

Lunglei

Lunglei is a town, situated in the south-central part of the state of Mizoram which is in the northeastern India. Lunglei, sometimes spelled Lungleh, literally meaning 'bridge of rock'. It has got its name from a bridge made of rock found in

	Lunglei	Mizoram
Population		
Persons	137155	891058
Males	71353	459783
Females	65802	431275
Percentage decadal growth		29.19
Sex ratio (females per 1,000 males)		
	944	938
Population density (per sq. km.)		
		42
Literacy rate (%)		
Persons	84.2	88.49
Males	87.36	90.69
Females	80.74	86.13

Source: Census 2001

the riverine area around Nghasih - a small tributary of the river Tlawng. It is one of the most populous towns in the Mizo Hills (Figure 4.2.5.1). As per census 2001, Lunglei district has an area of 4538 sqkms and has 4 blocks, with a population of which is 15.4 % of the state population. The sex ratio of the district is 944 females per 1000 males which is slightly higher than the state average of 938. Males constitute 52% of the

population and females 48%. Lunglei has an average literacy rate of 84.2 %, less than the state average of 88.5 %. The male literacy rate is 87.3 %, and female literacy rate is 80.7 % (Table 4.2.5.1).

MIZORAM District Map

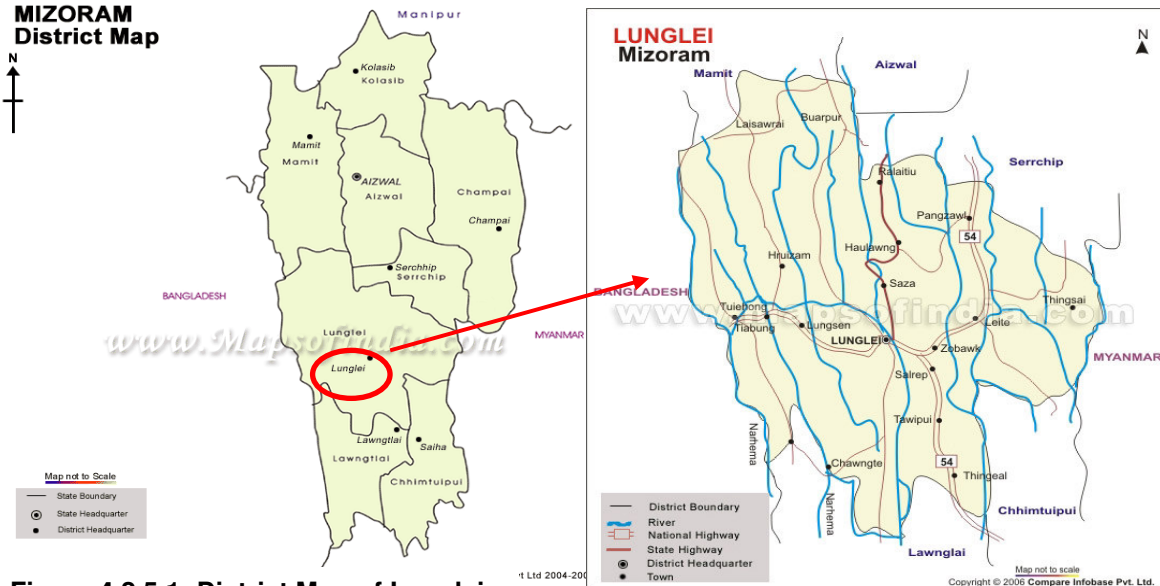


Figure 4.2.5.1: District Map of Lunglei

NPAG

The evaluation of NPAG was conducted in 37 PSUs (19 rural and 18 urban) of Lunglei district of Mizoram (Annexure 4.2.5a). The data for the rural and urban areas have been analysed and presented separately.

Fund and food grain release

NPAG in the state goes by the name of Special Additional Central Assistance (SACA). SACA is not limited to the pilot district of Lunglei, but encompasses the entire state of Mizoram. All the identified adolescent girls were given food supplements. Those who were weighing below 35 kgs received rice under SACA, and other adolescent girls who weighed more than 35 kgs received food supplement under the KSY scheme through anganwadi or through PRI. Thus all the adolescent girls in the state were receiving food supplement, right from 2002-03 without any interruption till 2006-07.

The NPAG programme was initiated in 2002-03 in Lunglei District. The training and IEC activities were completed and adult balances were provided to all anganwadis in 2002. The NPAG was running successfully from 2002-03 to 2004-05. In 2005-06 the programme continued but with adolescent girls as the only target group.

The procurement of rice under NPAG is done by Food and Civil Supplies and Consumer Affairs Department, Mizoram on the request of Social

Welfare Department, Mizoram. The Department also carries out the transportation of rice to the designated point. Table 4.2.5.2 gives the details of expenditure, number of beneficiaries and quantity of food grain procurement under NPAG in Mizoram.

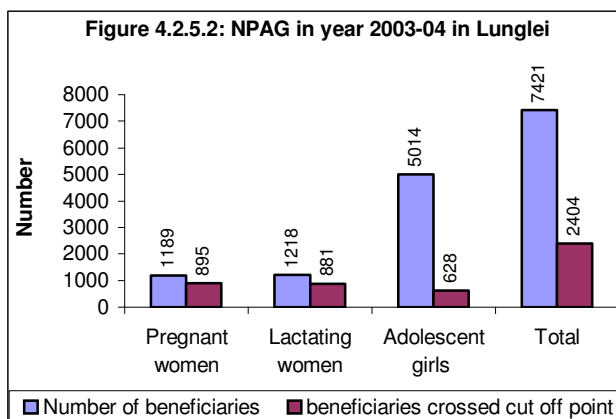
Year	Expenditure incurred (Rs. in Lakhs)	No. of beneficiaries	Type of food given	Quantity of food grains procured
2002-03	12.50	3705	Rice	133600
2003-04	15.00	10697	Rice	69543
			Dal	16266
			H.P.biscuits	1643
			Motor Chana	26458
			Groundnut	10580
			Calcium	2168
			Multi vitamin	1323
2004-05	17.00	12405	Rice	26220
			Dal	4377
			H.P.biscuits	6114
			Motor Chana	11101
			Groundnut	4953
			S.C.P	8358
			Calcium	1001
Multi vitamin	1002			
2005-06	17.00	12506	Rice	22385
			Dal	3730
			H.P.biscuits	5138
			Motor Chana	12210
			Groundnut	5460
			S.C.P	10176
			Calcium	1475
Multi vitamin	1475			

Source: DWCD, Lunglei

The details of NPAG in the year 2003-04 are given in Table 4.2.5.3 and Figure 4.2.5.2. Nearly eighty percent of the adolescent girls (10-

	Number of beneficiaries	beneficiaries crossed cut off point (%)
Pregnant women	1189	895 (75.3)
Lactating women	1218	881 (72.3)
Adolescent girls	5014	628 (12.5)
Total	7421	2404 (32.4)

Source: DWCD, Lunglei



14 years) were below 35 kg and 40.9 % of the girls (15-19 years) were below 35 kg. About 75.3% of pregnant women and 72.3 % of lactating women receiving food grains for 3 months crossed cut off point of 40 kg. But only 12.5 % of adolescent girls had cut-off point of 35 kg. Available data on three monthly weightment of adolescent girls indicate that average weight gain over one year is about 2 kg but only very small proportion

Table 4.2.5.4: Impact of NPAG on weight gain of adolescent girls

	Lunglei		Mizoram	
	No.	Weight (kg)	No.	Weight (kg)
Pre weight	1727	29.2 ± 3.93	5016	29 ± 4.00
Post weight	1724	31.2 ± 3.88	5012	31 ± 3.88

crossed the cut off point of 35 kg. The weight gain in girls from Mizoram who received food grains through

Table 4.2.5.5: Difference in weight of adolescent girls on receiving food grains who weighed less than 35 kg

Weight	Loss in weight					No change	Gain in weight				
	5 kg	4 kg	3 kg	2 kg	1 kg		1 kg	2 kg	3 kg	4 kg	5 kg
Number	1	1	3	3	3	12	97	4373	101	11	5

out the year was not substantially different from Delhi girls who did not get any food grain supplements.

Rural

Table 4.2.5.6: Total coverage under anganwadi (n=18)

Number of Households	1564
Total Population	8180
Number of persons registered in AW	
Children 7-12 months	165
Children 1-3 years	506
Children 4-6 years	630
Pregnant women	147
Lactating women	174
Adolescent girls	450

'motor' chana, groundnut, multivitamins etc.

