



ANUPAMA T. V. IAS
DIRECTOR



MESSAGE



**Department of Women and
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Date **08.11.2021**.....

Umbrella ICDS Scheme encapsulates Anganwadi Service Scheme, Pradhan Mantri Mathru Vandana Yojana, National Creche Scheme, Scheme for Adolescent Girls, Child Protection Scheme and Poshan Abhyaan. These services aim at providing strength and support to children and women for their development and protection. Anganwadi centre is the basic structural unit of ICDS. Anganwadi centre is functioning as a resource centre of the community and the ICDS network of officials ensures the implementation of nutrition, development, protection, empowerment initiatives of the Government.

Effective service delivery of the ICDS system has been instrumental in Kerala achieving the enviable position in Human Development Index. Status in many of these indicators are comparable with the achievements of a developed society. It is important to build on the momentum and also make changes in strategy in implementation to meet the new challenges. Anganwadi functionaries and ICDS officials need to be kept abreast of the changes and also trained effectively to meet the targets and goals of ICDS

This training module will help in equipping the ICDS team.

Best wishes

Anupama.T.V, IAS
Director

Department of Women and Child Development



VEENA GEORGE
MINISTER FOR HEALTH
WOMEN AND CHILD DEVELOPMENT
GOVERNMENT OF KERALA



Date....24.01.2022.....

MESSAGE

Integrated Child Development Scheme (ICDS) under the Department of Women and Child Development, aims at the holistic development of children. Anganwadi centres established under the ICDS scheme provide a platform at the grassroots level for integrated service delivery of departments of Women and Child Development, Health, Education and Local Self Government among others. Anganwadi functionaries (anganwadi workers and helpers) are the frontline social workers of the Department.

Anganwadi functionaries play a pivotal role in implementing all schemes related to development and protection of children and women, Right from identification of beneficiaries for different schemes to ensuring the successful implementation of programmes and activities for nutrition, immunization, vaccination, early childhood care and protection, anganwadi functionaries are the liaison officers of the Department.

Even as the government initiates and develops new schemes and programmes in response to the needs of the citizen, it is important to ensure that the knowledge base of anganwadi functionaries is constantly updated. It is towards this end that we have designed this training module.


Veena George

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05-12-2021

Message

ICDS scheme launched in 1975 is the nation's commitment for all round development of children. Anganwadi centre is the basic unit of the ICDS scheme under the Department of Women and Child Development. Following the 'life cycle approach', the scheme, through the activities of Anganwadi functionaries, tracks the development of a child right from conception to infancy to adolescence and finally to adulthood.

The training module prepared by the experts will help in sharpening the professional skills of Anganwadi functionaries to strengthen the core of ICDS schemes and thus appropriately intervene to create a brighter future for each beneficiary.

Hope the training would enhance the performance of the Anganwadi centres and contribute to the development of each child.

Rani George

RANI GEORGE
Principal Secretary
Department of Women and Child Development



Women and child Development Department

ORIENTATION TRAINING OF ANGANWADI HELPERS

ORIENTATION TRAINING OF **ANGANWADI HELPERS**

PROGRAMME CONTENT

Duration: 7 days

DAY-1		
TIME- 9.15- 9.30 A M		
DAY- 1		
SESSION- I		
TIME- 9.30- 10.30 A M		
TOPIC- Registration & Introduction		
Learning Objective	Contents	Methodology
<ul style="list-style-type: none"> • To build a cordial relationship for the cohesive coexistence of the group. • To evaluate the pre-programme status regarding various services of Anganwadi centres. 	<ul style="list-style-type: none"> • Registration • Ice breaking session • Welcome and self-introduction, sharing of family matters (educational system followed in the family including pre-school, food habit, growth and development of family members), AW Centres etc. • Simple exercises to know each other and building rapport • Pretest based on a structured format 	<ul style="list-style-type: none"> • Introduction to Training centre, Structured format for training sessions, training content, and pretest for assessing basic knowledge of participants. • Pre-test Tool
DAY- 1		
TIME- 10.30- 10.45 A M		TEA BREAK

