

ICDS Achievement Report

2010-2013



# Celebrating Childhood

Integrated Child Development Services

**MEGHALAYA**



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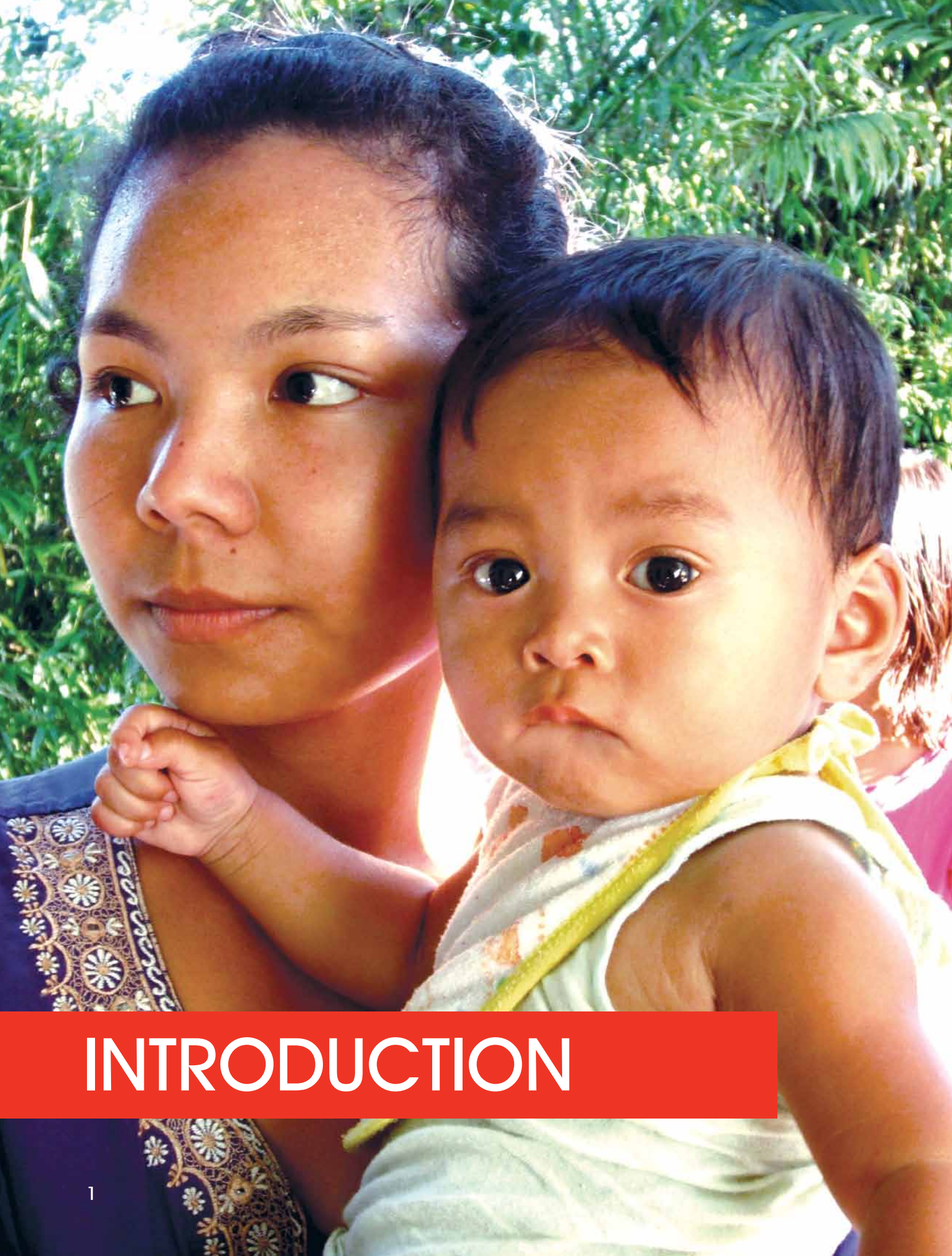




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# INTRODUCTION



Integrated Child Development Services (ICDS) is a centrally sponsored scheme whose primary mandate is the promotion of optimal nutritional, physical and social conditions for the development of healthy productive children. ICDS is a comprehensive programme designed to ensure the holistic development of children. It is one of the largest childcare programmes in the world and has been in operation for more than three decades.

This report is an initiative to capture the best practices and the resultant achievements on the implementation of the ICDS Scheme by the Social Welfare Department under the Government of Meghalaya. The report will highlight the extent to which the ICDS Scheme has been effective in addressing health and nutrition among children in the state of Meghalaya, as well as showcase the benefits it has helped provide to the adolescent girls and pregnant or nursing mothers.

The report also showcases the intrinsic value of community participation and how well the scheme fares when the community as a whole takes a viable interest in the development and care of its members by participating in the ICDS Program by way of donation of land and buildings, transporting food, constructing and repairing the centres etc.

The compilation of this achievement report bears witness to a unique and wonderful network of individuals, groups and departments that have come together with a lot of enthusiasm and the singular need to put the spotlight on the multitude of benefits of the ICDS Scheme.



