Internship
At
Integrated Child Development Services,
Women and Child Department,
Surat, Gujarat

Submitted By
Kriti Vishnoi

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1. Introduction

Internship is a part of the second year program, where we have to observe, adapt to the work culture of organization and assigned role and deliver as per the responsibilities of the designated post. It is necessary to participate in various departmental activities so we can orient our self with the way the department works at ground levels which gives us first hand exposure of the real job. Internship is the process, through which we understand process of work and thereafter involve ourselves in decision making.

I am appointed as District Program Coordinator (DPC)- Nutrition and Child Development Officer in Integrated Child Development Services (ICDS) Department of Surat, Gujarat. Integrated Child Development Services come under the Women and Child Development Ministry of Government of Gujarat.

The programme commits to the children a holistic approach towards nutrition, health and development which includes not only formulating the policies to deliver the means but also the implementation of the holistic approach to meet the ends.

2. Objective of Internship

a. To understand the structure of the organization and effectively contribute to the smooth functioning of the organization.

b. To learn various managerial and administrative skills needed to work in a government system

c. To ensure effectively implementation of integrated child development services in the district.

d. To identify existing gaps in human resource, service delivery, quality of services, analysis and implementation of integrated child development services in the district.

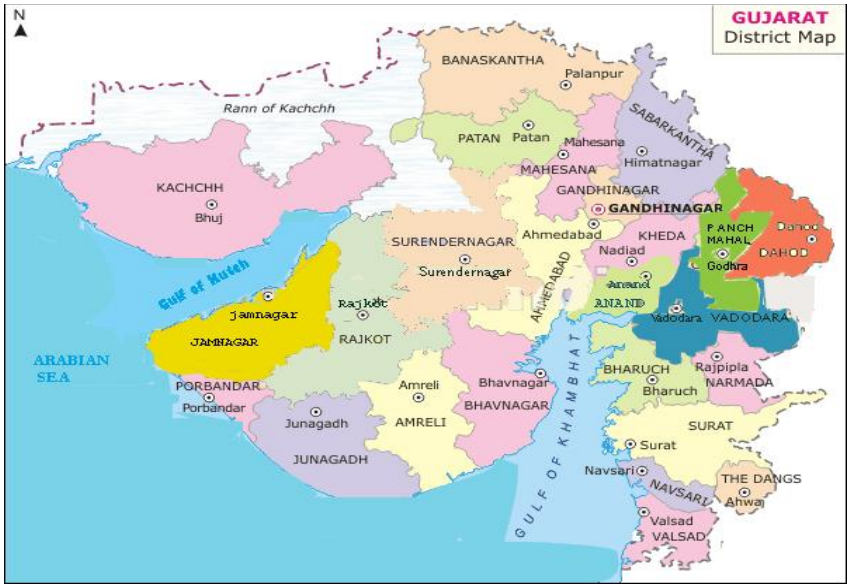
3. Gujarat State Profile

Gujarat state, located in the western part of India, has an area of 196, 022 sq. km, representing about 6.19 percent of the total area of the country. The state has a population of 6.03 crore (2011 Census), which is nearly 5 percent of the total population of the country. About 43% of the State's population resides in urban areas, compared to the India average of 28 percent. The population density of the state is 258 as compared to the national average of 324. About 24 percent (1997-98) of Gujarat's population is estimated to be BPL, while 7 percent and 15 percent (2001) are classified as SC and ST respectively. Socio-economic indicators are, in general somewhat better than the India average: 70 percent and 59 percent of its total and female population respectively are literate, the corresponding figures for India being 65.percent and 54.percent respectively. The state has a relatively large (40% of its population) work force.

The state of Gujarat is characterized by sea-coastal, tribal, desert and geographically hostile terrain having sparse and scattered population at the periphery. Communities living in the remote and disadvantaged areas especially BPL population, tribal and women, are generally unable to access reliable and cost effective health care services. The state has 26 districts and has a total population of 89, 96,744 accommodate 70 percent of tribal population (Census 2001). Approximately 18% (89, 96,744) of the total population of the state is living in these Tribal districts. The coastline of the state is about 1600 Km and about 44,87,752 persons live in 36 coastal talukas.

Administratively, the state has been divided into 26 districts, sub-divided into 225 Blocks, having 18618 villages and 242 towns.