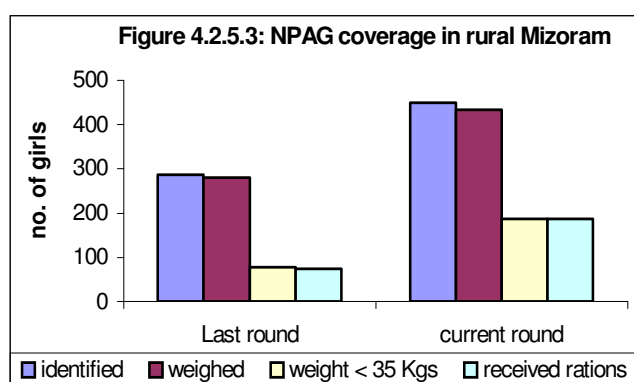
The NPAG evaluation was done in 18 rural anganwadis (AWs). Data on number of households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.5.6. A variety of food supplements were given to all beneficiaries coming to anganwadi ranging from cereal pulse mix, rice, pulse, RTE,

NPAG-Adolescent girl

Seventeen anganwadi workers (AWWs) received training in weighing adolescent girls and providing nutrition and health education (NHE) pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community had accepted the concept of identifying, weighing, detecting undernourished adolescent girls and distributing food grains to families of undernourished girls. The AWWs received support from ANM (50 %) and families of the girls (55.6 %) in identifying adolescent girls, weighing them, detecting those weighing less than 35 kg and providing them chits for collecting food grains. The ration shop workers (55.6 %) were willing to take the chits and provide food grains to families of identified adolescent girls

Adult weighing scales had been given to all 18 AWWs; all of them had weighed adolescent girls in their area and identified girls under 35 kg. Fifteen AWW adjusted zero error of the weighing scale just before weighing. Two AWWs used

standard weight with adolescent girl on the weighing scale for checking the accuracy and one of them further checked the accuracy by removing the standard weights. The field investigators checked the accuracy of weighing scales. Weighing scales of fourteen AWWs were accurate and four weighing scales were inaccurate by 1 kg. Sixteen AWW weighed adolescent girl accurately when investigator asked them to demonstrate weighing of adolescent girl (88.9 %) and 2 AWWs were not able to demonstrate how to correctly weigh adolescent girls. All AWWs provided NHE to the identified adolescent girls. All AWWs had distributed chits and provided food grains to the identified undernourished adolescent girls in their area. Six AWW had records of NPAG. The programme is ongoing in all the anganwadis in 2005-06. About 83.3 % AWW reported that NPAG could improve the nutritional status of adolescent girls and their participation in KSY (Annexure 4.2.5b).



The data on last round (April-2005 to Sep-2005) was available from 10 AWWs; 287 adolescent girls were identified; 280 identified adolescent girls were weighed; 27.8 % were below 35 kg. In the last round of NPAG, 32 new adolescent girls who weighed less than 35 kg had been identified. AWW gave NHE to 190 adolescent girls. The chits

were distributed to 75 undernourished adolescent girls by ten AWWs and all of them collected food grains from ration shop. Under KSY scheme, 182 girls collected food supplement from AWWs. Repeat weighment after three months showed that 56 girls gained weight but did not cross the 35 kg and 17 girls had crossed 35 kg.

The data pertaining to the current round (April-2006 to May 2006) was available from all the 18 AWWs; 449 adolescent girls were identified; 433 were weighed; 43.2 % girls weighed less than 35 kg. AWW gave NHE to 293 adolescent girls. Chits were distributed to the 187 adolescent girls by 18 AWWs. Only 2 girls took ration for 1 month and 185 girls received rations for 3 months. Under KSY scheme, 264 girls collected food supplement from 15 AWWs. Repeat weighment after three months showed that 12 girls showed no weight gain; 20 girls lost weight; 119 girls gained weight but did not cross 35 and 36 girls had crossed 35 kg.

Ongoing ICDS programme

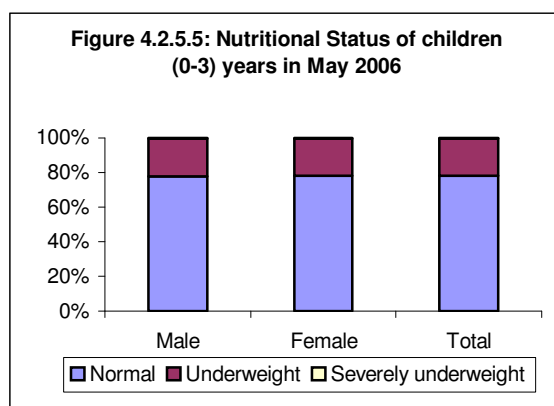
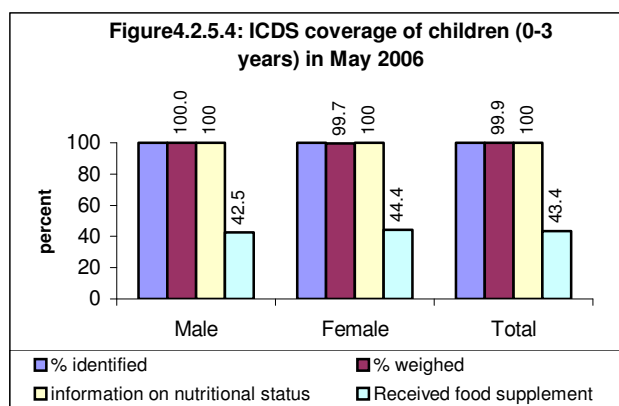
The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 18 AWWs. The data from May 2006 is presented below (Annexure 4.2.5c). In the district AWW continued to weigh pregnant and lactating women even though they were no longer the target group under NPAG in 2005-06.

Pregnant and lactating women

Data on pregnant women were available from 18 AWs; 149 pregnant women were identified; 140 pregnant women were weighed (17 AWs); 24 pregnant women weighed less than 40 kg; 119 pregnant women received food supplements (in 16 AWs); socioeconomic status or nutritional status was not used as a criteria for providing food supplements to pregnant women. Data on lactating women were available from 17 AWs; 162 lactating women were identified; weighed (in 17 AWs); 50 lactating women weighed less than 40 kg; 154 lactating women received food supplement (in 16 AWs); socioeconomic status or nutritional status was not used as a criteria for providing food supplements to lactating women. 83.3 % of AWWs reported that they imparted NHE to pregnant and lactating women.

Children (0-3 years)

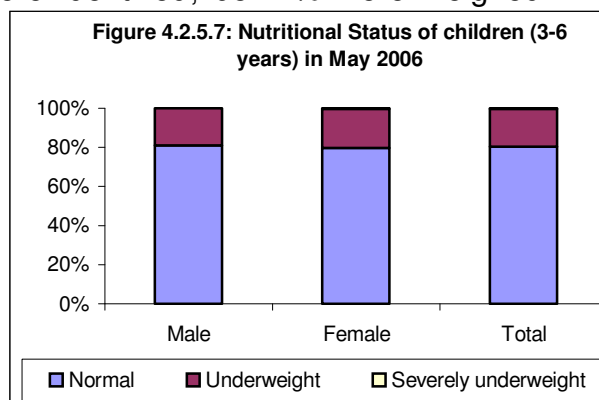
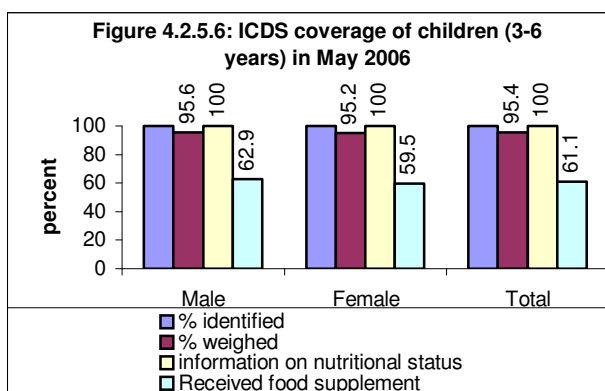
A total of 691 children (0-3 years old) were identified; 99.8 % children were weighed. Information on nutritional status was available for all the children who were weighed; 77.9 % were normal; 21.7% were undernourished and 0.3 % was



severely undernourished (Figure 4.2.5.5); 43.4 % were receiving food supplement from anganwadi for more than 20 days (Figure 4.2.5.4). Distribution of food supplements was not carried out on the basis of nutritional status of children.

Children (3-6 years)

A total of 566 children (3-6 year old) were identified; 95.4 % were weighed.



Information on nutritional status was available for all the children who were weighed; 80.4 % were normal and 19.4 % were undernourished. Only one child was severely undernourished (Figure 4.2.5.7); 61.1 % were receiving food supplement from anganwadi for more than 20 days (Figure 4.2.5.6). Distribution of food supplements was not carried out on the basis of nutritional status of children.

Urban

Table 4.2.5.7: Total coverage under anganwadi (n=18)

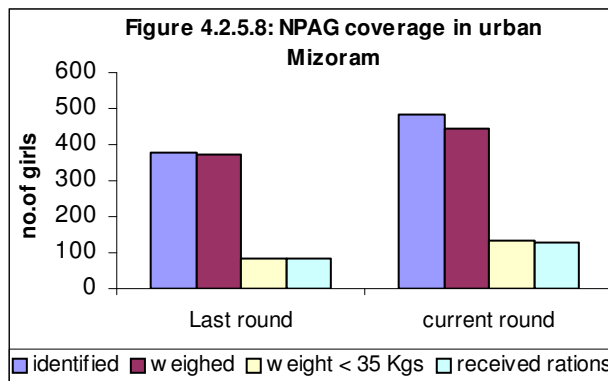
Number of Households	2120
Total Population	10530
Number of persons registered in AW	
Children 7-12 months	284
Children 1-3 years	478
Children 4-6 years	558
Pregnant women	265
Lactating women	292
Adolescent girls	510

The NPAG evaluation was conducted in 18 urban AWs. Data on number of households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.5.7. A variety of food supplements were given to all beneficiaries coming to AW ranging from cereal pulse mix, rice, pulse, RTE, 'motor' chana, groundnut, multivitamin etc.

