

CHAPTER -7

Empowerment of Women and Development of Children

This chapter is divided into two sections. The first section deals with women issues and second highlights the programmes of children development.

Social status of women in society like Himachal Pradesh having thousands years of cultural traditions is an outcome of enormous variety of social conditions and multiplicity of factors. Since time immemorial, women, not only in Himachal Pradesh and India but all over the world, have been a subject of depression, neglect and demoralization in the society. No wonder, Himachal Pradesh is also characterized as a male dominated society. Here also, the women were exploited in many ways. Polyandry was in existence in many parts of the state and women were denied equal status with men in the society. Home was considered right place for her living where she was supposed to cook food, clean dishes and rear children.

However, there have been few other factors of social life and economic status which speak of less gender discrimination in Himachal Pradesh as compared to other parts of the country. The women in Himachal Pradesh are primarily involved in economic activities outside their homes. They work in fields, rear animals and are also engaged in small and cottage industries. Besides, they are also holding professional jobs in government offices as well as in private sector. All these factors contribute to their economic independence, freedom of movement, decision making power and social recognition. The autonomy of women has been reinforced by local kinship practices and by high rate of male migration to their work places in cities and towns.

Before empowerment issues are discussed, it is essential to study socio-economic status of women in Himachal Pradesh for the last three decades particularly after the period it was conferred statehood in 1971.

1. Male-Female Ratio:

7.1.1 Demographic presentation of Male- Female Ratio in Himachal Pradesh based on population census is given in the following table:-

Table -1 : Demographic data on Male-Female Population.

Item	Unit	1971 Census	1981 Census	1991 Census	2001 Census
1.	2.	3.	4.	5.	6.
1. Population					
Total	Lakh Persons	34.60	42.80	51.70	60.77
Male	Lakh Persons	17.67	21.70	26.17	30.85
Female	Lakh Persons	16.93	21.10	25.53	29.92
2. Decennial Growth of Population	%	23.04	23.71	20.79	17.53
3. Sex Ratio	Females Per 1000 Males	958	973	976	968

7.1.2 As reveals from the above, Himachal Pradesh has shown an upward trend in sex-ratio during two decades period of 1971-91. However, in the last decade of 1991-2001, sex ratio has dropped from 976 to 968. Census figures of 2001 show a decrease of 8 points in the sex ratio which has serious socio- economic implications. This drop out in the sex-ratio is mainly attributed to the adoption of two child norms by the couples which has resulted in favouring one sex over the other. The drop out problem in sex ratio which is below 900 in the districts of Solan, Bilaspur, Hamirpur, Una and Kangra appears to be influenced by the culture of neighbouring states of Punjab and Haryana where female child birth is not taken supportingly.

2. Education and Literacy

7.2.1 Literacy and education becomes an important tool for economic growth and effective decision making which ultimately result in empowerment of the women. Quality of life and human development attainments invariably are high in the countries, which have invested heavily in education. In a country, which is in transition phase and is increasingly recognized as knowledge economy in the global market, education to women becomes of paramount importance, not to speak of basic right to access to education and determinant of worth of society by the literacy rates of women. The male-female literacy data in respect of Himachal Pradesh is given in the following table:-

**Table-2: Male-Female Literacy Percentage-
Census (1971-2001)**

Item	Unit	1971	1981	1991	2001
1	2	3	4	5	6
1. Literacy Percentage					
Total	%	31.96	42.48	63.86	76.50
Male	%	43.20	53.19	75.36	85.30
Female	%	20.20	31.46	52.13	67.40

7.2.2 As would reveal from the table given above, overall literacy percentage according to 2001- Census was 76.50%. It has recorded 44.54% increase within a period of 30 years between the period 1971 to 2001. Whereas male literacy rate has shown an increase of 42.10%, female literacy has recorded an unprecedented increase of 47.20 %. Despite sharp increase in female literacy, it is still far below the male literacy percentage. One contrasting feature of increase in literacy among women is that it has not helped Himachal Pradesh in checking the decline in sex-ratio. However, it has helped women in attaining economic empowerment.

3. Work Force Participation

7.3.1 Human Development is viewed as composite of indices, namely economic empowerment, health and educational status. Economic empowerment of women,

their participation in the work is an important component towards measuring the gender equality or inequality. Since per capita income continued to be important indicator of economic well being, but due to data constraints on per-capita income of women, it is not possible to estimate the income of women separately. The following table depicts the participation of women in the workforce on the basis of 2001- Census:-

Table-3: Details of Work Force 2001 Census

Sr. No.	Item	Unit	2001 Census
1	2	3	4
1.	Population	Lakh Persons	60.78
2.	Main Workers	Lakh Persons	19.64
a)	Male	Lakh Persons	13.34
b)	Female	Lakh Persons	6.30
3.	Marginal Workers	Lakh Persons	10.27
a)	Male	Lakh Persons	3.51
b)	Female	Lakh Persons	6.76
4.	Non-Workers	Lakh Persons	30.78
a)	Male	Lakh Persons	13.95
b)	Female	Lakh Persons	16.83

7.3.2 It reveals from the above table that among main workers, females constituted 32.8% whereas in marginal workers it accounted for 65.80%. It speaks of higher involvement of males in full time work and that of females in seasonal work. In non-workers, females account for 54.68% which indicates the traditional culture of Himachal Pradesh society where women are mostly engaged in domestic work. Low literacy rates among females is the main reason for their non-participation in full time work or jobs of professional nature. It also speak of their less freedom in work choice.

