



INTEGRATED
CHILD
DEVELOPMENT
SERVICES



a pocketbook guide

PROJECT TEAM

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S O C I A L

D E S I G N

C O L L A B

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01 INTRODUCTION

This pocket guide-book has been designed to disseminate key information about the Integrated Child Development Services (ICDS) Scheme and the Anganwadi Centre that acts as the focal point for the implementation of ICDS.

The information given in the book can be used by anyone looking to understand the structure of the ICDS scheme and the challenges faced by various stakeholders involved. It provides insights into possible solutions that can be used for better implementation of the scheme and successful dissemination of the key services that fall under its umbrella.

Who can use this pocket book?



Policy Makers



Designers &
Architects



Students



Activists &
NGOs

02 WHAT IS ICDS?

I

Integrated



ABOUT

The Integrated Child Development Services scheme was **launched in 1975** and comes under the purview of the *Ministry of Women and Child Development*.

C

Child

D

Development








KEY AIM

The purpose of ICDS is to improve the health, nutrition and development of children and women.

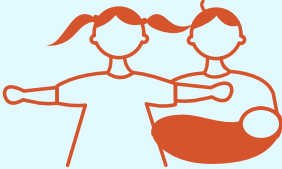
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Services

Objectives of ICDS

-  1 Improve nutritional & health status of children (0-6 years)
-  2 Promote child development through effective coordination between various departments
-  3 Encourage proper psychological, physical & social development of child
-  4 Enhance the capability of the mother to look after the health & nutritional needs of the child
-  5 Reduce the rate of death, disease, malnutrition & student dropout

Beneficiaries



Children
(0-6 YEARS)



Pregnant women



Lactating mothers



Women
(15-45 YEARS)

