

Research Studies 2010-2011

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

This study was undertaken by the Regional Centre, Lucknow with the objectives to: examine the trend of declining sex ratio; study the impact of declining sex ratio on marriage pattern in the area; and highlight the social repercussions in emerging marriage patterns. One each ICDS block of Ludhiana and Hoshiarpur districts of Punjab were selected for study. The sample of the study comprised 412 respondents i.e. 207 from ICDS block of Ludhiana and 205 from ICDS block of Hoshiarpur.

Marriageable age

- The study reveals sharp decline in average age of starting marriage process for girls in low sex ratio block (Ludhiana-I) in the last one decade. It has come down from 20.13 years in 1997 to 18.92 in the year 2007. Further decline in sex ratio may promote child marriage practices. The trend was found to be reverse in high sex ratio block (Talwada) where the average age of initiating marriage process has gone up from 19.7 years in 1997 to 21.60 years in 2007.
- The average age of females at marriage has declined significantly in low sex ratio block (Ludhiana-I) from 22.33 years in 1997 to 20.72 years in 2007. This may be due to availability of early and attractive marriage proposals for their daughters. The trend was found upward in high sex ratio area (Talwada). It has increased to 23 years in 2007 from 20.92 years in 1997.
- The study showed an increase in marriageable age of male respondents from low sex ratio area (Ludhiana). The average age in the area has increased from 23.08 years in 1997 to 25.37 years in 2007. The major reason may be shortage of potential brides which forced men to delay the marriages. Effect of delayed marriages may not be visible at present but it will be felt by anyone entering in marriage market 5-10 years later. This indicates that the unmarried males and the younger generation would remain bachelor due to lack of availability of girls.
- The study revealed that a majority of respondents believed that due to shortage of females there is a decline in marriage proposals for their sons. Sixty percent parents who got their sons married in 2007 faced difficulties in arranging brides in Ludhiana due to lack of marriage proposals. Low educational status, unemployment, drug addiction among male and high educational level of girls were the main reasons which were influencing decline in marriage proposals for males. As a traditional marriage practice, proposals were initiated by bridal side. However, 79 percent respondents opined that this trend is getting reversed due to less number of females available for marriage in the area. Further, it was observed that only those proposals were given preference by the bridal side who could take them to other countries like Canada, USA, and UK etc.
- The study showed no change in sources of matches in high sex ratio area during last decade. Parents were still relying on traditional methods for selection of suitable matches like relatives, friends and neighbours. However, in low sex ratio area (Ludhiana), parents were found to be using non-traditional sources such as marriage bureaus, marriage fixers, matrimonial advertisement in news papers etc. The change in source of match making indicates the difficulty of parents in finding brides for their son through traditional sources.
- The study showed increase in spouse age gap in low sex area (3.72 years in 1997 to 4.02 years in 2007); shortage of brides may have forced men to delay their marriages. Marrying older is the first adjustment to adversely imbalanced sex ratios. The effect of delayed marriages for one generation of men will then be felt by the younger generation, as they become adults. As in a queue, unmarried men will accumulate as new cohorts of bachelors come up. This

means that if the sex ratio of the area continues to decline in the same manner the spousal age gap would increase till 30 years of age men will remain single. Many of the men with low economic status might not be able to marry at all.

- It was found that due to decline in sex ratio, the girls' education is getting adversely affected as parents preferred to marry their daughters early due to attractive marriage proposals. This may be due to lure for settling their daughters abroad, no demand for dowry and the groom party is ready to bear the marriage expenses etc. It was found that in Ludhiana as high as 50 percent.
- cent girls married in 2007 did not even complete education up to intermediate at the time of their marriage, though 90 per cent of them were interested to continue their studies before getting married.
- It was observed that the trend of dowry in Ludhiana has decreased substantially due to less number of girls available for marriage. Rather, there were a number of incidences wherein the groom side met the entire expenses incurred on the marriage. This could be seen mostly in poor families.
- The study has indicated incidences of polyandry at study area. It was revealed by one of the respondents of low sex ratio area (Ludhiana) that she had received a proposal for such type of marriage. This may be seen as presence of this practice in the area.

Recommendations

- Some of the recent reports on child sex ratio indicated further decline in child sex ratio. These reports clearly point out the loopholes in the implementation of Pre-Natal Diagnostics Techniques (Regulation and Prevention of Misuse) PNDT Act. In order to curb the higher incidence of female foeticide, there is an urgent need for not only strengthening the provisions of the Act with respect to inspection and monitoring but also performance of advisory committees, awareness generation among the people about the provisions of the Act and the expected role of social organisations.
- Intensive awareness regarding Laws relating to equal rights regarding heritage of parental property needs to be generated. This will ensure legal support to female and social stigma of liability attached to girlhood and womanhood could be eradicated. Further, all available means of communication such as media, public lectures, poster campaigns, exhibitions, films and publications needs to be utilised.
- Medical professionals, on account of their position of strength and repute, should be made responsible to counsel their patients and families on the importance of the girl child and the impact of the skewed sex ratio in the society.
- Registration of Births and Deaths is the single most important way of keeping track of the trends relating to sex ratio. Thus, strengthening and enforcing the registration of births and deaths can play a vital role in curbing female foeticide.
- At village level, health functionaries such as Auxiliary Nurse Midwives (ANM), Anganwadi Workers (AWWs) and members of Panchayati Raj Institutions (PRIs) should be involved in preventive strategies of female foeticide. These stakeholders, who can maintain relevant demographic records and close association with local people, act as a crucial link in the implementation of the schemes meant to curb the evil.
- The study has revealed pathetic situation of women with respect to employment opportunities. Empowerment of Women through equal opportunity in jobs in public as well as in private would increase their status in society. This would also increase their decision making skills and can oppose the family demand of sex selection-related abortions.
- Schemes promoting vocational training for skill development, employment and income generating activities such as Support to Training & Employment

Programme for Women (STEP) may be implemented more rigorously in the identified areas in order to empower women which in turn help them to take proper decisions.

- As a policy to encourage birth of girl child, the Government should extend financial support to voluntary organisations, women's group and Self-Help Groups (SHGs) for innovative programmes which could promote sex ratio in favour of girls in general, and Punjab and Haryana in particular.
- The Dowry Prohibition Act should be implemented more rigorously and stringently to ensure change in the attitude of the parents whereby daughters are not considered as liability in the family.
- The gender issues specifying effect of sex ratio imbalance should be included as subject in curriculum of schools and colleges. This would increase knowledge and sensitivity about the subject in upcoming generation.

