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REPORT
ON THE
Evaluation Study of the Applied Nutrition
Programme in Punjab



ISSUED BY:
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CHANDIGARH



The object of the Applied Nutrition Programme is to improve the nutritional status of the masses through dissemination of proper scientific knowledge, increased production and consumption of protective food and improvement in dietary habits. This programme was started in Punjab in the year 1964 and is being implemented under the overall control of the Development Commissioner, Punjab, through the Block Development and Panchayat Officers. Keeping in view the importance of the programme, the State Evaluation Committee, Punjab, decided to get this programme evaluated.

The results of the survey revealed that 24.7 per cent of the total villages were covered under Applied Nutrition Programme and 15.5 per cent of the households were benefited. Among the production components, progress of establishment of community gardens, school gardens and fisheries ponds was not up to the mark on account of lack of interest on the part of Panchayats and Block officials. The desired improvement in the nutritional status of the rural community could not be achieved as this programme was not being implemented properly.

My thanks are due to Shri J. S. Bhalla, Director, Bureau of Statistics for supervising the survey work and to Shri Tejwant Singh Bhasin, Research Officer for conducting the survey and drafting the report.

Chandigarh :

Dated the 22nd September, 1976 .

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A - SUMMARY OF MAIN FINDINGS

Applied Nutrition Programme was started in Punjab in the year, 1964. It is being implemented by the Directorate of Applied Nutrition Programme under the overall control of Development Commissioner. The object of the programme is to improve the nutritional status of the community through dissemination of proper scientific knowledge, increased production and consumption of protective foods.

2. *Object of the Survey.*—The object of the survey was to ascertain the impact of Applied Nutrition Programme and to study how far the individual schemes introduced under the programme are being implemented.

3. *Sampling design and methodology.*—25 per cent of the total blocks where Applied Nutrition Programme was in post intensive phase were selected by simple random sampling. In each of the sampling blocks, 3 villages were further selected by random sampling.

4. *Administrative Set-up.*—At the State level, the programme is under the charge of Development Commissioner who heads a State level Co-ordination Committee consisting of representatives of departments of Health, Agriculture, Animal Husbandry, Fisheries, Education and Social Welfare. With a view to eliminating procedural and financial difficulties typical to normal departmental routine, the programme has been decentralized and handed over completely to the Panchayat Samiti. The Chairman of Panchayat Samiti, the Executive Officers of Panchayat Samiti, the members and all the Executive Officers of the concerned Directorates including Medical Officer of the Primary Health Centre and Block Education Officer constitute the Block level Co-ordination Committee. The Block Development and Panchayat Officer is responsible for implementing the Applied Nutrition Programme at Block level through the Technical staff. Mukhsevika who is incharge of all women programmes at block level has also been made incharge of the Applied Nutrition Programme. Duties of the Mukhsevika concerned under Applied Nutrition Programme are establishment of Kitchen Gardens, formation of Mahila Mandals, supervision of Feeding Demonstration. Mukhsevika is assisted by the Gramsevikas who are the incharge of the programme in the selected villages under Applied Nutrition Programme. Balsevikas are posted in the blocks which are in the intensive phase for organising the Balwaris.

5. *Consumption Pattern.*—It was observed that total caloric intake per adult was less than the required quantity. Excess consumption of cereal and low consumption of fruit, vegetables, milk and pulses was observed.

6. *Community Gardens.*—None of the 33 selected villages in 11 blocks had community gardens. Two community gardens were set-up in the Nawanshahr block, but their experiment had failed due to carelessness and lack of interest on the part of panchayats. The main

reasons for the poor development of community gardens are as follows:—

- (i) Panchayats preferred to lease out the shamlat lands for getting regular annual income.
- (ii) Lack of irrigational facilities.
- (iii) Non-availability of suitable lands for horticulture.
- (iv) Lack of watch and ward arrangements.

7. *School Gardens*.—The purpose of setting up school gardens was primarily educational and extensional. They were managed by students under the guidance of a teacher. The underlying idea was to inculcate in them the habit of setting up kitchen gardens in their houses for nutritious food.

In all the 33 selected villages, there were 22 primary, 7 middle and 4 high schools. All the schools were not having gardens. 7 primary, one middle and one high school were having school gardens. In certain cases, it was observed that some assistance in the form of barbed wire, motor or diesel engines was supplied by block authorities, but even then the school gardens were not set up due to one reason or the other. Lack of training in gardening, non-availability of chemical pesticides and manure were reported. Seed and fertilizers were also found inadequate and the supply was untimely. Watch and ward arrangements after the school hours was a serious problem.

