

NUTRITION SECTOR

Govt. of India adopted the National Policy for Children in 1974 taking into consideration that country's children are its supremely important asset and for nurture and overall development of children as human resource, govt can not escape its responsibility directly or indirectly. Thus, the responsibility has been cast on the States as its primary duty to ensure provision of adequate services and 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.

A crash programme, known as '**Special Nutrition Programme**' was undertaken to mitigate the nutritional imbalance amongst the vulnerable group comprising of children and women. Subsequently this programme was included as one of the component of Integrated Child Development Services. This programme was taken up as a **Centrally Sponsored Scheme** and it was also covered under **Minimum Need Programme**. The provision of supplementary nutrition was the state responsibility and the programme was implemented accordingly.

In the World Summit for Children, held on 30th 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. Thus, 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 amongst the people. All State Governments have been advised to draw its Nutrition Policy, as there is still very high rate of malnutrition among children and women and programmes have to be implemented to provide

supplementary nutrition 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 Xth Five Year Plan 2002-07, annual plan 2002-03 and anticipated expenditure of the plan years is given below :-

(Rs. in Lakh)

S.N.	Name of the Sector/Scheme	Xth FYP 2002-07 approved outlay	Actual Achievem ent 2002-03	Actual Achievem ent 2003-04	Expenditure 2004-05	Approved outlay 2005-06
	<u>NUTRITION</u>	1	2	3	4	5
1.	Supplementary Nutrition (in ICDS Projects)	7330.00	890.13	530.59	540.42	843.00
2.	Kishori Shakti Yojna (revised scheme for adolescent girls)	50.00	4.19	4.51	5.76	10.00
3	PMGY	700.00	178.13	123.35	104.80	--
4.	National*	-	-	-	0.36	177.00
	TOTAL:	8080.00	1072.45	658.45	651.34	1030.00

Physical achievements of Xth FYP 2002-07 and Plan years are as below:-

4. * Programme for adolescent Girb-ACA

PHYSICAL ACHIEVEMENTS FOR IX FIVE YEAR PLAN 1997-2002

S. N.	Name of the Scheme	Target Xth FYP 2002-07	Achievement Annual Plan 2002-03.	Achievement Annual Plan 2003-04.	Anticipated target 2004-05	Target 2005-06
	NUTRITION SECTOR	1	2	3	4	5
1.	Supplementary Nutrition Programme	4,79,000	467528	362427	467000	467000
2.	Scheme of adolescent girls, Kishori Shakti Yojna (name changed from adolescent girls)	3,000	1128	1196	3000	3000

1. SUPPLEMENTARY NUTRITION PROGRAMME (Rs.843.00 lakhs)

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 Centers 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. 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 28 ICDS Projects (26 Central and 2 States) with the target to cater to 4.61 lakh 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 8th 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 9th 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 were of the view that the nutrition programme needs to be re looked taking into consideration whether the purpose is being served for enhancing the status of the health of the child by removing the imbalances. They were of the view that Delhi is a metropolitan city and areas are far flung where the anganwaries have been set up. The cost of raw material to be used for preparation of supplementary nutrition or the produce/ready to eat food should be taken into consideration for ensuring supplementary nutrition to be of good quality. The over heads of packaging and transportation can also not be ignored in Delhi thus, State Govt. needs to bear additional burden in this programme. Thus, the working group constituted for Deptt. of Social Welfare 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. Now, to meet this enhancement in expenditure, funds to the tune of Rs.300/- per beneficiary per year were proposed in the plan side, to meet the differential cost of Supplementary Nutrition for the ongoing 4.61 lakh beneficiaries of 9th Five Year Plan and target group of annual plan 2002-03. The working group of the Planning Commission whole heartedly accepted the proposal of the State Govt. for providing supplementary nutrition at the enhanced rates from the Ninth five year plan 1997-02. They also recommended that the State Govt. should suitably provide additional fund required for implementation of this enhancement by locating suitable savings from over all available budget of Delhi State from the Annual Plan 2002-03. Accordingly, 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 2003-2004 is as under:-

Sl.No.	Name of the ICDS Project	No. of Anganwries	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	3842	461040

