

Abstract

ICDS schemes for adolescent girls- A case study on the effectiveness of ICDS schemes for adolescent girls with reference to Kodassery Panchayath

An Abstract of the Thesis by

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Integrated Child Development Scheme is a childhood development programme which focuses at addressing malnutrition, health and development needs of young children, pregnant and nursing mothers. ICDS programme in India is considered as one of the world's largest welfare programmes. Kerala has made important achievements not only in numerical transition but also in empirical and health care transition. Adolescent girls are facing a lot of health problems like anaemia, underweight and malnutrition etc. Nutritional balanced diet is important during this period. There are a lot of psychological as well as physical changes occur during the adolescent growing period. This is the actual time period, where adolescence should be informed about and should be aware of health, nutrition, lifestyle related behaviour and adolescent reproductive and sexual health.

The ministry of Women and Child Development of the state has put down certain guidelines for the workers in Anganwadi. Anganwadi centres are the backbone of ICDS project. They are the ones who act as a mediator for counselling adolescent girls by arranging awareness programmes and adolescent clubs to discuss their social as well as mental health issues. They are the productive members of society in future. The importance of ICDS programme is getting larger and it covers all the aspects of child and women's need and there are fruitful programmes to encourage their capacities' and to acquire self-development. In this situation, a study is needed to understand the services beneficial under the ICDS scheme for adolescent girls and the problems they face. Also, to study the basic needs which they are not met with.