

Palakkad

Palakkad district is one of the main granaries of Kerala and its economy is primarily agricultural. The total geographical area of the district is 4480 sqkm representing 11.5% of the State area; Palakkad has 8.2 % population of the state. The net cultivated area of the district is 284 lakh hectares, i.e., 64% of the geographical area. Major portion of the cultivable land is used for raising food crops. Palakkad is having rather a dry climate similar to Tamil Nadu. However the average rainfall is good for cultivation. There are five taluks, 163 villages, four Municipal towns and ninety Panchayats in the district. The district is divided into 13 community Development Blocks for the effective implementation of various development activities.

| | Palakkad | Kerala |
|-------------------------------------|----------|----------|
| Population | | |
| Persons | 2617072 | 31838619 |
| Males | 1265794 | 15468664 |
| Females | 1351278 | 16369955 |
| Percentage decadal growth | 9.86 | 9.42 |
| Sex ratio (females per 1,000 males) | 1068 | 1058 |
| Population density (per sq. km.) | 584 | 819 |
| Literacy rate (%) | | |
| Persons | 84.35 | 90.9 |
| Males | 89.52 | 94.2 |
| Females | 79.56 | 87.8 |

Source: Census 2001

According to the 2001 census the population of the district is 2617072 (8.2 % of the state population) and 88.9 per cent of the district's population is rural in nature. The density of the population is 584 per sqkm. Decadal growth rate for the period 1991-2001 is 9.9 % in comparison with the State figures of 9.4 %. The sex ratio of the district is 1068 females for 1000 males. The District has achieved 84.4 % literacy in 2001 calculated on the basis of population above

the age of 7 years. Agriculture engages more than 65 % of the workers. (Table 4.2.6.1)



NPAG evaluation

The evaluation of NPAG was conducted in 40 PSUs (28 rural and 12 urban) of Palakkad district of Kerala (Annexure 4.2.6a). The data for the rural and urban areas have been analysed and presented separately.

Funds and food grains release

The NPAG programme was initiated in 2002-03 in Palakkad District. The training and IEC activities were completed and adult balances were provided to all anganwadis (AWs) in 2002-03. The programme was discontinued in 2004-05. In 2005-06, it was restarted with adolescent girls as the only target group.

A quantity of 4000 MT has been allotted to Palakkad district for distribution during the period from Oct- 2003 to Mar- 2004 and it has been reallocated to the Taluks. The Social Welfare Department has remitted the amount for 670 MTs of rice only and the ARDs have lifted 670 MTs of rice from FCI during Oct- 2003 itself. The Social Welfare Department could not remit the amount as per the allotment of the remaining months in time. Hence, the scheme could not be continued later in this district. A sample of chit given to adolescent girl by AW worker is given in Annexure 4.2.6f.

Rural

| | |
|--|-------|
| Number of Households | 12323 |
| Total Population | 56407 |
| Number of persons registered in AWs | |
| Children 7-12 months | 466 |
| Children 1-3 years | 1000 |
| Children 4-6 years | 1316 |
| Pregnant women | 233 |
| Lactating women | 232 |
| Adolescent girls (KSY) | 766 |

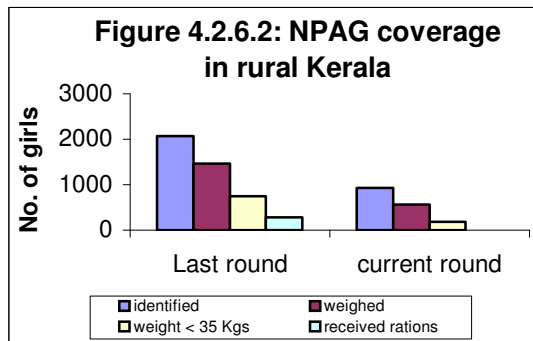
The NPAG evaluation was done in 41 rural AWs. Data on number of households, total population and number of persons registered with the AW in May 2006 is given in Table 4.2.6.2. Cooked food was being supplied to the AWs. Uppuma is given to adolescent girls, pregnant and lactating

women and porridge to 0-3 year old children made out of wheat, oil, groundnut and porridge to 3-6 year old children made out of wheat, oil, groundnut, f wh eat and green gram.

NPAG-Adolescent Girl

Thirty-nine AWWs received training in weighing adolescent girl (95.1 %) and 22 were 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 accepted the concept of weighing, identifying, detecting the undernourished girls and distributing food grains to families of undernourished girls. Only 9 AWWs had their own adult weighing scale; the rest of the AWWs borrowed the weighing scales from other near by sub-centres or

PHCs.; all of them had weighed adolescent girls in their area and identified girls under 35 kg. Eight AWWs adjusted for zero error on the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Weighing scales of 2 AWWs were accurate. Only five AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl; 2 AWWs did not weigh the adolescent girl correctly. All AWWs provided NHE to the identified adolescent girls. Twenty-seven AWWs had records of NPAG (Annexure 4.2.6b).



The data on last round (Feb- 2003 to June 2004) was available from 30 AWWs. In the last round of NPAG, 2064 adolescent girls were identified; 1466 identified adolescent girls were weighed; 51.2 % girls who were weighed were below 35 kg (Figure 4.2.6.2). In the last round 145 new adolescent girls who weighed less than 35 kg had been identified. Nine AWWs provided NHE to

144 adolescent girls. The chits were distributed to 595 identified undernourished adolescent girls by 26 AWWs; 45 adolescent girls in 2 AWWs received food grains for two months; 230 girls in 11 AWWs collected ration for three months. Under KSY scheme, 133 girls collected food supplement in 13 AWWs.

The data pertaining to current round (Feb- 2004) was available from 13 AWWs. In the last round of NPAG, 934 adolescent girls were identified; 558 identified adolescent girls were weighed in 8 AWWs; 33 % girls who were weighed were below 35 kg (Figure 4.2.6.2). Chits were not distributed at the time of the survey.

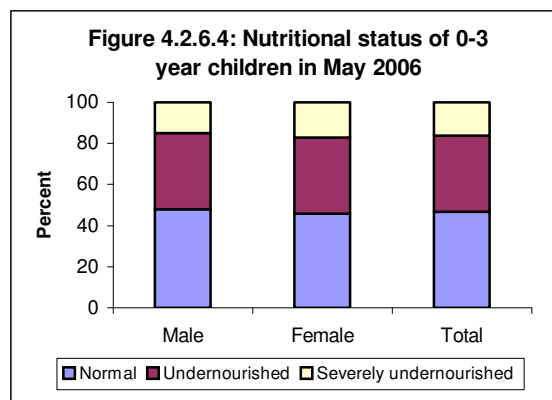
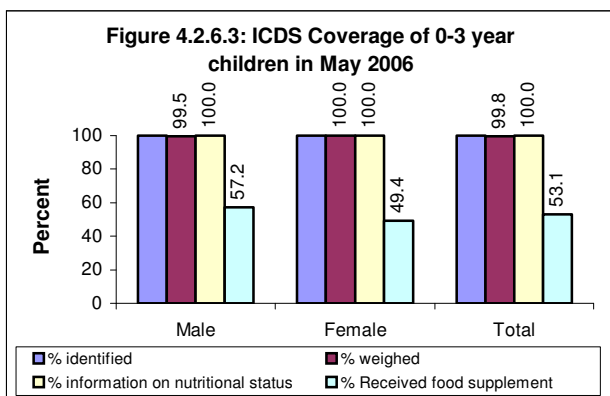
Ongoing ICDS programme

The data on ongoing ICDS was collected for the month of April 2006 and May 2006 from all 41 AWWs. The data for the month of May 2006 is presented in Annexure 4.2.6c.

Pregnant and lactating women

Data on pregnant women were available in 36 AWWs; 254 pregnant women were identified; 151 pregnant women were weighed (25 AWWs); 50 pregnant women weighed less than 40 kg (15 AWWs). 152 pregnant women (in 32 AWWs) received food supplements. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available in 35 AWWs; 270 lactating women were identified; 160 lactating women were weighed (24 AWWs). 58 lactating women weighed less than 40 kg (16 AWWs); 127 lactating women (in 32 AWWs) received food supplement. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to lactating women.

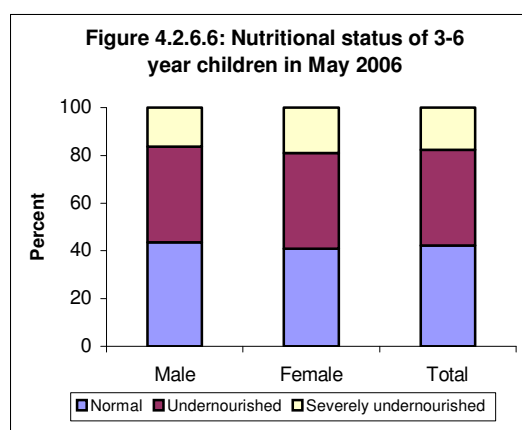
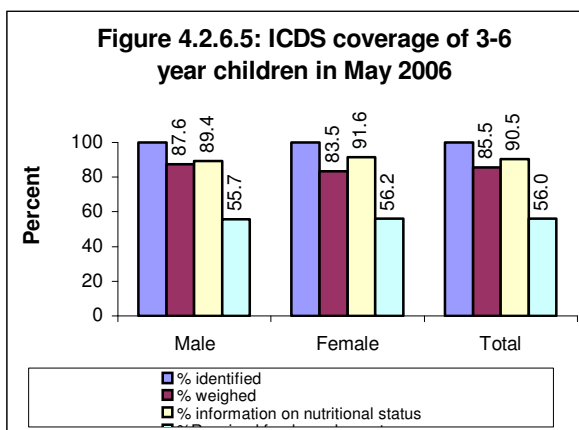
Children (0-3 years of age)



A total of 1664 children (0-3 years old) were identified and weighed. Information on nutritional status is available for all children who were weighed; 46.7 % were normal; 37.2 % were undernourished and 16.1 % was severely undernourished (Figure 4.2.6.4); 53.1 % received food supplements from AWs more than 20 days (Figure 4.2.6.3). The percentage of severely undernourished children was much higher as compared to NFHS-2 data (4.7 %). The reason stated was that food intake was very low due to lack of regular employment and most of the families belong below poverty line. Moreover AWs were not reachable due to long distance thereby beneficiaries were not able to take food supplement regularly.

