

## **XXVIII NUTRITION SECTOR**

The National Policy for Children was adopted by Govt. of India accepting that in 1974 country's children are its supremely important asset i.e. Human Resource. Development of human resource is universally recognized as an essential precondition for the total development of a nation. Thus steps for their nurture and overall development are the responsibility of govt. The responsibility has thus been cast on the States as its primary duty to ensure adequate services and for equal opportunities, for their full physical and mental development by orienting its programmes for their cause and welfare before and after their birth as per the Constitution of India, Article 47 which includes raising the level of Nutrition and Health and raising the level of standard of living.

In the World Summit for Children, held on 30<sup>th</sup> September, 1990, during the Convention on the Rights of the Child, it was universally accepted that hunger and malnutrition in different forms contribute to about half of the death's of young children as malnutrition affects all, who cannot afford a balanced diet. The worst sufferers are children, particularly those in the pre-school age group and women who are in the reproductive stage. Considering the magnitude and the seriousness of the problem, a crash programme, known as '**Special Nutrition Programme**' was undertaken to mitigate the nutrition imbalance amongst the vulnerable group comprising of children and women. This programme was taken up as a **Centrally Sponsored Scheme** and it was also covered under **Minimum Need Programme**.

Department of Women and Child Development formulated National Nutrition Policy, which has been adopted by the Govt. in 1993. The National Standing Committee on Nutrition has also been set up to fulfill the country's solemn commitment of alleviating various forms of malnutrition for the people. All State Governments have been advised to draw Nutrition Policy, as there is still very high rate of malnutrition among children and women. Programmes have to be implemented to provide nutrition services with the object of removing deficiencies in the diet of children and women.

The Department of Social Welfare is implementing the Special Nutrition Programme in the Nutrition Sector through ICDS blocks. The approved outlay for the IX Plan 1997-2002 and the year wise expenditure are given below:-

(RS. IN LAKH)

Sl. No.	Name of the Scheme	9 <sup>th</sup> FYP 1997-02 Approved Outlay	Actual Expenditure				Approved Outlay 2001-02	Tentative expenditure 2001-02
			1997-98	1998-99	1999-00	2000-01		
<b><u>NUTRITION</u></b>								
1.	Supplementary Nutrition (in ICDS Projects)	4955.00	894.71	836.40	756.66	877.64	795.00	843.11
2.	Kishori Shakti Yojna (revised Scheme for Adolescent Girls)	45.00	5.96	3.74	3.09	1.44	5.00	6.41
3.	PMGY	--	--	--	--		200.00	176.71
<b>TOTAL</b>		<b>5000.00</b>	<b>900.67</b>	<b>840.14</b>	<b>759.75</b>	<b>879.08</b>	<b>1000.00</b>	<b>1026.23</b>

**PHYSICAL ACHIEVEMENTS FOR IX FIVE YEAR PLAN 1997-2002**

	Name of the Scheme	Target 9 <sup>th</sup> Five Plan	Annual Plan Achievements				
			1997-98	1998-99	1999-2000	2000-01	2001-02
1	Supplementary Nutrition Programme	4,85,000	4,84,008	4,85,078	4,36,139	4,65,616	472104
2	Kishori Shakti Yojna (revised Scheme for Adolescent Girls)	2600	1613	1636	1191	1205	1,248.00

Allocation of funds for 10<sup>th</sup> Five Year Plan 2002-07 & Annual Plan 2002-03 at a glance are as under:

**Rs. in lakh**

S.No.	Name of Sector/Scheme	10 <sup>th</sup> F.Y.P. (2002-07)	Annual Plan
<b>A.</b>	<b>NUTRITION SECTOR SUPPLEMENTARY NUTRITION PROGRAMME</b>		
1.	Supplementary Nutrition Programme inside ICDS	7330.00	1055.00
2.	Kishor Shakti Yojna (Previously known as	50.00	7.00

	Scheme of adolescent Girls)		
3.	Honorarium of Angan wari workers & Anganwari Helpers	700.00	138.00
	Sub-Total-Nutrition	8080.00	1200.00

**B. Mid-Day-Meal**

1.	Dte. of Education	2000.00	400.00
2.	MCD	10000.00	2000.00
3.	NDMC	150.00	30.00
	Sub-total (Mid-day meal)	12150.00	2430.00
	Grand Total (A+B)	20230.00	3630.00

**1. SUPPLEMENTARY NUTRITION PROGRAMME IN 28 ICDS PROJECTS**

(Rs.7330.00 lacs for 10<sup>th</sup> Five Year Plan & Rs.1055.00 lacs for Annual Plan 2002-03)

In the year 1975-76, the Govt. of India, sponsored an important scheme for the welfare of children known as '**Integrated Child Development Services**'. This was in the Central Sector. Most of the Nutrition Centres set up in the year 1970-71 and onward were merged under the Integrated Child Development Programme as the scheme of ICDS also includes supplementary feeding for children in the age group of 0-6 years and for expectant women and nursing mothers.