DAY- 1 SESSION- II TIME- 10.45- 11.30 A M TOPIC: Umbrella ICDS		
<ul style="list-style-type: none"> • To familiarize the functions and the significance of various components and services of umbrella ICDS. 	<ul style="list-style-type: none"> • Angnawadi Services scheme <ul style="list-style-type: none"> - SNP - IEC - • PMMVY <ul style="list-style-type: none"> -Objective -Incentive -Essentials • National Crèche Scheme <ul style="list-style-type: none"> -definition -objectives -services -target group -clubbing of crèche and Anganwadi • Poshan Abhiyan <ul style="list-style-type: none"> - First 1000 days - Prevent and reduce stunting in children (0-6years) - Reduce low birth weight - Reduce the prevalence of Anemia amongst Young children(06months -59 months) 	<ul style="list-style-type: none"> • Power point presentation • Hand out • Discussion • Reflection spam

	<ul style="list-style-type: none"> - Reduce the prevalence of Anemia amongst women and adolescent girls(15- 49 years) • Scheme for Adolescent Girls -SAG • Child Protection Scheme <ul style="list-style-type: none"> - Adoption, Foster care, sponsorship etc. • Specific day celebrations by the Department during a calendar year • Introduction of CAS phone 	
DAY- 1 SESSION- III TIME- 11.45-1.00 P M TOPIC: Umbrella ICDS (Continues)		
TIME-1.00- 2.00 P M LUNCH BREAK		
DAY- 1 SESSION- IV TIME- 2.00-3.00 P M TOPIC: Duties and responsibilities of Anganwadi Helpers		
<ul style="list-style-type: none"> • To create awareness about the duties and responsibilities of Anganwadi Helpers 	<p>Role and Job responsibilities of an Anganwadi Helper in delivery of services at the Anganwadi Centre.</p> <p style="text-align: center;"><u>SPECIFIC DUTIES</u></p> <ul style="list-style-type: none"> • Collecting and dropping of small children 	<ul style="list-style-type: none"> • Class Assignment • Group work • Consolidation by RP

	<ul style="list-style-type: none"> • Opening and closing of AWC under the supervision of AWW • Cleaning of AWCs – Toilet, premises etc. • Ensuring personal hygiene of children and assisting them in grooming themselves • Fetching safe drinking water for daily use and providing boiled water for drinking. • Ensure food safety measures • Preserving nutrition content while cooking and serving supplementary nutrition for beneficiaries • Kitchen gardening and medicinal plant gardening • Safe storage and preservation of food articles for supplementary nutrition • Assisting AWW for preparation of preschool teaching aids • Conducting house visit – using CAS phone • Conveying messages to the beneficiaries, their parents and 	<ul style="list-style-type: none"> • Experience sharing • Presentation of cases • Demonstration • Video clip Presentation
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	<p>others in the community to attend meetings etc.</p> <ul style="list-style-type: none"> • Proper garbage disposal at AWCs • Performing all duties of AWW in her absence . 	
<p>DAY- 1 SESSION- V TIME- 3.00- 4.00 P M TOPIC: Duties and responsibilities of Anganwadi Helpers (Continue)</p>		
<ul style="list-style-type: none"> • To create awareness about the duties and responsibilities of Anganwadi Helpers 	<p style="text-align: center;"><u>GENERAL DUTIES</u></p> <p>Assist AWW to conduct all activities of AWCs such as</p> <ul style="list-style-type: none"> • Maintaining register (especially registers 2,3,4) during the absence of AWW • Weighing children for growth monitoring • Early detection and intervention of childhood disabilities. • Maintaining PMMVY Register / counseling of PW regarding PMMVY/reception of PMMVY Applications 	<ul style="list-style-type: none"> • Presentation • Supervised and interactive activities • PowerPoint presentation • Demonstration • Making available the duty list.