Key Services

**Pre-primary
education**



**Nutrition +
Health education**

**Supplementary
Nutrition**



Immunization

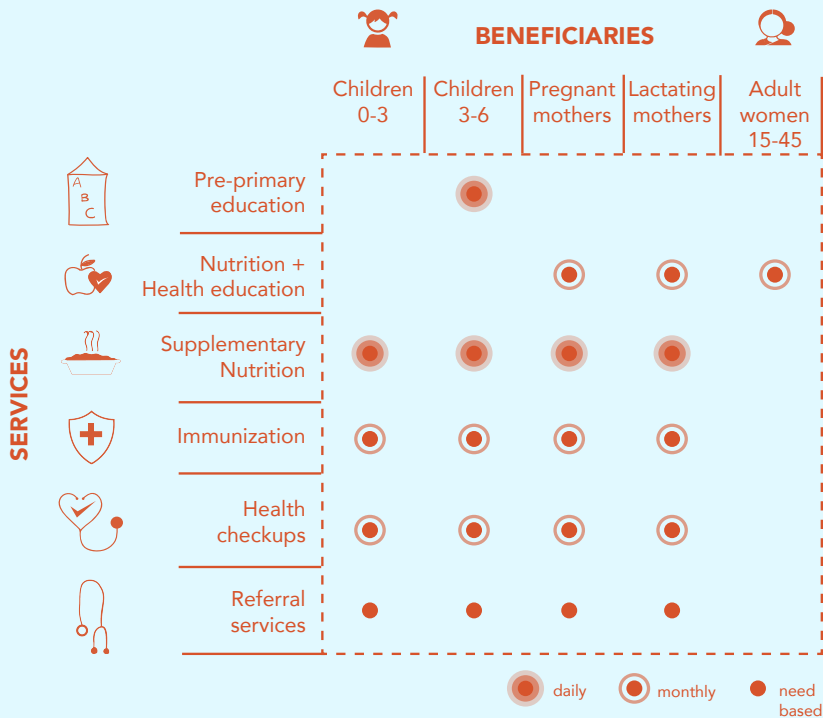


**Referral
services**

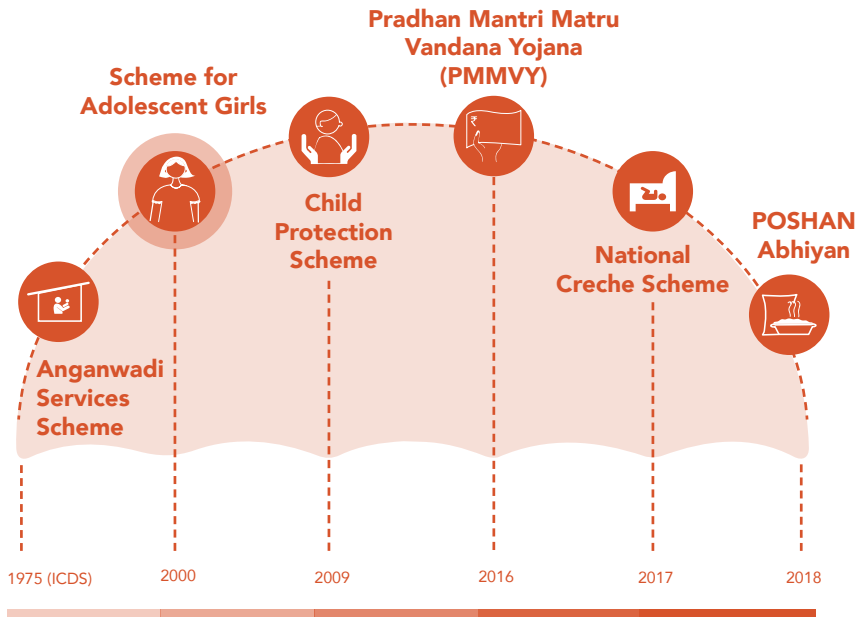
**Health
checkups**



Frequency of Services



Umbrella ICDS

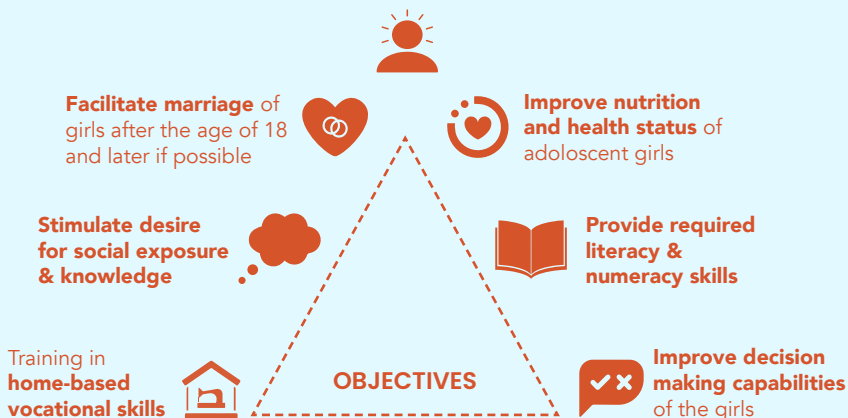


Timeline of schemes launch

Scheme for Adolescent Girls

Kishori Shakti Yojana was launched with ICDS to empower adolescent girls and enable them take charge of their own lives. The scheme runs closely with the Anganwadi Services Scheme through the same centre.

Promote awareness on health, nutrition, family welfare, home management, etc



03 THE ANGANWADI CENTRE

Anganwadi or **“courtyard shelter”** is a type of child care centre in India that acts as the focal point for the implementation of all health, nutrition and early learning initiatives under ICDS. There are 13.77 lakh Anganwadi Centres (AWCs) functioning across the country as of 2019.