I have been appointed in southern district Surat.



4. Introduction to the Scheme of Integrated Child Development Services

ICDS scheme was launched on 2nd October 1975, in Chhotaudepur Block and the Scheme represents one of the world's largest and most unique flagship programs for Early Childhood Development. Gujarat is ICDS program symbolizes The State's commitment to its children towards holistic approach for child health, nutrition and development. Currently the Scheme in operational in 336 Blocks in Gujarat. The Scheme has now been universalized to 52137 Anganwadi centres in 336 blocks as on December 2012

a. Objectives

The Integrated Child Development Services (ICDS) Scheme was launched in 1975 with the following objectives :

i. To improve the nutritional and health status of children in the age-group 0-6 years.
ii. To lay the foundation for proper psychological, physical and social development of the child.
iii. To reduce the incidence of mortality, malnutrition and school dropout.
iv. To achieve effective co –ordination of policy and implementation amongst the various departments to promote child development, and
v. To enhance the capability of the mother to look after the normal health and nutritional need of the child through proper nutrition and health education

However, over the years ICDS had been plagued with operational and programmatic issues and challenges among which key constraints are of

- quality and number of human resources for meeting diverse needs for service provision with improved quality;
- inadequate focus on under 3s;
- inadequate convergence of programs / services – weak linkages with public health system; community engagement and participation virtually non-existent often leading to lower demand for services;
- poor data management, information system (MIS), analysis and reporting;
- inadequate and inappropriate training;

Thus, to conform with the present environment, Ministry of Women and Child Development, Government of Gujarat; proactively took initiatives to re-structure and re-strengthen the ICDS.

b. Steps Initiated for Strengthening

- Annual Programme Implementation Plans (APIPs) to have a plan of action for the smooth functioning of the Anganwadis.
- ICDS program in Mission Mode
- Adoption of WHO Child Growth Standards and joint Mother & Child Protection Card
- Introduction of the five-tier monitoring system (March 2011) including supervision guidelines (Oct. 2010)
- Draft Guidelines for grading and accreditation of AWCs and awards for service providers and other stakeholder issued
- Revised Management Information System (MIS) completed, Revised MIS Guidelines issued, roll out during current year and spill over next year
- Strengthen the infrastructure at Anganwadi level
- Introduction of skilled human resource for managerial assistance
- Greater involvement of the community and PRI

c. Various Schemes under ICDS

i. Supplementary nutrition program

A package of various Nutrition services is being provided through ICDS. ICDS is a beneficiary focused Nutrition programme. With a view to combat malnutrition among children under 6 years, pregnant women, nursing mothers and adolescent girls State Government is implementing the Nutrition Programme. Supplementary Nutrition equivalent 500 calories and 12-15 gram protein is provided to normal children under 6 years and 800 calories and 20-25 gram protein to severely underweighchildren under 6 years. Pregnant women, nursing mothers and adolescent girls are given SNP food with 600 calories and 18-20 gram protein.

As on 31st December 2012, 50225 Anganwadi centres are operational. 1911 new Anganwadi centres have been sanctioned in the year 2012-13 operationalization of the same is under process. Out of 336 sanctioned blocks 80 blocks are tribal, 23 are urban and 233 blocks are rural. In total 47.39Lakhs beneficiaries are covered in supplementary nutrition program and 10 packets to 6 mg to 3 years severely

Schemes under Supplementary Nutrition Programme :

a. Balbhog : Energy Dense Micronutrient Fortified Extruded Blended Food (Balbhog) is provided as Take Home Ration (THR) to children 6 months to 3 years (7 packets per month, i.e. 3.5kg) and underweight children 3-6 years (4 packets per month i.e. 2kg) on Mamta Diwas. Each packet weighs 500gms. The shelf life of these premixes is 4 months. It can be easily prepared by mixing it with hot milk or water. Approximately, 16.29 lakhs children in age of 6 months to 3 years received Balbhog as Take Home Ration and 10 packets to 6 month to 3 years severely under spent children.

II. Extruded Fortified Blended Premix: Energy Dense Micronutrient Fortified Extruded Blended Take Home Ration (THR) like Sukhdi (1 packet of 1 kg per month), Sheera (3 packets of 500 gm each) and Upma (2 packets of 500 gm each) are provided to pregnant women, nursing mothers and adolescent girls. Approximately, 7.31 lakhs pregnant and lactating mothers and 10.65 lakhs adolescent girls received THR in 2012.

