The present study was undertaken with the broad objective:

- To build the capacity of Anganwadi workers of ICDS scheme on growth monitoring and promotion, and infant and young child feeding, and to assess its impact on infant and young child feeding practices and nutritional status of children under two years.

**Specific Objectives:**

1. To assess the knowledge and perceptions of Anganwadi workers with regard to growth monitoring and promotion and infant and young child feeding practices, among selected rural Anganwadi centers’ of Vadodara district.

2. To assess the prevalence of undernutrition and associated Infant and young child feeding practices of care providers of children under two years.

3. To build the capacity of Anganwadi workers’ on growth monitoring and promotion and infant and young child feeding in two stages:
   a. Formal Capacity Building – Group training
   b. Hands-on Capacity Building – Individual on-the-job training

4. To assess the impact of capacity building on knowledge and perceptions of Anganwadi workers’ with regard to growth monitoring and promotion, and infant and young child feeding practices.

5. To assess impact of capacity building on undernutrition prevalence and associated infant and young child feeding practices of care providers of children under two years.

The methods and material used for the above research are presented in the next chapter (Chapter 5).