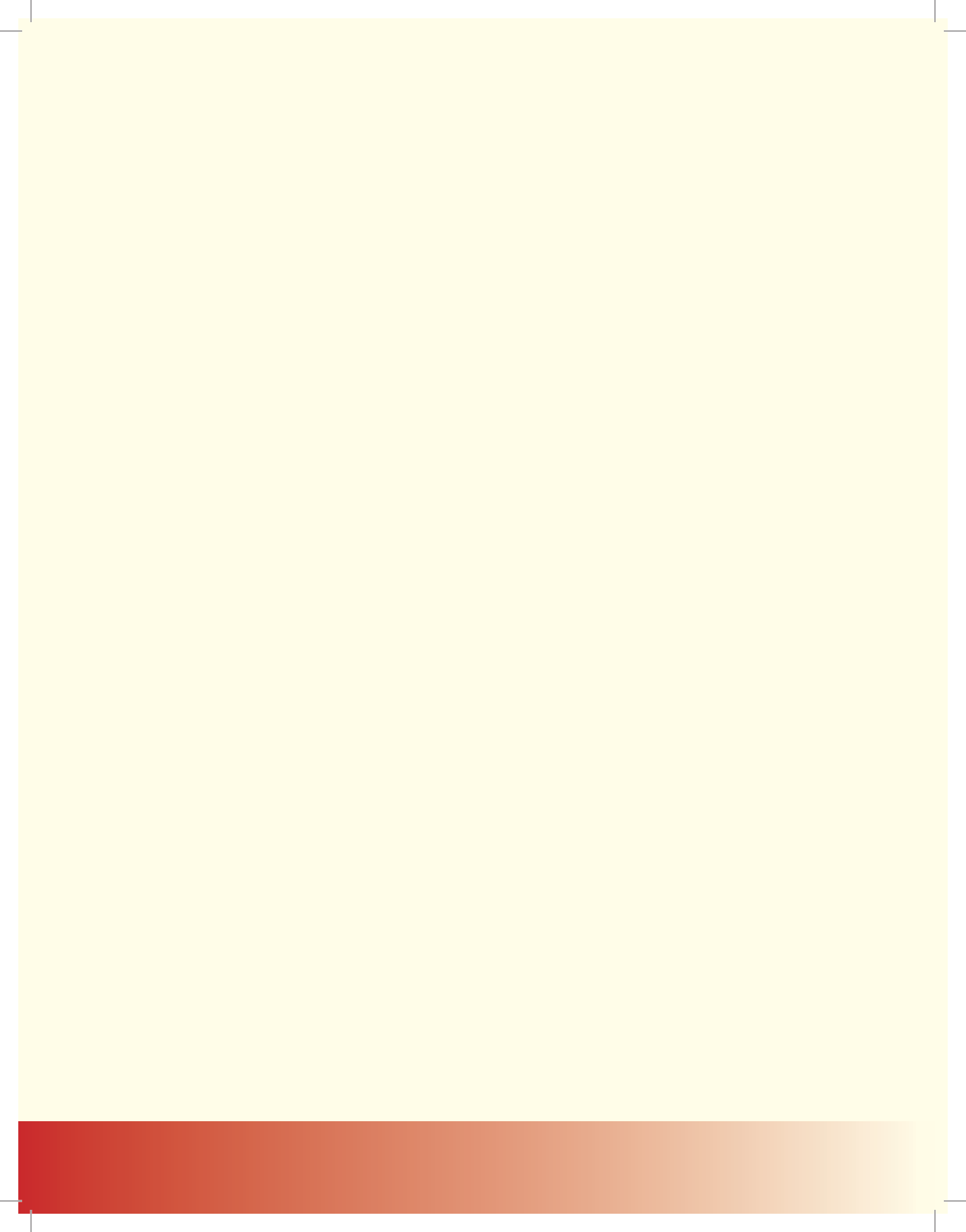




CHAPTER 3



Research/ Evaluation Studies and Other Projects

In accordance with its mandate, the Institute undertakes Research and Evaluation studies as part of its academic activities. Guided by the Institute's research policy, research projects and evaluation studies are undertaken in different areas of voluntary action, women and child development.

Research Policy of NIPCCD: Thrust Areas

- ❖ Identification of needs and problems in the field of public cooperation, child development and women's empowerment;
- ❖ Providing information for policy formulation and programme development and serving as a clearing house for information and research;
- ❖ Developing empirically based training curricula and instructional material so as to enrich the training contents and methodology;
- ❖ Assessing the impact of ongoing programmes, identifying bottlenecks and undertaking mid-term corrections for promotion of voluntary action, mother care, child development; and women's empowerment;
- ❖ Establishing liaison with other research bodies/institutions.

Research/Evaluation Studies, Documentation/Compilations

Research on areas falling within its mandate is conducted by the Headquarters and the Regional Centres of the Institute. Evaluation studies are undertaken to assess the impact of ongoing schemes of interventions or projects of Women and Child Development as an independent initiative, or at the request of sponsoring

Department/agency. Once complete, the research works are documented in the form of reports and compilations for wider dissemination.

A brief account of the research/evaluation studies, compilations and other projects completed during the year 2008-09 is given in the following paragraphs.

1. Eating Pattern of School Going Children

The Institute undertook this study with the objectives to: assess the eating pattern of school going children of all the districts of Delhi; explore the socio-economic, cultural, behavioural, environmental and psycho-social factors which affect the eating pattern of children; and study gender differences in food consumption. The study involved interview of a total of 2408 children (1171 boys and 1237 girls) from schools of Delhi and 86 mothers/caretakers. The sample for the study was drawn from Government schools, Government-aided schools, Private schools and Kendriya Vidyalayas from all the nine districts of Delhi.

Main Findings

- ❖ A little less than half (44.1%) of the children were in the age group 13-15 years.
- ❖ Majority of children were living in nuclear families.
- ❖ The family income of one-third of children was less than Rs. 5000/- per month
- ❖ Majority of the mothers (78.8%) of children were housewives and fathers (64.8%) were in service.
- ❖ As regards meal consumption pattern of children, it was heartening to note that almost 65.8 per cent of children took all three meals and two snacks in

- ❖ a day and a negligible per cent of children (1.2%) reported consuming only two meals in a day.
- ❖ However, mothers reported that all children take almost all meals at home.
- ❖ Majority of the children reported consuming about 7 glasses of water in a day.
- ❖ The study revealed that 6.8 per cent children either skipped lunch or dinner everyday.
- ❖ Further, 28.5 per cent children refrained from eating any meal atleast one day to five days in a month on account of religious fasts, family traditions, dieting, etc.
- ❖ As regards dietary habits, around 45.8 per cent children were vegetarian, 42.3 per cent non-vegetarian and 12.9 per cent children were eggetarian.
- ❖ The number of girls were more than boys among vegetarians.
- ❖ Egg was the most preferred food (79.9%), followed by chicken, mutton and seafoods, among the non-vegetarians.
- ❖ No major difference was observed in preference for non-vegetarian foods among boys and girls.
- ❖ Majority of children preferred spicy foods.
- ❖ Majority of girls preferred home-cooked food. They were found to be more particular about consuming all types of foods than boys.
- ❖ Nearly one-fourth of children reported that normally they did not take any meal with parents. Similar number of children reported having food with their family members occasionally.
- ❖ Majority of children (61.7%) reported that they generally have dinner alongwith their family members.
- ❖ About 85 per cent children were carrying tiffin/ lunch to school every day. Majority of children shared their food with other students. Besides this, more than half of children reported buying food from school canteen/vendors.
- ❖ Some times or the other, almost all children purchase eatables from hawkers.
- ❖ Most of the time mothers decided the menu. One-third children reported that they were consulted in planning the menu for the day.
- ❖ Nearly three-fourth of the mothers were of the opinion that choice of particular food affects the eating pattern of children.
- ❖ Most of the children reported that advertisements on the television have been one of the major influencing factors for trying out food, especially, junk and ready-to-eat foods. Most of the mothers (66.9%) agreed that they too were influenced by advertisements on the television.
- ❖ More than half of the children reported going out to eat with their family members, relatives or friends, once in a while. About one-fourth children eat out with their friends. Children preferred to eat foods that were not usually prepared at home.
- ❖ Most of the children reported consuming drinks for physical and mental development and few amongst them revealed that they were enticed by advertisements.
- ❖ Restrictions on eating spicy foods, non-vegetarian foods, sour foods, cold beverages etc. were imposed on adolescent girls by parents during menstruation.
- ❖ Majority of the parents forbade their children from taking fish and milk and milk products simultaneously.



