बाल विकास परियोजना अधिकारी द्वारा लगभग 1 प्रतिशत हितग्राहियों से सम्पर्क कर अनाज प्राप्ति की पुष्टि कर सत्यापित किया जायेगा ।

- प्रति आंगनवाड़ी केंद्र वार्षिक रूप से 400/- रुपये आईसी/ट्रेनिंग हेतु तथा 200/- रुपये योजना से संबंधित मीटिंग इत्यादि पर नियमानुसार व्यय किया जायेगा । उपरोक्त व्यय को बाल विकास परियोजना अधिकारी/पर्यवेक्षक द्वारा सत्यापित किया जायेगा । हितग्राहियों के सही वजन लिये जाने हेतु आंगनवाड़ी कार्यकर्ताओं को प्रशिक्षण भी दिया जाना चाहिये । साथ ही आंगनवाड़ी कार्यकर्ता, पर्यवेक्षक तथा परियोजना अधिकारी द्वारा स्वास्थ्य विभाग से समन्वय स्थापित करते हुए हितग्राहियों को पोषण एवं स्वास्थ्य शिक्षा दिया जायेगा । हितग्राही परिवार को खानपान की आदतों का अध्ययन कर स्थानीय आवश्यकताओं अनुसार उन्हें पौष्टिक व अन्य उपयुक्त खाद्य पदार्थों का महत्व बताते हुए पोषण एवं स्वास्थ्य शिक्षा दिया जावे ।

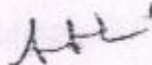
- हितग्राहियों की जानकारी तीन प्रकार से संधारित किया जाना होगा जिसका विवरण निम्नानुसार है :-

- 1/ हितग्राहियों का विवरण दर्शाने वाली पंजी
- 2/ हितग्राहियों के वजन की निगरानी संबंधी पंजी
- 3/ हितग्राहियों को अनाज वितरण करने संबंधी पंजी

इसके अतिरिक्त आंगनवाड़ी कार्यकर्ता द्वारा अनाज प्राप्त करने हेतु निर्धारित कूपन हितग्राही को दिया जायेगा जिसके आधार पर वह उचित मूल्य की दुकान से निःशुल्क अनाज प्राप्त करेगी । उपरोक्त पंजियों एवं प्रपत्रों का प्रारूप पत्र के साथ संलग्न भारत शासन के संदर्भित पत्र में दिया गया है तदनुसार ही रिकार्ड संधारित किया जावे ।

आंगनवाडी कार्यकर्ता, सुपरवाइजर के माध्यम से जानकारी परियोजना अधिकारी को प्रस्तुत करेगी जिसे संकलित किया जाकर जिले को रिपोर्ट भेजी जायेगी तत्पश्चात जिले द्वारा समस्त परियोजनाओं का संकलित प्रतिवेदन निर्धारित प्रपत्र में संचालनालय को त्रैमासिक रूप से रिपोर्ट भेजा जाना अनिवार्य होगा ।

योजना की गाईड लाईन्स एवं प्रपत्र आदि की विस्तृत जानकारी संलग्न कर भेजी जा रही है जिसका अध्ययन कर तदनुसार योजना का क्रियान्वयन सर्वोच्च प्रथमिकता के आधार पर सुनिश्चित किया जावे ।

  
सचिव

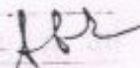
छत्तीसगढ़ शासन  
महिला एवं बाल विकास विभाग

पृ०क्र०/ 173 /मबावि.सो०आ०/2005

रायपुर, दिनांक 27-7-2005

प्रतिलिपि:-

सचिव, भारत शासन, महिला एवं बाल विकास विभाग, मानव संसाधन विकास मंत्रालय शास्त्री भवन नई-दिल्ली को सूचनार्थ ।

  
सचिव

छत्तीसगढ़ शासन  
महिला एवं बाल विकास विभाग

## Progress Report - NPAG

किशोरी बालिकाओं से संबंधित एन.पी.ए.जा. योजना-  
(प्रदेश के सरगुजा जिले में संचालित)

Annexure VII

- छत्तीसगढ़ राज्य के जिला सरगुजा में कम वजन की किशोरी बालिकाओं एवं गर्भवती/शिशुवती माताओं से संबंधित नेशनल न्यूट्रीशन मिशन के अन्तर्गत योजना का शुभारंभ 26 जनवरी 2003 से प्रारंभ हुआ था। योजना अन्तर्गत भारत शासन से 6 किलो ग्राम चावल एवं राज्य शासन की ओर से 4 किलो ग्राम चावल हितग्राहियों को देने का प्रावधान किया गया। वर्ष 2002-03 में 129.55 लाख रुपये की केन्द्रीय सहायता राशि प्राप्त हुई थी जिसमें से 100 लाख रुपये व्यय किये गये थे शेष राशि 29.55 लाख रुपये का व्यय वर्ष 2003-04 में सुनिश्चित किया गया।
- वर्ष 2003-04 में भारत शासन से केन्द्रीय सहायता राशि प्राप्त न होने के कारण योजना के क्रियान्वयन में कठिनाईयें हुई थी जिसकी मांग हेतु विभाग के पत्र क्रमांक 309 दिनांक 6.6.2003, 377 दिनांक 10.7.2003, 477 दिनांक 22.8.2003 एवं 653 दिनांक 30.1.2004 द्वारा भारत शासन से पत्राचार किया गया था। भारत शासन द्वारा 31 मार्च 2004 को पत्र जारी कर 104 लाख रुपये की केन्द्रीय सहायता राशि जारी की गई थी जिसे वित्त विभाग छत्तीसगढ़ शासन की अनुमति से वर्ष 2004-05 में पूर्ण रूपेण व्यय किया गया।
- वर्ष 2004-05 में भारत शासन से योजना हेतु कोई केन्द्रीय सहायता राशि प्राप्त नहीं हुई थी।
- भारत शासन के पत्र दिनांक 14.7.2005 में उक्त योजना को संशोधित स्वरूप देते हुए योजना का लाभ केवल कम वजन की किशोरी बालिकाओं को देने का निर्देश दिया गया तथा इनकी सूची को ग्रामसभा से अनुमोदित कराने के निर्देश दिये गये जिसके परिप्रेक्ष्य में विभाग अन्तर्गत कार्यवाही सुनिश्चित की गई। योजना के तहत पूर्व में कम वजन की गर्भवती/शिशुवती माताओं को लाभान्वित किया जा रहा था जिन्हे अब आई.सी.डी.एस. कार्यक्रम के माध्यम से लाभान्वित किये जाने हेतु भारत शासन द्वारा निर्देशित किया गया।

- वर्ष 2005-06 में भारत शासन द्वारा योजना हेतु 164.43 लाख रुपये की केन्द्रीय सहायता राशि जारी की गई थी किन्तु हितग्राहियों को दिये जाने वाले अनाज के अन्तर्गत चावल के स्थान पर गेहूँ का आबंटन जारी किया गया था। चूँकि राज्य अन्तर्गत मंत्री परिषद द्वारा लिये गये निर्णय अनुसार हितग्राहियों को चावल का वितरण किया जाना था। अतः अनाज के संशोधित आबंटन (चावल) दिये जाने हेतु भारत शासन से विभाग द्वारा पत्र क्रमांक 262 दिनांक 20.10.2005, 308 दिनांक 22.11.2005, दिनांक 8.12.2005 तथा पत्र क्रमांक 39 दिनांक 6.1.2006 के माध्यम से पत्राचार किया गया था जिसके परिप्रेक्ष्य में भारत शासन द्वारा दिनांक 19.1.2006 को अनाज का संशोधित आबंटन (चावल) जारी किया गया जिसके कारण वर्ष 2005-06 में प्राप्त केन्द्रीय सहायता राशि 164.43 लाख में से राशि रुपये 76.26 लाख रुपये तथा राज्य मद से 72.32 लाख रुपये का बंटन जिले को दिया गया था जिसमें से कुल 142.82 लाख रुपये नागरिक आपूर्ति निगम के खाते में जमा किये गये। तत्पश्चात राज्य नागरिक आपूर्ति निगम द्वारा उक्त राशि में से 113.97 लाख रुपये का चावल अप्रैल 2006 से जुलाई 2006 तक की अवधि में दिया जा चुका है एवं निगम के खाते में 28.85 लाख का आबंटन शेष है।

- वर्ष 2006-07 में योजना हेतु 891.00 लाख रुपये का बजट प्रावधान किया गया है वित्तीय वर्ष में प्राप्त केन्द्रीय सहायता राशि 168.37 लाख रुपये तथा राज्य मद से जिले को चावल कय हेतु आबंटन दिये जाने की कार्यवाही की जा रही है।

अतः योजना के सफल क्रियान्वयन हेतु भारत शासन से वर्ष के प्रारंभ में ही केन्द्रीय सहायता राशि तथा अनाज का आबंटन जारी होना आवश्यक है ताकि हितग्राहियों को निरन्तर अनाज की प्राप्ति सुनिश्चित कराई जाकर उनके वजन में अपेक्षित वृद्धि की जा सके।

  
उपसंचालक

महिला एवं बाल विकास  
सयपुर छत्तीसगढ़

मिनीमाता पोषण आहार योजना की जानकारी - (पिप्ला - सूरजगुजा) - (2006)

माह वर्ष	राज्य शासन मद 4 कि०घा० प्रति हितग्राही						केन्द्र शासन मद 6 कि०घा० प्रति हितग्राही					
	चावल वितरीत किये गये हितग्राहियों की संख्या				वितरीत चावल की मात्रा (कि०दल में)	चावल का दर प्रति कि०दल (रु०)	चावल वितरीत किये गये हितग्राहियों की संख्या				वितरीत चावल की मात्रा (कि०दल में)	चावल का दर प्रति कि०दल (रु०)
	गर्भवती	शिशुप्रति	किशोरी बालिकाएं	कुल योग			गर्भवती	शिशुप्रति	किशोरी बालिकाएं	कुल योग		
अप्रैल 2003	0	0	0	0	0	0	0	0	0	0	0	0
मई 2003	5108	6009	13219	5708	30044	1201.76	5108	6009	13219	5708	30044	1802.64
योग:-	10945	12876	28327	12232	64380	2575.2	5837	6867	15108	6524	34336	2060.16

माह वर्ष	राज्य शासन मद 4 कि०घा० प्रति हितग्राही						केन्द्र शासन मद 6 कि०घा० प्रति हितग्राही					
	चावल वितरीत किये गये हितग्राहियों की संख्या				वितरीत चावल की मात्रा (कि०दल में)	चावल का दर प्रति कि०दल (रु०)	चावल वितरीत किये गये हितग्राहियों की संख्या				वितरीत चावल की मात्रा (कि०दल में)	चावल का दर प्रति कि०दल (रु०)
	गर्भवती	शिशुप्रति	किशोरी बालिकाएं	कुल योग			गर्भवती	शिशुप्रति	किशोरी बालिकाएं	कुल योग		
जुलाई 2003	9040	10636	23397	10103	53176	2127.04	9040	10636	23397	10103	53176	3190.56
अगस्त 2003	2007	2361	5194	2243	11805	472.2	2007	2361	5194	2243	11805	708.3
सितम्बर 2003	2294	2698	5936	2563	13491	539.64	2294	2698	5936	2563	13491	809.46
अक्टूबर 2003	1434	1687	3710	1602	8433	337.32	1434	1687	3710	1602	8433	505.08
नवम्बर 2003	2177	2560	5634	2433	12804	512.16	2177	2560	5634	2433	12804	768.24
दिसम्बर 2003	2488	2927	6439	2780	14634	585.36	2488	2927	6439	2780	14634	878.04
जनवरी 2004	1555	1830	4024	1738	9147	365.88	1555	1830	4024	1738	9147	548.82
फरवरी 2004	12120	13209	29190	8230	62747	1129.44	12120	13209	29120	8230	62747	1331.42
मार्च 2004	8396	9913	16125	6653	41087	739.56	8396	9913	16125	6653	41087	1068.26
योग:-	41511	47821	99649	38345	227324	6808.6	41511	47821	99579	38345	227324	9809.08

टीप:- करवरी एवं मार्च 2005 में अर्द्धन क्रम होने से राज्य शासन से 1.600 कि०घा० एवं केन्द्र शासनमद से 2.600 कि०घा० चावल हितग्राहियों को वितरित किया गया है।

माह वर्ष	राज्य शासन मद 4 कि०घा० प्रति हितग्राही						केन्द्र शासन मद 6 कि०घा० प्रति हितग्राही					
	चावल वितरीत किये गये हितग्राहियों की संख्या				वितरीत चावल की मात्रा (कि०दल में)	चावल का दर प्रति कि०दल (रु०)	चावल वितरीत किये गये हितग्राहियों की संख्या				वितरीत चावल की मात्रा (कि०दल में)	चावल का दर प्रति कि०दल (रु०)
	गर्भवती	शिशुप्रति	किशोरी बालिकाएं	कुल योग			गर्भवती	शिशुप्रति	किशोरी बालिकाएं	कुल योग		
अप्रैल 2004	3548	4956	4115	8495	21114	844.56	3206	4122	9319	4467	21114	1266.84
मई 2004	3152	3075	11919	4128	22274	890.96	3152	3075	11919	4128	22274	1336.44
जून 2004	9540	6872	34100	8678	59190	2367.6	9540	6872	34100	8678	59190	3551.4
जुलाई 2004	10170	8984	56480	9810	85424	3416.96	10170	8984	56480	9810	85424	5125.44
अगस्त 2004	5872	4965	24525	5418	40780	1631.2	5872	4965	24525	5418	40780	2446.8
योग:-	32282	28832	131139	36529	228782	9151.28	31940	27098	136343	32501	228782	13726.82

उपसंचालक (पीओआर)  
संचालनालय में हित एवं बाल विकास सचिवालय।

जिला पोषण अधिकारी  
सहायक संचालक (पीओआर) सचिवालय-सूरजगुजा।

सरगुजा जिल में संचालित मिनीमाता पोषण आहार योजना की जानकारी माह अप्रैल 2006 (पिप्ला - सूरजगुजा) - (2006)

माह वर्ष	राज्य शासन मद 4 कि०घा० प्रति हितग्राही						केन्द्र शासन मद 6 कि०घा० प्रति हितग्राही						
	लाभान्वित हितग्राहियों की संख्या				वितरीत चावल की मात्रा (कि०दल में)	चावल का दर प्रति कि०दल (रु०)	लाभान्वित हितग्राहियों की संख्या				वितरीत चावल की मात्रा (कि०दल में)	चावल का दर प्रति कि०दल (रु०)	
	गर्भवती	शिशुप्रति	किशोरी बालिकाएं	कुल योग			गर्भवती	शिशुप्रति	किशोरी बालिकाएं	कुल योग			
अप्रैल 2006	93911	81776	11132	92908	3716.32	1106.56	4112331	81776	11132	92908	5574.48	1106.56	6168497
योग:-	93911	81776	11132	92908	3716.32	0	4112331	81776	11132	92908	5574.48		6168497
प्राप्त आबंटन राशि						7232000						7262000	
आहरित राशि						7232000						7262000	
नाओआओके प्रदायित राशि						7001588						7280382	
आओआओ केन्द्र का परिश्रम राशि						230412						345618	
परिश्रम को दिया गया है।													

टीप:- नागरिक आपूर्ति निगम को इस कार्यालय से जिले के 19 परिश्रमियों को 93911 हितग्राहियों को हिते चावल का प्रदाय हेतु आदेशित किया गया है किन्तु अब तक मात्र 7 परिश्रमियों में ही चावल का प्रदाय किया गया है जिसके लाभान्वितों की जानकारी दी जा रही है। नागरिक आपूर्ति निगम द्वारा कालम क्रमांक 6 एवं 11 में अंकित मात्रा में 30653 हितग्राहियों के लिये चावल का प्रदाय किया गया है जिस पर व्यय रु० 1075.56 प्रति कि०दल चावल एवं रु० 31.00 प्रति कि०दल परिश्रम व्यय के साथ कुल 1106.56 की दर से चावल पर व्यय किया गया है। प्राप्त आबंटन राशि का अग्रिम अहरण कर उपरोक्त विवरण अनुसार नागरिक आपूर्ति निगम को चावल का एवं परिश्रम लाभान्वितों को परिश्रमों का राशि के तहत राशि का परिश्रम व्यय भुगतान हेतु दिया गया है।

जिला पोषण अधिकारी  
सहायक संचालक (पीओआर) सचिवालय-सरगुजा।

## Principal Investigator's Summary

NPAG Scheme was implemented in the rural areas of Surguja district in Chattisgarh. The scheme is focused to address under nutrition level amongst pregnant women, lactating mothers and adolescent girls (10-19 years age). It was started in 2002-2003. During first two years of its operation that is 2002-2003 and 2003-2004, pregnant women, lactating mothers and adolescent girls were the beneficiaries under the scheme. The pregnant women and lactating mothers weighing below 40 kg, and adolescent girls weighing below 35 kg were eligible for 6 kg food grain per month free of cost from central budget. Simultaneous to this 6 kg food grain per beneficiary per month from center, the state government of Chattisgarh added 4 kg free of cost food grain per beneficiary per month right from the inception of the scheme. During 2004-2005, the NPAG scheme was not operational. Again in 2005-2006 the scheme was restarted but only the adolescent girls have been retained as beneficiaries.

To identify an eligible adolescent girl, the Anganwadi worker should weigh all the 10-19 year adolescent girls every three months. Those weighing below 35 kg would be given a chit/slip, which would be taken to ration shop to collect food grain for one/two/three months as per availability of the food.

The Survey was conducted between June 9, 2006 to July 30, 2006. The evaluation survey in Surguja was carried out by State Health Resource Center's (SHRC) with Dr. T.Sundaraman, Director SHRC as its Principal Investigator. On behalf of SHRC Dr.R.C. Ram and Kamlesh Jain coordinated the study in Surguja district. The Surguja is a tribal district. Its vast geographical area, poor forest roads, scattered and isolated habitations; remote and inaccessible villages coupled with Naxal problem made the field operation difficult. Due to frequent bandhs in Naxal infested regions, many days were lost resulting into cost and time over runs.

### Methodology:

- As per study design developed by NFI, the evaluation study was to be carried out in 40 Primary Sampling Units (PSUs) comprising 28 rural PSUs and 12 urban PSUs. As the AWCs don't exist in urban areas of the district, the study was limited to 28 identified rural PSUs under information to and decision communicated by NFI. 28 households were selected from each PSU by using circular systematic random sampling based on the listing of households obtained from AWW.
- Other formats namely AWW, Ration Shop (details from AWW), ICDS formats, District and State level formats were also filled in from respective places.

### Findings:

#### General

- There is almost universal awareness about the NPAG scheme amongst all past and present beneficiaries' viz. adolescent girls, pregnant women and lactating mothers.
- Rice is the staple food in the district under study, and in the whole state of Chhattisgarh. Therefore the food grain supplied under the project is rice.
- Anganwadi workers (AWWs) undergo training for skill upgradation at the block level twice a year.



- As per report given by the WCD department of district during 2002-03, 2003-04 and 2004-2005, the number of all beneficiaries including pregnant women, lactating mothers and adolescent girls were 64380, 227324 and 228782 respectively. The budget received during end of the year 2005-2006 was used to supply food grain in the first month of fiscal 2006-07, in which 92908 adolescent girls got benefited from the scheme.
- During field survey while interacting with the villagers, the beneficiaries, social activist and health functionaries, it was found that this scheme is very popular and they want to be continued by maintaining a streamlined supply of food grain through out the year. Villagers also desired that the pregnant women and lactating mothers should also be brought under this scheme as before.
- Despite discontinuous availability of food grains, the scheme has been able to partially address the food security problem at community level.

### ***State share of Food grain***

- Apart from the provision of 6 kg free of cost food grain (rice) under NPAG programme by the central govt., the Chhattisgarh state govt. has added an additional 4 kg. Free of cost rice to all the beneficiaries under the scheme in the name of 'Minimata Nutrition Programme' since very inception of the NPAG scheme i.e. 2002-03 to date.
- Each time, whenever the 6 kg per head central allocation is available, adding the 4 kg per head state share to it, a total quantity of 10 kg rice per beneficiary is distributed simultaneously.

### ***Actual Availability of Food grain to the beneficiaries***

1. The 10 kg rice each beneficiary was given only once during 2002-03, twice in 2003-04, and once in 2005-06. In last round of 2005-06, no proper supply took place.
2. During 2006-07, the first round of rice distribution took place in the first week of June @ 10 kg per undernourished adolescent girl.
3. The food grain given to the beneficiary is shared by other members of the family also. Thus the food given does not impact adequately on the adolescent girl's undernutrition status, though it does contribute to meeting the food security of the family as a whole and thereby help.

### ***Identification of adolescent girls weighing below 35 kg***

- Since the NPAG scheme is not running regularly; during the year whenever funds are received, a survey of adolescent girls in the villages by anganwadi centers is done to identify those having weight below 35 kg, and the number of these girls is sent to the Women and Child Development (WCD) departments through block level supervisors (the CDPOs.)
- Due to irregular supply of food grains, and since all interventions have been linked to this, the AWWs do not weigh adolescent girls periodically at three months intervals to identify the undernourished ones as stipulated in the scheme.

### ***Block level Community Development Project Officer (CDPOs) in place of Ration Shop***

As stated by district WCD project officer, since the public distribution system (PDS system) was not properly functional in the district at the time of the beginning of the NPAG scheme, the rice from Civil Supply dept. was supplied to the block CDPOs to deliver to AWCs. This system is still in practice. Thus Ration Shops have had no role to play in the NPAG scheme in the district.

### ***Problems associated with food grain distribution: (As stated by AWWs)***

- From CDPO, the rice sacks are delivered not directly at anganwadi centers but instead at village Panchayat Bhawan. From there, it is brought to the anganwadi centers by the anganwadi workers.
- The receipt of the rice supplied is taken from the AWWs in the following meeting of Village Panchayat, but the actual quantity delivered is less than the amount for which receipt is taken. As a result, AWWs on an average distribute 7 to 8 kg rice per adolescent girl in place of 10 kg per girl. This issue has been raised but not resolved and the problem persists. It is not clear at which point in the distribution chain this decrease occurs.

### ***Constraints at AWCs***

1. In 2 out of 7 AWCs visited by the coordinator, there was no building of the center. At one place it was found that after removal of the center from Panchayat Bhawan, an AWW runs the center in a room of her house because there is no own building of AWC - though this may be an exception.
2. Every AWC is expected to have weighing machine in working order. Wherever weighing machines was not functional, the weight of adolescent girls by investigators during survey could not be recorded.
3. Records of work done for the project were not available since 2002-03 with AWWs; therefore copy of such records could not be obtained.
4. Most of the ICDS-MR records are not available at AWCs for the period 2002-2006.
5. The pregnant and lactating women say that the regular supplementary food meant for this section be given on a regular basis and in stipulated quantity. Currently supplementation for children is better, but not for this section.
6. Determination and recording of malnutrition grades mild/moderate/severe by AWWs amongst Adolescents /women need to be put in place (based on BMI- normograms for this could be constructed)
7. The eligible girls are not identified by once in 3 months taking their weights but rather when the food grain is available -which happens at most once or twice in a year- the distribution is done amongst the adolescent girls of the village.
8. Where houses are scattered isolated and at considerable distance from AWC, the girls are reluctant to come to the AWC.