8. *Kitchen Gardens*.—The Kitchen garden scheme was intended to play a significant role to improve upon the dietary habits of people by providing fresh vegetables and fruit. It was observed that the percentage of households having kitchen gardens in the selected blocks in intensive and post intensive phase was 25.0 and 7.9 respectively. The factors responsible for the poor progress were shortage of space in the houses, lack of irrigational facilities, etc.

9. *Poultry*.—According to the programme, poultry units were to be established at regional, block and village levels. The study in the selected blocks/villages revealed that none of the local institutions had come forward to establish poultry unit at village level. The main reason for not establishing the poultry unit was that local institutions did not consider it worthwhile to start such units in view of limited demand of eggs in the villages and lack of leadership.

10. *Household Poultry Unit*.—It was observed that only 124 units were distributed among 33 villages. The supply of birds was not only inadequate but also untimely. It was also reported that generally influential people managed to get birds.

11. *Piggery*.—The State Government had sponsored the domestic piggery units in order to improve upon the dietary habits of the people. Difficulties regarding construction of sheds, marketing of pigs and non-availability of the proper feed were reported by the beneficiaries.

12. *Pisciculture*.—Each panchayat samiti was required to arrange a total pond area of 12 to 15 acres. A fish pond was found in

one village of Nawanshahr block at the time of survey. Low grant-in-aid to the panchayat, scarcity of water, shortage of construction material and lack of publicity and effort on the part of official machinery were the main reasons for slow progress.

13. *Supplementary Feeding Programme.*—The object of the feeding Programme was to encourage additional consumption of protective food for pre-school children and expectant nursing mothers through demonstrations regarding the proper use of locally available nutritious foods and preparation of correctly planned meals. The main observations regarding feeding programme are given below:—

- (i) It was observed that selection of beneficiaries for feeding programme was not done properly by the Mukh Sevika, Gram Sevika and Bal Sevikas.
- (ii) The feeding programme was not regular on account of lack of staff, lack of funds and failure of production components, viz., gardens, poultry, piggery, fishery, etc.
- (iii) There was lack of initiative on the part of panchayats and indifferent attitude of local population. There was shortage of utensils and non-availability of fuel.

14. *Training.*—The training of officials and non-officials was essential for the successful implementation of the Applied Nutrition Programme. The survey revealed inadequacy of training to both official and non-official categories. Frequent transfers of trained staff adversely affected the training Programme. Lack of initiative on the part of panchayats was also observed.

SUMMARY OF RECOMMENDATIONS

1. Administrative Set-up :

- (a) At block level, work-load of the extension staff concerned with A. N. P. should be assessed and more staff should be provided wherever necessary.
- (b) Staff trained under Applied Nutrition Programme should not ordinarily be transferred earlier than five years.
- (c) Staff working under A. N. P. showing good work should be given some incentive.
- (d) Only those villages should be selected where Panchayats are willing to offer liberal contributions.
- (e) Block officials should concentrate more energy on weaker section of the society.
- (f) Quantum of supervision by the officers of the Blocks regarding Applied Nutrition Programme in selected villages should be reported in the Quarterly Progress Reports.

2. Production Components:

Community Garden.—

- (a) At least two Panchayats in each block should be persuaded to set up community gardens, and necessary assistance should be provided by the block agencies in order to make it a success.
- (b) Land should be acquired by the Government to plant fruit trees in demonstration garden.
- (c) The produce of these gardens should be utilized for the feeding programme.

School Garden.—

- (a) Before allotting the electric motor/diesel engine to any school, necessary condition should be observed.
- (b) Strict instructions from the D. P. I. should be issued to the Head Masters for taking greater interest in the establishment of the garden.
- (c) At least one teacher from every school should be trained in running the gardens.
- (d) Panchayat should also be actively associated with the management of the garden.

Kitchen Garden.—

- (a) Wide publicity regarding importance of vegetables in diet should be done by displaying the posters in the Schools, Dharamshalas, Panchayat Ghars and also by showing films.

- (b) Timely supply of seeds, fertilizers and pesticides should be ensured.

Poultry.—

- (a) Adequate No. of poultry birds should be given to the households.
- (b) The Poultry Inspector should be provided with proper conveyance for carrying out frequent supervision and guidance of poultry farmers.
- (c) The feed should be freely made available at reasonable rates.

Piggery.—

- (a) Material for constructing proper sheds should be supplied by the Block Development Officer.
- (b) Feed at reasonable rates should be supplied.
- (c) Suitable arrangement should be made to purchase the pigs from the beneficiaries.

Fishery.—

- (a) Panchayat interested in setting up fish ponds should be provided with tubewell machinery to cope with shortage of water.
- (b) The work of renovation of ponds should be undertaken by the Directorate of Fisheries in which panchayat should also contribute in terms of labour.
- (c) Selling of fish to the villagers at reasonable rates should be encouraged at the site.
- (d) In order to develop competition among the Panchayats in the field of Pisciculture, some incentives in the form of awards should be given.