- ❖ Majority of the children reported that their parents/ teachers guided them regarding healthy eating habits.
- ❖ As regards activity pattern of children, the study revealed that majority of children (70%) go for outdoor activities after coming back from schools and amongst them roughly 40 per cent spent more than an hour in outdoor activities.

2. A Study on Mental Health Problems of Children Affected with Insurgency in Assam

Regional Centre Guwahati undertook the above study with the objectives to: examine the mental health status of children affected with insurgency in Assam; compare the social adjustment pattern of children affected and those not affected, with insurgency; analyse the emotional problems of children affected with insurgency; and formulate effective intervention strategies for the betterment of children affected by insurgency. A total of 200 children in the age group of 9-13 years and 13-16 years, both affected and not affected with insurgency were selected for the study from seven relief camps located in Kokrajhar and Chirang districts of Assam, where the children affected with insurgent attacks and ethnic violence were placed.

Main Findings

- ❖ Children affected with insurgency were found to have poor mental health status as compared to the children not affected with insurgency.
- ❖ More than half the children affected with insurgency exhibited poor mental health. Among the children not affected with insurgency, 23 per cent reported of excellent mental health status, 34 per cent had good mental health status and 25 per cent had average mental health status.
- ❖ Significant differences between two groups of children were also found in all dimensions of mental health such as emotional stability, overall adjustment, autonomy, security, self-concept and intelligence quotient.
- ❖ Children affected with insurgency were found to have emotionally instable feelings i. e. they got more upset or angry very easily with minor provocation and had more frequent mood fluctuations without any concrete reasons than children not affected with insurgency. The affected children were also found to be shy, introvert, and got frightened with the idea of sudden attack/ violence.
- ❖ Significant differences were found among both groups of children with regard to overall adjustment dimensions. Children affected with insurgency were found to be poorly adjusted in maintaining harmonious balance in different health, social and emotional domains of adjustment such as in home, school, social groups, etc.
- ❖ Both groups of children differed significantly on the dimension of 'autonomy'. Children affected with insurgency were less autonomous i.e. unable to regulate his/her behaviour without depending on parents or adult caregivers.
- ❖ Children affected with insurgency were found to be emotionally more unstable than children not affected with insurgency. They had negative/ poor self-esteem about themselves and manifested social or self-alienation, powerlessness and desperation.
- ❖ Children affected with insurgency reported being emotionally insecure when their parents were absent or away from home and got anxious when

family members came back. They also reported feeling lonely amidst friends and were afraid to go out alone at night. They very often were depressed or down.

- ❖ Children affected with insurgency performed poorly in the intelligence quotient dimension. They were found lagging in general mental ability that helps the child to think rationally and behave purposefully in his/her environment to solve general problems according to his age.
- ❖ Both young (9-13 years) and old (13-16 years) age groups of children affected with insurgency did not differ significantly on mental health problems but mean score tilted in favour of younger age group. Young children experienced comparatively less mental health problems than older counterparts.
- ❖ Significant gender difference was observed with regard to mental health status of children affected with insurgency. Girls were found to be more vulnerable than boys in adjusting with life. Girls in general fared better than boys.
- ❖ Children affected with insurgency expressed unhappy relations with parents. They very often experienced problems like sleep disturbances and fatigue.

3. Socio Cultural Practices Relating to the Girl Child in Arunachal Pradesh

Regional Centre Guwahati undertook the study with the objectives to explore the values, beliefs and practices relating to upbringing of the girl children; examine the extent of gender bias in terms of providing health and nutritional care and education to the girl children; and analyse the status of girl child among selected tribes of Arunachal Pradesh in terms of select indicators.

Data was collected from four districts of Arunachal Pradesh amongst the Nishis, the Adis, the Apatanis and the Mishimis.

Main Findings

- ❖ The study has brought to light that majority of the parents in all the four tribes, viz. the Nishis, the Adis, the Apatanis and the Mishimis of Arunachal Pradesh desired for a male child to be born. The preference for son was particularly high in case of the first issue for all the Scheduled Tribes. The instances of son preference, went down with the subsequent pregnancies.
- ❖ Factors responsible for son preference were: boys are more useful for the family than girls; a kind of prestige tag attached by society to the parents having more boys in the family; to carry on the family name, etc.
- ❖ The study revealed that parents seek girl children mainly with the notion that they can be useful helping hands for household work till they are married off. However, girls are seldom sought as the first issue, they are expected only when the couples already have one or more sons. This proves, beyond doubt, the existing bias against the girl child among the tribes under study.
- ❖ It was found out that traditional practices for sex determination of the foetus in the womb are rarely carried out now-a-days. In fact, most of the respondents of the present study denied about any knowledge about existence of such practice among them.
- ❖ Among the Nishis more than one-fourth of the parents reported having used the test to know the sex of the unborn child, that too out of curiosity. A



- few parents belonging to other tribes who admitted to have undergone the test stated that it was done on the advice of the doctor for ruling out some medical problems and not for determining the sex of the child.
- ❖ A negligible per cent of Nishi mothers admitted that they got the pregnancy terminated; however none of them reported of getting the pregnancy terminated because it was a female foetus. The other tribes did not report use of modern sex determination tests and subsequent abortion of the female foetus.
 - ❖ The health and nutritional care of the boy and the girl child have revealed that although boys are preferred over the girls, yet, not much discrimination was made between the boy and the girl child, in terms of meeting their nutritional needs.
 - ❖ The present study has revealed that there is no difference in the number and duration of feeding among boys and girls.
 - ❖ The present study also looked into the parents' concern and practices for health care of the girl child and the boy. A number of issues like, vaccination of the children, visiting the doctor/hospital in times of illness of children, care during illness, etc. were examined. Across all the tribes, parents treated both the daughters and the sons equally when it comes to attending to health care needs of their children.
 - ❖ As regards education, the findings of the study revealed that the girls among all four tribes are provided with much less opportunities than the boys to pursue education.
 - ❖ Community leaders were strongly of the opinion that boys and girls should not study together in the same school and there should be a separate school for girls.
 - ❖ Community leaders among the four tribes voiced that parents assign more household chores to girls than to the boys.

4. Child Rearing Practices in North Eastern Region

Regional Centre, Guwahati had undertaken the above study with the main objectives to: identify the existing as well as traditional child rearing practices in terms of child birth, infant and young child feeding practices, related customs and beliefs among the tribes; assess health and nutritional status of children by various health parameters, such as-weight for age, height for age, immunisation status; frequency and types of illnesses, etc.; study the effect of modernisation in relation to the changing aspect of child rearing such as – feeding, child health care, play equipments, clothing, etc.; and find out the attributed differences and similarities of child rearing practices among the tribes. A total of 400 mothers having children below the age of three years were selected for the study from the four tribes namely, Khasis in Meghalaya, Konyaks in Nagaland, Mizos in Mizoram and Nyishis in Arunachal Pradesh.