2. Revision of Growth Monitoring Manual

It was recognised that the use of child growth standards is not consistent across the country, as different child growth reference values and different system of classification are being used to assess nutritional status of young children. In ICDS, growth monitoring of children (weight-for-age) was done earlier using IAP Classification by modifying Harvard Standards. Comprehensive review showed that growth patterns of healthy breastfed infants are different from the existing national/international references. The availability of new child growth Standards and implementation of Eleventh Five-Year Plan provided an opportune moment to review the use of different Child growth Standards in India, different classifications used, and to analyse different options for updating and harmonising the use of child growth standards in both ICDS and NRHM. The new WHO child growth standards represent a shift from describing how children grow-to prescribing how they should grow-how they have a right to grow. They demonstrate for the first time ever that children born in different regions of the world and given the optimum start in life, have the potential to grow and develop to within the same range of height and weight for age. The standards show that nutrition, environment and healthcare are stronger factors in determining growth and development than regional or ethnic background. Keeping this in view, the Institute's Headquarters undertook this project with the objectives to: review the content of the Manual on Growth Monitoring; and incorporate revisions based on the New WHO Growth Standards.

This manual gives detailed information in the area of growth monitoring of children (birth to 5 years). The document contains eight chapters: Introduction to growth monitoring; Determining correct age of the child; Accurate and safe weighing of infants and children; Plotting weight on the growth chart; Interpreting the growth curve; Discussing the child's growth and follow-up action with the mother; Organising and accomplishing the task of growth monitoring; and Role of supervisor in growth monitoring. The document is for all those involved in training in growth monitoring. Apart from certain exercises suggested at the end of each chapter which need to be completed before going on to the next chapter, the Manual has some useful annexures related to growth monitoring of children. These are Local events calendar; Mother and Child Protection Card; recipes of Micronutrient Fortified Food/Energy-dense Food for severely underweight children; Brief module on Skill Training for Instructors of MLTCs/AWTCs on New WHO Child Growth Standards in ICDS; and Answers of exercises. The Module has been printed and disseminated to ICDS functionaries.

3. Gender Training Need Assessment for Capacity Building and Empowerment of Women - A Case Study of Haryana

The Institute's Headquarters undertook this study with the main objectives to: review

and analyse major socio-economic and political empowerment and institutional mechanism and functionalities associated with women empowerment along with their job responsibilities; analyse the job/tasks responsibilities of the key functionalities associated with the women's development/empowerment programmes and problems and constraints faced by them; assess the current status of awareness, knowledge and skill of the women development functionalities and to identify the training needs for capacity building and empowerment of women to bridge the gaps; suggesting gender training measures for women development functionalities in the context of improving their performance and substantive skills, attitude and knowledge for effective and efficient implementation of programmes of socio-economic and political empowerment of women; develop training module/manual and material for sequence learning in order to impart effective gender training to various functionalities of women empowerment and capacity building (second stage). The research study was carried out in Haryana state and covered all the 21 districts.

Major Findings

- It was revealed from the study that considerable numbers of the respondents were not very clear about their job responsibilities in details and tasks and sub tasks associated with the job responsibilities. In some cases there were no written job responsibilities.
- Elected women representatives of Panchayati Raj Institutions and Urban Municipal bodies were least equipped with training; many members have not received training on functioning of Panchayats and Municipal bodies.
- It was informed by many respondents that lack of training is not the only factor for performance gap, there are many other factors too e.g. administrative hurdles, lack of funds, lack of support, non-cooperation of other support agencies etc. However, training plays an important role in enhancing efficiency of a worker.
- Gender training is not an integral part of ongoing programmes in the training institutions in Haryana. However, Haryana Institute of Public Administration (HIPA) is one of the lead agencies in the state which imparts various types of training to civil servants. The training curriculum also includes topics on gender issues and some time exclusive programmes on gender issues.
- Haryana Institute of Rural Development inputs training to rural development functionalities including elected representatives of Panchayati Raj Institutions. However, it has to go a long way for universal coverage. Efforts should be made to set up mobile Orientation team for elected women representatives.
- Faculty members in training institutions are not very well versed with gender analysis, planning, mainstreaming, budgeting indicators and sectoral issues. There is need to organise training of gender trainers.
- There are very few voluntary agencies who are generally working on empowerment/development of women. The functionalities of NGOs are not well equipped with knowledge and skills required to carry out their work. There is need to incorporate gender agenda in their ongoing work by imparting proper gender training.
- The overall impression gained during the interaction with various stakeholders is that there are fewer girls than boys in Haryana. In Haryana, because of the publicity the issue has received, it appears that a significantly higher proportion of the population is aware that sex determination is illegal. Issue concerning the foeticide and declining sex ratio should be integral topic in the training.
- One of the key symbols of Haryanavi culture is honour or izzat, which belongs collectively, in the first instance, to the village, and then to the patrilineage. Any breach of honour brings shame to both these collectivities. Honour lies in the maintenance of virginity of girls, ensuring caste endogamy and the honour of married women in observing the rules pertaining to incest and those upholding

the pride of the males of the patrilineage. Marriages are strictly arranged by elders and usually by the women of the household. Honour crimes are acts of violence, usually murder, mostly committed by family members predominantly against female relatives, who are perceived to have brought dishonour upon the family. Topics covering the honour-related violence and harmful customary practice should be incorporated in gender sensitisation training.

- In HIPA faculty functions with considerable autonomy and flexibility and is responsible for designing, developing and carrying out training programmes, research and consultancy. The Institute maintains a permanent core faculty of well-qualified and experienced members, while the gender specialists are invited as guest faculty from time to time. There is need to equip the faculty with gender specialisation.
- HIRD provides extensive training to various categories of trainees - both governmental, non-governmental and people's representatives. The focus area of such training modules for government/departmental officials pertains to providing knowledge, information and behavioural inputs to enhance and upgrade the managerial capabilities for project planning and implementation of the participants. The training modules for the elected representatives focus on equipping them with knowledge and awareness of their powers and responsibilities under the new Panchayati Raj. There is need to incorporate issues relating to women and children.
- State Community Development Training Centre provided training courses for Block Development & Panchayat Officers and Extension Officers of Punjab, Haryana, Jammu & Kashmir, Himachal Pradesh, Delhi State. This training centre is engaged in imparting training and research on Rural Development, Panchayati Raj for Elected Panchayati Raj Functionaries (Panchayat Samitis, Sarpanches & Panches), Officials and Non-Officials of Panchayati Raj and Rural Development Department and line department. There is need to incorporate gender issues in training programmes.
- WAMA is running a Middle Level Training Centre for imparting job training and refresher trainings to Supervisors of Integrated Child Development Services Scheme. In the year 2007-08, 416 Supervisors have been provided job/refresher training. This Institute has emerged as premier Institution for training women workers within a short period of about 8 years with no faculty liability and without its own resources. There is need to strengthen WAMA from infrastructure point of view and also from management perspective as well for regular and quality trainings by providing it adequate funds and regular faculty.
- While assessing individual task analysis it was found that majority of functionaries clear about their roles and responsibilities such as Programme Officers - ICDS, District Managers-WDC, Youth coordinators & NYK etc. as these personnel have experience of many years in the same profession. On the contrary newly appointed personnel such as Protection officers, Counsellors, Project coordinators are facing problems as they are not well aware of their roles and responsibilities.
- Training and capacity building of the Panchayat representatives is of critical importance in order to equip them with the knowledge and skills required to discharge their various duties & functions under the act. The Haryana State Institute of Rural Development (SIRD) at Nilokheri and State Community Development Training Centre, Nilokheri should conduct village-to-village training for Panchayat members and Sarpanches.
- Even today Khap Panchayats play an important role in village life and dictate the personal life of the people. People's participation in village life is limited by the place they occupy in the social hierarchy. The traditional caste panchayats of Haryana prevent the weaker sections from raising their voice. Training of PRIs should also take into account these issues.