Base Standards

1



MINIMUM
POPULATION
**400 people or 40
children**

2



BENEFICIARIES
**Children: 0-6 years
Women: 15-45 years**

3



SUPPLEMENTARY
NUTRITION
300 days a year

SPATIAL STANDARDS

4



SPACE
600 SQFT

7



SEPARATE
KITCHEN
**For preparing
food**

5



BUILDING
MATERIALS
**Local &
Ecofriendly**

8



SEPARATE SPACES
**For women &
children**

6



CHILD FRIENDLY
Toilets

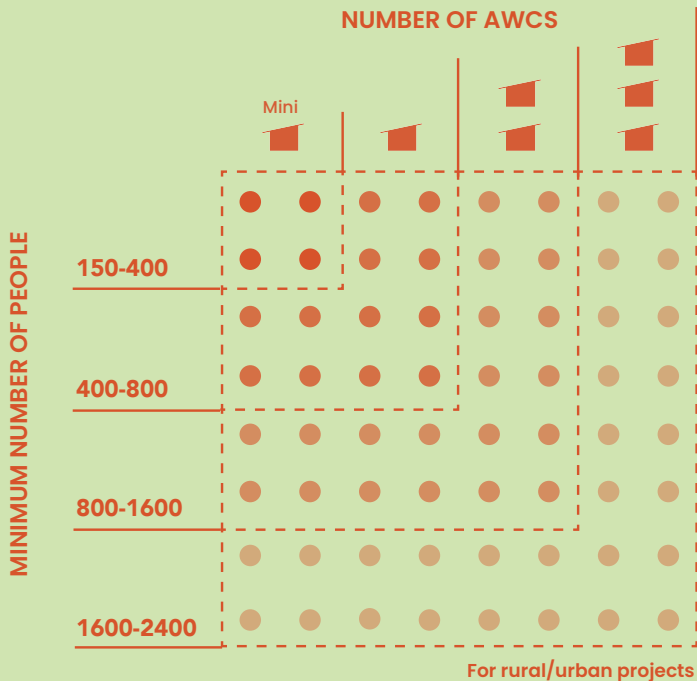
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ADEQUATE SPACE
Indoor+Outdoor

Population Norms

An anganwadi centre is established for every minimum number of people.



Supplementary Nutrition

The scheme offers food for a minimum of 300 days of year to all the beneficiaries in different forms. On the basis of calories and protein requirements, beneficiaries receive different portions.