Main Findings

- ❖ The study revealed that practices relating to child bearing among the four tribes were not alike, it exhibited a combination of both traditional, as well as modern practices.
- ❖ Only few mothers were availing health services or consulting health personnel, receiving tetanus

- ❖ vaccines and iron and folic acid (IFA) supplementation during pregnancy.
- ❖ More than half of mothers were delivering their babies at home by untrained person and were not using sterilised instrument for cutting the umbilical cord of the baby.
- ❖ Sizeable number of mothers were not consuming balanced diet during pregnancy and delivery. However, much food restrictions were not observed in the four tribes.
- ❖ Birth spacing was not proper as almost half of mothers had two children below three years.
- ❖ The study revealed that breastfeeding was initiated within an hour of birth of the baby; however more than half of the mothers did not give exclusive breastfeeding to their babies.
- ❖ Regarding feeding pattern, majority of the mothers followed ‘demand feeding’ while breastfeeding and ‘scheduled pattern’ of feeding for giving complementary foods.
- ❖ Majority of children was given home-made foods, especially rice. However, there ‘initiation ceremony’ was not performed for introducing solids to the child.
- ❖ Use of pulses, legumes, milk and milk products, was not very common among children. However, children were given non-vegetarian foods. Though alcohol in the form of rice/millet beer is a common drink of the tribal people, very few mothers reported having introduced this to their children.
- ❖ It was also found that most of them use detergent bar/ powder while washing utensils of the child and a large section of them also sterilise the utensils.

- ❖ The findings of the study revealed that the Mizos had better health and hygienic status than the other three tribes. The housing and immediate surroundings of the Mizo households were comparatively better than the other tribes.
- ❖ Mizos had better immunisation status, fewer childhood deaths, less frequency of children falling ill, higher number of children in the normal grade, etc.
- ❖ It was also found that although the children are not restricted from playing, learning, etc. yet, parents were not aware about the importance and benefits of these activities for holistic development of the child.

5. Impact of Self Help Groups (SHGs) on Status of Women in Assam

Regional Centre, Guwahati has undertaken the above study with the objectives to: analyse the criteria for selection of the beneficiaries including their socio-economic background; study the social mobilisation process and management of thrift of the SHGs in the State of Assam; find out the type of activities undertaken by the SHGs and problems they have been facing; identify the linkages of SHGs with other developmental programmes; and study the impact of SHG activities on the status of women especially in terms of economic, political and social empowerment. A total of 200 members of SHGs including their Presidents/Secretaries from the States of Assam, Manipur, Sikkim and Tripura States of NE region were selected for the study.

Main Findings

- ❖ The study revealed that majority of SHG members were in the age group 18 to 35 years.



- ❖ Ninety per cent of the women were literate. Majority of them were educated up to high school, followed by primary and middle school. Only 11.5 per cent of women were educated up to graduation or above.
- ❖ As far as social category of members was concerned, 31.5 per cent were from general category followed by Other Backward Classes (OBCs) (26.5%). The proportion of Scheduled Tribe was only 11 per cent.
- ❖ The study revealed that at the beginning i.e. while forming the SHGs, more than 50 per cent of the respondents were from below poverty line (BPL) category.
- ❖ About 39.5 per cent of the family members' occupation was petty business like tea vending, selling pan, tambul, cigarettes and vegetables etc., followed by agricultural activities (28.5%). Fewer number of the respondents (17.5%) were found in low paid jobs, either in the government or private sector.
- ❖ SHGs have certainly benefitted the women on the economic front as one-third respondents' family income was more than Rs.5000 per month, and of one-fifth were earning between Rs.2000 to Rs.2999.
- ❖ As regards formation of SHGs, majority (65.5%) were established by Government departments like Social Welfare and Rural Development. NGOs had helped in the establishment of 47.5 per cent SHGs in Manipur and 42.5 per cent in Tripura. A noteworthy feature in Assam was that 27.5 per cent of SHGs were established by village women themselves.
- ❖ Though most of the SHGs have been initiated and formed by the Government Departments, yet decision of inclusion of members in the SHGs was in the hands of women in 75.5 per cent of SHGs.
- ❖ As for the productive activities of the SHGs, 34 per cent were involved in handloom activities, 12 per cent in agricultural work and 12 per cent in inter-loaning. About 15 per cent had not started any activity.
- ❖ State-wise analysis revealed that in Sikkim and Tripura, most of the SHGs were engaged in agricultural work, whereas in Assam and Manipur, they were mostly involved in handloom work.
- ❖ In majority of SHGs (98.5%) the executive members were selected through election.
- ❖ Majority of SHGs were organising monthly meetings and 97.5 per cent of women members were attending these meetings regularly. Organisation and participation in these meetings is a positive sign that shows the process of social empowerment, awareness and democratic values.
- ❖ Though Government departments have formed most of the SHGs, yet only 26.5 per cent of them were linked with government programmes like Swayamsiddha, Support to Training and Employment Programme (STEP), Rashtriya Mahila Kosh (RMK) and District Rural Development Authority (DRDA). Sikkim was the only State where maximum linkage (87.5%) was seen between Government programmes and SHGs and in Tripura the link was abysmally low (2.5%).

- ❖ The pace of community mobilisation by SHGs was not up to the mark as only less than one-third of SHGs were mobilising the community.
- ❖ Roughly one-fourth of SHG members were tackling social problems in their respective society.
- ❖ The status of women on the economic front showed considerable improvement, as most of the women members were able to raise their family income level through income generation activities.
- ❖ The study further revealed that SHG members were sincerely engaged in thrift and credit through inter-loaning. Savings and recovery of loan was also not a problem among these members.
- ❖ As far as political empowerment was concerned, one-third of respondents were involved with various panchayat bodies and about 11 per cent of the respondents were affiliated to political parties.
- ❖ Most of the women members (98%) feel that not only their socio-economic status had risen after joining the SHGs but 95 per cent of the women stated that they were more confident and were in a position to face any challenge in life with more confidence.

6. Research Abstracts on Issues Related to Women and Children

During the year 'Research Abstracts on Health' and 'Research Abstracts on Child Welfare' were published covering the period 1998-2008. These were uploaded on website of NIPCCD for wider dissemination of research findings.

'Research Abstracts on Health' covered areas related to adolescent health, anaemia, childhood diseases,

child survival, deficiency diseases, health system, HIV/AIDS, mental health, reproductive and child health, tribal health, etc.

'Research Abstracts on Child Welfare' covered areas like adolescent, budget for children, child marriage, family life education, female foeticide, girl child and declining sex ratio, income generation and vocational training, children of migrant workers, poverty and children, rights of the child, status of children, violence against children, etc.

7. Research on ICDS – An Overview (volume 2 and 3)

Earlier in 1986, the Institute brought out a summary of researches conducted in the first decade of the implementation of the programme. As a further follow-up of this, the Institute has now completed collection of research studies on the scheme from 1986-2008. These studies have been abstracted and are prepared to be brought out in two volumes (2 & 3), Volume 2 will cover 68 studies and Volume 3 presents 78 studies on different aspects of the programmes.

