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Nutrition and health education programme of icds scheme for nursing women in Malwa region of Punjab

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The Integrated Child Development Services (ICDS) Scheme is one of the flagship programmes of the Government of India and represents one of the world's largest and unique programmes for early childhood care and development. The present study was conducted to examine the impact of Nutrition and Health Education (NHED) of ICDS on the nursing women in terms of enhancing their knowledge in the critical Health Care areas and the extent to which the nursing women put this knowledge into practice. The study was conducted in Malwa region of Punjab. A total of 40 villages were selected on the basis of random. From each village 2, nursing women were selected randomly. Thus a total of 80 nursing women were in the sample. It was found that about 10% of women did not go to a proper place for the child delivery and their deliveries had taken place at home. A high majority (60%) of the women did not undergo any health check-up after the delivery. A majority (61.25%) nursing women did not receive supplementary nutrition ration from AWCs. It was shocking to note that 82.50% nursing women did not have awareness about the main cause of measles and a high majority (83.75%) of nursing women were not sure about the right way of managing measles. Majority (75%) women did not have any knowledge to prepare oral rehydration solution.

Biography

Kular Sarbjit Singh is an assistant professor at Punjabi University Patiala, India.

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