There are 28 ICDS Projects (26 Central and 2 States) with the target to cater to 4.61lakh beneficiaries under Supplementary Nutrition Programme in Eighth Five Year Plan. The average number of beneficiaries under Plan was 1.94 lakh, which were covered under 9 ICDS Projects of Plan. However, in the terminal year of 8<sup>th</sup> Five Year Plan 1992-97, Govt. of India, Min. of HRD, Deptt. of Women & Child Development had sanctioned one more ICDS Project namely Sangam Vihar in which 301 Anganwaries were to be set up. This project had been spilled over to 9<sup>th</sup> Five Year Plan 1997-2002 as the project was to be set up in Annual Plan 1997-98. Now it has been fully operationalised.

Working Group Constituted for Deptt. of Social Welfare for Ninth Five Year Plan recommended that the rate of nutrition needs to be enhanced from Re.1/- per beneficiary per day to Rs.2/- per beneficiary per day, taking into consideration the inflationary trends. Thus to meet this enhancement expenditure, funds to the tune of Rs.300/- per beneficiary per year were proposed to meet the differential cost of Supplementary Nutrition for the

ongoing 4.25 lakh beneficiaries of 8<sup>th</sup> Five Year Plan and for the beneficiaries of 9<sup>th</sup> Five Year Plan of new ICDS Project, Sangam Vihar, funds were proposed @ Rs.600/- per beneficiary per year. The enhancement of nutrition rate has been made effective since 15th August. 1997.

List of ICDS projects in NCT of Delhi along with number of anganwaries and total number of beneficiaries being covered during Annual Plan 2001-2002 is as under:-

Sl.No.	Name of the ICDS Project	No. of Anganwaries	No. of Beneficiaries as per norms of 120 per Anganwari
1.	2.	3.	4.
1.	Nizamuddin	102	12240
2.	Najafgarh	166	19920
3.	Tilak Vihar	117	14040
4.	Shahdara	229	27480
5.	Govindpuri	110	13200
6.	Shakarpur	90	10800
7.	Narela	110	13200
8.	Okhla	180	21600
9.	Jama Masjid	110	13200
10.	Mangolpuri	138	16660
11.	Shakarpur (State Sector)	100	12000
12.	Nand Nagri	132	15840
13.	Trilokpuri	127	15240
14.	Khan Pur (State Sector)	100	12000
15.	Jahangir Puri	176	21120
16.	Seema Puri	129	15480
17.	Inder Puri	139	16680
18.	Anand Parbat	132	15860
19.	Sultan Puri	188	22560
20.	Wazir Pur	110	13200

21.	Mehrauli	165	19800
22.	Kanjhawla	124	14880
23.	Alipur	127	15240
24.	Nimri	110	13200
25.	Bagh Kare Khan	110	13200
26.	Nabi Qarim	110	13200
27.	Geeta Colony	110	13200
28.	Sangam Vihar	301	36120
	Total Projects = 28	3842	461040

There are 378 Anganwaries where the programme for Special Nutrition under the revised scheme of **Kishori Shakti Yojna** for adolescent girls is also being implemented. These projects are in Alipur, Kanjhawla and Mehrauli.

The approved outlay of Annual Plan 2001-2002 was to the tune of Rs.795.00 lakh and expenditure is of Rs.1026.23 lakh and target of 4.61 lakh beneficiaries has been over achieved. And funds have requested in addition to the approved outlay, as the allotment is insufficient to provide SNP for 300 days in a year.

In the 10<sup>th</sup> Five Year owing universalisation of ICDS programme, it is proposed to have one more ICDS block in the second year of 10<sup>th</sup> FYP as uncovered areas have to be identified. Thus for the annual plan 2002-2003 it is proposed to cover 4.61 lakh beneficiaries as being covered in all 28 ICDS. The Sangam Vihar project will also be operated with the funds from Non-plan and all the 28 ICDS projects will be assisted only for differential cost of supplementary nutrition @ Rs.300/- per beneficiary per year. For the 10<sup>th</sup> FYP the funds are approved as Rs.7330.00 lakh in 2002-2007 and Rs.1055.00 lakh for Annual Plan 2002-2003.