	<ul style="list-style-type: none">• Preschool education activities• Counselling mothers and caregivers of beneficiary children.• Health checkup, immunization programme• Maintenance of discipline among children• Early childhood care in terms of home based care of new born • Implementing beneficiary oriented schemes and programmes of the department and line departments such as pension, education, social security schemes etc.• Various data collection• Conducting various community contact programmes like VHND, ECCE Day, Gramasabha, JagrathaSamithi etc.• Identifying and Sensitizing transgender and their parents• Intervention in adolescent issues.• Intervention in child rights violation incidents.	
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TIME- 4.00- 4.15 P M		TEA BREAK
DAY- 1 SESSION- VI TIME- 4.15- 5.30 P M TOPIC: ICT using CAS phone		
<ul style="list-style-type: none"> • To equip the participants with the skill for effective use of ICDS- Common application Software (ICDS- CAS) and Poshan Tracker Application 	<ul style="list-style-type: none"> ✓ Introduction to CAS Mobile phones -Need and Importance of ICDS Common Application Software (ICDS- CAS) ✓ Understand the basics of Smart phones ✓ Familiarize with installed software Introduction to modules – data entry, submission, report generation <ul style="list-style-type: none"> ➤ Challenges during usage ➤ Maintenance of data and updation ➤ Maintenance of hardware <p>Discussion on operational manual of ICDS –CAS for Service deliveries</p> <p>Regular monitoring and repeated updation with coordinated day by day activities</p> <p>Goals and Objectives of ICT- RT</p>	<ul style="list-style-type: none"> • Power point Presentation • Discussion • Demonstration

DAY- 2 TIME- 9.15- 9.30 A M TOPIC: Ice breaking / Energizer		
<ul style="list-style-type: none"> To familiarise the participants with general duties, roles and responsibilities during the programme 	<ul style="list-style-type: none"> . Most Learned Yesterday (MLY) 	<ul style="list-style-type: none"> Reporting and presentation by the group leader, guided group activities by the course coordinator
DAY- 2 SESSION- I TIME- 9.30- 10.30 A M TOPIC: ICT using CAS phone (Continues)		
TIME- 10.30-10.45 A M TEA BREAK		
DAY- 2 SESSION- II TIME- -10.45- 11.45 A M TOPIC: Communication and Personality development.		
<ul style="list-style-type: none"> To equip the participants with stress management, communication and counselling skills 	<ul style="list-style-type: none"> Interpersonal communication skill Life skill 	<ul style="list-style-type: none"> Role play Short film Discussion.

DAY- 2 SESSION- III TIME- 11.45- 1.00 P M TOPIC: Importance of ECCE in ICDS		
<ul style="list-style-type: none"> To develop ideas regarding the importance of ECCE in ICDS To equip trainees with effective skill for early childhood stimulation. 	ECCE objectives and services for children under 3 years and between 3-6 years Focused care and stimulation under 3 years <ul style="list-style-type: none"> Survival, growth and development Early childhood stimulation for children under 3 years Focused care on 3-6 years <ul style="list-style-type: none"> Early learning and school readiness Preschool activities for children between 3-6 years Role of parents and family members in early childhood stimulation 	<ul style="list-style-type: none"> Power point and video presentation Discussions Practice session
TIME- 1.00- 2.00 P M		
LUNCH BREAK		
DAY- 2 SESSION- IV TIME- 2.00- 3.00 P M TOPIC: Importance of ECCE in ICDS		
(Continues.....)		

DAY- 2 SESSION- V TIME- 3.00- 4.00 P M TOPIC: Stages and mile stones of development and caring children with special needs		
<ul style="list-style-type: none"> To equip the participants with conceptual clarity on milestones of development 	<p>What is early childhood care and development:</p> <ul style="list-style-type: none"> Importance of early childhood care (0-6 years) Growth and development during the early childhood years Stages and milestones of development at birth, infancy, 1-2 years, 2-3 years and 3-6 years Developmental delays and detection of children with special needs Caring of Children with Special needs. 	<ul style="list-style-type: none"> PowerPoint presentation Presentation of cases
TIME- 4.00-4.15 P M		
TEA BREAK		
DAY- 2 SESSION- IV TIME- 4.15- 5.30 P M TOPIC: Need and importance of low cost preschool education materials and Aids		
<ul style="list-style-type: none"> To develop awareness on 		<ul style="list-style-type: none"> Class assignment