### ***Determination of undernourished adolescent girls***

- The cut off body weight of 35 kg has been laid down to identify undernutrition level among all adolescent girls aged 10-19 years. As per Center for Disease Control (CDC) chart, the 5<sup>th</sup> percentile weight for 13-year girls is 35 kg and for 19 year girls it is about 46 kg.. This means almost all 10-13 year girls are likely to benefit under the scheme but almost no adolescent girl in the age group 14-19 years. We note that a number of girls with BMI below normal would weigh above 35 kg as they are usually of adult height. This seeks a fresh look at policy level. BMI based cut off point of 18.5 appears to be more realistic to determine under nutrition level.
- If there is more than one adolescent girl in the family, then the 2<sup>nd</sup> and other adolescent girls are not being given the benefit under the scheme.

### ***Release of central and state funds by the state to the district***

1. During 2005-06, the state received Rs 164.43 lakhs from center, but it released only Rs 76.26 lakhs to the district during the year, leaving a fund–release-gap of Rs 88.17 lakhs, which amounts more that half of the central budget allocation during the year.
2. It is evident from the report submitted by the state that it did not release any fund under Minimata Nutrition Programme to the district during 2003-04, while the district report says to have received from the state Rs 225.00 lakhs during the same period. This needs further clarification.

### **Utilization of Funds by the district provided by the state**

a) Under NPAG (central fund 6 kg):

year	Budget (in lakhs)	Expenditure (in lakhs)	Utilization Gap (in lakhs)
2002-03	129.55	73.56494	55.98506
2003-04	-	-	-
2004-05	104.00	81.3638	22.6362
2005-06	76.26	72.82382	3.43618

b) Under Minimata nutrition programme (state fund 4 kg):

year	Budget (in lakhs)	Expenditure (in lakhs)	Utilization Gap (in lakhs)
2002-03	100.00	76.18449	23.81551
2003-04	225.00	16.1576	208.8424
2004-05	100.00	78.2439	21.7561
2005-06	72.32	70.01588	2.30412

The above tables show that there is under utilization of central fund as well as state fund at district level during every year; this is mostly due to late release of funds and food grains to the district resulting in beneficiaries getting food grains for only 3-6 months during a year.

### **Food Supplies (rice) released**

The state level report does not mention the quantity of rice released each year to the district under Programme. As per the report submitted by the district civil supply dept., there is a substantial gap between the food supplies released by the state to the district and the food supplies released by the district to the CDPOs. Similarly, particularly during 2003-2004 there is mismatch between the figures of food supplies released by the dist. under the scheme given by district civil supply dept. and dist. WCD.

### **Dist. WCD/ Civil supply officers perception**

The budget provided under NPAG despite state's share support is not sufficient enough for the whole year. The supply of food grain is not timely and not regular. Food grains supplied are sufficient hardly for a month or two in a year. Whenever fund is given, it reaches too late during the year. The community also stated this during survey.

### **Conclusion and recommendations**

The NPAG is an innovative scheme to address under nutrition among adolescent girls, the future mothers. In Chattisgarh one third of the population is tribal and prevalence of undernutrition among women is high (41% NFHS-III). The following recommendations are made.

1. NPAG scheme should be effectively continued. The whole issues of micronutrients especially iron and folic acid should be tackled along with food grains provision. A strong Behavior Change Communication (BCC) component on the importance of nutrition correction and the methods for such correction should be added into the Programme. This

is needed for families to understand why adolescents needs special supplementation and ensure that they get then due share of the food grains.

2. All eligible adolescent girls of a family should get benefits under the scheme unlike only the one as it is currently in practice.
3. In view of below average socioeconomic and health profile of the state the NPAG scheme should be implemented in all the districts of the state, or atleast in all tribal districts of the state.
4. Sufficient and timely release central budget is needed to ensure continuous supply of food grains through out the year.
5. The replacement of Ration shop by CDPOs needs to be examined in terms of its effectiveness. It is better to bring back the ration shop system.
6. In the study district Surguja there are no AWCs in urban areas, therefore urban poor families are not benefited by this scheme. Hence AWCs should be established in urban localities and urban areas also brought under the purview of the NPAG.
7. The cut off weight of the 35 kg for all (10-19) years' girls does not seem to be rational. It should be changed to the use of BMI and all those below a BMI of 18.5 should be covered. Simple normograms can be made available. In addition we can use the criteria that below 35 kg for 10-13 and 40 kg for 14-19.
8. AWWs should be trained to determine the nutritional grade of beneficiaries.
9. Close monitoring of the programme implementation may improve the programme.

## Thiruvannamalai

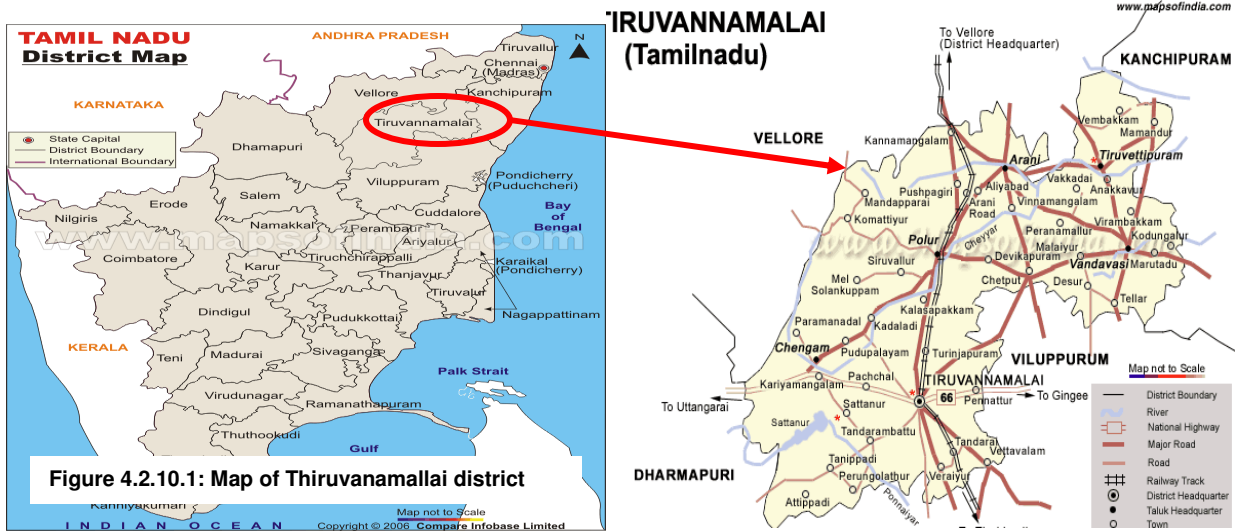
Thiruvannamalai district is one of the important districts of the Tamil Nadu state. The district has 18 blocks (Figure 4.2.10.1). The total land area of the district is 6191 sqkm. As shown in Table 4.2.10.1 the population of Thiruvannamalai district

	Thiruvannamalai	TamilNadu
<b>Population</b>		
Persons	2181853	62110839
Males	1093191	31268654
Females	1088662	30842185
Percentage decadal growth	6.8	11.19
Sex ratio (females per 1,000 males)	996	986
Population density (per sq. km.)	352	478
<b>Literacy rate (%)</b>		
Persons	76.05	78.86
Males	80.35	82.07
Females	71.75	75.64

*Source: Census 2001*

is 3.5 % of the state population as per 2001 census. The district has a population density of 352 persons per sqkm, which is very low compared to 478 sqkm in the state. The percentage decadal growth of the district during 1991-2001 is 6.8, which is lower than that of the state 11.19. About 18 per cent of the population of the district, live in urban areas in contrast to 44 per cent in the

state. The sex ratio of the district is 996 females per 1000 males, which is slightly higher than that of the state average of 986. The literacy rate (computed based on the literacy of population age 7+ years) of the district is 80 per cent (89 per cent for males and 72 per cent for females), which is lower than the rates of the entire state (82 per cent).



### NPAG Evaluation

The evaluation of NPAG was conducted in 44 PSUs of Thiruvannamalai district of Tamil Nadu. All of these were situated in rural areas (Annexure 4.2.10a). The data was analysed and presented.

## Fund and food grain release

The fund and food grain released from 2002-03 is given in Tables 4.2.10.2 to 4.2.10.4.

The NPAG programme was initiated in 2002-03 in Thiruvanamallai District. Tamil Nadu issued detailed guidelines for implementation of NPAG in 2002 (Annexure 4.2.10f).

The training and IEC activities were completed and adult balances were provided to all AWs in 2002. The NPAG was running successfully in 2002-03 and 2003-2004, 2004-05. In 2005-06 the programme restricted to adolescent girls as the only target group. Tamil Nadu Civil Supplies Corporation Limited does the

procurement of rice under NPAG. The detailed progress report of Tamil Nadu is given in Annexure 4.2.10g. The records of weight of adolescent girls taken by AWWs in the PSUs covered during evaluation and the weight of adolescent girls from the selected households in the PSU taken by the evaluation team is given in the Table 4.2.10.5. In all age groups the mean weight of girls reported by evaluation team was higher because AWWs provided only the record of girls

Year	Quantity of rice Supplied in MTs	Cost of rice	Transport charges	Retail margin	Total Cost
2002-03	702.580	3969577.0	161959.0	316161.0	4447697.0
2003-04	4264.123	24092294.0	982966.0	1918855.0	26994115.0
2004-05	552.046	3119060.0	127258.0	248421.0	3494739.0
2005-06	3342.885	18887300.0	770602.0	1504297.0	21162199.0

*Source: DWCD, TN*

Year	1 <sup>st</sup> Installment		2 <sup>nd</sup> Installment		3 <sup>rd</sup> Installment	
	Month	Amount	Month	Amount	Month	Amount
2002-03						
2003-04	April '03	30.528	Mar'04	57.945		
2004-05	Mar'05	225.945	Mar'05	12.241	Mar'05	22.706
2005-06	Nov'05	75.097	Mar'06	16.271	May'06	80.360

*Source: DWCD, TN*

Year	1 <sup>st</sup> Installment		2 <sup>nd</sup> Installment		3 <sup>rd</sup> Installment		4 <sup>th</sup> Installment		Total Amount
	Month	Amount	Month	Amount	Month	Amount	Month	Amount	
2002-03	Feb '03	482.223	Mar '03	220.347					702.57
2003-04	April -June '03	1074.332	Jul - sept'03	1160.25	Oct - Dec'03	923.172	Jan - Mar'04	1106.369	4264.123
2004-05	April'04	130.142	June'04	63.228	Feb '05	20.068	Mar'05	338.608	552.046
2005-06	April - June '05	871.484	July'05	314.778	Oct - Dec'05	1269.415	Jan - Mar'06	887.208	3342.885

2002-03	Jan-Mar'03	702.580							702.580
2003-04	April -June '03	1074.332	Jul - sept'03	1160.25	Oct - Dec'03	923.172	Jan - Mar'04	1106.369	4264.123
2004-05	Apr-Jun'04	193.370					Feb'05	376.041	569.411
2005-06	April - June '05	871.484	July'05	919.264	Oct - Dec'05	664.931	Jan - Mar'06	887.208	3342.887

weighing less than 35 Kgs.

Age in yrs	Weight by Evaluators		Weight by AWWs							
	N	Mean $\pm$ S.D	2003		2004		2005		2006	
			N	Mean $\pm$ S.D	N	Mean $\pm$ S.D	N	Mean $\pm$ S.D	N	Mean $\pm$ S.D
10	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
11	23	25.7 $\pm$ 5.25	152	26.8 $\pm$ 3.84	137	27.2 $\pm$ 3.87	157	26.5 $\pm$ 3.49	161	26.7 $\pm$ 3.26
12	45	28.8 $\pm$ 6.29	212	28.3 $\pm$ 4.53	218	29.1 $\pm$ 3.71	206	28.2 $\pm$ 3.42	249	29.2 $\pm$ 3.39
13	66	32.9 $\pm$ 6.26	184	29.2 $\pm$ 3.78	180	30.3 $\pm$ 3.55	183	30 $\pm$ 3.84	175	30.6 $\pm$ 3.39
14	51	35.2 $\pm$ 6.78	116	30.7 $\pm$ 2.99	112	31.2 $\pm$ 3.24	103	30.4 $\pm$ 3.19	87	31.3 $\pm$ 3.8
15	62	37.7 $\pm$ 5.2	51	31.6 $\pm$ 2.84	45	32 $\pm$ 2.57	62	31.8 $\pm$ 2.94	53	31.7 $\pm$ 2.77
16	58	40 $\pm$ 6.37	20	32 $\pm$ 3.7	16	31.9 $\pm$ 3.5	35	32.5 $\pm$ 3.44	16	33.4 $\pm$ 1.97
17	55	43.2 $\pm$ 5.68	12	32.7 $\pm$ 1.37	8	32.4 $\pm$ 3.29	9	33.3 $\pm$ 1.12	5	29.6 $\pm$ 6.58
18	40	41.7 $\pm$ 6.56	NA	NA	8	33 $\pm$ 2.73	NA	NA	NA	NA
19	20	42.4 $\pm$ 11.06	NA	NA	NA	NA	NA	NA	NA	NA
Total	420	36.7 $\pm$ 8.17	747	29.1 $\pm$ 4.16	724	29.7 $\pm$ 3.86	755	29.2 $\pm$ 3.91	746	29.5 $\pm$ 3.79

### **NPAG- Adolescent girl**

Number of Households	24442
Total Population	107347
<b>Number of persons registered in AWWs</b>	
Children 7-12 months	940
Children 1-3 years	2747
Children 4-6 years	1966
Pregnant women	761
Lactating women	655
Adolescent girls	6617

The NPAG evaluation was done in 66 rural anganwadis (AWs). Data on number of households, total population and number of persons registered with the AWWs in May 2006 is given in Table 4.2.10.6. Combination of cereals and pulses were being supplied to the AWWs. Poor access to AW

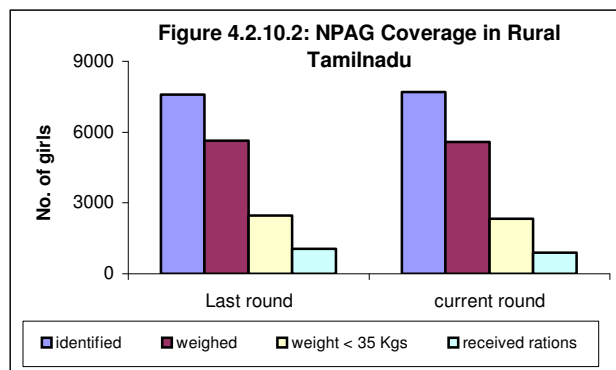
because of lack of road connectivity came in the way of better utilization of of ICDS and NPAG services in Thiruvanamallai district

All AWWs received training in weighing of adolescent girls and providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting the undernourished girls and distributing food grains to families of undernourished girls. All the AWWs received support from the PRI, ANM and family of girls in identifying all adolescent girls, weighing them and detecting those with weight less than 35 kg and providing them chits for collecting food grains. The ration shop workers were willing to take the chits and provide food grains to families of identified adolescent girls.

Adult weighing scales had been given to all the AWWs except one who had borrowed it from the nearby AWW for weighing of adolescent girls; all of them had weighed adolescent girls in their area and identified girls under 35 kg. Forty-nine (74.2 %) AWWs adjusted for zero error of the weighing scale just before weighing and 14 (21.2 %) AWWs had used standard weight for checking accuracy of the weighing scale. Two AWWs used standard weight with

adolescent girl and by removing the standard weights for checking the accuracy. The field investigators checked the accuracy of the weighing scales. Weighing scales of 64 AWWs (97 %) were accurate and two weighing scales were inaccurate by a kilogram. All AWWs weighed adolescent girls correctly when investigator asked them to demonstrate weighing of adolescent girl. All AWWs had provided NHE to the identified adolescent girls and supplied chits and provided food grains to the identified adolescent girls. Fifty-nine (89.4 %) AWWs had records of NPAG since 2002-03. The programme was ongoing in all the AWWs in 2005-06. All AWWs said that NPAG could improve nutritional status of adolescent girls. 24.2 % AWWs reported that NPAG could improve participation of girls in KSY.

The data on last round (Nov- 2005 to Jan- 2006) was available from all AWWs. In the last round of NPAG, 7581 adolescent girls were identified; 5641 identified adolescent girls were weighed; 43.5 % of those weighed were below 35 kg. In the last round, 491 new adolescent girls who weighed less than 35 kg had been identified. AWWs gave NHE to 2333 adolescent girls. The chits were distributed to 2426 identified undernourished adolescent girls; 426 girls from 10 AWWs received rations for three months; 231 girls belonging to 5 AWWs collected rations for 1 month; 391 girls belonging to 11 AW centres collected rations for 2 months. (Figure 4.2.10.2). Under KSY scheme, a total of 30 girls collected food supplement from 6 AWWs. Repeat weighment after three months showed that 903 (36.8 %) girls did not show any change in weight; 1221 (49.8 %) girls gained weight but did not cross 35 kg and 250 girls (10.2 %) had crossed 35 kg.



The data pertaining to the current round (Feb 2006) was available in 66 AWWs; 7702 adolescent girls were identified and 5583 (72.5 %) were weighed; 41.9 % weighed less than 35 kg. Three hundred and ninety five new adolescent girls weighing less than 35 kg were identified. AWWs gave NHE to 2211 adolescent girls. The chits were distributed to 2302 adolescent girls by all AWWs. 202 girls from 6 AWWs collected rations for three months; 87 girls from 4 AWWs collected rations for 1 month; 612 girls from 17 AWWs collected rations for 2 months (Figure 4.2.10.2). Under KSY scheme, 25 girls were taking food supplements from 7 AWWs. Seven hundred and eighty three girls (33.4 %) showed no weight gain; 1183 (50.5 %) girls gained weight but didn't cross 35 kg and 257 girls (11 %) had crossed 35 kg (Annexure 4.2.10b).

### ***Ongoing ICDS programme***

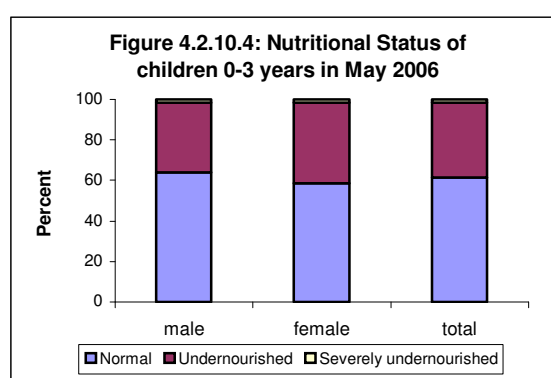
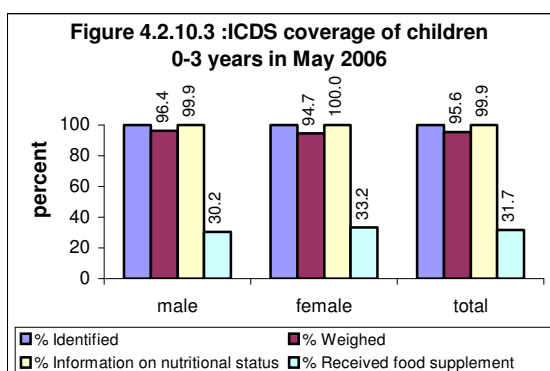


The data on ongoing ICDS programme was collected for the month of March 2006 and April 2006 from all 66 AWs. The data for the month of April 2006 is presented in Annexure 4.2.10c.

### *Pregnant and lactating women*

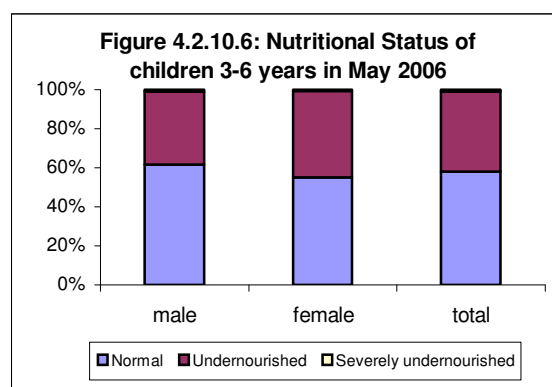
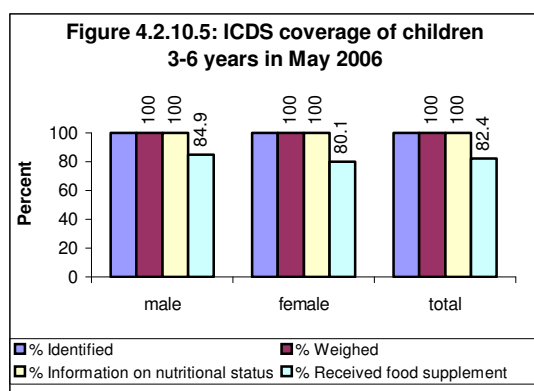
Seven hundred and thirty four pregnant women were identified; 710 pregnant women were weighed; 78 pregnant women weighed less than 40 kg; 385 pregnant women (in 63 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. 63.9 % of AWWs reported that they were giving NHE to pregnant women. Data on lactating women were available in 66 AWs; 597 lactating women were identified, 253 lactating women were weighed; 101 lactating women weighed less than 40 kg; 379 lactating women (in 57 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women. 69.4 % of AWWs reported that they were giving NHE to lactating women.

### *Children (0-3 years)*



A total of 4203 children (0-3 years old) were identified. 95.4 % of them were weighed (Figure 4.2.10.3). Information on nutritional status was available for all those weighed; 61.4 % were normal; 37.1% were undernourished and 1.6 % were severely undernourished (Figure 4.2.10.4). 31.7 % received food supplements from AWs daily (Figure 4.2.10.3). Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### *Children (3-6 years)*



A total of 2030 children (3-6 year old) were identified and all were weighed (Figure 4.2.10.5). Information on nutritional status was available for all those weighed; 61.5 % were normal and 43.4 % were undernourished and 1 % children were severely undernourished (Figure 4.2.10.6); 86.6 % received food supplements from AWs (Figure 4.2.10.5). Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### **Household survey**

The household survey was conducted in 44 PSUs (rural) of Thiruvanamallai district (Annexure 4.2.10d). The data obtained from rural PSUs was analyzed and reported.

### **Rural**

The survey was conducted in 1270 rural households. The mean household size is 4.4; 69.4 % were nuclear families.