8. Resource Directory of Lucknow Childline

Regional Centre, Lucknow has undertaken the above project with the objective to compile a list of organisations working in and around Lucknow, with details of the services provided along with their address/ telephone etc., to have easy and quick access to multi-dimensional quality services for children in need of care and protection. It is hoped to enhance efficiency level of Childline personnel in providing immediate services to children and to develop a network among institutions/organisations working for child protection. The resource directory has scope for updating, from time to time to accommodate changes and for developing a database.



Ongoing Research/ Evaluation Studies, Documentation/ Compilations

1. Initiatives in Anti-Trafficking: Some Selected Case Studies of Voluntary Organisations

The Institute has undertaken the study with the objectives of analysing the perspectives of selected voluntary organisations on anti-trafficking issues as a whole as also their views on such issues which have been taken up by them; assessing the nature and extent of measures taken by them in preventing trafficking of women and children, rescuing the victims and rehabilitating or repatriating them; identifying strategies deployed by them to work with the victims as well as to work with the community; documenting their experiences in the whole process particularly about their successes and failures; and drawing lessons from their experiences and work pattern.

During the year 2008-09, data from four voluntary organisations were collected. Draft reports of the first two case studies were discussed in a meeting of the Research Advisory Committee. Based on their suggestions, the reports of these studies are being revised and reports of the other two case studies are being prepared.

2. Database on Voluntary Organisations

The Institute has undertaken this project as one of its on-going activities. The objectives of the project are to provide an opportunity to voluntary organisations to have the essential information about them that could be accessed by those who are interested in such information; and have an assorted list of voluntary organisations engaged in various fields of social development, particularly with focus on women and child. During the year under report, information

received from 204 voluntary organisations working in different parts of the country is being compiled.

3. Scheme for Welfare of Working Children in Need of Care and Protection – An Evaluation

At the instance of the Ministry of Women and Child Development, Government of India, the Institute has undertaken the study. The objectives of the study are to: find out factors responsible for children entering into the work force; ascertain the number of children who have actually been inducted into the mainstream education system through bridge education; ascertain the number of parents who have actually withdrawn their children from a working life as result of the project; identify the types of children that are covered under the scheme and the extent to which facilities are being provided to them; find out the extent to which the programme components as envisaged in the scheme have been implemented; ascertain the benefits of the scheme; and identify gaps and lacunae prevalent in the scheme and accordingly suggest modifications so that the scheme becomes fully equipped to tackle the problems of working children in the country.

During the year 2008-09, the study design including drawing of samples was finalised. A detailed plan was also worked out for finalisation of schedules and data collection.

4. Manual on Management of Voluntary Organisations

The main objectives of the manual are to: develop an understanding of its users on various issues in management of voluntary organisations; and familiarise its users about various ways and means to strengthen capabilities of voluntary organisations and bring

efficiency in programme management. The Manual has been vetted professionally by experts and is being finalised.

5. Database on Orphanages under Women and Children Licensing (Act), 1956

The Institute has undertaken the project with the objectives to: prepare a database to serve as a reference document by other organisations; facilitate the process of building capacities of personnel involved in planning and execution of programmes for the care and protection of these children; promote coordination among different institutions with special reference to child protection. A proforma has been developed and mailed to these organisations to elicit requisite information.

6. Directories of Child Welfare Committees/ Juvenile Justice Boards/Institutions for Children in India under Juvenile Justice Act 2006 (in the form of webpages)

The Institute has undertaken the project with the objectives to: collect and collate information on Juvenile Justice Boards (JJBs), Child Welfare Committees (CWCs), Special Juvenile Police Units (SJPU) and Homes under the Act; and prepare a database of information for uploading it on the Institutes' website (<http://nipccd.nic.in>). Data collection is in progress).

7. Manual for Members of Special Juvenile Police Units (SJPU) / Police

The project on preparation of a Manual for Members of SJPU / Police in collaboration with Prayas Institute of Juvenile Justice, New Delhi has been undertaken by the Institute with the objective to: develop a user-friendly and comprehensive manual for SJPU/Police Officers and other stakeholders for dealing with children in distress. A Project Advisory Committee for the project has been constituted.

8. Group Work Intervention for Adolescents in Schools: Developing a Training Strategy

This project was conducted in collaboration with Pravah, a non-governmental organisation with expertise in the area of life skills education of adolescents. The project was also dovetailed with the Advanced Diploma in Child Guidance and Counselling wherein the student trainees of the course were trained to conduct group work interventions in schools.

The broad objective of the project was to develop training methodology to train facilitators for transacting Group Work Interventions for Life Skills Education for Adolescents in Schools. The specific objectives of the project were to: develop need-based group work interventions for life skills education for adolescents; document methodology of designing group work interventions for transacting life skills education for adolescents in schools; and delineate the strategies for developing facilitation skills for conducting group work interventions with adolescents.

The documentation of training methodology to train facilitators for transacting group work intervention was based on action projects in schools. The trainees were trained in skills of planning group work intervention and facilitation skills by a professional organisation, Pravah. Each trainee designed a group work intervention based on audience need analysis and carried out the intervention with a group of adolescents in schools.

Thirty trainees carried out the intervention in 15 schools for class VIII and class IX students during the years 2006-08. The trainees were evaluated both through the mock sessions in the classroom and through on-site supervision in the schools. During the current year the methodology of transaction was modified based on the feedback of trainees.



A Training Guide for Transacting Group Work Interventions for Life Skill Education for Adolescents is also under preparation.

9. Enhancing Life Skills for Adolescent's Parenting

Parents need support to address developmental concerns of children and adolescents and also develop confidence in their child rearing roles. Considering the need of the day, it is vital that forums for parents be provided to develop confidence in them to fulfill their roles in the changing socio-cultural context. While information, education and communication (IEC) material is available for adolescents and stakeholders within the school setting (teachers), there is hardly any available material for parents. Similarly, protocols for parent sensitisation, education and training are also not available. In view of evident gaps in the areas of parent education and training in family life education (FLE), the Institute has undertaken a project to develop modules for conducting parent education and training on FLE. The objectives of the project are to: build capacity of trainers to conduct parent education workshops on FLE for adolescents; and enhance communication skills of parents to relate with children, with ease on issues related to sexuality.

The project includes development of: modules for conducting parent education and training on FLE; and information booklets for parents on FLE. During the year, several parent education workshops were conducted to understand the parental concerns related to adolescence. An Advisory Committee was constituted comprising leading experts in the area of adolescent health, parenting and FLE. A meeting of the experts was held wherein context and framework, content and strategy for development of the module were discussed.

10. Case Study on 'Rambans (Sisal) Project' Implemented for Empowerment of Women in Uttarakhand

The Institute undertook a Case Study on 'Rambans (Sisal) Project' Implemented for Empowerment of Women in Uttarakhand with the objectives to: study the strategies adopted for socio-economic empowerment of women; the institutional mechanism, networking, advocacy and partnership process of the project with a view to examine the changes in socio-economic status of beneficiaries; and replicability of the project in other parts of the State/Country for empowering women. The report of the case study is under finalisation.

11. Traditional Beliefs and Maternal Child Health Practices among the Konda Reddis of Andhra Pradesh

The Institute has undertaken the study with the objectives to: understand the living conditions of the Konda Reddis, their linkages within and between the other communities; study their access to health and nutrition services; and analyse the existing traditional beliefs and practices influencing the maternal and child health. The report of the study is under finalisation.