III. Nutri-Candy: Nutri-Candy enriched with micronutrients and vitamins (Iron-7mg, Vitamin A – 300 IU, Ascorbic Acid- 10mg, Folic Acid -15 mcg) is given to children in the age group of 3 to 6 years in addition to regular food supplement in Anganwadis. Nutri-candy has a weight of 3 grams and is processed by a manufacturing unit and procured and supplied through Gujarat State Civil Supply Corporation.

IV. Breakfast by SHGs :Hot cooked breakfast is provided through 49,456 Matru Mandals and Sakhi Mandals catering to13.13 lakhs children in the age group of 3-6 years. Matru Mandals and Sakhi Mandals are involved in the Supplementary Nutrition Program to Promote community participation and in maintaining the quality of food. Currently, 17.96 Lakhs beneficiaries (Pregnant Women, lactating mothers and adolescent girls) from 52137Anganwadi centers are being covered through these Mandals. They prepare the supplementary food and provide to the beneficiaries at the Anganwadi centres six days a week at Anganwadis.

V. Sukhadi (THR): Approximately 17.96 Lakhs pregnant women, lactating mothers and adolescent girls are provided freshly prepared 'Sukhadi" (desi sweet prepared from Wheat flour, oil and jaggery) through has Take Home Ration through Matru Mandal and Sakhi Mandal.

VI. Doodh Sanjeevani Yojana :The State has also initiated 'Doodh Sanjeevani Yojana' in selected 10 Blocks of 6 Tribal districts, wherein, 100 ml fortified, flavored, double pasteurized milk is provided to children 3-6 years twice a week. During 2010-11, around 1.77 lakhs children were benefited from this scheme from 784 Anganwadi centers while in the year 2011-12, around 44,557 children were benefitted from this scheme from 1519 Anganwadi centers and in the year 2012-13 around 39,731 children were benefited from this scheme from 2681Anganwadi centers. This initiative is being implemented with the help of local Dairies various.

VII. Fruit through Matru Mandal: Additionally the State Government is also providing fruits (seasonal) to 13.13 Lakh children in the age group of 3-6 years, twice a week (Monday and Thursday) at the Anganwadi centers. A provision of Rs. 10/- per month per child is made under State budget.