7. 3.3 Decadal work participation (1991-2001) data is analyzed as under:-

Table-4
Work Participation Rate by Sex, 1991-2001 (Percentage to Population)

Item	1991 Census			2001 Census		
	Percentage	M	F	Percentage	M	F
1.	2.	3.	4.	5.	6.	7.
Total	42.8	50.6	34.8	49.2	54.6	43.7
Urban	43.6	50.5	36.6	50.6	54.7	46.4
Rural	35.0	52.4	14.1	37.0	54.2	15.2

7.3.4 The above table shows work participation rate by sex among total population in 1991 and 2001 Census. The work participation rate for 2001 census has been recorded as 49.2 % of total population as against 39.1% at national level. In 1991 Census, it was just 42.8%, thus showing a net increase of 6.4 points. The sex wise work participation rate of the state among males stands at 54.6% in 2001 and 50.6% in 1991 census. Among the females, it comes to 43.7% in 2001 where as it was 34.8% in 1991 Census. Though the improvement in work participation rate has been noticed in both the sexes but females of the state has shown very significant increase of 8.9 points in comparison to males which have shown an increase of 4 points only.

4. Women and Health

7.4.1 WHO defines health as “State of complete physical, mental and social well being and not merely the absence of diseases and infirmity”. The fundamental determination of health apart from the genetic constitution is nutrition, environment and lifestyle. The health of any rural Indian society is directly linked to its value system, cultural traditions, socio-economic setup and political organization. Each of these has a profound influence on the health of an individual or community.

7.4.2 The links between health and economic prosperity of the society are well known. Health with its linkages with poverty clearly demonstrates that health involvement can accelerate economic growth. Himachal Pradesh compares favorably with rest of India in terms of health indicators and over the time, indicators for women have improved sharply than their male counterparts, yet if compared with better placed states like Kerala or developed nations, Himachal is quite behind. Himachal Pradesh is passing through the demographic transition, which is marked by fairly high fertility and less mortality. The trends in fertility in Himachal Pradesh are given in the following table:-

Table-5
Total Fertility Rates

Himachal Pradesh				India	
Year	Rural	Urban	Total	Year	Total
1981-83	4.1	2.4	4.0	1981-83	4.5
1991-93	3.1	2.1	3.0	1991-93	3.6
1997-99	2.4	1.8	2.4	1997-99	3.2

Source: SRS, Registrar General, India.

7.4.3 In the period from 1991 to 1999, total fertility rate for Himachal Pradesh declined sharply as compared to the decline in the TFR of India, and though the TFR of rural Himachal is still higher as compared to the urban area of Himachal Pradesh, the decline has been more appreciable in rural areas than urban areas. However, urban areas have TFR already below the replacement levels, but 90% of population of Himachal Pradesh is rural in nature.

7.4.4 Crude birth rate (CBR) for Himachal Pradesh has shown steady decline and is well below the national average of 25.4 according to SRS estimates for the year 2001, the CBR stands at 21.2. and looking at the present declined rate, the state shall well achieve the target it has set for itself to reach the CBR of 15 by the year 2020. The trend in birth rates is given as under:-

Table-6
Birth Rates

Year	1980	1985	1990	1995	2000	2005
Rate	32.1	30.2	27.4	25.2	22.1	20.0

Source: SRS Estimates.

In 1980, the CBR was 32.1 and thereafter it has declined continuously. There appears to be no problem in achieving the target of 15 by the year 2020.

7.4.5 Infant Mortality Rate for the state, according to SRS figures is 54, while there is significant rural urban gap. In urban areas, it is 32, for the rural areas, IMR is 56. It clearly shows the disparity in terms of inequality in access to health care. The sex-wise infant mortality rates are as under:-

Table-7
Infant Mortality Rates

Year		1985	1990	1995	2000	2001
Rate	Male	77	62	68	57	48
	Female	92	75	56	45	38

Source: SRS Estimates.

7.4.6 It is noteworthy that decline in female infant mortality over the years is sharper than the males. While in year 1985, female IMR stood at 92 as compared to male IMR of 77, in the early nineties, State witnessed the lower female infant mortality rate for the first time and that trend is continuing.

7.4.7 Life expectancy at birth for males and females is given in the table below:-

Table-8
Life Expectancy Trends

Period		1970-75	1976-80	1981-85	1986-90	1993-97
Age (Years)	Female	50.9	54.9	62.8	62.8	65.2
	Male	54.8	58.1	58.5	62.6	64.6

Source: SRS Estimates.

7.4.8 Life expectancy at birth for males was 54.8 as against 50.9 years for females for the period 1970-75, though genetically females are considered to be robust and are expected to live longer than their male counterparts. However, as per the SRS rates for the period 1993-97, life expectancy for females is 65.2 years as compared to 64.6 years for males which shows a healthy trend. However, the average difference in life expectancies in the developed countries between males and females is 5 years. Even in Kerala, average life expectancy for females is 75 years.

7.4.9 Himachal Pradesh still has a long way to go in this direction. However, if compared with India, female life expectancy in Himachal Pradesh compares favorably. However, these aggregate figures tell a bit incomplete story and if age wise life expectancy figures are analyzed, a different picture emerges. This comparative advantage in life expectancies remain valid till the age of 40 years, while after the age of 40, it is male who has more probability to live longer than female and treatment seeking behaviors and social or cultural barriers that might prevent women to seek medical help. Whatsoever is the reason, in the older years, females have disproportionate burden. The life expectancies at different age groups of male and females are as under:-

Table-9
Life Expectancy at Different Ages

Life Expectancy	Overall	Male	Females
Y0	65.1	64.6	65.2
Y1	68.5	68.1	68.5
Y10	60.8	60.1	61.1
Y20	51.3	50.6	51.7
Y30	42.5	42	42.7
Y40	33.7	33.5	33.7
Y50	25.2	25.1	25
Y60	18.1	18.7	18.2
Y70+	12.2	13.9	10.1

Source: Vital Statistics Division- Register General Office.