12. Database on Protection Officers and Service Providers under the Protection of Women from Domestic Violence Act, 2005

The above project has been undertaken with the objectives to collect basic information and profile of the Protection Officers and Service Providers under the Protection of Women from Domestic Violence Act, 2005; develop a database for Protection Officers and Service Providers under the Protection of Women from Domestic Violence Act, 2005; and prepare and disseminate an inventory of the state machinery under the Protection of Women from Domestic Violence Act, 2005.

The information about the Protection Officers and Service Providers that have been notified so far by the State Governments/UT Administrations was collected from 21 States and UTs alongwith their jurisdictional details and contact details covering more than 2000 functionaries/agencies notified under the Act. The data is being scrutinised before being made available for sharing and dissemination for use by stakeholders.

13. Gender Training Needs Assessment for Capacity Building and Empowerment of Women: A Study of Haryana State

The main objectives of the study are to: study the existing institutional mechanisms, functionaries and their job responsibilities; analyse the job responsibilities of the key functionaries associated with the women's development/empowerment programmes and identify the problems and constraints faced by them; assess the current status of awareness, knowledge and skill of the women development functionaries to identify their training needs for capacity building; suggest gender training measures for women development functionaries in the context of improving their skills, attitude and knowledge for effective and efficient implementation of programmes; and develop training module/manual and material in order to impart effective gender training to various functionaries. The study has been undertaken in Haryana and data collection for the study has been completed. Analysis of the data and report writing is in progress.

14. Status of Widows at Religious Places – A Study

In India, women generally marry at a very young age relative to men and are likely to experience widowhood much earlier than their male counterparts. They often face social, economic, psychological and cultural problems when their husbands are no more. More often

they are forced to live at religious places where they encounter immense hardship. There is a need to take measures to stop the flow of widows to Vrindavan and other religious places, as also to initiate rehabilitation programmes aimed at improving the overall plight of these women. With this in view, the Institute has undertaken the study with the objectives to: examine the causes of vulnerability and dependence among widows; assess the socio-economic conditions of widows; understand the socio-psychological status of widows; examine the measures taken by the government and NGOs towards the welfare of the widows and various support services available to them; highlight the issues which they feel are central to their experience; and make recommendations for improving the status of widows. Based on the suggestions of Research Advisory Committee (RAC), the study design has been revised and sent to Ministry of Women and Child Development, Government of India for approval.

15. Statistics on Women in India 2009

Successive Governments have launched programmes to bring about perceptible change in the situation of women. But after six decades, we need to evaluate our achievement, and look objectively at the available statistics, which are indicators of our achievements, and also highlight gaps where further efforts are required. Statistical information on various indicators is generated from various widely scattered sources, hence to give a comprehensive picture of women and girls, this information was collected and some statistical tables were updated. The document would provide information and statistics on various indicators depicting the situation of women and girls in India. It covers data on demography, infant mortality, maternal mortality, health, nutrition, early marriage, education, crimes against women, economy, disability, support services for women, participation of women in



governance and decision making, budgetary provisions for women, household consumer expenditure, etc.

16. Statistics on Children in India: Pocket Book 2009

The Institute has been bringing out a pocket book since 1990 as an effort to present a consolidated statistical database on child survival, protection and development. This endeavour is aimed at strengthening the efforts of policy planners, voluntary organisations, researchers and administrators towards holistic development of children.

The pocket book provides information on children covering the demographic profile, health status, nutritional status, information about various programmes for welfare and development of children, status of child labour etc. The information is collected from different sources like the Registrar General of India, National Sample Survey Organisation, National Institute of Nutrition, National Crime Records Bureau; international organisations like UNICEF and UNDP and different Ministries and Departments of Government of India.

The data contained in the pocket book is updated from time to time and revised editions are published. The 12th edition of the pocket book is under preparation.

17. Gender Issues in Food Processing Sector

The study has been undertaken by the Institute with the objectives to determine the current status and socio-economic conditions of women in food processing (fruits and vegetables) industries in small scale and medium scale industry; study employment/ income generating opportunities for women in the food processing sector; identify income generating projects aimed at creating sustainable income source for women entrepreneurs; and to determine the changes and interventions needed to improve employment/ income

opportunities for women employees/entrepreneurs, their productivity and socio-economic conditions. The draft design of the study has been prepared for discussion with the experts.

18. Maternal and Child Health and Nutrition Review: Vistaar Project

Vistaar is a five-year project funded by USAID to assist Government of India and State Governments of Uttar Pradesh and Jharkhand in 'knowledge to practice' for improved maternal and newborn and child health and nutritional status. Under the project, more than 70 documents have been received, which were classified, documented and made part of the 'Database of Documents' of Documentation Centre for Women and Children (DCWC). Abstracts of the research studies received have been prepared which have been included in the '*DCWC Research Bulletin*', as well as posted on the website of the Institute.

19. Impact Evaluation of Swayamsiddha Project

At the instance of the Ministry of Women and Child Development, Government of India, the Institute has undertaken the study. The objective of the impact evaluation would be to identify key areas of achievements, shortcomings and the lessons learnt under the project so as to evolve a suitable empowerment model for phase-II of Swayamsiddha. Besides, the evaluation aims to compare the impact of Swayamsiddha interventions in terms of social, political, economic, health, legal and other empowerment processes of women in Swayamsiddha blocks vis-à-vis the block /area which have not been brought under the ambit of Swayamsiddha/Swashakti project/other SHG-based projects. The design of the impact evaluation has been prepared. Identification of an organisation for outsourcing the study is under way.

20. Development of Communication Material Targeting Adolescent Girls

Regional Centre, Bangalore has undertaken the study with the objectives to: conduct a survey of available communication materials relating to adolescent girls in the country; develop a catalogue of available material; identify gaps in the available communication materials; and develop a prototype for communication material for adolescent girls. Report writing of the study is in progress.

21. Sexual Harassment at Work Place: An Evaluation of the Working of Committees

Sexual harassment is the most pervasive form of violence against women. It affects women in all settings whether public or private and has psychological, medical, social, political, legal and economic implications. Despite this knowledge, it is not considered as a gendered aggression against the rights and dignity of women; rather, it is accepted as an inescapable part of their work life. The issue of sexual harassment has now been in the forefront of women's movements in the efforts to make institutions and work places safer. In 1997, the Supreme Court delivered a landmark judgment on sexual harassment in work places in case of Visakha vs. State of Rajasthan. The Supreme Court judgment requires all organisations to set up Complaints Committees to address problem of sexual harassment. The working of the committees, wherever constituted, has also not been studied extensively. It is in this backdrop that Regional Centre, Bangalore had undertaken a study to evaluate the working of the Committees on Sexual Harassment at Work Place in private, Government and public sectors, which are women intensive employers.

The evaluation has been undertaken by Regional Centre, Bangalore with the objectives to: understand the working of the Committees that have been constituted

in various sectors; study the nature of complaints received by the Committees; understand the manner in which the complaints have been dealt with; explore the effectiveness of monitoring mechanism effected by the State Women's Commission; and suggest measures to strengthen and improve the working of Committees. The report of the study is under finalisation.

22. A Study on Nutritional Status of Children in Karnataka

Regional Centre, Bangalore has undertaken the study in collaboration with Department of Women and Child Development, Government of Karnataka with the objectives to: assess the nutritional status of children in Karnataka; study the infant and young child feeding practices; and examine the factors that impact the nutritional status of children. Research tools of the study are under finalisation.

23. Behaviour Problems in Early Childhood: An Exploratory Study

The above study has been undertaken by Regional Centre, Bangalore with the objectives to: assess the nature and type of behaviour problems and other mental health problems as perceived by the parents in their children, study age and sex differentials of behaviour problems in children; and study the relationship between quality of parenting and incidence of behaviour problems in children. Data analysis of the study is in progress.