### *Socioeconomic profile*

Majority of households belonged to OBC (71.9%), 21% were SC and the rest belonged to ST and other castes. Nearly eighty percent of the families (79.6 %) stated that their monthly income was less than Rs. 5,000. The rest stated that their income was between Rs. 5,000 – Rs. 10,000 per month.

The head of the households were better educated than the wives of the head of the household. About one third of the head of the households were educated up to primary level (35.7 %); 20.7 % were educated up to secondary school and 36.6 % were illiterate. Half of the wives of head of the household were illiterate (50.1 %); 31.5 % had primary education and 11.9 % had studied up to secondary school or more.

Most of the head of the households were landless labourers (61.3 %) and 3.6 % were engaged in service and 9.0 % were unemployed at the time of the survey. More than sixty percent of the wives of the head of the households were housewives (66.4 %) and did not work outside home. About 24.3 % were working in the fields and 2.9 % were domestic helper.

Most of the population was residing in the center of the village (72.2 %). Nearly all households (93.6 %) owned the houses. Nearly fifty percent of the families were living in semi-pucca houses (42 %) and 34.9 % in kutcha houses. 68.8 % had two or more rooms and the rest lived in one room. Only 10.9 % had toilet facility. and 0.6 % were using shared toilet; 88.3 % had no access to toilet or were using sulabh. Only 11.7 % had provision of drinking water in their own homes; rest obtained drinking water from public taps, hand pumps or water tankers, well, pond and river (83.4 %). Majority (93.3 %) of the households

reported that they were non- vegetarian. Most (85.7 %) of the families were using kerosene or wood stoves for cooking and 14.2 % were using gas for cooking food. Nearly all (95.3 %) households were using aluminum utensils for cooking food and only 1.2 % was using stainless steel. Public transport was used by 65 % of the population; 7.6 % had scooter or motorcycle. About 45.7 % of them had no source of entertainment such as radio or T.V colour television at home and 12 % had radio and 16.2 % had colour television at home.

The mean consumption of food grains was 51.4 kg per month per household. Almost all (95.5 %) families had ration cards and buy food grains from ration shop. On an average each household bought 21.4 kg of food grains from the ration shop (Annexure 4.2.10d).

#### *Utilization of ICDS services*

Almost all (99.2 %) the households were aware about the AW in their area. About 62.5 % were not provided food supplements from the AW. About 36.5 % of them collected supplements from AW and took it home (annexure 4.2.10c). Information on number of pregnant and lactating women and preschool children who visited AWs, received NHE and /or food supplements is given in Table 4.2.10.7.

Beneficiary	Number registered	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant	36	63.9 (23)	63.9 (23)	21.7 (5)	21.7 (5)	56.5 (13)
Lactating	72	69.4 (50)	65.3 (47)	27.7 (13)	31.9 (15)	40.4 (19)
0-3 years	224	62.9 (141)	62.9 (141)	16.3 (23)	40.4 (57)	43.3 (61)
3-6 years	309	46.9 (145)	46.0 (142)	12.0 (17)	43.0 (61)	45.1 (64)

Figure in parenthesis denote actual numbers

Almost all pregnant women visited AWs, received NHE and collected food supplements. But only 56.5 % of pregnant women received supplements for more than 20 days. 50 out of 72 lactating women visited AWs and got NHE and food supplement. Among 141 0-3 year old children collecting food supplements from AWs, 61 children (43.3 %) collected food supplements for more than 20 days. Among the 3-6 year old children who received food supplements, only 64 (45.1%) received supplements more than 20 days.

There were 224 children in 0-3 year old age groups in the households surveyed; 154 children had been weighed. The parents of 120 children reported that they were normal; 32 were undernourished and 2 were severely undernourished. There were 309 children in 3-6 year old age groups in the households surveyed;

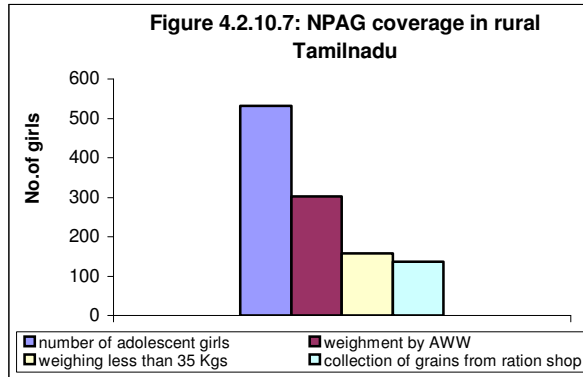
Age (yr)	Number of children	Number weighed	Normal	Under-weight	Severely underweight
0-3	224	154	120	32	2
3-6	309	148	116	23	1

148 children had been weighed. The parents of 116 children reported that they were

normal and 23 were undernourished. Parents of 8 children reported that they did know the nutritional status of their child (Table 4.2.10.8).

### NPAG

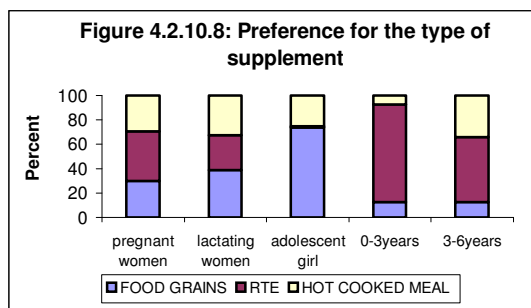
During the household survey 532 adolescent girls were identified; mean age of the girls was  $14.4 \pm 2.81$  years and mean weight was  $36.6 \pm 8.16$  kg. 39.1 % of the girls had primary level education and 53.4 % had secondary level education. Majority (77.1 %) of the girls knew about KSY (30 %) and NPAG (65.9 %). The



family reported that 22 % visited AWWs for KSY and 65.4 % for NPAG. 84.4 % had received NHE; 85.6 % had received iron/folic acid tablets; only 0.8 % took food supplement from AWW for more than 20 days. AWWs had weighed 57 % of the identified adolescent girls and 158 girls (52.1 %) weighed less than 35 kg; 147 (93 %) adolescent girls were given chit for collecting food grains (Figure 4.2.10.7). Almost all (92.5%)

of them collected food grains from ration shop; 39 % collected food grains for three months. 71.3 % gained weight but still weighed less than 35 kg; 18 adolescent girls (13.2 %) crossed the 35 kg (Annexure 4.2.10e).

### Household's opinion about food supplements through ICDS



When asked about their opinion as to who should get food supplements the community felt that only undernourished persons belonging to the vulnerable groups- pregnant (36.3%), lactating women (38.1%), adolescent girls (37.3%), preschool children (36.5%) should get food supplements; 39.8% felt that undernourished girls coming to the

AWWs should get food supplements. They felt that food grains are the preferred supplement for pregnant women (30%), lactating women (38.5%) and adolescent girls (73.6%). For 0-3 year (80.5%) and 3-6 year old children (53.5%) majority preferred RTE which could be fed to them often. For pregnant women most (40.7%) preferred RTE due to convenience, as pregnant women neednot worry about cooking and can eat it whenever hungry. Almost an equal number stated food grains (30%) and hot cooked meals (29.4%) as the food supplement for pregnant women (Annexure 4.2.10c).

In Tamil Nadu the ICDS programme has been providing RTE or hot cooked meals to all the vulnerable groups for over three decades. Household survey has shown that in all the vulnerable groups more than 40% have been able to collect food supplements for more than 20 days. In view of this success full operation of cooked food supplementation, majority of the population donot feel the necessity to switch over to food grain supplementation in order to improve sustainable food supplementation to vulnerable groups.

## List of PSUs in Thiruvanamallai district

S.NO.	VILLAGE/ WARD	BLOCK	POPULATION
1.	Thennampattu	Vembakkam	2184
2.	Vedamanapakkam	-do-	3287
3.	Jaderi	Cheyar	518
4.	Mukkur	-do-	1532
5.	Akkur	Anakkavur	2387
6.	Thenilluppai	-do-	972
7.	Pernamallur	Pernamallur	5452
8.	Reddikuppam	-do-	953
9.	Karam	Vandavasi	820
10.	Kavedu	-do-	1545
11.	Nelliankulam	-do-	1329
12.	Japthikaranai	Thellar	1154
13.	Panchari	-do-	952
14.	Vellere a/b	Arani	1289
15.	Panaiyur	-do-	2731
16.	Kattukanallur	West Arani	7281
17.	Ayyanpalayan b/b	-do-	1841
18.	Devikapuram	-do-	7710
19.	Vellur	Polur	3544
20.	Kasthambady b/b	-do-	1502
21.	Jadatharikuppam	-do-	785
22.	Mel Arani	Kalaspakkam	2890
23.	Mathimangalam (then) b/b	-do-	809
24.	Vadamathimangalam	Chetput	4937
25.	Karapoondy	-do-	2108
26.	Kannanur	-do-	10957
27.	Neelimedu	Thurinapuram	530
28.	Sorakolathur a/b	-do-	3056
29.	Inam Kariyandal	-do-	2560
30.	Kilpennathur	Keelpennathur	11341
31.	Velanandal	-do-	1314
32.	Sorathur	-do-	1044
33.	Melchettipattu	Tiruvannamalai	649
34.	Aradapattu	-do-	2124
35.	Perumanam	-do-	3319
36.	Pudupalayam	Pudupalayam	5691
37.	Endal	-do-	212
38.	Jabthikariyandal	-do-	1725
39.	Melmudiyannur	-do-	3392
40.	Chengam	Chengam	9483
41.	Perumbattam	-do-	1534
42.	Melpennathur	-do-	2752
43.	Veppurchekkadi	Thandrapet	1849
44.	Thanipadi	-do-	8196
45.	Ward 3	Vandavasi (TP)	2009
46.	Ward 12	Arani (M)	1451
47.	Ward 3	Polur (TP)	2876
48.	Ward 8	Tiruvannamalai (M)	3040
49.	Ward 23	-do-	2536
50.	Ward 37	-do-	2161

**Profile of AWs in Tamilnadu**

	Rural		
	Number		
	AW	No.	No./AW
Number of households	66	24442	370
Total population under AWC	66	107347	1626
Number of persons registered			
7-12 months	66	940	14
1-3 year	66	2747	42
3-6 year	66	1966	30
Pregnant women	66	761	12
Lactating women	66	655	10
Adolescent girls	66	6617	100

**Annexure 4.2.10b**

	Rural		
	Number		
	AW	AG	AG/ AW
Date of last round		Nov-05	
Date of current round		Jan-06	
<b>LAST ROUND</b>			
Number of AG identified	66	7581	115
weighed	66	5641	85
weight < 35 Kg	66	2454	37
New AG < 35 kg	62	491	8
chits distributed	66	2426	37
received rations for			
1 month	5	231	46
2 months	11	391	36
3 months	10	426	43
<b>Nutritional status</b>			
no change in weight	65	903	14
deterioration in weight	61	106	2
improvement but less than 35 Kg	66	1221	19
crossed 35 kg.	63	250	4
received NHE	66	2333	35
Received food supplement under KSY	6	30	5
<b>CURRENT ROUND</b>			
Number of adolescent girls			
Identified	66	7702	117
weighed	65	5583	86
weight < 35 Kg	65	2341	36
New adolescent girls < 35 kg	62	395	6
Number of chits distributed	64	2302	36
received rations for			
1 month	4	87	22
2 months	17	612	36
3 months	6	202	34
<b>Nutritional status</b>			
no change in weight	64	783	12
deterioration in weight	62	142	2
improvement but less than 35 Kg	65	1183	18
crossed 35 kg.	62	257	4
received NHE	65	2211	34
Received food supplement under KSY	7	25	4

**Details of work done under NPAG in AW centers**

	Rural	
	No	%
<b>Total number</b>	<b>66</b>	
Weighing	66	100.0
Identifying	66	100.0
Giving chits to < 35	66	100.0
Collects grain from ration shop	66	100.0
Providing NHE	66	100.0
AWW oriented to weighing	66	100.0
Provided with weighing scale	65	98.5
<b>Checking accuracy</b>	<b>66</b>	
Do not check	1	1.5
Adjusting zero error	49	74.2
With std weight	14	21.2
With std weight and adolescent girl	0	0.0
With std weight and adolescent girl and removing std weight	2	3.0
Any other	0	0.0
<b>Checking accuracy by investigator</b>	<b>66</b>	
Accurate by 1/2 kg	64	97.0
Inaccurate less than 1 kg	1	1.5
Inaccurate > 1 kg	1	1.5
<b>Demonstration of weighing</b>	<b>66</b>	
Correct	66	100.0
Incorrect	0	0.0
<b>Training of AWW for NHE</b>	<b>63</b>	<b>95.5</b>
<b>No. of AW giving NHE to P&amp;L</b>	<b>55</b>	<b>83.3</b>
<b>Records of work done</b>	<b>59</b>	<b>89.4</b>
<b>NPAG implementation Problems</b>	<b>64</b>	
No problem	37	57.8
Absence of accurate weighing scale	0	0.0
Girls do no get weighed	1	1.6
Girls do no pick up ration	0	0.0
Girls do no consume additional food	0	0.0
Non-availability of rations in ration shops	25	39.1
No link between AWW and ration shop	1	1.6
Any other	0	0.0
<b>Corrective measures</b>	<b>38</b>	
Inform the authorities	28	73.7
Make families and girls aware of NPAG	10	26.3
Any other	0	0.0
<b>Get support from</b>		
PRI	66	100.0
Ration Shop	66	100.0
Family of Girls	66	100.0
ANM	66	100.0
<b>Does NPAG improve</b>		
Nutritional status	66	100.0
Participation in KSY	16	24.2

## Details of ICDS components in the current month of the survey

	Rural		
	Number		
	AW	Persons	Persons/AW
<b>Pregnant women</b>			
<b>Registered</b>	66	734	221
Weighed	66	710	60
Less than 40 Kg	46	78	11
Received food supplement	63	385	70
<b>Lactating women</b>			
<b>Registered</b>	66	597	250
Weighed	26	253	44
Less than 40 Kg	25	101	6
Received food supplement	57	379	65
<b>0-3 year children</b>			
<b>Registered</b>			
Male	65	2179	739
Female	65	2024	746
<b>Weighed</b>			
Male	65	2100	541
Female	65	1910	570
<b>Nutritional status</b>			
<b>Normal</b>			
Male	65	1340	201
Female	65	1124	181
<b>Undernourished</b>			
Male	65	725	322
Female	65	762	366
<b>Severely undernourished</b>			
Male	6	32	4
Female	9	31	10
<b>Received cooked food supplement</b>			
Male	63	659	264
Female	63	672	276
<b>3-6 year children</b>			
<b>Registered</b>			
Male	66	1004	557
Female	66	1026	483
<b>Weighed</b>			
Male	66	989	419
Female	66	1026	368
<b>Nutritional status</b>			
<b>Normal</b>			
Male	66	626	149
Female	66	614	118
<b>Undernourished</b>			
Male	66	379	253
Female	66	495	228
<b>Severely undernourished</b>			
Male	2	11	6
Female	4	9	6
<b>Received cooked food supplement</b>			
Male	66	863	241
Female	66	895	191

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	30	38.5	73.6	12.4	12.6
Rte	40.7	28.9	1.5	80.5	53.5
Hot cooked meal	29.4	32.6	24.8	7.1	33.9
Preference for beneficiary of ICDS food supplement					
All in the community	19.6	13.4	11.7		26.4
Only undernourished in the community	36.3	38.1	37.3		36.5
All coming to AW	27.9	28.1	10.9		14.5
Only undernourished coming to AW	16.1	20.2	39.8		22.4
Missing	0.3	0.2	0.3		0.2
Total	100.0	100.0	100.0		100.0

Preference for receiving food supplement from AW		
	No	%
Stay and eat there	6	0.5
Collect food and go home	463	36.5
Stay at AW even after eating food	2	0.2
Do not get supplement	795	62.5
Get only take home type supplement	0	0
One family member collects for all	0	0
Missing value	4	0.3
Total	1270	100



## Details of Household Characteristics in thiruvanamallai

	Rural	
	No.	Mean $\pm$ S.D
Number of PSUs covered	44	
Number of households	1270	
Size of HH	1270	4.4 $\pm$ 1.75
Total food grains purchased (Kg)	1262	51.4 $\pm$ 22.87
Kg of Grains from PDS	1199	21.4 $\pm$ 6.98
	No.	%
<b>Type of HH</b>	1270	
Joint	388	30.6
Nuclear	882	69.4
Missing Value	0	0.0
Total	1270	100.0
<b>Caste</b>	1270	
SC	267	21.0
ST	41	3.2
OBC	913	71.9
Others	44	3.5
Missing Value	5	0.4
Total	1270	100.0
<b>Socio-economic status</b>	1270	
High	38	3.0
Middle	221	17.4
Low	1011	79.6
Missing Value	0	0.0
Total	1270	100.0
<b>Literacy status of HHH</b>	1270	
Illiterate	465	36.6
Can read and write	85	6.7
Schooling primary	453	35.7
Schooling secondary	263	20.7
Missing Value	4	0.3
Total	1270	100.0
<b>Literacy status of wife of HHH</b>	1080	
Illiterate	541	50.1
can read and write	70	6.5
Schooling primary	340	31.5
Schooling secondary	128	11.9
Missing Value	1	0.1
Total	1080	100.0
<b>Work status of HHH</b>	1270	
Unemployed	114	9.0
Unskilled/ landless labourer	779	61.3
Semi-skilled / cultivators	214	16.9
Clerk/office worker/ Teacher / Landowners	46	3.6
Business/ Artisans	29	2.3
Others	83	6.5
Missing Value	5	0.4
Total	1270	100.0
<b>Work status of wife of HHH</b>	1080	
Unemployed	717	66.4
Unskilled/ landless labourer	262	24.3
Semi-skilled / cultivators	41	3.8
Clerk/office worker/ Teacher / Service	14	1.3
Business/ Domestic help	31	2.9
Others	15	1.4
Missing Value	0	0.0
Total	1080	100.0
<b>Dietary Habits</b>	1270	
Vegetarian	82	6.5
Non-vegetarian	1185	93.3
Missing Value	3	0.2
Total	1270	100.0
<b>Monthly Income</b>	1270	
<5K	1016	80.0
5-10K	217	17.1
>10K	37	2.9
Missing Value	0	0.0
Total	1270	100.0
<b>Locality</b>	1270	
Slum / Center of village	917	72.2

	Rural	
	No.	%
Resettlement colony / Periphery	138	10.9
Regular colony / Harijan basti	212	16.7
Missing Value	3	0.2
Total	1270	100.0
<b>Type of House</b>	1270	
Kutcha	443	34.9
Semi-pucca	533	42.0
Pucca	294	23.1
Missing Value	0	0.0
Total	1270	100.0
<b>Ownership of House</b>	1270	
Own	1189	93.6
Rented	80	6.3
Missing Value	1	0.1
Total	1270	100.0
<b>No. of rooms</b>	1270	
One	393	30.9
Two	546	43.0
Three	227	17.9
> three	100	7.9
Missing Value	4	0.3
Total	1270	100.0
<b>Toilet Facility</b>	1270	
Sulabh / No facility	1122	88.3
Shared pit	8	0.6
Own pit	41	3.2
Own flush	98	7.7
Missing Value	1	0.1
Total	1270	100.0
<b>Transport</b>	1270	
Public	826	65.0
Bicucle	345	27.2
Scooter / Moped	96	7.6
Any other	0	0.0
Missing Value	3	0.2
Total	1270	100.0
<b>Cooking Fuel used</b>	1270	
Kerosene/ Coal/ Wood	1088	85.7
Gas / electricity	180	14.2
Others	0	0.0
Missing Value	2	0.2
Total	1270	100.0
<b>Source of DW</b>	1270	
Public Tap	1059	83.4
Submersible	148	11.7
Well/ pond/ river	62	4.9
Missing Value	1	0.1
Total	1270	100.0
<b>Entertainment</b>	1270	
None	581	45.7
Radio	153	12.0
TV (BW)	328	25.8
TV(Col)	206	16.2
Missing Value	2	0.2
Total	1270	100.0
<b>Kitchenware</b>	1270	
Clay	32	2.5
Aluminium	1210	95.3
Cast iron	6	0.5
Brass / Copper	3	0.2
Stainless Steel	15	1.2
Missing Value	4	0.3
Total	1270	100.0
<b>Food grain Purchase</b>	1270	
possession of Ration card	1213	95.5
buy grains from Ration Shop	1210	99.8

## Details of ICDS in thiruvanamallai

	Rural	
	No.	%
<b>Awareness about presence of AW</b>	1260	99.2
<b>Pregnant women</b>	36	
<b>Visit AW</b>		
Never	10	27.8
Less than 10 days	7	19.4
10-20 days	18	50.0
More than 20 days	1	2.8
<b>Receive NHE</b>	23	63.9
<b>Receiving food supplement</b>	23	63.9
Less than 10 days	5	21.7
10-20 days	5	21.7
More than 20 days	13	56.5
<b>Lactating women</b>	72	
<b>Visit AW</b>		
Never	20	27.8
Less than 10 days	12	16.7
10-20 days	21	29.2
More than 20 days	19	26.4
<b>Receive NHE</b>	50	69.4
<b>Receiving food supplement</b>	47	65.3
Less than 10 days	13	27.7
10-20 days	15	31.9
More than 20 days	19	40.4
<b>0-3 year children</b>	224	
<b>Visit AW</b>		
Never	85	37.9
Less than 10 days	25	11.2
10-20 days	47	21.0
More than 20 days	67	29.9
<b>Receive NHE</b>	141	62.9
<b>Receiving food supplement</b>	141	62.9
Less than 10 days	23	16.3
10-20 days	57	40.4
More than 20 days	61	43.3
<b>Weight of children</b>	154	68.8
<b>Nutritional status of children</b>		
Normal	120	77.9
Undernourished	32	20.8
Severely undernourished	2	1.3
Donot know	0	0.0
Missing value	0	0.0
<b>3-6 year children</b>	309	
<b>Visit AW</b>		
Never	166	53.7
Less than 10 days	15	4.9
10-20 days	61	19.7
More than 20 days	67	21.7
<b>Receive NHE</b>	145	46.9
<b>Receiving food supplement</b>	142	46.0
Less than 10 days	17	12.0
10-20 days	61	43.0
More than 20 days	64	45.1
<b>Weight of children</b>	148	47.9
<b>Nutritional status of children</b>		
Normal	116	78.4
Undernourished	23	15.5
Severely undernourished	1	0.7
Donot know	8	5.4
Missing value	0	0.0

## Details of NPAG in thiruvanamallai

	Rural	
	No.	Mean $\pm$ S.D
<b>Number of adolescent girls</b>	532	
<b>Mean age (years)</b>	532	14.4 $\pm$ 2.81
<b>Mean weight (Kg)</b>	424	36.6 $\pm$ 8.16
	No.	%
<b>Literacy status</b>		
Illiterate	21	3.9
Can read and write	19	3.6
Schooling primary	208	39.1
Schooling secondary	284	53.4
<b>Marital status (%)</b>		
Currently married	13	2.4
Never married	519	97.6
<b>Age at marriage (%)</b>		
10-13 years	0	0.0
13-16 years	1	0.2
16-19 years	12	2.3
Not married	519	97.6
<b>KSY and NPAG</b>	410	77.1
Awareness about KSY	123	30.0
Awareness about NPAG	270	65.9
Visit AW centre		
For KSY	90	22.0
For NPAG	268	65.4
Never	52	12.7
Receive NHE	346	84.4
Receive IFA	351	85.6
Receive food supplements from AW	366	100
Never	329	89.9
Less than 10 days	27	7.4
10-20 days	7	1.9
More than 20 days	3	0.8
<b>Weight by AWW</b>	303	57.0
<b>Weighing less than 35 kg (%)</b>	158	52.1
<b>Given a chit for free food grains</b>	147	93.0
<b>Went to ration shop to collect grains</b>	136	92.5
<b>Collection of grains from ration shop</b>		
One month	37	27.2
Two months	46	33.8
Three months	53	39.0
Never	0	0.0
<b>Reason for not getting food grains</b>		
Not aware of NPAG	0	0.0
Did not go to ration shop	0	0.0
Ration shop closed	0	0.0
Ration shop opened but no stock	0	0.0
Do not require ration	0	0.0
<b>After receiving food grains*</b>		
No change in weight	14	10.3
Deterioration in weight	7	5.1
Improvement in weight < 35 Kg	97	71.3
Crossed 35 kg	18	13.2

\*. Information on nutritional status was available from 26 girls

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G.O. M.S. NO 171 SNT-DMP Dt 20-11-2002

ANNEXURE-VII

Modalities to be followed for the implementation of the scheme of providing 6 kgs of rice to Pregnant and Lactating Women and Adolescent Girls in Thiruvannamalai and Ramanathapuram Districts free of cost through the PDS shops of Tamil Nadu Civil Supplies Corporation Ltd./Co-operatives during the year 2002-2003

I. Identification of beneficiaries:

- i) The Anganwadi Workers shall weigh all Pregnant and Lactating Women and Adolescent Girls in the community four times in a year. They shall identify Pregnant and Lactating Women with body weight less than 40 kg and Adolescent Girls with body weight less than 35 kg Rationale for norm.
- ii) The taluk-wise actual beneficiaries have to be identified by the District Programme Officer through the Anganwadi Workers.
- iii) List of village and taluk-wise beneficiaries and PDS shop in which attached shall be furnished to District Joint Registrar of Co-operatives/Senior Regional Manager/Regional Manager of Tamil Nadu Civil Supplies Corporation Ltd. concerned by the District Programme Officer.