7.4.10 It is apparent from the table above that females maintain their comparative advantage till the age of 40, while in the abridged life tables, life expectancy at the age of 50 for males is 25.1 years as compared to females, which is 25 years. However, this gap increases, and at 70 plus, while a male may be expected to live 13.9 years more, a female is expected to live only 10.1 years more. Since then onwards there is no data which segregates health adjusted life years for females and males. For Himachal Pradesh, it strongly suggests that in terms of female healthy life, there is every likelihood of her to have less healthy years as compared to her male counterpart. Further life expectancy data is not available for individual districts, so regional disparities are difficult to assess.

7.4.11 A recent study, carried out by PGI, shows that in Himachal Pradesh leading causes for premature mortality among women are easily manageable and

preventable if essential health care is provided for in systematic fashion and accessibility is improved. The major causes for premature mortality account for almost 48% of total mortality. The main cause of disability among women is iron deficiency anaemia. The leading causes of the premature mortality among women and premature mortality percentage are as under:-

Table-10
Leading Causes of Premature Mortality (%age) among Women

Sr. No.	Causes	Premature Mortality (%)
1	Diarrhoeal Diseases	16.48
2	Lower Respiratory Infections	15.86
3	Other Maternal Conditions	6.46
4	Other Infectious Diseases	4.81
5	Prenatal Conditions	4.8
6	Ischaemic Heart Diseases	3.37
7	Falls	3.02
8	Tuberculosis	3.01
9	Self Inflicted Injuries	2.96
10	Maternal Haemorrhage	2.95

7.4.12 Mean Age of Marriage: According to NFHS-II Survey, the median age of first marriage has risen steadily for the women of Himachal Pradesh. In rural areas median age for marriage for the age group 25-29 has been recorded at 19.6 years than for women in 45-49 years age group (20.4 years). While in urban areas this difference is of one year between two age groups (21.3 years and 19.6 years). SRS data for the year 2003 shows that female age at effective marriage is 22.0 years. Despite the evidence of increase in the age of marriage, NFHS-II estimates show that almost 11% of women married before the legal age of marriage (in 20-24 age group responses). However, Himachal Pradesh is first state in the country to have enforced compulsory Marriage Registration Act.

7.4.13 Contraceptive Prevalence: NFHS-II show that contraceptive prevalence rate in Himachal Pradesh is quite high with 68% of married women using some form of contraception against the national figure of 48%. However, gender bias is clearly evident, extent of female sterilization is seven times more than the male sterilization. Though male sterilization is more convenient, safer, the higher female sterilization, as in the rest of India underscores the attitudes, socio-cultural aspects and throws the light on the issues well known and related to female empowerment.

7.4.14 Institutional Deliveries: Population fund of India has rated Himachal Pradesh as one of the best state in the RCH implementation, yet issues remain. Despite having very high proportion of women receiving antenatal care (87.2%), the institutional deliveries lie at the abysmally low at 31.7%.

5. Crimes and Security

7.5.1 In the security related issues, Himachal Pradesh has been graded as a high ranking state in crimes against women, while the totals have gone down from 920 reported cases in 2002 to 881 in 2006, overall it ranks 5th in the country under this category next to Kerala, which has the highest number of women-headed households. Dejure, due to widowhood, being abandoned etc./ de-facto, due to long term migration etc. they need extra care by the government and community for which there are social security pensions, matri-sambal yojana etc. schemes. However, domestic violence is high, but unreported and socially accepted. Number of girl child labourers in Himachal Pradesh are 8 times higher than in Kerala and Punjab.

6. Empowerment of Women

7.6.1 Empowerment of women is the much publicized clichéd concept of the 21st Century. Everybody right from local politician to national leaders, NGOs, International Community and Policy Makers talk about it. Yet, women are nowhere near to being full and equal participants in public policy choices that affect their lives. In fact, women lag behind on vital aspects of life, be it in terms of access about education, employment opportunities or even crucial decisions about their families.

7.6.2 Women are the most deprived amongst the marginalized communities. In 1994, the Beijing Declaration of platform for action stressed upon the need for empowerment. Subsequently, platform for Action of the Fourth World Conference on Women, 2000, stated, “Women should be empowered by enhancing their skills, knowledge and access to information and technology”. This would strengthen their ability to combat negative portrayals of women internationally and challenge instances of abuse of power. As a follow up of national commitments made during these conferences, India has formulated the “Women Empowerment Policy, 2001” for the upliftment of women, socially, politically and economically. This would require creation of an environment, though positive economic and social policies, for the development of women to enable them to realize their full potential.

7.6.3 Himachal Pradesh Government has taken a number of steps to empower women in every sphere of life. In order to check the decline in sex ratio a massive awareness campaign has been launched to highlight that protection of female birth is vital to maintain the very fabric of society. State Government has introduced schemes of cash incentives to promote sex ratio and protection of the female child. It has also been decided that any person providing information about illegal female foeticide would be given a cash grant of Rs.10,000.

7.6.4 A new scheme called “Indira Gandhi Balika Suraksha Yojana” to raise the status of the girl child and to prevent female foeticide has been launched in the State. Under this scheme, an incentive of Rs. 25,000 will be provided to the

parents who adopt terminal family planning methods after the birth of the first girl child and the parents who adopt terminal family planning method after the birth of the second girl child will be provided an incentive of Rs. 20,000. These incentives will be in the name of the girl child and will be given as an interest bearing deposit to be encashed at the time of the marriage of the girl child.