Children (3-6 year old)

A total of 1778 children (3-6 year old) were identified; 85.5 % were weighed. Information on nutritional status of children was available for 90.4 % of those who were weighed; 42.2 % were normal; 40 % were undernourished and 17.7 % were severely undernourished (Figure 4.2.6.6); 56 % were receiving food supplements from AWs more than 20 days (Figure 4.2.6.5). Distribution of food supplements



was not carried out on the basis of nutritional status of the child.

Urban

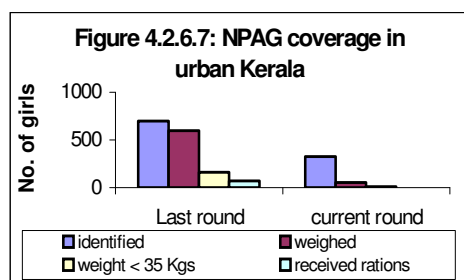
| Table 4.2.6.3: Total coverage under AWs (n=17) | |
|---|-------|
| Number of Households | 6907 |
| Total Population | 35190 |
| Number of persons registered in AWs | |
| Children 7-12 months | 164 |
| Children 1-3 years | 400 |
| Children 4-6 years | 554 |
| Pregnant women | 102 |
| Lactating women | 91 |
| Adolescent girls (KSY) | 409 |

The NPAG evaluation was done in 17 urban AWs. Data on number households, total population and number of persons registered with the AWs in May 2006 is given in Table 4.2.6.3. Cooked food supplement was being supplied to the AWs. Uppuma is given to adolescent

girls, pregnant and lactating women and 0-3 year old children made out of wheat, oil, groundnut and porridge to 3-6 year old children made out of wheat and green gram

NPAG-Adolescent girls

All AWWs received training in weighing adolescent girl and 14 (93.8 %) 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 girls and distributing food grains to families of undernourished girls. 10 AWWs had adult weighing scales and rest of the AWWs borrowed the weighing scales from other near by sub-centres or PHCs; 17 AWs had weighed adolescent girls in their area and all had identified girls under 35 kg. All AWWs adjusted for zero error on the weighing scale just before weighing. The field investigators checked the accuracy of weighing scales. Seven AWWs weighed adolescent girl correctly when investigator asked them to demonstrate weighing of adolescent girl. All AWWs provided NHE to the identified adolescent girls. Sixteen AWW had distributed chits to identified undernourished girls of their areas. Twelve AWWs had records of NPAG (Annexure 4.2.6b).



The data on last round (Feb-2003 to April-2004) was available from 8 AWs. In the last round of NPAG, 700 adolescent girls were identified; 598 identified adolescent girls were weighed; 27.1 % girls who were weighed were below 35 kg (Figure 4.2.6.7). Two AWWs gave NHE to 15 adolescent girls. The chits were distributed to 106 identified undernourished adolescent girls; 12 girls in 2 AWs collected ration for two months and 59 girls in 3 AWs collected ration for three months. Under KSY scheme, 14 girls collected food supplements from two AWs.

The data on current round was not available as the programme is not ongoing in the district. However three AWs had identified 327 adolescent girls in their area and one had weighed 53 girls.

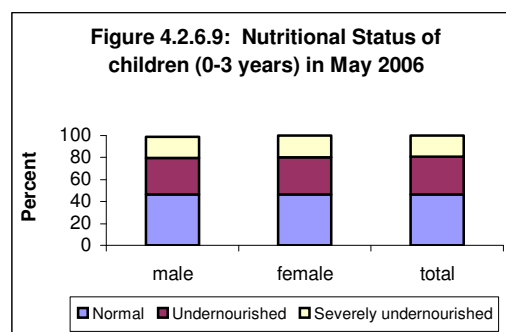
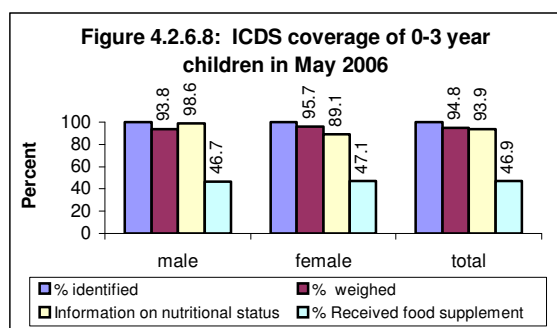
Ongoing ICDS programme

The data on ongoing ICDS programme was collected for the month of April 2006 and May 2006 from all 17 AWs. The data for the month of May 2006 is presented in Annexure 4.2.6c.

Pregnant and lactating women

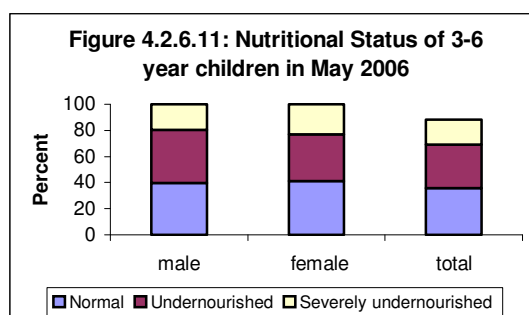
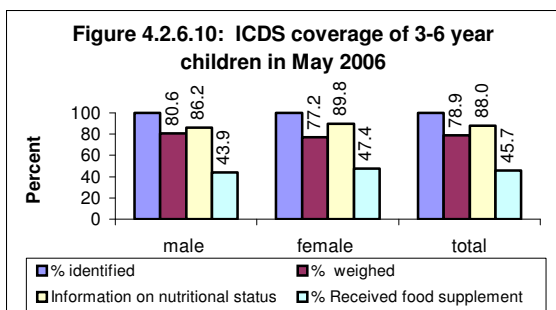
Data on pregnant women were available from 15 AWs; 127 pregnant women were identified; 99 pregnant women were weighed (12 AWs). 12 pregnant women of weighed less than 40 kg (5 AWs). 63 pregnant women in 13 AWs received food supplement. Socioeconomic status or nutritional status was not used as criteria for providing food supplements to pregnant women. Data on lactating women were available from 14 AWs; 131 lactating women were identified; 92 lactating women were weighed (10 AWs); 10 lactating women of weighed less than 40 Kg (3 AWs); 72 lactating women in 12 AWs received food supplements. Twelve AWWs reported that they were imparting NHE to pregnant women and lactating women.

Children (0-3 years)



A total of 896 children (0-3 years old) were identified; 94.8 % children were weighed. The information on nutritional status was available for 93.9 % of those weighed; 46.8 % were normal; 33.8 % were undernourished and 19.4 % were severely undernourished (Figure 4.2.6.9); 46.9 % received food supplements from AWs more than 20 days (Figure 4.2.6.8).

Children (3-6 years)



A total of 952 children (3-6 year old) were identified; 78.9 % were weighed. The information on nutritional status was available for 88 % of those who were weighed; 40.4 % were normal; 38.3 % were undernourished and 21.3 % were severely undernourished (Figure 4.2.6.11); 45.7 % were receiving food supplement from AWs more than 20 days (Figure 4.2.6.10).

Households Survey

The household survey was conducted in 40 PSUs (28 rural and 12 urban) of Palakkad district of Kerala. The data obtained from rural and urban PSUs were analysed and reported separately (Annexure 4.2.6d and 4.2.6e).

Rural

The survey was conducted in 787 rural households. The mean household size is 4.8; 62.4 % were nuclear families.

Socioeconomic profile

Majority of the households belonged to OBC (55.7%); 19.2% were SC and rest belonged to other castes and ST. 76.7 % families stated that their monthly income was less than Rs. 5000; the rest stated that their income was between Rs. 5000 – Rs. 10000 per month.

The wives of the household were better educated than the heads of the households. One-fourth (25.9 %) of the head of the households were illiterate; 37 % were educated up to primary level and 30 % were educated up to secondary school or more. Nearly one fourth (22.9 %) of the wives of head of the household were illiterate; 32.9 % had primary education and 37.3 % had secondary school education.

One third (28.1 %) of the head of the households were working as landless labourers, mostly porters; 27.3 % were in other services and 30.5 % were unemployed at the time of the survey. Most (71.7 %) of the wives of the head of the households were housewives and did not work outside home; 17.7 % were working as landless labourer.

Most (62.5 %) of the population was residing in the center of the village. Nearly all households (96.6 %) owned the houses. 40.2% families were living in kutchha houses and 46.9 % were living in semi-pucca houses. Majority (92.7 %) of the population had two or more rooms and the rest (7.4 %) lived in one room. Most 87.4 % of the population had toilet facility at home; the rest (12.3 %) of the population had no access to toilet or were using sulabh. Only 16.7 % household had provision of drinking water in their own homes; the rest (83.2 %) obtained drinking water from public sources like taps, hand pumps or water tankers, well, pond and river. Majority of the households reported that they were non-

vegetarian. Only 34.2 % were using gas for cooking food; the rest (65.7 %) were using kerosene or wood stoves for cooking purposes. More than half (53.5 %) of the families were using stainless steel utensils for cooking food; the rest (40.9 %) were using aluminum for cooking purposes. Public transport was used by 86.3 % of the population; 8.8 % had bicycle. Nearly one-third (29.7 %) had no source of entertainment such as radio or T.V colour television at home; 18 % had radio and 40.5 % had colour television at home.

The mean consumption of food grains was 40.9 kg per month per household. Almost all (91.7 %) families had ration cards and 61.8 % of them bought food grains from ration shop. On an average each household bought 23.3 kg of food grains from the ration shop.