II. Method of Liftment of Rice:

- i) The District Programme Officer shall furnish the shop-wise allotment to the Joint Registrar of Co-operative Societies with a copy to Senior Regional Manager/Regional Manager to Tamil Nadu Civil Supplies Corporation Ltd.
- ii) The District Programme Officer shall issue authorization letter to the Senior Regional Manager/ Regional Manager, Tamil Nadu Civil Supplies Corporation Ltd. for the liftment of rice from Food Corporation of India to Tamil Nadu Civil Supplies Corporation Ltd.
- iii) The Senior Regional Manager/Regional Manager, Tamil Nadu Civil Supplies Corporation Ltd. shall lift the quantity from Food Corporation of India and keep the stock in the Taluk Godown as per the indent by the District Programme Officer.
- iv) The Co-operative shall move the stock along with the PDS commodities to the shops.
- v) The shops shall issue rice to the beneficiaries on receipt of coupon and should account for the total liftment every month and to inform to the District Programme Officer. The District Programme Officer shall also collect the

(P.T.O)

Monthly Reporting Format for the Anganwadi Centres as prescribed by the Government of India and as indicated in the Annexure-VIII to this order and reconcile the liftment of rice and also send a consolidated report to Project Co-ordinator, World Bank assisted ICDS-III Project.

- vi) The District Programme Officer shall ensure the correctness of the liftment and distribution to the beneficiaries.

III. Procedure for issue of rice:

- i) The District Programme Officer shall print the coupons for issue of rice as per the existing coupon system adopted for the weavers.
- ii) The coupons shall be issued to the beneficiaries with due authentication.
- iii) As far as possible, the beneficiaries themselves should collect the foodgrain. In case of difficulties if any experienced, the family members who are identified by the shop early, can collect the food grains.
- iv) The name of the beneficiary in the ration card will be used for identifying the beneficiaries.
- v) However, where there is no ration card, they will be identified properly by the District Project Officers/Child Development Project Officers/ Community Nutrition Instructresses.

IV. Transport Charges etc.

The transport margin to co-operative at the rate of Rs.45/- per quintal may be allowed for lifting the rice and to the Tamil Nadu Civil Supplies Corporation Ltd., the Average Transport and handling charges works out to Ramanathapuram District is Rs.188.92 per MTs and Thiruvannamalai District is Rs.230.52.

V. Making of Payments:

The District Programme Officer has to make payment to the Senior Regional Manager/Regional Manager for the cost of rice transport and handling and retail margin to the Co-operatives/to Tamil Nadu Civil Supplies Corporation Ltd.

C.K.GARIYALI  
Secretary to Government.

//True copy//

*C. K. Gariyali*  
Section Officer.

*25/11/02*

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G.O. MS NO 171 SHTN MP Dt 21-11-2002

ANNEXURE - IIIIEC ACTIVITIES

Provision of Foodgrains to Pregnant and Lactating women and Adolescent Girls Scheme.

- I. Objective: To create awareness on the following:-
- Special additional provision of foodgrains to pregnant and lactating mothers whose wts are < 40Kg and Adolescent girls whose wts are < 35 Kg.
  - Monthly wt monitoring.
  - To prevent under nutrition among AN/PN mothers and Adolescent Girls.
- II. Target group:
- AN/PN Mothers and Adolescent Girls.
  - Elders and other care givers in the family.
  - Leaders, SHG members, WWG and AGWG members
- III Area of operation:
- 880 AW centers in 18 Blocks in Tiruvannamalai District
  - 628 AW Centres in (8+3) 11 Projects in Ramnad District.

IV Expected out come:

Pregnant and Lactating Mothers who are below 40 kg weight and Adolescent Girls who are below 35 kg weight will gain weight during the period of 3 months provision of food grains and come out of under nourishment and under weight.

V. Activities enclosed:

(P.T.O)

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G.O. MS No 171 SW + NMP dt 21-11-2002

**IEC ACTIVITIES FOR SPECIAL SCHEME OF PROVISION OF FOOD GRAINS TO AN/PN AND ADOLESCENT GIRLS**

Sl.No.	Name of the Activity	Unit cost Rs.	Total Cost for	
			Tiruvannamalai (18 Projects)	Ramnad (11 Projects)
1.	Painting of messages through Metal Stencil	6000 per Project	1,08,000/-	66,000/-
2.	Printing and Distribution of Hand Bills	10,000 per Project	1,80,000/-	1,10,000/-
3.	Production of Cinema Slides 120 mm	200 per slide 400 slides for Tiruvannamalai and 320 for Ramnad	80,000/- (Rs.200 X 4 Themes X 100 Nos)	64,000/- (200 X 4 Themes X 80 Nos.)
4.	Printing and Display of Multi Colour Wall Posters	Rs.10 per poster	Rs.45,000/- (Rs.10 X 250 Nos. X 18 Projects)	Rs.27,500/- (Rs.10 X 250 Nos X 11 Projects)
			4,13,000/-	2,67,500/- or 2,68,000/-

**Grand Total for IEC activities**

Tiruvannamalai : Rs. 4,13,000/-  
 Ramnad : Rs. 2,68,000/-  
 Grand Total : Rs. 6,81,000

C.K.GARIYALI  
Secretary to Government.

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Section Officer.

25/11/02

GO.MDMD (7) SW+MMP Dt 21-11-2002

ANNEXURE - IV

TRAINING COMPONENT:

Budget for the training programmes to be organized for the DPOs, CDPOs, Grade I Supervisors, Grade II Supervisors and Anganwadi workers in connection with the Additional Central Plan Assistance for the supply of Food Grain to Pregnant and Lactating women and Adolescent Girls in Thiruvannamalai and Ramand District.

Thiruvannamalai District

Stage I:

District level

No. of Participants  
No. of Batch

50  
1

Participant

DPNO, DCO  
S.I. CNI

Convenor/5  
5 SHGs  
NGOs 5  
Womens  
PRIs/5

Budget

Lunch and Refreshment Rs. 50 x 50	=	2500
Kit material Rs. 150 x 50	=	7500
Stationery	=	2000
Contingency and Documentation	=	1000
Hall Rent	=	2000
T.A. & D.A. to officers Rs. 5000 x 5	=	2500
T.A. & D.A. to participants Rs. 100 x 35	=	3500
Sitting charges to New, WPRI, Convenor of SHGRs. 200 x 15	=	3000
	=	<u>24000</u>

Thiruvannamalai District

Stage -2

Block level

Trainer

No. of Participant

No. of Batch

Duration

50  
2  
1 day

No. of Blocks 18  
CNI

Participants - CNS  
AWW  
NGO

Convenor of SHGs  
Womens PRI

(D.T.O)

Budget

Lunch & Refreshment Rs.50 x 50	=	2500
Kit material Rs.50 x 50	=	2500
Stationery	=	2000
Contingency and Documentation	=	500
TA. & D.A. to CNS Rs.100 x 5	=	500
Actual To and Fro expenses to SHG & WWG	=	2000
	=====	
	=	10000
	=====	
Total Cost Rs.10,000/- x 2 batches x 18 Blocks	=	360000

Ramnathapuram District  
Stage - 1

District level		WB ICDS = 8 batches
Trainer		ICDS = 3 batches
No.of Participant per batch	50	
No.of Batch	11	

Budget

Lunch & Refreshment Rs.50 x 50	=	2500
Kit material Rs.150 x 50	=	7500
Stationery	=	2000
Hall rent	=	2000
Contingency and Documentation	=	1000
TA. & D.A. to officers Rs.1500 x 5	=	7500
TA. & D.A. to participants Rs.100 x 35	=	3500
Sitting charges to NGO, women PRI, Convener of SHG Rs.200 x 15	=	3000
	=====	
	=	29000
	=====	

Ramnathapuram District  
Stage - II

Block level		AWWs = 628 batches
Trainer		CNS = 38 batches
No.of Participant per batch	50	
No.of Batch	13	

(P-10)



Go Memo (D) SH+RMP 28214/2002

Budget

Lunch & Refreshment Rs.50 x 50	=	2500
Kit material Rs.50 x 50	=	2500
Stationery	=	2000
Contingency and Documentation	=	500
TA. & D.A. to CNS Rs.100 x 5	=	500
Actual To & Fro expenses to AWW, Women PRI SHG, WWG, PDs	=	2000
		=====
	=	10000
		=====
Total Cost Rs.10,000/- x 2 batches x 11 Blocks	=	220000

ABSTRACT

Total Training cost for Tiruvannamalai District	=	Rs.3,84,000/-
Total Training cost for Ramnathapuram District	=	Rs.2,49,000/-
		=====
GRAND TOTAL	=	Rs.6,33,000/-
		=====

C.K.GARIYALI  
Secretary to Government.

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*[Signature]*  
Section Officer.

*[Signature]*  
21/11/02

(050)

G.O. Memo (7) Sivtharam 28.11.2002

ANNEXURE-V

FOR PRINTING TWO REGISTERS TWO FORMATS AND ONE CARD AT RS.150 PER CENTRE

For Thiruvannamalai

880 (Centre) X Rs..150 = Rs.1,32,000/-

For Ramanathapuram

628 (Centre) x Rs.150 = 94,200

Total Cost = Rs. 2,26,200

Or

Rs.2,26,000

C.K.GARIYALI  
Secretary to Government.

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*[Signature]*  
Section Officer.

*[Signature]*  
28/11/02

(60 ST0)

G.O. Memo 171 Smt PIMP Dt 21-11-2002

ANNEXURE VI.

REQUIREMENT OF FINANCIAL SANCTION FOR THE SCHEME TO PROVIDE  
SUBSIDIZED FOOD GRAINS TO PREGNANT AND LACTATING WOMEN AND  
ADOLESCENT GIRLS FOR 3 MONTHS PERIOD.

Sl.No	Item of Expenditure	Amount (in Rs.)
1.	Purchase of subsidized food grains at the rate of Rs.5.65/- per Kg. a. Tiruvannamalai : Rs.46,54,000/- b. Ramanathapuram : Rs.33,21,000/-	79,75,000/-
2.	Transport charges a. Transport charges for transporting Rice from FCI Godown to TNCSC Godown : Rs. Rs.307000 b. Transport charges for transporting Rice from TNCSC Godown to PDI outlet : Rs. Rs.636000	9,36,049/- 6,81,000/-
3.	IEC Activities	6,33,000/-
4.	Training Expenses	13,46,000/-
5.	Purchase of Adult weighing machine	2,26,000/-
6.	Other Expenditure (i) Supply of registers, Formats and Cards	1,17,97,049/-
	Total cost for the scheme for 3 months	

C.K.GARIYALI  
Secretary to Government.

//True copy//

*[Signature]*  
Section Officer.

*[Signature]*  
2-11-02

TAMIL NADU

080000  
21299/02

322

"TOWARDS MALNUTRITION FREE TAMILNADU"



G. RAMAKRISHNAN, I.A.S.,  
Project Co-ordinator

WB assisted ICDS III Project,  
Pammal Nallathambi Street,  
Periyar Nagar, Tharamani,  
Chennai 600 113.  
Phone : 4926771 & 4926772

Roc.No.9541/NCI(2)/2002 dt. 5.5.2003

Secretary to the Government of India,  
Ministry of Human Resource Development,  
Department of Women & Child Development,  
Sastri Bhavan, New Delhi -1

Sir/Madam,

Sub : World Bank Assisted Integrated Child Development Scheme-III. Project Implementation of Pilot Project on providing free food grain to families of under-nourished adolescent girls and pregnant & lactating women in Tiruvannamalai and Ramanathapuram Districts of Tamil Nadu -Submission of Monitoring/Progress Report upto March 2003 - Reg.

Ref: 1. Government of India Lr.No. <sup>FND</sup> 1-4/2002-NNM dt.10.3.2003, from the Under Secretary to Government, Ministry of Human Resources Development, Department of Women & Child Development, New Delhi

2. Government of Tamil Nadu Lr.No. 21299/SW-7(2)/2002-5 dt.26.3.2003 from the Under Secretary to Government SW & NMP Dept., Secretariat, Chennai-9

*P. 53-55 above*  
*P. 65 above*

I send herewith the Progress report and expenditure Statement for the period upto March 2003 with regard to the scheme of provision of free rice to the adolescent girls, Pregnant and Lactating Women".

*[Signature]*  
for Project Coordinator

Encl : Progress Report /  
Expenditure statement  
Copy to : The Secretary to Government,  
Social Welfare & NMP Department, (SW-VII)  
Secretariat, Chennai-9

(with a request to approach the Government of India to release the fund immediately for implementing the scheme in the financial year 2003-2004 without any break.)

*1/2*  
*7/5/03*

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PROGRESS REPORT

1. Name of the scheme : "Provision of Foodgrains (Rice) free of cost to under-nourished Adolescent girls and Pregnant Women and Lactating women"

2. No. of Districts selected to implement this scheme as pilot Project in TamilNadu : 2 Districts Viz (i) Tiruvannamalai (ii) Ramanathapuram

3. Date of Commencement of this scheme : 25.11.2002

4. No. of beneficiaries benefited	:	(i) In Ramanathapuram District	32656
		(ii) In Tiruvannamalai District	45760
		Total	78416

5. Fund Released for implementing this scheme: Rs.1,17,98,000/-

Expenditure incurred upto March 2003 (Details of expenditure enclosed)	:	Rs. 99,59,025/-
Balance amount at the end of the financial year 2002-2003	:	Rs. 18,38,975/-

*[Signature]*  
For Project Coordinator

*[Signature]*

Expenditure Report upto March 2003

Name of the Scheme : " Provision of Free Rice to under-nourished Pregnant and Lactating Women and Adolescent Girls "

I. Fund released from contingent fund : Rs.1,17,98,000/- towards sanction

Details of expenditure incurred upto March 2003 :  
(Towards purchase and distribution of Rice)

(i) Tiruvannamalai District : Rs.37,05,629/-

(ii) Ramanathapuram District : Rs.52,01,878/-

-----  
: Rs.89,07,507/-  
-----

(iii) Expenditure by Project Coordinator :

(i) Advertisement charges for advertising: Rs. 5642/-  
Tender Notice to supply Adult weighing scales to Tiruvannamalai and Ramanathapuram Districts

(ii) Cost of weighing scales supplied to : Rs.1045876/-  
Tiruvannamalai and Ramnad Districts

-----  
: Rs.1051518/-  
-----

Total expenditure incurred upto March 2003 :Rs.99,59,025/-  
(Rs.89,07,507+10,51,518)

*[Signature]*  
FC/Project Coordinator  
*[Signature]*

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Name of the Schema: "Provision of Free Rice to undernourished Pregnant and Lactating women and Adolescent Girls  
Statement showing Item-wise allotment and Expenditure

S.No.	Item-wise allotment of funds	Funds Allotted (Rs.)	Amount incurred				Excess (Rs.)	Surinder (Rs.)
			In Tiruvannamalai (Rs.)	In Ramnad (Rs.)	In Project Coordinator's office (Rs.)	Total (Rs.)		
1	Purchase of Rice (i) Tiruvannamalai (ii) Ramnad	4654000 3321000 ----- 7975000	2941621	4331855		7273476	--	701524
2	Transport charges : (i) TNCSC Godown to PDS (ii) FCI Godown to TNCSC Godown	560000 376049 ----- 936049	111165	489860		601025	--	335024
3	IEC Activities	681000	108000 115875 ----- 223875	150413		374288	--	306712
4	Training Expenses	633000	249468	220000		469468	--	163532
5	Purchase of Adult Weighing Scales	1346000			1051518	1051518	--	294482
6	Other Expenditures: supply of registers formats etc.	223000	179500	9750		189250	--	36750
	Total	11797049	3705529	5201878	1051518	9959025	--	1838024

*Arjun*  
for Project Coordinator

*Ar*  
7/5/03

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Women and Adolescent Girls".<sup>4</sup> announced by Hon'ble Prime Minister of India in his Independence Day speech.

This Scheme has been implemented in Tamil Nadu in two districts viz: Tiruvannamalai and Ramanathapuram as a Pilot Project from 25.11.2002 vide G.O.3rd cited and a sum of Rs.11797049/- sanctioned for this purpose.

In the reference 4th cited, a sum of Rs.11798000/- has been released by the Finance (BG) Dept., from the Part-II contingency fund to meet out expenses for implementing the scheme.

The details of expenditure incurred in implementing this scheme are as follows:

1. Fund released by Govt. of TamilNadu	:	Rs.1,17,98,000/-
2.(i)Expenditure incurred for providing Rice to the beneficiaries:		
(a) In Tiruvannamalai District	:	Rs.37,05,629/-
(b) In Ramanathapuram District	:	Rs.52,01,878/-
(ii) Expenditure incurred for purchasing adult weighing scales	:	Rs.1051518/-
Total Expenditure incurred (Detailed item-wise expenditure statement enclosed)	-----	Rs.99,59,025/-
Balance amount		Rs.18,38,975/-

This balance Amount had been surrendered to the Government at the end of the financial year 2002-2003

57 above -- In the reference 5th cited the Government of India have ordered to continue this scheme for the financial year 2003-2004 also.

52 above -- Since the implementation of this scheme is continuously going on in these two districts and the expenses like cost of rice, transportation charges etc., have to be settled in time and to avoid the interruption sufficient fund is required



## Cumulative District Report

This districts in which the NPAG evaluation was done is indicated in Figure 4.2.11.1. It is obvious that the evaluation was done district belonging to states/ UTs from all regions of India. Some were small and other quite large. The states were in different levels of socio-economic and demographic transition. There were substantial differences in literacy, access to and utilisation of ICDS services between districts. There were substantial differences between states in attention given to NPAG programme and in the manner in which it was implemented. The cumulative data from all the ten districts therefore is an average of all the districts



Figure 4.2.11.1 Map of districts undertaken in evaluation of NPAG

data and is not representative either of the states or the country as a whole. The data also is not a useful indicator of how the programme functioned in urban

areas because NPAG was not operationalised in urban anganwadis in most states; most of the data on urban areas came from one centre –Delhi. The rural data however came from nine states and could be considered as being indicative of how the programme functioned in rural anganwadis in backward districts of these nine states.

## Rural

<b>Table 4.2.11.1: Total coverage under AWs (n=310)</b>	
Number of Households	74534
Total Population	394736
<b>Number of persons registered in AWs</b>	
Children 7-12 months	5144
Children 1-3 years	12455
Children 4-6 years	14970
Pregnant women	3473
Lactating women	3370
Adolescent girls	16937

The NPAG evaluation was done in 310 rural anganwadis (AWs) in ten districts of India. Cumulative data on number of households, total population and number of persons registered with the anganwadis in May 2006 is given in Table 4.2.11.1.

The type of supplements that were in use during the period when the evaluation was done is given in Table 4.2.11.2. There were substantial differences between districts in the type of food supplements provided to different groups under the ICDS programme. Many centers provided take home food (Indiamix, orimix, RTE, panjiri, raw dalia, murmura and chana) to all the age groups. Some provided hot cooked meal to 3-6 year old children and take home food to under three children, pregnant and lactating women. Delhi switched over to hot cooked meal in the midst of follow up period, but it was found that the families collected the hot cooked food, took it home and shared it with the family. When children ate the food in the AWs, they skipped a meal at home. Food sharing was the problem with takes home supplements and food substitution occurred with on the

<b>Table 4.2.11.2: Type of food supplement given under ICDS programme</b>		
S. No.	District	Type of food supplement
1	Banswara	Indiamix
2	Delhi (Northwest)	Dalia, Murmura, Chana (later hot cooked meal made up of cereals and pulses)
3	Haridwar	Indiamix, Double Fortified Salt
4	Kalahandi	Orimix
5	Lunglei	Cereal-pulse mix, rice, pulse, RTE, motor chana, groudnut, multivitamins
6	Palakkad	Hot cooked meal-uppuma (adolescent girl, pregnant and lactating women) and porridge (0-3 year and 3-6 year old children)
7	Panchmahal	RTE (pregnant and lactating women and 3-6 year old children) and cereal-pulse mix to 0-3 year old children
8	Sonbhadra	RTE - Panjiri
9	Surguja	Cereals
10	Thiruvanmalai	Cereal and pulse as hot cooked meal

spot feeding. Once a month food grain/ pulse ration appears to be a feasible, economic and viable alternative to provide continued food supplements to

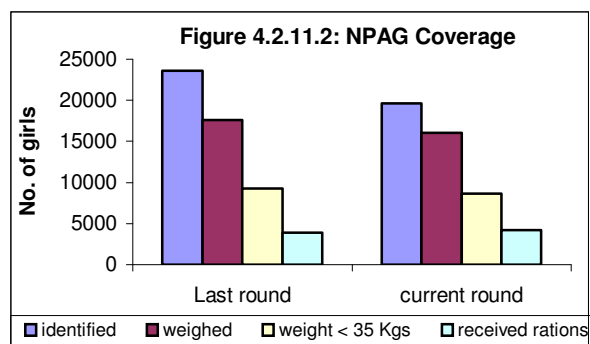
undernourished pregnant and lactating women and adolescent girls who will not be able to attend AW regularly. Once a week supply of roasted pulse-cereal-oilseed mixes that can be prepared into a variety of dishes rapidly and fed might be the preferred option in the age group 6 month to 36 month. For 3-6 year old children who spend some hours at the anganwadi for preschool education, a hot cooked meal may be the appropriate option.