Take Home Ration



Children
0-3



Pregnant
mother



Lactating
mother

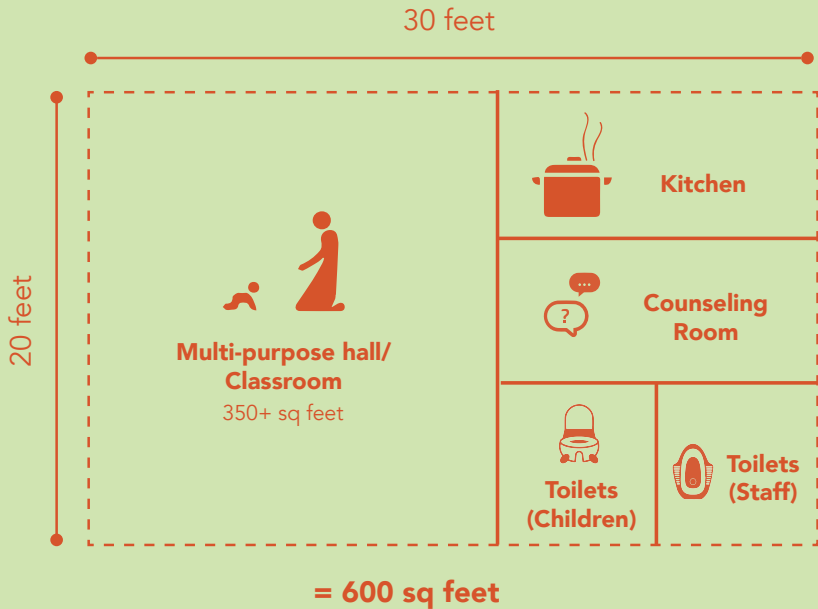


Morning snack and
hot cooked meal



Children
3-6

Space Breakup



Key Stakeholders

ADMINISTRATION

Supervisor



FIELD WORK

Anganwadi Helper



Child Development Project Officer



Anganwadi worker



Auxiliary Nurse Midwife



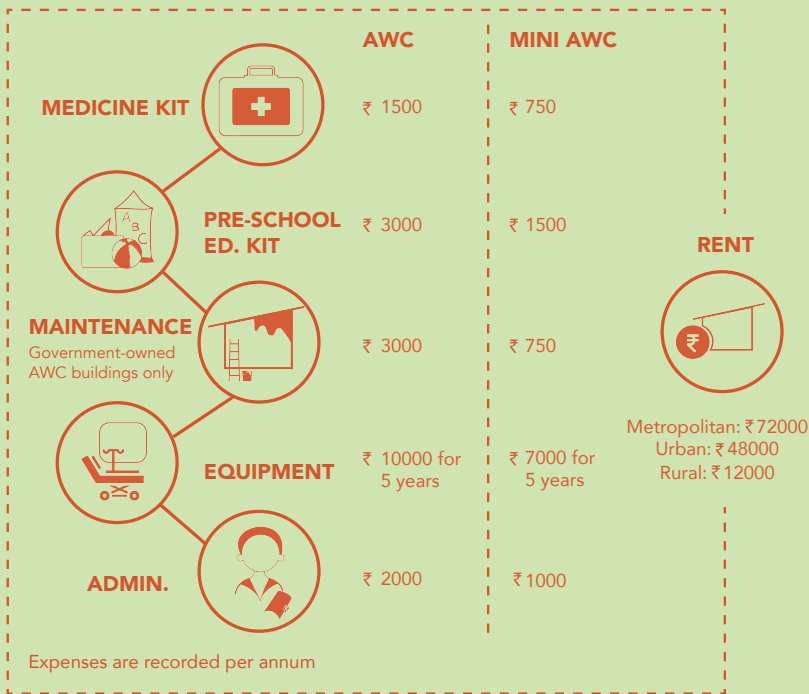
District Development Officer



Accredited Social Health Activist