**2. HONORARIUM TO ANGANWARI WORKERS AND ANGANWARI HELPERS(Rs.700.00 lacs for 10<sup>th</sup> Five Year Plan and Rs.138.00 for Annual Plan 2002-03)**

Like several states, Govt. of Delhi has also decided to enhance the honorarium being paid to Anganwari Workers and Anganwari Helpers, which is their justified request in view of the quantum of work and the records they prepare in an Aanganwari particularly pertaining to Nutrition Programme and Nutrition Health Education. Delhi Govt. has decided to provide monthly honorarium of Rs.200/- to each anganwari worker and Rs.100/-to each anganwari helper from the plan funds of the Supplementary Nutrition w.e.f. 1.4.2001. Accordingly the funds to the tune of Rs.138.00 lac are anticipated for paying the honorarium to Anganwari Worker and Anganwari Helper in the Annual Plan 2001-02 thus this additional allocation is approved.

In the 10<sup>th</sup> Five Year Plan for meeting the expenditure on the above i.e. payment of honorarium, funds to the tune of Rs.700.00 lacs is approved for 2002-07 and for the year Annual Plan 2002-03 funds to the tune of Rs.138.00 lacs is approved.

**3. KISHORI SHAKTI YOJNA(Rs.50.00 lacs for 10<sup>th</sup> Five Year Plan and Rs.7.00 lacs for Annual Plan 2002-03)**

The scheme for adolescent girls was put into operation from Nov.,1991. This scheme has now been modified as various baseline surveys clearly reveal that the health, nutrition, education and social status of adolescent girls are at sub-optimal level. The surveys also reveal that the adolescent girls do not have adequate access to vital health and nutrition information/Services/Programmes aimed at improving the nutritional and health status of adolescent girls and promoting self-development, awareness of health, hygiene, nutrition, family welfare and management. It is well recognized, that these programmes when provided, could significantly improve the health and nutritional status of women and children and promote the decision making capabilities of women. There has also been persistent demand from the State Governments/UT Administrations on the urgent need to provide cover of ICDS to adolescent girls in all the ICDS Projects. In view of this, a need has been felt to extend the coverage of the scheme with content enrichment, strengthen the

training component particularly in vocational aspects aimed at empowerment & enhanced self perception and bring about convergence with other programmes of similar nature of education, rural development, employment and health sectors. Accordingly, now revised guidelines have been given to **State Governments/UT Administration for implementation of AG scheme as a component of ICDS Scheme** by renaming the scheme as **Kishori Shakti Yojna**.

The objectives of the scheme are as follows:-

- i) To improve the nutritional and health status of girls in the age group of 11-18 years.
- ii) To provide the required literacy and number skills through the non-formal stream of education, to stimulate a desire for more social exposure and knowledge and to help them improve their decision making capabilities.
- iii) To train and equip the adolescent girls to improve/upgrade home-based and vocational skills.
- iv) To promote awareness of health, hygiene, nutrition and family welfare, home management and child care, and to take all measure as to facilitate their marrying only after attaining the age of 18 years and if possible, even later,
- v) To gain a better understanding of their environment related social issues and the impact on their lives and
- vi) To encourage adolescent girls to initiate various activities to be productive and useful members of the society.

Thus, all adolescent girls in the age group of 11-18 years will receive the following common services:-

- i) Educational activities through non-formal & functioned literacy pattern.
- ii) Immunization
- iii) A general health check up every six months
- iv) Treatment for minor ailments
- v) Deworming
- vi) Prophylaxis measures against anemia, goitre, vitamin deficiencies etc.

- vii) Referral to PHC/District Hospital in the case of acute need
- viii) Convergence with Reproductive Child Health Scheme.

All unmarried adolescent girls in the age group of 11-18 years and belonging to families whose income is below Rs.6400/- per annum in the rural areas will be eligible to receive additional services under the scheme.