### **NPAG-Adolescent girl**

Over ninety percent (94.2 %) AWWs obtained training in weighing adolescent girl and providing NHE pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting the undernourished girls and distributing food grains to families of undernourished girls. The AWWs received support from PRI (60.6 %), ANM (70 %) and family of the girls (72.9 %) in identifying adolescent girls, weighing and detecting those weighing less than 35 kg and providing them chits for collecting food grains. The ration shop workers (66.1 %) were willing to take the chits and provide food grains to families of identified adolescent girls.

Adult weighing scales had been given to 299 AWWs; all these AWWs had weighed adolescent girls in their area and identified number of girls under 35 kg. Weighing scales of 25 AWWs were not working properly; therefore they borrowed scales from nearby AWWs or health center and weighed adolescent girls in their area. Two hundred and thirty six AWWs adjusted zero error on the weighing scale just before weighing; 17 checked accuracy using standard weight on weighing scale and 4 checked accuracy using standard weight and adolescent girl on the weighing scale. The field investigators checked the accuracy of weighing scales. Weighing scales of 196 AWW (77.2 %) were accurate and 58 (22.8 %) weighing scales were inaccurate by 1 kg. Two hundred and thirty AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (88.1 %) and 31 AWWs were not able to demonstrate how to correctly weigh adolescent girls. 277 (89.4 %) AWWs provided NHE to the identified adolescent girls. 246 (79.4 %) AWWs had distributed chits to the identified undernourished girls of their area. 179 (57.7 %) AWWs had records of NPAG since 2002-03. Two hundred and thirty eight (73.5 %) AWWs stated that NPAG could improve the nutritional status of the adolescent girls; 141 (45.5 %) AWWs reported that NPAG could improve participation of girls in KSY (Annexure 4.2.11a).

The data of the last round is available from 259 AWWs. In the last round of NPAG, 23606 adolescent girls were identified; 17565 identified adolescent girls were weighed; 52.3 % girls who



were weighed were below 35 kg. In the last round 1535 new adolescent girls who weighed less than 35 kg had been identified. AWWs gave NHE to 7734 adolescent girls. The chits were distributed to 4780 (51.5 %) identified undernourished adolescent girls; 1888 girls from 63 AWWs centers received rations for 3 months; 620 girls belonging to 26 AWWs collected rations for 2 months; 1424 girls belonging to 41 AWWs collected rations for 1 month (Figure 4.2.11.2). Under KSY scheme, 700 girls collected food supplement from 96 AWWs. Repeat weighing after three months showed that 1387 girls did not show any change in weight; 155 girls lost weight; 1850 girls gained weight but did not cross 35 kg and 378 girls had crossed 35 kg.

The data pertaining to current round is available from 240 AWWs. In the current round of NPAG, 19595 adolescent girls were identified; 16050 identified adolescent girls were weighed; 53.9 % girls who were weighed were below 35 kg. In the current round 1713 new adolescent girls who weighed less than 35 kg had been identified. AWWs gave NHE to 7299 adolescent girls. The chits were distributed to 4651 (53.7 %) identified undernourished adolescent girls; 2017 girls from 62 AWWs centers received rations for 3 months; 981 girls belonging to 23 AWWs collected rations for 2 months; 1188 girls belonging to 34 AWWs collected rations for 1 month (Figure 4.2.11.2). Under KSY scheme, 622 girls collected food supplement from 102 AWWs. Repeat weighing after three months showed that 1177 girls did not show any change in weight; 184 girls lost weight; 1961 girls gained weight but did not cross 35 kg and 363 girls had crossed 35 kg.

### ***Ongoing ICDS programme***

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from 301 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.11b.

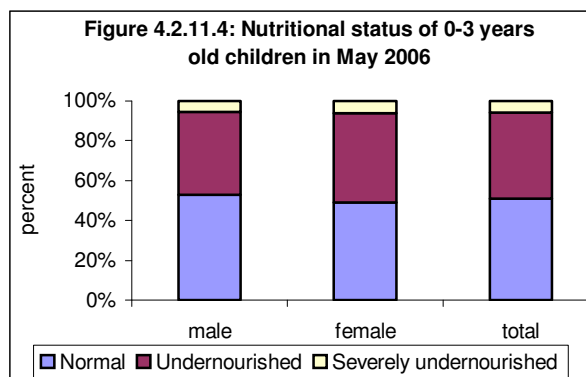
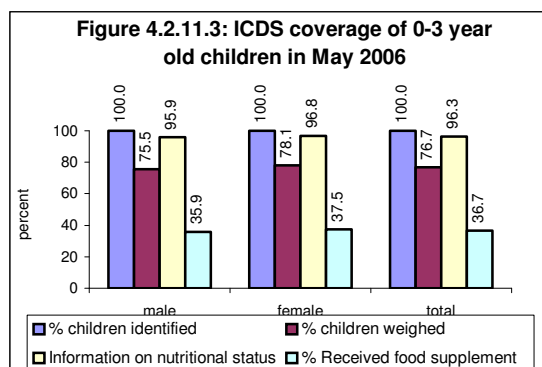
#### ***Pregnant and lactating women***

Data on pregnant women were available in 301 AWWs; 3623 pregnant women were identified, 2126 pregnant women were weighed (206 AWWs); 320 pregnant women weighed less than 40 kg (in 129 AWWs). 1681 pregnant women (in 224 AWWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 293 AWWs; 3590 lactating women were identified, 1632 lactating women were weighed (in 154 AWWs); 344 lactating women weighed less than 40 kg (in 93 AWWs); 1691 lactating women (in 223 AWWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women.

#### ***Children (0-3 years of age)***

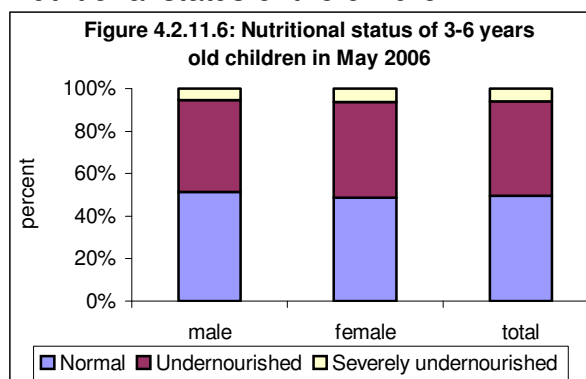
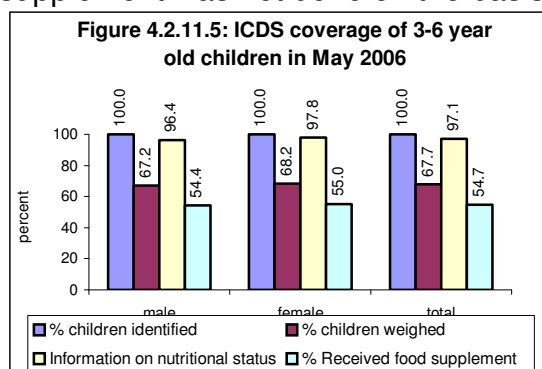
A total of 19725 children (0-3 years old) were identified; 76.7 % of them were weighed. Information on nutritional status was available in 96.3 % of those weighed; 51.1 % were normal, 43.2 % were undernourished and 5.7 % were severely undernourished (Figure 4.2.11.4); 36.7 % received food supplements

from AWs more than 20 days (Figure 4.2.11.3); Distribution of food supplements was not carried out on the basis of nutritional status of the child.



### Children (3-6 years)

A total of 15641 children (3-6 year old) were identified; 67.7 % were weighed. Information on nutritional status of children was available for 54.7 % of those who were weighed; 49.9 % were normal; 44.2 % were undernourished and 5.9 % was severely undernourished (Figure 4.2.11.6); 81.3 % were receiving food supplement from AWs more than 20 days (Figure 4.2.11.5). Distribution of food supplement was not done on the basis of nutritional status of the children.



### Urban

**Table 4.2.11.3: Total coverage under AWs (n=101)**

Number of Households	23669
Total Population	126377
<b>Number of persons registered in AWs</b>	
Children 7-12 months	1604
Children 1-3 years	3820
Children 4-6 years	4226
Pregnant women	1047
Lactating women	1172
Adolescent girls	3146

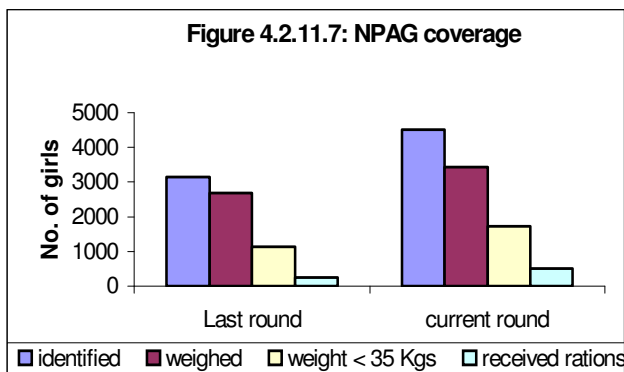
The survey for evaluation of NPAG was conducted in 101 AWs in urban areas of ten districts in India. Data on households, total population and number of persons registered with the AW in May 2006 is given in Table 4.2.11.3. A variety of food supplements were given to all beneficiaries coming to anganwadi ranging from cereal

pulse mix, rice, pulse, DFS, sattu, cooked food, RTE, motor chana, groundnut, multivitamin (Table 4.2.11.2).

## NPAG-Adolescent girl

Over ninety percent (91.1 %) AWWs obtained training in weighing adolescent girl and providing NHE pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting the undernourished girls and distributing food grains to families of undernourished girls. The AWWs received support from PRI (27.7 %), ANM (41.6 %) and family of the girls (45.5 %) in identifying adolescent girls, weighing and detecting those weighing less than 35 kg and providing them chits for collecting food grains. The ration shop workers (38.6 %) were willing to take the chits and provide food grains to families of identified adolescent girls.

Adult weighing scales had been given to 96 AWWs; all these had weighed adolescent girls in their area and identified number of girls under 35 kg (weighing scales of 10 AWWs were not working properly therefore they borrowed from nearby AWWs or health center and weighed adolescent girls in their area). Ninety AWWs adjusted zero error on the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of 67 AWW (80.7 %) were accurate and 10 (12 %) weighing scales were inaccurate by 1 kg. Seventy-two AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl (83.7 %) and 14 AWWs were not able to demonstrate how to correctly weigh adolescent girls. 93 (92.1 %) AWWs provided NHE to the identified adolescent girls. 47 (46.5 %) AWWs had distributed chits to the identified undernourished girls of their area. 55 (54.5 %) AWWs had records of NPAG since 2002-03. Forty-seven (46.5 %) AWWs stated that NPAG could improve the nutritional status of the adolescent girls; 33 (32.7 %) AWWs reported that NPAG could improve participation of girls in KSY (Annexure 4.2.11a).



The data of the last round is available from 51 AWWs. In the last round of NPAG, 3148 adolescent girls were identified; 2680 identified adolescent girls were weighed; 42.4 % girls who were weighed were below 35 kg. In the last round 41 new adolescent girls who weighed less than 35 kg had been identified. AWWs gave NHE to 755 adolescent girls. The chits

were distributed to 272 (23.9 %) identified undernourished adolescent girls; 188 girls from 16 AWWs centers received rations for 3 months; 12 girls belonging to 2 AWW collected rations for 2 months; 37 girls belonging to 2 AWWs collected rations for 1 month (Figure 4.2.11.7). Under KSY scheme, 204 girls collected food

supplement from 24 AWs. Repeat weighment after three months showed that 2 girls did not show any change in weight; 10 girls gained weight but did not cross 35 kg and 6 girls had crossed 35 kg.

The data pertaining to current round is available from 63 AWs. In the current round of NPAG, 4513 adolescent girls were identified; 3432 identified adolescent girls were weighed; 50.5 % girls who were weighed were below 35 kg. In the current round 81 new adolescent girls who weighed less than 35 kg had been identified. AWWs gave NHE to 921 adolescent girls. The chits were distributed to 129 (7.4 %) identified undernourished adolescent girls; 515 girls from 23 AWs centers received rations for 3 months (Figure 4.2.11.7). Under KSY scheme, 270 girls collected food supplement from 42 AWs. Repeat weighment after three months showed that 5 girls did not show any change in weight; 19 girls lost weight; 15 girls gained weight but did not cross 35 kg and 8 girls had crossed 35 kg.

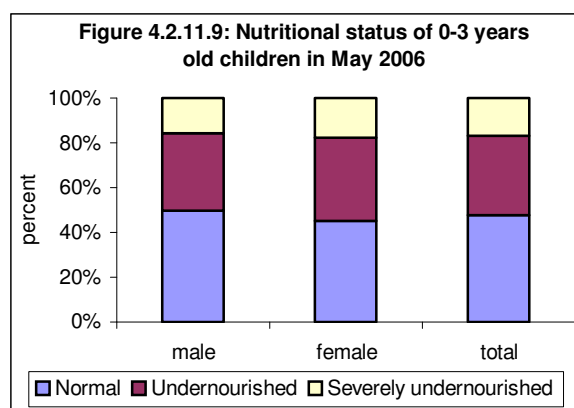
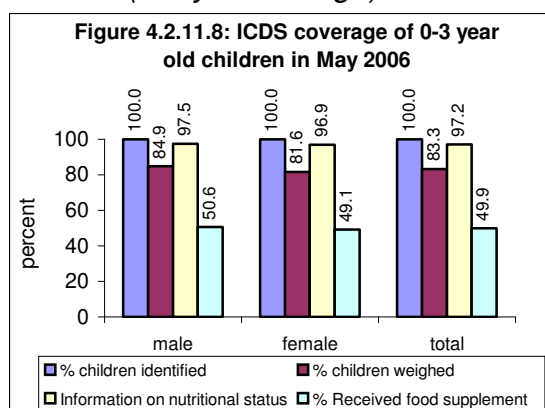
### ***Ongoing ICDS programme***

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from 301 AWs. The data for the month of May 2006 is presented in Annexure 4.2.11b.

### ***Pregnant and lactating women***

Data on pregnant women were available in 91 AWs; 1077 pregnant women were identified, 496 pregnant women were weighed (47 AWs); 101 pregnant women weighed less than 40 kg (in 24 AWs). 617 pregnant women (in 67 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 90 AWs; 1221 lactating women were identified, 554 lactating women were weighed (in 48 AWs); 94 lactating women weighed less than 40 kg (in 24 AWs); 697 lactating women (in 67 AWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women.

### ***Children (0-3 years of age)***

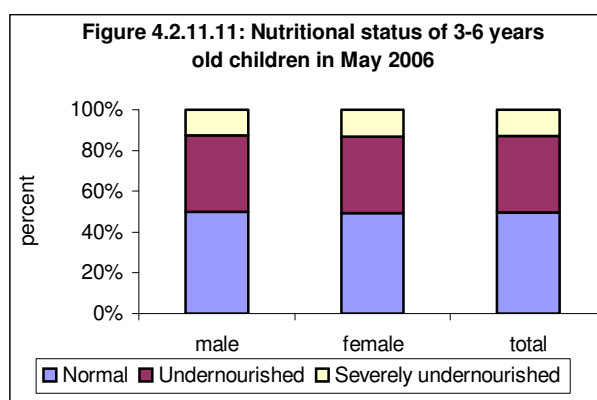
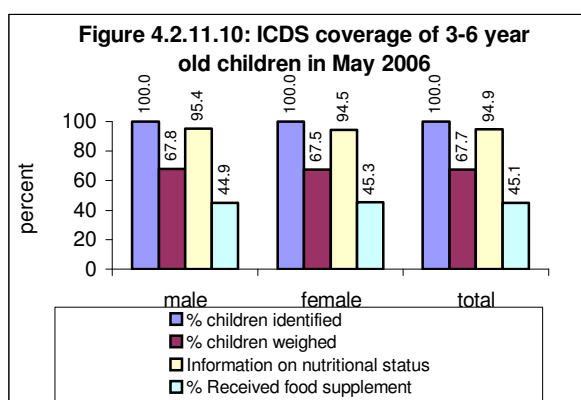


A total of 6214 children (0-3 years old) were identified; 83.3 % of them were

weighed. Information on nutritional status was available in 97.3 % of those weighed; 47.6 % were normal, 35.7 % were undernourished and 16.7 % were severely undernourished (Figure 4.2.11.8); 49.9 % received food supplements from AWs more than 20 days (Figure 4.2.11.9). Distribution of food supplements was not carried out on the basis of nutritional status of the child.

### Children (3-6 years)

A total of 5063 children (3-6 year old) were identified; 67.7 % were weighed. Information on nutritional status of children was available for 94.9 % of those who were weighed; 49.7 % were normal; 37.3 % were undernourished and 12.9 % was severely undernourished (Figure 4.2.11.10); 45.1 % were receiving food supplement from AWs more than 20 days (Figure 4.2.11.11). Distribution of food



supplement was not done on the basis of nutritional status of the children.

### Urban-rural differences

Anganwadis in the urban areas are in crowded parts of the city often in resettlement colonies or slums; they are located in small cramped rooms. In contrast rural anganwadis are spacious and well lit; but in rural areas where population density is low, the households especially those living in scattered houses far from the AW had difficulty in accessing services provided by the anganwadi. As both urban and rural anganwadis operate under similar norms, the number of households, total population under AWs, food grains available and number of persons registered in the anganwadi were similar. Nearly 85 % AWs had been provided adult weighing scales and 90 % AWWs were trained in weighing adolescent girls in both urban and rural areas. Nearly 80 % had accurate weighing scales and had weighed adolescent girls accurately. Number of adolescent girls identified and registered was much higher in rural AWs as compared to urban AWs Weighing and identification of adolescent girls had been done in both urban and rural AWs however food grains distribution were better in rural areas. This is because NPAG programme was not operational in urban AWs in most states and in Delhi where it was operational there were major problems in implementation of the programme .In current round of NPAG. . It is possible that once the programme is fully operational in urban angawadis, the urban areas where there is no access related problems would fare better. More



girls were identified, weighed, given chits and collected food grains in rural areas. Among the girls who received food grains for three months, the weight gain was small; very few crossed 35kg. The fact that urban Delhi girls who never received the food grain supplements were heavier than Lunglei girls who had received food grain supplements continuously for four years suggests that the programme has not resulted in improvement in bodyweight of adolescent girls.

The data on utilization of ICDS services indicated that there is not much urban rural difference in identification, registration and weighing of pregnant and lactating women and children; the average number of persons getting NHE and receiving food supplement is similar in both urban and rural areas. This is largely because most anganwadi workers are under the impression that they have to register 40 children each in 0-3 and 3-6 year age groups, 10 each of pregnant and lactating women and three adolescent girls and give them food supplements in the anganwadi; mostly persons who came to anganwadi were weighed and got food supplements. Neither the urban or rural anganwadis focused on universal identification of all preschool children, pregnant and lactating women and adolescent girls in all the household under the anganwadi, weighing them at least once in three months to identify undernourished persons and providing food supplements to undernourished persons on priority. Neither socioeconomic nor nutritional status was taken into account while providing food supplements;

### **Household Survey**

The household survey was conducted in 373 PSUs (271 rural and 102 urban) (Annexure 4.2.1c & 4.2.1d). The cumulative data obtained were analysed and reported separately.

#### ***Rural***

The survey was conducted in 7510 rural households. The mean household size was 5.3; 66.6 % were nuclear families.

#### ***Socioeconomic profile***

Majority of the households belonged to OBC (40.3 %); 30.5 % were STs and rest belonged to SC and other castes. Over eighty percent families (85.7 %) stated that their monthly income was less than Rs. 5000; the rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The heads of the household were better educated than the wives of the heads of the households. 41.5 % of the head of the households were illiterate; 10.9 % could read or write; 26.5 % were educated up to primary school and 21 % had secondary school or higher education; 65 % of the wives of head of the household were illiterate; 17.3 % had primary education and only 10.1 % had secondary school or higher education.

Most (42.3 %) of the head of the households were farmers; 30.2 % were working as landless labourers; 15.6 % were in service and 7.7 % were unemployed at the time of the survey. Most of the wives of the head of the households were housewives (65.4 %) and did not work outside home; 14 % were working as farm labourers and 11.3 % were working as landless labourers.

Most (68.5 %) of the population was residing in the center of the village; 19.9 % were living in the periphery of the village and 11.6 % in harijan basti. Nearly all households (96.7 %) owned the houses. Majority of the families were living in kutchha houses (57.1 %); 25.1 % in semi-pucca houses; 17.6 % in pucca houses; 77.7 % of the population had two or more rooms and the rest (22.3 %) lived in one room houses. Only 21.3 % had toilet facility at home; the rest (73 %) the population had no access to toilet or were using sulabh. Only 37.4 % households had provision of drinking water in their own homes; the rest (62.5 %) obtained drinking water from public taps, hand pumps, well, pond, river or water tankers. Majority (69.3 %) of the households reported that they were non-vegetarian. Only 13 % were using gas for cooking food; the rest (86.9 %) were using kerosene, or wood stoves for cooking purposes. Nearly (63.6 %) all families were using stainless steel utensils for cooking food; the rest were using aluminum utensils for cooking food. Public transport was used by 58.1 % of the population; 30 % had bicycle; 54.7 % had no source of entertainment like radio or television at home; 17.7 % had radio and 27.4 % had television at home.

The mean consumption of food grains was 62.4 kg per month per household; more than eighty percent (82.7 %) families had ration cards and 73.3 % of them bought food grains from ration shop. On an average each household bought 27 kg of food grains from the ration shop.