7.6.5 Apart from above, one of the major strategies for securing gender equality for decision making about public allocation resources and budget distribution, all departments of the State Government have been asked to ensure that atleast 30% of the funds are earmarked in women related sectors in a manner that these benefit and empower the women. The financial achievements of 'Women' Component Plan have been given in Statement No. 4 of this document. In so far as WCP outlay for 2008-09 are concerned, this process will be completed by the implementing departments after the budget is passed by the Vidhan Sabha.

7.6.6 On political front, women MLAs constitute 7.35% in the present Vidhan Sabha which is higher than Punjab and many other states. Women participation in PRIs and ULBs is, Ward Members-38.4%, Panchayat Pradhans- 33.4%, Chairpersons of Panchayat Samitis- 38.6%, Members Zila Prishad- 34.2% and Chairpersons Zila Parishad- 33.5%. The new elected Government of the state proposes to raise the reservation quota of women to 50% in PRIs/ULBs.

7.6.7 There are a number of other programmes/ schemes under implementation in Himachal Pradesh which are aimed at socio-economic upliftment of women and their general well-being. Scheme-wise description of such programme being run by the department of Social Justice and Empowerment is given below:-

1. Working Women Hostels

A centrally sponsored scheme, 'Working Women Hostel' is under implementation in the State from the year 1983-84. The objectives and achievement of this scheme are as under:-

- (a) To provide accommodation for single working women, unmarried widows, divorced, separated and married when husband is out of station.
- (b) To provide accommodation to women/girls who are trained for employment provided the training period does not exceed one year. Voluntary organizations, public trusts working in the field of women's welfare/social welfare/women's education are eligible for the assistance. Under this scheme, 13 working women hostels have been constructed in the State. A fresh proposal for the construction of a WWH at Baddi in district, Solan has been sent to the Govt. of India. A provision of Rs.15.00 lakh has been made for 2008-09.

2. State Women Council

To review and monitor the effective implementation of the national policy for the empowerment of women 2001(NPEW) and to advise on policy from time to time on issues like advancement, development and empowerment of women, a State Women Council has been constituted in the State. For the year 2008-09, a provision of Rs.2.50 lakh has been made for meeting expenses on TA/DA etc. of the members.

3. Swawlamban (NORAD)

It aims to improve the lives of poor women of SCs/STs categories by training them in traditional and non-traditional trades. The scheme is implemented through Public Sector undertakings, Public Sector corporations, Women's Development Centres of Universities and Voluntary Organizations registered under Societies Registration Act, 1860 or corresponding State Act. There is a provision to pay stipend @ 250/ p.m. per beneficiary and cost ceiling is Rs. 8000/- per beneficiary. This scheme is being implemented from 2005-06 under the State Plan. This scheme has not so far become fully functional in the State. A token provision of Rs.1.00 lakh has been envisaged for this purpose for the year 2008-09.

4. Honorarium to Anganwari Workers and Helpers

The State Government has sanctioned additional amount of honorarium @ Rs. 200/- and Rs. 100/- respectively from the State funds per month w.e.f.1st December, 1997 to the Anganwari Workers and helpers under ICDS. This scheme has been transferred to non-plan for the year 2008-09.

5. Kishori Shakti Yojna

A centrally sponsored scheme viz. Kishori Shakti Yojna was launched in 2001 in 15 selected blocks Hamirpur, Una, Kinnaur, Mandi and Lahaul Spiti Districts of the State. During 2005-06, scheme has been extended to all the 76 ICDS blocks of the State. Objectives of the schemes are:-

- (a) To improve the health status of the adolescent girls.
- (b) To upgrade the skills required for employment generation by providing skill upgradation training to the adolescent girls in different traditional and non-tradition trades. Annually, Rs.1.10 lakh funds per block are given under this scheme.

This is a 100% centrally sponsored scheme and funds for this purpose will be released by Govt. of India.

6. Mukhya Mantri Kanyadan Yojna

Under this scheme, a grant of Rs. 11001/- per beneficiary is given to the parents/guardians of the girl or the girl herself for her marriage provided their annual income does not exceed Rs. 7500/-. For this purpose, a provision of Rs.145.00 lakh has been made for 2008-09.

7. Awareness Campaign

To mobilize public opinion and strengthen social efforts against social evils like dowry, child marriage, and female foeticide and to aware the women about the departmental schemes and their legal rights, awareness camps are organized by the department for the rural women. A provision of Rs.10.00 lakh has been made for 2008-09.

8. Vocational Rehabilitation Centre/ Vocational Training to women in distress

Training in stenography and typing is given by the State Social Welfare Board. A provision of Rs.4.00 lakh has been made for 2008-09.

9. H.P. State Women Commission

Himachal Pradesh State Commission for Women has been constituted under H.P. State Commission for Women Act, 1996 with the aim of furthering the fundamental rights guaranteed by Article 14, 15 & 16 of the Constitution of India with respect to women and to give effect to the Directive Principle of State Policy and in particular those enshrined in Articles 38, 39, 39A and 42 of the Constitution. The Commission strives to improve the status and dignity of women in society, to investigate into and take or suggest suitable remedial measures against practices derogatory to women, to effectively monitor and implement laws affecting women and to advise the Government in all matters related to the improvement and upliftment of status and dignity of women in society. The staff of this Commission is being charged to non-plan. To defray other expenses, a provision of Rs.5.00 lakh has been made for 2008-09.

10. Widow Pension

Widow pension @ Rs. 300/- is provided to widows/deserted women ladies irrespective of their age whose annual income does not exceed Rs.6000/ per annum. The income of earning sons should not exceed Rs.11000/- per annum. A provision of Rs.728.45 lakh has been made for this purpose for the year 2008-09.