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

In the 10th Five Year owing universalisation of ICDS programme, it was proposed to have one more ICDS block in the second year of Plan year of 10th FYP as uncovered areas had to be identified. But, for the annual plan 2002-2003 it was proposed to cover 4.61 lakh beneficiaries as being covered in all 28 ICDS for differential cost of supplementary nutrition @ Rs.300/- per beneficiary per year. For the 10th FYP the funds to the tune of Rs. 7350.00 lakh in 2002-2007 were proposed. The working group of the planning commission approved an outlay of Rs. 7330.00 lakh for the Xth five year plan 2002-07 and also approved an outlay of Rs.1055.00 lakh for the annual plan 2002-03 and expenditure to the tune of Rs.890.13 lakh has been incurred.

In the annual plan 2003-04, one new project was to be run by NGO for the sex workers, and was proposed with about 50 anganwaris. Thus, the requirement of the funds for the annual plan 2003-04 was approved to the tune of Rs.1029.00 lakh with physical target of 4.67 lakh beneficiaries. However, this new project could not come up as no NGO volunteered to shoulder this responsibility and the proposal remained non starter. In the Annual Plan 2003-04, the financial

achievement reduced to the tune of Rs.724.50 lakh as due to some administrative reasons, the tenders for ready to eat SNP could not be finalized in time and RTE supply had been disrupted for quite some period which affected the programme and there are savings in the programme.

In the Annual Plan 2004-05, the funds to the tune of Rs. 993.00 lakh were approved for the supplementary programme for the 28 ICDS Projects. In this plan year also owing to administrative reasons there was delay in finalization of tenders. There was also not sufficient response for some items of ready to eat food owing which the items which were proposed to be supplied in six days a week in variation could not be settled/finalized. Deptt. also faced severe problem in the supply of the nutrition from the tenderers owing which the supplementary nutrition programme remained disrupted. Due to the irregular supply the norms for provision of supplementary nutrition for 300 days in a year could not be achieved. The tenderers have been issued notices and also imposed penalties. Still the performance of the programme is far from satisfactory as the supplementary nutrition may be provided for about 70 to 80 days appx. in the Annual Plan 2004-05 and accordingly, funds had been revised in this scheme to the tune of Rs. 616.00 lakh. The physical target will also be achieved less compare to target set.

For the Annual Plan 2005-06, funds to the tune of Rs. 843.00 are approved for achieving a target of 4.67 lakh beneficiaries for SNP

2. PRADHAN MANTRI GRAMODAYA YOJNA (PMGY)-

The Pradhan Mantri Gramodaya Yojna (PMGY) is a new initiative which aim at achieving the objective of sustainable human development at the village level. The PMGY envisages an additional Central Assistance (ACA) for the basic minimum services and nutrition. The nutrition component of PMGY has been specifically outlined with the objective of eradicating mal-nutrition amongst under three years children by increased malnutrition coverage of supplementary feeding of of these children through the ICDS Scheme.

The yojna is to provide for nutritional supplementary feeding cost to children 6 months to 3 years of age group of mal nutrition children of grade-III and Grade-IV. Government of Delhi has proposed to improve the nutritional status of Grade-I and Grade-II children of 0-3 years of age groups under PMGY Scheme and approval of Govt. of India, M/O HRD, Deptt. of Women & Child Development has to be sought in this concern.

At present there are 28 ICDS Projects consisting of 3842 Anganwadi Centers are functioning in Delhi State. Nutrition is already provided in the form of RTE Food to all the children of 0-6 years of age, expectant and nursing mothers, adolescent girls (under K.S.Y Blocks) under ICDS Scheme.

Deptt. of Social Welfare has received Rs.2.00 crores, which remained un-utilized for the year 2000-2001 under PMGY scheme. In the annual plan 2001-02 fund of Rs.186.00 lacs have been given to the department, out of which Rs.176.55 lac have been utilized and target of 98602 was achieved. In the annual plan 2002-03 funds of Rs.164.00 lac have been given but utilization of funds is of Rs.178.13 lakh and 1,06,028 beneficiaries have been covered. In the Annual Plan 2003-04, funds to the tune of Rs. 164.00 lakh were provided out of which an amount of Rs. 110.16 lakh was incurred. For annual plan 2004-05 an amount of Rs.200.00 lakh has been approved and anticipated expenditure for this programme is of Rs. 200.00 lakh. For the Annual Plan 2005-06. No fund have been allocated.