*The ICDS runs on a vast and interconnected network of teams and members who are employed along with the unique service strategy of community participation, to ensure the smooth and successful running of the Anganwadi Centres.*

*In the past three decades, the comprehensive set of services offered through the ICDS has contributed tremendously to the welfare and development of children and mothers in Meghalaya.*





# ICDS SCHEME



The ICDS Scheme is a major channel for addressing child rights related to survival, protection, participation and development. The primary goal of ICDS is to break the inter-generational cycle of malnutrition, reduce morbidity and mortality caused by nutritional deficiencies by providing the following six services as a package through the network of Anganwadis:

1. **Supplementary nutrition (SNP)**
2. **Non-formal pre-school education (PSE)**
3. **Immunisation**
4. **Health check-up**
5. **Referral services**
6. **Nutrition and Health Education (NHE)**

## Objectives

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*ICDS provides a package of integrated services in a comprehensive and cost effective manner to meet the multi-dimensional and interrelated needs of children. ICDS beneficiaries receive health, nutrition and early childhood care and education related services. These ICDS services are expected to converge at the same time on the same set of beneficiaries i.e. group of children and their family to create an appreciable impact.*





# ICDS SERVICES



# ICDS Beneficiaries & Services



## Children less than 3 years

- \* Supplementary Nutrition
- \* Growth Monitoring
- \* Immunization
- \* Health Check-up
- \* Referral Services



## Children between 3-6 Years

- \* Non-formal Preschool Education
- \* Supplementary Nutrition
- \* Growth Monitoring
- \* Immunization
- \* Health Check-up
- \* Referral Services



## Expectant & Nursing Mothers

- \* Health Check-up
- \* Tetanus Toxoid Immunization to pregnant women
- \* Supplementary Nutrition
- \* Nutrition & Health Education



## Adolescent Girls 11-18 Years

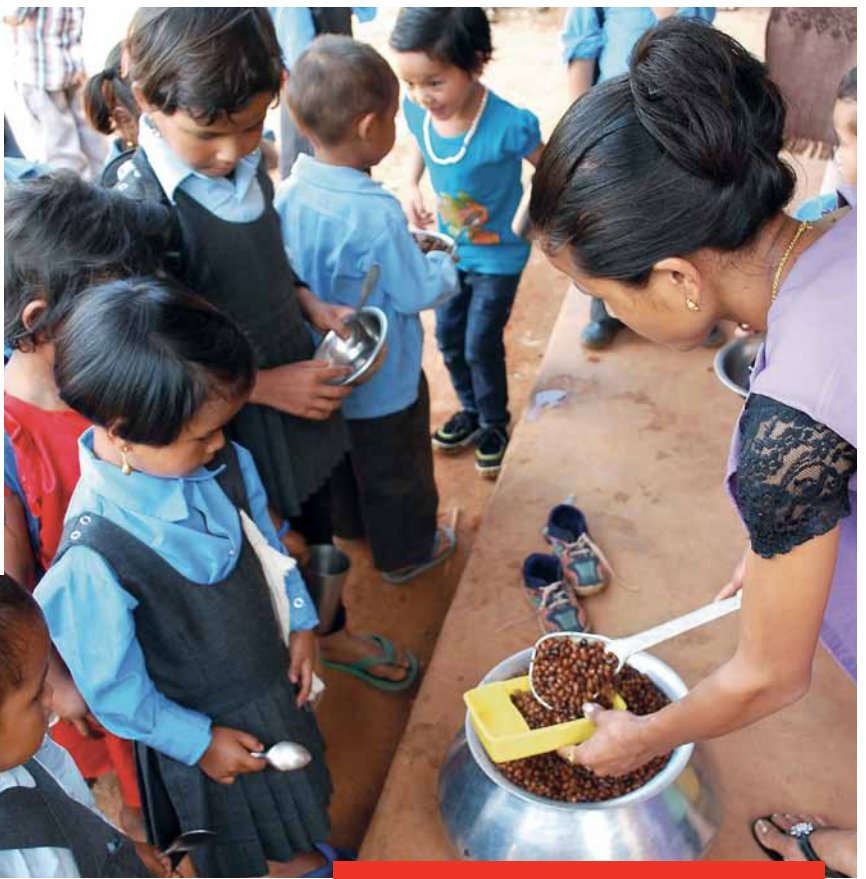
- \* Nutrition & Health Education
- \* IFA Supplementation & de-worming intervention
- \* Non-formal education
- \* Home-based skill training and vocational training
- \* Supplementary nutrition



# SUPPLEMENTARY NUTRITION









# NON-FORMAL PRE-SCHOOL EDUCATION







Age specific activities





# IMMUNISATION & HEALTH CHECK-UP







Regular Immunisation and Health Check-Up conducted for AWC beneficiaries





# NUTRITION & HEALTH EDUCATION







Nutrition and Health Education provided under ICDS Scheme to all AWC's







# TRAINING & AWARDS



Since the inception of the ICDS scheme, the Government of India has formulated a comprehensive training strategy for the ICDS functionaries. Training under ICDS scheme is a continuous program and is implemented through Anganwadi Training Centres (AWTC) and Middle Level Training Centres (MLTC).

The Training Centre has the responsibility of imparting cutting edge knowledge and education to the CDPOs /ACDPOs, building up capabilities of institutions engaged in training of ICDS functionaries; organizing training of trainers; designing, revising, standardizing and updating syllabi, preparation of training modules; and preparation, procurement and dissemination of training material.

In order to give recognition to AWWs and AWHs who have put in commendable services in the field of women and child development under the ICDS scheme, the State Government in the year 1986-87 introduced the District Level Incentive Award Scheme from the State Budget so as to encourage AWWs and AWHs to further improve and strengthen the programme.

The recipients of the District Awards are recommended for State and National awards every year to encourage as well compensate them for their endeavours and to help them keep their motivation strong in order to continue with their hard work and progress further.



*The most crucial element in the ICDS Scheme is the training and awards system.*

*The achievement of the scheme and its goals are to a large extent dependent upon the effectiveness of its frontline workers in improving service delivery under the program. Therefore it is necessary to impart to them a robust training platform and an incentive program that duly notes in appreciation of their efforts.*





# SUCCESS STORIES



Introduced over 3 decades ago, the ICDS scheme has been implemented by the Government of Meghalaya with its vast manifesto to improve and alleviate the conditions of women and children in her State.

The ICDS Scheme and its success rest to a very large extent on the extremely capable shoulders of the Anganwadi Worker. The chain of command is crucial starting from the top levels as it drills down to the officers in charge of planning and executing the scheme, where it finally is given substance and meaning by the Anganwadi Centre, her Worker and Helper as they march onwards making tremendous differences in the lives of their communities and in the quality of health and living of its people.

