

“A study on I.C.D.S. scheme under provides Ready to cook food. Take home rations (THR) food packet use, awareness in beneficiary Gujarat state in Amreli district”.

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Abstract:

The purpose of this study is “Stay successfully, fight against malnutrition” because Healthy and well nourished mother and child are precursor to the healthy nation, keeping the motto of national nutrition mission “sahi Poshan desh roshan” at the center the department of I.C.D.S. The purpose of this explore and study the ready to cook food .T.H.R (Take home ration) and awareness beneficiary in distribute under I.C.D.S. scheme in anganwadi center

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“Malnutrition is a curse; remove malnutrition “Worldwide, 5.6 million children die before fifth birthday each year, with 180% of these occurring in sub-Saharan Africa and Asia. Almost half of

these deaths occur in children with malnutrition[1] Anganwadi service scheme aim to improve the nutrition and health status of pregnant women, lactating women, 15 to 18 year adolescent girl, and 6 month to 3 year child, reduce the incidence of mortality, morbidity and malnutrition, under weight, stunting, and wasting.

Key words: Ready to cook food packet, T.H.R, [take-home ration] mortality, morbidity, malnutrition, under weight, stunting, and wasting

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I. Introduction:-

Niti Ayog and the UN World food programmed have collaborated in bringing out good practices related to THR prevalence across of states. There has been a lot of innovation in the field of THR in terms of production, distribution, quality control, monitoring, and use of Technology. Such good Practices will be definitely help other states to further strengthen the effectiveness of their THR programmers.

THR aims to fill in the nutrition gap among infants and young children by way of complementary feeding. Under supplementary nutrition program Icds schema provide nutrition rich ready to cook

Food packets given to beneficiaries in take home ration (T.H.R.) supplementary nutrition. To meet 1/3 rd of their daily requirem

Table No.1)

Beneficiaries	Calories	protein(g)
• Children (6 months to 72 months)	• 500	• 12-15
• Severely malnourished Children (6 months to 72 months)	• 700	• 20-25
• Pregnant Women and lactating mothers	• 600	• 18-20

ICDS schema provide ready to cook food packet take home ration supplementary nutrition. Ready to cook food ration packet's supplied by Gujarat cooperative milk marketing federation and respective dairy unions.

Table No: -

Beneficiaries	Packets/par month	Packets name
• Normal Children (6 months to 72 months)	• 7 (500 Gram)	• Balshakti
• Severely malnourished Children (6 months to 72 months)	• 10 (500 Gram)	• Balshakti
• Severely malnourished Children (3 years to 6 years)	• 4 (500 Gram)	• Balshakti
• Pregnant Women and lactating mothers	• 4 (1kg)	• Matrushakti

Objectives of ICDS scheme

- To improve the nutritional and health status of children the age group 0-6 years;
- Today the foundation for proper psychological, physical and social development of the child;
- To reduce the incidence of mortality, morbidity, malnutrition and school dropout;
- To achieve effective co-ordination of policy and implementation amongst the various departments to promote child development; and
- To enhance the capability of the mother to look after the normal health and nutritional needs of the child through proper nutrition and health education.

Poshan sudha yojana: -

This scheme has been initiated by the government of Gujarat on pilot basis in 10 backward blocks of Dahod, Narmada, Chhota Udaipur, Manisagar and, Val sad poshansudha yojana (spot feeding program) in this problem Pregnant and lactating women are provided one time full meal and I.F.A and calcium tablet

Purna yojana:-

(Adolescent girl between the age group of 15-18) Supplementary nutrition through (THR) take home rations ready to cook food packets purna shakti packet life skill training monitoring of health as well as vocational training

Poshan Divas:-

4th Tuesday mangal divas celebrate in purna divas this day adolescent girls provide a ready to cook food packets take home ration (THR) distribute four packet and with activities make a west in to best Mahanadi completion, vangi recipe completion, rangoli completion, sport activity i.e. ceram purna kit introduces knowledge ?

Suposhan Divas envisaged as a platform to council pregnant women and lactating women on appropriate health and nutrition's behavior and healthy practices suposhan divas activities celebrate in a pregnant women godbharai rasam in first pregnancy provide healthy daits, fruits mix pluses charts chikki provided iron folic acid tablets audio video clips in breast feeding complimentary food kangaroo mother care in future requirement money and vehicle pre planning

Satva double fortified salt:-

Satva double fortified salt provided at Anganwadi center for use during preparation of hot cooked mil and DFS is given to pregnant and lactating mother and adolescent girls one KG per month take home rations.