24. Study of Children's Institutions in Assam

Regional Centre, Guwahati has undertaken the above study. The main objectives of the study are to: study the basic infrastructural facilities made for children prescribed under the Juvenile Justice Act; understand the functioning and management of the institutions for children; assess the quality of different services



rendered to children; and identify gaps and problems in the implementation of the Act, and suggest strategies to the State Government for improving the conditions of the institutions. Research tools are being finalised.

25. ICDS in Tripura: An Evaluation

The Institute has undertaken the study with the objectives to: assess the existing status of implementation of ICDS programme in terms of coverage, outreach, coordination, and convergence; compare the differences in implementation of the ICDS programme in rural, urban and tribal areas; identify gaps and problems in the implementation of ICDS; find out the perception of community and local bodies about ICDS and the extent of support provided by them in implementation of the programme; explore the inter-linkages of ICDS with other development programmes and their role in improving the quality of services; and ascertain the benefits of the scheme on selected outcome indicators related to different services provided to children, women and adolescent girls. Data analysis of the study is in progress.

26. Socio-Cultural Barriers in Adopting Safe Reproductive and Child Health Practices in a Tribal Block of Uttarakhand

Regional Centre, Lucknow has undertaken the above study. The main objectives of the study are to: assess the knowledge, attitude, behaviour and practices of tribal women towards reproductive and child health; identify myths, misconception and barriers about safe reproductive and child health and care; recommend measures to government for re-shaping strategies in consonance with the tribal culture; and identify training needs of the functionaries. Report writing of the study is in progress.

27. Effect of Low Sex Ratio on Marriage Practices: A Study in Punjab

Regional Centre, Lucknow has undertaken the above study with the objectives to: examine the trend of declining sex ratio; study the impact of declining sex ratio on marriage patterns in the area; and highlight the social repercussions in emerging marriage pattern. Data collection of the study has been completed. Data analysis and report writing of the study is in progress.

28. Role of Panchayati Raj Institutions in the Implementation of ICDS

Regional Centre, Lucknow has undertaken the above study with the objectives to: study the extent of involvement of Panchayat in ICDS; identify facilitating factors for effective functioning of ICDS; examine the factors responsible for the non-involvement and involvement of panchayat in ICDS; and elicit the views of beneficiaries and functionaries on the role of Panchayat in ICDS.

Report writing of the study is in progress.

29. Family Counselling Centres: A Case Study

The scheme of Family Counselling Centres (FCCs) was started by Central Social Welfare Board (CSWB) in 1983 and it is being implemented by voluntary organisations across the country. The objective of these is to provide preventive and rehabilitative services to women and families who are victims of atrocities and family maladjustments through crisis intervention and systematic counselling.

In order to gain more insight into the functioning of Family Counselling Centres, a study has been undertaken by the Regional Centre, Lucknow with the objectives to: explore the extent to which the scheme has achieved

its objectives; assess the type of cases reported at FCCs and effectiveness of services provided; study the rate of success with respect to rehabilitation of aggrieved women; understand the problems and difficulties faced by voluntary organisations in effective implementation of the programme; and suggest ways and means for strengthening FCCs.

Report writing of the study is in progress.

30. Documentation of Activities of Child Guidance Centre (CGC)

Regional Centre, Lucknow has undertaken the study with the objectives to: analyse the cases registered at the CGCs; document processes involved in assessment, intervention and management of children with problems; and disseminate the documentation among other organisations working for promotion of child mental health. Report writing of the study is in progress.

Other Ongoing Important Projects

1. Childline

Childline is an all-India, 24 hours emergency outreach service, a free phone helpline for children in need of care and protection. It aims to reach out to the most marginalised children in the age group of 0-18 years. It responds to calls for medical assistance, shelter, and protection from abuse, restoration, death-related calls, emotional support and guidance, information and referral services. Childline operates through a network of organisations including NGOs in the city, which not only respond to the needs of the child but also plays a major role in crisis intervention, long-term care and rehabilitation.

Childline, Lucknow

NIPCCD Regional Centre, Lucknow is associated with the Childline project as nodal organisation since December 2001. Human Unity Movement (HUM) is working as support organisation, under the Childline project, at the city level by running a call centre, case follow-up, creating awareness in the community, networking with NGOs and other organisations etc. During the year, around 55,352 calls were received by Childline out of which 756 cases required interventions, referrals and restoration of missing children. These cases also included 20 newborn babies (17 girls, 3 boys), found in difficult circumstances. In a joint operation with Labour Department, Childline rescued 22 child labourers. GRP rescued and handed over 43 children to Lucknow Childline for further interventions. Of these, restoration of 23 children was done by Lucknow Childline.



A view of Workshop on National Initiatives for Child Protection for Functionaries of Department of Labour, Government of Uttar Pradesh held at Regional Centre, Lucknow

In order to bring about qualitative attitudinal change, Childline Lucknow organised NICP Workshop on Child Rights for the representatives of the allied systems,



functionaries of Department of Labour and ICDS which was attended by 131 participants.

During the year, a Childline Resource Directory was prepared by the Regional Centre Lucknow to support Childline related activities. A Talk Show on Child Abuse by Childline Coordinator was broadcast on radio. Recording of 'Awam ki awaz', 'Kajal' and 'Tara' were screened on television channel - Sahara India. A canopy at Lucknow Railway Station for 48 hours was displayed for creating awareness about childline.

Childline, Guwahati

During the year 2008-09, Guwahati Childline received a total of 13,181 calls including 364 intervention calls. The various categories of cases dealt by the Childline included repatriation, missing children, children requiring shelter, rescue and referral services, medical help and counselling, sponsorship, etc.

During the year, Childline organised a meeting of the City Advisory Board (CAB). On completion of eight years of service to the needy children of Guwahati city, Childline celebrated its Eighth Foundation Day on 10 February 2009 with a day-long programme at Shanti Uddyan, Guwahati. On this occasion, a special interactive session of working children with media persons was also organised. Twenty child labourers who were helped and rescued by Guwahati Childline, shared their traumatic experiences with the media persons which were highlighted in print and electronic media. It also organised a series of special awareness campaign against the engagement of child labourer in and around the city.

2. Field Demonstration Services

I. Child Care Centre

The Child Care Centre (CCC) aims at holistic development of the child. It follows play-way and

activity approach to provide a stimulating environment for intellectual, social, emotional, physical and language development of the child. The ECE programme is planned taking into account the developmental level and needs of the children. The child-centred programmes at CCC reflect a balance between individual and group activities, free play and guided activities, active play and quiet play, indoor and outdoor activities and activities to foster all aspects of development.

To provide a variety of experiences to children, the Centre undertakes activities like free and structured conversation, rhymes, songs, story telling, story making, music and movement, dramatisation, indoor play activities with blocks, beads, puzzles etc., doll play, puppet play, clay modelling, outdoor games and activities like running, jumping, hopping, balancing, sand play, water play, gardening and nature walk etc.

Child Care Centre enrolled 30 children in the age group of 2.5 to 5 years for the academic session April 2008-March 2009. These children belonged to neighbouring localities like Shahpur Jat Village, Hauz Khas Police Colony and NIPCCD Campus. The Centre is run for three hours everyday from 9.30 a.m. to 12.30 p.m.