It is here at the Anganwadi Centre, that the true essence of the ICDS Scheme comes to life. In the course of a single day's work, the Anganwadi Centre is able to feed, educate, monitor health, impart guidance, resolve issues and provide mentoring in a wholesome environment where children, adolescent girls, expectant women and lactating mothers are all welcome.

### ***But does it make a difference?***

To measure the true rate of success of the ICDS Scheme, following are some of the untold but extremely deserving stories and real-life accounts of the women and children and the communities who came together and benefited in a most essential way, that of learning to live purposeful lives, healthier and happier.



*The ICDS Scheme faces many challenges, be it within the urban confines or reaching to the farthest flung rural communities, but steadfast in its pace the scheme has made some incredible and noteworthy changes.*

*The stories that follow bear witness to how successful has the ICDS Scheme been for the State of Meghalaya.*



Young children enrolled in the  
Ialong Mulang AWC, attending  
Pre-School Education



The Learning Aids help the  
children with their Pre-School  
Education





## SUCCESS STORY

### IALONG MULANG AWC

#### ICDS Project - Thadlaskein

District	: West Jaintia Hills
Village	: Ialong
Population	: 649
Children 0-3yrs	: 56
Children 3-6yrs	: 60
Pregnant Mothers	: 10
Nursing Mothers	: 14
Adolescent Girls	: 3
CDPO	: Jackie Synnah
LS	: R. D. Lyngdoh
AWW	: Jorina Pale
AWH	: Nika Pale



The Ialong Mulang Anganwadi Centre runs under the strict yet affectionate eye of her Worker, Jorina Pale. Her face creasing out into smiles as she addresses the children, while conducting the Pre-School Education, she teaches them through rhymes and songs how to dress for school, the proper way to eat their meals using the correct utensils and how to behave when they are in the AWC. Complete with actions and hand motions, the children enthusiastically follow her lead reciting the songs and poems.

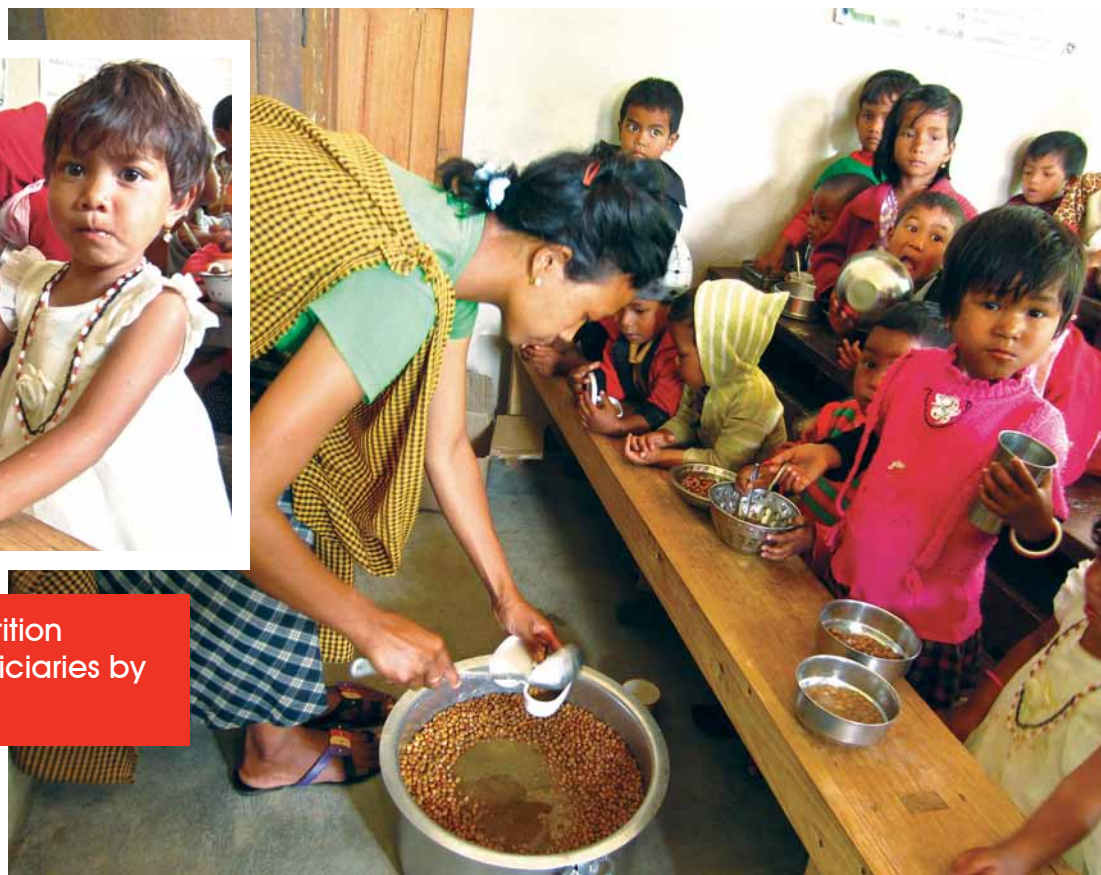
She is akin to a mother to the young beneficiaries enrolled in the AWC, her method of disciplining is neither harsh nor strict, and she uses a firm voice to tell the children how to quietly sit on the benches as they are being served the Supplementary Nutrition for that day. The children are remarkably well-behaved and they listen to Jorina and follow her instructions readily. Most of the young charges managed very well on their own using bowls and spoons to feed themselves.

The kitchen of the Ialong Mulan Anganwadi Centre is kept extremely neat and clean, the cooking area and the pantry were very tidy, with the food articles stored in plastic bins so as to keep them safe from moisture, mildew, rodents and other pests.