#### *Utilization of ICDS services*

Almost all (94.9 %) the households knew about AWs in their area. In rural areas only 37 % of the households did not get any food supplements from the AW; 17.3 % stayed at AWs and ate the supplement; 31.1 % collect supplement from AWs and took it home. Information on number of pregnant and lactating women and preschool children who visited AWs center, received NHE and or food supplements is given in Table 4.2.1.4.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	423	252 (59.6)	247 (58.4)	123 (49.8)	67 (27.1)	57 (23.1)
Lactating women	906	492 (54.3)	491 (54.2)	301 (61.3)	110 (22.4)	80 (16.3)
0-3 years	2385	1175 (49.3)	1192 (49.9)	529 (44.4)	341 (28.6)	322 (27)
3-6 years	3351	1866 (55.7)	1977 (59)	475 (24)	864 (43.7)	640 (32.4)

Figure in parenthesis denote actual numbers

Two hundred and fifty two out of 423 of the pregnant women visited AW and received NHE; 247 pregnant women collected food supplements, but only 57 had received food supplements for more than 20 days; 492 of 906 lactating women visited AWs and got NHE; 491 lactating women collected food supplements from AWs but only 80 had received food supplements for more than 20 days /month. Among 1192 0-3 year old children collecting food supplements from AWs, only 322 children (27 %) collected food supplements for more than 20 days. Among the 3-6 yrs who received food supplements only 640 (32.4 %) received supplements for more than 20 days; majority (43.7 %) collected supplements for 10-20 days; about a fourth collected supplements for less than 10 days /month.

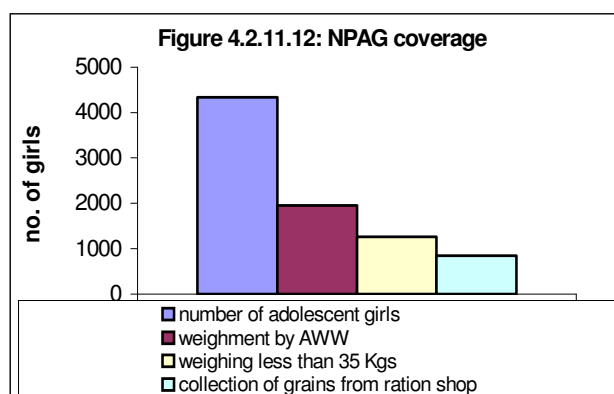
Table 4.2.1.5: Nutritional status of children as reported by parents

Age (years)	Number of children	Number weighed	Normal	Under-nourished	Severely under-nourished
0-3	2385	1348	905	261	13
3-6	3351	1894	1169	417	30

There were 2385 children in 0-3 year old age groups in the households surveyed; 1348 children had been

weighed (56.5 %). The parents reported that 905 children were normal; 261 were undernourished and 13 were severely undernourished. Parents of 169 children (12.5 %) reported that they did not know the nutritional status of their child. There were 3351 children in 3-6 year old age group in the households surveyed; 1894 children had been weighed (56.5 %). The parents reported that 1169 children were normal; 417 were undernourished and 30 were severely undernourished. Parents of 278 children (14.7 %) reported that they did not know the nutritional status of their child (Table 4.2.1.5).

### NPAG



During the household survey 4333 adolescent girls were identified; mean age of the girls was 14.1 ± 2.63 years and mean weight was 34.4 ± 7.56 kg; 16.8 % of the girls were illiterate; 44.6 % of the girls had primary level education, and 31.4 % had secondary level education. Only 5.1 % adolescent girls were married. Majority (87.1%) of the girls knew about

KSY (50.3 %) and NPAG (51.6 %). The family reported that 932 (24.7%) adolescent girls visited AWs for KSY, 49.5 % received NHE, 41.8 % had received iron/folic acid tablets, 30.2 % took food supplement from AWs; 29.9 % visited AWs for NPAG. AWs workers had weighed 1954 (45.1 %) of the identified adolescent girls and 1256 (64.3 %) weighed less than 35 kg; 787 adolescent girls were given chit for collecting food grains; 849 collected grains from ration shop; 435 girls collected food grains for 3 months (Figure 4.2.1.12); 570 girls gained

weight but still weighed less than 35 kg; 55 girls crossed 35 kg; 125 girls showed no change in weight and 41 girls lost weight.

## **Urban**

The survey was conducted in 2822 rural households. The mean household size was 5.4; 69.5 % were nuclear families.

### *Socioeconomic profile*

About one fourth (28.7 %) of the households belonged to OBC; 26.9 % were other castes and rest belonged to SC (23.8 %) and ST (20.3 %). Seventy percent families stated that their monthly income was less than Rs. 5000; the rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The heads of the household were better educated than the wives of the heads of the households. 21.7 % of the head of the households were illiterate; 8.7 % could read or write; 30.5 % were educated up to primary school and 39 % had secondary school or higher education; 40.8 % of the wives of head of the household were illiterate; 28.3 % had primary education and 23.5 % had secondary school or higher education.

About one third of the head of the household were working as factory labourers, rickshaw pullers, small vendors in mandis and daily bazaars; 14.4 % were working as clerk, teachers, involved in public and private service sectors; 12 % had business; 12.2 % were unemployed at the time of the survey. Majority of the wives of the head of the households were housewives (70.5 %) and did not work outside home; 11.9 % were working as labourers.

Nearly forty percent of the population was residing in the regular colonies (39.4 %); 31.2 % were living in the slums and 29.3 % in resettlement colonies. More than eighty percent of the households owned the houses (84.1 %). Majority of the families were living in pucca houses (47.5 %); 32.1 % in semi-pucca houses; 20.3 % in kutcha houses; 82.7 % of the population had two or more rooms and the rest (17.3 %) lived in one room houses. 65.7 % had toilet facility at home; 25.2 % the population had no access to toilet or were using sulabh. Only 43.2 % households had provision of drinking water in their own homes; the rest (56.8 %) obtained drinking water from public taps, hand pumps, well, pond, river or water tankers. Majority (70.3 %) of the households reported that they were non-vegetarian. Over half (52.8%) of the households were using gas for cooking food; the rest (46.7 %) were using kerosene, or wood stoves for cooking purposes. Nearly (78.8 %) all families were using stainless steel utensils for cooking food; the rest were using aluminum utensils for cooking food. Public transport was used by 61.3 % of the population; 20.2 % had bicycle; 26.5 % had no source of entertainment like radio or television at home; 11.6 % had radio and 61.6 % had television at home.

The mean consumption of food grains was 50.9 kg per month per household; more than eighty percent (84.7 %) families had ration cards and 61.4 % of them bought food grains from ration shop. On an average each household bought 24.3 kg of food grains from the ration shop.

### *Utilization of ICDS services*

Almost all (90 %) the households knew about AWs in their area. In urban areas only 37.3 % of the households did not get any food supplements from the AW; 19 % stayed at AWs and ate the supplement; 22.5 % collect supplement from AWs and took it home. Information on number of pregnant and lactating women and preschool children who visited AWs center, received NHE and or food supplements is given in Table 4.2.1.6.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	134	68(50.7)	64(47.8)	11(17.2)	37(57.8)	17(26.6)
Lactating women	193	71(36.8)	63(32.6)	31(49.2)	12(19.0)	20(31.7)
0-3 years	765	316 (41.3)	349(45.6)	54(15.5)	166(47.6)	122(35.0)
3-6 years	1150	532(46.3)	550(47.8)	24(4.4)	284(51.6)	221(40.2)

Figure in parenthesis denote actual numbers

Sixty eight out of 134 of the pregnant women visited AW and received NHE; 64 pregnant women collected food supplements, but only 17 had received food supplements for more than 20 days; 71 of 193 lactating women visited AWs and got NHE; 63 lactating women collected food supplements from AWs but only 20 had received food supplements for more than 20 days /month. Among 349 0-3 year old children collecting food supplements from AWs, only 122 children (35 %) collected food supplements for more than 20 days; majority (47.6 %) collected supplements for 10-20 days. Among the 3-6 yrs who received food supplements only 221 (40.2 %) received supplements for more than 20 days; majority (51.6 %) collected supplements for 10-20 days.

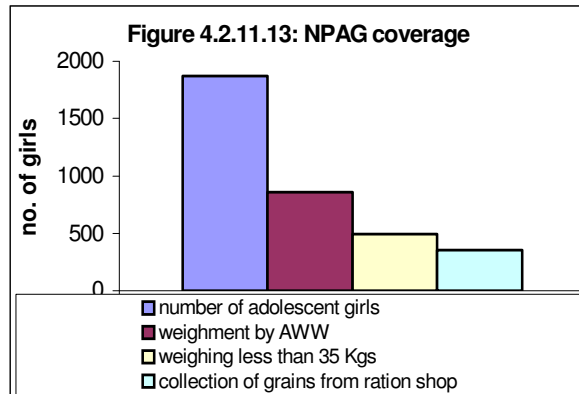
Age (years)	Number of children	Number weighed	Normal	Under-nourished	Severely under-nourished
0-3	765	373	231	65	9
3-6	1150	557	386	82	4

There were 765 children in 0-3 year old age groups in the households surveyed; 373 children had been

weighed (48.8 %). The parents reported that 231 children were normal; 65 were undernourished and 9 were severely undernourished. Parents of 68 children (18.2 %) reported that they did not know the nutritional status of their child. There were 1150 children in 3-6 year old age group in the households surveyed; 557 children had been weighed (48.4 %). The parents reported that 386 children were normal; 82 were undernourished and 4 were severely undernourished.

Parents of 85 children (15.3 %) reported that they did not know the nutritional status of their child (Table 4.2.1.7).

### NPAG



During the household survey 1872 adolescent girls were identified; mean age of the girls was  $14.6 \pm 2.62$  years and mean weight was  $35.5 \pm 8.00$  kg; 5.7 % of the girls were illiterate; 50.7 % of the girls had primary level education, and 38.9 % had secondary level education. Only 1.4 % adolescent girls were married. Majority (96 %) of the girls knew about KSY (43.5 %) and NPAG (37.2

%). The family reported that 553 (30.8 %) adolescent girls visited AWs for KSY, 36.8 % received NHE, 23.5 % had received iron/folic acid tablets, 26.2 % took food supplement from AWs; 14.8 % visited AWs for NPAG. AWs workers had weighed 857 (45.8 %) of the identified adolescent girls and 495 (57.8 %) weighed less than 35 kg; 381 adolescent girls were given chit for collecting food grains; 355 collected grains from ration shop; 317 girls collected food grains for 3 months (Figure 4.2.1.12); 258 girls gained weight but still weighed less than 35 kg; 59 girls crossed 35 kg; 31 girls showed no change in weight and 7 girls lost weight.

### Urban rural differences in household survey \*\*\*

It is difficult to draw inferences about urban rural differences in this evaluation because most of the urban data came from one center Delhi and that center had very few rural angawadis. Observed urban rural differences, if any, may largely be due to differences between Delhi and other centers. There were no urban-rural differences in family size. Income and literacy rates were lower in rural households. Most of the rural household owned the house they lived even though many houses were kucha and had only two rooms. Contrary to expectations majority of the wives of head of the households were housewives both in urban and rural households. Majority of rural households had no toilet facility, they were using public tap or well/pond/river for drinking water; urban household had better access to toilet and piped water. Most of the rural households were using coal/wood for cooking food; most urban households used gas for cooking. Most urban households used stainless steel utensils but one-third of rural households were using aluminum kitchenware. In urban areas most of the households had radio and T.V; access to entertainment through these was limited in rural households. Over 80% of urban and rural families had ration card; more rural households buy food grains from the ration shops.

Half of the urban and nearly 40 % of rural pregnant women did not visit AWs. Only a fourth of both rural and urban pregnant women collected food supplement for more than 20 days from the anganwadi; 58 % of urban and 35 % rural lactating women did not visit AWs. One third of urban and one fifth of rural lactating women collected food supplements for more than 20 days.

Nearly half of the under 3 children in both urban and rural areas did not visit AWs. Only about half the urban and rural children get weighed. Both urban and rural parents reported that 2/3 rd of their children were normally nourished and 1-3 % children were severely undernourished. One third of urban and one fourth of rural children collected food supplements for more than 20 days. Food supplements were not given on the basis of either socioeconomic or nutritional status.

About 95 % of urban and 85 % of rural adolescent girls are literate. Less than 5 % are married. About 96 % of urban and over 75 % of rural girls know about NPAG/KSY. Nearly 35 % of urban and 45 % of rural girls receive NHE and about one-fourth of urban and 37.6 % of rural girls get IFA. Among those who got food supplement under KSY, very few received food supplements for more than 20 days. About 45 % of urban and nearly 40 % of rural girls get weighed. The percent of girls weighing less than 35 kg were more in rural areas. Majority of the rural girls received the chits and collected food from ration shop. Most of the rural girls collected ration for 3 months. However, very few girls crossed the cut off point.

### **Household's opinion about food supplements through ICDS**

When asked about their opinion as to who should get food supplements majority stated that all the persons belonging to the vulnerable groups- pregnant (43.1%), lactating women (43.9 %), adolescent girls (44.3 %), preschool children (44.2 %) should get food supplements. The rest felt food supplements might be given to undernourished persons. They felt that food grains are the preferred supplement for pregnant (78.5 %), lactating women (80.6 %), adolescent girls (82.5 %); 0-3 year old children (49.2 %) and 3-6 years old children (52.8 %). The rest preferred RTE or hot cooked meal. It is clear that as far as the pregnant, lactating women and adolescent girls are concerned vast majority prefer food grain supplements. The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months (only for one or two years), the preference of community for food grains suggest that the option provided in NPAG was the right one.

## Profile of anganwadis in India Total

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	No.	No./A W	AW	No.	No./A W	AW	No.	No./A W
Number of households	101	23669	234	310	74534	240	411	98203	239
Total population under AWC	101	126377	1251	310	394736	1273	411	521113	1268
Number of persons registered									
7-12 months	97	1604	17	306	5144	17	403	6748	17
1-3 year	98	3820	39	308	12455	40	406	16275	40
3-6 year	100	4226	42	306	14970	49	406	19196	47
Pregnant women	100	1047	10	309	3473	11	409	4520	11
Lactating women	99	1172	12	308	3370	11	407	4542	11
Adolescent girls	100	3146	31	308	16937	55	408	20083	49

## Details of work done under NPAG in anganwadi centers

	Urban		Rural		Total	
	No	%	No	%	No	%
Total number of anganwadi	101		310		411	
Weighing adol. Girl	96	95.0	299	96.5	395	96.1
Identifying adol. Girl <35kg	96	95.0	299	96.5	395	96.1
Giving chits to < 35kg	47	46.5	246	79.4	293	71.3
Collects grain from ration shop	46	45.5	250	80.6	296	72.0
Providing NHE to AG	71	70.3	277	89.4	348	84.7
AWW oriented to weighing	92	91.1	292	94.2	384	93.4
Provided with weighing scale	86	85.1	274	88.4	360	87.6
Checking accuracy	92		279		371	
Do not check	2	2.2	5	1.8	7	1.9
Adjusting zero error	90	97.8	236	84.6	326	87.9
With std weight	0	0.0	17	6.1	17	4.6
With std weight and adolescent girl	0	0.0	4	1.4	4	1.1
With std weight and adolescent girl and removing std weight	0	0.0	3	1.1	3	0.8
Any other	0	0.0	14	5.0	14	3.8
Checking accuracy by investigator	83		254		337	
Accurate by 1/2 kg	67	80.7	196	77.2	263	78.0
Inaccurate less than 1 kg	10	12.0	42	16.5	52	15.4
Inaccurate > 1 kg	6	7.2	16	6.3	22	6.5
Demonstration of weighing	86		261		347	
Correct	72	83.7	230	88.1	302	87.0
Incorrect	14	16.3	31	11.9	45	13.0
Training of AWW for NHE	93	92.1	272	87.7	365	88.8
No. of AW giving NHE to P&L	77	76.2	242	78.1	319	77.6
Records of work done	55	54.5	179	57.7	234	56.9
NPAG implementation Problems	74		258		332	
No problem	31	41.9	122	47.3	153	46.1
Absence of accurate weighing scale	1	1.4	8	3.1	9	2.7
Girls do no get weighed	2	2.7	10	3.9	12	3.6
Girls do no pick up ration	0	0.0	3	1.2	3	0.9
Girls do no consume additional food	0	0.0	1	0.4	1	0.3
Non-availability of rations in ration shops	6	8.1	55	21.3	61	18.4
No link between AWW and ration shop	20	27.0	8	3.1	28	8.4
Any other	14	18.9	51	19.8	65	19.6
Corrective measures	33		143		176	
Inform the authorities	7	21.2	88	61.5	95	54.0
Make families and girls aware of NPAG	12	36.4	43	30.1	55	31.3
Any other	14	42.4	12	8.4	26	14.8
Get support from	0		0		0	
PRI	28	27.7	188	60.6	216	52.6
Ration Shop	39	38.6	205	66.1	244	59.4
Family of Girls	46	45.5	226	72.9	272	66.2
ANM	42	41.6	217	70.0	259	63.0
Does NPAG improve	0		0		0	
Nutritional status	47	46.5	228	73.5	275	66.9
Participation in KSY	33	32.7	141	45.5	174	42.3

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	AG	AG/ AW	AW	AG	AG/ AW	AW	AG	AG/ AW
LAST ROUND									
Number of AG									
Identified	51	3148	62	259	23606	91	310	26754	86
Weighed	46	2680	58	251	17565	70	297	20245	68
Weight < 35 Kgs	44	1135	26	250	9286	37	294	10421	35
New AG < 35 kgs	10	41	4	122	1535	13	132	1576	12
Chits distributed*	23	272	12	157	4780	30	180	5052	28
Received rations for									
1 month	2	37	19	41	1424	35	43	1461	34
2 months	2	12	6	24	620	26	26	632	24
3 months	16	188	12	63	1888	30	79	2076	26
Nutritional status									
No change in weight	2	9	5	98	1387	14	100	1396	14
Deterioration in weight	0	0	0	67	155	2	67	155	2
Improvement but less than 35 Kgs	10	66	7	109	1850	17	119	1916	16
Crossed 35 kgs.	6	40	7	83	378	5	89	418	5
Received NHE	34	755	22	200	7734	39	234	8489	36
Received food supplement under KSY	24	204	9	96	700	7	120	904	8
CURRENT ROUND									
Number of adolescent girls									
Identified	63	4513	72	240	19595	82	303	24108	80
Weighed	58	3432	59	231	16050	69	289	19482	67
Weight < 35 Kgs	58	1734	30	229	8657	38	287	10391	36
New adolescent girls < 35 kgs	16	81	5	148	1713	12	164	1794	11
Number of chits distributed*	19	129	7	133	4651	35	152	4780	31
Received rations for									
1 month	0	0	0	34	1188	35	34	1188	35
2 months	0	0	0	23	981	43	23	981	43
3 months	23	515	22	62	2017	33	85	2532	30
Nutritional status									
No change in weight	5	9	2	86	1177	14	91	1186	13
Deterioration in weight	19	4	0	66	184	3	85	188	2
Improvement but less than 35 Kgs	15	158	11	106	1961	19	121	2119	18
Crossed 35 kgs.	8	36	5	83	363	4	91	399	4
Received NHE	39	921	24	189	7299	39	228	8220	36
Received food supplement under KSY	42	270	6	102	622	6	144	892	6



## Details of ICDS components in the current month of the survey

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/ AW	AW	Persons	Persons/ AW	AW	Persons	Persons/ AW
<b>Pregnant women</b>									
<b>Registered</b>	91	1077	12	301	3623	12	392	4700	12
Weighed	47	496	11	206	2126	10	253	2622	10
Less than 40 Kg	24	101	4	129	320	2	153	421	3
Received food supplement	67	617	9	224	1681	8	291	2298	8
<b>Lactating women</b>									
<b>Registered</b>	90	1221	14	293	3590	12	383	4811	13
Weighed	48	554	12	154	1632	11	202	2186	11
Less than 40 Kg	24	94	4	93	344	4	117	438	4
Received food supplement	67	697	10	223	1691	8	290	2388	8
<b>0-3 year children</b>									
<b>Registered</b>									
Male	91	3235	36	287	10259	36	378	13494	36
Female	95	2979	31	293	9466	32	388	12445	32
<b>Weighed</b>									
Male	91	2746	30	268	7744	29	359	10490	29
Female	94	2431	26	267	7389	28	361	9820	27
<b>Nutritional status</b>									
<b>Normal</b>									
Male	88	1333	15	261	3933	15	349	5266	15
Female	92	1064	12	255	3513	14	347	4577	13
<b>Undernourished</b>									
Male	85	923	11	258	3100	12	343	4023	12
Female	89	872	10	254	3201	13	343	4073	12
<b>Severely undernourished</b>									
Male	58	422	7	122	391	3	180	813	5
Female	62	421	7	112	439	4	174	860	5
<b>Received cooked food supplement</b>									
Male	64	1638	26	221	3685	17	285	5323	19
Female	63	1463	23	212	3551	17	275	5014	18
<b>3-6 year children</b>									
<b>Registered</b>									
Male	92	2611	28	288	8002	28	380	10613	28
Female	94	2452	26	290	7639	26	384	10091	26
<b>Weighed</b>									
Male	91	1771	19	266	5379	20	357	7150	20
Female	93	1656	18	257	5212	20	350	6868	20
<b>Nutritional status</b>									
<b>Normal</b>									
Male	90	846	9	252	2664	11	342	3510	10
Female	91	773	8	253	2470	10	344	3243	9
<b>Undernourished</b>									
Male	83	631	8	248	2241	9	331	2872	9
Female	86	584	7	251	2301	9	337	2885	9
<b>Severely undernourished</b>									
Male	51	213	4	86	283	3	137	496	4
Female	52	208	4	99	326	3	151	534	4
<b>Received cooked food supplement</b>									
Male	73	1173	16	267	4353	16	340	5526	16
Female	74	1111	15	267	4203	16	341	5314	16

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	78.5	80.5	82.4	49.2	52.8
RTE	10.6	10.0	8.3	29.1	21.2
Hot cooked meal	10.8	9.42	9.2	21.6	25.9
Preference for beneficiary of ICDS food supplement (%)					
All in the community	43.1	43.9	44.3		44.2
Only undernourished in the community	24.6	24.5	23.8		20.6
All coming to AW	13.2	12.8	10.2		18.0
Only undernourished coming to anganwadi	8.6	9.4	14.3		9.3
Missing	10.6	9.4	7.5		7.8
Total	100.0	100.0	100.0		100.0

Receiving food supplement from anganwadi						
	Urban		Rural		Total	
	No.	%	No	%	No	%
Stay and eat there	1296	17.3	531	19.0	1827	17.7
Collect food and go home	2339	31.1	630	22.5	2969	28.8
Stay at anganwadi even after eating food	371	4.9	188	6.7	559	5.4
Do not get supplement	2775	37.0	1042	37.3	3817	37.0
Get only take home type supplement	66	0.9	17	0.6	83	0.8
One family member collects for all	27	0.4	17	0.6	44	0.4
Missing value	636	8.5	372	13.3	1008	9.8
Total	7510	100.0	2797	100.0	10307	100.0

