Preface

Health and education are the two most important factors for the development of a healthy society. No nation can deny these factors. Major stakeholders of the society are children and women, which is why it is very important to create a healthy society. This can be accomplished by focusing more on malnourished children and maternal health. The role of a social intuition is very important in addressing such issues. To fulfill the objective of ‘HEALTHY MOTHER, HEALTHY CHILD’, Manav Sadhna is actively associated with the ICDS department of the Govt. of Gujarat since 2004-2005. Since then, Manav Sadhna has done extensive and effective work towards reducing the rate of malnutrition among infants and maternal mortality through our 79 preschools. In 2014-2015, Manav Sadhna along with the ICDS program created a meaningful impact in the community through their referral services.

Objectives of Anganwadis

♦ Provide nutrition to underprivileged children ages 0 to 6 years.
♦ Foster the mental, physical, and emotional development of these children.
♦ Improve the health of pregnant and feeding mothers.
♦ Reduce the infant mortality rate, malnutrition and school dropout rates.
♦ Promote awareness on health, hygiene, and nutrition to these pregnant and feeding mothers.
♦ Give immunizations.
♦ Network between various government departments involved in the ICDS to ensure communication and a united vision.

Services Provide by Anganwadis
Supplementary Nutrition, Education on health and nutrition, Referral Services, Pre primary education, Immunization
Supplementary Nutrition

Supplementary nutrition is a key factor in eliminating the issue of malnutrition amongst the women and children in India. This year, the government has changed its menu to include more snacks and lunches with nutritional supplements. Chickpeas and wheat laddoos have been included in diets for children ages 3 to 6. Also, food and grocery has been distributed to the children aged 6 months to 3 years and children aged 3 to 6 years who have suffered from extreme malnutrition, as well as to pregnant and nursing mothers and adolescent girls at the Anganwadi centers (preschools). Adding green vegetables, and various other healthy foods (such as toovar, til dal, etc) to the menu, we can significantly stabilize, or even reduce, the malnutrition in children. Be-

<table>
<thead>
<tr>
<th>Services</th>
<th>Recipients</th>
<th>Time</th>
<th>Type of Nutrition</th>
<th>No of Recipients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supplementary Nutrition</td>
<td>6 months to 3 years children</td>
<td>9.30 to 10.30</td>
<td>Monday to Friday Sukhdi, Rab, Shiro or wheat distribution</td>
<td>3592</td>
</tr>
<tr>
<td>Supplementary Nutrition/ Value-based education</td>
<td>3 to 6 years Children</td>
<td>11.00 to 11.30 and 2 pm to 2.30pm</td>
<td>Hot food, Lunch, Laddoo, and fruits (twice in a week)</td>
<td>2681</td>
</tr>
<tr>
<td>Supplementary Nutrition and health education</td>
<td>Pregnant and nursing mothers, adolescent girls</td>
<td>2.30 to 3.30pm</td>
<td>Sukhdi, Shiro, Upma, or 2.5 kg oil, and Dal</td>
<td>3037</td>
</tr>
</tbody>
</table>

Annaprasan Program (Food Start Program)

The Annaprasan Program aims to target children aged 7 to 9 months, by providing them with additional food. The mothers are invited to the Anganwadis and made aware about giving the additional food, such as Rab, fruits, soft food and liquids, etc along with the breast feeding. We were able to increase the number of children who were breast fed for more than six months. As a result, the children developed immunity and were able to prevent infections. There were 2470 children able to benefit from this program.

various awareness programs related to nutrition and food through drama, films, exhibitions etc.

**There were 2470 children able to benefit under this program 2014-2015.**
Celebration of Nutrition Month

Supplementary nutrition is an important service that is provided by the Anganwadis. This program is implemented year round for children between 6 months to 6 years in order to reduce protein deficiency and increase the level of proteins in the child. In order to increase the awareness amongst the mothers, nutrition month has been celebrated continuously for one month. September is celebrated as a Nutrition Month.

Lack of proper food awareness and old beliefs leads to major malnourishment that is visible in a child’s first two years. The National Food Commission has emphasis more on mothers’ nutrition, health education, and importance of childrens’ nutrition.