preparing low cost preschool education material	Qualities of good learning materials for preschool <ul style="list-style-type: none"> - Easily available - Cost effectiveness - Safe - Eco friendly 	<ul style="list-style-type: none"> • Listing of locally available materials that can be used as learning materials • Discussion • Brain storming
DAY-3 TIME- 9.15- 9.30 TOPIC: Ice breaking/ Energizer		
<ul style="list-style-type: none"> • To keep trainees active through out 	Most Learned Yesterday (MLY) <ul style="list-style-type: none"> • Definition • Situational analysis with latest data 	<ul style="list-style-type: none"> • Reporting and presentation by the group leader, guided group activities by the course coordinator.
DAY- 3 SESSION- I TIME- 9.30—10.30 A M TOPIC: Preparation of Learning materials		
<ul style="list-style-type: none"> • To develop skill for preparing low cost preschool education material 	<ul style="list-style-type: none"> • Need to Prepare low cost preschool education materials and aids using locally available resources 	<ul style="list-style-type: none"> • Class assignment • Group work • Demonstrating PSE activities with the materials prepared by trainees
TIME- 10.30- 10.45 A M		TEA BREAK

DAY- 3 SESSION- II TIME- 10.45-11.45 A M TOPIC: Introduction of Theme Chart		
<ul style="list-style-type: none"> Familiarizing theme chart To understand the importance of theme chart in anganwadis 	<ul style="list-style-type: none"> Day to Day activities of an AWC as per the theme chart Importance of time table for preschool activities 	<ul style="list-style-type: none"> Role play by trainees on conducting preschool activities as per the theme chart.
DAY- 3 SESSION- III TIME- 11.45- 1.00 P M TOPIC: Introduction of Theme Chart (Continues.....)		
TIME- 1.00-2.00 P M LUNCH BREAK		
DAY- 3 SESSION- IV TIME- 2.00- 3.00 P M TOPIC: How to organize & Plan Preschool education activities		
<ul style="list-style-type: none"> Develops an understanding on how to organize and plan preschool education activities. 	<ul style="list-style-type: none"> What are the activities in an Anganwadi Centre from 9.30 am to 3.30 pm Planning of Pre-school activities and preparation of learning aids Importance of organizing activities to foster: 	<ul style="list-style-type: none"> Video presentation PPT Discussion

	<ol style="list-style-type: none"> 1. Sensory and perceptual development 2. Physical, Health & Motor development 3. Language development 4. Cognitive development 5. Development of Creative and Aesthetic appreciation 6. Personal, Social and emotional development <p style="text-align: center;">ORGANIZED GAMES</p> <ul style="list-style-type: none"> • Outdoor games: Hopping, jumping, skipping, swinging, pushing & pulling etc. Games like in an out, leadership, tug of war etc. • Indoor games: Activities like threading, beading, sorting, clay modeling • Activities like drawing, painting, paper folding, paper tearing and pasting. • Activities like walking on a straight line, curved line, Zig-Zag line, crawling etc. 	<ul style="list-style-type: none"> • Practice session- Games

DAY- 3 SESSION- V TIME- 3.00 – 4.00 P M TOPIC: How to organize & Plan Preschool education activities (Continues...)		
TIME- 4.00- 4.15 P M TEA BREAK		
DAY- 3 SESSION- IV TIME- -4.15- 5.30 P M TOPIC: How to organize & Plan Preschool education activities (Continues...)		
DAY-4 TIME- 9.15- 9.30 AM TOPIC: Ice breaking/ Energizer		
<ul style="list-style-type: none"> To keep trainees active through out 	Most Learned Yesterday (MLY) <ul style="list-style-type: none"> Definition Situational analysis with latest data 	<ul style="list-style-type: none"> Reporting and presentation by the group leader, guided group activities by the course coordinator.
DAY- 4 SESSION- I TIME- -9.30- 10.30 A M TOPIC: Child Protection Scheme- (CPS)		