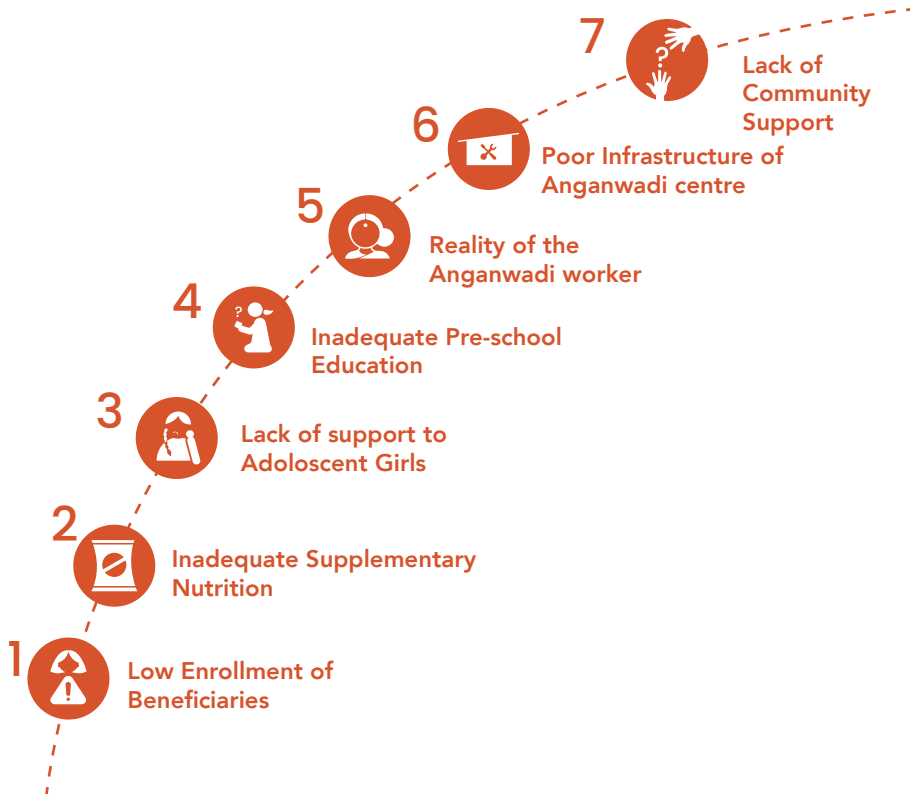


Expenses

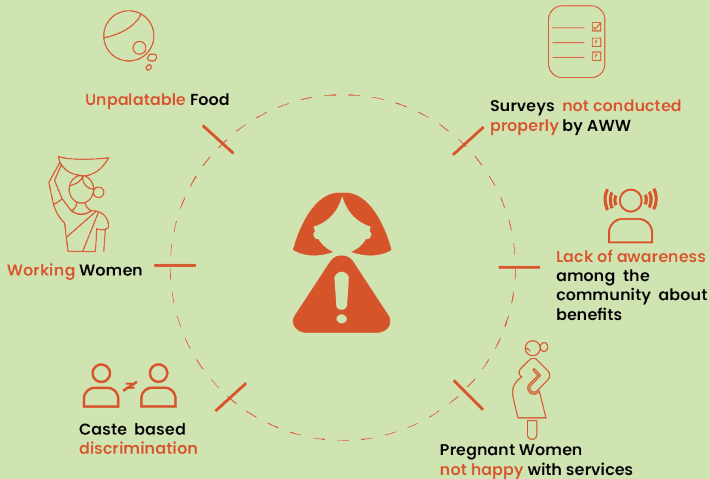


Source: Ministry of Women and Child Development, 2020

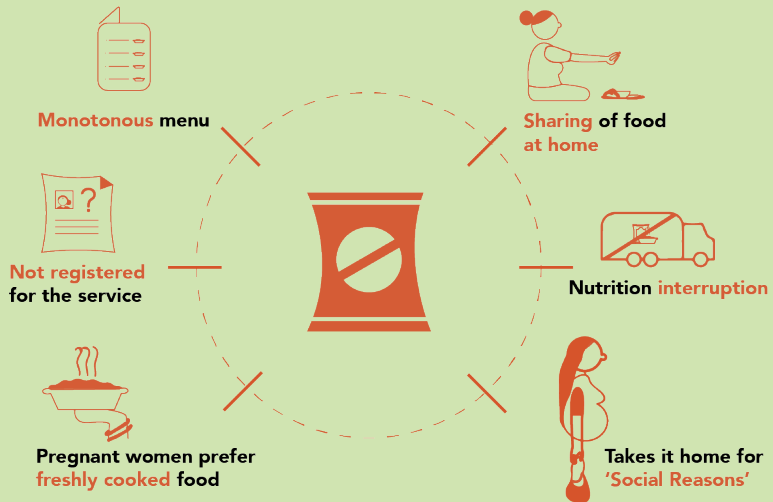
Problems faced on ground



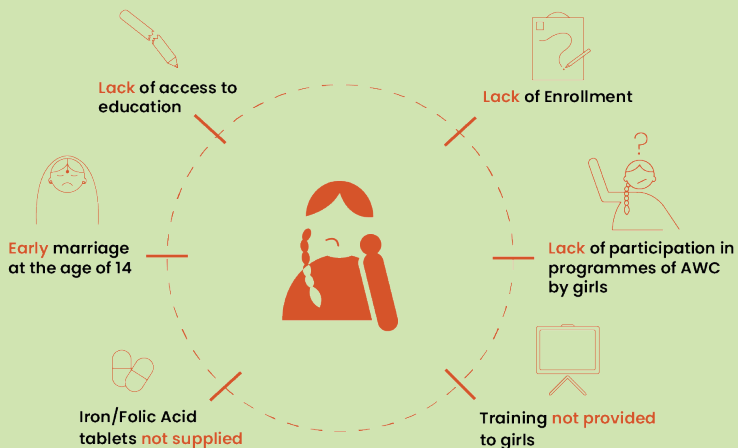
Low Enrollment of Beneficiaries



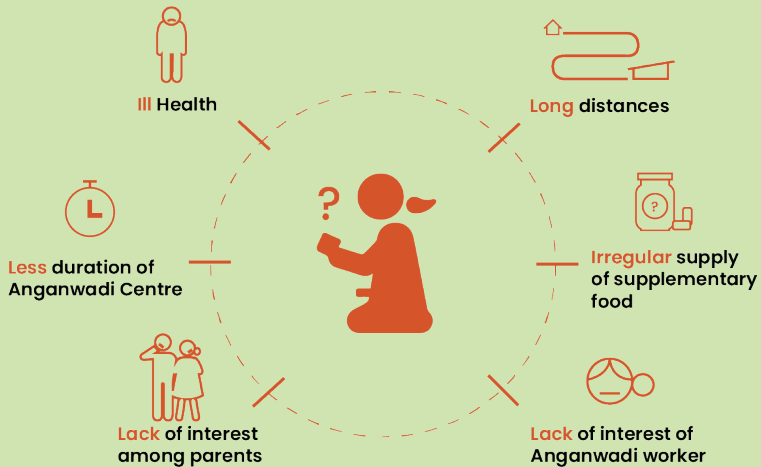
Inadequate Supplementary Nutrition



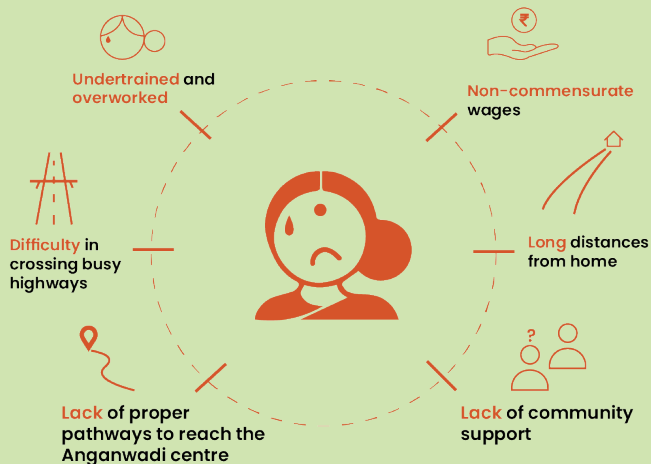
Lack of Support to Adolescent Girls



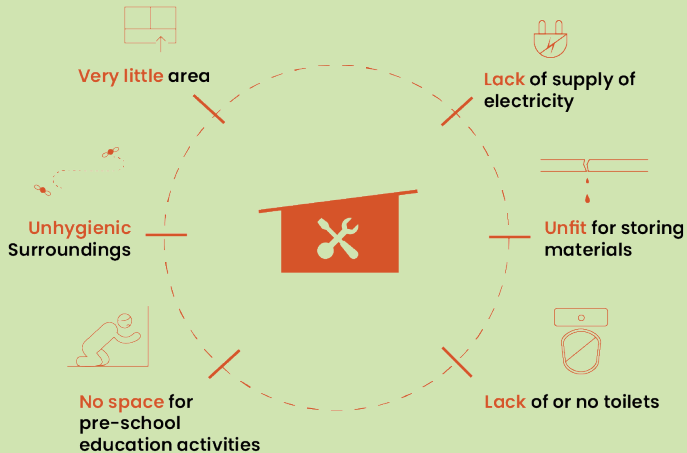
Inadequate Pre-school Education



Reality of the Anganwadi Worker



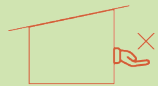
Poor Infrastructure of the Anganwadi Centre



Lack of Community Support



**Lack of awareness
about benefits from
Pre-school education**



**Services not
worthwhile**

04 POLICY RECOMMENDATIONS

Below are a few policy recommendations to promote holistic development of the beneficiaries

1.



CRECHES

Conversion of AWC into creches retaining all AWC services.