The Anganwadi Centre itself was very well decorated with charts, posters, paintings etc. on the walls. It is through the aid of these posters, Jorina and her Helper, Nika Pale, are able to impart valuable information to the women and children who visit the centre. For instance, the poster on the Importance of Vegetables shows in an easy to understand manner the importance of introducing vegetables in their meals, how to cook nutritious food and how to best grow and utilize the raw food source into their meals.

*Top Photo: Jackie Synnah (CDPO), Nika Pale (AWH)*





Supplementary Nutrition distributed to beneficiaries by Nika Pale (AWH)





The Ialong Mulang AWC with its young beneficiaries and the women who run the centre

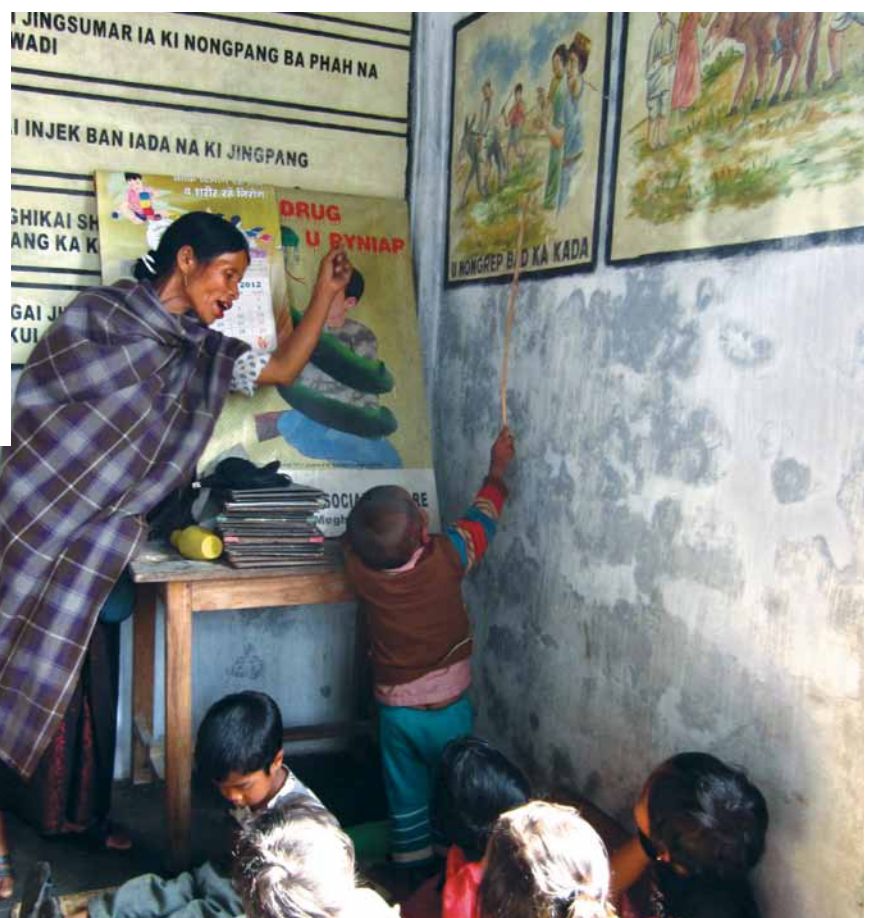


*From left to right: R. D. Lyngdoh (LS), Nika Pale (AWH), Jorina Pale (AWW), Jackie Synnah (CDPO)*

Due to these efforts, the rate of Severely Malnourished Children is nil, and all the children enrolled in the AWC are fully immunized. The mothers are taught the importance of Breast Feeding and why mother's milk is the best form of nutrition for their newborns. The women, both expectant and nursing mothers, are happy that they are enrolled in the AWC, where they have learnt the importance of daily essential things and this has helped them improve the lives of their families.

Earlier the Pre-School Education and other activities were conducted in the Community Hall, but once the community realized the importance of these activities, they contributed 1.45 lakhs to the Construction Fund and helped build their own Anganwadi Centre as well as donated benches to the centre to accommodate the children and their activities. Now they have a higher sense of ownership towards the centre, and help out with repairs when required.





Witawan Su  
child with h  
inset- trans



## SUCCESS STORY

### NONGBAH LUMCHOR AWC

#### ICDS Project - Thadlaskein

District	: West Jaintia Hills
Village	: Nongbah
Population	: 710
Children 0-3yrs	: 39
Children 3-6yrs	: 58
Pregnant Mothers	: 12
Nursing Mothers	: 10
Adolescent Girls	: 6
CDPO	: Jackie Synnah
LS	: R. D. Lyngdoh
AWW	: Witawan Sungoh
AWH	: Pialty Sungoh



Witawan Sungoh has been working on the project for 32 years, apart from being the Anganwadi Worker she is also the village “dai” and has helped deliver nearly all the children in the centre. Sitting amongst the mothers and children, she acknowledges that the women would not have the knowledge of child-bearing and would come to the AWC for help, in understanding the child birth process, how to take care of the child once born and most importantly why exclusive breast-feeding for 6 months is crucial for the newborns health.

The women of the community particularly feel blessed to have Witawan Sungoh and the AWC, as through them they have benefited greatly in health, education and social development. The children have all received immunization and the mothers especially benefit from the knowledge they get on care for their children, importance of Sanitation and boiling water and how to prepare nutritious food using locally available vegetables for their families. A secondary benefit they feel is that their children are all gathered at one place, where they collectively get to learn via the Play-Way Method as part of their Pre-School Education, and preparing children from 5-6 years for School Readiness. Apart from this the children have greatly benefited from the variety of meals prepared and served in the AWC under the Supplementary Nutrition Program.

Witawan Sungoh, as part of her many duties in the AWC, has been successful in organizing Immunization Day, Nutrition Day and Health Day, where the community as a whole participates. She gives health talks to the mothers on malaria, TB, Family Planning and to counsel the community on prevention and protection. She along with the AWH, Pialty Sungoh, pays Home Visits to the mothers, to ensure their good health. As a result all the





Nursing mothers and women of the Nongbah Lumchor AWC with AWW Witawan Sungoh



Community member expressing her views on the positive role of the AWC





The Nongbah Lumchor AWC with its beneficiaries and the women who run the centre

mothers and children of the community are fully immunized and presently the severely undernourished children are nil.