5. Organizational Structure at ICDS

Fig : 1 Organization structure of ICDS mission

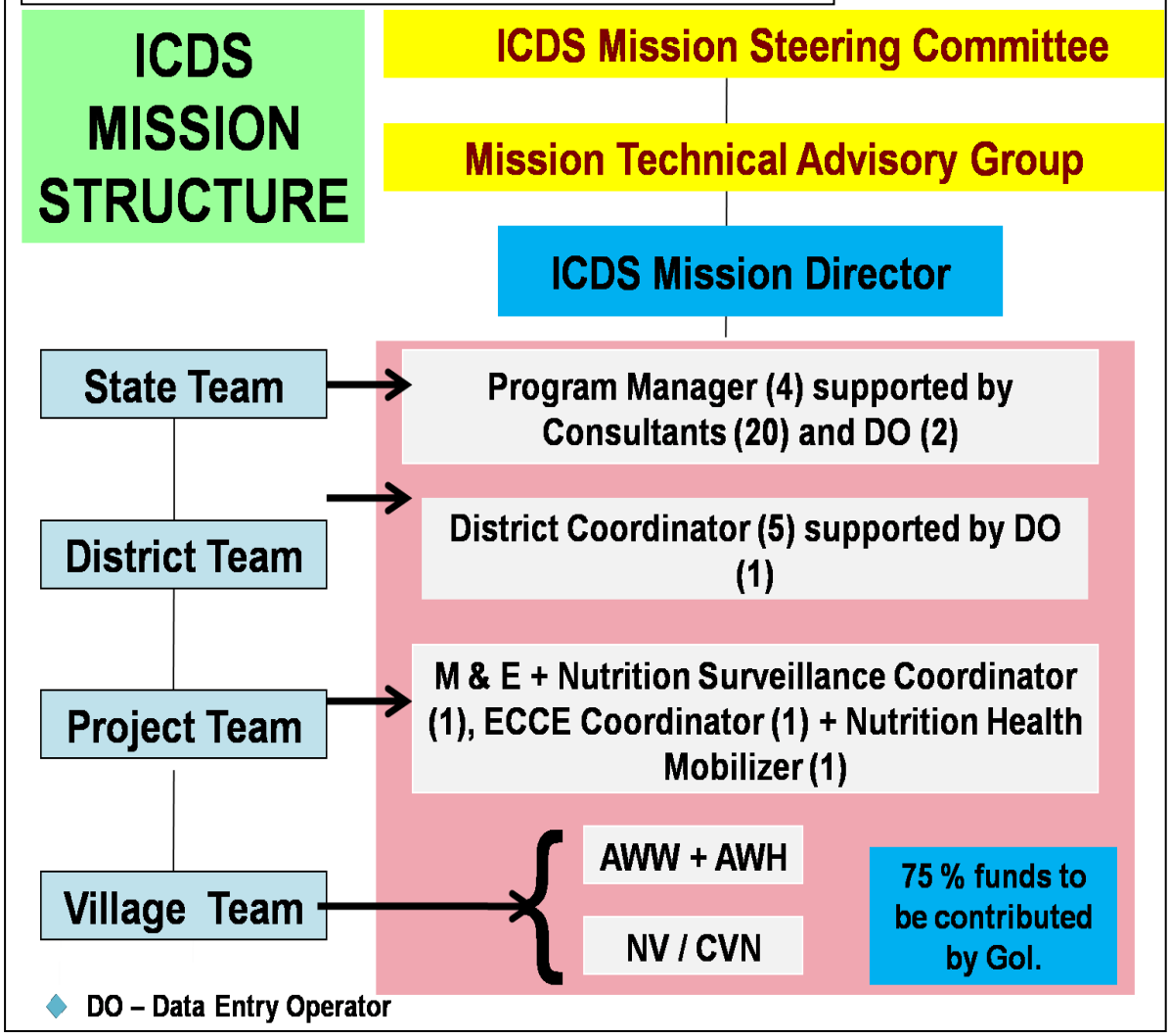


Fig:2 State ICDS Team (Organogram)