Utilization of ICDS services

Almost all (95 %) the households knew about AW in their area. In rural areas about 40.5 % of the households did not get any food supplement from the AWs; 31 % stayed at AWs and ate the supplement; 17 % collected supplement from AWs and took it home. Information on number of pregnant and lactating women and preschool children who visited AWs received NHE and/or food supplements is given in Table 4.2.6.4.

| Beneficiary | No. present | Received NHE | Received food supplement | Number of days receiving food supplement | | |
|-----------------|-------------|--------------|--------------------------|--|-----------|-----------|
| | | | | <10 | 10-20 | > 20 |
| Pregnant women | 7 | 100 (7) | 14.3 (1) | 14.3 (1) | 0 | 0 |
| Lactating women | 15 | 6.7 (1) | 0 | 0 | 0 | 0 |
| 0-3 years | 138 | 29.7 (41) | 23.9 (33) | 21.2 (7) | 21.2 (7) | 45.5 (15) |
| 3-6 years | 211 | 46.9 (99) | 33.6 (71) | 2.8 (2) | 35.2 (25) | 62 (44) |

Figures in parenthesis denotes actual numbers

There were 7 pregnant women and all had visited AWs; received NHE; but only one had collected food supplement for less than 10 days. One out of 15 lactating women visited AW for receiving NHE; none collected food supplement from AW. Among 33 0-3 year old children collecting food supplement from AWs, 15 children had collected food supplements for more than 20 days and seven had collected food supplements for 10-20 days. Among seventy one 3-6 year old children collecting food supplement from AWs, 44 children collected food supplement for more than 20 days (Table 4.2.6.4).

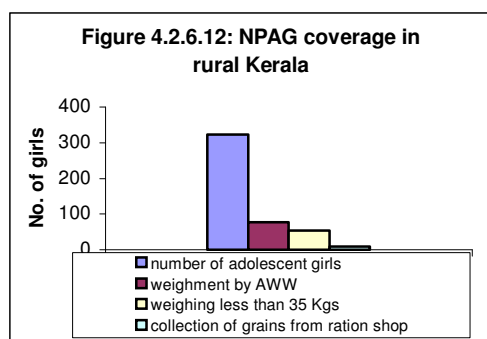
| Age | Number of children | Number weighed | Normal | Under-nourished | Severely undernourished |
|-----|--------------------|----------------|--------|-----------------|-------------------------|
| 0-3 | 138 | 45 | 31 | 10 | 1 |
| 3-6 | 211 | 103 | 68 | 28 | 3 |

There were 138 children in 0-3 year old age group in the households surveyed;

45 children had been weighed. The parents reported that 31 children were normal; 10 were undernourished and 1 was severely undernourished.

Parents of 3 children reported that they did not know the nutritional status of their child. There were 211 children in 3-6 year old age group in the households surveyed; 103 children had been weighed. The parents reported that 68 children were normal; 28 were undernourished and 3 were severely undernourished. Parents of 4 children did not know the nutritional status of their child (Table 4.2.6.5).

NPAG



During the household survey 322 adolescent girls were identified; mean age of the girls was 14.8 ± 2.78 years and mean weight was 35.1 ± 9.82 kg. 28.6 % of the girls had primary level education and 70.5 % had secondary level education. Only 6.2 % adolescent girls were married. Majority (90.7 %) of the girls knew about NPAG or KSY (45.2 %). The families reported that 39 (13.4 %)

had visited AW for KSY; 57.5 % had received NHE; 53.1 % had received iron/folic acid tablets. The information on receiving food supplement was available from 282 girls; 18.8 % girls collected food supplement from AW. 83 (28.4 %) girls had visited AW for NPAG. AWWs had weighed 77 (23.9 %) of the identified adolescent girls and 53 (68.8 %) weighed less than 35 kg; 17 adolescent girls were given chits for collecting food grains; 13 collected grains from ration shop; 7 girls collected food grains for 1 month; 2 girls collected for 3 months and 4 girls never collected food grains from ration shop (Figure 4.2.6.12); only one girl gained weight but still weighed less than 35 kg; 12 girls showed no change in weight. The NPAG scheme was not fully operational and also girls had not received food grains for three consecutive months therefore change in nutritional status of girls were not observed.

Urban

Socioeconomic profile

The survey was conducted in 364 households. The mean household size is 5; 62.4 % nuclear families. Most of the families were Muslims.

More than forty percent of the households belonged to OBC (42.9 %); 26.6 % were SC and rest (27.2 %) belonged to other castes. Over seventy percent (71.4 %) families stated that their monthly income was less than Rs. 5000; the rest (26.6 %) stated that their income was between Rs. 5000 – Rs. 10000 per month.

Nearly twenty percent (18.4 %) head of the households were illiterate; 33.5 % were educated up to primary level and 36.5 % were educated up to secondary school or more. Almost twenty percent (19.9 %) wives of head of the household

were illiterate; 42.1 % were educated up to secondary school level and 32.5 % had primary level education. The level of education of wives of the head of the household is comparatively higher than the head of the households as in low income groups male population seek job at their early age to support the family Whereas female populations are allowed to continue their education until they get married.

More than one third (36.5 %) were working as porters, factory labourers, rickshaw pullers, small vendors in daily bazaars; 9.3 % were doing semi-skilled jobs; 9.1 % had their own business and 24.2 % were unemployed at the time of the survey. Most wives of the head of the households were housewives (75.3 %) and did not work outside home; 14.4 % were working as coolie and factory workers.

Most (59.6 %) of the population was residing in the regular colonies; 13.5 % in resettlement colonies and 26.6 % in slums. Most families (89.8 %) owned the houses. Most of the families (43.4 %) were living in semi-pucca houses; 43.1 % were living in kutcha houses; and only 13.2 % had pucca houses. Most of the families who are living since long time in the Kutcha houses are in below poverty line and are not in a position to improve their houses, therefore many regular colonies had kutcha houses in the district. Majority of the population (93.4 %) had two rooms or more and the rest lived in one room. Majority of the population (83 %) had toilet facility at home; only 11.5% of the families had no access to toilet or were using sulabh. Majority (99.7 %) households obtained drinking water from public sources like hand pumps, public taps, water tankers, ponds, river or well. Majority (97 %) of the households reported that they were non-vegetarian. 32.4 % were using gas for cooking food; the rest (66.5 %) were using kerosene or wood stoves for cooking purposes. Majority (58.8 %) was using stainless steel utensils for cooking food; the rest (37.1 %) were using aluminum kitchenware for cooking purposes. Public transport was used by 82.7 % of the population; 8 % had scooter or motorcycle. 27.7 % had no source of entertainment like radio or T.V and 45.9 % had colour television at home.

The mean consumption of food grains was 40.6 kg per month per household. The data is consistent with the NSSO, NNMB and INP data that showed that consumption of cereals is lower in Kerala as compared to other states like Uttar Pradesh, Madhya Pradesh etc. Almost all (93.1 %) families had ration cards and 61.7 % of them bought food grains from ration shop. On an average each household bought 25.8 kg of food grains from the ration shop.

Utilization of ICDS services

Almost all (89.1 %) households knew about AWs in their area. In urban areas only 34.9 % of the households did not get any food supplement from the AWs; 31.9 % stayed at AW and ate the supplement; 13.2 % collected supplement from AW 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 4.2.6.6.

| Beneficiary | No. present | Received NHE | Received food supplement | Number of days receiving food supplement | | |
|-----------------|-------------|--------------|--------------------------|--|----------|-----------|
| | | | | <10 | 10-20 | > 20 |
| Pregnant women | 9 | 33.3 (3) | 33.3 (3) | 0 | 66.7 (2) | 33.3 (1) |
| Lactating women | 13 | 30.8 (4) | 23.1 (3) | 0 | 66.7 (2) | 33.3 (1) |
| 0-3 years | 88 | 37.5 (33) | 30.7 (27) | 37 (10) | 37 (10) | 0 |
| 3-6 years | 98 | 56.1 (55) | 54.1 (53) | 0 | 17 (9) | 56.6 (30) |

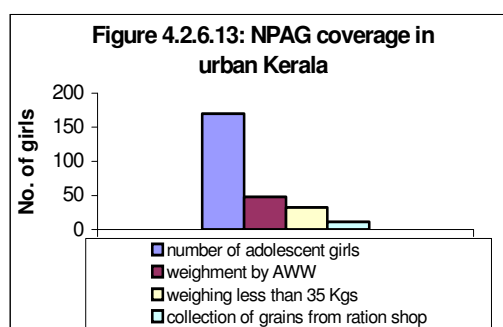
Figures in parenthesis denotes actual numbers

Three out of nine pregnant women visited AW; received NHE and collected food supplements; but only 4 out of 13 lactating women visited AW; received NHE; 3 collected food supplements. Among 27 0-3 year old children collecting food supplement from AWs, only 10 children collected food supplements for 10-20 days. Among the 3-6 yrs old children who received food supplements; 30 received supplements for more than 20 days. Information on number of days receiving food supplement from AW by seven 0-3 year old children and fourteen 3-6 year old children was not available.

| Age | Number of children | Number weighed | Normal | Under-nourished | Severely undernourished |
|-----|--------------------|----------------|--------|-----------------|-------------------------|
| 0-3 | 88 | 39 | 26 | 9 | 1 |
| 3-6 | 98 | 65 | 50 | 10 | 0 |

There were 88 children in 0-3 year old age group in the households surveyed; only 39 children had been weighed. The parents reported that 26 children were normal; 9 were undernourished and 1 was severely undernourished. Parents of 3 children reported that they did not know the nutritional status of their child. There were 98 children in 3-6 year old age group in the households surveyed; 65 children had been weighed. The parents reported that 50 children were normal and 10 were undernourished. Parents of 5 children reported that they did not know the nutritional status of their child (Table 4.2.6.7).

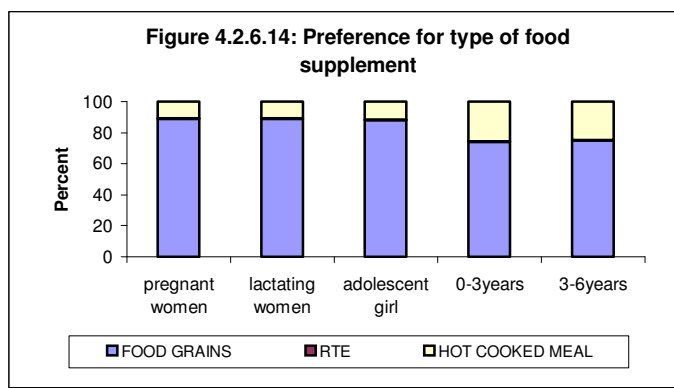
NPAG



During the household survey 170 adolescent girls were identified; mean age of the girls was 14.8 ± 2.93 years and mean weight was 35.4 ± 8.32 kg. Majority (66.5 %) of the girls had secondary level education and 31.8 % had primary level education. Majority (95.3 %) of the girls knew about KSY or NPAG (61.1 %). The families reported that 10 (6.2%) adolescent girls visited AW for KSY; 53.1 % received NHE; 39.5 % had received iron/folic acid tablets; 16.9 % collected food supplement; 26.5 % visited AWs for NPAG.