2.



FRESH FOOD

Food should be freshly prepared with locally sourced ingredients

4.



FAIR WAGES

Providing fair wages to AWC workers will promote more people to take up roles

3.



EVOLVED EDUCATION MATERIAL

Access to a play-based, activity-based, and discovery-based education

5.



ADOLESCENT GIRLS AS LOCAL LEADERS

Should be trained in the AWTC. Further they can train their peers in these ingredients of empowerment

6.



REGULAR COMMUNITY MEETINGS

Community participation is vital. Regular meetings are instrumental to voice out day to day concerns.

05 DESIGN STRATEGIES

This section lists design strategies that could help improve the learning environment of anganwadis, based on the needs of children as identified by Early Childhood Care and Education (ECCE) and illustrated below.

Gross: Walking,
Running, Jumping
Fine: Craftwork,
Painting, Sorting



A. MOTOR Gross & Fine

B. COGNITIVE



Concept of colour, shape,
space, time and pre-math

Using plurals,
story-telling, talking
about past and future



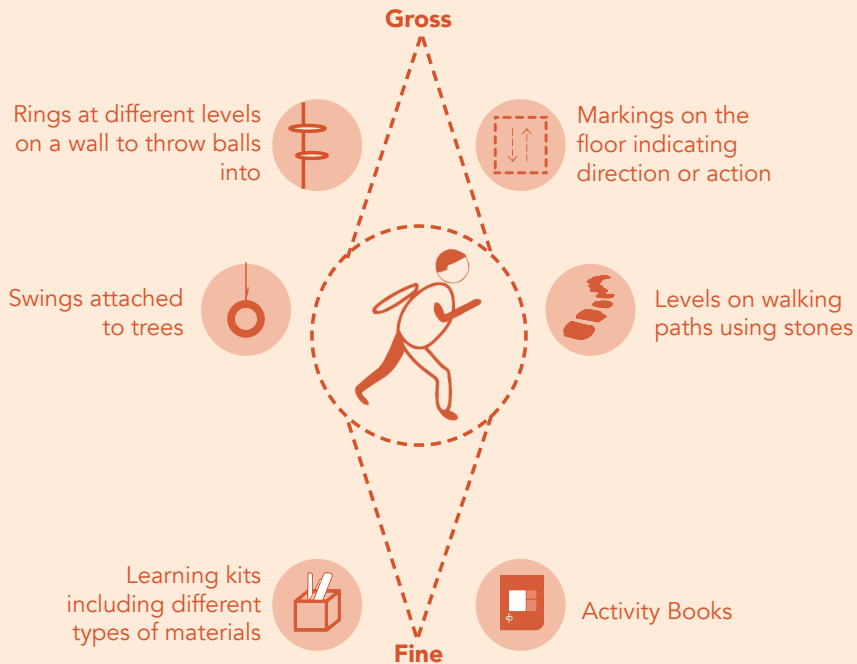
C. LANGUAGE

D. SOCIAL & EMOTIONAL



Group based engagement,
Cultural celebration

A. MOTOR SKILLS



B. COGNITIVE SKILLS



Play wall : Teaching using
tactility and sound



Objects of different heat
conductivity hung through
touch and feel



Colourful Furniture

Magnetic block
letters to build
words



C. LANGUAGE SKILLS

D. SOCIAL & EMOTIONAL SKILLS

Group based
personal
discussions



Personal tasks to
be carried
independently



Celebrating days of
cultural importance



Group activities:
Role play, Drama, Dance

06 WAY FORWARD

The guide book is a first step in making key information on Anganwadis easily accessible to those working to improve the access and quality of anganwadi services. We believe that improving the spatial design of anganwadi centres can greatly help improve the quality of services. Therefore, our next publication is planned as a compilation of case studies and design strategies to enhance the learning environment of anganwadi centres across India.

For more information, write to us at [**socialdesigncollaborative@gmail.com**](mailto:socialdesigncollaborative@gmail.com)

07 SOURCES

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