One of the many remarkable efforts that Witawan Sungoh has taken to ensure that the attendance is good at the AWC is translating the popular English stories into the local language in order to help the children understand and follow these stories better. Despite the fact that she is of low education, she has not let her lack of formal schooling hold her back from contributing to the AWC. The children recited the rhymes and songs wonderfully, complete with actions and expressions, narrated the stories painted on the walls and enjoyed playing with the Learning Aids. The AWW has given practical knowledge to the AWC children, as compared to the bookish schooling children otherwise receive.

The community participation is also extremely good in Nongbah Lumchor. They share good rapport with Witawan Sungoh and appreciate her dedication and self-less service to the AWC. She even uses her own utensils for cooking, since the AWC does not have enough utensils to prepare the variety of food items on the menu. And on days if some women and children are unable to visit the AWC, she manages to send food to their house. Bearing all her good efforts, the community has helped out by making a contribution of Rs. 43,000/- for repair work on the AWC as well as donated the kitchen.



Young children enrolled in the Mawlong AWC, attending Pre-School Education



The children are clean, healthy and always eager to visit the Mawlong AWC



## SUCCESS STORY

### MAWLONG AWC

#### ICDS Project - Amlarem

District	: West Jaintia Hills
Village	: Mawlong
Population	: 373
Children 0-3yrs	: 21
Children 3-6yrs	: 22
Pregnant Mothers	: 7
Nursing Mothers	: 3
Adolescent Girls	: 3
CDPO	: Ripaia Passah
LS	: E. V. Laloo
AWW	: Diangmon Lamat
AWH	: Thrina Lamat



The Mawlong Anganwadi Centre is one of the most progressive and CDPO Ripaia Passah feels it benefits largely due to its literate community members who have always been receptive to adapt the good habits and ideas.

The Anganwadi Worker, Diangmon Lamat, has spent a lot of effort in making the AWC look lively by decorating the walls with handmade posters and charts, these along with the use of Pre-School Learning Aids and via the Play-Way Method have proven to be very effective in attracting the children to the AWC. They are keen to learn as they enjoy the Pre-School Activities, attendance is always good in this regard. The Mawlong AWC also conducts regular games and sports functions during the celebration of Republic Day, Independence Day, and Children's Day etc. where the children and the community both participate enthusiastically.

The Headman of the village, Waster Jungai, although has only been appointed since the past year, but he has observed that regular Pre-School and Supplementary Nutrition Program are conducted in the AWC. He feels strongly that the AWC is part of the community and for his community's benefit, therefore they offer the centre their full support by accepting the information and education on various health practices like Immunization, Health-Check Ups, Sanitation and Hygiene.

The AWW Diangmon Lamat along with her Helper, Thrina Lamat, is proud and happy that they are able to impart the information and knowledge to the children and the community. For Diangmon to have the community actively participate in administering the polio drops, handing out the Iron and Folic Acid tablets to the Adolescent Girls and to





The handmade charts and Learning Aids help the children with their Pre-School Education







continue ensuring the children are healthier, cleaner and active, has been a tremendous reason why she loves her job.

The healthcare officers, doctors and educators have all been able to successfully give talks to the AWW and she in turn shares that knowledge with the community. The AWW would always invite the doctor to visit the centre every month and give lecture on good health and sanitation. The best reflection of this effort is the 100% immunization among the children in the village.

The Adolescent Girls in particular also take keen interest and participate in the activities of the AWC. They have learnt the art of flower-making from AWW Diangmon, and are keen to gain formal training to learn further vocational skills. The AG's help out with the Pre-School, SNP distribution and teaching the younger children about health and hygiene. The village at present has no school drop-outs. They regularly attend the classes held by the Lady Supervisor, E. V. Laloo, on sex education, puberty, general healthcare, how to cope with future marriage and motherhood. Due to these efforts, there are presently no underage marriages recorded in Mawlong.





Young beneficiaries and community members of Mangkenggre AWC





## SUCCESS STORY

### MANGKENGGRE AWC

#### ICDS Project - Gasupara

District	: South West Garo Hills
Village	: Mangkenggre
Population	: 360
Children 0-3yrs	: 32
Children 3-6yrs	: 41
Pregnant Mothers	: 9
Nursing Mothers	: 3
Adolescent Girls	: 17
CDPO	: Norimchi A. Sangma
LS	: Chingsime N. Sangma
AWW	: Nojini T. Sangma
AWH	: Arothi Ch. Momin



Built in 1998, the Mangkenggre Anganwadi Centre has made slow yet steady progress in improving the life of its community. Initially the Anganwadi Worker, Nojini T. Sangma faced many issues in carrying out her duties, chiefly- conducting immunization. Because of superstitions the parents believed it was bad as the child tends to get fever after being immunized, the husbands would prevent their wives from taking the child for shots. But due to the relentless dedication of the AWW, she was able to help the community understand the importance of immunization and has been successful in breaching this issue. At present the community is fully immunized.

The AWW is efficient and sincere; she conducts regular home visits, talks to the women on the importance of hygiene and nutrition, why it is important to increase their intake of season fruits and vegetables and how to maintain sanitation at home. Once a month CDPO Norimchi A. Sangma coordinates with the medical teams to talk about and tackle seasonal epidemics like malaria in monsoon, cholera and the importance of boiling water etc. The CDPO also tries to employ intuitive methods to help the community adopt good habits; her thematic and repetitive approach for teaching has been successful in keeping the attendance of the AWC regular. The Lady Supervisor currently has 64 AWCs under her, and yet manages to ensure as much as possible the smooth functioning of the AWC by regularly monitoring activities, resolving issues, maintaining stock registers and conducting follow-ups.