<ul style="list-style-type: none"> • To develop awareness regarding child rights and child protection schemes 	<ul style="list-style-type: none"> • Child Rights • Services • Child Care Institutions • Legislations in favor of children <ul style="list-style-type: none"> - JJ ACT - POCSO - Child marriage prohibition Act - Nirbhaya • Help Lines, Agencies and Institutions for the rehabilitation of children. 	<ul style="list-style-type: none"> • Brain storming • Group discussion, presentation, input session by the instructor • Film Show and discussion on it • Assignment for the next day
<p>TIME- 10.30- 10.45 A M TEA BREAK</p>		

DAY- 4

SESSION- II

TIME- 10.45-11.45 A M

TOPIC: Women Empowerment schemes and programmes

- To understand women empowerment schemes and programmes under WCD- state and center.

Women welfare schemes and programmes

1.Under Govt. of India

- Pradhan Mantri Mathru Vandana Yojana (PMMVY)
- Mahila Sakthi Kendra
- Women and children's home (Nirbhaya)
- One Stop Centre (OSE)
- Swadha Grah Scheme
- (Include new programmes and policies as an when introduced)

2.Under State Government

- Abhayakiranam
- Sahayahastham
- Mangalaya
- Padavukal
- Athijeevika
- Kudumbhasree etc.
- (Include new programmes and policies as an when introduced)

- Discussion
- PPT
- Hand out

DAY- 4

SESSION- 3

TIME- - 11.45 – 1.00 P M

TOPIC: Women empowerment –legislations

- To understand women empowerment schemes and legislations under WCD-state and center.

- **Social Legislations in favor of women**

1. Maternity Benefit Act
 2. Dowry Prohibition Act
 3. MTP Act
 4. Prevention of indecent representation of women (Prohibition Act)
 5. Domestic violence (Prevention Act)
 6. Prevention of Sexual harassment at work place Act
 7. Prevention of Atrocities against women act
 8. Prevention immoral traffic (prevention Act) etc.
- Institutions and Agencies, providing rehabilitation for women
 - Help lines

- Power point presentation,
- video clips,
- discussion
- Practical Session

TIME- 1.00-2.00 P M

LUNCH BREAK

DAY- 4 SESSION- IV TIME- - 2.00- 3.00 P M TOPIC: Schemes for Adolescents Girls		
<ul style="list-style-type: none"> To understand the schemes for adolescent girls and different issues 	<ul style="list-style-type: none"> Schemes for adolescent girls by Govt. of India and State Adolescent issues – Health, Psychological and Social Psycho Social Counselling programme under ICDS 	<ul style="list-style-type: none"> Presentation of cases PowerPoint presentation
DAY- 4 SESSION- V TIME- - 3.00- 4.00 P M TOPIC: POSHAN ABHIYAN		
<ul style="list-style-type: none"> To familiarize the Poshan Abhiyaan scheme and its objectives To develop awareness about Supplementary Nutrition Programme and Management of Malnutrition 	<ul style="list-style-type: none"> Poshan abhiyaan- concept <ul style="list-style-type: none"> - CBE - Anemia reduction –Anemia mukth Bharath Recommended Dietary Allowance (RDA). Identified gap in RDA and Actual Dietary Intake (ADI). SNP for children, Adolescents, Pregnant, Lactating Mothers 	<ul style="list-style-type: none"> PPT Discussion Film

	<ul style="list-style-type: none"> - Food items provided through Anganwadi centers and its nutritive value. - Age specific adequate food. Frequency for child feeding. - Under weight and obesity <ul style="list-style-type: none"> • Introduction of malnutrition- Marasmus, kwashiorkor etc. 	
TIME- 4.00 – 4.15 P M	TEA BREAK	
DAY- 4 SESSION- VI TIME- - 4.15- 5.30 P M TOPIC: Nutrition and Health		
<ul style="list-style-type: none"> • To understand the concept and importance of nutrition and health 	<ul style="list-style-type: none"> • Definition • Good nutrition and its importance for growth, energy, protection against diseases and maintenance of good health • Importance of balanced diet – My plate concept • Functions of proteins, vitamins, micronutrients and its rich sources. 	<ul style="list-style-type: none"> • Power point presentation • Class assignment