11. Widow Re-marriage Scheme

From the year 2004-05, the State Govt. has started Widow re-marriage scheme. The main objective of the scheme is to help in re-habilitation of widows by encouraging them to enter into wedlock with widows by providing some monetary incentive for the same. Under this scheme, Rs. 25000/- are provided as a grant to the couple. For the year 2008-09, a provision of Rs.35.00 lakh has been made for 2008-09.

12. Self-employment scheme for Women

Under this scheme, Rs. 2500/- are provided to the women having annual income less than Rs. 7500/- for carrying income generating activities. A provision of Rs.11.00 lakh has been made under plan.

13. Mother Teresa Akshay Maitri Sambal Yojna

Annual grant of Rs. 11000/- is provided to all BPL, widows, divorcee and deserted women for upbringing of their children (only for 2 children upto the age of 14 years) in addition to widow pension. For the Annual Plan 2008-09, a provision of Rs.109.00 lakh has been made for this purpose.

14. Swayamsidha

A 100% CSS is being implemented in 8 blocks of the States. Under this scheme, 800 SHGs (100 SHGs per block) of 10721 women have been formed. Under this scheme trainings in different trades/ topics is provided free of cost to the SHGs members. The funds will be released by the Govt. of India.

15. H.P. Women Development Corporation

The Himachal Pradesh Women Development Corporation is assisting the women entrepreneurs in the rural as well as urban areas in securing cheap loans from commercial and co-operative banks for their self employment oriented projects whose annual income does not exceed Rs.50000/- per annum. To make the loans cheaper interest subsidy is provided on all banks loans so that the beneficiary may not bear the burden on interest beyond the rates fixed by the corporation. In addition to the above programme, the corporation initiated new schemes with the financial assistance from state as well as central Government under NORAD/ STEP, RMK schemes. The corporation has been appointed as nodal agency for Rashtriya Mahila Kosh. A provision of Rs.80.00 lakh has been made for 2008-09.

16. Nutrition Programme for Adolescent Girls (NPAG)

A pilot project, Nutrition Programme for Adolescent was launched by the Planning Commission, Government of India in Kangra district of Himachal Pradesh initially for a period of 2 years for 2002-03 and 2003-04. The programme has been extended upto 2007-08. Under this programme 6 Kg of food grains per month beneficiary are given to those adolescent girls having weight less than 35 Kg. For the year 2008-09, a provision of Rs.257.00 lakh has been made for the year 2008-09.

7.6.8 To promote economic empowerment among women, Self Help Groups (SHGs) have been constituted. At present, more than 17884 SHGs have been constituted by the SJ&E Department alone. Due to this, 80% women have access to surplus money as compared to 66.2% in Kerala, 78% in Punjab. Out of total No. 17884 groups, 11314 are linked with banks with a total saving of Rs.24.30 crore and total loan of Rs.38.50 crore.

7. Development of Children

7.7.1 Planning at the national and state level has had the aim of achieving balanced growth. The process has moved from a sectoral to an integrated approach. Himachal Pradesh's emphasis on nutrition has been evident from the 1st Plan onwards, when for combating nutritional deficiencies such as goitre, rickets and tuberculosis, a doctor was specially trained in the science of nutrition. In the subsequent plans, the State formulated and implemented a number of schemes to enhance the nutritional level of its people. Despite all these efforts, malnutrition in H.P. is a big challenge. It is well known fact that under nourished child is prone to morbidity and has longer periods of illness as compared to a well fed child. The State Govt. proposes to reduce malnutrition by less than five percent in its Health Vision, 2020.

7.7.2 In pursuance of the Nation's Policy for children & India's commitment to children enshrined in the directive principles of the Constitution, Integrated Child Development Programme, on experiment basis, was introduced in 33 projects through out the country on 2nd October, 1975, on the occasion of 106th birth anniversary of Mahtma Gandhi, the father of Nation. The programme envisaged following objectives:-

- i) to improve the nutritional and health status of children in the age group of 0-6 years.
- ii) to lay the foundation for proper psychological, physical and social development of children.
- iii) to reduce the incidence of mortality, morbidity, mal-nutrition and school drop out.
- iv) to achieve effective coordinated policy and its implementation amongst the various departments to promote child development and

- v) to enhance the capability of mothers to look after the normal health and nutritional needs of child through proper nutrition and health education.

To achieve these aims 76 ICDS Projects are functioning in the State.

7.7.3 ICDS Projects:

7.7.3.1 In 1975 i.e. at the time of launching of ICDS scheme, only one ICDS Project was sanctioned to the State by Govt. of India. The project so sanctioned was Tribal Project in Pooh Block of Kinnaur district. Further during Sixth & Seventh Plan periods more projects were sanctioned to the State and in 1995-96 during universalization phase of the scheme, the Govt. of India extended the scheme to all 75 C. D. Blocks and 4 new ICDS projects viz. Shimla (Urban), Haroli, Tauni Devi and Sulah were sanctioned. Today the scheme is operating in all the 75 C.D. Blocks and one Project is being run in Shimla Town. Thus, total 76 ICDS projects are being run in the State. Out of these 68 projects come in the definition of Rural Projects, 1 in Urban Project and remaining 7 in Tribal Projects. All these projects are operationalised. One ICDS Project (Gagret in Una District) is being run by an NGO known as Ankur Welfare Society, Gagret. The sanctioned strength of Anganwari Centres in the State is 18248. The district-wise details are as under:-

Sr. No.	Name of District	Number of AWCs
1.	Bilaspur	1087
2.	Chamba	1418
3.	Hamirpur	1342
4.	Kangra	4096
5.	Kinnaur	230
6.	Kullu	1042
7.	Lahaul-Spiti	123
8.	Mandi	2872
9.	Shimla	1987
10.	Solan	1244
11.	Sirmour	1454
12.	Una	1353
	Total	18248

10.7.3.2 Beneficiaries:

The population of the children in the age group of (0-6 years) is about 7.69 lakh which constitutes 12.84 % of the total population of the State. The surveyed population being covered under ICDS is about 6.37 lakhs. The population is scattered and villages are small; therefore, in hills at anganwadi level average presence of children is less in comparison to other States. As per the monthly report of November, 2007, about 4,27,000 children, 96,000 pregnant ladies & lactating mothers and 84,000 adolescent girls are being covered under Special

Nutrition Programme in the State. Non-formal pre-school education is being provided to 1,64,000 children.