Children and mother's of children of Child Care Centre on their way to visit Mughal Gardens, India Gate and Children's Park, New Delhi

During the year, the Centre celebrated various socio-cultural festivals and National Days like Raksha

Bandhan, Janmashtmi, Holi, Diwali, Universal Children's Day, Christmas, Eid, Independence Day and birthdays of children with active participation of children and their parents. Racing, drawing and painting competitions were organised for children to commemorate Universal Children's Day. Mothers of children also took part in the competition organised on nutritious recipes for pre-schoolers. Prizes were distributed to winners of the competitions. All children were given gifts on the occasion.

A visit to Mughal Gardens, India Gate and Children's Park was organised for children and mothers of children of Child Care Centre during the year. 'Hand Washing Day' at the Child Care Centre was also celebrated on 15th October 2008.

Besides, seven meetings of Mahila Mandal were organised during the year to impart health and nutrition education to mothers of children attending Child Care Centre. The various topics covered included nutritious recipes for pre-schoolers, healthy cooking for preserving nutritive value of food, management of diarrhoea and fever, basic food and its functions, growth monitoring for children, needs of children, importance of pre-school education and common behavioural problems among children.

During the year, students from various universities visited the Child Care Centre. The purpose of observational visit of students was to observe delivery of pre-school education to children and interact with the beneficiaries at CCC. Child Development Project Officers undergoing training at the Institute were placed at the Centre for hands-on experience.

II. Child Guidance Centre (CGC)

The Institute is running Child Guidance Centres (CGCs) at its Headquarters as well as its three Regional Centres located at Bangalore, Guwahati and Lucknow.

CGC at Headquarters

The Child Guidance Centre provides diagnostic, therapeutic and referral services to children upto 13 years of age with developmental, learning and behavioural problems including childhood disabilities. The Centre functions on a part time basis (15 hours in a week) and extends its services through a multidisciplinary team comprising counsellor, psychiatrist, child development worker, clinical psychologist and speech therapist.



Assessment of a child in progress at the Child Guidance Centre

During the year, 170 new cases were registered with various developmental, behavioural and learning problems. A perusal of the classification of these problems revealed that majority of children at the Centre reported with learning disability, dyslexia (42%), followed by mental retardation (30%), autism (12%), attention deficit hyperactivity disorder (ADHD) (8%) and a small percentage of children with developmental delays and epilepsy (8%). Further, perusal of the client profile revealed that about 80 percent of the clientele was school-aged children (6 to 13 years of age). These children were helped through extensive psycho-diagnostic assessment, parental counselling and reworking of school environment. Referrals were also provided for educational interventions. The remaining 20 per cent of the children registered during the period were in the pre-school age group (3 to 6 years). These



children had presenting complaints related to delayed development or specific delays in the areas of speech and language development. Many of these children were also brought by their parents with conditions such as epilepsy, ADHD, autism or early signs of learning difficulties. The CGC extended its services to this age group through a comprehensive psychiatric assessment, developmental assessment and speech and language assessment. Considering this to be developmentally a sensitive period, many of these children required regular monitoring, follow-ups and home-based intervention programmes along with parental counselling and referrals for early intervention programmes. Significant gender differentials were also observed with regards to utilisation of the clinical services. Seventy per cent of the clientele across ages included boys as opposed to 30 per cent of girls.

Over the years, the Centre is recognised for its diagnostic services for children with learning disabilities, autism and hearing impairment. Besides the diagnostic services, the Centre also provides several therapeutic interventions, though at a modest scale, such as speech therapy, language stimulation, individualised education planning for children with learning disability, play therapy and home-based interventions and supportive counselling to parents and teenagers.



Assessment of a child in progress at the Child Guidance Centre of Headquarters

The Centre has wide recognition among professionals, schools, special schools and hospitals. Its referral sources include schools, other mental health professionals and even specialised institutions such as AIIMS, Kalawati Saran Hospital and other Child Guidance Centres. Its clinical expertise is sought by professional institutions and NGOs in the field of child mental health.

Since the Institute runs one-year Advanced Diploma in Child Guidance and Counselling, the CGC of the Institute is actively capitalised as a training ground for honing the clinical skills of students of the course. The students learn several assessment skills such as undertaking case history, conducting play sessions, educational assessment, assessment of adaptive behaviour, family functioning assessment and social investigations along with several psycho-social interventions for children and adolescents. The Centre is also being used as a placement agency by students of other academic courses such as social work, psychology and child development/human development. Though the Centre mainly provides tertiary level clinical services, but of late has also started undertaking parent workshops on prevention and early identification of developmental problems especially for parents of pre-schoolers.

Child Guidance Centre, Bangalore

The Centre is successfully running the Child Guidance Centre in its outreach efforts towards reaching the children and parents in the surrounding areas of the Institute. The schools located around the Institute are availing the services of Child Guidance Centre. The facilities provided include psychological assessment/ diagnosis; counselling; speech therapy and psychotherapy.

As part of its extension activities, the Regional Centre organised four workshops for teachers and



View of a session at the Child Guidance Centre at Regional Centre, Bangalore

four workshops for the parents on Identification and Management of Slow Learners.

Child Guidance Centre, Lucknow

Child Guidance Centre was started at Regional Centre, Lucknow to provide services to children up to 14 years of age with learning and behavioural problems. The services include educational assessment, remedial education, play observation and therapy, IQ testing and other psychological assessments, medicinal intervention, counselling and guidance to children and referral services. The services of CGC are provided through multi disciplinary team viz. psychiatrist, clinical psychologist, social worker and special educator. The Centre has developed a good infrastructure and playroom (indoor and outdoor) for children with variety of play/educational materials. It has established linkages with 135 schools in the city and majority of the cases that come to CGC are referred by these schools for assessment and interventions. As of today, a total of 622 cases have been registered with CGC, Lucknow.

In the year 2008-09, a total of 110 new cases were registered. The dominant problems diagnosed were

learning disability, slow learning, behavioural problems, attention deficit hyperactivity disorder (ADHD), mentally challenged, phobia, autism and speech and language problems. The Centre also handled around 233 follow-up visits of both old and new cases.

Besides clinical services, the CGC Lucknow organised a series of sensitisation programmes for school principals, teachers and parents as part of advocacy to promote child mental health, which was appreciated by school management and principals as they realised the dire need for effective counselling and guidance services in school premises to promote mental health and healthy development of children. During the year, CGC organised 12 parent education workshops with the objective to promote child mental health. Around 19 principals from Navodaya Vidyalaya Samiti, 25 teachers from local schools and 465 parents were sensitised during the above programmes.

The common problems that the adolescents encountered were found to be substance abuse, examination phobia and behavioural problems. The registered cases of adolescents were given educational and vocational guidance, cognitive behaviour therapy and guidance on stress management. The Centre also provided assessment and intervention services to children living in shelter homes, like Don Bosco Ashalayam, Lucknow and Asha Ki Kiran, Lucknow as part of its extension work.

The Centre has wide recognition among professionals, schools, special schools and hospitals and is being extensively used as placement agency by Colleges of Social Work, Psychology and Child Development. During the current year, nine students were placed at CGC for training purposes.

Child Guidance Centre, Guwahati

The CGC at Regional Centre, Guwahati was started with the objectives to provide diagnostic, counselling,



therapeutic and referral services to children with developmental, behavioural and learning problem; to plan need-based preventive measures for the children below 10 years of age; to empower the pre-schools and other schools to integrate supportive mental health services; to create effective referral network for diagnostic, therapeutic and referral services for children with developmental, behavioural and learning problems; and to be used as a demonstration centre



Children participating in the activities during Children's Day Celebrations organised by Child Guidance Centre, Regional Centre, Guwahati

related to these issues for the participants of the different training programmes organised by the Institute.