This study will give insights about the level of awareness, many hidden factors in influence the beneficiary to go for use and awareness on their accumulated knowledge.

Aim of study

- A. To check whether the beneficiary has the knowledge of the scheme benefits provided by the government.
- B. To check whether the beneficiary can take full advantage of the government scheme
- C. To know the how many beneficiary use daily according to the garment guide line.

- D. To know the health benefits of the product before and after the use of the product in the beneficiaries.
- E. To know what recipes’ the beneficiaries make from this products.
- F. To check the awareness among the beneficiaries from the celebration of mangal divas.
- G. Respect life, cut on malnutrition.

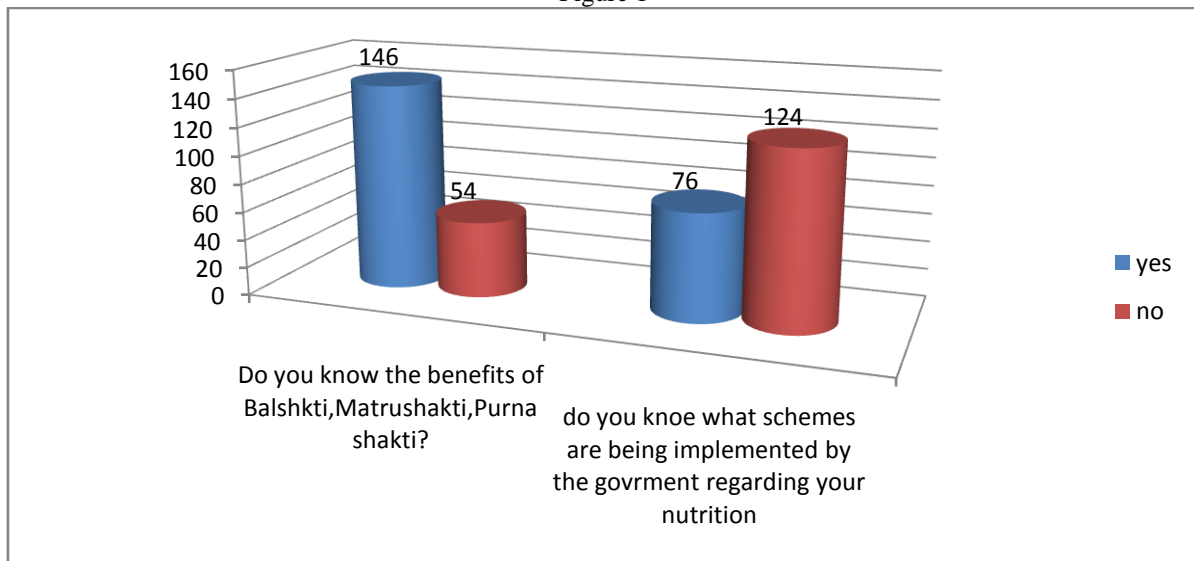
Design/Methodology/Approach

This study is totally a survey based model. The beneficiary are In the pregnant women, lactating women, and 6 month to 3 year chide mother and 15 -18 years adolasnt girls are given questionnaire to get feedback and some the interviewed personally. Based on their input the analyses are done result arrived. The literature reviews are done based on the secondary information’s available in the well known articles from good publishers and internet sources.

An empirical investigation has been done to study the implications of Ready to cook food packet (take home ration) provide by ICDS this study purpose are cheek the knowledge how to use and awareness this packet. The dates are collected by questionnaire and interview places are visited, in Gujarat Amreli district. The sample size is 200 nos.

II. Conclusion:-

Figure 1



When the question came to the target group, do you know about the benefits of Balshakti, Matrushakti and Purnashakti 0Then 73% of them answered yes and 27% did not know about its benefits.

Figure -2

When he was question and tried to know under which scheme of the government you get nutrition 36% people knew, when. 64%people were unaware of it. They did not know the name of the scheme but knew that these items were available from the anganwadi.

When trying to find out how much of this packet to use in a day while searching? So 36% know the dosage to use it while 64% people do not know the dosage to take it. When asking you know the nutrients in this packet only 36% knew about its nutrients while 64% people were unaware.

