

Awareness among Anganwadi Workers and the Prospect of Child Health and Nutrition: A Study in Integrated Child Development Services (ICDS) Jammu, Jammu and Kashmir, India**Shashi Manhas and Annpurna Dogra*****P. G. Department of Home Science, University of Jammu, Jammu, Jammu and Kashmir, India*****KEYWORDS** Anganwadi Worker. ICDS. Awareness. Children. Growth Chart. Purmandal

ABSTRACT The Integrated Child Development Services (ICDS), the nationwide programme of the Government of India offers the most important interventions for addressing the nutrition and health problems and promoting early childhood education among the disadvantaged population of the country. The present study was undertaken with the objective of assessing the awareness among anganwadi workers regarding the health and nutrition services for children (0-6yrs) in ICDS. The sample of the present study was taken from Purmandal block of Jammu. The tools used for study was self devised interview schedule. In the nutrition aspect, the present study revealed that 55 % of anganwadi worker were actually aware of nutritional services provided at anganwadi centres and were able to explain it if asked but none of them was familiar with the energy and protein requirement of the targeted age group and were unaware of the fact as to how many caloric food they are providing to children. In the health perspective it was revealed that 30% of anganwadi workers, who were assessing the nutritional status of child in anganwadi, were not aware of the method applied for assessment. It was found that although anganwadi workers were maintaining monthly weight registers and growth charts records but majority (65%) of them were not aware of the importance of growth chart. The study shows that in spite of the all training of anganwadi workers, their performance as well as awareness in terms of nutrition and health perspective was not satisfactory and hence an utmost need of frequent training as well as on spot training programme was strongly felt.