4. Status of Widows at Religious Places : A Study

This study was undertaken by the Headquarters of the Institute at the instance of the Ministry of Women and Child Development, Government of India. The major objectives of the study were to examine the causes of vulnerability and dependence; assess the socio-economic conditions of widows; understand their socio-psychological status; examine the available support services and measures taken by the government and NGOs towards the welfare of the widows; highlight the issues which widows feel are central to their experiences; and make suggestions and recommendations for improving the status of widows.

Major Findings

- Education: Most of the women, being victims of child marriage, did not really have a chance for education. Especially among respondents in Vrindavan, the majority (66%) of the widows reported their inability to read or write. Out of the total respondents in both the regions, 78 per cent were either illiterate or studied up to the fifth standard. This has affected them greatly in leading a good life for themselves after their husband's death. They are also unaware of the benefits available for them. The study data reveals that widows, 78.5 percent in Haridwar and 71.5 percent in Vrindavan, faced problems of accommodation, food, clothing, health & medicare, finances, adjusting with others and home sickness.
- It was observed that of the sample interviewed, the majority of widows, both in Haridwar (64%) and Vrindavan (87%) were employed. However, on further analysis, it was seen that even though the majority of respondents were working, they were employed in very low-paying jobs as domestic help (17.6%) and bhajan singers (61%) at local temples in the name of occupation. Most often they were paid back with some low-quality rations and in some cases just enough money for them to pay their rent. The rest of them were mostly occupied in low paid jobs such as domestic help, making dresses, flower garlands and batti making for gods and idols. Thus, most of them led an economically deprived life with just about Rs. 100-500 per month to fend for themselves.
- Most of the widows (82.2%) at Vrindavan earned below Rs. 500. The findings show a deplorable condition of widows who have to make ends meet with such a low income. The widows, having no other major source of livelihood have to mainly depend on their pensions. However it is observed that a staggering figure of 64.5 percent of widow respondents at two places (62% at Haridwar and 66% at Vrindavan) did not receive any kind of pension; the reasons being lengthy procedures and paper work for procurement and misguidance by greedy people. Due to a little education and awareness, most of the widows do not claim what is rightfully theirs.
- The study reveals great incidence of migrant population of widows to Vrindavan (92%) compared to Haridwar (7.7%). Most of them come from Kolkata. Reasons quoted for migration were lack of acceptance by family members, desire to lead a religious life and also inadequate ashrams in their hometown. Post widowhood they experience ill-treatment and change in the attitude of their families. As a result they come to Vrindavan in the hope of getting at least one meal a day, and remain close to Krishna to attain moksha.
- It was also observed that, once in Haridwar or Vrindavan, the widows faced problems of accommodation. There are very few ashrams dedicated exclusively for widows. Even in existing ashrams there were very limited seats available for widows. Almost half (48.5%) of the widow respondents at Vrindavan stayed in rented accommodation and lived in conditions unfit for human survival, since

they are unable to pay rent even on sharing basis. They are also found to often sell the rice and dal which they get for reciting bhajans. The figure shows the paucity of space and infrastructure with respect to the widow homes, thus creating an extreme need for building the same. In ashrams like Meera Sehbhagini, Ma Dham, Mahila Ashray Sadan, more than four to five widows are made to stay in one room. In such a case, to accommodate a widow with children is just not possible. This becomes a major problem.

- Widows who cannot afford and do not get accommodation, live on the streets, temples and lead a miserable life. On the other hand, at Haridwar there are negligible ashrams and the majority of widows (68.5%) stay with their families. The ashrams in Haridwar are self-managed with respect to funds. Very few of them get government funding, and hence suffer from insufficient funds due to which they are unable to provide facilities for widows.
- It has been observed that irrespective of whether widows live with families or at religious places, they are subjected to some kind of violence or other, like domestic violence at home and sexual abuse in the form of molestation, rape and trafficking by relatives and outside by foreigners, religious leaders and employers.
- Most of the widows in Haridwar and Vrindavan reported that they are victims of some sort of health issue. They remained depressed, lost weight and experienced headaches. Tensions with respect to financial, social and emotional problems cause deterioration of health such as headaches, uneasiness, disturbed sleep patterns, pain in the body and irritability. Health problems are partially due to the death of the husband and partially due to responsibility of earning a livelihood.
- Sixty-three per cent of widows of Haridwar and 66.1 per cent of Vrindavan respondents did not receive pensions owing to lack of information and illiteracy. Therefore, Pradhans of the village and other officers should be appointed and held responsible for providing pensions, ration or identity cards to them so that illiterate widows can avail themselves of the benefits. Along with it, camps should be organised at grass root level to help widows know whom to approach so that they can derive benefits from the relevant schemes.

5. Pilot Study to Assess the Nutritional Status of Children Using the New WHO Growth Standards

The study was conducted by Headquarters with the objective to : obtain precise information on the nutritional status in children aged birth-4 years in the field area; identify children 'at risk' of underweight amongst the children assessed for nutritional status; compare the nutritional status using ICDS growth curves versus New WHO growth curves; determine the causes responsible for the poor nutritional status of these children; and provide nutritional counselling/recommend important and feasible actions to the parents/care givers of these children.

The sample was selected from the Lado Sarai (8 AWCs) and Andheria Mode (3 AWCs) projects of Delhi. It was based on the purposive sampling due to inclusion and exclusion criteria. After obtaining the informed consent from the mothers of the children beneficiaries of ICDS, 233 girls and 275 boys belonging to the lower socio economic group were enrolled for the study. Weight of all children was taken regularly at the interval of one month from June 2009 upto November 2009. The weight of the children was plotted on both old and new growth charts and classification of under nutrition was done accordingly. Nutrition & health education was provided to mothers individually and through group counselling.