AWWs had weighed 48 (29.6 %) of the identified adolescent girls and 32 (66.7 %) weighed less than 35 kg; 20 adolescent were given chit for collecting food grains; 16 collected food grains from ration shop; 6 girls collected food grains for one month; 3 girls collected food grains for two months and 2 girls collected food grains for three months. Five girls never collected food grains from ration shop; they stated that they were not aware of the NPAG programme and also stock was not available at ration shop (Figure 4.2.6.13); 4 girls gained weight but still weighed less than 35 kg; only 1 girl crossed 35 kg. The NPAG scheme was not fully operational and also girls had not received food grains for three consecutive months therefore change in nutritional status of girls were not observed.

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 (44.7 %), lactating women (44.2 %), adolescent girls (44.4 %), preschool children (44.7 %) should get food supplements. The rest felt food supplements

might be given to under nourished persons. They felt that food grains are the preferred supplement for pregnant (88.7 %), lactating women (89 %), adolescent girls (88.1 %), 0-3 years old children (74 %) and 3-6 year children (74.8 %). The reason stated was that it is convenient for each group and easily accessible by the family. The rest preferred hot cooked meal or RTE (Figure 4.2.6.14). 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 Palakkad district

| PSU NO. | TEHSIL | T-NAME | BLOCK | B-NAME | VILLAGE | V-NAME | RES-HH | T-POPLN |
|---------|---------|----------------|-------|------------|----------|------------------|---------|-----------|
| 1 | 20 | MANNARKAD | 20 | MANNARKAD | 7 | PADAVAYAL | 1576 | 6654 |
| 2 | 40 | CHITTUR | 40 | CHITTUR | 17 | KUNNAMKATTUPATHY | 900 | 3783 |
| 3 | 40 | CHITTUR | 40 | CHITTUR | 3 | THATHAMANGALAM | 1193 | 6549 |
| 4 | 30 | PALAKKAD | 30 | PALAKKAD | 15 | MALAMPUZHA II | 1937 | 10385 |
| 5 | 50 | ALATHUR | 50 | ALATHUR | 25 | VADAKKACHEN II | 2191 | 11558 |
| 6 | 50 | ALATHUR | 50 | ALATHUR | 1 | KOTTAYI I | 2030 | 10833 |
| 7 | 50 | ALATHUR | 50 | ALATHUR | 2 | KOTTAYI II | 1615 | 8236 |
| 8 | 20 | MANNARKAD | 20 | MANNARKAD | 2 | ALANALLUR II | 1511 | 9505 |
| 9 | 20 | MANNARKAD | 20 | MANNARKAD | 20 | KUMARAMPUTHAR | 2262 | 13603 |
| 10 | 20 | MANNARKAD | 20 | MANNARKAD | 16 | TACHAPARA | 2037 | 10977 |
| 11 | 10 | OTTAPALAM | 10 | OTTAPPALAM | 33 | VANIYAMKULAM II | 2659 | 13550 |
| 12 | 10 | OTTAPALAM | 10 | OTTAPPALAM | 9 | KNMPUZHA | 2768 | 15435 |
| 13 | 30 | PALAKKAD | 30 | PALAKKAD | 1 | KONGAO II | 2513 | 13237 |
| 14 | 30 | PALAKKAD | 30 | PALAKKAD | 9 | PART II | 2861 | 14741 |
| 15 | 20 | MANNARKAD | 20 | MANNARKAD | 12 | KALAMALA | 2962 | 14012 |
| 16 | 50 | ALATHUR | 50 | ALATHUR | 8 | KUZHALMANNAM | 3105 | 15421 |
| 17 | 30 | PALAKKAD | 30 | PALAKKAD | 22 | ETAPPULLY II | 3054 | 14781 |
| 18 | 50 | ALATHUR | 50 | ALATHUR | 15 | ENMAYUR II | 2649 | 14051 |
| 19 | 40 | CHITTUR | 40 | CHITTUR | 41 | MUTHALAMADA II | 2331 | 13294 |
| 20 | 20 | MANNARKAD | 20 | MANNARKAD | 9 | AGATI | 4067 | 19228 |
| 21 | 50 | ALATHUR | 50 | ALATHUR | 17 | MELARCHUED | 4523 | 23706 |
| 22 | 40 | CHITTUR | 40 | CHITTUR | 29 | NERNMARA | 3278 | 16723 |
| 23 | 50 | ALATHUR | 50 | ALATHUR | 18 | ALATHUR | 4316 | 23498 |
| 24 | 20 | MANNARKAD | 20 | MANNARKAD | 19 | KARAKUNSS | 3735 | 21672 |
| 25 | 10 | OTTAPPALAM | 10 | OTTAPPALAM | 8 | VETHNEZHI | 3662 | 17950 |
| 26 | 10 | OTTAPPALAM | 10 | OTTAPPALAM | 23 | PATATHARA | 4647 | 27739 |
| 27 | 10 | OTTAPPALAM | 10 | OTTAPPALAM | 22 | THRTHALA | 3655 | 21541 |
| 28 | 10 | OTTAPPALAM | 10 | OTTAPPALAM | 24 | KAPPUR | 4137 | 25369 |
| PSU NO. | UFS NO. | TOWN/ CITY | CODE | FRAME CODE | WARD NO. | IV UNIT | BLK NO. | POP. SIZE |
| 29 | 1 | SHORANUR | 1 | 11 | | 2 | 21 | 614 |
| 30 | 2 | OTTAPALAM | 2 | 11 | 14 | 3 | 20 | 531 |
| 31 | 3 | OTTAPALAM | 2 | 11 | 11 | 3 | 25 | 608 |
| 32 | 4 | PUDUPPARIYARAM | 6 | 11 | 3 | 1 | 9 | 660 |
| 33 | 5 | MARUTHAROAD | 7 | 11 | 9 | 1 | 24 | 960 |
| 34 | 6 | MARUTHAROAD | 7 | 11 | 4 | 1 | 6 | 846 |
| 35 | 7 | KODUVAYUR | 8 | 11 | 10 | 1 | 4 | 575 |
| 36 | 8 | KODUVAYUR | 8 | 11 | 2.3 | 1 | 9 | 720 |
| 37 | 9 | PUDUNAGARAM | 9 | 11 | 2 | 1 | 9 | 690 |
| 38 | 10 | PALAKKAD | 3 | 11 | 1 | 2 | 2 | 896 |
| 39 | 11 | PALAKKAD | 3 | 11 | 3 | 2 | 23 | 742 |
| 40 | 12 | PALAKKAD | 3 | 11 | 21 | 5 | 34 | 715 |

Profile of AWs in Kerala

| | 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 | 17 | 6907 | 406 | 41 | 12323 | 301 | 58 | 19230 | 332 |
| Total population under AWC | 17 | 35190 | 2070 | 41 | 56407 | 1376 | 58 | 91597 | 1579 |
| Number of persons registered | | | | | | | | | |
| 7-12 months | 15 | 164 | 11 | 38 | 466 | 12 | 53 | 630 | 12 |
| 1-3 year | 17 | 400 | 24 | 40 | 1000 | 25 | 57 | 1400 | 25 |
| 3-6 year | 17 | 554 | 33 | 40 | 1316 | 33 | 57 | 1870 | 33 |
| Pregnant women | 17 | 102 | 6 | 40 | 233 | 6 | 57 | 335 | 6 |
| Lactating women | 16 | 91 | 6 | 39 | 232 | 6 | 55 | 323 | 6 |
| Adolescent girls | 17 | 409 | 24 | 40 | 766 | 19 | 57 | 1175 | 21 |

Details of work done under NPAG in AW centers

| | Urban | | Rural | | Total | |
|---|-------|-------|-------|-------|-------|-------|
| | No | % | No | % | No | % |
| Total number of AW | 17 | | 41 | | 58 | |
| Weighing adolescent girls | 17 | 100.0 | 41 | 100.0 | 58 | 100.0 |
| Identifying adol. Girl <35kg | 17 | 100.0 | 41 | 100.0 | 58 | 100.0 |
| Giving chits to < 35kg | 16 | 94.1 | 39 | 95.1 | 55 | 94.8 |
| Collects grain from ration shop | 16 | 94.1 | 41 | 100.0 | 57 | 98.3 |
| Providing NHE to AG | 17 | 100.0 | 41 | 100.0 | 58 | 100.0 |
| AWW oriented to weighing | 17 | 100.0 | 39 | 95.1 | 56 | 96.6 |
| Provided with weighing scale | 10 | 58.8 | 9 | 22.0 | 19 | 32.8 |
| Checking accuracy | 11 | | 11 | | 22 | |
| Do not check | 1 | 9.1 | 0 | 0.0 | 1 | 4.5 |
| Adjusting zero error | 10 | 90.9 | 8 | 72.7 | 18 | 81.8 |
| With std weight | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| With std weight and adolescent girl | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| With std weight and adolescent girl and removing std weight | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Any other | 0 | 0.0 | 3 | 27.3 | 3 | 13.6 |
| Checking accuracy by investigator | 4 | | 3 | | 7 | |
| Accurate by 1/2 kg | 4 | 100.0 | 2 | 66.7 | 6 | 85.7 |
| Inaccurate less than 1 kg | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Inaccurate > 1 kg | 0 | 0.0 | 1 | 33.3 | 1 | 14.3 |
| Demonstration of weighing | 7 | | 7 | | 14 | |
| Correct | 7 | 100.0 | 5 | 71.4 | 12 | 85.7 |
| Incorrect | 0 | 0.0 | 2 | 28.6 | 2 | 14.3 |
| Training of AWW for NHE | 14 | 82.4 | 22 | 53.7 | 36 | 62.1 |
| No. of AW giving NHE to P&L | 12 | 70.6 | 29 | 70.7 | 41 | 70.7 |
| Records of work done | 12 | 70.6 | 27 | 65.9 | 39 | 67.2 |
| NPAG implementation Problems | 1 | | 2 | | 3 | |
| No problem | 1 | 100.0 | 2 | 100.0 | 3 | 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 | | 0 | | 0 | |
| Inform the authorities | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Make families and girls aware of NPAG | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Any other | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Get support from | | | | | | |
| PRI | 0 | 0.0 | 3 | 7.3 | 3 | 5.2 |
| Ration Shop | 0 | 0.0 | 3 | 7.3 | 3 | 5.2 |
| Family of Girls | 0 | 0.0 | 3 | 7.3 | 3 | 5.2 |
| ANM | 0 | 0.0 | 2 | 4.9 | 2 | 3.4 |
| Does NPAG improve | | | | | | |
| Nutritional status | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Participation in KSY | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |

| | Urban | | | Rural | | | Total (Urban+Rural) | | |
|---|--------|----------|--------|--------|----------|--------|---------------------|------|--------|
| | Number | | | Number | | | Number | | |
| | AW | AG | AG/ AW | AW | AG | AG/ AW | AW | AG | AG/ AW |
| Date of last round | | Feb 2003 | | | Feb 2004 | | | | |
| Date of current round | | | | | | | | | |
| LAST ROUND | | | | | | | | | |
| Number of AG | | | | | | | | | |
| Identified | 8 | 700 | 88 | 30 | 2064 | 69 | 38 | 2764 | 73 |
| Weighed | 8 | 598 | 75 | 30 | 1466 | 49 | 38 | 2064 | 54 |
| Weight < 35 Kg | 8 | 162 | 20 | 30 | 751 | 25 | 38 | 913 | 24 |
| New AG < 35 kg | 1 | 7 | 7 | 10 | 145 | 15 | 11 | 152 | 14 |
| Chits distributed | 8 | 106 | 13 | 26 | 595 | 23 | 34 | 701 | 21 |
| Received rations for | | | | | | | | | |
| 1 month | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 months | 2 | 12 | 6 | 2 | 45 | 23 | 4 | 57 | 14 |
| 3 months | 3 | 59 | 20 | 11 | 230 | 21 | 14 | 289 | 21 |
| Nutritional status | | | | | | | | | |
| No change in weight | 1 | 8 | 8 | 6 | 64 | 11 | 7 | 72 | 10 |
| Deterioration in weight | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Improvement but less than 35 Kg | 1 | 3 | 3 | 2 | 21 | 11 | 3 | 24 | 8 |
| Crossed 35 kg. | 2 | 22 | 11 | 4 | 31 | 8 | 6 | 53 | 9 |
| Received NHE | 2 | 15 | 8 | 9 | 144 | 16 | 11 | 159 | 14 |
| Received food supplement under KSY | 2 | 14 | 7 | 13 | 133 | 10 | 15 | 147 | 10 |
| CURRENT ROUND | | | | | | | | | |
| Number of adolescent girls | | | | | | | | | |
| Identified | 3 | 327 | 109 | 13 | 934 | 72 | 16 | 1261 | 79 |
| Weighed | 1 | 53 | 53 | 8 | 558 | 0 | 9 | 611 | 68 |
| Weight < 35 Kg | 1 | 7 | 7 | 6 | 184 | 31 | 7 | 191 | 27 |
| New adolescent girls < 35 kg | 0 | 0 | 0 | 3 | 54 | 18 | 3 | 54 | 18 |
| Number of chits distributed | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Nutritional status | | | | | | | | | |
| No change in weight | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Deterioration in weight | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Improvement but less than 35 Kg | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Crossed 35 kg. | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Received NHE | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Received food supplement under KSY | 0 | 0 | 0 | 3 | 15 | 5 | 3 | 15 | 5 |

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 | 15 | 127 | 8 | 36 | 254 | 7 | 51 | 381 | 7 |
| Weighed | 12 | 99 | 8 | 25 | 151 | 6 | 37 | 250 | 7 |
| Less than 40 Kg | 5 | 12 | 2 | 15 | 50 | 3 | 20 | 62 | 3 |
| Received food supplement | 13 | 63 | 5 | 32 | 152 | 5 | 45 | 215 | 5 |
| Lactating women | | | | | | | | | |
| Registered | 14 | 131 | 9 | 35 | 270 | 8 | 49 | 401 | 8 |
| Weighed | 10 | 92 | 9 | 24 | 160 | 7 | 34 | 252 | 7 |
| Less than 40 Kg | 3 | 10 | 3 | 16 | 58 | 4 | 19 | 68 | 4 |
| Received food supplement | 12 | 72 | 6 | 32 | 127 | 4 | 44 | 199 | 5 |
| 0-3 year children | | | | | | | | | |
| Registered | | | | | | | | | |
| Male | 15 | 454 | 30 | 38 | 806 | 21 | 53 | 1260 | 24 |
| Female | 16 | 442 | 28 | 39 | 858 | 22 | 55 | 1300 | 24 |
| Weighed | | | | | | | | | |
| Male | 15 | 426 | 28 | 38 | 802 | 21 | 53 | 1228 | 23 |
| Female | 16 | 423 | 26 | 37 | 858 | 23 | 53 | 1281 | 24 |
| Nutritional status | | | | | | | | | |
| Normal | | | | | | | | | |
| Male | 15 | 198 | 13 | 37 | 384 | 10 | 52 | 582 | 11 |
| Female | 16 | 175 | 11 | 37 | 392 | 11 | 53 | 567 | 11 |
| Undernourished | | | | | | | | | |
| Male | 15 | 142 | 9 | 37 | 297 | 8 | 52 | 439 | 8 |
| Female | 16 | 127 | 8 | 35 | 320 | 9 | 51 | 447 | 9 |
| Severely undernourished | | | | | | | | | |
| Male | 13 | 80 | 6 | 32 | 121 | 4 | 45 | 201 | 4 |
| Female | 15 | 75 | 5 | 32 | 146 | 5 | 47 | 221 | 5 |
| Received cooked food supplement | | | | | | | | | |
| Male | 15 | 212 | 14 | 37 | 461 | 12 | 52 | 673 | 13 |
| Female | 16 | 208 | 13 | 35 | 424 | 12 | 51 | 632 | 12 |
| 3-6 year children | | | | | | | | | |
| Registered | | | | | | | | | |
| Male | 16 | 469 | 29 | 38 | 894 | 24 | 54 | 1363 | 25 |
| Female | 16 | 483 | 30 | 39 | 884 | 23 | 55 | 1367 | 25 |
| Weighed | | | | | | | | | |
| Male | 16 | 378 | 24 | 38 | 783 | 21 | 54 | 1161 | 22 |
| Female | 16 | 373 | 23 | 38 | 738 | 19 | 54 | 1111 | 21 |
| Nutritional status | | | | | | | | | |
| Normal | | | | | | | | | |
| Male | 16 | 129 | 8 | 37 | 306 | 8 | 53 | 435 | 8 |
| Female | 16 | 138 | 9 | 36 | 276 | 8 | 52 | 414 | 8 |
| Undernourished | | | | | | | | | |
| Male | 16 | 133 | 8 | 37 | 279 | 8 | 53 | 412 | 8 |
| Female | 16 | 120 | 8 | 36 | 271 | 8 | 52 | 391 | 8 |
| Severely undernourished | | | | | | | | | |
| Male | 16 | 64 | 4 | 31 | 115 | 4 | 47 | 179 | 4 |
| Female | 15 | 77 | 5 | 33 | 129 | 4 | 48 | 206 | 4 |
| Received cooked food supplement | | | | | | | | | |
| Male | 16 | 206 | 13 | 36 | 498 | 14 | 52 | 704 | 14 |
| Female | 16 | 229 | 14 | 37 | 497 | 13 | 53 | 726 | 14 |

| Preference for food supplement (%) | | | | | |
|---|----------------|-----------------|-----------------|-----------|-----------|
| | Pregnant women | Lactating women | Adolescent girl | 0-3 years | 3-6 years |
| Food grains | 88.7 | 89 | | 88.1 | 74 |
| Rte | 0.5 | 0.4 | | 0.3 | 0.6 |
| Hot cooked meal | 10.8 | 10.6 | | 11.6 | 25.4 |
| | | | | 24.7 | |
| Preference for beneficiary of ICDS food supplement (%) | | | | | |
| All in the community | 44.7 | 44.2 | | 44.4 | 44.7 |
| Only undernourished in the community | 11.1 | 11.0 | | 11.2 | 10.7 |
| All coming to AW | 2.6 | 2.6 | | 2.7 | 3.1 |
| Only undernourished coming to AW | 32.6 | 33.0 | | 32.7 | 32.5 |
| Missing | 9.0 | 9.1 | | 9.0 | 9.0 |
| Total | 100.0 | 100.0 | | 100.0 | 100.0 |

| Receiving food supplement from AW | | | | | | |
|------------------------------------|-------|-------|-------|-------|-------|-------|
| | Urban | | Rural | | Total | |
| | No. | % | No. | % | No. | % |
| Stay and eat there | 116 | 31.9 | 244 | 31.0 | 360 | 31.3 |
| Collect food and go home | 48 | 13.2 | 134 | 17.0 | 182 | 15.8 |
| Stay at AW even after eating food | 13 | 3.6 | 13 | 1.7 | 26 | 2.3 |
| Do not get supplement | 127 | 34.9 | 319 | 40.5 | 446 | 38.7 |
| Get only take home type supplement | 1 | 0.3 | 3 | 0.4 | 4 | 0.3 |
| One family member collects for all | 0 | 0.0 | 3 | 0.4 | 3 | 0.3 |
| Missing value | 59 | 16.2 | 71 | 9.0 | 130 | 11.3 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |

Details of Household Characteristics in Palakkad

| | Urban | | Rural | | Total | |
|---|-------|------------|-------|------------|-------|------------|
| | No. | Mean ±S.D | No. | Mean ±S.D | No. | Mean ±S.D |
| Number of PSUs covered | 12 | | 28 | | 40 | |
| Number of households | 364 | | 787 | | 1151 | |
| Size of HH | 364 | 5.0±2.32 | 787 | 4.8±2.32 | 1151 | 4.9±2.32 |
| Total food grains purchased (Kg) | 348 | 40.6±17.66 | 767 | 40.9±21.19 | 1115 | 40.8±20.15 |
| Kg of Grains from PDS | 102 | 25.8±15.96 | 297 | 23.3±18.25 | 399 | 24.0±17.71 |
| Type of HH | 364 | | 787 | | 1151 | |
| Joint | 137 | 37.6 | 295 | 37.5 | 432 | 37.5 |
| Nuclear | 227 | 62.4 | 491 | 62.4 | 718 | 62.4 |
| Missing Value | 0 | 0.0 | 1 | 0.1 | 1 | 0.1 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Caste | 364 | | 787 | | 1151 | |
| SC | 97 | 26.6 | 151 | 19.2 | 248 | 21.5 |
| ST | 8 | 2.2 | 46 | 5.8 | 54 | 4.7 |
| OBC | 156 | 42.9 | 438 | 55.7 | 594 | 51.6 |
| Others | 99 | 27.2 | 151 | 19.2 | 250 | 21.7 |
| Missing Value | 4 | 1.1 | 1 | 0.1 | 5 | 0.4 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Socio-economic status | 364 | | 787 | | 1151 | |
| High | 6 | 1.6 | 8 | 1.0 | 14 | 1.2 |
| Middle | 97 | 26.6 | 175 | 22.2 | 272 | 23.6 |
| Low | 260 | 71.4 | 604 | 76.7 | 864 | 75.1 |
| Missing Value | 1 | 0.3 | 0 | 0.0 | 1 | 0.1 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Literacy status of HHH | 364 | | 787 | | 1151 | |
| Illiterate | 67 | 18.4 | 204 | 25.9 | 271 | 23.5 |
| Can read and write | 41 | 11.3 | 54 | 6.9 | 95 | 8.3 |
| Schooling primary | 122 | 33.5 | 291 | 37.0 | 413 | 35.9 |
| Schooling secondary | 133 | 36.5 | 236 | 30.0 | 369 | 32.1 |
| Missing Value | 1 | 0.3 | 2 | 0.3 | 3 | 0.3 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Literacy status of wife of HHH | 292 | | 611 | | 903 | |
| Illiterate | 58 | 19.9 | 140 | 22.9 | 198 | 21.9 |
| can read and write | 16 | 5.5 | 42 | 6.9 | 58 | 6.4 |
| Schooling primary | 95 | 32.5 | 201 | 32.9 | 296 | 32.8 |
| Schooling secondary | 123 | 42.1 | 228 | 37.3 | 351 | 38.9 |
| Missing Value | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Total | 292 | 100.0 | 611 | 100.0 | 903 | 100.0 |
| Work status of HHH | 364 | | 787 | | 1151 | |
| Unemployed | 88 | 24.2 | 241 | 30.6 | 329 | 28.6 |
| Unskilled/ landless labourer | 133 | 36.5 | 221 | 28.1 | 354 | 30.8 |
| Semi-skilled / cultivators | 34 | 9.3 | 52 | 6.6 | 86 | 7.5 |
| Clerk/office worker/ Teacher / Landowners | 26 | 7.1 | 7 | 0.9 | 33 | 2.9 |
| Business/ Artisans | 33 | 9.1 | 28 | 3.6 | 61 | 5.3 |
| Others | 46 | 12.6 | 215 | 27.3 | 261 | 22.7 |
| Missing Value | 4 | 1.1 | 23 | 2.9 | 27 | 2.3 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Work status of wife of HHH | 292 | | 611 | | 903 | |
| Unemployed | 220 | 75.3 | 438 | 71.7 | 658 | 72.9 |
| Unskilled/ landless labourer | 42 | 14.4 | 108 | 17.7 | 150 | 16.6 |
| Semi-skilled / cultivators | 5 | 1.7 | 4 | 0.7 | 9 | 1.0 |
| Clerk/office worker/ Teacher / Service | 13 | 4.5 | 10 | 1.6 | 23 | 2.5 |
| Business/ Domestic help | 2 | 0.7 | 1 | 0.2 | 3 | 0.3 |
| Others | 9 | 3.1 | 52 | 8.5 | 61 | 6.8 |
| Missing Value | 1 | 0.3 | 0 | 0.0 | 1 | 0.1 |
| Total | 292 | 100.0 | 611 | 100.0 | 903 | 100.0 |
| Dietary Habits | 364 | | 787 | | 1151 | |
| Vegetarian | 8 | 2.2 | 37 | 4.7 | 45 | 3.9 |
| Non-vegetarian | 353 | 97.0 | 749 | 95.2 | 1102 | 95.7 |
| Missing Value | 3 | 0.8 | 1 | 0.1 | 4 | 0.3 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Monthly Income | 364 | | 787 | | 1151 | |
| <5K | 260 | 71.4 | 604 | 76.7 | 864 | 75.1 |
| 5-10K | 97 | 26.6 | 175 | 22.2 | 272 | 23.6 |
| >10K | 6 | 1.6 | 8 | 1.0 | 14 | 1.2 |
| Missing Value | 1 | 0.3 | 0 | 0.0 | 1 | 0.1 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Locality | 364 | | 787 | | 1151 | |
| Slum / Center of village | 97 | 26.6 | 492 | 62.5 | 589 | 51.2 |

| | Urban | | Rural | | Total | |
|---------------------------------|-------|-------|-------|-------|-------|-------|
| | No. | % | No. | % | No. | % |
| Resettlement colony / Periphery | 49 | 13.5 | 73 | 9.3 | 122 | 10.6 |
| Regular colony / Harijan basti | 217 | 59.6 | 222 | 28.2 | 439 | 38.1 |
| Missing Value | 1 | 0.3 | 0 | 0.0 | 1 | 0.1 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Type of House | 364 | | 787 | | 1151 | |
| Kutcha | 157 | 43.1 | 316 | 40.2 | 473 | 41.1 |
| Semi-pucca | 158 | 43.4 | 369 | 46.9 | 527 | 45.8 |
| Pucca | 48 | 13.2 | 101 | 12.8 | 149 | 12.9 |
| Missing Value | 1 | 0.3 | 1 | 0.1 | 2 | 0.2 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Ownership of House | 364 | | 787 | | 1151 | |
| Own | 327 | 89.8 | 760 | 96.6 | 1087 | 94.4 |
| Rented | 37 | 10.2 | 26 | 3.3 | 63 | 5.5 |
| Missing Value | 0 | 0.0 | 1 | 0.1 | 1 | 0.1 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| No. of rooms | 364 | | 787 | | 1151 | |
| One | 23 | 6.3 | 58 | 7.4 | 81 | 7.0 |
| Two | 118 | 32.4 | 240 | 30.5 | 358 | 31.1 |
| Three | 139 | 38.2 | 272 | 34.6 | 411 | 35.7 |
| > three | 83 | 22.8 | 217 | 27.6 | 300 | 26.1 |
| Missing Value | 1 | 0.3 | 0 | 0.0 | 1 | 0.1 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Toilet Facility | 364 | | 787 | | 1151 | |
| Sulabh / No facility | 42 | 11.5 | 97 | 12.3 | 139 | 12.1 |
| Shared pit | 20 | 5.5 | 16 | 2.0 | 36 | 3.1 |
| Own pit | 164 | 45.1 | 401 | 51.0 | 565 | 49.1 |
| Own flush | 138 | 37.9 | 271 | 34.4 | 409 | 35.5 |
| Missing Value | 0 | 0.0 | 2 | 0.3 | 2 | 0.2 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Transport | 364 | | 787 | | 1151 | |
| Public | 301 | 82.7 | 679 | 86.3 | 980 | 85.1 |
| Bicucle | 20 | 5.5 | 18 | 2.3 | 38 | 3.3 |
| Scooter / Moped | 29 | 8.0 | 69 | 8.8 | 98 | 8.5 |
| Any other | 14 | 3.8 | 21 | 2.7 | 35 | 3.0 |
| Missing Value | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Cooking Fuel used | 364 | | 787 | | 1151 | |
| Kerosene/ Coal/ Wood | 242 | 66.5 | 517 | 65.7 | 759 | 65.9 |
| Gas / electricity | 118 | 32.4 | 269 | 34.2 | 387 | 33.6 |
| Others | 0 | 0.0 | 1 | 0.1 | 1 | 0.1 |
| Missing Value | 4 | 1.1 | 0 | 0.0 | 4 | 0.3 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Source of DW | 364 | | 787 | | 1151 | |
| Public Tap | 252 | 69.2 | 404 | 51.3 | 656 | 57.0 |
| Submersible | 49 | 13.5 | 131 | 16.6 | 180 | 15.6 |
| Well/ pond/ river | 62 | 17.0 | 251 | 31.9 | 313 | 27.2 |
| Missing Value | 1 | 0.3 | 1 | 0.1 | 2 | 0.2 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Entertainment | 364 | | 787 | | 1151 | |
| None | 101 | 27.7 | 234 | 29.7 | 335 | 29.1 |
| Radio | 43 | 11.8 | 142 | 18.0 | 185 | 16.1 |
| TV (BW) | 48 | 13.2 | 85 | 10.8 | 133 | 11.6 |
| TV(CoI) | 167 | 45.9 | 319 | 40.5 | 486 | 42.2 |
| Missing Value | 5 | 1.4 | 7 | 0.9 | 12 | 1.0 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Kitchenware | 364 | | 787 | | 1151 | |
| Clay | 8 | 2.2 | 22 | 2.8 | 30 | 2.6 |
| Aluminium | 135 | 37.1 | 322 | 40.9 | 457 | 39.7 |
| Cast iron | 4 | 1.1 | 16 | 2.0 | 20 | 1.7 |
| Brass / Copper | 1 | 0.3 | 1 | 0.1 | 2 | 0.2 |
| Stainless Steel | 214 | 58.8 | 421 | 53.5 | 635 | 55.2 |
| Missing Value | 2 | 0.5 | 5 | 0.6 | 7 | 0.6 |
| Total | 364 | 100.0 | 787 | 100.0 | 1151 | 100.0 |
| Food grain Purchase | 364 | | 787 | | 1151 | |
| possession of Ration card | 339 | 93.1 | 722 | 91.7 | 1061 | 92.2 |
| buy grains from Ration Shop | 209 | 61.7 | 446 | 61.8 | 655 | 61.7 |