DAY- 5 TIME- - 9.15- 9.30 A M TOPIC: Ice breaker / Energizer		
<ul style="list-style-type: none"> To energize trainees for activity 	<ul style="list-style-type: none"> Most Learned Yesterday (MLY) 	<ul style="list-style-type: none"> Reporting and presentation by the group leader, guided group activities by the course coordinator.
DAY- 5 SESSION- I TIME- - 9.30-10.30 A M TOPIC: Food and Nutrition		
<ul style="list-style-type: none"> To understand the concept and importance of nutrition and health 	<ul style="list-style-type: none"> Main Nutrients in food Food pyramid Nutrition and energy Healthy cooking practices Balanced diet/ My Plate 	<ul style="list-style-type: none"> PPT
TIME- 10.30- 10.45 A M TEA BREAK		
DAY- 5 SESSION- II TIME- 10.45-11.45 A M TOPIC: Infant and young child feeding practices (IYCF)		
<ul style="list-style-type: none"> To understand the nutritional care of new born 	<ul style="list-style-type: none"> Nutritional care of new born and infants: Exclusive breast feeding up to 6 months Early initiation and colostrum feeding 	<ul style="list-style-type: none"> Group discussion Video clip

	<ul style="list-style-type: none"> • Advantages of breast feeding and correct practices • Infant and young child feeding practices (IYCF) • Nutritional care of Adolescents • Nutritional care of Pregnant and Lactating mothers 	
DAY- 5 SESSION- III TIME- -11.45-1.00 P M TOPIC: Nutrition and parenting Clinic		
<ul style="list-style-type: none"> • To understand the function of parenting clinic 	<ul style="list-style-type: none"> • Functions of nutrition parenting clinic <ol style="list-style-type: none"> 1. Assessment of nutritional status of women and children 2. Counselling on nutrition and parenting 3. Outreach counselling and awareness programme 	<ul style="list-style-type: none"> • Presentation • Demonstration and supervised activity and input session
TIME- 1.00- 2.00 P M		LUNCH BREAK

DAY- 5
SESSION- IV
TIME-2.00- 3.00 P M
TOPIC: Growth monitoring and use of GMD

- To understand steps in growth monitoring.

- Definition
- Growth monitoring devices
- Steps in growth monitoring
 - > Assessment of correct age
 - > Accurate weighing
 - > Plotting on the graph
 - > Interpretation of growth curve
 - > Counselling Mothers
- Statistics on Nutrition status (severely underweight, stunting, wasting etc.)

- Practical session
- Use of GMD
- PPT

DAY- 5 SESSION- V
TIME-3.00-4.00 P M
TOPIC: Health checkup and Community based events

TIME- 4.00- 4.15 P M

TEA BREAK

DAY- 5

SESSION- VI

TIME-4.15- 5.30 P M

- **TOPIC: 1. Management Information System (MIS) – progress reporting and maintenance of records**
- **2. Common childhood diseases and use of medicine kit at AW Centre**

- To understand the Health related matters in ICDS.
- To understand the concept of IMNCI
- To understand the usage of medicine kit in Anganwadi

- Health services under ICDS
- Health checkup and immunization programmes
- Vitamin A and iron & folic acid supplementation
- Nutrition and Health education activities for mothers and Adolescents
- Referral services
- Familiarizing immunization schedule
 - > Observance of VHND, CBE – Dampathi Sangamam, Varna Sangamam, Seemantha Sangamam, Nirmal Sangamam, Kunjoonu.
 - > Common childhood diseases
 - > Symptoms, Causes, prevention, and treatment of diarrhea, cough, malaria, fever etc.

