

## **NUTRITION**

### **1. Supplementary Nutrition Programme [Rs.1153.00 lakh]**

The aim of the scheme "Integrated Child Development" is to look into the welfare of the children which includes supplementary feeding for children in the age group of 0-6 years for expectant women and nursing mothers. This supplementary feeding is to consist of 300 calories and 10-12 grams of protein for children between the age of 6 months to 6 years and 500 calories and 20-25 grams of protein to adolescent girls, pregnant and nursing mothers. Malnourished children are to be provided double supplementary feeding.

There are 35 ICDS Projects with the target to cater to 4.40 lakh beneficiaries under Supplementary Nutrition Programme in current financial Year Plan.

#### **Outlay & Expenditure**

**[Rs. in lakh]**

a.	Approved Outlay 10th Plan [2002-07]	7330.00
b.	Expenditure incurred during 2002-03 to 2005-06	2650.78
c.	Annual Plan 2006-07	775.00
d.	Expenditure during 2006-07	1132.71
e.	Annual Plan 2007-08	1153.00

**[No. of Beneficiaries]**

#### **Physical Targets & Achievements**

a.	Target for 10th Plan [2002-07]	479000
b.	Achievements during 2002-03 to 2005-06	400954
c.	Target 2006-07	450000
d.	Achievements 2006-07	326493
e.	Targets 2007-08	440000

### **2. Kishori Shakti Yojna [Rs.70.00 lakh]**

The objectives of the scheme is to improve the nutritional and health status of girls in the age group of 11-18 years ; to provide the required literacy and innumeracy skills through the non-formal stream of education ; to train and equip the adolescent girls to improve/upgrade home-based and vocational skills ; 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 ; to gain a better understanding of their environment related social issues and the impact on their lives and 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

- iv. De worming
- v. Prophylaxis measures against anemia, goiter, vitamin deficiencies etc.
- vi. Referral to PHC/District Hospital in the case of acute need
- vii. 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 center 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 center) 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 ENROLLMENT**

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 enrollment 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 center is to be used for the activities of the Balika Mandal as well, if that center does not have adequate space, efforts would be made to enlarge the center, 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.

The scheme for adolescent girls was put into operation w.e.f. 1<sup>st</sup> November, 1991. Now the scheme has been renamed as **Kishori Shakti Yojna**. 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 anganwaries in each ICDS/Projects.

1. Kanjhawala - 113 Anganwari
2. Mehrauli - 150 Anganwari
3. Alipur - 115 Anganwari

From the current financial year, this scheme will implement in all 35 ICDS projects. There is a physical target of 8800 beneficiaries to be covered under this programme. It is proposed to provide supplementary nutrition @ Rs.2.20/- per day from the Plan Funds.

### Outlay & Expenditure

[Rs. in lakh]

a.	Approved Outlay 10th Plan [2002-07]	50.00
b.	Expenditure incurred during 2002-03 to 2005-06	13.01
c.	Annual Plan 2006-07	10.00
d.	Expenditure during 2006-07	2.02
e.	Annual Plan 2007-08	70.00

[No. of Beneficiaries]

### Physical Targets & Achievements

a.	Target for 10 <sup>th</sup> Plan (2002-07)	3000
b.	Achievements during 2002-03 to 2005-06	2318
c.	Target 2006-07	3000
d.	Achievements 2006-07	3948
e.	Targets 2007-08	8800

### **3. National Programme for Adolescent girls - ACA [Rs.177.00 lakh – Revenue]**

The implementation of various plan schemes has been earmarked by Govt. of India, out of which Rs.177 lakh has been approved for National Programme for Adolescent Girls [NPAG]. The objective is to provide 6 Kg of wheat to the under weight adolescent girls.

#### **Outlay & Expenditure**

**[Rs. in lakh]**

a.	Approved Outlay 10th Plan [2002-07]	--
b.	Expenditure incurred during 2002-03 to 2005-06	4.00
c.	Annual Plan 2006-07	177.00
d.	Expenditure during 2006-07	4.42
e.	Annual Plan 2007-08	177.00

2318 adolescent girls were benefited during 2006-07.

### **4. GIA to Delhi Social Welfare Board for SNP**

The aim of the scheme “Integrated Child Development” is to look into the welfare of the children which includes supplementary feeding for children in the age group of 0-6 years for expectant women and nursing mothers which is run by NGOs particularly pertaining to Nutrition programme and Nutrition Health Education.

An amount of Rs.43.86 lakh was incurred in 2006-07 & Rs.100.00 lakh kept for 2007-08.