## Household data – ten districts

## Annexure 4.2.11c.

	Urban		Rural		Total	
	No.	Mean ±S.D	No.	Mean ±S.D	No.	Mean ±S.D
Number of PSUs covered	102		271		373	
Number of households	2822		7510		10332	
<b>Size of HH</b>	2821	5.4 ± 2.24	7510	5.3 ± 2.18	10331	5.3 ± 2.20
Total food grains purchased (Kg)	2605	50.9 ± 24.71	7108	62.4 ± 36.40	9713	59.2 ± 33.99
Kgs of Grains from PDS	1303	24.3 ± 12.09	4241	27.0 ± 12.85	5544	26.3 ± 12.72
<b>Type of HH</b>	2822		7510		10332	
Joint	858	30.4	2498	33.3	3356	32.5
Nuclear	1962	69.5	5003	66.6	6965	67.4
Missing Value	2	0.1	9	0.1	11	0.1
Total	2822	100.0	7510	100.0	10332	100.0
<b>Caste</b>	2822		7510		10332	
SC	672	23.8	1407	18.7	2079	20.1
ST	572	20.3	2293	30.5	2865	27.7
OBC	811	28.7	3024	40.3	3835	37.1
Others	759	26.9	774	10.3	1533	14.8
Missing Value	8	0.3	12	0.2	20	0.2
Total	2822	100.0	7510	100.0	10332	100.0
<b>Socio-economic status</b>	2822		7510		10332	
High	143	5.1	134	1.8	277	2.7
Middle	696	24.7	964	12.8	1660	16.1
Low	1979	70.1	6412	85.4	8391	81.2
Missing Value	4	0.1	0	0.0	4	0.0
Total	2822	100.0	7510	100.0	10332	100.0
<b>Literacy status of HHH</b>	2822		7510		10332	
Illiterate	613	21.7	3117	41.5	3730	36.1
Can read and write	246	8.7	815	10.9	1061	10.3
Schooling primary	860	30.5	1991	26.5	2851	27.6
Schooling secondary	1100	39.0	1575	21.0	2675	25.9
Missing Value	3	0.1	12	0.2	15	0.1
Total	2822	100.0	7510	100.0	10332	100.0
<b>Literacy status of wife of HHH</b>	2510		6718		9228	
Illiterate	1024	40.8	4370	65.0	5394	58.5
can read and write	186	7.4	512	7.6	698	7.6
Schooling primary	710	28.3	1159	17.3	1869	20.3
Schooling secondary	589	23.5	676	10.1	1265	13.7
Missing Value	1	0.0	1	0.0	2	0.0
Total	2510	100.0	6718	100.0	9228	100.0
<b>Work status of HHH</b>	2822		7510		10332	
Unemployed	345	12.2	582	7.7	927	9.0
Unskilled/ landless labourer	878	31.1	2269	30.2	3147	30.5
Semi-skilled / cultivators	436	15.5	2834	37.7	3270	31.6
Clerk/office worker/ Teacher / Landowners	406	14.4	348	4.6	754	7.3
Business/ Artisans	338	12.0	205	2.7	543	5.3
Others	408	14.5	1168	15.6	1576	15.3
Missing Value	11	0.4	104	1.4	115	1.1
Total	2822	100.0	7510	100.0	10332	100.0
<b>Work status of wife of HHH</b>	2508		6722		9230	
Unemployed	1768	70.5	4399	65.4	6167	66.8
Unskilled/ landless labourer	174	6.9	761	11.3	935	10.1
Semi-skilled / cultivators	112	4.5	98	1.5	210	2.3
Clerk/office worker/ Teacher / Service	81	3.2	69	1.0	150	1.6
Business/ Domestic help	63	2.5	455	6.8	518	5.6
Others	298	11.9	938	14.0	1236	13.4
Missing Value	12	0.5	2	0.0	14	0.2
Total	2508	100.0	6722	100.0	9230	100.0
<b>Dietary Habits</b>	2822		7510		10332	
Vegetarian	833	29.5	2298	30.6	3131	30.3
Non-vegetarian	1985	70.3	5204	69.3	7189	69.6
Missing Value	4	0.1	8	0.1	12	0.1
Total	2822	100.0	7510	100.0	10332	100.0
<b>Monthly Income</b>	2822		7510		10332	
<5K	1974	70.0	6439	85.7	8413	81.4
5-10K	697	24.7	943	12.6	1640	15.9
>10K	147	5.2	127	1.7	274	2.7
Missing Value	4	0.1	1	0.0	5	0.0
Total	2822	100.0	7510	100.0	10332	100.0
<b>Locality</b>	2822		7510		10332	
Slum / Center of village	881	31.2	5145	68.5	6026	58.3

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	826	29.3	1491	19.9	2317	22.4
Regular colony / Harijan basti	1112	39.4	868	11.6	1980	19.2
Missing Value	3	0.1	6	0.1	9	0.1
Total	2822	100.0	7510	100.0	10332	100.0
<b>Type of House</b>	2822		7510		10332	
Kutcha	572	20.3	4291	57.1	4863	47.1
Semi-pucca	906	32.1	1884	25.1	2790	27.0
Pucca	1341	47.5	1319	17.6	2660	25.7
Missing Value	3	0.1	16	0.2	19	0.2
Total	2822	100.0	7510	100.0	10332	100.0
<b>Ownership of House</b>	2822		7510		10332	
Own	2372	84.1	7260	96.7	9632	93.2
Rented	444	15.7	236	3.1	680	6.6
Missing Value	6	0.2	14	0.2	20	0.2
Total	2822	100.0	7510	100.0	10332	100.0
<b>No. of rooms</b>	2822		7510		10332	
One	488	17.3	1677	22.3	2165	21.0
Two	1059	37.5	2957	39.4	4016	38.9
Three	806	28.6	1783	23.7	2589	25.1
> three	464	16.4	1073	14.3	1537	14.9
Missing Value	5	0.2	20	0.3	25	0.2
Total	2822	100.0	7510	100.0	10332	100.0
<b>Toilet Facility</b>	2822		7510		10332	
Sulabh / No facility	712	25.2	5480	73.0	6192	59.9
Shared pit	255	9.0	425	5.7	680	6.6
Own pit	782	27.7	940	12.5	1722	16.7
Own flush	1073	38.0	660	8.8	1733	16.8
Missing Value	0	0.0	5	0.1	5	0.0
Total	2822	100.0	7510	100.0	10332	100.0
<b>Transport</b>	2822		7510		10332	
Public	1730	61.3	4363	58.1	6093	59.0
Bicycle	569	20.2	2253	30.0	2822	27.3
Scooter / Moped	417	14.8	597	7.9	1014	9.8
Any other	104	3.7	282	3.8	386	3.7
Missing Value	2	0.1	910	12.1	912	8.8
Total	2822	100.0	7510	100.0	10332	100.0
<b>Cooking Fuel used</b>	2822		7510		10332	
Kerosene/ Coal/ Wood	1319	46.7	6525	86.9	7844	75.9
Gas / electricity	1490	52.8	974	13.0	2464	23.8
Others	9	0.3	7	0.1	16	0.2
Missing Value	4	0.1	4	0.1	8	0.1
Total	2822	100.0	7510	100.0	10332	100.0
<b>Source of DW</b>	2822		7510		10332	
Public Tap	1386	49.1	3074	40.9	4460	43.2
Submersible	1218	43.2	2806	37.4	4024	38.9
Well/ pond/ river	216	7.7	1625	21.6	1841	17.8
Missing Value	2	0.1	5	0.1	7	0.1
Total	2822	100.0	7510	100.0	10332	100.0
<b>Entertainment</b>	2822		7510		10332	
None	749	26.5	4106	54.7	4855	47.0
Radio	326	11.6	1329	17.7	1655	16.0
TV (BW)	403	14.3	1065	14.2	1468	14.2
TV(Col)	1334	47.3	994	13.2	2328	22.5
Missing Value	10	0.4	16	0.2	26	0.3
Total	2822	100.0	7510	100.0	10332	100.0
<b>Kitchenware</b>	2822		7510		10332	
Clay	15	0.5	144	1.9	159	1.5
Aluminium	554	19.6	2441	32.5	2995	29.0
Cast iron	13	0.5	60	0.8	73	0.7
Brass / Copper	8	0.3	68	0.9	76	0.7
Stainless Steel	2223	78.8	4776	63.6	6999	67.7
Missing Value	9	0.3	21	0.3	30	0.3
Total	2822	100.0	7510	100.0	10332	100.0
<b>Food grain Purchase</b>	2822		7510		10332	
possession of Ration card	2386	84.5	6212	82.7	8598	83.2
buy grains from Ration Shop	1465	61.4	4555	73.3	6020	70.0

## Cumulative district details of ICDS

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
<b>Awareness about presence of anganwadi</b>	2553	90.0	7073	94.9	9626	93.5
<b>Pregnant women</b>	134		423		557	
<b>Visit anganwadi</b>						
Never	66	49.3	155	36.6	221	39.7
Less than 10 days	29	21.6	175	41.4	204	36.6
10-20 days	24	17.9	67	15.8	91	16.3
More than 20 days	15	11.2	35	8.3	50	9.0
<b>Receive NHE</b>	68	50.7	252	59.6	320	57.5
<b>Receiving food supplement</b>	64	47.8	247	58.4	311	55.8
Less than 10 days	11	17.2	123	49.8	134	43.1
10-20 days	37	57.8	67	27.1	104	33.4
More than 20 days	17	26.6	57	23.1	74	23.8
<b>Lactating women</b>	193		906		1099	
<b>Visit anganwadi</b>						
Never	112	58.0	319	35.2	431	39.2
Less than 10 days	37	19.2	449	49.6	486	44.2
10-20 days	26	13.5	66	7.3	92	8.4
More than 20 days	17	8.8	69	7.6	86	7.8
<b>Receive NHE</b>	71	36.8	492	54.3	563	51.2
<b>Receiving food supplement</b>	63	32.6	491	54.2	554	50.4
Less than 10 days	31	49.2	301	61.3	332	59.9
10-20 days	12	19.0	110	22.4	122	22.0
More than 20 days	20	31.7	80	16.3	100	18.1
<b>0-3 year children</b>	765		2385		3150	
<b>Visit anganwadi</b>						
Never	372	48.6	1027	43.1	1399	44.4
Less than 10 days	108	14.1	729	30.6	837	26.6
10-20 days	99	12.9	242	10.1	341	10.8
More than 20 days	171	22.4	356	14.9	527	16.7
<b>Receive NHE</b>	316	41.3	1175	49.3	1491	47.3
<b>Receiving food supplement</b>	349	45.6	1192	50.0	1547	49.1
Less than 10 days	54	15.5	529	44.4	583	37.7
10-20 days	166	47.6	341	28.6	507	32.8
More than 20 days	122	35.0	322	27.0	444	28.7
<b>Weight of children</b>	373	48.8	1348	56.5	1721	54.6
<b>Nutritional status of children</b>						
Normal	231	61.9	905	67.1	1136	66.0
Undernourished	65	17.4	261	19.4	326	18.9
Severely undernourished	9	2.4	13	1.0	22	1.3
Donot know	68	18.2	169	12.5	236	13.7
Missing value	0	0.0	0	0.0	0	0.0
<b>3-6 year children</b>	1150		3351		4501	
<b>Visit anganwadi</b>						
Never	482	41.9	1096	32.7	1578	35.1
Less than 10 days	108	9.4	668	19.9	776	17.2
10-20 days	152	13.2	575	17.2	727	16.2
More than 20 days	361	31.4	868	25.9	1229	27.3
<b>Receive NHE</b>	532	46.3	1866	55.7	2398	53.3
<b>Receiving food supplement</b>	550	47.8	1977	59.0	2527	56.1
Less than 10 days	24	4.4	475	24.0	499	19.7
10-20 days	284	51.6	864	43.7	1148	45.4
More than 20 days	221	40.2	640	32.4	861	34.1
<b>Weight of children</b>	557	48.4	1894	56.5	2451	54.5
<b>Nutritional status of children</b>						
Normal	386	69.3	1169	61.7	1555	63.4
Undernourished	82	14.7	417	22.0	499	20.4
Severely undernourished	4	0.7	30	1.6	34	1.4
Donot know	85	15.3	278	14.7	363	14.8
Missing value	0	0.0	0	0.0	0	0.0

## Cumulative district details of NPAG

	Urban		Rural		Total	
	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D	No.	Mean $\pm$ S.D
<b>Number of adolescent girls</b>	1872		4333		6205	
<b>Mean age (years)</b>	1872	14.6 $\pm$ 2.62	4333	14.1 $\pm$ 2.63	6205	14.2 $\pm$ 2.64
<b>Mean weight (Kgs)</b>	1502	35.5 $\pm$ 8.00	3220	34.4 $\pm$ 7.56	4722	34.7 $\pm$ 7.73
	No.	%	No.	%	No.	%
<b>Literacy status</b>						
Illiterate	106	5.7	729	16.8	835	13.5
Can read and write	87	4.6	314	7.2	401	6.5
Schooling primary	950	50.7	1931	44.6	2881	46.4
Schooling secondary	729	38.9	1359	31.4	2088	33.7
<b>Marital status (%)</b>						
Currently married	27	1.4	223	5.1	250	4.0
Never married	1845	98.6	4110	94.9	5955	96.0
<b>Age at marriage (%)</b>						
10-13 years	0	0.0	16	0.4	16	0.3
13-16 years	2	0.1	83	1.9	85	1.4
16-19 years	25	1.3	124	2.9	149	2.4
not married	1845	98.6	4110	94.9	5955	96.0
<b>KSY and NPAG</b>	1798	96.0	3773	87.1	5571	89.8
Awareness about KSY	782	43.5	1897	50.3	2679	48.1
Awareness about NPAG	668	37.2	1945	51.6	2613	46.9
<b>Visit Anganwadi centre</b>						
For KSY	553	30.8	932	24.7	1485	26.7
For NPAG	266	14.8	1129	29.9	1395	25.0
Never	958	53.3	1717	45.5	2675	48.0
Receive NHE	662	36.8	1866	49.5	2528	45.4
Receive IFA	422	23.5	1576	41.8	1998	35.9
Receive food supplement from AW	1719		3680		5399	
Never	1269	73.8	2570	69.8	3839	71.1
Less than 10 days	118	6.9	534	14.5	652	12.1
10-20 days	269	15.6	383	10.4	652	12.1
more than 20 days	63	3.7	193	5.2	256	4.7
<b>Weight by AWW</b>	857	45.8	1954	45.1	2811	45.3
<b>Weighing less than 35 kgs (%)</b>	495	57.8	1256	64.3	1751	62.3
<b>Given a chit for free food grains</b>	381	77.0	787	62.7	1168	66.7
<b>Went to ration shop to collect grains</b>	355	93.2	849	107.9	1204	103.1
<b>Collection of grains from ration shop</b>						
one month	21	5.9	264	31.1	285	23.7
two months	11	3.1	116	13.7	127	10.5
three months	317	89.3	435	51.2	752	62.5
never	6	1.7	34	4.0	40	3.3
<b>Reason for not getting food grains</b>						
not aware of NPAG	4	66.7	4	11.8	8	20.0
did not go to ration shop	0	0.0	0	0.0	0	0.0
ration shop closed	0	0.0	0	0.0	0	0.0
ration shop opened but no stock	2	33.3	30	88.2	32	80.0
do not require ration	0	0.0	0	0.0	0	0.0
<b>After receiving food grains</b>						
no change in weight	31	8.7	125	14.7	156	13.0
deterioration in weight	7	2.0	41	4.8	48	4.0
improvement in weight < 35 Kgs	258	72.7	570	67.1	828	68.8
crossed 35 kgs	59	16.6	55	6.5	114	9.5

## 5. LESSONS LEARNT

Major lessons learnt about the problems in implementation of NPAG during the evaluation are summarised in this chapter along with the discussion on some of the remedial measures.

### **Fund release**

The major bottleneck in the initial two years was the cumbersome mechanism of fund release. This has been sorted out and **currently the funds are sent directly from the MWCD to the state DWCD. This procedure can be continued in the future.**

### **Food grain allocation and use**

The second major bottleneck was the allocation and lifting of the food grains. The central Department of Food and Civil Supplies allocates food grains at the BPL issue cost to the state Department of Civil Supplies. The district DWCD officers compute the number of the undernourished persons (currently only adolescent girls) based on the listing of undernourished adolescent girls provided by the AWWs and based on this the district Civil Supplies office sends the food grains to the village/ urban ration shops. This procedure is time consuming and not necessarily accurate because attempts for identification of adolescent girls may have been done when there was no food grain supply. As and when they come to know that food supplements are being provided many more girls may come to the anganwadi for weighment and more undernourished girls needing food grain supplements might be detected. If there are delays in obtaining and consolidating the lists of undernourished girls and getting the grains released to ration shops, the grains allocated by the Food and Civil supplies may not be utilised within the three month period; if the grains allotted were not used further supply is curtailed by the Department of Civil Supplies. This results in disruption in the programme and the undernourished persons do not get food grain supplements. **In order to avoid this problem it is suggested that at first instance the available estimate of the number of the undernourished persons in the district is used to get the food grains released to ration shops and on the subsequent months appropriate adjustments made on the basis of actual number of undernourished girls. This system would ensure prompt delivery of the food grains at ration shops and its utilisation and pave way for future timely releases of food grains.**

In most states, there were complaints that the family was unable to collect the grains at first visit because the ration shop was not open or food grains were not available. In some states efforts were made to utilise alternate modes of supply of food grains to the identified undernourished girls such as giving the grains to the AWW or PRI for distribution. While these alternatives may be appropriate in places where there are no ration shops, they may in the long run prove to be

more troublesome than the ration shop. Data from the Evaluation indicated that over 80% of the households surveyed held a ration card and collected part of the food grains required for the household from the ration shop. **It is suggested that the AWW and ANM may request the PRI that the ration shops in the village should be open on the Health and Nutrition days when the majority of the households can collect the food grains. As food grains are provided totally free of cost the households should not have any problems in following this procedure. The ANM and AWW can use the opportunity to provide nutrition education. However if households for any reason could not collect the food grains on the Health and Nutrition days they may go on other days when the shop is open to collect the food grains.**

### **Training, IEC and operationalisation of the NPAG**

The responsibility of training and development of appropriate IEC material was given to the state Departments of Women and Child Development. Right from the first year the IEC and training operations were completed on time in all the states. All the AWWs understood the programme and how it is to be implemented. Every year, all the states fully utilised the funds provided for IEC and training. Adult weighing balances were procured in the very first year and weighing of adolescent girls and pregnant and lactating women were initiated. Excellent IEC materials were prepared for the community and family regarding the programme. **The fact that community understood the rationale of weighing all the persons belonging to the vulnerable groups, identifying those who are undernourished and distributing the grains to them and extended full cooperation to the AWW in her task of identifying, weighing and detecting the undernourished persons is the best testimony both to the excellent skills of the AWW and the maturity of the community.** It is indeed remarkable that the paradigm shift was so well accepted by the community and very well operationalised by the AWWs in the very first year.

The experience with the programme shows that the AWWs

- Were able to identify majority of pregnant and lactating women and adolescent girls,
- Adjusted the zero error in the balances and weighed the adolescents and adults correctly and
- List those who were under weight.

In most of the districts they provided the chits and the family collected the food grains free of cost from the ration shop. The families did experience some difficulty in accessing food grains from ration shops because they were not open on all days or did not have food grains on all days but majority collected the grains for three consecutive months.

## Programme implementation in 2003-04

The programme with all the three vulnerable groups receiving the food grains supplements was implemented in the year 2003-04 which was the first year when programme had been implemented in all the states. The monitoring system for the programme was being set up during the year and therefore all the reports may not have been sent / compiled and reported during the year. For instance according to the reports that were collected from Haridwar district during the evaluation, 17,360 pregnant women, 19,893 lactating mothers and 1,72,251 adolescent girls received food grains during 2003-04, but according to the reports available at MWCD only 4,778 pregnant women, 5,923 lactating women and 53,525 adolescent girls received food grain supplements. The reported number of undernourished adolescent girls, pregnant and lactating women who received food grains in 2003-04 in the ten districts taken up for evaluation according to the data available with the MWCD is given in Table 5.1. As expected over 70% of the persons who received the supplements were adolescent girls.

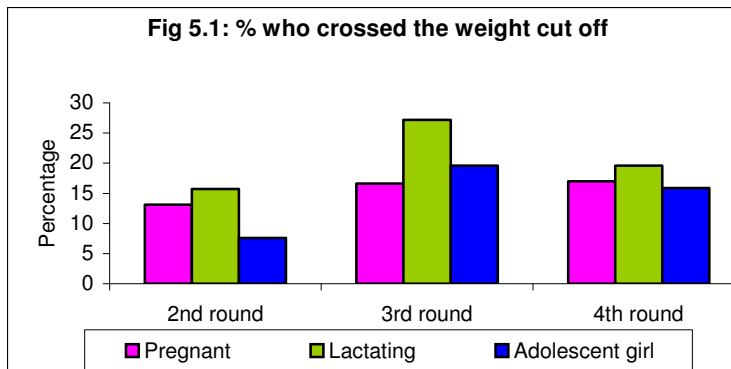
S. No.	States	Adolescent girls	Pregnant women	Lactating women	Total
1	Chattisgarh	64696	10285	13639	88620
2	Gujarat	41419	4288	4364	49964
3	Kerala	40680	2282	1719	44681
4	Mizoram				
5	Orissa	46526	5788	6488	58802
6	Rajasthan	20722	4147	4642	29561
7	Tamil Nadu				58656*
8	Uttar Pradesh	9603	6790	7170	25563
9	Uttaranchal	53525	4778	5923	64226
10	Delhi				
Total		277171	38358	43945	361417

**Source: MWCD**

## Coverage and impact of the food grain supplementation

As food grains were to be collected once a month, majority of the families were able to collect the food grains for three consecutive months. The proportion of pregnant and lactating women accessing food supplements the ICDS services are no more than 20-30 % and even those who access do not do so consistently everyday for three to six months. The overworked undernourished pregnant or lactating woman cannot come daily to the anganwadi to collect the food but urgently needs additional food to improve both her and her child's nutritional status. **Unlike the other ICDS based food supplements, the NPAG programme in 2003-04 provided consistent food supplements to pregnant and lactating women throughout pregnancy and lactation effectively.**

Some states like Uttaranchal attempted to assess the impact of the NPAG on body weight. The data on changes in body weight reported in the three groups is given in Figure 5.1. There are problems in using this approach. Analysis of the data from the three monthly weighment showed that majority of lactating women



showed weight gain, though majority did not cross the cut off point of 40 kg, the proportion of underweight individuals crossing the cut off point was highest in this group. This might partly be due to the fact that the community and the family recognised that

the lactating women require more food and gave them their due share in the food grains. The fact that with waning lactation, lactating women tend to regain some weight that they had lost earlier could also have contributed to this trend. However only about 20% crossed the cut off point, because even if they consume adequate quantities of food these women cannot gain more than a kilogram in three months; if she weighed less than 35 kg earlier she is unlikely to cross the cut off point of 40 kg even if she continued to receive food grains for 6-12 months.