Major Findings

- It was seen that replacing the existing growth standards with the new WHO growth standards for children in the ICDS scheme increases the number of children having a normal weight for age especially in the older age groups. Simultaneously, while the prevalence of moderately underweight children decreased, that of severe underweight children was found to increase thus increasing enrollment under the Supplementary Nutrition Programme.
- The mechanism of replacing the existing growth charts with the WHO growth charts should extend beyond just changing the charts, and remodelling growth monitoring practices as a whole. Intensive training of functionaries/officials at all levels and not just grass root level workers would be needed for correct interpretation of the standards and thereafter to put into effect, an intervention programme to spread information about correct feeding and caring practices along with other associated factors which bring about normal growth and development in children.
- The growth monitoring activity may be replaced by "Nutritional Assessment and Nutritional Counselling (NANC) sessions. The emphasis in NANC sessions should be on Nutritional and Health Counselling of mothers with objective of changing their behaviour for adopting good practices in the field of nutrition and health. NANC sessions will also provide data on nutritional grades of children for their selection for the supplementary feeding programme.
- The existing growth chart should be accompanied with the Mother and Child Protection Card, which has parameters on the child (including developmental milestones) and key messages related to child caring and feeding. Cognizance should also be given to State variations. This card should replace all the cards that currently exist, including immunisation card and centre-based growth charts.
- To improve the nutritional status of children, breastfeeding should be supported by protected and promoted; mothers should be informed and empowered to practice exclusive breastfeeding for the first six months, children should be provided with wholesome, nutritionally appropriate foods after six months and lastly, vaccinations and good health care should be accessible.
- Study has also shown that apart from various food related factors, the factors existing in the environment such as hygiene and sanitary practices, prevalence of various illnesses in the neighbourhood etc. are major determinants of the nutritional status of children. Hence, these have to be given considerable importance in any intervention planned to improve the nutrition security of children in India.

6. Database on Protection Officers and Service Providers under PWDVA 2005 (Vol. II)

The "Protection of Women from Domestic Violence Act" (PWDVA), 2005 is a law that provides for more effective protection of the rights of the women as guaranteed under the Constitution of India, who are the victims of violence within the family. In order to implement the law, various State Governments have notified the Protection Officers and Service Providers for specific jurisdictions within each district of each state of the country, but such information had not been readily available to policy planners and trainers on gender issues to build the capacity of these functionaries under the PWDVA, 2005.

A project to compile a database on Protection Officers and Service Providers in the country was undertaken by the Institute with the specific objectives of collection of basic information on the Protection Officers and Service Providers under the PWDVA,

2005; form a data base of the Protection Officers and Service Providers under the PWDVA, 2005; and prepare and disseminate an inventory of the state machinery under the PWDVA, 2005.

Information from 26 States/UTs on Protection Officers and Service Providers in the country was compiled by the Institute into three volumes and is available in the Documentation Centre on Women and Children (DCWC) in the Institute for reference. It is a useful reference document for all stakeholders and also promote better coordination between the functionaries of the PWDVA, 2005. The information has also been uploaded on the website of the Institute for all stakeholders and members of the public.

7. Assessment of ICDS Projects Implemented by Voluntary Organizations - A Study

The Institute Headquarters undertook this study with the major objectives to : assess the status of implementation of ICDS in terms of coverage, outreach, coordination, convergence and innovations introduced by NGOs; to assess the nature and extent of involvement of NGOs in ICDS Projects run by NGOs; assess the service delivery mechanism of ICDS; to find out the perception of community and other local bodies about the extent of involvement of NGOs in providing ICDS services; identify the expectations of NGOs and the Government from each other for better implementation of ICDS; identify the gaps, problems and constraints in the implementation of ICDS programme by NGOs; and recommend suitable mechanism /strategies for greater and effective involvement of NGOs in implementation of ICDS.

The study was conducted on all voluntary organisations involved in implementation of ICDS Projects across the country. These voluntary organisations were located in the state of Andhra Pradesh (1), Chhattisgarh (2), Delhi (4) Gujarat (36) Karnataka (1), Madhya Pradesh (2), Punjab (2), Rajasthan (3) and West Bengal (14). After collecting, tabulating, interpreting the data and summarising the results, following broad conclusions and recommendations emerged from the study.

- The ICDS functionaries appointed in Government-run AWCs were found of having better service conditions compared to those employed in NGOs. Due to this, most of the time, NGOs find it difficult to attract qualified personnel and to sustain them for a longer duration.
- It was observed that out of total number 6719 operational ICDS blocks in the country (as on 2.2.2011), 51 ICDS projects are being fully operated by NGOs. It was also noted that in spite of several communications and supplying of model guidelines for involvement of NGOs in ICDS, the same number of ICDS projects (67) which were being run by NGOs in 1992 are being run by them in 2010. It seems that either NGOs are not coming forward in very large numbers in taking up the programme or there has been a lack of initiative from the State Governments to involve NGOs in implementation of ICDS. Therefore, it is felt that wider publicity needs to be given involving print and electronic media both for seeking the engagement of NGOs in implementation of ICDS in the country.
- Handing over of a cluster of 20-40 AWCs instead of whole ICDS Projects to NGOs generates a lot of administrative problems. Most of the head of NGOs and other ICDS functionaries working in these NGO-run ICDS Projects/AWCs were have the opinion that developing best practices and supplementation of additional resources for such small number of AWCs was not cost effective. Thus, it would be rather appropriate and useful to consider allocation of entire project to a particular NGO rather than allocating a cluster / group of 20-40 such AWCs. However, in order to provide a common platform for field exposure, establishing model AWCs, experimentation / demonstration of best practices and

for trying out innovative ideas, all of those NGOs which are running ICDS Training Centers (MLTCs or AWTCS) may be assigned such cluster/group of 20-40 AWCs.

- Though, many of the NGO-run ICDS Projects are in existence for last more than 25 years. However, as per the current practice, the renewal of these NGO-run ICDS Projects has to be made every year by the concerned State Government which, in turn, not only introduces a lot of uncertainty amongst them but also involves heavy paper work and consumption of time. This system of annual renewal needs to be scrapped out by evolving the guidelines that MOUs of those NGOs which are implementing the projects for more than five years on a continuum basis should be renewed for at least three fiscal years at a stretch with condition of their third party accreditation/performance report.
- Most of the head of NGOs implementing ICDS Project reported that they have to struggle a lot and move here and there for various tasks connected with implementation of ICDS project. These include granting extension, signing of MOUs, depositing audited accounts, reporting the performance etc. Keeping this in view, it was suggested that an independent committee / ICDS cell for NGOs may be formulated at the state level comprising representatives of NGOs as well. All tasks connected with implementation of ICDS by NGOs such as involvement like selection of NGOs, reviewing the progress of the NGOs running ICDS Projects, granting extension, withdrawing the work of ICDS Project implementation, signing of MOUs, accreditation/performance appraisal, release of grants-in-aid etc. needs to be executed only after approval of this committee. This independent committee/cell should also suggest to the Government the corrective actions and other remedial measures wherever and whenever required. This independent committee/state NGO ICDS Cell may also be given the mandate for making administrative/managerial efforts gearing towards creating a healthy administrative and operational environment for smooth engagement of NGOs in implementation of ICDS.