- Role Play:NHED Class
- Role Play
- Counselling the mother of malnourished and Underweight children.
- Power point presentation
- Familiarization of Medicine Kit
- Video Presentation

	<ul style="list-style-type: none"> • Common diseases like cold, sore throat, sore eyes, ear and skin infections, worm infestation etc. • Use of medicine kit provided at AW Centre. <ul style="list-style-type: none"> - Common safety measures and FIRST AID – How to handle emergency situation - Referral service. 	
DAY -6 TIME- 9.15- 9.30 AM TOPIC- Ice breaker / Energizer		
<ul style="list-style-type: none"> • To energize trainees for activity 	<ul style="list-style-type: none"> • Most Learned Yesterday (MLY) 	<ul style="list-style-type: none"> • Reporting and presentation by the group leader, guided group activities by the course coordinator
DAY- 6 SESSION- II TIME-9.30- 10.30 P M TOPIC: Food safety and security at Anganwadi center		
<ul style="list-style-type: none"> • To understand safety and 	<ul style="list-style-type: none"> • Food safety Act 2013 	<ul style="list-style-type: none"> • Experts from concerned departments

<p>security measures adopted in Anganwadi centers regarding food, water, health and hygiene</p>	<ul style="list-style-type: none"> • Food safety certification and other statutory requirements. • Importance of keeping the Anganwadi and its premises clean • Maintenance of personal hygiene by children, AWW and AWH • Supply of bucket, soap, towel, etc. • Activities for personal hygiene and environmental sanitations. • Clean Environment • Personal hygiene • Safe drinking • Safe drinking water –importance and need, Water quality monitoring • Water borne diseases in children • Methods of making water safe for drinking at Anganwadi centre/Home 	<ul style="list-style-type: none"> • PPT
<p>TIME- 10.30- 10.45AM TEA BREAK</p>		
<p>DAY- 6 SESSION- II TIME- 10.45-11.45 AM</p>		

TOPIC: Food safety and security at Anganwadi center		(Continues.....)
DAY- 6 SESSION- III TIME- 11.45- 1.00 P M TOPIC: Service matters		
<ul style="list-style-type: none"> To ensure awareness regarding the service matters of AW functionaries 	Service matters of Anganwadi functionaries. <ul style="list-style-type: none"> Honorarium Periodical hike in honorarium Leave Transfer TA/DA Promotion Welfare Fund Compassionate Appointment AW Bhima Karyakarthri Yojana Equalency examinations under Literacy mission 	<ul style="list-style-type: none"> PPT Orders
TIME- 1.00- 2.00 P M		LUNCH BREAK
DAY- 6 SESSION- IV TIME- 2.00- 3.00 P M		

TOPIC: Placement in an AW Centre		
<ul style="list-style-type: none"> • Experience the mode of work as AWH at AWC 	<ul style="list-style-type: none"> • Assist the AWW in all the activities at the AW Centre including organizing preschool activities, distribution of supplementary nutrition, weighing of children, talking to mothers etc. • Organize ECCE Day, Mothers' meeting, NHED 	<ul style="list-style-type: none"> • Field visit with check list
DAY- 6 SESSION- V TIME- 3.00- 4.00 P M TOPIC: Community participation and convergence		
<ul style="list-style-type: none"> • Recognize the role of AWH in community participation • To equip the participants with skills to mobilise community to Anganwadi activities 	<ul style="list-style-type: none"> • The role and functions of panchayath in ICDS Programmes • The role and functions of community organizations • The role and functions of religious organizations/institutions • Linkage with primary school teachers and educational institutions, Agriculture dept., Sanitation mission, Water authority, Food safety dept., SC/ST 	<ul style="list-style-type: none"> • Role play • Discussions • Sharing best practices • Video presentation of model centres

	<p>Development dept., Akshaya, Kudumbasree, etc.</p> <ul style="list-style-type: none"> • Association with Rotary Lion’s Club and other Cultural and Literary Organisation, residents Association, etc. • Participation of corporate bodies, Business firms, Industrial, Financial Institutions, Trade Unions, etc. <p>What is community participation and its importance?</p> <ul style="list-style-type: none"> • Discussions on how to involve community in ICDS programmes • How to create awareness about ICDS programme • Involving mothers’ group in service • Visit people and inform the services of ICDS • Motivating beneficiaries 	
<p>TIME- 4.00-4.15 P M</p>	<p>TEA BREAK</p>	