The village headman, Nokma, plays an important role and is active in the AWC. The community has contributed to repair the damages of the beams and the store room of the AWC. The mothers help out with Supplementary Nutrition and the cleanliness of the AWC. All these efforts have vastly improved the quality of life for Mangkenggre, they acknowledge the role of the AWC and this has increased community participation.

*Top Photo L to R: Chingsime N. Sangma (LS), Norimchi A. Sangma (CDPO), Nojini T. Sangma (AWW), Arothi Ch. Momin (AWH)*



Young children and mothers enrolled in the Salbaripara II AWC



Community members along with the ICDS team at the Salbaripara II AWC



## SUCCESS STORY

### SALBARIPARA II AWC

#### ICDS Project - Dalu

District	: West Garo Hills
Village	: Salbaripara
Population	: 518
Children 0-3yrs	: 63
Children 3-6yrs	: 71
Pregnant Mothers	: 6
Nursing Mothers	: 14
Adolescent Girls	: 30
CDPO	: Lucy M. Kharkongor
LS	: Brendish R. Marak
AWW	: Angela T. Sangma
AWH	: Suchitra Koch



The community participation is tremendous in the Anganwadi Centre of Salbaripara. As with most villages, initially there were issues in accepting the AWC, especially with regards to Immunization. Due to the dedication and efficient hard work on the part of the LS and the AWW, Brendish R. Marak and Angela T. Sangma respectively, the community now accepts the Nutrition and Health Education (NHED), Sanitation, Supplementary Nutrition Program and the Pre-School Activities. There are no Severely Malnourished Children (SMC) in the community, the children are active in indoor and outdoor activities and there are currently no drop-outs among the Adolescent Girls. Due to the language barrier, the AWW earlier had trouble communicating but persevering she picked up the local language, Koch, and is now able to communicate and teach the children in a mix of Koch and Garo language.

Along with efforts of the LS and the AWW, a community member and the Secretary of the Village Education Committee (VEC), Tinku Koch, is also a key role player in the improved state of health and education in Salbaripara. With genuine concern for his community, he always encourages them to participate in the programs conducted and brings to the CDPO's notice towards any benefit or issue that needs to be resolved. The AWC along with the community regularly conducts programs like The Baby Show - to encourage health and good feeding habits for newborns; The Balanced Diet – an exhibition cum sale of all the locally available food; and the community members are also enrolled in the Self Help Group (SHG).

The community came forward with the construction of the AWC, contributing Rs. 30,000 to fix the shortage in funds sanctioned amount, helping labour and repairs, they encourage and enroll the children for the Pre-School and SNP and the mothers and Adolescent Girls help out with the activities of the AWC. They realize and appreciate the benefits the community gets for their children's health, as there is reduction in disease and malnutrition due to the SNP distributed and regular monitoring of the Growth Chart the children are healthy plus the health of pregnant and nursing mothers are also positive.

*Top Photo: Tinku Kock (Secretary of VEC) with young beneficiaries of Salbaripara II AWC*





Adolescent Girl, Jakme showcasing her tailoring skills she received under SABLA



Proud mother and sister with Jakme and Rongkhon AWC's AWW and CDPO



## SUCCESS STORY

### UPPER RONGKHON AWC

#### ICDS Project - Urban Tura

District	: West Garo Hills
Village	: Rongkhon
Population	: 904
Children 0-3yrs	: 39
Children 3-6yrs	: 25
Pregnant Mothers	: 5
Nursing Mothers	: 18
Adolescent Girls	: 18
CDPO	: Silje A. Sangma
LS	: Balentina S. Sangma

#### JAKME M. SANGMA

##### Adolescent Girls – Field Visit



Jakme has made her family and her AWC proud by being one of the Adolescent Girls under the SABLA scheme to receive training at the Regional Training Institute (RTI) in Tura, for cutting and stitching and post that was sent to P. A. Sangma Foundation Tura to receive one week training in Tailoring. Under the Rajiv Gandhi Scheme for empowerment of adolescent girls (RGSEAG) – SABLA, Rs. 18,000/- is reserved for AG's vocational training annually. The AWC selects 3 eligible girls to send for training as well as provide for the transport, admission, training material and food/accommodation.

At the Training Institute, Jakme initially felt unsure about learning how to cut and stitch, but due to the effort of her teachers and following the instructions imparted at the training, she was able to do well. Confident now with her skills, she is able to even manage the small repairs her sewing machine, which she received from the P. A. Sangma Foundation, needs from time to time.

Jakme is a motivational account of how well the AWC has been successful in imparting the Life Skills and the vocational training under schemes like Sakhi-Saheli and SABLA. This is vital in showing these young girls that it is important to look after their health, to not get pregnant and that there are options besides early marriage.

Jakme now works out of home and also runs a small tailoring shop at her mother, Sejoni M. Sangma's tea stall. This effort on part of the AWC, Jakme's CDPO and AWW, Silje A. Sangma and Balentina S. Sangma respectively, have allowed this young girl to supplement her family's income with her own earnings. Jakme is happy and thankful to the AWC for giving her this opportunity to learn a valuable vocational skill, through which she can help her mother as well be an example and teach other young girls of her community. Her future plans are to set up a full-time tailoring shop and run her business from there.

*Top Photo: Jakme M. Sangma with her certificate from RVTI*





Adolescent Girl, Finzia Ch. Marak showcasing her beautician skills



The Regional Vocational Training Institute; Beautician Course





## SUCCESS STORY

### UPPER WADANANG AWC

#### ICDS Project - Urban Tura

District	: West Garo Hills
Village	: Wadanang
Population	: 1040
Children 0-3yrs	: 41
Children 3-6yrs	: 50
Pregnant Mothers	: 1
Nursing Mothers	: 7
Adolescent Girls	: 18
CDPO	: Silje A. Sangma
LS	: Balentina S. Sangma

#### FINZIA CH. MARAK

##### Adolescent Girls – Field Visit



Finzia was attending school but had to drop out before she could finish her matriculation. Her parents were unable to help her with her studies. It was at this point during a Home Visit, the AWW Aftria S Marak, discussed Finzia's situation and mobilized her to come to the AWC and learn about the training programs under the ICDS Scheme and how it can benefit her.