8. Modules for Leadership Development of Minority Women

The Institute's Headquarter undertook this project on the request of Ministry of Minority Affairs, Government of India. The main objectives of the schemes are to: empower and instill confidence in women by providing knowledge, tools and techniques for interacting with Government systems, bank, and intermediaries at various levels.

This scheme is envisaged to reach out to women through NGOs/organisations/institutions at the field level who will be provided with financial support for conducting Leadership Development Trainings to Minority Women. Organisations selected for carrying out training for leadership development of minority women would have the responsibility to identify and select motivate and train the women in accordance with the criteria of the scheme. Although there will be no annual income bar, women/parent or guardian of women in age range 18-65 years having annual income not exceeding Rs. 2.20 lakh from all sources would be given preference. Two types of trainings were proposed under the Scheme: (i) Leadership training in village, and (ii) Leadership training in residential training institution.

Leadership Training Module comprised of:

- Leadership Development Training Module for Trainers (in Hindi & English).
- A set of Booklets (Leadership, Rights of Women, Issues related to women, Health and Hygiene, Common Childhood Illnesses and Immunisation, Nutrition, Family Planning, Home Management, Waste Water Sanitation and Solid Waste Disposal, Public Distribution System and Government Mechanism) for trainee

- woman in English and Hindi.
- The Leadership Development Training Module, developed for 6 days covered, inter alia:
 - Issues and right under the Constitution and various Acts relating to women, education, employment and livelihood.
 - Opportunities, facilities and services available under the schemes and programmes of the Central Government and State Government in the fields of education, health, hygiene, nutrition, immunisation, family planning, disease control, fair price shop, drinking water supply, electricity supply, sanitation, housing, self-employment, wage employment, skill training opportunities, crime against women.
 - The role of women in Panchayati Raj and Nagar Palika, Legal Rights of women, Right to Information Act (RTI), National Rural Employment Programme (NREGA) and household surveys.

Outcome

With the help of this women leadership development training programme trainers will be familiarised with the various components of the schemes. The trainers and the minority women will be able to assume leadership roles and assert their rights (collectively or individually) in accessing services, facilities, skills, and opportunities besides claiming their due share of development benefits of the government for improving their lives and living conditions. They will be more confident, mutual understanding will increase gender aspects will be clear, overall management will improve and a concrete vision shall be built. This will thus help in improving the status of the minority women.

9. A Study on Nutritional Status of Children in Karnataka

The study was taken up by the Regional Centre, Bengaluru at the request of Department of Women and Child Development, Government of Karnataka with the main objectives to: assess the nutritional status of children in Karnataka; study the infant and young child feeding practices; and examine the socio economic factors associated with nutritional status of children.

Main Findings

- The sample constituted respondents from backward caste, who were majority in number followed by Scheduled Caste and Scheduled Tribe respectively. Majority of the households in the selected sample possessed houses with semi Pucca structure followed by Pucca and Kutcha houses, majority of the respondents were from nuclear families followed by Joint families and extended families respectively. The trend indicated that joint family system is decreasing and many households are venturing into nuclear family system.
- While the average family size (4.9%) has been constant in almost all the districts, prevalence of large family size is high in Bidar and Shimoga District
- Majority of the mothers were educated up to 12th standard (27.3%) followed by almost the same percentage of mothers (25.5%) who were illiterate. Only 4.2 per cent of mothers were able to read and write in the surveyed area. A small percentage (4.9%) of mothers had attained higher education (up-to pre-university) indicating rigorous efforts needed to improve the situation.
- As regards occupation of the household, the sample constituted agricultural labourers, petty business, service category, land owners, own cultivators, tenant Cultivators, Artisan's, Other labourers, etc.; majority of them are engaged in unorganized sector.
- Majority of mothers (88.1%) had given colostrum to their babies, which is very

encouraging. This practice is found to be high in Mysore district (98.9%) followed by Kodagu (96.6%) and Uttar Kannada (92.7%). Among the selected districts, feeding of Colostrum by mothers was found to be low (63.7%) in Bellary District, which points out that more efforts are to be made to empower women for practicing colostrum feeding.

- As regards the initiation of breastfeeding a majority (68.2%) of the mothers initiated within one hour of birth followed by mothers (25.2%) who initiated within one day of the birth. Nearly 6.6 per cent of mothers initiated later than a day.
- The results show that 58.5 per cent of mothers initiated breastfeeding within one hour. As regards early initiation of breastfeeding (within 1 hour), mothers of Kodagu (92.3%) and Mysore district (88.9%) are better off when compared to other districts.
- It was observed that 61.8 per cent of babies had started receiving complementary foods at the age of 6 months, which is as per the recommendation of infant feeding guidelines. While the percentage of babies who received complimentary feeding below six months was 24 per cent, almost 14 per cent children received the complementary food after nine months, which is a great cause of concern.
- The information pertaining to introduction of complimentary foods among the selected districts clearly shows that Uttar Kannada District is highest in introducing complementary food at the right time (97.7%) and followed by Bangalore (79.3%), Kodagu (67.3%) and Bellary districts (64.5%). In Bidar district very low percentage of babies (30.6%) received complimentary feeding at the recommended age, which calls for immediate attention of the authority to initiate appropriate action for behaviour change.
- The prevalence of underweight among children (0-6 years) in the surveyed area is 28.7 per cent and majority of the children had normal (71.3%) weight for their age. Gender wise analysis of underweight shows that there is higher prevalence among boys (32.3%) than girls (25.2%). Thus the above observation clearly indicates that there is some improvement of status of the girl Child in the surveyed area.
- It is to be noted that the prevalence of stunting (48.8%) was much higher than the prevalence of underweight (28.7%). It was also noted that the percentage of Stunting among boys was higher (52.8%) when compared to girls (45.1%) of the same age.
- Prevalence of wasting was observed to be 15.3 per cent and severely wasting was 4.5 per cent, while moderate categories being 10.8 per cent.
- The study points out that the nutritional indicators such as Underweight, Stunting and Wasting were less among girls as compared to boys. Besides awareness about importance of care for girl child and decreasing Gender Discrimination practices appeared as some of source of endorsement. The popularity and participation of community in "Bhagya Lakshmi Scheme" implemented by DWCD, Government of Karnataka has been a contributory factor in acceptance of a girl child in the society.