### **GIRL TO GIRL APPROACH (FOR GIRLS IN THE AGE GROUP OF 11-15 YEARS)**

In each selected Anganwari area 2 girls in the age group of 11-15 years will be identified. These adolescent girls would be provided with a meal on the same scale of the pregnant women or nursing mother namely one that would provide 500 calories of energy and 20 gms. of protein. The 2 girls so identified are to receive in service training at the Anganwari from the worker and supervisor over a period of six months to become fully equipped individuals, capable of managing the centre on their own, so as to fully realize the objectives in all aspects, of the Anganwari worker, including management of stores, the organization of the feeding programme, immunization schedules, weightment of children, home visits, pre-school activities etc.

### **TRAINING**

The identified 2 adolescent girls (2 each from each anganwari centre) are to receive training. Batches of 20-25 will be trained for 60 days by sending them to office of Distt. Programme Officer.

### **SUPPLEMENTARY NUTRITION**

These girls are to be provided supplementary nutrition in the same manner as that to a pregnant women or nursing mother, viz. 500 calories and about 20 gms. of protein. Each girl will be attached with the Anganwari worker for two full days and each of them will get supplementary nutrition for all the six working days of the week.

## **BALIKA MANDAL (FOR GIRLS IN THE AGE GROUP 15-18 YEARS)**

While it is essential to concentrate on the adolescent girls from the earliest stages i.e. from 11 years onward, the crucial age from the point of view of her transformation to adulthood starts from the time she nears 15 years. Thus scheme has more focus on social and mental development of girls mainly in the age group 15-18 years. Special emphasis would be laid to motivate and involve the uneducated groups belonging to this age group in non-formal education and improvement and up gradation of home based skills.

### **PERIOD OF ACTIVE ENROLMENT**

The need is to provide non-formal education, develop literacy skills and improve the home based skills among adolescent girls. The period of an adolescent girls active enrolment in the Balika Mandal would vary from the one adolescent girl to another, depending upon her previous educational background, her power to grasp, her possessions of a home based skill and allied factors. For the purpose of calculating the financial requirement, however, it is presumed that, on an average, an adolescent girl may be active in a Balika Mandal for a period of six months with an average attendance of about 20 adolescent girls, each Balika Mandal may cater to about 40 adolescent girls in a year.

### **OBJECTIVES**

The objectives are to make the adolescent girl understand and learn the significance of personal hygiene, environmental sanitation, nutrition, home nursing, first aid, health and nutrition education, family life, child care and development etc., apart from the facilities for recreation and entertainment. In addition, efforts have to be made to improve and upgrade home based skills popular in trades or having potential, in the local areas.

### **FOCAL POINT**

The existing anganwarai centre is to be used for the activities of the Balika Mandal as well, if that centre does not have adequate space, efforts would be made to enlarge the centre, or to have separate accommodation with the community's contribution wherever practicable, or with assistance under the Development of Women and Child in Rural

Areas, Jawahar Rozgar Yojna etc. Timings of Balika Mandal are other than those of anganwari and are decided as per convenience of the adolescent girls.

As no separate budget is available and nutrition is to be provided from the State Sector, the beneficiaries are provided supplementary nutrition through ICDS under the Supplementary Nutrition Programme.

In NCT of Delhi, 3 rural projects have been selected for implementing the scheme which are as under with number of anganwaris in each ICDS/Project.

1.	Kanjhawala	-	113 Aanganwari
2.	Mehrauli	-	150 Anganwari and
3.	Alipur	-	115 Anganwari
	<b>Total</b>	-	<b>378</b>

In the Tenth Five Year Plan funds to the tune of Rs.50.00 lakh is approved and for Annual Plan 2002-2003 funds of Rs.7.00 lakh is approved.

#### **MID-DAY MEAL PROGRAMME**

#### **4. DIRECTORATE OF EDUCATION(Rs.2000.00 lacs for 10<sup>th</sup> Five Year Plan and Rs.400.00 lacs for Annual Pla 2002-03.**

Under this Programme, a nutritional support is provided to the children of Primary section in Government Schools with the objectives to meet the nutrition deficiency, to prevent children from purchasing unhygienic food form the hawker during recess time and to ensure reduction in the number of absentees in the classes.

The Mid-day-Meal programme is a part of the “Minimum Need Programme”. The Working Group of the Planning Commission has taken the view that while considering the implementation of the Mid-Day-Meal Programme, we should have a selective approach as the objective of the scheme is to provide a nutritious meal to those who cannot afford to have a balanced diet.