NPAG-Adolescent girl

All the AWWs received training in weighing adolescent girl and providing NHE pertaining to NPAG scheme. They were able to communicate to the population the paradigm shift in the programme. The community accepted the concept of identifying, weighing, detecting undernourished adolescent girl and distributing food grains to families of undernourished girls. The AWWs (77.8 %) received support from PRI, ANM and family of girls in identifying all adolescent girls, weighing them and detecting those with weight less than 35 kg and providing them chits for collecting food grains. The ration shop workers (77.8 %) were willing to take the chits and provide food grains to families of identified adolescent girls.

Adult weighing scales had been given to all 18 AWWs and all of them had weighed adolescent girls in their area and identified number of girls under 35 kg. All AWWs adjust zero error of the weighing scale. The field investigators checked the accuracy of weighing scales. Weighing scales of 17 AWWs were accurate and 1 weighing scales were inaccurate by 1 kg. All 18 AWWs weighed adolescent girl accurately when investigator asked them to demonstrate weighing of adolescent girl. All AWWs provided NHE to the identified adolescent girls. All anganwadi workers gave chits to the adolescent girls and girls collected rations from the ration shop. Thirteen AWWs had records of NPAG. The programme is ongoing in 2005-06 in all the AWWs. AWW faced no problems in the implementation of the programme. The 17 AWWs also reported that NPAG could improve nutritional status and also could improve participation in KSY (Annexure 4.2.5b).



The data on last round (March 2005 to May 2005) was available from 14 AWWs; 379 adolescent girls were identified; 373 identified adolescent girls were weighed; 22 % who were weighed were below 35 kg. The chits were distributed to all the identified undernourished adolescent girls and all the girls collected food grains from ration shop. Under KSY scheme, 126 girls collected food supplement

from 5 AWWs. Repeat weighing after three months showed that 63 girls gained weight but they did not cross 35 kg and 18 girls had crossed 35 kg.

The data pertaining to the current round (Mar 2006 to May 2006) was available from 17 AWWs; 485 adolescent girls were identified; 443 were weighed; 30.5 % girls weighed less than 35 kg. Thirty-four new adolescent girls weighing less than 35 kg were identified. AWWs gave NHE to 274 adolescent girls. Chits were given to all identified undernourished adolescent girls and all girls collected food grains. Under KSY scheme, 199 girls collected food supplement from 9 AWWs. Repeat weighing after three months showed that most (89) of the girls gained weight but they did not cross 35 kg even though they had received food grains in both the rounds; only one fourth of the girls had crossed 35 kg on receiving food grains for 3 months.

Ongoing ICDS programme

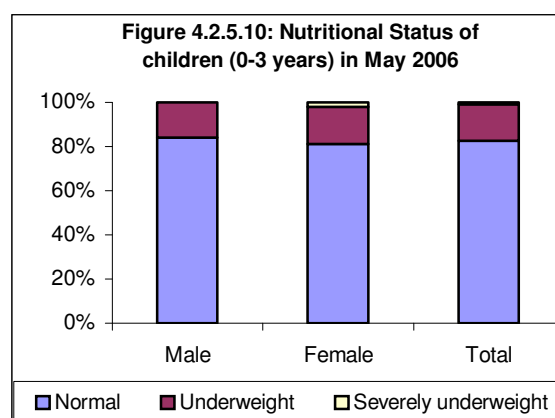
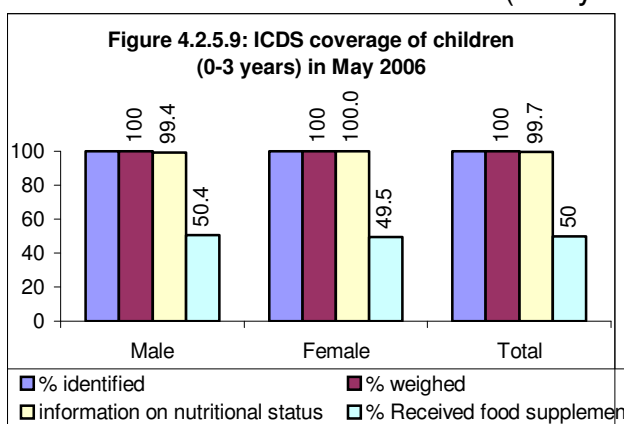
The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from 18 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.5c.

Pregnant and lactating women

Data on pregnant women were available in 17 AWs; 243 pregnant women were identified; 217 pregnant women were weighed (in 14 AWs); 35 pregnant women weighed less than 40 kg; 209 pregnant women received food supplements (in 16 AWs); socioeconomic status of or nutritional status were not used as criteria for providing food supplement to pregnant women. Data on lactating women were available in 17 AWs; 258 lactating women were identified and weighed; 29 lactating women weighed less than 40 kg; 200 lactating women received food supplements (in 15 AWs); socioeconomic status of or nutritional status were not used as criteria for providing food supplement to lactating women. 66.7 % of AWWs reported that they were giving NHE to pregnant and lactating women.

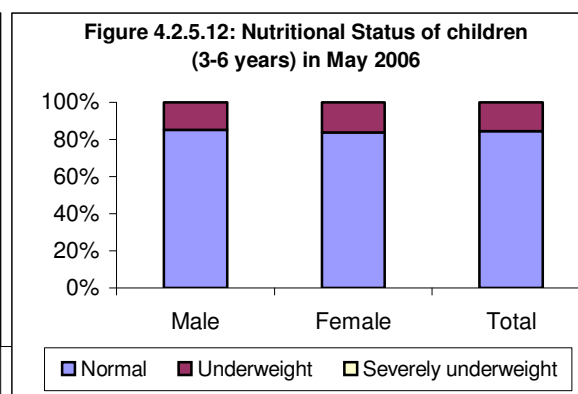
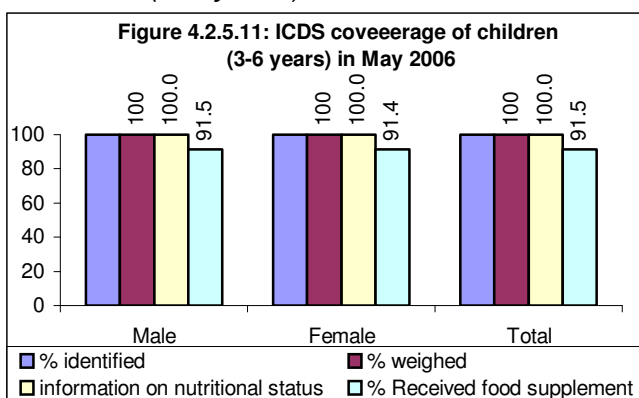
Children (0-3 years)

A total number of 656 children (0-3 years old) were identified and weighed.



Information on nutritional status was available for all the children who were weighed; 82.7 % were normal; 16.4 % were undernourished and 0.9 % was severely undernourished (Figure 4.2.5.10); 50 % received food supplements from AWs for more than 20 days (Figure 4.2.5.9). Distribution of food supplements was not carried on the basis of nutritional status of the child.

Children (3-6 years)



A total number of 598 children (3-6 year old) were identified and weighed. Information on nutritional status was available for all the children who were weighed; 84.4 % were normal and 15.6 % were undernourished (Figure

4.2.5.12); 91.5 % received food supplements from AWs for more than 20 days (Figure 4.2.5.11). Distribution of food supplements was not carried on the basis of nutritional status of the child.

Household survey

The household survey was conducted in 37 PSUs (19 rural and 18 urban) of Lunglei district of Mizoram. The data obtained from rural and urban PSUs were analysed and reported separately (Annexure 4.2.5d and 4.2.5e).

Rural

The survey was conducted in 532 rural households. The mean household size is 5.3; 83.1 % were nuclear families.

Socioeconomic profile

Almost all of the households belonged to ST (97.4%) and rest belonged to SC, OBC and other castes. Over ninety percent of the families (90.6 %) stated that their monthly income was less than Rs. 5000 and 8.5 % stated that their income was between Rs. 5,000 – Rs. 10,000 per month.

About one third of the head of the households were educated up to primary level (30.1 %); 16.9 % were educated up to secondary school and 30.5 % were illiterate. About one third of the wives of head of the household were illiterate (32.3 %); 28.1 % had primary education and 14.1 % had studied up to secondary school or more.

Most of the head of the households were farmers (90.6 %) and 5.8 % were in service and 2.1 % were unemployed at the time of the survey. Half of the wives of the head of the households were housewives (50.0 %) and did not work outside home. About 34.2 % were working as farm labourers and 5.3 % were artisans.