During Nutrition Month, the helpers and workers of Anganwadis carry out various awareness programs related to nutrition and food through drama, films, exhibitions etc.

Comprehensive Nutrition Campaign

To eradicate the malnutrition from the country, a Comprehensive Nutrition Campaign was launched in 40 Anganwadis of Manav Sadhna. In which children were given healthy food prepared under the nutritionist and pediatrician. The children who suffered from severe malnutrition are kept under the Anganwadi workers and helpers from 9 am to 5 pm. The children were provided five supplements of nutritious food through out the day and also medicine under the doctors’ vigilance. At the end of the month, we were able to bring 95 children out from severe malnutrition from a total of 295 children. The remaining 200 children were still under the observance and as their mothers were given necessary information.

<table>
<thead>
<tr>
<th>Total Anganwadi</th>
<th>No of Malnutrition &amp; Severe Malnutrition children</th>
<th>Children turn in to general from Malnutrition</th>
<th>Children turn into Malnutrition from severe Malnutrition</th>
<th>Total transformed Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>800</td>
<td>95</td>
<td>148</td>
<td>247</td>
</tr>
</tbody>
</table>

Nutrition Education

The women living in slums lack health and nutrition knowledge or they are not aware about these issues. Their children are getting sick or in some cases die because of the bad health habits, lack of sanitation awareness, and old beliefs. In order to give health and nutrition education a program was organized in the Anganwadis for the adolescent girls and nursing mothers.
**Nutrition Education**

The women living in slums are lack of health and nutrition knowledge or they are not aware about these issues. Their children are getting sick or in some cases die because of the bad health habits, lack of sanitation awareness, and old beliefs. In order to give health and nutrition education a program was organized in the Anganwadis for the adolescent girls and nursing mothers.

**World Breast Feeding Day**

Breastfeeding is an important process for a child’s wholesome development and also an ideal nutrition. The month of August was celebrated as breast feeding awareness month. The message has been spread out in each of the Anganwadis during the month.

**Rasoi Show (Recipe Exhibition)**

The rasoi show was organized in different slum areas to teach how to make healthy food in a short amount of time from a mixture of premix and wheat flour. Various recipes were displayed during the show.

**Growth Chart**

Growth Chart meeting has been organized at all 79 Anganwadis of Manav Sadhna. The weight has been measures of all the children who comes to the Anganwadi. The detailed growth chart has been prepared to show the grades of children depends on their weight.

**Vatslya Divas (Caring Day)**

Vatslya Divas or Caring Day is celebrated in all the Anganwadis in order to provide health and nutrition education to the nursing mothers and also to identified the critical pregnant mother to provide them pre maternal services. The guynec doctors also provide free health tips to the pregnant mothers.

**The Chintan Shibir (Workshop for Pregnant mothers)**

A workshop on values has been organized for the pregnant mothers. It is important to provide healthy and quiet ambiance to the women during the pregnancy. It creates a good impact on a baby’s health and it leads to the birth of a healthy baby. There were 180 pregnant women came to the workshop and learn about the art of values.
Health Program of Anganwadis

Health Checkup

The Government has focused more on eradication of malnutrition. The health officers had visited Anganawadis six times last year to check the health status of the children. During the health checkup they found out that children suffered from severe illness and had referred them in various government hospitals. The below table shows the total number of recipients who got the benefit of the health checkup during April-2014 to March-2015.

<table>
<thead>
<tr>
<th>0 to 3 years kids</th>
<th>3 to 6 years kids</th>
<th>Pregnant women</th>
<th>Nursing mother</th>
<th>Adolescent girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>2415</td>
<td>2814</td>
<td>1547</td>
<td>1049</td>
<td>960</td>
</tr>
</tbody>
</table>

Children’s Medical Camp

In the month of December last year, a medical camp was organized for children up to the age of 17. There were more than 115 children who had been checked during the camp. The camp was successfully organized by pediatricians from the US: Dr. Tarak and Sharvari Mehta, a MS volunteer: Emmilina, and the MS staff members. Manav Sadhna staff workers and volunteers successfully did the follow-up work of the listed children.

In the year 2014-15, with the continuous efforts by the Anganwadi women, out of 1119 there were 1094 pregnant women agreed to delivery in the hospital.