7.7.3.3 Supplementary Nutrition Programme under ICDS

Under the programme, cooked food is provided to the children in the age group of 2-6 years, pregnant & lactating mothers and Adolescent Girls malnourished children. Ready to eat food is given to the children who are in the age group of 6 months-2 years. Under Supplementary Nutrition Programme, 300 calories and 8-10 grams protein are required to be supplemented to the children and 500 calories and 20-25 gram protein to the lactating mothers, pregnant ladies & adolescent girls and double diet to the malnourished children daily. The nutrition is purchased from the H.P. Civil Supply Corporation and for the purchase of nutrition State Level Purchase Committee under the Chairmanship of Director, Social Justice & Empowerment, H.P. with following members has been constituted:-

1. Managing Director, H.P. Civil Supplies Corporation.
2. Director, Health & Family Welfare Department.
3. Director, Food, Civil Supplies and Consumers Affairs Department.
4. Special Nutrition Officer.

The State Government is providing Nutrition on following rates

Sr. No.	Beneficiaries	Old rates (per beneficiary per day)	New rates (per beneficiary per day) (w.e.f. 01.12.2005)
1.	Children	Rs. 1.30 (these includes fuel & transportation charges)	Rs. 2.00
2.	Pregnant Ladies	Rs. 1.75	Rs. 3.10
3.	Lactating Mothers	Rs. 2.25	Rs. 3.10
4.	Adolescent Girls	Nil	Rs. 3.10

7.7.3.4 From the financial year 2005-06, 50% cost of nutrition is being borne by GOI. The recipes being given to the beneficiaries are decided in the State Purchase Committee's meeting & presently following recepies are given:-

A. Children between 6 months – 2 years

1. Nutrimix 6 days in a week

B. Children between 2-6 years, pregnant ladies, lactating mothers

1. Khichri 2 days in a week.
2. Sprouted Gram. 1 days in a week.
3. Dalia 2 days in a week.
4. Halwa 1 day in a week.

C. Adolescent Girls

Roasted Groundnut	3 days in a week
Roasted Black Gram	3 days in a week.

D. Budget

The ICDS is a Centrally Sponsored scheme & in HP all ICDS Projects are being run under central sector scheme. The State Govt. receives Grant -in-aid from Govt. of India for implementation of the scheme keeping in view the actual expenditure incurred by the State government. For nutrition, 50 % cost is borne by the State Government and rest by the Govt. of India. Expenditure incurred under ICDS and SNP during 2006-07 and during 2007-08 is as under:-

(Rs. In Lakh)							
Sr. No.	Programme	Budget for (2007-08)			Proposed Outlays (2008-09)		
		State Share	GoI Share	Total	State Share	GoI Share	Total
	ICDS*	0.00	6099.81	6099.81	0.00	6492.84	6492.84
	SNP	903.00	555.80**	1458.80	2237.00	2237.00	4474.00

* This is a 100% centrally sponsored programme.

** Last installment of Govt. of India's share has not so far been received.

E. Immunisation

All Children below six years of age are immunised against six deadly diseases viz., tuberculosis, diphtheria, whooping cough, tetanus, polio and measles. Expectant women are also immunised against tetanus. Achievements of 2006-07 are given below:-

i. DPT	:101.94%
ii. Polio	:101.92%
iii. BCG	:105.13%
iv. Polio Booster	:84.37%
v. DPT	:84.38%
vi. Measels	:99.66%
vii. DT(5-6 Years)	:89.08%
viii. Vitamin A -1 st Dose	:75.79%
ix. Vitamin A-2 nd Dose	:65.07%

F. Health Check-up

The expectant mothers are examined at least 4 times during pregnancy by health staff and are given iron and folic acid tablets. Post natal care to nursing mothers and care of new born babies is also provided. Periodical weight of children is recorded by Anganwari Worker and close watch on their nutritional status is kept. The Anganwari Workers are also required to detect diseases/ minor

ailments / disabilities in children for which she also makes home visits. She also gives treatment for minor ailments like diarrhea, dysentery and also distributes medicines for prevention of vitamin deficiency and anaemia. Annually, @ Rs. 600/- medicine kits are provided to each Anganwari Centre.

G. Referral Services

Serious cases of mal-nutrition and illness are referred to appropriate health institutions and follow up is done.

H. Non-formal pre-school Education

Children between 3 to 5 years of age group are provided stimulation by organizing creative activities in the Anganwaris in such a way that the aim of developing desirable attitude, value and behaviour patterns is achieved. Annually, Pre-school education kits @ Rs. 500 are provided to each Anganwari Centre.

1. Honorarium to Anganwari Workers and Helpers

At present, State Govt. is giving Rs. 300 per month to Anganwari Worker and Rs. 200 per month to the Helper out of State budget in addition to the honorarium being given by the Govt. of India. The rates of honorarium of Anganwari Workers and Helpers are as under :-

	Govt. of India (Rs. per month)	State Govt. (Rs. per month)	Total (Rs. per month)
1. Anganwari Workers			
(a) Matriculate	1000	300	1300
(b) Matriculate with 5 years honorary work	1031	300	1331
(c) Matriculate with 10 years honorary work	1063	300	1363
(d) Non-Matric	938	300	1238
(e) Non-Matric with 5 yrs. honorary work	969	300	1269
(f) Non-Matric with 10 yrs. honorary work	1000	300	1300
2. Anganwari Helpers	500	200	700

Scheme of awards has also been introduced for Anganwari Workers from the year 2000 and every year 16 Anganwari Workers are selected for the State awards.