Most of the population was residing in the center of the village (99.1 %). Most of the households owned houses (94.5 %). More than half of the families were living in 'kutchra' houses (61.3 %) and 38.5 % in semi pucca houses. Most (84.2 %) had two or more rooms and 15.8 % were living in one room. Only 7 % of the population had no access to toilet or were using sulabh; 31.8 % had toilet facility at their homes; 61.3 % were using shared toilet. Most (93.2 %) of the households reported that they were non-vegetarian. One-fourth (23.7 %) of the families were using gas for cooking food; 76.3 % were using kerosene or wood stoves for cooking. Most families were using aluminum utensils (71.8 %) and 24.1 % were using stainless steel for cooking. Only 7.7 % had provision of drinking water at their own homes and majority was taking drinking water from public sources like taps, hand pumps or water tankers, well, pond and river (92.1 %). Public transport was used by about 92.1 % of the population and 4.7 % had scooter or motorcycle. About half of them had no source of entertainment such as radio or T.V colour television (51.9 %) at home and 33.3 % had radio and 12.8 % had colour television at home.

The mean consumption of food grains was 62.3 kg per month per household. Almost all (99.2 %) families had ration card and bought food grains from ration shop. On an average each household bought 32.6 kg of food grains from the ration shop.

Utilization of ICDS services

Almost all the households were aware about the AWs in their area (98.9 %). In rural areas 95.3 % of the households were receiving food supplement from the anganwadi; 48.5 % of them stayed at anganwadi and ate the supplement and only 19.5 % collect supplement from anganwadi and took it home. Information on number of pregnant, lactating women and preschool children who visited AWs, received NHE and/or food supplements is given in Table 4.2.5.8.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	68	95.6 (65)	100 (68)	22.1 (15)	50.0 (34)	27.9 (19)
Lactating women	32	90.6 (29)	90.6 (29)	44.8 (13)	41.4 (12)	13.8 (4)
0-3 years	108	91.7 (99)	89.8 (97)	20.6 (20)	48.5 (47)	30.9 (30)
3-6 years	220	96.4 (212)	96.4 (212)	6.6 (14)	50.9 (108)	42.4 (90)

Figure in parenthesis denote actual numbers

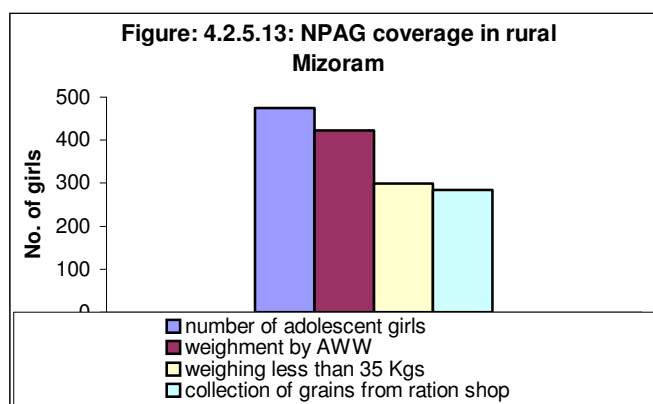
All the pregnant women had visited AWs for receiving NHE and collected food supplement from AWs; only 27.9 % pregnant women received supplements for more than 20 days. A total of 29 lactating women visited AWs for receiving NHE and food supplement from AWs; only 13.8 % lactating women received supplements for more than 20 days. Among 97 0-3 year old children, 30 children (30.9 %) had collected food supplements for more than 20 days. Among 212 3-6 year old children, 90 children (42.4 %) had collected food supplements for more than 20 days.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	108	98	77	20	1
3-6	220	211	111	100	0

There were 108 children in 0-3 year old age group in the households surveyed; 98 children had been weighed. The

parents reported that the nutritional status of 77 children was normal; 20 were undernourished and 1 was severely undernourished. There were 220 children in 3-6 year old age group in the households surveyed; 211 children had been weighed. The parents reported that 111 children were normal and 100 were undernourished (Table 4.2.5.9).

NPAG



During the household survey 475 adolescent girls were identified in the survey with mean age of the girls was 14.3 ± 2.53 years and mean weight was 34.4 ± 5.48 kg; 36 % of the girls had primary level education; 28.4 % had secondary level education. Majority (95.2 %) of the girls knew about KSY (90 %) and

NPAG (91.6 %). The family reported that 218 (48.2 %) adolescent girls visited AWs for KSY; 92.5 % had received NHE; 30.1 % had collected iron/folic acid tablets; 92 % collected food supplement from AWs; 203 (44.9 %) girls had visited AWs for NPAG; AWWs had weighed 88.8 % of the identified adolescent girls; 70.9 % (299 girls) weighed less than 35 kg; 284 (95 %) adolescent girls were given chits for collecting food grains; all of them collected food grains from ration shop; 92.3 % received food grains for three months from the ration shop (Figure 4.2.5.13); 246 (86.6 %) of the adolescent girls gained weight but they did not cross 35 kg; 18 (6.3%) girls crossed 35 kg on receiving food grains.

Urban

The survey was conducted in 500 urban households. The mean household size is 4.8; 87.8 % were nuclear families.

Socioeconomic profile

Almost all of the households surveyed belonged to ST (97.4%) and rest belonged to SC, OBC and other castes. About three-fourth of the families (75.8 %) stated that their monthly income was less than Rs. 5000; 22.2 % stated that their monthly income was between Rs. 5000 – Rs. 10000 per month.

About 41 % of the heads of these households were educated up to secondary school or more; 40 % were educated up to primary level and 8.4 % were illiterate. 44.5 % of the wives of head of the household had primary education; 35.1 % had studied up to secondary school or more and only 10.1 % were illiterate.

Nearly one fourth were working as factory labourers, rickshaw pullers, small vendors in daily bazaars (26.8 %); 39.4 % were working as semi-skilled jobs; 21 % were working as clerk, teachers, involved in public and private service sectors; 3.2 % had their own business and 5.2 % were unemployed at the time of the survey. More than half of the wives of the head of the households were housewives (52.3 %) and 20.1 % were involved in semi-skilled jobs.

Most of the population was residing in regular colonies (42.4 %) and resettlement colonies (22.8 %) and rest one third was living in slums (34.8 %). Most families owned houses (73.2 %). Nearly three fourth of them were living in semi-pucca

houses (77.6 %) and 19.4% in kutcha houses; 94 % had two or more rooms. Only 2.2 % of the families had no access to toilet or were using sulabh; 71.4 % had toilet facility. One-third (33.8 %) had provision of drinking water in their own homes and majority was taking potable water from public sources like taps, hand pumps or water tankers (66 %). Almost all (97.2 %) households reported that they were non-vegetarian. Most families were using gas (64.8 %) for cooking and 35.2 % were using kerosene or wood stoves for cooking food. Majority of the households were using aluminum utensils for cooking (68 %) and 29 % were also using stainless steel kitchenware for cooking. Nearly one fourth of them had no source of entertainment such as radio or T.V (25.8 %) and one third had colour television (30.4 %) and 40.2 % had radio at home. Public transport was used by 91.6 % of the population and only 5.6 % had scooter or motorcycle.

The mean consumption of food grains 49.4 kg per month per household. All families had ration card (99.4 %) and bought food grains from ration shop. On an average each household bought 26.4 kg of food grains from the ration shop.

Utilization of ICDS services

Almost all (99.8 %) the households were aware about AWs in their area. In the urban areas only 7.2 % of the households were not receiving food supplement from the anganwadi. More than half of them stayed at anganwadi and ate the supplement (53.2 %) and 16 % collected supplement from anganwadi and took it home. Information on number of pregnant, lactating women and preschool children who visited AWs, received NHE and/or food supplements is given in Table 4.2.5.10.

Beneficiary	Number present	Received NHE	Received food supplement	Number of days receiving food supplement		
				<10	10-20	> 20
Pregnant women	27	96.3 (26)	96.3 (26)	3.8 (1)	84.6 (22)	11.5 (3)
Lactating women	26	88.4 (23)	88.5 (23)	88.5 (23)	0	0
0-3 years	97	78.3 (76)	80.4 (78)	10.3 (8)	74.4 (58)	15.4 (12)
3-6 years	146	86.3 (125)	86.3 (126)	3.2 (4)	73.0 (92)	23.8 (30)

Figure in parenthesis denote actual numbers

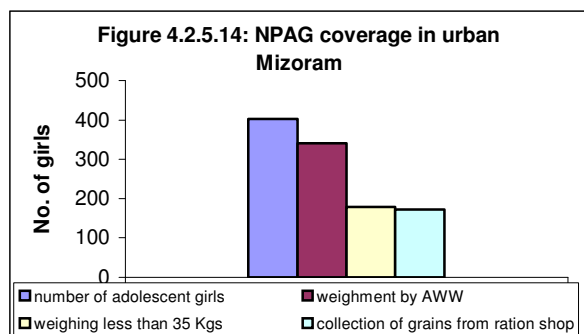
Twenty-six out of 27 pregnant women visited AWs; received NHE and collected food supplements from AWs; only 3 (11.5 %) pregnant women collected supplements for more than 20 days. Twenty-three out of 26 lactating women visited AWs; received NHE and collected food supplements from AWs; none collected supplements for more than 20 days. Among 78 0-3 year old children, 12 children (15.4 %) had collected food supplements for more than 20 days. Among 126 3-6 year old children, 30 children (23.8 %) collected food supplements for more than 20 days.

