<table>
<thead>
<tr>
<th>S.NO.</th>
<th>CHAPTERS</th>
<th>PAGE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>CHAPTER 1  INTRODUCTION</strong></td>
<td>1-14</td>
</tr>
<tr>
<td>1.1</td>
<td>Status of Children in India</td>
<td>1-3</td>
</tr>
<tr>
<td>1.2</td>
<td>Causes of low nutritional status and ill-health of children</td>
<td>3-5</td>
</tr>
<tr>
<td>1.3</td>
<td>Importance of knowledge related to childcare &amp; nutrition among women</td>
<td>5-7</td>
</tr>
<tr>
<td>1.4</td>
<td>Effect of intervention on knowledge related to childcare and nutrition</td>
<td>7-10</td>
</tr>
<tr>
<td>1.5</td>
<td>Role of ICDS in upgrading the knowledge of women beneficiaries related to childcare and nutrition</td>
<td>10-12</td>
</tr>
<tr>
<td>1.6</td>
<td>Significance of Study</td>
<td>12-13</td>
</tr>
<tr>
<td>1.7</td>
<td>Objectives of the Study</td>
<td>13</td>
</tr>
<tr>
<td>1.8</td>
<td>Hypotheses</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td><strong>CHAPTER 2  REVIEW OF LITERATURE</strong></td>
<td>15-39</td>
</tr>
<tr>
<td>2.1</td>
<td>Status of knowledge of women beneficiaries regarding childcare and nutrition</td>
<td>15-21</td>
</tr>
<tr>
<td>2.1.1</td>
<td>Concluding Comments</td>
<td>21-22</td>
</tr>
<tr>
<td>2.2</td>
<td>Effect of intervention on knowledge &amp; practices related to childcare and nutrition</td>
<td>22-31</td>
</tr>
<tr>
<td>2.2.1</td>
<td>Concluding Comments</td>
<td>31-32</td>
</tr>
<tr>
<td>2.3</td>
<td>Role of ICDS in improving the knowledge of women beneficiaries</td>
<td>32-38</td>
</tr>
<tr>
<td>2.3.1</td>
<td>Concluding Comments</td>
<td>38-39</td>
</tr>
</tbody>
</table>
CHAPTER 3  CONTEXT OF THE STUDY  40–49
3.1 The Kashmir Province  40–41
3.2 Social Life of Kashmir  41–43
3.2.1 Household
3.2.2 Dress
3.2.3 Food habits
3.3 Present Turmoil and its effect on Women and Children  43–45
3.4 Budgam district of Kashmir : Locale of the study  45–49
3.4.1 Demographic Profile of Budgam
3.4.2 Integrated Child Development Services Scheme in District Budgam
3.4.3 Health and Nutrition
3.5 Concluding Comments  49

CHAPTER 4  RESEARCH METHODOLOGY  50–70
4.1 Locale of the Study  50–53
4.2 The three Phases for Study  54
4.3 Phase – I  55–66
4.3.1 The Sample
4.3.2 Sample Group
4.3.3 Sampling Technique and Criteria
4.3.4 Tools Used
4.3.5 Procedure for the Study
4.3.6 Validity
4.3.7 Reliability
4.3.8 Data Collection
4.3.9 Data Analysis
4.4 Phase – II  67–68
4.4.1 Sample for Intervention
4.4.2 Procedure
### Chapter 5: Results and Discussions

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.5</td>
<td>Phase – III</td>
<td>69-70</td>
</tr>
<tr>
<td>4.5.1</td>
<td>Documentation of effect of Intervention</td>
<td></td>
</tr>
<tr>
<td>4.5.2</td>
<td>Tools Used</td>
<td></td>
</tr>
<tr>
<td>4.5.3</td>
<td>Procedure</td>
<td></td>
</tr>
<tr>
<td>4.5.4</td>
<td>Analysis</td>
<td></td>
</tr>
</tbody>
</table>

#### 5.1 Profile of Women Beneficiaries

##### 5.1.1 Profile of Sample Women Beneficiaries
- Age of respondents
- Qualification of respondents
- Occupation of respondents

##### 5.1.2 Socio Economic Background of Respondent’s Families
- Qualification of Respondent’s Husband
- Occupation of Respondent’s Husband
- Family Income
- Family Type