DAY- 6 SESSION- VI TIME- 4.15- 5.30 P M TOPIC: Create awareness about ICDS Programme		
<ul style="list-style-type: none"> • Creating awareness about ICDS Programme 	IEC and advocacy Programmes: <ul style="list-style-type: none"> • Organising community awareness programmes. • Developing IEC materials. • What are the points to remember while Planning and organizing advocacy campaigns, exhibition, etc. • Need and importance of house visit. • Planning and coordination with AWW. • Prioritization of visit. 	<ul style="list-style-type: none"> • Role play on advocacy. • House visit.
DAY- 7 TIME- 9.15- 9.30 A M TOPIC- Icebreaking/Energizer		
<ul style="list-style-type: none"> • To energize trainees for activity 	<ul style="list-style-type: none"> • Most Learned Yesterday (MLY) 	<ul style="list-style-type: none"> • Reporting and presentation by the group leader, guided group activities by the course coordinator
DAY- 7 SESSION- 1 TIME- 9.30- 10.30 A M TOPIC- 1. How to organize various meetings for mothers, parents care givers		

Adolescents, Community Organisations & ALMSC Members.

2. Organizational set up

<ul style="list-style-type: none"> • Methodology to organize meeting. • To understand organizational set up-minimum facilities in an Anganwadi 	<ul style="list-style-type: none"> • Importance and need of mothers meeting, Parents meeting (especially involvement of father) in the Anganwadi. • What all things to learn while organizing a meeting • Role of helper in organizing the meeting. • What is an Anganwadi • Location & requirement of an AW Centre, • Safe Environment, • Availability of safe drinking water & toilets • Space for Safe Storage of food materials and for cooking • Water management • Timing of an Anganwadi centre • Space for class room and storage of preschool materials. • Right feeding practices, importance of hand wash/toilet hygiene. • How to make an Anganwadi clean and a place for joyful learning. 	<ul style="list-style-type: none"> • Role play • Group discussion/interactive session, • Power point presentation
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	<ul style="list-style-type: none"> • Incentives • Procedure of reporting • Adoption Procedure • Trafficking • Child abuses • School drop out • Child labor 	
TIME- 1.00- 2.00 P M <p style="text-align: center;">Lunch Break</p>		
DAY- 7 SESSION- IV TIME- 2.00- 3.00 P M TOPIC-Social issues		
Other social legislations	<ul style="list-style-type: none"> • The maintenance and welfare of parents and Senior citizens Act 2007 • Rights of persons with disabilities Act • National Trust Act 	<ul style="list-style-type: none"> • Power point presentation • Discussions • Participatory session
DAY- 7 SESSION- V TIME- 3.00- 4.00 P M TOPIC- Welfare schemes of WCD		

<ul style="list-style-type: none"> • To create general understanding regarding the welfare schemes of WCD 	<ul style="list-style-type: none"> • Schemes implemented by WCD • Supplementary Nutrition Programme through Anganwadi <ul style="list-style-type: none"> - THR in the form of Amrutham Nutrimix – 6 months to 3 years - Food Supplement for the age group of 3 – 6 years • Aswasanidhi – For the release to victims of sex crimes, domestic violence, acid attacks and heinous gender based violence • First Thousand Days – First two years of a child • Educational Assistance to Women Headed Family –Mangalya Scheme for Widow remarriage • Abhaya Kiranam – Providing a safe and better living environment to destitute and homeless widows • Sahayahastham - Self-employment scheme for widows 	<ul style="list-style-type: none"> • Power point presentation • Discussions • Participatory session • Hand out
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	<ul style="list-style-type: none"> - PMMVY – Financial assistance for pregnant women for their first pregnancy 	
TIME- 4.00- 4.15 PM	TEA BREAK	
DAY- 7 SESSION- VI TIME- 4.15- 5.30 P M		
Evaluation		
Concluding session		
	<ul style="list-style-type: none"> • Evaluating the training programme • Feedback and action plan • Experience sharing by trainees • Certificates Distribution 	Discussion. Post Test in structured format. <ul style="list-style-type: none"> • Evaluating the training programme and taking feedback from participants