Family Planning

The Family Planning program is a very important program to eliminate the malnutrition and poverty cycle. General awareness had been created regarding various technics of family planning and maintaining the distance between two children. Government health centers are also providing free family planning operation and also giving incentives of Rs. 1400 to the women. Manav Sadhna is contributing in this program by giving 3 times more incentives to the Anganwadi workers and helpers. Also MS gives additional incentives of grocery: Ghee, mug and jaggary. With constant efforts we were able to succeed by increasing the number twice as much (82) in comparison of last year.

The total sum of Rs. 67404 has been given as an incentives to the all 82 women
Vaccination Program

The Anganwadi children are protected from 6 deadly diseases through the vaccination program. General awareness has been spreading about the vaccination in communities through the Anganwadi teachers. More and more women and their children are able to be part of this program. With the constant efforts and awareness about the vaccination now, more and more women bring their children to the health center for immunization.

Below given chart is showing Vaccination provided to the children and mothers throughout the year.

<table>
<thead>
<tr>
<th></th>
<th>Tetanus Pregnant</th>
<th>BCG</th>
<th>Chickenpox</th>
<th>Pentavalent</th>
<th>DTP</th>
<th>Polio</th>
<th>Hip B</th>
<th>Vitamin-A</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1379</td>
<td>1003</td>
<td>1271</td>
<td>2850</td>
<td>843</td>
<td>4431</td>
<td>1157</td>
<td>1464</td>
</tr>
</tbody>
</table>

Pulse Polio Round

In order to eliminate Pulse Polio from India, a massive campaign has been organized around the country. The Anganwadi workers play a key role in this program. The Anganwadi workers make sure that each and every child will be included in this program. Every year in January and February, the Pulse Polio round has been organized.

Typhoid Vaccine

Due to the contaminated water in the slums, children may suffer from Typhoid. The chances are very high during the monsoon season. Now, a Typhoid vaccine has been launched recently to protect a child for at least 3 years. With the support of Dr. Himansu Joshi of Sola Civil Hospital we were able to provide Typhoid vaccine to 100 children.

⇒ The Infant Mortality Rate is reduced to 27 (every1000 birth) in comparison of the entire states figure of 33
⇒ Mothers Mortality Rate is reduced to 0 out of 1119 deliveries in comparison of the entire states figure of 47 (every 10000 birth).
Non-Formal Education of Anganwadis

Non-Formal or Pre Primary Education

In the Anganwadis’ or pre schools, various activities have been carried out for the comprehensive development of children. The children get the opportunity to learn about personal hygiene habits and physical activities. It is pre-education for the child before he will enroll into a formal school. It is not about the reading and writing, but more about imparted education through various mediums and techniques such as rhymes, poems, stories, drawing and paintings, craft etc. It contains basics about sanitation, festivals, seasons, numeric, birds, animals and creatures. The aim of the non formal education in Anganwadis is to prepare children physically and mentally before going to the school.

School Enrollment Program

After three years of Anganwadi experience, children will be ready to go to the school. Any child of 5 years is eligible to enroll in to a formal school and it is responsibility of Anganwadi workers to made sure that the children come to Agnangawdi get the school admission. In April they visited houses and met their parents and provide the necessary information about the schools nearby their areas. They have organized the school enrollment program. The following children got into the school last year in 2014-15.

<table>
<thead>
<tr>
<th>Municipal School</th>
<th>Gyan Shala</th>
<th>Private</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
<td>Girls</td>
</tr>
<tr>
<td>131</td>
<td>135</td>
<td>60</td>
<td>59</td>
</tr>
<tr>
<td>166</td>
<td>170</td>
<td>357</td>
<td>364</td>
</tr>
</tbody>
</table>
Referral Services

Referral Services are very essential service In Anganwadi. Through the referral card, children of Anganwadi who have suffered from very critical illness are referred to the hospital free of charge. We were able to save lives of children through this important service.

Anganwadi No 3-

Manishaben lived in the Chandrabhaga slum. She was almost 8 months pregnant when severe pain started. Suddenly our Anganwadi worker rushed to her house and without any further delay she went to the medical officer and had been admitted into the hospital. She got the immediate treatment in the hospital and not only saved her life, but also her baby was born without any weakness. This is an example of awareness and dedication of an Anganwadi teacher who was able to save two lives.