7.7.3.6 Self Help Groups

Through the network of Anganwari Workers, in the State up to 30.09.2007, 17884 Self Help Groups of Women have been formed in the State. Out of these 11,880 SHGs have been linked to the banks.

7.7.4.7 Training under ICDS

There is provision of regular Job/ Refresher training under ICDS and all functionaries are provided trainings as under:-

Functionaries	Name of the Trainings	Duration	Institution where Training is provided
Child Development Project Officers/ Asstt. Child Development Project Officers	Job Training	1 Month	National Institute of Public Co-operation and Child Development, New Delhi/ Lucknow.
CDPO/ ACDPO	Refresher Training	1 week	--- do --
Supervisors	Job Training	1 month	Middle Level Training Centre, RAI, Sonipat, Haryana.
Supervisors	Refresher Training	1 week	-- do --
Anganwari Workers / Helpers	Job Training	1 month	Anganwari Training Centre (AWTC), Theog, Gaggal, Sunni, Rasmai
Anganwari Workers / Helpers	Refresher Training	1 week	--do--
Anganwari Helpers	Orientation Training	6 days	Trained functionaries (CDPOs/ DPOs)

7.7.3.8 New Schemes under ICDS

1. Balika Samridhi Yojna

Balika Samridhi Yojna was introduced as a 100 % centrally sponsored scheme by Govt. of India on 15th August, 1997 to provide benefits under the scheme to girls belonging to below poverty line families born on or after 15.08.1997. From the year 2003-04, this scheme has been transferred to the State. The objectives of the scheme are as under:-

1. To change negative family and community attitude towards the girl child at birth and toward her mother.
2. To improve enrolment and retention of girl children in schools.
3. To raise the age at marriage of girls.

4. To assist the girls to undertake income generating activities.

Major Components of the scheme

- i). A post birth grant amount of Rs. 500/- : An amount of Rs. 500/- is deposited in an interest bearing account to be opened in the name of the girl beneficiary. On attaining adulthood (18 years age) the beneficiary can withdraw the amount from her account.
- ii). Scholarship :Annual scholarships ranging between Rs. 300 to Rs.1,000 per annum (up to matric) is provided on following rates when girl child born on or after 15th August,1997 starts attending the school :-

1.	Class 1-3	Rs. 300/- p.a.
2.	Class 4	Rs. 500/- p.a.
3.	Class 5	Rs. 600/- p.a.
4.	Class 6-7	Rs. 700/- p.a.
5.	Class 8	Rs. 800/- p.a.
6.	Class 9-10	Rs. 1,000/- p.a.

The amount of scholarships can be utilised for the purchase of textbooks and uniforms etc. for the girl child with due authorization of her parents/guardians. The progress up to 30.06.2007 is as under :-

Sr. No.	Component	No.of Beneficiaries	Expenditure (In rupees)
1	2	3	4
1	Post Birth Grant	39154	1,95,77,000/-
2	Scholarship	7288	20,53,900/-

For the year 2008-09, a provision of Rs.75.00 lakh has been made under this scheme.

2. Kishori Shakti Yojna

Kishori Shakti Yojna is aimed at improving nutritional and health status of adolescent girls and promoting self-development, awareness of health, hygiene, nutrition, family welfare and management so that there could be significant improvement in health and nutrition status of women and their decision making capabilities is promoted. This scheme was introduced in the year 2001-02 in 15 blocks of the State i.e. entire blocks of Hamirpur, Una, Kinnaur, Lahaul-Spiti and Karsog block of Mandi district to benefit adolescent girls (11-18 years). It was extended to all 75 ICDS projects of the state from 2005-06. Annual budget provision under the scheme is Rs.83.60 lakh (@ Rs.1.10 lakh per ICDS project, for 76 projects).

3. National Programme for Adolescent Girls (NPAG)

This programme was introduced in Kangra District of the State in the year 2001. Under the scheme, food-grains (rice and/or wheat) @ 6 kg. per beneficiary is provided to those adolescent girls whose weight is less than 35 kg. Originally, the programme was introduced for 2 years. Now the programme has been extended upto 31.03.2008. Under the scheme, about 56000 adolescent girls are being benefited. The objectives of the project are as under:-

1. Reduction in malnutrition
- 2.Reduction in chronic energy deficiency
- 3.Reduction of micro-nutrient deficiencies relating to Fe, I and Vitamin A

4. Swayamsidha

The scheme was introduced in 8 blocks viz. Rohru, Solan, Pachhad, Karsog, Jhandutta, Baijnath, Lambagaon and Chamba of the State in the year 2001-02 for a period of five years. Now, the scheme has been extended upto 31.03.2008. This scheme aims at the social, economic and political empowerment of women through formation of Self Help Groups. Under the scheme, 800 SHGs have been formed in these blocks (@ 100 SHG per block). As per schematic pattern, Rs.140.60 lakh was released to the state till 31.03.2007. Out of this amount, Rs. 128.78 lakh have been spent on trainings, exposure visits, awareness generation camps, publicity and creation of community assets etc. During current financial year an additional amount of Rs. 45.02 lakh has been received from GOI for which action plan has been prepared and sent to the GOI for approval. However, approval of Government of India is still awaited.