Details of ICDS in Palakkad

| | Urban | | Rural | | Total | |
|---------------------------------------|-------|------|-------|-------|-------|------|
| | No. | % | No. | % | No. | % |
| Awareness about presence of AW | 320 | 89.1 | 744 | 95 | 1064 | |
| Pregnant women | 9 | | 7 | | 16 | |
| Visit AW | | | | | | |
| Never | 5 | 55.6 | 7 | 100.0 | 12 | 75.0 |
| Less than 10 days | 1 | 11.1 | 0 | 0.0 | 1 | 6.3 |
| 10-20 days | 2 | 22.2 | 0 | 0.0 | 2 | 12.5 |
| More than 20 days | 1 | 11.1 | 0 | 0.0 | 1 | 6.3 |
| Receive NHE | 3 | 33.3 | 7 | 100.0 | 10 | 62.5 |
| Receiving food supplement | 3 | 33.3 | 1 | 14.3 | 4 | 25.0 |
| Less than 10 days | 0 | 0.0 | 1 | 100.0 | 1 | 25.0 |
| 10-20 days | 2 | 66.7 | 0 | 0.0 | 2 | 50.0 |
| More than 20 days | 1 | 33.3 | 0 | 0.0 | 1 | 25.0 |
| Lactating women | 13 | | 15 | | 28 | |
| Visit AW | | | | | | |
| Never | 12 | 92.3 | 13 | 86.7 | 25 | 89.3 |
| Less than 10 days | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 10-20 days | 1 | 7.7 | 0 | 0.0 | 1 | 3.6 |
| More than 20 days | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| Receive NHE | 4 | 30.8 | 1 | 6.7 | 5 | 17.9 |
| Receiving food supplement | 3 | 23.1 | 0 | 0.0 | 3 | 10.7 |
| Less than 10 days | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 10-20 days | 2 | 66.7 | 0 | 0.0 | 2 | 66.7 |
| More than 20 days | 1 | 33.3 | 0 | 0.0 | 1 | 33.3 |
| 0-3 year children | 88 | | 138 | | 226 | |
| Visit AW | | | | | | |
| Never | 60 | 68.2 | 110 | 79.7 | 170 | 75.2 |
| Less than 10 days | 6 | 6.8 | 9 | 6.5 | 15 | 6.6 |
| 10-20 days | 5 | 5.7 | 1 | 0.7 | 6 | 2.7 |
| More than 20 days | 17 | 19.3 | 18 | 13.0 | 35 | 15.5 |
| Receive NHE | 33 | 37.5 | 41 | 29.7 | 74 | 32.7 |
| Receiving food supplement | 27 | 30.7 | 33 | 23.9 | 60 | 26.5 |
| Less than 10 days | 10 | 37.0 | 7 | 21.2 | 17 | 28.3 |
| 10-20 days | 10 | 37.0 | 7 | 21.2 | 17 | 28.3 |
| More than 20 days | 0 | 0.0 | 15 | 45.5 | 15 | 25.0 |
| Weight of children | 39 | 44.3 | 45 | 32.6 | 84 | 37.2 |
| Nutritional status of children | | | | | | |
| Normal | 26 | 66.7 | 31 | 68.9 | 57 | 67.9 |
| Undernourished | 9 | 23.1 | 10 | 22.2 | 19 | 22.6 |
| Severely undernourished | 1 | 2.6 | 1 | 2.2 | 2 | 2.4 |
| Donot know | 3 | 7.7 | 3 | 6.7 | 6 | 7.1 |
| Missing value | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 3-6 year children | 98 | | 211 | | 309 | |
| Visit AW | | | | | | |
| Never | 50 | 51.0 | 120 | 56.9 | 170 | 55.0 |
| Less than 10 days | 5 | 5.1 | 6 | 2.8 | 11 | 3.6 |
| 10-20 days | 4 | 4.1 | 6 | 2.8 | 10 | 3.2 |
| More than 20 days | 39 | 39.8 | 79 | 37.4 | 118 | 38.2 |
| Receive NHE | 55 | 56.1 | 99 | 46.9 | 154 | 49.8 |
| Receiving food supplement | 53 | 54.1 | 71 | 33.6 | 124 | 40.1 |
| Less than 10 days | 0 | 0.0 | 2 | 2.8 | 2 | 1.6 |
| 10-20 days | 9 | 17.0 | 25 | 35.2 | 34 | 27.4 |
| More than 20 days | 30 | 56.6 | 44 | 62.0 | 74 | 59.7 |
| Weight of children | 65 | 66.3 | 103 | 48.8 | 168 | 54.4 |
| Nutritional status of children | | | | | | |
| Normal | 50 | 76.9 | 68 | 66.0 | 118 | 70.2 |
| Undernourished | 10 | 15.4 | 28 | 27.2 | 38 | 22.6 |
| Severely undernourished | 0 | 0.0 | 3 | 2.9 | 3 | 1.8 |
| Donot know | 5 | 7.7 | 4 | 3.9 | 9 | 5.4 |
| Missing value | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |

Details of NPAG in Palakkad

| | Urban | | Rural | | Total | |
|--|-------|-----------------|-------|-----------------|-------|-----------------|
| | No. | Mean \pm S.D | No. | Mean \pm S.D | No. | Mean \pm S.D |
| Number of adolescent girls | 170 | | 322 | | 492 | |
| Mean age (years) | 170 | 14.8 \pm 2.93 | 322 | 14.8 \pm 2.78 | 492 | 14.7 \pm 2.79 |
| Mean weight (Kg) | 132 | 35.4 \pm 8.32 | 220 | 35.1 \pm 9.82 | 352 | 35.2 \pm 9.28 |
| Literacy status | | | | | | |
| Illiterate | 1 | 0.6 | 1 | 0.3 | 2 | 0.4 |
| Can read and write | 2 | 1.2 | 2 | 0.6 | 4 | 0.8 |
| Schooling primary | 54 | 31.8 | 92 | 28.6 | 146 | 29.7 |
| Schooling secondary | 113 | 66.5 | 227 | 70.5 | 340 | 69.1 |
| Marital status (%) | | | | | | |
| Currently married | 2 | 1.2 | 20 | 6.2 | 22 | 4.5 |
| Never married | 168 | 98.8 | 302 | 93.8 | 470 | 95.5 |
| Age at marriage (%) | | | | | | |
| 10-13 years | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| 13-16 years | 0 | 0.0 | 4 | 1.2 | 4 | 0.8 |
| 16-19 years | 2 | 1.2 | 16 | 5.0 | 18 | 3.7 |
| not married | 168 | 98.8 | 302 | 93.8 | 470 | 95.5 |
| KSY and NPAG | 162 | 95.3 | 292 | 90.7 | 454 | 92.3 |
| Awareness about KSY | 99 | 61.1 | 132 | 45.2 | 231 | 50.9 |
| Awareness about NPAG | 99 | 61.1 | 132 | 45.2 | 231 | 50.9 |
| Visit AW centre | | | | | | |
| For KSY | 10 | 6.2 | 39 | 13.4 | 49 | 10.8 |
| For NPAG | 43 | 26.5 | 83 | 28.4 | 126 | 27.8 |
| Never | 99 | 61.1 | 173 | 59.2 | 272 | 59.9 |
| Receive NHE | 86 | 53.1 | 168 | 57.5 | 254 | 55.9 |
| Receive IFA | 64 | 39.5 | 155 | 53.1 | 219 | 48.2 |
| Receive food supplements from AW | 142 | 100 | 282 | 100 | 424 | 100 |
| Never | 118 | 83.1 | 229 | 81.2 | 347 | 81.8 |
| Less than 10 days | 6 | 4.2 | 13 | 4.6 | 19 | 4.5 |
| 10-20 days | 6 | 4.2 | 9 | 3.2 | 15 | 3.5 |
| more than 20 days | 12 | 8.5 | 31 | 11.0 | 43 | 10.1 |
| Weight by AWW | 48 | 28.2 | 77 | 23.9 | 125 | 25.4 |
| Weighting less than 35 kg (%) | 32 | 66.7 | 53 | 68.8 | 85 | 68.0 |
| Given a chit for free food grains | 20 | 62.5 | 17 | 32.1 | 37 | 43.5 |
| Went to ration shop to collect grains | 16 | 80.0 | 13 | 76.5 | 29 | 78.4 |
| Collection of grains from ration shop | | | | | | |
| one month | 6 | 37.5 | 7 | 53.8 | 13 | 44.8 |
| two months | 3 | 18.8 | 0 | 0.0 | 3 | 10.3 |
| three months | 2 | 12.5 | 2 | 15.4 | 4 | 13.8 |
| never | 5 | 31.3 | 4 | 30.8 | 9 | 31.0 |
| Reason for not getting food grains | | | | | | |
| not aware of NPAG | 4 | 80.0 | 3 | 75.0 | 7 | 77.8 |
| 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 | 1 | 20.0 | 1 | 25.0 | 2 | 22.2 |
| do not require ration | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| After receiving food grains | | | | | | |
| no change in weight | 11 | 68.8 | 12 | 92.3 | 23 | 79.3 |
| deterioration in weight | 0 | 0.0 | 0 | 0.0 | 0 | 0.0 |
| improvement in weight < 35 Kg | 4 | 25.0 | 1 | 7.7 | 5 | 17.2 |
| crossed 35 kg | 1 | 6.3 | 0 | 0.0 | 1 | 3.4 |

A Sample of chits given to adolescent girls in Palakkad district



കേരളസർക്കാർ
സാമൂഹ്യക്ഷേമ വകുപ്പ്

PSU - 3

ദേശീയ പോഷകാഹാര പരിപാടി (പാലക്കാട് ജില്ല)