Age	Number of children	Number weighed	Normal	Under-nourished	Severely undernourished
0-3	97	77	60	17	0
3-6	146	126	94	30	0

There were 97 children in 0-3 year old age group in the households surveyed; 77 children were weighed. The

parents reported that nutritional status of 60 children was normal and 17 were undernourished. There were 146 children in 3-6 year old age groups in the households surveyed; 126 children were weighed. The parents reported that 94 children were normal and 30 were undernourished. Parents of 2 children did not know the nutritional status of their children (Table 4.2.5.11).

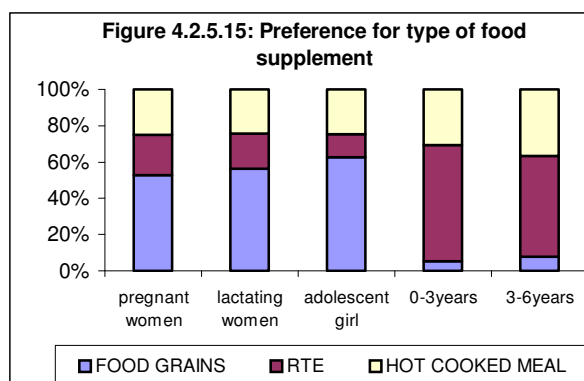
NPAG



During the household survey 402 adolescent girls were identified in the survey with mean age of the girls was 15.2 ± 2.45 years and mean weight was 35.5 ± 5.35 kg; 41.3 % of the girls had primary education and 47.5 % had secondary education. Majority (93.5 %) of the girls knew about KSY (96.3 %) and NPAG (91.2 %). The family reported that 277 (73.7 %)

adolescent girls visited AWs for KSY; 92.6 % had received NHE; 16.5 % had collected iron/folic acid tablets; 93.1 % collected food supplement from AWs; 74 (19.7 %) girls had visited AWs for NPAG; AWWs had weighed 84.8 % of the identified adolescent girls; 50.4 % (172 girls) weighed less than 35 kg; all adolescent girls were given chits for collecting food grains; all of them collected food grains from ration shop; 92.4 % received food grains for three months from the ration shop (Figure 4.2.5.14); 70.9 % of the adolescent girls gained weight but they did not cross 35 kg; 24.4 % girls crossed 35 kg on receiving food grains.

Household's opinion about food supplements through ICDS



When asked about their opinion as to who should get food supplements majority stated that all the persons belonging to the vulnerable groups- pregnant (46.7 %), lactating women (49.9 %), adolescent girls (41.2 %) should get food supplements; the rest felt food supplements might be given to all persons coming to AWs. 50.3 % families opined that all the preschool

children coming to the AWs should be given food supplements; 33.6 % stated that all preschool children in the community should be give food supplements. They felt that food grains are the preferred supplement for pregnant (52.9 %), lactating women (56.2 %) and adolescent girls (62.7 %). For 0-3 year old children (64.3 %) and 3-6 year old children (55.5 %), families preferred RTE; the rest felt that hot cooked meal should be given to the children. It is clear that as far as the pregnant, lactating women and adolescent girls are concerned, vast majority prefer food grain supplements. The fact that even though NPAG provided food grains to adolescent girls, pregnant and lactating women for some months (only for one or two years), the preference of community for food grains suggests that the option provided in NPAG was the right one.

List of PSUs in Lunglei district

PSU NO.	PSU NAME.	BLOCK NAME	NO. OF RESIDENTIAL HOUSEHOLDS	POPULATION SIZE
1	SIHPHIRTLANG	LUNGSEN	24	144
1A	ROLUI	LUNGSEN	54	321
2	THEKADUAR	LUNGSEN	18	87
2A	BINDIASORA	LUNGSEN	27	174
2B	MURISKATA	LUNGSEN	22	120
3	KHANGRAASURI	LUNGSEN	6	48
3A	BUKUNGSURI	LUNGSEN	28	155
3B	ZOHMUN	LUNGSEN	24	124
4	MAMTE	LUNGLEI	52	353
5	VAISAM	LUNGSEN	62	334
6	KHAWHRI	HNAHTHIAL	55	305
7	THAIZAWL	LUNGLEI	46	264
7A	BORAHORINACHHUAH	LUNGLEI	27	138
8	SOUTH ZOTE	LUNGLEI	99	701
9	DARZO	HNAHTHIAL	158	1039
10	WEST BUNGHMUN	WEST BUNGHMUN	167	983
11	BUALPUI (H)	HNAHTHIAL	98	578
12	SOUTH LUNGRANG	LUNGSEN	154	833
13	NUNSURI	LUNGSEN	128	809
14	ZAWLPUI	WEST BUNGHMUN	111	621
15	PUANKHAI	WEST BUNGHMUN	131	780
16	DIBLIBAGH	LUNGSEN	176	1103
17	THINGFAL	LUNGLEI	220	1280
18	LUNGSEN	LUNGSEN	397	2186
19	THILTLANG	HNAHTHIAL	181	956
20	N.TAWIPUI	LUNGLEI	181	979
21	CHERHLUN	HNAHTHIAL	304	1919
22	LOWER PANGZAWL	HNAHTHIAL	330	1884
23	SOUTH VANLAIPHAH	HNAHTHIAL	316	1867
UFS NO.	TOWN / CITY NAME	WARD	BLOCK NO.	POPULATION SIZE
24	JUNGLEI	2	3	668
25	JUNGLEI	3	7	823
26	JUNGLEI	8	12	538
27	JUNGLEI	7	17	498
28	JUNGLEI	5	21	981
29	JUNGLEI	9	24	911
30	JUNGLEI	11	1	1063
31	JUNGLEI	13	4	1155
32	JUNGLEI	19	8	757
33	JUNGLEI	16	12	413
34	JUNGLEI	12	16	670
35	JUNGLEI	12	19	1034
36	JUNGLEI	14	24	388
37	TLABUNG	1	2	776
38	TLABUNG	1	6	908
39	NANATHIL	-	5	572
40	NANATHIL	-	11	560

Profile of anganwadis in Lunglei

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	No.	No./A W	AW	No.	No./A W	AW	No.	No./A W
Number of households	18	2120	118	18	1564	87	36	3684	102
Total population under AWC	18	10530	585	18	8180	454	36	18710	520
Cereals (Kgs)	18	1730.8	96	18	2876	160	36	4607	128
Pulses (Kgs)	18	1765	98	18	2517	140	36	4282	119
Number of persons registered									
7-12 months	18	284	16	18	165	9	36	449	12
1-3 year	18	478	27	18	506	28	36	984	27
3-6 year	18	558	31	18	630	35	36	1188	33
Pregnant women	18	265	15	18	147	8	36	412	11
Lactating women	18	292	16	18	174	10	36	466	13
Adolescent girls	18	510	28	18	450	25	36	960	27

Details of work done under NPAG in anganwadi centers

	Urban		Rural		Total	
	No	%	No	%	No	%
Total number	18		18		36	
Weighing	18	100.0	18	100.0	36	100.0
Identifying adol. Girl <35kg	18	100.0	18	100.0	36	100.0
Giving chits to < 35kg	18	100.0	18	100.0	36	100.0
Collects grain from ration shop	18	100.0	18	100.0	36	100.0
Providing NHE to AG	18	100.0	18	100.0	36	100.0
AWW oriented to weighing	18	100.0	17	94.4	35	97.2
Provided with weighing scale	18	100.0	18	100.0	36	100.0
Checking accuracy	18		18		36	
Do not check	0	0.0	1	5.6	1	2.8
Adjusting zero error	18	100.0	15	83.3	33	91.7
With std weight	0	0.0	0	0.0	0	0.0
With std weight and adolescent girl	0	0.0	1	5.6	1	2.8
With std weight and adolescent girl and removing std weight	0	0.0	1	5.6	1	2.8
Any other	0	0.0	0	0.0	0	0.0
Checking accuracy by investigator	18		18		36	
Accurate by 1/2 kg	17	94.4	14	77.8	31	86.1
Inaccurate less than 1 kg	1	5.6	4	22.2	5	13.9
Inaccurate > 1 kg	0	0.0	0	0.0	0	0.0
Demonstration of weighing	18		18		36	
Correct	18	100.0	16	88.9	34	94.4
Incorrect	0	0.0	2	11.1	2	5.6
Training of AWW for NHE	18	100.0	17	94.4	35	97.2
No. of AW giving NHE to P&L	12	66.7	15	83.3	27	75.0
Records of work done	13	72.2	6	33.3	19	52.8
NPAG implementation Problems	17		15		32	
No problem	17	100.0	15	100.0	32	100.0
Absence of accurate weighing scale	0	0.0	0	0.0	0	0.0
Girls do no get weighed	0	0.0	0	0.0	0	0.0
Girls do no pick up ration	0	0.0	0	0.0	0	0.0
Girls do no consume additional food	0	0.0	0	0.0	0	0.0
Non-availability of rations in ration shops	0	0.0	0	0.0	0	0.0
No link between AWW and ration shop	0	0.0	0	0.0	0	0.0
Any other	0	0.0	0	0.0	0	0.0
Corrective measures	0		3		3	
Inform the authorities	0	0.0	1	33.3	1	33.3
Make families and girls aware of NPAG	0	0.0	2	66.7	2	66.7
Any other	0	0.0	0	0.0	0	0.0
Get support from						
PRI	14	77.8	10	55.6	24	66.7
Ration Shop	14	77.8	10	55.6	24	66.7
Family of Girls	14	77.8	10	55.6	24	66.7
ANM	14	77.8	9	50.0	23	63.9
Does NPAG improve						
Nutritional status	17	94.4	15	83.3	32	88.9
Participation in KSY	17	94.4	15	83.3	32	88.9

	urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	AG	AG/ AW	AW	AG	AG/ AW	AW	AG	AG/ AW
Date of last round		March2005			April 2005				
Date of current round		March 2006			April 2006				
LAST ROUND									
Number of AG									
Identified	14	379	27	10	287	29	24	666	28
Weighed	14	373	27	10	280	28	24	653	27
Weight < 35 Kgs	12	82	7	10	78	8	22	160	7
New AG < 35 kgs	3	13	4	7	32	5	10	45	5
Chits distributed	12	82	7	10	75	8	22	157	7
Received rations for									
1 month	0	0	0	0	0	0	0	0	0
2 months	0	0	0	0	0	0	0	0	0
3 months	12	82	7	10	75	8	22	157	7
Nutritional status									
No change in weight	1	1	1	9	2	0	10	3	0
Deterioration in weight	0	0	0	0	0	0	0	0	0
Improvement but less than 35 Kgs	9	63	7	10	56	6	19	119	6
Crossed 35 kgs.	4	18	5	6	17	3	10	35	4
Received NHE	8	176	22	10	190	19	18	366	20
Received food supplement under KSY	5	126	25	9	182	20	14	308	22
CURRENT ROUND									
Number of adolescent girls									
Identified	17	485	29	18	449	25	35	934	27
Weighed	16	443	28	18	433	24	34	876	26
Weight < 35 Kgs	16	135	8	18	187	10	34	322	9
New adolescent girls < 35 kgs	7	34	5	16	73	5	23	107	5
Number of chits distributed	16	135	8	18	187	10	34	322	9
Received rations for									
1 month	0	0	0	1	2	2	1	2	2
2 months	0	0	0	0	0	0	0	0	0
3 months	16	135	8	17	185	11	33	320	10
Nutritional status									
No change in weight	3	6	2	6	12	2	9	18	2
Deterioration in weight	0	0	0	1	20	20	1	20	20
Improvement but less than 35 Kgs	13	89	7	14	119	9	27	208	8
Crossed 35 kgs.	7	34	5	9	36	4	16	70	4
Received NHE	12	274	23	16	293	18	28	567	20
Received food supplement under KSY	9	199	22	15	264	18	24	463	19

Details of ICDS components in the current month of the survey

	Urban			Rural			Total (Urban+Rural)		
	Number			Number			Number		
	AW	Persons	Persons/ AW	AW	Persons	Persons/ AW	AW	Persons	Persons/ AW
Pregnant women									
Registered	17	243	14	18	149	8	35	392	11
Weighed	14	217	16	17	140	8	31	357	12
Less than 40 Kg	5	35	7	11	24	2	16	59	4
Received food supplement	16	209	13	16	119	7	32	328	10
Lactating women									
Registered	17	258	15	17	162	10	34	420	12
Weighed	17	258	15	17	162	10	34	420	12
Less than 40 Kg	6	29	5	13	50	4	19	79	4
Received food supplement	15	200	13	16	154	10	31	354	11
0-3 year children									
Registered									
Male	15	341	23	10	360	36	25	701	28
Female	18	315	18	17	331	19	35	646	18
Weighed									
Male	15	341	23	10	360	36	25	701	28
Female	18	315	18	17	330	19	35	645	18
Nutritional status									
Normal									
Male	14	285	20	10	280	28	24	565	24
Female	18	256	14	17	258	15	35	514	15
Undernourished									
Male	12	54	5	9	79	9	21	133	6
Female	15	53	4	17	71	4	32	124	4
Severely undernourished									
Male	0	0	0	1	1	1	1	1	0
Female	1	6	6	1	1	1	2	7	0
Received cooked food supplement									
Male	8	172	22	10	153	15	18	325	18
Female	8	156	20	11	147	13	19	303	16
3-6 year children									
Registered									
Male	15	307	20	10	275	28	25	582	23
Female	18	291	16	17	291	17	35	582	17
Weighed									
Male	15	307	20	10	263	26	25	570	23
Female	18	291	16	15	277	18	33	568	17
Nutritional status									
Normal									
Male	15	261	17	9	213	24	24	474	20
Female	18	244	14	17	221	13	35	465	13
Undernourished									
Male	10	46	5	10	50	5	20	96	5
Female	13	47	4	17	55	3	30	102	3
Severely undernourished									
Male	0	0	0	0	0	0	0	0	0
Female	0	0	0	1	1	1	1	1	1
Received cooked food supplement									
Male	15	281	19	10	173	17	25	454	18
Female	17	266	16	17	173	10	34	439	13

Preference for food supplement (%)					
	Pregnant women	Lactating women	Adolescent girl	0-3 years	3-6 years
Food grains	52.9	56.2	62.7	5.2	7.8
RTE	22.2	19.6	12.5	64.3	55.5
Hot cooked meal	25	24.1	24.8	30.5	36.7
Preference for beneficiary of ICDS food supplement					
All in the community	46.7	49.9	41.2		33.6
Only undernourished in the community	15.4	15.4	25.7		9.5
All coming to AW	29.3	26.2	27.4		50.3
Only undernourished coming to anganwadi	1.8	1.9	4.3		0.7
Missing	6.8	6.6	1.5		5.9
Total	100.0	100.0	100.0		100.0

Receiving food supplement from anganwadi						
	Urban		Rural		Total	
	No.	%	No	%	No	%
Stay and eat there	266	53.2	258	48.5	524	50.8
Collect food and go home	80	16.0	104	19.5	184	17.8
Stay at anganwadi even after eating food	89	17.8	130	24.4	219	21.2
Do not get supplement	36	7.2	25	4.7	61	5.9
Get only take home type supplement	7	1.4	8	1.5	15	1.5
One family member collects for all	0	0.0	1	0.2	1	0.1
Missing value	22	4.4	6	1.1	28	2.7
Total	500	100.0	532	100.0	1032	100.0

Details of Household Characteristics in Lunglei

	Urban		Rural		Total	
	No.	Mean ±S.D	No.	Mean ±S.D	No.	Mean ±S.D
Number of PSUs covered	18		19		37	
Number of households	500		532		1032	
Size of HH	500	4.8±1.55	532	5.3±1.53	1032	5.0±1.56
Total food grains purchased (Kg)	491	49.4±16.30	525	62.3±21.67	1016	56.1±20.32
Kgs of Grains from PDS	467	26.4±10.76	507	32.6±12.98	974	29.6±12.37
	No.	%	No.	%	No.	%
Type of HH	500		532		1032	
Joint	61	12.2	88	16.5	149	14.4
Nuclear	439	87.8	442	83.1	881	85.4
Missing Value	0	0.0	2	0.4	2	0.2
Total	500	100.0	532	100.0	1032	100.0
Caste	500		532		1032	
SC	7	1.4	6	1.1	13	1.3
ST	487	97.4	518	97.4	1005	97.4
OBC	4	0.8	7	1.3	11	1.1
Others	1	0.2	1	0.2	2	0.2
Missing Value	1	0.2	0	0.0	1	0.1
Total	500	100.0	532	100.0	1032	100.0
Socio-economic status	500		532		1032	
High	9	1.8	5	0.9	14	1.4
Middle	111	22.2	45	8.5	156	15.1
Low	379	75.8	482	90.6	861	83.4
Missing Value	1	0.2	0	0.0	1	0.1
Total	500	100.0	532	100.0	1032	100.0
Literacy status of HHH	500		532		1032	
Illiterate	42	8.4	162	30.5	204	19.8
Can read and write	53	10.6	120	22.6	173	16.8
Schooling primary	200	40.0	160	30.1	360	34.9
Schooling secondary	205	41.0	90	16.9	295	28.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Literacy status of wife of HHH	427		474		901	
Illiterate	43	10.1	153	32.3	196	21.8
can read and write	44	10.3	121	25.5	165	18.3
Schooling primary	190	44.5	133	28.1	323	35.8
Schooling secondary	150	35.1	67	14.1	217	24.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	427	100.0	474	100.0	901	100.0
Work status of HHH	500		532		1032	
Unemployed	26	5.2	11	2.1	37	3.6
Unskilled/ landless labourer	134	26.8	6	1.1	140	13.6
Semi-skilled / cultivators	197	39.4	482	90.6	679	65.8
Clerk/office worker/ Teacher / Landowners	105	21.0	0	0.0	105	10.2
Business/ Artisans	16	3.2	2	0.4	18	1.7
Others	22	4.4	31	5.8	53	5.1
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Work status of wife of HHH	428		474		902	
Housewife	224	52.3	237	50.0	461	51.1
Unskilled/ landless labourer	53	12.4	8	1.7	61	6.8
Semi-skilled / cultivators	86	20.1	25	5.3	111	12.3
Clerk/office worker/ Teacher / Service	25	5.8	7	1.5	32	3.5
Business/ Domestic help	26	6.1	35	7.4	61	6.8
Others	14	3.3	162	34.2	176	19.5
Missing Value	0	0.0	0	0.0	0	0.0
Total	428	100.0	474	100.0	902	100.0
Dietary Habits	500		532		1032	
Vegetarian	14	2.8	36	6.8	50	4.8
Non-vegetarian	486	97.2	496	93.2	982	95.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Monthly Income	500		532		1032	
<5K	379	75.8	482	90.6	861	83.4
5-10K	111	22.2	45	8.5	156	15.1
>10K	9	1.8	5	0.9	14	1.4
Missing Value	1	0.2	0	0.0	1	0.1
Total	500	100.0	532	100.0	1032	100.0
Locality	500		532		1032	
Slum / Center of village	174	34.8	527	99.1	701	67.9