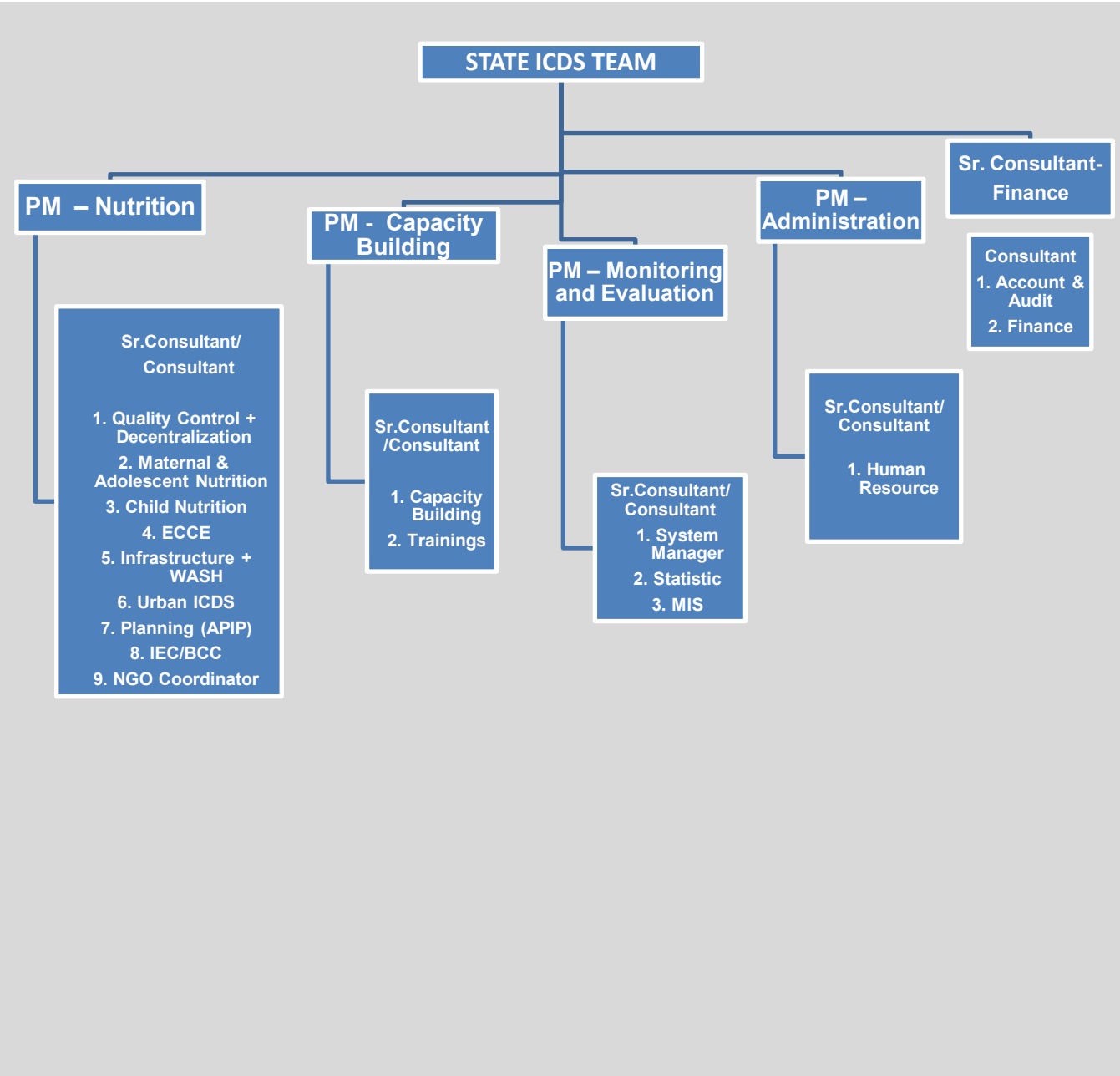


Fig:3 Organ gram at District Level

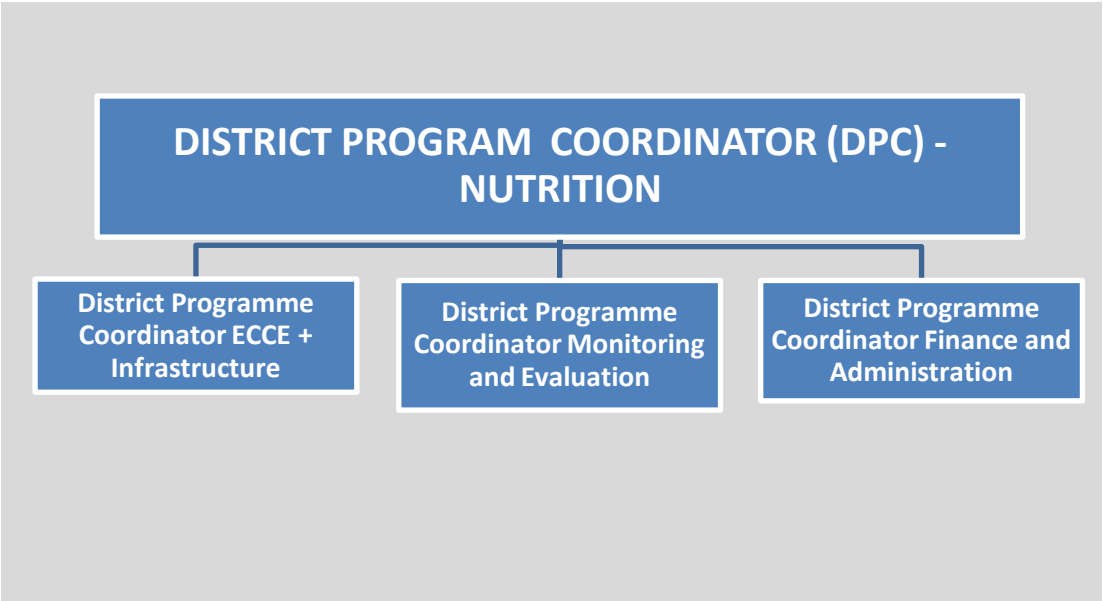
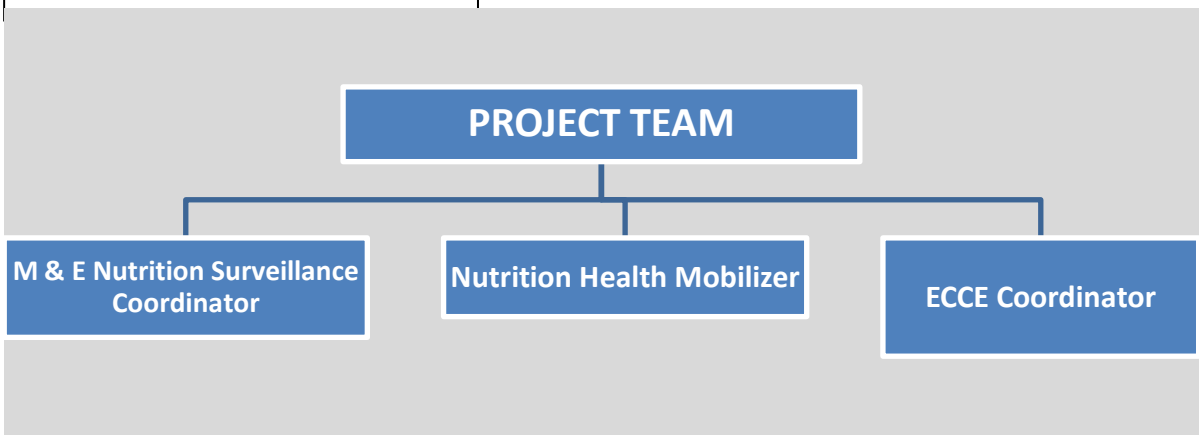