A step towards hope...

India is progressed in almost in every field, but still the old beliefs and superstition is stigma on our society. The minimum age for girl’s marriage is 18 years but still we live in that society where the child forced to marry at the age of 15 and 16 years. The saddest part of this is that the child is victimized from their own parents or the close relatives. Manav Sadhna works in the Chandrabhaga slum, one of the oldest slum. The slum has facing many problems such has poverty, illiteracy, addiction and many old beliefs.

Poonam Dantani, turned 16 this year and lives in Chandrabhag slum. Her parents died few years ago and now lived with her grandmother. Few months ago one of our Anganwadi teacher named Anamika came to know that Poonam got engaged and the family are preparing for her marriage soon. She suddenly rushed to Poonam and asked her whether she agreed to married. Poonam clearly told she didn’t want to get married and wanted to study further. Talking to her grandmother, Anamiak came to know that Poonam is the burden for them if she married early they free from this trouble.

After series of conversation about early marriage problems with Poonam, her grandmother eventually broke her engagement. With this decision, Poonam is so happy and have hoped to study further and fulfill her dream. With the small efforts of Anganwadi teacher, Poonam got new life and rays of hope. This is an eye opening incident for other parents who think like Poonam’s grandmother.
In order to give supplementary nutrition to the adolescent girls of age 11 to 18 years, a special program is held on every Saturday called **Saturday Special**. The program contains various games, girls activates, healthy food, health and inner and outer body and about the teenage problems.

A **training session** was organized for the helper of Anganwais at the ESI, Sughad. The one month of intense training focused on importance of nutrition and recipes, non-formal education, rhymes, songs, children stories, family planning and vaccination etc.

Anganwadi children received various donation gifts like toothbrush, clothes, shoes, etc. through the donors. A **distribution program** was organized in various Anganwadis throughout the year. The Anganwadi is teachers make sure that all items will go to the children in need.

**Child Safety Program** has been organized in order to provide safety to children in Anganwadis. The Anganwadi teachers are given first aid trainings in order to take the right steps when children have physical issues in Anganwadis.

**Healthy child competition** was organized at the Anganwadis in order to inform mothers about their children’s health. The Anganwadi teachers give healthy child incentives at the Anganwadi.

A **Growth Chart** meeting has been organized at all 79 Anganwadis of Manav Sadhna. The charts measure all the children who come to the Anganwadi. The detailed growth chart has been prepared to show that the grades of children depends on their weight.

**Volunteers of the Year**

Volunteers always come with lots of energy and new ideas. In Anganwadis last year, we had many new volunteers who shared their skills and ideas with children. Jo Waterhouse and Geema and Nikki and Marrie created beautiful Anganwadis in the slums. Caroline Jennings did the creative activities with the children. Martin, Constancce and Maddision did various games and crafts with children. Emmilina and Jessica worked with malnourished children and adolescent girls.
Inauguration of Bholu-13

It is hard to imagine a home with nice ventilations, a fan, and a wall painted with birds and animals and the facility of toilets and bathroom in the slum area. But the with the support of an Australian based organization, the Anganwadi Project(TAP) made this dream true. For the last 8 years, TAP and Manav Sadhna jointly built Anganwadis in the slums of Ahmedabad. The Anganwadis are equiped with all kind of basic facilities. This year with the support of TAP we were able to build one more Anganwadis(pre school) in one of the slums of Ahmedabad. The four architect volunteers named Jo Waterhouse, Gemma, Nikki and Marrie worked very hard for almost six mothers to construct the Anganwadis to make better enviornment for the slum children. The Inauguration program has been organized at the Anganwadis. All the volunteers, staff and people of the community came to the inauguration and made the event memorable.

Gratitude

For the last 24 years, Manav Sadhna is stepping towards building a healthy communities through various programs. The Anganwadi is basic and fundamental programs that affect the large portion of the society. In order to provide continuous and quality services to the large portion of communities we have received great amount of support from the Govt. of Gujarat, our donors, friends, staff, and volunteers. Without their support we could not have succeeded to serve our children and women. Manav Sadhna sincerely thanks you all on behalf of children, women and Anganwadi teachers for your immense love and support over the years.