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Resettlement colony / Periphery	114	22.8	3	0.6	117	11.3
Regular colony / Harijan basti	212	42.4	2	0.4	214	20.7
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Type of House	500		532		1032	
Kutcha	97	19.4	326	61.3	423	41.0
Semi-pucca	388	77.6	205	38.5	593	57.5
Pucca	15	3.0	1	0.2	16	1.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Ownership of House	500		532		1032	
Own	366	73.2	503	94.5	869	84.2
Rented	132	26.4	29	5.5	161	15.6
Missing Value	2	0.4	0	0.0	2	0.2
Total	500	100.0	532	100.0	1032	100.0
No. of rooms	500		532		1032	
One	30	6.0	84	15.8	114	11.0
Two	243	48.6	346	65.0	589	57.1
Three	214	42.8	99	18.6	313	30.3
> three	13	2.6	3	0.6	16	1.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Toilet Facility	500		532		1032	
Sulabh / No facility	11	2.2	37	7.0	48	4.7
Shared pit	132	26.4	326	61.3	458	44.4
Own pit	344	68.8	166	31.2	510	49.4
Own flush	13	2.6	3	0.6	16	1.6
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Transport	500		532		1032	
Public	458	91.6	490	92.1	948	91.9
Bicucle	4	0.8	4	0.8	8	0.8
Scooter / Moped	28	5.6	25	4.7	53	5.1
Any other	10	2.0	13	2.4	23	2.2
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Cooking Fuel used	500		532		1032	
Kerosene/ Coal/ Wood	176	35.2	406	76.3	582	56.4
Gas / electricity	324	64.8	126	23.7	450	43.6
Others	0	0.0	0	0.0	0	0.0
Missing Value	0	0.0	0	0.0	0	0.0
Total	500	100.0	532	100.0	1032	100.0
Source of DW	500		532		1032	
Public Tap	264	52.8	213	40.0	477	46.2
Submersible	169	33.8	41	7.7	210	20.3
Well/ pond/ river	66	13.2	277	52.1	343	33.2
Missing Value	1	0.2	1	0.2	2	0.2
Total	500	100.0	532	100.0	1032	100.0
Entertainment	500		532		1032	
None	129	25.8	276	51.9	405	39.2
Radio	201	40.2	177	33.3	378	36.6
TV (BW)	16	3.2	11	2.1	27	2.6
TV(Col)	152	30.4	68	12.8	220	21.3
Missing Value	2	0.4	0	0.0	2	0.2
Total	500	100.0	532	100.0	1032	100.0
Kitchenware	500		532		1032	
Clay	3	0.6	9	1.7	12	1.2
Aluminium	340	68.0	382	71.8	722	70.0
Cast iron	4	0.8	7	1.3	11	1.1
Brass / Copper	1	0.2	6	1.1	7	0.7
Stainless Steel	145	29.0	128	24.1	273	26.5
Missing Value	7	1.4	0	0.0	7	0.7
Total	500	100.0	532	100.0	1032	100.0
Food grain Purchase	500		532		1032	
possession of Ration card	497	99.4	528	99.2	1025	99.3
buy grains from Ration Shop	486	97.8	528	100.0	1014	98.9

Details of ICDS in Lunglei

	Urban		Rural		Total	
	No.	%	No.	%	No.	%
Awareness about presence of anganwadi	498	99.8	525	98.9	1023	
Pregnant women	27		68		95	
Visit anganwadi						
Never	2	7.4	0	0.0	2	2.1
Less than 10 days	9	33.3	17	25.0	26	27.4
10-20 days	13	48.1	33	48.5	46	48.4
More than 20 days	3	11.1	18	26.5	21	22.1
Receive NHE	26	96.3	65	95.6	91	95.8
Receiving food supplement	26	96.3	68	100.0	94	98.9
Less than 10 days	1	3.8	15	22.1	16	17.0
10-20 days	22	84.6	34	50.0	56	59.6
More than 20 days	3	11.5	19	27.9	22	23.4
Lactating women	26		32		58	
Visit anganwadi						
Never	2	7.7	4	12.5	6	10.3
Less than 10 days	9	34.6	14	43.8	23	39.7
10-20 days	13	50.0	10	31.3	23	39.7
More than 20 days	1	3.8	3	9.4	4	6.9
Receive NHE	23	88.5	29	90.6	52	89.7
Receiving food supplement	23	88.5	29	90.6	52	89.7
Less than 10 days	23	100.0	13	44.8	36	69.2
10-20 days	0	0.0	12	41.4	12	23.1
More than 20 days	0	0.0	4	13.8	4	7.7
0-3 year children	97		108		205	
Visit anganwadi						
Never	10	10.3	10	9.3	20	9.8
Less than 10 days	9	9.3	17	15.7	26	12.7
10-20 days	56	57.7	51	47.2	107	52.2
More than 20 days	12	12.4	29	26.9	41	20.0
Receive NHE	76	78.4	99	91.7	175	85.4
Receiving food supplement	78	80.4	97	89.8	175	85.4
Less than 10 days	8	10.3	20	20.6	28	16.0
10-20 days	58	74.4	47	48.5	105	60.0
More than 20 days	12	15.4	30	30.9	42	24.0
Weighment of children	77	79.4	98	90.7	175	85.4
Nutritional status of children						
Normal	60	77.9	77	78.6	137	78.3
Undernourished	17	22.1	20	20.4	37	21.1
Severely undernourished	0	0.0	1	1.0	1	0.6
Donot know	0	0.0	0	0.0	0	0.0
Missing value	0	0.0	0	0.0	0	0.0
3-6 year children	146		220		366	
Visit anganwadi						
Never	13	8.9	8	3.6	21	5.7
Less than 10 days	6	4.1	12	5.5	18	4.9
10-20 days	81	55.5	110	50.0	191	52.2
More than 20 days	37	25.3	90	40.9	127	34.7
Receive NHE	125	85.6	212	96.4	337	92.1
Receiving food supplement	126	86.3	212	96.4	338	92.3
Less than 10 days	4	3.2	14	6.6	18	5.3
10-20 days	92	73.0	108	50.9	200	59.2
More than 20 days	30	23.8	90	42.5	120	35.5
Weighment of children	126	86.3	211	95.9	337	92.1
Nutritional status of children						
Normal	94	74.6	111	52.6	205	60.8
Undernourished	30	23.8	100	47.4	130	38.6
Severely undernourished	0	0.0	0	0.0	0	0.0
Donot know	2	1.6	0	0.0	2	0.6
Missing value	0	0.0	0	0.0	0	0.0