Most households reported that they did ensure that the pregnant woman received her due share in food grains but it is not possible to assess the proportion of who gained weight due to food grains. All pregnant women gain weight during pregnancy; weight gain cannot be attributed to the food grain supplementation because foetal growth and physiological changes during pregnancy also contribute to weight gain. Substantial numbers of women deliver and so lose about 5 kg of weight; so apparent failure to gain weight may be due to delivery and not lack of improvement in dietary intake. Thus neither the weight gain nor the apparent lack of weight gain can be related to the food grain supplements in pregnant women.

Available data on three monthly weighment in adolescent girls indicates that average weight gain over one year is about 2 kg but only very small proportion crossed the cut off point of 35 kg. Majority of girls between 10-14 years weighed less than 30 kg and it will not be possible for them to cross the cut off point even if they did get substantial amount of the food grain supplementation. Except in Delhi, majority of the girls in the 15-19 year age group also weighed less than 35 kg. In all centres some of the adolescent girls whose weights were near the cut off point did cross 35 kg over one year. But weight gain in one year in girls from Mizoram who received food grains through out the year was not substantially different from Delhi girls who did not get any food grain supplements.

### **Programme in 2005-06**

The programme was modified to take care of the major bottlenecks in fund release. The funds for the year 2005-06 were released in July- Aug. 2005 directly by MWCD to the state Department of Women and Child Development. The Guidelines for the revised programme with only adolescent girls as the target group were issued by the MWCD. The Central Food and Civil Supplies Department made the allocation of food grains as per the request from the central MWCD. The revised programme was discussed with the state DWCD secretaries during the State Secretary's meeting in 2005. As all the states had earlier implemented the programme well in the very first year (2003-04) and the only change over time was that the programme no longer covered pregnant and lactating women and was restricted only to adolescent girls, the central MWCD had expected that the implementation would start immediately. There were however difficulties in restarting the programme in most states. Of the ten states in which evaluation was taken up only Mizoram, Orissa were able to utilise all the funds released; Tamil Nadu and Rajasthan partly utilised the funds.

### **Programme in 2006-07**

NPAG evaluation was taken up between June and October 2006 in most of the states. In all the states the AWW had completed weighing adolescent girls at least once, had prepared the list of adolescent girls and sent it to CDPO. Data from the Evaluation showed that there were wide variations in the proportion of girls who were identified and weighed. In some states like Delhi, families were reluctant to allow the weighing of adolescent girls because though they had been weighed and undernourished girls were identified, their families had never received any food grains during the previous three years. At the other extreme was the state of Mizoram where the programme had continued and adolescent girls received food grains irrespective of their weight without any interruption during the last three years and the population cooperated in weighing of girls. In states like Uttaranchal, where the programme was fully operational through out 2003-04, the families cooperated because they felt that the programme will again result in the undernourished girls getting food grains so that nearly 90% of the girls were identified and weighed by AWW. In most of the states the families were not getting the food grains at the time of evaluation though ICDS functionaries informed the families that they were expecting the fund release and food grain allocation to be done shortly. The state and the district officials stated that they would be able to initiate the programme as soon as they receive the funds. Follow -up with the district officials and the population showed that the programme was fully operational in all states except Uttaranchal within two months after release of funds and food grain allocation.



## **Implementation of NPAG by Anganwadi Workers**

### ***Acceptance of the concept of food grains for undernourished persons***

Initially some AWWs faced problems in some areas when the weighing to identify the undernourished persons was used as the criterion for providing the food grain supplements. However once the concept was explained, the community, families and PRI understood the rationale, they supported the programme. **During the evaluation in response to specific query on use of weight as the criterion for selection of undernourished persons requiring food supplements and providing food grains to their families, vast majority of the households agreed that it is right to have a nutrition criterion to identify those requiring nutritional supplement to improve nutritional status. AWW are able to provide chits to the undernourished persons so that their family could collect the food grains from the ration shop.** In some states the AWW has been given the task of distributing the food grains because there were no ration shops in the vicinity. In some areas the distribution of food grains by AWW has been found to improve access but there were other areas where the community did not think so.

### ***Nutrition education***

One major intervention under NPAG was nutrition education. Under the NPAG all AWW were trained in and were given specific messages pertaining to the project. These included

- Pregnant, lactating women and adolescent girls are nutritionally vulnerable groups.
- Undernutrition is identified through weighment.
- Families of all undernourished persons identified will get 6 kg of food grains/month.
- The food grains should be mainly given to the undernourished person so that over the next three months there is improvement in nutritional status.

**These messages were clearly communicated especially in rural areas; in urban areas where there was space and time constraint and the NPAG programme was not operationalised well, messages did not get reiterated as often as in rural areas.** AWW's knowledge on steps to improve nutritional status in women and children and their communication skills were sub optimal; their nutrition education attempts for 0-3 and 3-6 year old children were often outdated (not stressing on exclusive breast feeding, timely complementary feeds from home food), sketchy and not comprehensive.

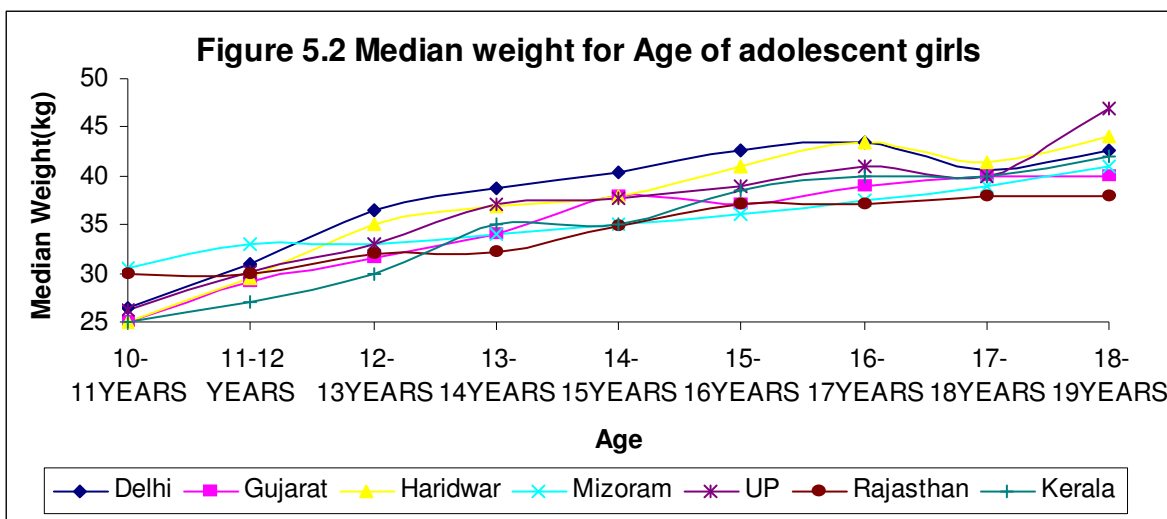
### ***Pregnant and lactating women***

It would appear that the anganwadi workers have performed their role quite effectively in implementing the programme NPAG programme for pregnant

women in 2003-04. They have shown that is possible for them to identify all pregnant and lactating women. However household survey showed that in 2005-06 none of the centres identified 100% of all the pregnant and lactating women. It is important that the AWW identifies all pregnant and lactating women so that they can benefit from the ICDS programme or NPAG. In most centres pregnant and lactating women not weighed once in three months in 2006-07, even though, AWWs had the adult weighing balance and knew how to use it to define women as undernourished and normal using cut off points.

Many AWW and DWCD officials suggested that using the same cut off point for pregnant and lactating women is inappropriate; inspite of being undernourished pregnant women may be above the cut off point because during pregnancy there is gain in weight due to growth of the foetus. This is a valid point. When the NPAG project guidelines were finalised it was felt that giving different cut off points for pregnant and lactating women may lead to confusion and come in the way of effective screening of the women for undernutrition by the AWW. However data from 2003-04 showed that AWW handled identification of undernourished persons using different cut off points (35 kg for adolescent girls and 40 kg for pregnant and lactating women) quite well. In view of this experience, it may be appropriate to define separate cut off points (40 kg for lactating women and 45 kg for pregnant women) for detecting undernourished pregnant and lactating women.

### Adolescent girls



During the evaluation all the adolescent girls in the identified households were weighed and the weight was compared with the weight recorded by the AWW in her register. In all the states most of the weights recorded by AWW in their register were within + or - one Kg from the weight recorded by the evaluation team indicating that the weighment by AWW was reasonably accurate.

Data on median and mean body weight of girls (year wise) between 10-18 years in different states computed from the data collected by the evaluation team is shown in Figure 5.2 and Table 5.2. It is obvious that there are considerable differences between states in weight of adolescent girls; between 10-19 years the girls gain between 12-20 kg of weight (Table 5.2). In spite of the fact that none of the girls in Delhi had received any food grain supplement during the

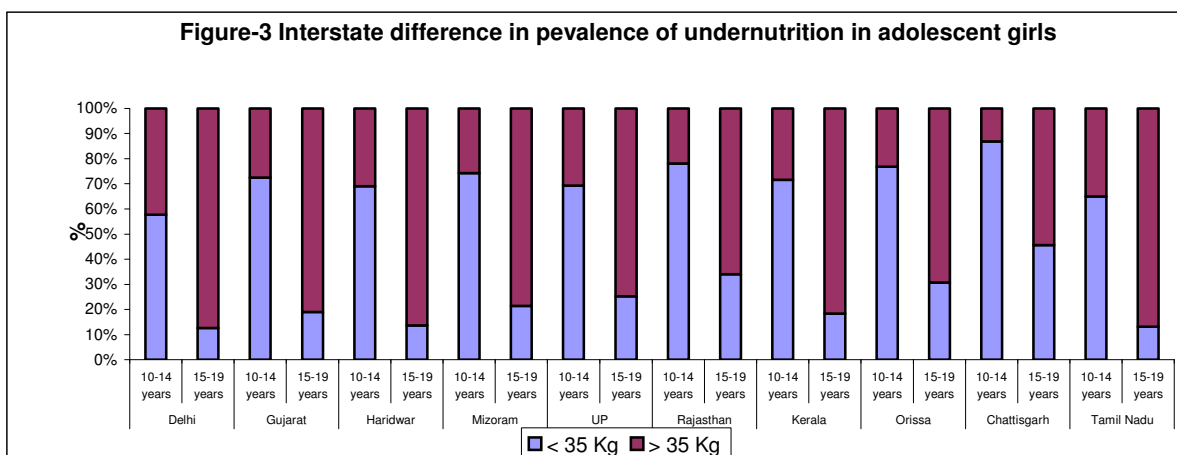
Age in yrs		10	11	12	13	14	15	16	17	18	19	Total
Delhi	N	16	51	55	48	65	57	52	42	46	25	<b>457</b>
	Mean Wt	25.9	29.2	31.8	35.3	39.1	41.4	41.8	44.2	42.5	44.1	<b>37.9</b>
	SD	2.79	7.59	6.17	7.54	6.47	7.47	10.73	9.43	9.18	6.58	<b>9.55</b>
Gujarat	N	13	31	58	68	51	53	45	34	42	10	<b>405</b>
	Mean Wt	27	25.7	29.7	32	34.2	38.2	39.2	38.6	41.3	39.6	<b>34.6</b>
	SD	6.99	4.09	5.34	7.11	5.52	6.54	8	6.51	6.19	5.17	<b>7.91</b>
Haridwar	N	34	56	75	67	68	57	77	42	40	19	<b>535</b>
	Mean Wt	25.9	26.3	29.9	35.5	36.5	37.3	41.3	43.7	42.2	43.4	<b>35.7</b>
	SD	7.59	4.46	4.27	7.11	5.18	5.29	5.23	5.46	6.79	6.59	<b>8.18</b>
Mizoram	N	26	76	95	73	107	93	110	110	104	32	<b>826</b>
	Mean Wt	26.1	30.9	31.8	32.1	34.4	35.4	37.3	37.3	39.5	40.7	<b>35.1</b>
	SD	5.23	3.53	3.85	5.33	4.66	3.83	4.2	2.9	5.31	4.44	<b>5.43</b>
Uttar Pradesh	N	68	32	86	53	47	58	37	28	37	3	<b>449</b>
	Mean Wt	26.9	27.2	31.9	33	36.4	37.3	39	40.2	41.3	45.2	<b>34.1</b>
	SD	6.53	4.52	8.36	5.91	6.38	6.33	7.02	4.49	7.12	4.27	<b>8.2</b>
Rajasthan	N	4	46	84	42	42	42	42	27	49	2	<b>380</b>
	Mean Wt	32.8	29.4	30.5	31.9	33.1	36.3	36.6	37	37.5	38	<b>33.6</b>
	SD	5.97	4.84	4.78	3.79	5.75	5	5.64	3.14	4.9	0	<b>5.68</b>
Kerala	N	22	23	34	41	34	46	44	33	45	29	<b>351</b>
	Mean Wt	25.9	24.7	27.1	31.7	33.9	37.5	38.5	41.8	41	41.4	<b>35.2</b>
	SD	7.1	6.34	5.52	5.61	6.39	8.73	9.58	10.27	4.64	5.45	<b>9.28</b>
Orissa	N	43	62	117	112	102	93	87	47	71	15	<b>749</b>
	Mean Wt	25.9	24.2	27.4	32	33.7	36.1	35.9	37.4	37.5	37.5	<b>32.5</b>
	SD	5.25	4.75	4.72	5.69	6.39	4.63	4.72	5.4	5.37	5.34	<b>6.88</b>
Chattisgarh	N	8	18	32	19	22	11	13	2	7	2	<b>134</b>
	Mean Wt	24.5	26.2	29.6	27.3	30.6	31.4	36.5	31	37.7	37.5	<b>30.1</b>
	SD	10.09	3.93	4.09	7.61	4.12	3.07	4.43	5.66	2.21	0.71	<b>6.16</b>
Tamil Nadu	N	3	23	45	66	51	62	58	55	40	20	<b>423</b>
	Mean Wt	34.1	25.7	28.8	32.9	35.2	37.7	40	43.2	41.7	42.4	<b>36.7</b>
	SD	0.81	5.25	6.29	6.26	6.78	5.2	6.37	5.68	6.56	11.06	<b>8.17</b>

period 2002-03 to 2005-06 under NPAG programme, their body weight is higher

than that of the Mizoram girls, majority of whom had received food grain/food supplements continuously for the period 2002-03 to 2005-06. **From the data it would appear that food/ food grain supplements even when continued for 3-4 years as has been done in Mizoram might not result in significant impact in terms of improvement in body weight in adolescent girls. This is in line with the findings from NPAG reporting formats sent by different states which indicate that food grain supplements upto 12 months in adolescent girls resulted in only 10 % of girls crossing the cut off point of 35kg.**

AWW and DWCD officials had repeatedly raised the issue of appropriateness of use a single weight cut off point for detection of undernutrition in adolescent girls between 10-19 years. They pointed out that by this criterion over 75% of the 10-14 year old girls are undernourished and will not cross the cut off point for several years. In view of this some DWCD officials even suggested that AWW may be given a weight for age chart for adolescent girls, similar to the **weight for age chart for children which have been in use in anganwadi for over three decades in the anganwadi for identifying undernourished adolescent girls. However when tested AWW's performance on assessment of nutritional status of children using weight for age charts was sub optimal. It is therefore unlikely that they will be able to use weight for age charts for adolescent girls and correctly identify under nourished girls.**

**Median weight of adolescent girls in the 10-14 year age group is around 30 kg and median weight of girls between 15 and 19 is 35Kg (Figure 5.3). So it**



**may be useful to use two cut off points 30kg for those below 15 and 35kg for over 15 years of age may be attempted. However before adopting these criteria, it should be realised that even if two cut off points are used majority of girls will still not cross the cut off point within one year (Figure-5.3).**

### ***Identification and weighing efficiency***

There are substantial differences between districts in the efficiency with which the AWW identified and weighed the adolescent girls, pregnant and lactating women. The identification and weighing efficiency under NPAG was essentially similar to the completeness of the identification and weighing of the preschool children in these anganwadis. The identification and weighing efficiency is higher in rural areas as compared to the urban areas.

### **Perception of the Households**

Data from the Household survey indicated that Anganwadi is known to majority of the urban and rural community; the community regarded Anganwadi as a place where food supplements are distributed to vulnerable groups. **The families accept that preschool children, adolescent girls, pregnant and lactating women are nutritionally vulnerable and require care. They understand the rationale for weightment and identification of undernourished persons and accept the concept that priority should be on providing food supplements to undernourished persons.**

Majority of the household both in urban and rural areas have ration card and obtain at least part of the food grains required for the family from the ration shop. In most areas the food grain distribution for NPAG is through the ration shops; **while majority stated that they had faced problems in accessing the food grains through PDS, they accepted that it is the most viable option available.** Alternative modes of distribution of food grains to the undernourished person's family, which have been tried, include distribution through anganwadis and PRI. In some areas where there are no ration shops they may be the only mode available but each of these the alternatives have their own sets of disadvantages.

**Women in these households stated that they would try to provide adequate food to the undernourished persons especially to pregnant and lactating women so that their nutritional status improves.** There was a clear understanding that food supplements given for a limited period ( till they deliver in pregnant women or until they complete one year of lactation in lactating women) to undernourished pregnant and lactating women will benefit both the mother and her offspring. The community and the family were therefore willing to do their best to ensure that undernourished pregnant and lactating women get additional food.

Pregnant and lactating women are two groups that have been receiving supplements from ICDS right from its inception. But available data suggest only about a fourth of all pregnant and lactating women are able to come to anganwadi and receive food supplements; only about a fourth of those who came are able to come and collect food for more than 20 days in a month. Data from

NPAG in the first two years of implementation suggest that majority of pregnant and lactating women were able to collect rations for three months as food grains are to be collected once a month. NPAG was thus able to provide food grain supplements continuously for three months in pregnant and lactating women. **In view of the experience with NPAG and the fact that women from poorer segments of population will not have the time to come to anganwadi every day to collect food, it might be appropriate to universalise weighing, identification of undernourished pregnant (<45 kg) and lactating women (<40kg) and providing 6 kg of food grains/month free of cost to identified undernourished pregnant women for the remaining period of pregnancy or lactating women for the remaining period of first year of lactation.**

**The attitude of families towards food grain supplements to adolescent girls was rather equivocal.** Some of the better off segments of the population felt that they are providing adequate food to adolescent girls and did not feel there was need for additional food grain supplements to be given to them. There were anecdotal reports from some centres that some households during the school re-opening period sold the food grains and used to money for buying books or school uniform. Among the poorest sections of the population both in urban and rural areas, the women of household felt when there are other persons in the family who are also not having adequate food and so they have to use the food grains to improve the household food security; therefore they cannot give all the additional food grain they got to the identified undernourished adolescent girl. Many educated family members stated **that majority of younger adolescent girls were categorised as undernourished by using a single cut off weight and very few of the adolescent girls crossed the cut off point even after several months of supplements; they raised the question whether it feasible to give food grains supplements to families of adolescent girls for several years continuously**

## WAY FORWARD

### ***Fund release***

The evaluation has shown that the present mechanism of fund release from the Central Ministry of WCD to state Deptt of WCD is efficient so **this should be continued.**

### ***Food grain allocation***

**The present central mechanism of allocation of food grains on the basis of estimated number of undernourished persons requiring food grain supplements is a reasonable approximation and may be used for the first year. Thereafter the data from the district regarding the number of undernourished persons may be used to modify the requirement for the next year.** A similar procedure may be used at the district level instead of waiting for the anganwadi workers lists to be consolidated and used for procuring the food grains required for the district. This will avoid delays in getting the first and subsequent food grain releases.

### ***Implementation of NPAG by AWW***

The anganwadi workers have been able to communicate the paradigm shift from providing food supplements to all those who come to the anganwadi to universal weighing to identify undernourished persons and providing them with food grains. The communities and families have understood the rationale and have accepted the modified programme well. **The anganwadi workers have been able to get community cooperation in weighing and identification of undernourished persons. They are able to accurately weigh and identify undernourished persons according to cut off points. So they may be given this responsibility in future too.**

### ***Ration shops***

Food grain distribution to the undernourished women through the ration shops may be the most sustainable option, except in areas where there are no ration shops. **The problems in collecting food grains from the ration shop may get minimised if food grains are given on the monthly Health and nutrition days; this would also improve health coverage for the undernourished persons and their children. If for any reason they are unable to collect the food grains on that day they may collect it from the ration shop any day there after.**

### ***Food Grain supplementation to pregnant and lactating women***

Pregnant and lactating women currently receive cooked food supplements under the ICDS programme but they have to come daily to collect food from the anganwadi. This is not a feasible option for many needy women and hence majority do not benefit from food supplementation. It is suggested that in **all anganwadis in the country pregnant and lactating women should continue to be major target groups for food grain supplements. They should be weighed and all undernourished persons should receive food grain supplements once a month. For pregnant women it is recommended that cut off point used may be 45 kg and they should receive the food grain supplements of 6 kg/month for remaining period of pregnancy. For lactating women the cut off point should be 40 kg and they should receive food grain supplements for the remaining period of first year of lactation.**

### ***Food Grain supplementation to adolescent girls***

While assessing the need for food grain supplements to undernourished adolescent girls it is important to take into account the fact that median weight of adolescent girls in the 10-14 year age group is around 30 kg and median weight of girls between 15 and 19 year age group is 35 Kg. The use of two cut off points 30 kg for those below 15 and 35 for over 15 years of age may be tried. However before adopting these criteria, it should be realised that even if two cut off points are used majority of girls will still not cross the cut off point within one year. From the current data it would appear that food/ food grain supplements even when continued for 3-4 years as has been done in Mizoram might not result in significant impact in terms of improvement in body weight in adolescent girls. This is in line with the findings from NPAG proforma sent by different states, which indicate that **food grain supplements up to 12 months in adolescent girls resulted in less than 10 % of girls crossing the cut off point of 35 Kg. In view of the fact the NPAG has not been implemented continuously for two years, it may be preferable to continue with the programme in the 51 districts over the next two years to see if this trend is seen consistently in all states, before taking a final decision regarding the programme.**

District Level Household Survey (2002-04) has shown that prevalence of anaemia in adolescent girls is very high. In view of this a programme of iron and folic acid supplementation once a week to begin with in these 51 districts and later extended to all districts should be considered. Popularising use of double fortified salt and dietary diversification through nutrition education can be universally implemented in all AWs.