Expressing interest in the Beautician Course and believing it was a skill that she could learn well and it would help her make a living, Finzia agreed to let the AWC enrol her for the week long training course. At the end of the week on the Valedictorian Function organized by the RVTI and the Principal, she received her certificate.

Trained now in a valuable skill, Finzia is working her way towards being a beautician; she works out of her home as well as makes home visits for her clients. The CDPO Silje A. Sangma, herself has had Finzia apply beauty treatments on her and was extremely happy with her work. The support the Adolescent Girls receive from the CDPO, AWW and the AWC are vital in boosting the morale of these young girls and keeps them motivated to continue to do better. Finzia expressed great satisfaction in being able to turn the skill into an income for herself and her family, thereby not being dependent on them and instead feels she is more self-sustaining.

Vocational training has made vast improvements in the lives of young adolescent girls who require not just the guidance on how to be healthier and look after their selves, but also how to be more productive and independent members of their community. Many girls like Finzia have expressed their desire to go for further training or Advance Courses to better their vocational skills and in turn be more successful income generators.

*Top Photo: Finzia Ch. Marak (black shirt) with her client*



Young children enrolled in the Lumparing AWC, attending Pre-School Education



The Lumparing AWC beneficiaries enjoying their Supplementary Nutrition





## SUCCESS STORY

### LUMPARING AWC

#### ICDS Project - Mawphlang

District	: East Khasi Hills
Village	: Lumparing
Population	: 493
Children 0-3yrs	: 31
Children 3-6yrs	: 40
Pregnant Mothers	: 4
Nursing Mothers	: 10
Adolescent Girls	: 19
CDPO	: L. Thongnibah
LS	: R. Thongnibah
AWW	: S. Blah
AWH	: S. Kurbah



A brightly decorated building with colourful charts, posters with an array of Learning Aids, the Lumparing Anganwadi Centre was bursting with its happy and curious young beneficiaries and proud community members. The children readily participated in poem reciting and performed a very well coordinated rendition of the ICDS theme song. The Anganwadi Worker, S. Blah used to previously conduct the activities at her residence and later at the Community Hall. The community eventually realized the constant shifting of premises was not conducive; therefore they contributed around one lakh to the building fund and constructed the AWC in 2013. The AWC is even equipped with a child-friendly toilet, complete with colourful cartoon characters.

With her kind demeanour, S. Blah showed a lot of patience with her young charges as they demonstrated their Pre-School learning. She has been able to introduce to the community how to incorporate kitchen gardens and use the locally grown produce to make their meals more nutritious. The Adolescent Girls visit the AWC regularly, where they receive Life Skills Training, knowledge on healthcare and in coordination with an NGO – WISE, they learn Candle Making and Food Processing. The AWW feels that more girls would have opportunities if the budget for the AG's can be increased as the girls are keen to learn tailoring as well.

Community participation is extremely good; they compare the health status from the past till now, and acknowledge the crucial role the AWC has played in the overall positive health of the children and the community. They appreciate the SNP distributed, and welcome the education the children learn in the Pre-School Activities and follow to the extent possible the knowledge they receive on good habits, healthcare and sanitation. The community contributes their time as well to come and help out at the AWC with the pre-school activities or with SNP distribution in case the AWW is unwell or needs assistance. They have also made contributions in the form of donating benches and chairs.

*Top Photo: S. Blah (AWW)*





Children enrolled in the Laittyra AWC, learning using natural resources like flowers & leaves



AG's & young women displaying their talents in flower decoration & greeting card making



## SUCCESS STORY

### LAITYRA AWC

#### ICDS Project - Shella Bholaganj, Sohra

District	: East Khasi Hills
Village	: Laityra
Population	: 481
Children 0-3yrs	: 20
Children 3-6yrs	: 28
Pregnant Mothers	: 2
Nursing Mothers	: 3
Adolescent Girls	: 18
CDPO	: Bayahunlang Rynjah
LS	: E. Kharpomtiah
AWW	: Ibakorlin Shullai
AWH	: Saravellous War



CDPO Bayahunlang Rynjah is the power-house fuelling the efforts of ICDS Project Shella Bholaganj in Sohra. Her abundance enthusiasm is only rivalled by her spirit of dedication to make the centres under her jurisdiction as successful as possible. Bayahunlang relies on her efficient team and keeps them motivated and focused on the successful delivery of the entire package of the ICDS Scheme so the communities where it is implemented are duly benefited.

The Laityra Anganwadi Centre quietly boasts of talent nestled within the young members of the centre. The AWW, Ibakorlin Shullai along with the community and the Self Help Group (SHG), has managed to motivate the Adolescent Girls enrolled to come forward and showcase their talents using locally available raw materials. Festive greeting cards and pretty bamboo flowers and flower stands are fashioned out of waste from carpentry shops and dried mushrooms and the sale of these decorations allows the AG's to not just buy their study books but they also buy bread which is distributed to the AWC children to mix with Choco Malt. Through this they are making small notable contributions for themselves and their community. The young AG's will benefit further if more provisions for vocational training are made available under the scheme.

AWW Ibakorlin Shullai is a BA Pass degree holder and used to teach in the village. The change of pace at the AWC is a tad more challenging for her as the ICDS Scheme targets Nutrition, Education, Social, Physical and Psychological Development. She welcomes this opportunity to work with the children and the mothers and to help make a difference in their lives. She has also motivated the VLCC to construct the fencing for security of the AWC.