#### 5.2 Assessment of knowledge of Women Beneficiaries related to Prenatal Care

##### 5.2.1 Knowledge related to consultation during pregnancy
- Medical Consultation during Pregnancy
- Appropriate Time for Consultation
- Knowledge about Significance of Weight Monitoring

##### 5.2.2 Vaccination during Pregnancy
- Awareness about TT vaccine during pregnancy
- Doses of TT given
- Importance of TT

##### 5.2.3 Consumption of foods and nutritional supplements during pregnancy
- Knowledge of nutritional supplements to be taken during pregnancy
- Extra diet required during pregnancy
- Food to be consumed by Anaemic women
- Food avoided during pregnancy

5.2.4 Precautions taken at the time of delivery
- Perception regarding measures for normal delivery
- Safe and hygienic place for delivery
- Foods necessary for lactating mother

5.2.5 Concluding Comments

5.3 Assessment of nutritional knowledge of women beneficiaries

5.3.1 Knowledge related to breastfeeding
- Knowledge related to initiation of Breastfeeding
- Knowledge related to feeding of Colostrums
- Duration of Exclusive Breastfeeding
- Importance of Breastfeeding

5.3.2 Concept about food supplementation for children
- Concept regarding addition of sugar to milk
- Concept regarding giving water to infants
- Concept about supplementary feeding
- Concept about dilution of supplementary milk

5.3.3 Knowledge related to weaning foods
- Knowledge related to proper timing of weaning
- Introduction of solid foods in baby’s diet
- Knowledge about form of vegetables given to child

5.3.4 Concluding Comments

5.4 Knowledge related to Childcare

5.4.1 Knowledge related to childcare
- Benefits of massage
- Frequency of giving bath to a child
- Frequency of changing clothes
- Material used for baby dresses
<table>
<thead>
<tr>
<th>5.4.2</th>
<th>Knowledge of Women Beneficiaries Related to Immunization and Immunization Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Importance of Immunization</td>
</tr>
<tr>
<td></td>
<td>Methods used for reducing inflammation caused by DPT</td>
</tr>
<tr>
<td></td>
<td>Knowledge about treatment of Diarrhoea and Fever</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5.4.3</th>
<th>Knowledge related to childcare activities</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Importance of sleep for Child</td>
</tr>
<tr>
<td></td>
<td>Importance of play for child</td>
</tr>
<tr>
<td></td>
<td>Toy material suitable for a child</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5.4.4</th>
<th>Concept about child’s exploration and discipline</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mother’s concept about child exploration</td>
</tr>
<tr>
<td></td>
<td>Disciplinary techniques used for young children</td>
</tr>
</tbody>
</table>

| 5.4.5 | Concluding Comments                                                             |

<table>
<thead>
<tr>
<th>5.5</th>
<th>Assessment of level of Nutritional Knowledge of Respondents (through rating scale)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.5.1</td>
<td>Variation in level of nutritional knowledge across blocks</td>
</tr>
<tr>
<td>5.5.2</td>
<td>Inter-group variation in level of nutritional knowledge</td>
</tr>
<tr>
<td>5.5.3</td>
<td>Variation in level of nutritional knowledge as per qualification</td>
</tr>
<tr>
<td>5.5.4</td>
<td>Variation in level of nutritional knowledge as per family income</td>
</tr>
<tr>
<td>5.5.5</td>
<td>Level of nutritional knowledge as per age</td>
</tr>
</tbody>
</table>

| 5.6   | Concluding Comments                                                             |