10. Behaviour Problems in Early Childhood: An Exploratory Study

The study was undertaken by the Regional Centre, Bengaluru with the main objectives to: assess the nature and type of behaviour problems manifested by children as perceived by the parent; investigate the differentials in nature of behaviour problems due to variations in age and sex of children; and study the relationship between quality of parenting and incidence of behaviour problems in children.

Main Findings

- The study revealed that major behaviour disorder are attention, eating, mood and emotional disorders.
- Majority of children cannot eat properly or they are in the habit of spilling food while eating.
- Refusal for attending school emerged as a major conduct disorder followed by lying behaviour; further, few children found to be careless towards instructions given by their parents and teachers.
- Under attention disorder, majority of children were found to be inattentive and suffering from poor concentration in their everyday life.
- Majority of children were found to be in the habit of blaming others and crying excessively followed by tendency to become fearful of unknown object followed by stuttering and stammering.
- Majority of children found to be in the habit of disturbing others, making noise and in the habit of tapping their feet, finger and pencils followed by throwing temper tantrums in everyday life.
- Majority of children were found to be in the habit of bullying other children and manifest severe fussy behaviour.

11. Directories of Voluntary Organisations

Institute collects information about voluntary organisations from widely scattered sources such as newsletters, directories, annual reports and other documents. During the year three directories were published on Rural Development; University/ Departments of Sociology; and Medical Colleges in India.

12. Evaluation of STEP Project implemented by Karnataka Cooperative Milk Producers Federation Ltd.

At the behest of Ministry of Women and Child Development, Government of India, Regional Centre Bengaluru undertook evaluation of STEP Project implemented by Karnataka Cooperative Milk Producers Federation Ltd. The main objectives of the evaluation to: appraise the implementation of STEP undertaken by Karnataka Milk Producers Federation Ltd (KMF), Bengaluru; examine the extent of utilisation of the benefits of this scheme; and study the impact of the project on women beneficiaries. The evaluation report has been submitted to Ministry of Women and Child Development.

13. ICDS in Tripura - an Evaluation

The study was undertaken by Regional Centre, Guwahati 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 for the study were collected from two sets of respondents. One set included the

target population of the ICDS services in each Anganwadi and the other set included different categories of functionaries of ICDS. In each Anganwadi area, samples from different categories of target groups of ICDS like Expectant Mothers, Nursing Mothers, Mothers of children (of 6 months II-3 years and 3 - 6 years) and Mothers in the reproductive age group were selected for data collection. Over and above, in each AWC six randomly selected children in the age group 3-6 years were administered Child Learning Competence Test (CLCT). The other set of respondents selected for data collection under each project comprised ICDS functionaries, community leaders and health functionaries:

Main Findings

- As envisaged, ICDS programme in Tripura mostly focuses on covering poor and marginalised section of the population that includes Scheduled Caste (23%), Scheduled Tribe (30%), OBC (21%) and others (26%) with nearly half of the beneficiaries from below poverty line families.
- By and large the key positions of AWWs, Supervisors and the CDPOs had been filled up in the ICDS Projects of the State. However, there was considerable backlog of training in case of the CDPOs and the Supervisors whereas most of the AWWs had already been trained.
- The present study has brought to light that for a large number of habitations access to health care facilities was still a problem as they did not have Primary Health Centre (PHC) or Sub Centre in close proximity. The situation was worse in Dhalai district where only 30 per cent and 20 per cent of the villages have PHCs and Sub Centres respectively. A large number of the surveyed Anganwadi villages (36%) did not have access to tap water. In Dhalai district 70 per cent of the villages did not have this facility. Majority of the AWCs (60%) were easily accessible to the beneficiaries of the respective Anganwadi area. Nearly 90 per cent of the AWCs in the study sample were housed in Pakka (concrete) buildings provided by the government. Indoor and outdoor space in majority of the AWCs had been found to be inadequate.
- Although involvement of PRI bodies at different levels for implementation of the ICDS programme was a positive strength in Tripura yet it was learnt that most of these PRI members did not have adequate knowledge regarding ICDS programme.
- Delivery of supplementary nutrition component was fairly regular. Although the AWCs faced interruption in the feeding programme, yet the breaks are not very long. The supplementary food stuff provided at the AWCs is Khichdi which is a common recipe among the people and is thus, largely acceptable to the people.
- Except in a small per cent of the AWCs, growth monitoring activities were carried out regularly. Majority of the AWWs, however, lacked the requisite skills for Growth Monitoring, particularly filling and maintaining the Growth Charts and counselling mothers. The new WHO Growth Standards Charts were not yet used by the AWW.
- While attendance of children in pre-school session, on an average, was found to be fairly good (65% - 73%), yet the quality of PSE sessions needs to be improved by way of building the capacity of the AWWs, supply of adequate TLMs, arranging for proper infrastructure, regular supervision, etc.
- Although the rate of full immunisation was low in the state, yet, as reported by the nursing mothers, the large majority of the children (80%) below six months of age had received the initial doses of immunisation. Location wise, the tribal project areas showed lesser coverage than the rural and urban projects. The quality and regularity of other health services like health checkup and referral services need to be improved.
- Organising Nutrition and Health Education (NHED) sessions once a month had been found to the norm in most of the AWCs (89%). However, there is a need

for improving the quality of the sessions through prior planning, use of appropriate methods and communication aids and active involvement of medical and para-medical functionaries and other resource persons.

- Supervision of the AWWs by the Supervisors and the CDPOs had been found to be rather weak. These functionaries did not spend quality time in the AWCs and mostly were unable to render necessary support to the AWWs. Too many AWCs to supervise, often with the charge of other sectors, difficult terrain and communication system, law and order situation in some pockets, pressure of some other assignments, lack of adequate training, etc. also prevented the Supervisors in particular to actually guide and assist the AWWs.

14. Role of Panchayati Raj Institutions in 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 Panchayats in ICDS. A sample of 200 village Panchayats of two districts namely Sitapur and Ghaziabad in Uttar Pradesh State were selected for data collection.

Main Findings

- Participation of general public in general and involvement of panchayat elected representatives belonging to BPL/SC and OBC families in particular has been found increased in the New Panchayati Raj system.
- Work of Anganwadi Centre was affected directly due to lack of adequate place and non-availability of PHC/Sub centers.
- The non-availability of community resources put a big question mark in implementation of development programmes of Government such as NRHM.
- It was also found that the poverty alleviation and job-oriented programme like NAREGA has been proved more successful while it was not happening with ICDS. It may be because of Panchayats were the main Executive body for Implementation of NAREGA programme.
- The village panchayats with educated young elected representative from dalit families have been found effective. Similarly functional and effective coordination between AWWs, ANMS, ASHA and Pradhan of village panchayat has been found a positive element of active participation in ICDS.
- The domination of well-to-do families and male members, husbands of elected women representative of panchayats was found as feature of non-participation in ICDS. Similarly, the leadership of panchayats was found affected from casteism, feudalism and groupism.

