

GOVERNMENT OF ANDHRA PRADESH
DEPT. FOR WOMEN, CHILDREN, DISABLED & SENIOR CITIZENS

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Memo No.3462/ICDS.A1/2012

Dt.20-12-2012

Sub:- Dept. for WD&CW – ICDS – SNP- Nutrition Programme under the ICDS – Introducing “One Full Meal” under “Indiramma Amrutha Hastham” programme for Pregnant and Lactating women in 102 ICDS Projects to improve health and nutrition status of women and children in the State – Issue of Guidelines –Reg.

Ref:- 1.G.O.Ms.No.33,Dept. for WCD&SC, Dt.1-12-2012.
2.From Commr, WD&CW,Lr.No.3650/J2/2012,
Dt.17-12-2012.

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In continuation of the orders issued in the reference 1st cited and based on the draft guidelines furnished by the Commissioner, WD&CW in the reference 2nd cited, the following Operational Guidelines are issued for implementation of “Indiramma Amrutha Hastham” programme for Pregnant and Lactating women in the high-risk 102 ICDS Projects.

1. In the monthly meetings of Village Organisations (VOs), Mandal Mahila Samakhyas (MMS) and Zilla Mahila Samakhyas (ZMS), the Anganwadi Workers, Supervisors /CDPOs and the PDs respectively will be invited for discussion on the implementation of the “Indiramma Amrutha Hastham”.
2. AWW, ASHA, SHGs, VOs will identify the target group and ensure early registration of the Pregnant women and enrollment of Lactating women in the Anganwadi Centres (AWCs). In addition AWWs will make house to house visit to survey, identify and make list of the target group. All Pregnant and Lactating women will be issued MCP Cards.
3. VOs along with ICDS and health field functionaries will create the necessary awareness and will mobilize the user group of Pregnant and Lactating women to receive the “One Full Meal” along with other health and nutrition services at AWCs.
4. A five member Committee called the “Indiramma Amrutha Hastham Committee” will be constituted for each AWC. This Committee will be chaired by the Chairperson of VO, and will have one representative of VO, one pregnant women, one lactating women and AWW as members. The representative of VO will be the one responsible for procurement on behalf of the VO. The Pregnant and Lactating women will be identified by the VO and will be among those who are regularly attending the AWC for the programme. The Committee meeting will be convened by the AWW. The Committee will (a) help to mobilize women, (b) monitor the implementation of the various aspects of the programme such as attendance, quality of food, hygiene etc., (c) finalize the menu and (d) fix the timings of the meal. The Committee will also certify the attendance of the women at the AWC. The Committee will meet at least once in a month.
5. Anganwadi Helper or in absence of the Anganwadi Helper a person identified by the VOs will cook the “One Full Meal” and serve the food at the Anganwadi Centre.
6. The quantity, cost and nutritive value of food items to be served as part of “One Full Meal” is at *Annexure-I*. Costs indicated in G.O.Ms.No.33 of WCD&SC dept. dt:01-12-2012 have been revised to take into account the present cost and to provide flexibility

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7. The average unit cost of the “One Full Meal” is Rs.15/- per women per day. Savings on any one of the items can be utilized for purchase of any other item in the menu. In addition Rs.1/- per women per day is being provided as flexible amount to be used as per requirement and local variation in prices and as per decision of District Purchase Committee (DPC).
8. The model menu is at *Annexure – II*. However the “Indiramma Amrutha Hastham Committee” can decide a menu as per local conditions.
9. IFA tablets will be provided by ANMs and will be administered along with the food by AWW.
10. The growth monitoring of all pregnant and lactating women shall be done every month and birth weight of the new born shall be recorded in the MCP Cards.
11. Rice, dal & oil will be procured through Civil Supplies Corporation/A.P.Oil Federation. These will be procured and supplied to AWCs at least once in a month in advance by CDPOs.
12. Milk, eggs, vegetables and condiments will be procured locally by the VOs. For this purpose, the supervisors of ICDS will enter into a MOU with the VO concerned. However, wherever packaged milk is procured at district/project Level from Dairy Corporation/Other Diaries the VOs will procure only eggs, vegetables and condiments locally. The rates for local purchase and the packaged milk will be finalized by the existing DPC chaired by the Jt. Collector and Project Director (DRDA) will be inducted as one of the members in this Committee for these purchases. VOs will maintain separate records for the purchases.
13. Project Directors/CDPOs will release budget to Civil Supplies Corporation/A.P.Oil Federation for rice, dal and oil. Where milk is purchased at district/project level the PD/CDPO will release budgets to the supplier of milk. The CDPOs will release budget of one month advance to VOs bank accounts for supply of milk, eggs, vegetables and condiments. The advance will be settled before 10th of next month as per the attendance certified by the “Indiramma Amrutha Hastham Committee”
14. Monitoring and inspections shall be taken up by ICDS functionaries for the programme as detailed below:
 - Child Development Project Officers/Supervisors shall inspect at least 20 AWCs under “Indiramma Amrutha Hastham” per month
 - Project Director shall inspect at least 10 AWCs and 05 villages under IAH per month.
 - Regional Deputy Director shall inspect at least 10 AWCs and 05 villages under IAH per month.
 - They shall monitor attendance, quality and quantity of the food, cleanliness in cooking and serving, weight gain of pregnant women, colostrum feeding, exclusive breast feeding and immunization etc.,.
15. The convergence structure of the “Maarpu” programme at different levels from the village to State will monitor the quality and quantity, rates of commodities of the meal provided and implementation of the services under “Indiramma Amrutha Hastham” programme.