ഗുണഭോക്താവിനുള്ള തിരിച്ചറിയൽ കാർഡ് / അറിവിതരണം സംബന്ധിച്ച രേഖ

അംഗൻവാടി നമ്പർ: 140

ഐ.സി.ഡി.എസ്. പോജക്ട് : ICDS ചിട്ടം

ഗുണഭോക്താവിന്റെ പേരും മേൽവിലാസവും : മിനി D/o സരോജിനി കൂട്ടുനഗർ മേട്ടപാലം

ഗുണഭോക്താവിന്റെ പേര് ഉൾപ്പെടുത്തിയിട്ടുള്ള റേഷൻകാർഡ് നമ്പർ : 1947004216

ഗുണഭോക്താവ് ഏത് വിഭാഗത്തിൽപ്പെടുന്നു : കുമാരി / ഗർഭിണി / മുലയൂട്ടുന്ന അമ്മ

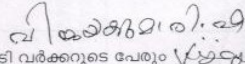
പ്രതിമാസം അനുവദിച്ചിട്ടുള്ള അരി : 6 കിലോ

അറിവിതരണം നടത്തുന്ന റേഷൻകടയുടെ എ.ആർ.ഡി. നമ്പരും മേൽവിലാസവും : 7 ചന്ദ്രൻ മേട്ടപാലം തത്തമംഗലം


ഗുണഭോക്താവിന്റെ ഒപ്പ് : _____

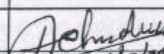
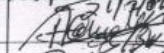
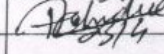
സ്ഥലം : ചിട്ടം

തീയതി : 26-12-03


 അംഗൻവാടി വർക്കരുടെ പേരും ഒപ്പും

 ഒപ്പും

സൂപ്പർവൈസറുടെ പേരും ഒപ്പും
 ഔദ്യോഗിക വിലാസം. MANJUSHARU

 ശിശുവികസന പദ്ധതി ഓഫീസറുടെ
 ഒപ്പും സീലും വികസന പദ്ധതി ഓഫീസർ

| വിതരണം നടത്തിയ അരിയുടെ വിവരം | | | | |
|------------------------------|-------------------------------|------------------------------------|---|---------------------------------|
| തീയതി | ഇഷ്യൂ നോട്ട് നമ്പരും തീയതിയും | വിതരണം ചെയ്യപ്പെട്ട അരിയുടെ തുകയും | റേഷൻകട ഉടമയുടെ ഒപ്പും തീയതിയും | ഗുണഭോക്താവിന്റെ ഒപ്പും തീയതിയും |
| 21/2/04 | 42902 H30/p/24 | 06 kg |  | MK |
| 23/3/04 | 42915 | 06kg |  | MK |
| 23/4/04 | 42921 | 06kg |  | MK |

Principal Investigator's Summary

NPAG SCHEME

The Palakkad district is one of the most backward districts in Kerala state. In order to reinstate good nutrition among pregnant women, lactating mothers and adolescent girls in the age range of 10- 19 years the nutrition programme is initiated in 2002-2003. The pregnant women and lactating mothers who were weighing below 40 kg were eligible to get cooked food from the anganwadi center and adolescent girls weighing below 35 kg were eligible to get 6kg food grain in the form of rice per month.

The anganwadi workers were given training to undertake this scheme. It is observed that the adult weighing balance was provided to urban centers but not for rural centers. The anganwadi workers in the urban areas weighed all the adolescent girls below poverty line using the weighing balance whereas in rural areas they depend on the sub centres or recorded the measurements maintained by the primary centers and identified undernourished adolescent girls.

The under nourished adolescent girls were given a chit by the anganwadi workers to collect 6kg food grains every month from the ration shop situated close to the anganwadi center. Some of the beneficiaries had not collected rice from the ration shop due to a long distance from their home hence stock of rice is still there. The distribution of rice was done for few months only. The beneficiaries, anganwadi workers felt that the scheme should be continued to promote the undernourished adolescent girls who are exposed to health risk in the society.

In Kerala there is no department of Women and Child Development but the department of Social Welfare is responsible in implementing the NPAG scheme.

The survey was carried out Between May 16 to June 30, 2006. NPAG scheme was implemented in two districts namely Malappuram and Palakkad districts out of 14 districts in Kerala state. The programme was in action through anganwadi centers both in urban and rural areas.

Evaluation survey in Palakkad

On the request of the department of Women and Child Development at the center Nutrition Foundation of India assigned the evaluation survey in Palakkad district, Kerala state to Avinashilingam University for Women, Coimbatore situated close to the target area. Chancellor Dr. K. Kulandaivel and Vice Chancellor Dr. Saroja Prabhakaran nominated Dr.V.Saradha Ramadas. Reader, Department of Food Service Management and Dietetics as Principal Investigator to conduct the NPAG evaluation project in Palakkad district, Kerala.

The questionnaire developed by Nutrition Foundation of India (NFI) is pretested and scrutinized by Principal Investigators of all the 10 selected states in the group meeting at New Delhi. Nutrition Foundation of India distributed the revised questionnaire needed for the survey. The details of venue were earmarked by NFI with the consultation of concerned state government and communicated to the Principal Investigators. The collection of data was done by the field investigators on the guidelines and suggestions provided by NFI then and there. The filled in questionnaire were sent to NFI as and when the data is collected for analysis of data.

Methodology

- The district Social Welfare department was approached to identify the 40 primary sampling units (PSUs) constituting 28 rural and 12 urban PSUs.
- In each PSU 28 households or if two anganwadi is present 14 households from each anganwadi area was surveyed to identify the undernourished as well as the beneficiaries of adolescent girls, pregnant women, lactating mothers, 0-3 year children, 3-6 year children
- A systematic random sampling method was followed in which every fifth household was selected until 28 households were completed
- The details of NPAG, MPR data of ICDS from anganwadi workers, the details of finance and distribution of food grains from ration shops, civil supplies and district social welfare office were collected using respective questionnaire.

Findings

- It is heartening to note that most of the beneficiaries aware of the NPAG scheme
- Despite rice being the staple food in Kerala state wheat is also supplied to anganwadi centers under the ICDS scheme. Hence rice kanji or wheat uppuma with vegetables were prepared and given to the pregnant women, lactating mothers, 1-3 year children, 3-6 year children.
- All the anganwadi workers had undergone training to upgrade their skill at the block level. The training was given once in two years.
- All the beneficiaries are interested to participate in this programme if it continues to function since majority of them were belonging to BPL
- Since the social welfare department failed to meet the financial demand for the distribution of rice the civil supplies stopped supplying grains after three months. So non availability of grains to ration shop within a short span of time prevented further extension of the scheme
- Since the details of state level is collected by Dr. Vijayalakshmi, Thuvananthapuram they are not indicated here.

Actual availability of food grains to the beneficiaries

The identified adolescent girls weighing below 35 kg included in the scheme were given chits by the anganwadi workers. They collected 6kg of rice per month

from the ration shop over a period of three months in the year 2003- 2004. Some of the adolescent girls owing to long distance from their home find it difficult to reach the anganwadi center to receive chits and to collect food grains from the ration shop. It is difficult to monitor whether the beneficiaries alone consumed the food after cooking. The improvement of the under nourished adolescent girls in this scheme was not very prominent since the programme was in operation for a very short period as well as the food grains received by the beneficiaries may be shared by the family members.

Identification of adolescent girls weighing below 35kg

The anganwadi workers conducted survey to identify the adolescent girls weighing below 35kg. Only in the year 2004 and 2005 survey was done to identify under nourished adolescent girls. The data collected by anganwadi workers were compiled by block level supervisors CDPOs and then by the project officer of district social welfare department to reach the state social welfare department.

Food grain distribution

The ration shop closer to the AWC is allotted to distribute the food grains to the beneficiaries. The ration shop received the rice directly from the civil supplies department as per the requisition of the district social welfare department.

The rice had been distributed only once to the ration shop. The ration shop supplied 6kg rice per month to the beneficiaries who brought the chit signed by the AWW. It was in operation for 3 months in the year 2003 –2004. Some of the ration shop had the balance of rice since the beneficiaries could not reach the spot to collect and more over the scheme was closed with a financial problem.

Constraints

- Lack of human weighing balance in the rural area made them to depend on the reports of PHCs.
- Politicians and other malpractices at various levels influence selection of beneficiaries.
- It is hard to reach the AWC when the houses are scattered.

| Details of funds and food supplies released in 2003-04 | | |
|---|--|---|
| Year | I st installment Date - Rs in lakhs | II nd installment Date - Rs in lakhs |
| 2003-04 | 27.10.03 - 5,00,000 | 23.03.04 - 27,00,000 |
| | I st installment Type of grain- amount (mt) | II nd installment Type of grain- amount (mt) |
| | Rice - 23.9 | Rice - 56.22 |

A total of Rs 32, 00,000 had been released and spent in two installments by the Social Welfare department at the district level. The rice grain released by district to the ration shop was 23. 9MT and 56.2 MT for Ist & IInd

installment respectively. Since the department of Women and Child Development is not in Kerala, Social Welfare department has undertaking the NPAG scheme.

According to Civil Supplies it is noted that the state released 4000MT of rice grain on 29.09.03. But the civil supplies at the district level released 670MT of rice on 24.11.03 since Social Welfare department remitted the amount only for 670MT of rice. The Social Welfare department could not remit the amount as per the allotment the scheme could not be continued in this district. Delay in the remittance of amount to FCI caused the problem to supply food grains to ration shop.

The Civil Supplies did not show interest in the implementation of this programme.

Conclusion and recommendations

- The nutrition programme for the undernourished adolescent girls may be of beneficial effect to produce healthy children in the future.
- The under nutrition is more common in the reproductive age so there is a need for additional supply of food grains to promote the nutritional status of the adolescent girls belonging to below poverty line.
- The adult weighing balance is supplied only to urban areas it should be supplied to rural areas also for an effective identification of exact beneficiaries. Other wise AWW may fail to identify the real under nourished group.
- Wherever the houses are scattered widely additional anganwadi center can be planned to promote the really affected group so as to reach the center easily.
- If more than one under nourished girl is present in the same family they should be included in the scheme.
- Efforts need to be taken to prevent the political influence for the benefit of the actual beneficiaries.
- Monitoring is needed to check whether the beneficiaries utilize the food grains.

Beneficiaries at District Level- Palakkad

| Beneficiaries | 2003-Dec | 2004-Dec | 2005-July |
|------------------------------|-----------------|-----------------|------------------|
| 0-3 years | 47974 | 44259 | 40007 |
| 3-6 years | 40450 | 39015 | 36241 |
| Pregnant & lactating mothers | 14908 | 22178 | 13856 |
| Adolescent girls | Not available | 33851 | 27939 |