<table>
<thead>
<tr>
<th>5.6.1</th>
<th>Assessment of Intervention being provided in AWCs (Responses of women beneficiaries)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Intervention provided in AWCs regarding nutrition and care</td>
</tr>
<tr>
<td></td>
<td>Type of Non-formal education providing by AWCs</td>
</tr>
<tr>
<td></td>
<td>Diet taken during pregnancy and lactation</td>
</tr>
<tr>
<td></td>
<td>Precautions during pregnancy</td>
</tr>
<tr>
<td>Section</td>
<td>Description</td>
</tr>
<tr>
<td>---------</td>
<td>-------------</td>
</tr>
</tbody>
</table>
| 5.6.2   | Intervention received regarding health care during pregnancy  
- Intervention related to health checkups  
- Intervention related to weight monitoring  
- Assistance provided for anaemic/maternal low body weight  
- Awareness provided for causes of anaemia /low body weight |
| 5.6.3   | Intervention/Awareness related to important Health issues during Pregnancy & Lactation  
- Educator at the centre  
- Advice for taking supplements (iron/folic acid)  
- Education about proper timing of TT  
- Assistance provided to lactating women |
| 5.6.4   | Intervention regarding breastfeeding  
- Intervention about advantages of breastfeeding  
- Awareness about initiation of breastfeeding  
- Intervention about Colostrum  
- Intervention about duration of breastfeeding  
- Awareness about feeding frequency |
| 5.6.5   | Intervention received by women beneficiaries regarding weaning and child’s diet  
- Timing of introduction of weaning foods  
- Selection of weaning foods  
- Balanced diet for a Child  
- Nutritious foods for children |
| 5.6.6   | Intervention provided regarding health care of young children  
- Immunizing a child  
- Benefits of Immunization  
- Importance of keeping an immunization card |
5.6.7 Methods used for intervention

- Visual aids
- Meetings/Demonstrations
- Door to door visits
- Impact assessment

5.6.8 Concluding Comments

5.7 Assessment of Intervention being provided by AWCs (Responses of AWWs)

5.7.1 Intervention provided in Anganwadi Centres

- Registration of pregnant women
- Awareness related to balanced diet for pregnant women and nursing mothers

5.7.2 Awareness provided to pregnant women and nursing mother

- Suggestions provided to anaemic women during pregnancy
- Advice for weight monitoring during pregnancy
- Advice about extra nutrition required by nursing mothers

5.7.3 Assistance related to Breastfeeding and Weaning

- Awareness about Colostrum
- Awareness about advantages of breastfeeding
- Awareness about duration of breastfeeding
- Awareness about frequency of breastfeeding
- Education about proper timing of introduction of weaning foods/complimentary foods
- Awareness about different weaning foods
5.7.4 Awareness related to Immunization and Malnutrition
- Awareness related to immunization
- Awareness related to malnutrition

5.7.5 Methods for Intervention
- Methods of intervention
- Aids used for awareness
- Material available for education
- Meetings conducted for counselling
- Frequency of conducting meetings
- Home visits conducted
- Best method of Motivation
- Impact assessment

5.7.6 Concluding Comments

CHAPTER 6 INTERVENTION

6.1 Intervention Programme
6.1.1 Strong Areas based on Knowledge assessment of women beneficiaries
6.1.2 Gap Areas Identified based on data
6.1.3 Gap Areas with respect to content & method of intervention in ICDS centres

6.2 Approaches for Intervention

6.3 Planning and Preparation of Intervention Module
6.3.1 Pre testing of Intervention Module
6.3.2 Presentation of Intervention Module

6.4 Conducting Intervention

6.5 Important messages transmitted during intervention
6.5.1 Importance of weight monitoring during pregnancy
6.5.2 Importance of balanced during pregnancy and lactation
6.5.3 Malnutrition
6.5.4 Importance of play for children
6.5.5 Importance of sleep for children
### 6.6 Effect of Intervention

6.6.1 Intervention related to Nutritional Supplements and Breastfeeding

6.6.2 Intervention related to Different Foods

6.6.3 Intervention related to Sources of Foods

6.7 Suggestions for improving the intervention being provided by AWCs

### CHAPTER 7 CONCLUSION

7.1 Conclusion

7.2 Concluding Comments

7.3 Suggestion Based on Study

7.4 Implications of the Study

### REFERENCES

Books / Journals

Reports

Websites Referred

### ANNEXURE

I. Self devised Interview Schedule to assess the knowledge related to Childcare and Nutrition among Sample Women

II. Self devised Rating Scale

III. Self devised Interview Schedule for Women Beneficiaries to assess the Intervention being providing by the AWC

IV. Self devised Interview Schedule for AWW to assess the Intervention being provided by the AWC

V. Folder in Urdu

VI. Newspaper Cutting (Greater Kashmir)

VII. Newspaper Cutting (Kashmir Uzma)

VIII. Assessment of Knowledge of ICDS Women Beneficiaries in District Budgam of Kashmir Region Regarding Prenatal Care

IX. Assessment of Knowledge of ICDS Women Beneficiaries in District Budgam of Kashmir Region Regarding Child Nutrition

X. Urdu Pamphlet Related to Childcare & Nutrition