Equipped with all modern amenities and manned by qualified psychologist, special educator, social worker, speech therapist and physiotherapist, the CGC is serving children with behavioural problems, learning difficulties, speech problems, physical problems, down syndrome, autism, mentally challenged, etc. A good number of children with such problems are now regularly being referred to CGC by the psychiatrists, psychologists, special schools, school teachers, ICDS functionaries and other physicians. As of today a total of 619 cases have been registered with CGC. During the year 2008-09, 134 new cases were registered.

III. Adolescent Guidance Service Centre

Addressing mental health needs of children and adolescents is an important thrust area of the Institute.

The Institute already has a Child Guidance Centre in place. With a view to give impetus to the hitherto neglected areas of planning for mental health of adolescents, the Institute had started an Adolescent Guidance Service Centre (AGSC) in 2003-04 to reach out to adolescents with counselling and psycho-social interventions through a comprehensive guidance programme.

During the year, AGSC to reach out the young adults in the age group of 10-19 years a two-fold strategy was adopted. The professionals visited the nearby schools to undertake preventive, promotive and early identification



Parent counselling in progress at the Child Guidance Centre at Headquarters

activities. On the other hand, the adolescents from the schools were encouraged to attend the AGSC in the Institute, for counselling interventions.

The AGSC reached out to different schools for school mental health activities. One school namely, Sarvodaya Government Co-educational Senior Secondary School, Shahpur Jat was adopted for comprehensive school mental health programme. In this school, the work was initiated after need assessments and activities were conducted during the entire year on regular basis. Following the WHO Model of School Mental Health, activities were organised to promote psycho-social competence in all children, provide mental health education to parents and teachers and conduct psycho-social interventions for children with problems.

Preventive Activities

The preventive activities in Sarvodaya School comprised organising 'Life Skills Education Programme' and 'Career Talks for Students'. In addition, workshops for teachers and parents were also conducted.

Life Skills Education Programme was conducted for students of class VIII from November 2008 to February 2009. The themes of Life Skills Education were: planning of life goals; motivation towards academics; taking responsibility; listening with concentration; self-awareness; self conflict and gender stereotype.

The career talks were conducted for class X, XI and XII students with the objective to understand the importance of career guidance and also for acquainting the students with various career options associated with different streams. The focus of the career talk was on empowering the students with awareness about different careers to make informed decisions in the future. Students were acquainted with careers in hotel management, defence services, etc.

The Institute organised three parent workshops in the school, two on adolescent issues and one related to scholastic backwardness in children. Parent workshops on 'Psycho-sexual Concerns of Adolescents and the Challenges of Growing-up' were conducted for parents of class VIII and class IX students. The objectives of these workshops were to sensitise the parents to the need for family life education for adolescents. Audio-visual presentations, interactive exercises, guided imagery and group discussion methods were used to bring home the needs of adolescents and to provide them with safe information related to sexuality.

The third workshop on 'Scholastic Backwardness' was conducted for the parents of class VI students. The main objectives of this workshop were to orient parents to the causal links of scholastic problems in

children and to sensitise them to the broad strategies of intervention. Thirty-five parents participated in the workshop. The participants were led to understand the different reasons or poor performance in children viz. learning disability; sub-average intelligence; poor foundation skills and socio emotional reasons. In the workshop the facilitators also brought to fore, that the children required different interventions to help them to cope with distinct individual problems. The importance of assessing the children to understand the causative factors was discussed.

In addition, a one-day Teacher Education Workshop was conducted in the beginning of the session to develop understanding of teachers on learning and behavioural problems of children and to address issues related to work-related burnouts. Teachers of secondary and senior secondary classes participated in the workshop. Experiential methodology was used extensively wherein meditation exercises and guided visualisations enabled teachers to relax and appreciate the power of this method for stress management. Further, interactive discussions followed by presentations on learning and behavioural problems of children served to sensitise the teachers to build understanding on functioning of AGSC and its role in the school.

Activities for Secondary Prevention

The AGSC also undertook screening of children with learning and behavior problems for class VI students of Sarvodaya Government Co-Educational Senior Secondary School with the help of 'Achievement Test for Evaluating Children in Primary School'. The results revealed that out of 158 students, 54 had global deficit in academic skills. The children requiring clinical assessments were referred to the AGSC of the Institute. This required extensive liaisoning and networking with parents and teachers. Further, the AGSC along with the teachers worked on building foundation skills of



students to bridge gaps in learning, reading and writing skills.

Clinical Activities

The AGSC has a multidisciplinary team comprising of Social Worker, Child Development Worker, Counsellor and Clinical Psychologist to provide counselling services to adolescents within the age group of 12-19 years. Wherever required, the services of Psychiatrist were made available through referral at the CGC of the Institute. In the current year the AGSC became fully functional for clinical work

During the year 145 new cases were registered. The age profile of the clients indicated that majority of the children who accessed services of the AGSC were in the age range of 11-15 years (36%) and 13-15 years (41%). One-third of the clinic population was above the age of 15 years. Further, significant gender differences were noted with 60 per cent young boys availing the services as compared to 40 per cent girls. The common problems of adolescents who accessed services comprised: disorders of conduct and socio-emotional development; scholastic backwardness due to socio-cultural factors; learning disability; and mental retardation. Further, over 1,300 consultations were planned by the multi-disciplinary team of the AGSC to provide assessment and counselling interventions.

The process of work usually included initial interviews with the parents and also with the client, separately for mental status examination. On the basis of the expectations of the clients and the requirement perceived by the team, an assessment plan was evolved. Assessment was followed by parent guidance and adolescent guidance sessions. In addition, some clients continued with follow up services such as career counselling; supportive counselling; cognitive behaviour therapy; relaxation therapy; medicinal intervention and educational planning.

3. Monitoring of Crèches running under Rajiv Gandhi National Crèche Scheme for Children of Working Mothers

The Ministry has identified State-wise independent monitoring agencies to monitor the Rajiv Gandhi National Crèche Scheme for Children of Working Mothers. NIPCCD being one of these agencies, was selected by the Ministry for monitoring of crèches for two years. Memorandum of Understanding between Ministry and the Institute was signed on 16 June 2006 for a period of two years.

The Institute was assigned the responsibility of monitoring 3099 creches in 11 States viz. Andhra Pradesh, Chandigarh, Delhi, Manipur, Mizoram, Nagaland, Puducherry, Punjab, Orissa, Sikkim and Tripura. The Institute's Headquarters and its Bangalore and Guwahati Regional Centres were involved in monitoring work.

The Institute's Headquarters monitored crèches in Delhi, Chandigarh and Punjab; Regional Centre, Bangalore in Andhra Pradesh and Puducherry; and Regional Centre, Guwahati in Manipur, Mizoram, Nagaland, Orissa, Sikkim and Tripura. The task of monitoring of crèches was completed during the year.

4. Facilitation Centre for Voluntary Organisations

A Facilitation Centre for Voluntary Organisations of the region has been initiated at Regional Centre, Guwahati. The Centre extends consultations, guidance and assistance to the voluntary organisations in planning and formulating programmes for women and children and acquaint the organisations about funding agencies and the modalities of applying for funds. The Centre also provides tips on management of the voluntary organisations.

During the year, representatives of 78 voluntary organisations visited the Centre. Information was provided to them on various training programmes and schemes of Ministry of Women and Child Development such as - Rashtriya Mahila Kosh (RMK), Support to Training and Employment Programme (STEP), Rajiv Gandhi National Creche Scheme for Children of Working Mothers, Swadhar, Scheme of Assistance to Homes for Children (Shishu Greh) to promote in-country adoption, etc.