Mid-Day-Meal is provided to about one lakh students in the Primary sections of 343 Sarvodaya Schools @ Rs.2/- per child per day for 200 days in a year. A subsidy norms @ 100 grams wheat per child per day is provided by Government of India. It was not possible for Government of India to distribute wheat to each school, hence the State has to lift entire allocation of wheat from FCI for all schools. This led to centralised implementation (procurement & distribution) of the scheme.

In the process, it was noted that the cost of procurement and distribution of food items (by one agency) to all schools was more than the benefit available through wheat subsidy. Further, it was not possible to procure and distribute fresh food items on day to day basis by one agency. It was, therefore, decided to decentralize the implementation of scheme.

It is now proposed to delegate financial powers to Principal/Vice-Principal in schools to procure fresh foods items for their students @ Rs.2/- per day per child.

A Committee shall be constituted under the supervision of Principal in the school where a representative of P.T.A. will be member. The Committee would decide items for Mid-Day-Meal and ensure its distribution to all students of primary section in the school. The decentralized mode of implementation would not only ensure regularity supply but would also ensure fresh and quality items for Mid-Day-Meal.

An amount of Rs.2000.00 lacs has been approved for 10<sup>th</sup> Five Year Plan and Rs.400.00 lacs is approved under the scheme during 2002-03 to cover about 1.05 lacs students. The 10<sup>th</sup> Plan target is 1.10 lacs beneficiaries.

**5. MCD (Rs. 10000.00 lacs for 10<sup>th</sup> Five Year Plan and Rs.200.00 lacs for Annual Plan 2002-03.**

To supplement the nutritional deficiency of the school children and prevent the students from buying dirty and unhygienic eatable from hawkers during recess hours.

This programme has also the following aims as incentives for:-

1. Universalisation of Primary Education.
2. Regular attendance of children in the school and to lower down the number of absentees.
3. Minimising the rate of drop-outs, wastage and stagnation.

The Education Department of MCD is implementing the Mid-Day-Meal Programme for the children studying in M.C.D. schools. At present 8.95 lacs children are covered under this scheme. This number is expected to increase in the Tenth five Year Plan as per details given below:-

Year	Expected number of students (in lakh)
2002-03	9.65
2003-04	9.90
2004-05	10.15
2005-06	10.40
2006-07	10.65

Hitherto the provision has been made to provide Mid-Day-Meal to all the children daily @ Rs.2/- per child per day for 200 working days in a year. Keeping in view the typical scenario, the entire students population of the aided schools under the MCD as well, besides the MCD school children including nursery and primary numbering 9.65 lacs (expected in 2006-07) to 10.65 lacs (Expected in 2002-03) shall be covered to provide sumptuous Mid-Day-Meal. An outlay of Rs. 10000.00 lacs has been approved for the 10<sup>th</sup> plan and Rs. 2000.00 lacs for Annual plan 2002-03.

#### PHYSICAL TARGETS

<b>2002-07</b>	<b>2002-03</b>
10.65 lacs	9.65 lacs

**6. NDMC (Rs.150.00 lacs for 10<sup>th</sup> Five Year Plan and Rs.30.00 lacs for Annual Plan 2002-03)**

Mid-Day-Meal Scheme is being run by the NDMC for school children covering all students of Nursery, Primary & Middle Schools.

Its main aim is to provide nutritious food to the school going children between the age group of 3 years to 13 years. The Children of this age group require more protein, vitamins & other ingredient for their growth as well as for their routine work. Most of the school children belong to lower middle & middle class. The people of these classes of society are not aware about the nutritious requirement of children of early age & may not be regular to provide them nutritious food in time for reasons according to their family & financial circumstances. So, the physical & mental growth of the children is badly affected.

This scheme becomes an incentive to innocent school going children for learning & to maintain their interest for education. This is a part of the campaign to extend the elementary education upto each & every child. The incentive of Mid-Day-Meals adds to the physical growth & increases the number of students in the school.

The provision of Mid-Day-Meal restrict school going children upto Middle Class to purchase unhygienic food items from school-gate vendors/hawkers. This scheme educates them about nutritious food required for children below the age of 14 years. This way good habits may be inculcated at the early stage school life. Healthy mind can only be established in the healthy body. This scheme also ensues children to learn differentiate between good & bad habits. NDMC proposes to provide seasonal fresh fruits to each student.

An outlay of Rs.150.00 lacs has been approved for 10<sup>th</sup> Five Year Plan and Rs.30.00 lacs for Annual Plan 2002-03.