Fig 4: Project Team at Block Level



6. Profile of District Surat from ICDS point of view

Surat is a district in the state of Gujarat India with Surat city as the administrative headquarters of this district. It is surrounded by Bharuch, Narmada (North), Navsari (South) districts and east Tapi district To the west is the Gulf of Cambay. It is the second-most advanced district in Gujarat. It had a population of 60,79,231 of which 79.68% were urban as of 2011. On 2 October 2007 Surat district was parted into two by forming of Tapi district under the Surat district re-organisation act 2007.

Table 4: Socioeconomic and demographic indicators of the district as per 2011 Census

Description	2011	2001
Actual Population	**6,081,322**	**4,275,540**
Male	3,402,224	2,362,072
Female	2,679,098	1,913,468
Population Growth	**42.24%**	**54.30%**
Area Sq. Km	4,549	4,549
Density/km2	**1,337**	**968**
Proportion to Gujarat Population	10.06%	8.44%
Sex Ratio (Per 1000)	**787**	**810**
Child Sex Ratio (0-6 Age)	835	859
Average Literacy	**85.53**	**77.62**
Male Literacy	89.56	83.83
Female Literacy	80.37	69.87
Total Child Population (0-6 Age)	**736,286**	**600,664**
Male Population (0-6 Age)	401,315	323,158
Female Population (0-6 Age)	334,971	277,506
Literates	**4,571,410**	**2,852,340**
Male Literates	2,687,468	1,709,305
Female Literates	1,883,942	1,143,035
Child Proportion (0-6 Age)	**12.11%**	**14.05%**
Boys Proportion (0-6 Age)	11.80%	13.68%
Girls Proportion (0-6 Age)	12.50%	14.50%

7. Efforts done by DPC to Strengthen the ICDS schemes in Surat District

- Interviews and Appointment of Block coordinators at Block level.
- Organizing block coordinators training to train them about their roles and responsibilities.
- Organizing ATVT Shivirs (Apni Taluka, Vibrant Taluka) in groups of 3 talukas in which Anganwadi workers and helpers were trained regarding the new schemes in ICDS.
- Monthly meetings with CDPO's and Block coordinators.
- Surprise visits to AWCs for checking all the schemes implementation.
- Got Involved in State level celebration of "Mata Yashoda Award fuction" in Vyara, Tapi-Dist.
- Training of supervision regarding the rules of filling the data in new MPR and Registers.
- Coordination with DRDA dept of Surat regarding the opening of Take Home Ration plant.
- Supporting the Programme officer in daily works and data compilation for the state level.
- Coordinating the MIS online data entry with the Block coordinators for the pilot project of ICDS in state of Gujarat.
- Introduction and training of workers, supervisors and CDPO's regarding the use and function of machine for easy implementation with help of block coordinators team.