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16. Joint trainings and awareness campaigns will be conducted for field functionaries, SHG members, VOs and others by the department and SERP.
 17. Grievance redressal mechanism including calls through 104 and call center of Rural Development will be established by the department.
 18. The community, PRIs, Civil Society and NGOs will be involved in monitoring, training, capacity building, communication, community mobilization and service delivery of the programme. At least two NGOs will be involved in each District for this purpose.
 19. Baseline survey shall be conducted by involving the Medical Colleges/Local Universities/Colleges/NGOs etc. Further, concurrent evaluation of the programme shall be done.
 20. Core Committee will be constituted at State Level consisting of Officials, Academicians, NGOs & Nutrition experts to review the implementation of "Indiramma Amrutha Hastham" programme and suggest improvements, if any.
2. The Commissioner, WD&CW is requested to take action accordingly.

Nilam Sawhney
Principal Secretary to Govt.

To

The Commissioner, Women Dev. & Child Welfare, A.P. Hyderabad.
All District Collectors.
All Regional Joint Directors in the State.
All Project Directors in the State.
The Commissioner, Family Welfare, Hyderabad.
The Project Director, SERP, Hyderabad.

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PS to Minister, (IKP, WDCW&DW)
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SF/SCs

//FORWARDED BY ORDER//

SECTION OFFICER

ANNEXURE – I

Indiramma Amrutha Hastham

Estimated Quantity, Cost and Nutritive values of “One Full Meal” to Pregnant and Lactating women

S. No.	Food Item	Quantity	Cost as per present rates (Rs. per head)	Nutritive Value		
				K. Cal	Proteins (gms)	Calcium (mg)
1	2	3	4	5	6	7
1.	Rice/Wheat/ Millets etc.,	125 gms	0.50	431.3	8.5	12.5
2.	Dhal (Red Gram/ Green Gram)	30 gms	2.10	104.4	7.25	22.5
3.	Oil	16 gms	1.00	144	-	-
4.	Transport		0.10	-	-	-
5.	Cooking		0.30	-	-	-
6.	Milk	200 ml	5.60	234	8.60	420
7.	Egg	1 No. (50 gms)	3.50	86.5	6.65	30
8.	Vegetables (Leafy vegetables, Potato, Onion, Beans etc.,)	50 gms	1.40	52.5	1.8	16.06
9.	Condiments		0.50	-	-	-
	Total		15.00	1052.7	32.8	501.06

Note: In addition to Rs. 15/- per women per day, flexible amount of Rs. 1/- per women per day is also permitted to meet local variations in prices

ANNEXURE II

Model Menu for “Indiramma Amrutha Hastham”- “One Full Meal” for Pregnant and Lactating women

Day	Item 1	Item 2	Item 3	Item 4	Item 5
Day 1	Rice	Sambar with vegetables	-	Egg Curry	Milk
Day 2	Rice	Dal	Green leafy vegetable Curry	Egg	Milk
Day 3	Rice	Dal with leafy vegetables	-	Egg	Milk
Day 4	Rice	Sambar with vegetables	-	Egg Curry	Milk
Day 5	Rice	Dal	Green leafy vegetable Curry	Egg	Milk
Day 6	Rice	Dal with leafy vegetables	-	Egg	Milk

Nilam Sawhney
Principal Secretary to Govt.