## **MID DAY MEAL PROGRAMME**

### **I. Directorate of Education [Rs.600.00 Lakh]**

Under this programme, a nutritional support is provided to the children of primary section in Govt. schools with the objective to meet the nutrition deficiency, to prevent children from purchasing unhygienic food from the hawker during recess time and to reduce the number of absentees in the classes.

The scheme envisages that every child in primary school should be provided meal during the school house with a minimum content of 300 calories and 8-12 grams of protein each day of school for a minimum of 200 days in a year.

Till October 2000, processed food was provided to about one lakh students in the primary sections of 343 sarvodaya schools @Rs.2/- per child a day for 200 days. A subsidy @Rs.100 grams wheat per child a day is provided by Govt. of India besides cost of transport of food grains @ actual cost subject to maximum of Rs.50/- per quintal. It was not possible for Govt. to India to distribute wheat to each school, hence state has to lift entire allocation of wheat from FCI for all schools. This led to centralized implementation(procurement & distribution) of the scheme.

The Govt. of Delhi had earlier decided to do away with wheat subsidy and meet the entire expenditure on scheme out of State budget.

It has also been decided to provide Mid-Day Meal to the children's studying in learning centres under Sarva Shiksha Abhiyan [SSA] also as per revised mid-day meal scheme. Wheat / Rice transport charges and conversion cost is provided by Govt. of India and Rs.2.00 per child per day is spent by Delhi Govt.

**Outlay & Expenditure**

**[Rs. in lakh]**

a.	Approved Outlay 10th Plan [2002-07]	2000.00
b.	Expenditure incurred during 2002-03 to 2005-06	686.59
c.	Annual Plan 2006-07	900.00
d.	Expenditure during 2006-07	413.15
e.	Annual Plan 2007-08	600.00

**[No. of Beneficiaries]**

**Physical Targets & Achievements**

a.	Target for 10 <sup>th</sup> Plan (2002-07)	110000
b.	Achievements during 2002-03 to 2005-06	150000
c.	Target 2006-07	200000
d.	Achievements 2006-07	160000
e.	Targets 2007-08	200000

**II. Delhi Cant [Rs.10.00 Lakh]**

**Outlay & Expenditure**

**[Rs. in lakh]**

a.	Approved Outlay 10th Plan [2002-07]	--
b.	Expenditure incurred during 2002-03 to 2005-06	2.50
c.	Annual Plan 2006-07	10.0
d.	Expenditure during 2006-07	Nil
e.	Annual Plan 2007-08	10.00

**III. MCD [Rs.3000.00 Lakh]**

The supplement of the nutritional deficiency of the school children, the Education Deptt. of MCD is implementing the Mid-Day-Meal programme for children studying in MCD schools where cooked meal shall be provided to all the children studying in MCD run / MCD aided schools. This programme also aims at universalisation of primary education, regular attendance of children and minimizing the rate of drop-outs, wastage & stagnation.

**Outlay & Expenditure**

**[Rs. in lakh]**

a.	Approved Outlay 10th Plan [2002-07]	10000.00
b.	Expenditure incurred during 2002-03 to 2005-06	9100.07 [9200.00 – FR]
c.	Annual Plan 2006-07	2700.00
d.	Expenditure during 2006-07	2675.99 [2700.00 – FR]
e.	Annual Plan 2007-08	3000.00

**FR = Funds Released**

[No. of Beneficiaries]

**Physical Targets & Achievements**

a.	Target for 10 <sup>th</sup> Plan (2002-07)	1065000
b.	Achievements during 2002-03 to 2005-06	970000
c.	Target 2006-07	945000
d.	Achievements 2006-07	945000
e.	Targets 2007-08	970000

**IV. NDMC [Rs.100.00 Lakh]**

The objective of the scheme is to boost universalisation of Primay Education by increasing enrolment attendance, retention and learning level of the children especially those belonging to the lower section of the society and to improve Nutritional status of the children.

**Outlay & Expenditure**

[Rs. in lakh]

a.	Approved Outlay 10th Plan [2002-07]	150.00
b.	Expenditure incurred during 2002-03 to 2005-06	163.04 [205.00 – FR]
c.	Annual Plan 2006-07	100.00
d.	Expenditure during 2006-07	55.87 [100.00 – FR]
e.	Annual Plan 2007-08	100.00

FR = Funds Released

[No. of Beneficiaries]

**Physical Targets & Achievements**

a.	Target for 10 <sup>th</sup> Plan (2002-07)	122500
b.	Achievements during 2002-03 to 2005-06	22980
c.	Target 2006-07	22000
d.	Achievements 2006-07	22036
e.	Targets 2007-08	22036