*Top Photo: Bayahunlang Rynjah (CDPO)*



Supplementary Nutrition being distributed in the Laityra AWC



Community participation is good and the people take ownership of their AWC







Beneficiaries and the women who run the Laityra AWC

Lady Supervisor E. Kharpomtiah has been working since 1987. She has developed a deep appreciation for the objectives and services under the ICDS Scheme. Along with her team mates, they visit and monitor the centres regardless of the distance or the remoteness of the location, meeting with the village leaders, parents and local youth clubs, to help them conduct the activities at the AWC.

There is very good collaboration between the Public Health Department and the Community. The AWC has helped tremendously with reducing traditional beliefs on immunization, hygiene, food habits and improving the nutrition status. The women are taught healthy food habits, the right to prepare food using minimum water and salt while cooking, utilize green vegetables to cook nutritious meals. Due to these measures the health of the community has improved greatly.

The AWC building is over 15 years old, the community contributed money as the amount sanctioned was insufficient. It still stands in good condition and was built by a community member Bras Sun on the invitation of the AWC with the little amount they had. He has been requested to now construct a child-friendly toilet as well. The water filter was donated by the Village Health Sanitation and Nutrition Committee. The clock and benches were donated by the Social Welfare Community from the village.



Young children enrolled in the Nongstoin I AWC, attending Pre-School Education



AWC Team with the VLCC working in collaboration for their betterment





## SUCCESS STORY

### NONGSTOIN I AWC

#### ICDS Project - Nongstoin

District	: West Khasi Hills
Village	: Nongstoin I
Population	: 1201
Children 0-3yrs	: 59
Children 3-6yrs	: 65
Pregnant Mothers	: 8
Nursing Mothers	: 20
Adolescent Girls	: 3
CDPO	: Idoolang K War
LS	: Reality Kharjahrin
AWW	: Sisiland Marwein
AWH	: T. Lyngkhoi



The Nongstoin I Anganwadi Centre is one of the few centres under the ICDS Scheme that has a unique feature that makes it stand apart from the other centres. The children here have been provided with uniforms by their parents after a decision taken by the Village Level Coordination Committee. They collectively felt that by outfitting the children in uniforms will encourage them to maintain cleanliness and they will feel unified with no differences. Also by imitating the uniformed Primary school children, the parents wanted the AWC beneficiaries to feel that they truly are receiving proper schooling and take the Pre-School Activities more seriously. This effort on part of the community ensures that the children will have a sense of order and belonging towards their AWC. Good coordination with the Headmistress, where students who pass out from preschool are promoted directly to lower primary school.

Constructed in 2004, the land was donated by the community. The VLCC plays a vital role in the AWC and takes it upon them to be involved in the SNP distribution and duly reports if there is any compromise in the quality. The community in collaboration with the AWC gives out fruits like Bananas and Apples on any special event days. They make it a point to combine the functions with the AWC and provide additional treats like fruits to the children.

The far-reaching benefits of the AWC is appreciated and welcomed by the community, they are witness to increased good-health, importance of balanced nutrition, sanitation and social development of the village. They recognize and participate on Immunization and Vaccination Days. The women also express their happiness with the role the centre has played in the betterment of their lives. Apart from the nutritious food they receive under SNP, they incorporate the knowledge on how to care for newborns, family planning and welfare, proper cooking habits, ensuring cleanliness at home and following the guidance of the AWC in all aspects of their lives.





Community members contributing to a cleaner environment for their AWC



Improved attendance in freshly painted AWC's post repair's and clean-up drive





## SUCCESS STORY

### RESUBELPARA ICDS PROJECT

District : North Garo Hills  
CDPO : Evershine Tariang

Before 2011 in the Resubelpara ICDS Project, the status of the Anganwadi Centres was quite poor, unclean with low maintenance and as a result of this; the attendances in these centres were very low. The children too did not feel any attraction towards visiting the centres and the villagers largely ignored its presence.



To build up on the value of these centres and to show to the community that these AWC's are for their benefit, the CDPO Evershine Tariang decided to start a unique movement that will help the community in the villages of Resubelpara feel that the AWC's are actually a part of their lives and for their betterment.

The initiative undertaken was to fix and repair the AWC's and in order to do that the CDPO motivated and generated interest within the community members. They were told in meetings and discussions that their participation and involvement in the AWC would work towards their own benefit with regards to their health and education. Their children would benefit greatly from the services of the AWC's, as well as learn how to ward off diseases and maintain sanitation for improved health.

The communities of Resubelpara were quite happy with this initiative and participated enthusiastically in the efforts of not just repairing and cleaning the AWC's but also in making it look more wholesome, colourful and attractive so that adults and children alike would feel a sense of ownership towards the AWC. On request of the CDPO, the Civil Sub-Division Officer also contributed in a small way to provide for paint and other provisions and these materials were then given to the AWW.

Post this initiative in the Resubelpara Project, the attendance has greatly improved in the AWC's, Pre-School Education is conducted regularly and there is a greater sense of supervision as ownership from the communities. This collective collaborative effort has changed their attitude towards the AWC's and now they understand its purpose and its relation to their lives. They are witness to the positive changes that these cleaner and functioning AWC's have brought to their villages.



# ACKNOWLEDGEMENT

The Achievement Report for the year 2010 to 2013 on the ICDS Scheme is an initiative of the Department of Social Welfare, Meghalaya, under the Ministry of Women and Child Development, Government of India. The report has been compiled based on field visits, field interviews, photographs and questionnaires to document the best practices being implemented under the ICDS Scheme and the resultant achievements that arise in the form of success stories.

The course of building this Achievement Report was an opportunity to work with some of the most dedicated, hard-working and inspiring individuals. The efforts spent in coordinating between departments, collecting data from field visits, scheduling interviews, charting travel that ranged from urban to rural locations and witnessing first-hand the efficient human machinery that runs the Anganwadi Centers, was truly remarkable.

The accounts documented within this report are testament to the fact that there runs a universal chord of teamwork and dedication to make a difference in the lives of each community member.

**H.M. Shangpliang, M.C.S**  
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