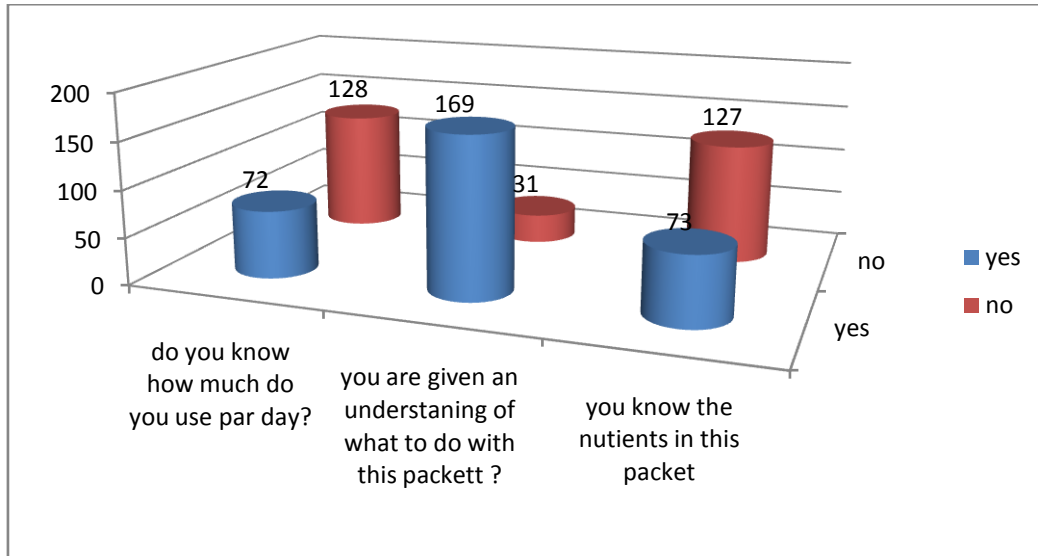
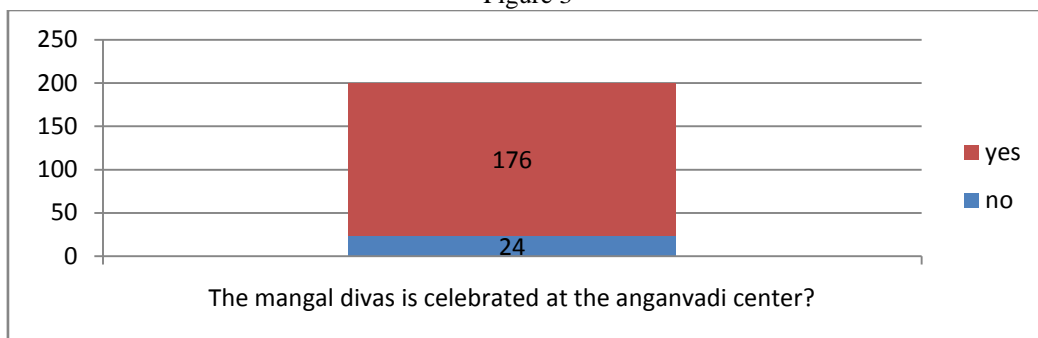


Figure 3



When trying to find out the Mangal divas is celebrated at the anganvadi center? So 88% beneficiary, knew and only 12% beneficiary unaware of it. What kind of dishes is made from Balshakti, Matrushakti, and purnashakti? It was found that through its use supplementary nutrition can be provided by using it in shiro, sukhdhi, upma, cake, dhokla, muthiya, thepla and every dish.

III. Summary:-

Beneficiaries are aware of the benefits and advantages of Balshakti, Matrushakti and Purnashakti. But its daily consumption is not as per the government guidelines when all the household members take it while preparing the dish; It is not used every day.

The weight gain of six to three year old children can be seen with the use of this packet. And weight gain for pregnant mother, decreases in anemia rate, and increase in milk for pregnant mother and improvement in nutritional level of lactating children. Malnutrition rates decrease in adolescents. And about the benefits of this packet, the dishes made from it etc. and about the prevention of malnutrition, maternal mortality, child mortality, and what is the role of T.H.R. In the development of a healthy adolescent and child, He used to give a very good understanding to the mother of a three-year-old child. Ready to cook food T.H.R. is instrumental in building by video charts, vangi dish demonstration, Dish book baiseq program plays an important part.

Review of literature:-

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