15. Family Counselling Centres: A Case Study

The study was undertaken by Regional Centre, Lucknow with the objectives to: study the extent to which the scheme has achieved its objectives; study the effectiveness of services provided and identify type of cases reported to Family Counselling Centres (FCCs); know the rate of success with respect to rehabilitation of aggrieved women; understand the problems and difficulties faced by Voluntary Organizations in effective implementation of the programme; and suggest ways and means for strengthening FCCs.

Main Findings

- The study revealed that not only the regular FCCs but also those located in Police headquarters and jail premises were rendering services very effectively. In fact, the responses for the FCCs located in police headquarter were observed to be very prompt as summoning of 2nd party for consultations could be done with ease as the Police tag was attached with it. It was also found that the FCCs run in women jail premises were very useful as support provided by counsellors to the inmates cannot be underestimated. It was found that as soon as the women prisoners entered the jail they were completely cut off from their near and dear ones and as the days passed in the jail they got into the cycle of depression and the same was expressed in the form of aggression. Here the counsellors were found to be very effective in bridging the gap between women prisoners and their families by providing necessary support in the form of counselling, legal aid, arranging meeting with family members particularly children for whom they were often worried about. These inputs may look very trivial for outside world but are invaluable to the female inmates and mean a great deal to them.
- As regards the condition of buildings where the FCCs were housed, it was observed that almost all the buildings were 'fairly good' and some buildings were 'very good and well maintained' with adequate ventilation and good lighting facilities with pucca construction. All the surveyed FCCs had sign boards at appropriate places, which helped in locating them with ease. As far as the availability of the furniture/furnishings in the FCCs is concerned, majority of the FCCs were having chairs, tables, almirahs, fans, typewriter, computers, telephone, fax, e-mail, books on counselling and books related to law. Very few FCCs were deprived of modern facilities like computer, e-mail, fax and library.
- It was also observed that almost 50 per cent of the FCCs had earmarked two rooms for work related to FCCs as one room was used for administrative purpose of the FCCs with tables and chairs and the second one was utilised for counselling.
- It was revealed that majority (55%) of the organisations were running FCCs between 6 to 15 years followed by 27 per cent organisations which were running these for more than 15 years. It shows that all the sample FCCs had very rich experience of handling cases of marital disputes. Almost all the FCCs were having two counsellors and all the counsellors of the surveyed FCCs were qualified as per the norms set by Central Social Welfare Board i.e. they were holding Masters Degree either in Psychology or Social Work/Sociology.
- About three-fourth of the sample heads of organisations said that their counsellors were not having any experience of counselling at the time of joining the job. It was interesting to note that most of the counsellors had attended orientation training on counselling organised by Central Social Welfare Board. As regards the percentage of solved cases at the FCC, the organizational heads were of the view that 80 per cent cases were solved by them every year. On an average every FCC received around 25 to 30 cases per year and it was observed that reporting of cases at FCC largely depended on the kind of ground work carried out by the organisation in terms of advocacy. Majority of the organisations were conducting advocacy programmes for FCC through monthly Mohalla meetings, awareness camps, advertisement in newspapers, and local cable TV, distributing posters and pamphlets etc.
- The study has pointed out that majority of the cases registered with the FCC received counselling services, referrals, free legal aid etc. Further, the FCCs were able to facilitate in settling down family disputes and helped in reintegration of families which were otherwise on the verge of collapse.
- It is quite disappointing that though of late the media has been proactive and a

number of safeguards are in place to protect women yet a majority of the interviewed clients hardly had any knowledge of laws and its provisions. To add insult to injury, in rural areas significant number of women believed, rather made to believe, that wife beating was justified. In this context it is suggested that the awareness generation programmes of FCC should address these issues rigorously and some financial provisions have to be made in the schematic budget for organising these.

- It was also observed that in most of the cases both in regular FCCs as well as FCCs in jail premises the clients were so poor that they could hardly afford to pay for their lawyers. The situation of some inmates in jails was pathetic as on one hand there was rampant illiteracy among them and on the other their families disowned them completely due to stigma. There was hardly anybody to take up their cause. In fact, in such cases the counsellors took up some of the very deserving cases through free legal aid or by requesting local lawyers to take up these cases free of cost. But this luxury could not be availed to all the deserving inmates. In this context it is recommended that the schematic budget should have a budgetary provision for services of a lawyer under which a minimum fee could be paid for taking up cases in the court for bail etc.
- Majority of the NGO heads expressed difficulties on account of late release of grants for project implementation. It was observed that a number of organisations had to wait minimum of six months from the beginning of the financial year to receive their first installment of the grant. To add to their woes even issuance of sanctioned letter for continuation of the FCC was also considerably delayed in almost all cases. It is therefore recommended that utmost attention be paid to timely release of grants as also requisite sanction for continuation of FCCs preferably between April and May (beginning of financial year), so that there was no break in rendering services at the FCCs. Further, this kind of arrangement would also help in arresting massive turnover of trained and experienced counsellors. It may be mentioned that in majority of the FCCs surveyed, the honorarium to counsellors was being paid once in six months and this was the main factor which played a significant role for the heavy turnover of staff at the FCCs.
- A lot of discontentment was seen among NGO heads over low budgetary provisions of the scheme. In fact, almost all the heads reiterated that a grant of Rs.1,92,000/- per FCC is too meagre to run it properly. They mentioned that the contingency amount is Rs.60,000/- which covers expenses like honorarium to clerk or any office staff/ peon/ sweeper, rent for the building, electricity, stationery, telephone, postage, travelling allowance to counsellors for making home visits, at times nominal fee to lawyer etc. They questioned whether all these expenditures could be met from the paltry amount earmarked as contingency.
- A lot of discontentment was also seen among the counsellors working with FCCs over the amount of honorarium paid to them as it did not match their qualifications. It may be mentioned that the Central Social Welfare Board has prescribed Masters Degree in Social Work and Psychology for the post of counsellors in FCCs, which is no doubt a basic and essential educational qualification for technical job of counselling. However, the honorarium prescribed for the post of counsellor i.e. Rs.7,000/- (A class city) and Rs.5,500/- (B class city) per month is no doubt paltry by any standard. In this context, it is recommended that an immediate review may be done to increase the honorarium for counsellors, which should commensurate with their qualifications and the price index. Further, it is suggested that the amount of honorarium to counsellors should be based on number of years of experience (service in the FCC), which may be divided into slab of 5 years, 10 years, 15 years and so on. This would help in giving weightage to senior counsellors.
- It was observed that barring a few counsellors, a majority of them had knowledge gap on counselling skills, laws related to women, personal laws

related to different religious communities etc. It is therefore, recommended that the concerned State Social Welfare Boards make suitable arrangements for regular orientation/ refresher training for the counsellors on the subjects mentioned. Further, it is suggested that there should also be Annual Meets or Symposia for the counsellors at national level where they could share their cases, best practices and views and learn from sharing of experiences of one another.