5. Innovations under ICDS

- a. Grading of Anganwari Centres has been introduced w.e.f. 2005-06.
- b. Syllabus for pre-school education prepared and introduced.
- c. Monthly grading of children.
- d. Village Level Co-ordination Committees notified by name from 2006-07. Monthly meetings are held on 3rd of every month.
- e. Mother and child card have been introduced from 2007-08.
- f. Hb. Testing of 1,11,253 and 36,560 Adolescent Girls done during 2006-07 and 2007-08 (up to Sep, 08) respectively.
- g. By utilizing the ECCE funds of Sarv Shiksha Abhiyan in the AWCs, writing tables (Chowkis) and Meena Kits have been provided. Various trainings for functionaries are also organized.

7.7.3.9 Child Protection and Juvenile Justice

(I) Child Protection:- With a view to provide care and shelter including educational facilities etc. to the orphan, destitute and abandoned children between the age group of 6 to 18 years. The department is running six departmental run Bal/Balika Ashrams and providing grant-in-aid to various NGOs for the running of thirteen Bal/Balika Ashrams are as under:-

Bal/Balika Ashram being run by Deptt. of SJ&E/NGOs

Sr. No.	Name of Ashram	Name of Institution
1.	Bal Ashram, Tutikandi Distt. Shimla	Deptt. of SJ&E
2.	Balika Ashram, Mashobra, Distt. Mashobra	-----do-----
3.	Bal Ashram, Masli Distt. Shimla	-----do-----
4.	Bal Ashram, Sujampur Distt. Hamirpur	-----do-----
5.	Balika Ashram Pragpur Distt. Kangra	-----do-----
6.	Bal/Balika Ashram, Killar Distt. Chamba	-----do-----
(B)	NGO RUN ASHRAMS	
7.	Balika Ashram, Sunni Distt. Shimla	H.P. Council for Child Welfare
8.	Balika Ashram, Kalpa Distt. Kinnaur	-----do-----
9.	Bal/Balika Ashram, Tissa Distt. Chamba	-----do-----
10.	Bal Ashram, Bharmour Distt. Chamba	-----do-----
11.	Bal Ashram, Jibhi Distt. Kullu	-----do-----
12.	Bal Ashram, Sarahan Distt. Shimla	-----do-----
13.	Bal Ashram, Rockwood Distt. Shimla	Kasturba Gandhi National Trust, Rockwood (Shimla)
14.	Balika Ashram, Durgapur Distt. Shimla	-----do-----
15.	Bal/Balika Ashram, Chamba	Mahila Kalyan Mandal Chamba
16.	Bal Ashram, Shilli Distt. Solan	Him Giri kalia Ashram Chamba
17.	Anathayala Dehar Distt. Mandi	Divya Manav Jyoti Dehar Distt. Mandi
18.	Bal/Balika Ashram, Bharnal Distt. Mandi	Deen Bandhu Seva mandal Bharnal Distt. Mandi
19.	Bal Ashram Kalpa	Red Cross Society , Kinnaur

To bridge the existing gaps in the on-going scheme, the department has restructured the existing schemes for the running maintenance and rehabilitation of

the inmates of bal/balika ashrams and introduced new consolidated scheme in the year 2006 namely “**Mukhya Mantri Bal Udhhar Yojna- An integrated scheme for the children in need of care and protection and rehabilitation**”. Under the scheme, the admission procedure staffing pattern, restructuring of ashrams, provisions for higher education beyond 10+2 classes, career counselling, vocational training, psychological intervention including counseling have been introduced. To ensure the public participation in the running and maintenance of these ashrams, registration of Zila Kalyan Samitis have been provided. During the current financial year an amount of Rs. 154.68 lakh has been provided for the running and maintenance of departmental ashrams and Rs. 155.98 lakh has also been provided as grant-in-aid to NGOs for the running and maintenance of ashrams.

2. Mother Teresa Asahay Matri Sambal Yojna:- For the bringing up of children upto the age of 14 years, the destitute, widow, deserted and divorced women belonging to BPL families whose annual income is below 11,000/- are provided annual assistance of Rs. 1000/- per child (for two children). During the current financial year 9066 children have been covered and an amount of Rs. 157.00 lakh has been provided in the budget for 2007-08.

(II) Juvenile Justice: The juvenile justice (care and protection of children) amendment Act, 2006 is being implemented in the State as per the provisions of the Act. For the children in conflict with law, Observation home -cum- special home at Una has been setup and for the children in need of care and protection children home, shelter homes have been established and the bal/balika ashrams already functioning under the department/NGOs aided by the department have been declared as children homes and shelter homes. Two Juvenile Justice Boards at Shimla and Una have been setup for dealing the cases of juveniles in conflict with law under the chairmanship of Judicial Magistrate Ist Class. 12 Child Welfare Committees have been set up for each district to deal with the cases of children in need of care and protection. During the current financial year an amount of Rs.79.00 lakh has been provided in the budget under the juvenile justice programmes. For the year 2008-09, a provision of Rs.291.28 lakh has been made under this scheme.

Besides above, emergency outreach service to the children in distress through **CHILD LINE** (Toll free helpline number 1098) have been set up in the office of HP Voluntary Health Organization at Shimla.

For all matters related to adoption of orphaned and abandoned children, HP Council for Child Welfare has been declared as **Adoption agency** as per the guidelines of **Central Adoption Resource Agency (CARA)**. The said NGO is running a Shishu Grih for the reception of abandoned children below the age of 6 years. This agency has adopted 48 abandoned children to the eligible couples since its declaration as adoption agency. The CARA is providing annual grant for the running and maintenance of Shishu Grih. During the year 2006-07, an amount of Rs. 4.47 lakh was released by Govt. of India. For the year 2008-09, a provision of Rs.291.28 lakh has been made under this scheme.