Details of NPAG in Lunglei

	Urban		Rural		Total	
	No.	Mean \pm S.D	No.	Mean \pm S.D	No.	Mean \pm S.D
Number of adolescent girls	402		475		877	
Mean age (years)	402	15.2 \pm 2.45	475	14.3 \pm 2.53	877	14.7 \pm 2.53
Mean weight (Kgs)	373	35.5 \pm 5.35	453	34.4 \pm 5.48	826	35.1 \pm 5.43
	No.	%	No.	%	No.	%
Literacy status						
Illiterate	31	7.7	106	22.3	137	15.6
Can read and write	14	3.5	63	13.3	77	8.8
Schooling primary	166	41.3	171	36.0	337	38.4
Schooling secondary	191	47.5	135	28.4	326	37.2
Marital status (%)						
Currently married	2	0.5	8	1.7	10	1.1
Never married	400	99.5	467	98.3	867	98.9
Age at marriage (%)						
10-13 years	0	0.0	0	0.0	0	0.0
13-16 years	0	0.0	8	1.7	10	1.1
16-19 years	2	0.5	0	0.0	0	0.0
not married	400	99.5	467	98.3	867	98.9
KSY and NPAG	376	93.5	452	95.2	828	94.4
Awareness about KSY	362	96.3	407	90.0	769	92.9
Awareness about NPAG	343	91.2	414	91.6	757	91.4
Visit Anganwadi centre						
For KSY	277	73.7	218	48.2	495	59.8
For NPAG	74	19.7	203	44.9	277	33.5
Never	26	6.9	32	7.1	58	7.0
Receive NHE	348	92.6	418	92.5	766	92.5
Receive IFA	62	16.5	136	30.1	198	23.9
Receive food supplements from anganwadi	377	100	452	100	829	100
Never	26	6.9	36	8.0	62	7.5
Less than 10 days	91	24.1	106	23.5	197	23.8
10-20 days	242	64.2	266	58.8	508	61.3
more than 20 days	18	4.8	44	9.7	62	7.5
Weighment by AWW	341	84.8	422	88.8	763	87.0
Weighing less than 35 kgs (%)	172	50.4	299	70.9	471	61.7
Given a chit for free food grains	172	100.0	284	95.0	456	96.8
Went to ration shop to collect grains	172	100.0	284	100.0	456	100.0
Collection of grains from ration shop						
one month	12	7.0	17	6.0	29	6.4
two months	1	0.6	5	1.8	6	1.3
three months	159	92.4	262	92.3	421	92.3
never	0	0.0	0	0.0	0	0.0
Reason for not getting food grains						
not aware of NPAG	0	0.0	0	0.0	0	0.0
did not go to ration shop	0	0.0	0	0.0	0	0.0
ration shop closed	0	0.0	0	0.0	0	0.0
ration shop opened but no stock	0	0.0	0	0.0	0	0.0
do not require ration	0	0.0	0	0.0	0	0.0
After receiving food grains						
no change in weight	3	1.7	15	5.3	18	3.9
deterioration in weight	5	2.9	5	1.8	10	2.2
improvement in weight < 35 Kgs	122	70.9	246	86.6	368	80.7
crossed 35 kgs	42	24.4	18	6.3	60	13.2

A sample of chit given to adolescent girl in Lunglei

Special Addition Central Asseslan

**PILOT PROJECT (SACA) SCHEME HNUAIA BUHFAI
DAWNA CARD (Operated through ICDS)**

1. Dawngtu hming
Name *Recumb* : _____
2. Retailer : _____
3. Yeng / Khua
(*Locality*) : _____
4. AWW Hning
Center : _____
5. Sign of AWW : _____

Month	Date	Signature of Retailer	Signature of Beneficiaries

Countersigned by:

Principal Investigator Summary

Brief description of Lunglei district And Lunglei ICDS programme

Lunglei dist. is situated in the southern part of Mizoram, having a boundary of Aziawl dist undivided in the north and Chhimtuipui Dist in the south, the district extending upto Myanmar in the west and Bangladesh in the east. The headquarter is at Lunglei which is 230 kms form Aziwal, capital of Mizoram state. Lunglei district has an area of 4538 sq. kms and has 4 blocks, with a population of 137155.

The following programmes are in operation through ICDS in the Lunglei district: -

1. Pre-school education – is carried out at the AW center with an objective to impart non- formal education to the children between 3-6 years.
2. Supplementary nutrition- supplementary food items are distributed for children between 0-6years and pregnant and lactating mothers at the AW center.
3. The health staff especially AWW should use AW center to provide health check up and immunization to the children and pregnant mothers. Early detection of disabilities and regular weighing of the children are undertaken.
4. Health and nutrition education is given to the mothers and girls.
5. KSY- Kishori Shakti yojana.
6. Special Additional Central Assistance Schemes this also includes NPAG.
7. Swayam Sidha – This is one of the 3 pilot project for empowerment of women In Mizoram

Monitoring and evaluation is done at the block and district level. Block level is chaired by the BDO and the District level is chaired by the district collector.

The Project Officer is the controlling officer of ICDS at the district level.

Lunglei has Divisional ICDS cell, which was established in 1986, with objective to monitor the works of the ICDS projects in Lunglei and Chhimtuipui districts. The jurisdiction of this Divisional cell extended into Myanmar and Bangladesh borders, as such there are many problems in the sphere of infrastructural facilities and also due to the low standard of living of the population of the border areas. In spite of the hardship and difficulties, interventions of the ICDS programmes are effective. Female feticide, stillbirth, low birth weight and death of children below 6 years are rare.

Lunglei district was selected by the central govt. to receive extra food grains for underweight adolescent, pregnant and lactating mothers. Under Special Additional Central Assistance Scheme during 2002-2003 to 2004, most of the beneficiaries benefited from the scheme. The State Govt. is continuing the scheme even during the period that the funds were not received from the center.

The four blocks carrying out the NPAG programme in Lunglei district is; Lunglei, Lungsen, hnathial and Bunghmun. The profile of each block is as given below:

1. Lunglei Block ICDS project

Year of establishment – 1984 –85
 No. Of AW Center functioning – 113
 Total population - 67278

Under NPAG Scheme 1450
 underweight adolescent girls were
 given food grain most of them gained
 weight.

Staff position	Sancti oned	In position	Vacant
CDPO	1	1	-
CO	5	4	1
AWW	113	113	-
Helpers	113	113	-
Ministrial post	3	3	1
Driver	1	1	-
Peon	2	2	-

2. Lungsen Block ICDS project

Year of establishment- 1983-84
 No. Of AW center functioning – 67
 Total population – 11042

lungsen is one of the most backward
 projects under Divisional ICDS cell of
 Lunglei. Most of the villages covered
 by this project are inhabited by the Chakmas and Brus. Malaria is high endemic
 in this block and most inhabitants are affected. Death rate due to malaria is high.
 Most of the adolescent girls are underweight. During the last NPAG programme,
 1667 beneficiaries who received assistance gained weight. Survey is still going
 on so as to identify more of these underweight adolescent girls.

Staff position	Sanctioned	In position	Vacant
CDPO	1	1	-
CO	4	2	2
AWW	67	67	-
Helpers	67	67	-
Ministrial post	2	2	-
Driver	1	1	-
Peon	2	1	1

3. Hnathial Block ICDS project

Year of establishment- 1979-80
 No. Of AW center functioning –84
 Total population- 26521

As shown in the map the area covered
 by Hnathial ICDS project extends to
 Myanmar border in the east and there
 were 1474 underweight adolescent girls who were given food grain and most of
 them gained weight.

Staff position	Sanctioned	In position	Vacant
CDPO	1	1	-
CO	4	4	-
AWW	84	84	-
Helpers	84	84	-
Ministrial post	2	2	-
Driver	1	1	-
Peon	1	1	-

4. Bunghmun Block ICDS project

Year of establishment – 1984-85
 No. Of AW center functioning – 50
 Total population – 1293

This is also one of the most backward
 projects. It is highly malarial infested
 area with high mortality and
 morbidity. The block extends to Bangladesh border and due to bad

Staff position	Sanctioned	In position	Vacant
CDPO	1	1	-
CO	3	1	2
AWW	50	50	-
Helpers	50	50	-
Ministrial post	3	3	-
Driver	1	1	-
Peon	2	2	-

communication many of the villages could not be covered during the survey. Many of the adolescent girls are left out, which the present round is trying to cover. There were only 413 beneficiaries recorded and most of them gained weight.

Bunghmun was the last block from which the reports could not be obtained earlier due to landslides and inaccessible condition of the area due rain

Evaluation of NPAG in Lunglei

The officials at the state and district level were referring to the programme as Special Addition Central Assistance (SACA) in the state. NPAG guidelines have not been strictly adhered to by the state government; therefore the entire state of Mizoram was covered under NPAG.

Early onset of monsoon and land slides due to heavy rains delayed arrival of the investigators team of Lunglei. After collecting the data at district office the PI attended the CDPO meeting and used the opportunity to discuss the formats and ask for the co-operation of the officials. The PI recruited the field officer from each PSU on the advise of ICDS officers so that information could be gathered quickly, some of the PSUs have been changed, as the PSUs, which were selected earlier, would be inaccessible in July-August due to the prevailing monsoon rains.

It took 3-4 days to complete the data collection on 28 households and the anganwadi. The households were selected from the AWW Center Register. The investigators team reached some of the households with great difficulty, as these dwellings are located at a distance from each other and the hilly terrain makes traveling between them harder. In other places they were so closely situated that it was difficult to differentiate one household from another. Moreover, the information had to be gathered either early in the morning or late in the evening as most of the householders go to their *jhum* fields during the day. The team had the full co-operation of the District Officials and in many PSUs AWWs accompanied the team. In some areas communication was really bad, we had to paddle through mud and in some areas were completely washed away. Reports from the last PSU, *Bunghmun* reached us on 19th July 2006