- The study revealed that almost all the FCCs surveyed were devoid of publicity or IEC material on issues related to women and legal safe guards. Therefore, there is a need to develop subject specific IEC materials for advocacy. Besides, it is further suggested that the Central Social Welfare Board may, if deemed fit, could publish the successful case studies of resolved cases as there were a variety of cases handled by different FCCs. This sharing of information would not only help the counsellors but also all the stake holders working on women's issues.

16. Documentation of Activities of Child Guidance Centre

The Project was undertaken by Regional Centre, Lucknow with main objectives to: analyse cases reported to CGC with various difficulties; document processes involved in assessment, intervention and management of children with difficulties; and disseminate the documentation to other organisations working for promotion of child mental health.

Main Findings

- Majority of male children were found with problems in their developmental perspective showing gender difference. This implies that boys are more susceptible to suffer from different problems. A major complaint of the parents was that their children were scholastically backward, lacked concentration and therefore needed guidance in CGC.
- In terms of age majority of the children were found belonging to 6 to 14 years and the remaining were above 14 years. This is the period when children are filled with energy and competition and want to do things of their own. These children also needed guidance for healthy development.
- Changing trends in social and economic conditions of families have implications on psychological satisfaction of members and children. Majority of the children from to nuclear families.
- According to income of the family, 32.40 per cent of the children were found to belong to upper class, at the same time there were 20.37 per cent of the families belonging to lower middle class. This indicates the impact of the developmental problems on children irrespective of the family types.
- The education status of the parents revealed that 52 per cent of the children's fathers and 44 per cent mothers were graduates. This denotes that the children had good educational background in the family for study. As per occupational status of children's parents it was found that all children's fathers were engaged in work. Maybe because of father's occupation they do not give as much time to their children as desired.
- Majority of the mothers were housewives so the mothers could give much of their time to their children, helping them in development and growth, in their studies, listening to their stories, observing daily activities and sharing their own life experiences. Comparing mothers with fathers of children it may be said that former were giving more time to children than their counterparts.
- Separation of parents or loss of a parent is another equally important dimension of child's suffering and stress, depriving the child of love and affection of the other parent. The study indicates that 12.13 per cent children's parents were

separated and one child had lost one of his parents.

- Attachment is a biologically based strategy that provides emotional and physical protection for children. The study indicates that all the children were attached with their father or mother whereas 18 children (16.66%) were attached to others than parents.
- The study also points out that more than two-third of the children were not afraid of anyone in the house and less than one-fourth children were afraid of someone in the house. This suggests poor healthy relationship between children and parents and family members.
- Historical studies on the value of children's contribution to their families' households demonstrate that children's productive role in pre-industrial households has shifted with industrialisation, being defined as useful being. The study indicates majority of children (71.29%) were involved in household works.
- Education is very important for future development of children as well as for the nation as they are the future assets of the nation. Majority of the children (87.96%) were interested to go to school; 13 children (12.4%) were not interested to go to school, these children needed interactive learning.
- Relocation to a new school may be stressful, as it demands learning about new school routines and academic standards. The study reveals that 65 per cent of children have changed 2 to 5 schools till the time they had come to the CGC. The reason for changing school was the long distance, dissatisfaction with the schools and transfer of jobs of their parents.
- In terms of cognitive and motivational problems three-fourth of the children (75.92%) demonstrated poor memory and attention, 69.44 per cent had poor academic performance and 53.70 per cent children were lacking motivation for studies.
- Facilities for children regarding education were not sufficiently available. About 70 per cent children do not have separate room for study. These children's parents did not feel the need of having a separate room for study.
- Play is a rite and a quality of mind in engaging with one's worldview. Children's involvement in play with others indicates more than one-third children (81.48%) were involved in play whereas 20 children (18.61%) were not involved in play.
- Communication skills facilitate interaction with others. Communication disorders are problems related to the development of these skills. The study indicates two third of children (69.44%) were receptive and expressive in communication.
- Children and their issues are the first priority in every family. In an ideal family children are loved, cared and their needs are met. The study indicates that majority of the children (73.14%) were able to manage all the self help skills.
- Socialising with friends and getting involved in activities outside of school are a big part among children. The study indicates majority of the children (90.74%) were aware of their neighbourhood.
- Milestones are changes in specific physical and mental abilities (such as walking and understanding language) that mark the end of one developmental period and the beginning of another. The study indicates that almost two-third of the children (72.22%) had normal Early Development Milestones.
- People who suffer and have early traumatic experiences and do not have proper upbringing show the effect of family or cultural influences. The data reveals only one-third of the children (30.55%) had normal birth and mothers of 14 children (12.96%) had high risk pregnancy, 10 children (9.25%) were kept in incubation, 9 children (8.33%) had illness soon after the birth and 8 children (7.40%) went through the delayed birth, 5 children (4.62%) had diarrhoea with dehydration.
- Behavioural problems are on the rise now-a-days among school going children due to unprecedented stresses, changing family structures, increasing pressure for achievements and influence of mass media etc. The study indicates that behaviour of majority of the children's (83.33%) was acceptable that of nine children (8.33%) behaviour was acceptable to some extent and that of equal number of children (8.33%) was not acceptable.

- Pattern of common behaviour problems indicates three-fourth (35.18%) of the children were found engaged in lying, stealing, truancy and jealousy and 28.78 per cent children were restless, disobedient and had poor attention.
- Specific learning disability means a disorder in one or more of the basic psychological processes involved in understanding or in using language, spoken or written which may manifest itself in an imperfect ability to listen, think, speak, read, write, spell or to do mathematical calculations. The study indicates 17.59 per cent children had learning problems and less than one-fourth (12.96%) children were slow learners who needed guidance and assistance by professionals for improving learning skills.
- As far source of referral to CGC, the study indicates that out of 108 children, 50 children were referred by various schools and other children came by various sources, such as self referral, advertisement, doctors/hospitals etc. This points out that there is a need to create awareness among school teachers and principals regarding contribution of child guidance centre for the promotion of positive child mental health. This would help in identifying problems of children at early stage and intervention services could be provided accordingly.
- The study indicates that majority of children had improvement in academics (51.85%) as well as in behaviour (41.66%). This indicates that there was a need of counselling for children as well for parents for preventing learning and behavioural problems at early stage.