



A Study on the Knowledge of Anganwadi Workers of Uttarkashi District in Uttarakhand about Integrated Child Development Services (ICDS)

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ABSTRACT The present study was carried out on the socio-economic and demographic profiles of the 30 Anganwadi workers as well as their knowledge about various ICDS services in Uttarkashi district of Uttarakhand. A maximum of these workers (50%) were in the age group of 36-45 years and the majority (97%) were married. Forty-three percent of the AWWs were graduates. Study of their experience and training undergone revealed that around three percent AWWs only had an experience of more than 10 years and sixty percent of the AWWs were untrained. A 33.33 percent of AWWs had the correct knowledge regarding the amount of nutrients that should be given to a child and the age to start growth monitoring. A 23.33 percent AWWs had the correct knowledge regarding the purpose of weight monitoring during pregnancy. The study recommended that more training should be conducted for the AWWs to update their knowledge. Study on the problems faced by AWW while implementing ICDS programmes indicated that around eighty-three percent of them found excessive record maintenance to be a major problem and 56.66 percent reported that they were overworked. From the study it may be concluded that training of the AWWs regarding the objective of the scheme, knowledge about the ICDS programme and appropriate measures for the challenges faced by the AWWs is very much needed for successful implementation of the ICDS services through AWC.