3. KISHORI SHAKTI YOJNA(Rs.10.00 lakh for 2005-06)

The earlier adolescent girls 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 numeracy 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) De worming
- vi) Prophylaxis measures against anemia, goiter, 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 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. 1st 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

There is a physical target of 3000 beneficiaries to be covered under this programme. It is proposed to provide supplementary nutrition @ Rs.2/- per day from the Plan Funds.

In the Tenth Five Year Plan funds to the tune of Rs.50.00 lakh are approved and in Annual Plan 2002-2003 funds to the tune of Rs.4.19 lakh were incurred . For the annual plan 2003-04, Rs.7.00 lakh have been approved to cover 3000 beneficiaries, but the number of beneficiaries is decreasing, as the rural villages of Delhi are being transformed into urban areas, and adolescent girls are having enough opportunities to avail training and educational programmes. Thus, in the Annual Plan 2003-04 an expenditure of Rs. 4.51 lakh could be incurred and physical target of 1196 adolescent girl could be achieved. The anticipated expenditure for the annual plan 2004-05 is likely to be Rs.7.00 lakh to cover the target of 3000 adolescent girls. For the Annual Plan 2005-06, funds to the tune of Rs.10.00 lakh are approved with the similar target to be achieved.

4. National Programme for Adolescent Girb-ACA (Rs. 177.00 lakh)

An amount of Rs. 88.11 crore as additional Central Assistance (ACA) in term of grant to the NCT of Delhi during the Annual Plan 2005-06 for implementation of various plan schemes has been earmarked by Govt. of India, Out of which Rs. 177.00 lakh has been approved for National Programme for Adolescent Girb (NPAG).

MID-DAY MEAL PROGRAMME

5(i). Directorate of Education (Rs. 740.00 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 hours 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 lac students in the primary sections of 343 Sarvodya schools @ Rs.2/- per child a day for 200 days. A subsidy @ 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. of 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 was proposed to delegate financial powers to Principal/Vice –Principal in schools to procure fresh food items for their students @ Rs.2/- per day per child.

In the meantime, Supreme Court has directed States to provide ‘Cooked food’ to every child in Government and Government Aided Primary schools with a minimum of 300 calories and 8-12 grams of protein each day of school for a minimum of 200 days’. Various options like procurement and distribution in centralized or decentralized mode, menu for meal etc. are being examined. Upon finding a viable solution, Mid-day Meal shall be provided in Govt. and Govt. Aided schools as per directions of Court. At present, cooked food is served in 85 schools on pilot basis.

It is proposed to increase amount of Rs.2/- to Rs.4/- per child so that requirement of calorie and protein specified in Court order are met.

An amount of Rs.740.00 lakhs has been approved for 2005-06 to cover 1.55 lac students in Govt. and Govt. Aided Schools.

(ii) Delhi Cantt. (Rs. 10.00 lakh)

An amount of Rs. 10.00 lakh has been approved to provide Mid-Day-Meal to students in schools.

6. MCD (Rs. 2700.00 lakh).

To supplement the nutritional deficiency of the school children and prevent the students from buying dirty and unhygienic eatables from hawkers during recess hours. In compliance of the orders of the Hon'ble Supreme Court of India, cooked meal shall be provided to all the children studying in MCD run/MCD aided schools.

The Education Department of MCD is implementing the Mid-Day-Meal Programme for the children studying in M.C.D. schools. At present 9.34 lacs children are covered under this scheme. This number of children likely to be covered under this scheme in the year 2005-06 is 9.70.

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. This amount is not sufficient to provide required quantity of protein and calories to supplant nutritional deficiency. It will be appropriate if the amount is increased to Rs. 3/- per child. 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 9.70 lacs (expected in 2003-04) shall be covered to provide sumptuous Mid-Day-Meal.

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.

For the accomplishment of this task and for effective implementation and supervision, the following minimum establishment is required during 2005-06.