3. Supplementary Feeding Programme :

- (a) Mahila Mandal and Youth Clubs should be established in every village under Applied Nutrition Programme.
- (b) Feeding programme should be held regularly and surprise checks should be made by the officers from the headquarters.
- (c) Money for purchasing the fuel should be given from the funds of the blocks.
- (d) Suitable arrangement of utensils should be made on regular basis.

4. Training:

- (a) At least 5 knowledgeable persons per village should be trained before initiating the programme.
- (b) Some neighbouring model units should be taken over and the training institutions for demonstration purposes.
- (c) Funds meant for holding training camps should be specifically earmarked and conveyed in the beginning of the financial year, so that expenses may be reimbursed speedily.

CHAPTER-I

INTRODUCTION

1.1 The Evaluation Unit of the Economic and Statistical Organisation, Punjab, on the recommendation made in the annual conference in Community Development and Panchayat Raj held at New Delhi in 1964, first, conducted a survey on the Applied Nutrition Programme in September, 1966. The survey was repeated in September, 1974 by the Economic and Statistical Organisation by taking a larger sample. Applied Nutrition Programme in the State is being implemented by the Directorate of Applied Nutrition Programme under the overall control of Development Commissioner. The aim of Applied Nutrition Programme is to improve the nutritional status of community through dissemination of proper scientific knowledge, increased production and consumption of protective food and improvement in dietary habits. The Applied Nutrition Programme is a contract programme of 5 years. The three World Bodies (WHO, UNICEF, CARE), the Government of India, the State Government have entered into a contract for implementing this programme. UNICEF is promoting this scheme by supplying basic equipments for production and training while F. A. O. and W. H. O. are involved in providing technical advice. These World Organisations are making systematic attempt on a significant scale to developing a co-ordination and comprehensive programme of nutrition, education and training in the production/preservation/consumption of nutritionally valuable food.

1.2 Object of the Survey.—The object of the survey was to ascertain the impact of Applied Nutrition Programme and to study as to how for the individual schemes introduced under the programme are being implemented.

1.3 Sampling design and Methodology—25 per cent of the total blocks where Applied Nutrition Programme was in post intensive phase were selected by simple random sampling with not more than one block from a district. In each of the selected block, 3 villages were further selected by simple random sampling. Listing was done in selected villages and all the households were classified as beneficiary and non-beneficiary. 50% of beneficiaries with a minimum of 10 and 25% of non-beneficiaries subject to the maximum of ten were selected.

Period of the Survey.—The field work of the survey was started in September, 1974 and was completed by the middle of November, 1974.

1.4 Reference Period.—The reference period was taken from 1969-70 to the year 1973-74.

1.5 Schedules.—The following four schedules were designed for collection of information at different levels:—

Schedule I.—This schedule was meant for collection of information from selected blocks.

Schedule II:—This schedule was meant for collection of information from selected villages, which were covered under Applied Nutrition Programme.

Schedule III.—This schedule was used for listing of the households in the selected villages and formed a frame for selection of beneficiary and non-beneficiary households.

Schedule IV.—This schedule was meant for collection of information from selected households.

1.6. **Field Work.**—The field work of the study was done mainly by Technical Assistants of the Evaluation Unit of the Economic and Statistical Organisation, Punjab. The supervision over the field was exercised by the officers of the Evaluation Unit.

1.7. **Plan of the Report.**—The results of the survey are presented in six chapters. First chapter is introductory, Administrative set-up, criteria for selection of Blocks and villages, constituents of programme are given in second chapter. Third chapter contains distribution of households according to income groups, classification of households into vegetarians and non-vegetarians, consumption of cereals, pulses, vegetables, milk, ghee/oils, fruit, eggs, fish and meat. Production components of the programme, i. e. Community Gardens, School Gardens, Kitchen Gardens, Poultry, etc. are given in the fourth chapter of the report. Supplementary Feeding Programme is given in the fifth chapter and sixth chapter contains information about training given to officials/non-officials under Applied Nutrition Programme.

CHAPTER-II

THE APPLIED NUTRITION PROGRAMME AND ADMINISTRATIVE SET-UP

2.1. The Applied Nutrition Programme is a part of Community Development Movement for rural uplift. It is a centrally sponsored scheme. Under Applied Nutrition Programme Scheme, the Government of India gives central assistance to the extent of Rs. 34,000 per block per annum for operational period of 5 years. Similarly, the State Government is also committed to share the grant-in-aid of Rs. 8,000 per current Applied Nutrition Programme Block per annum for the development of production components. This assistance is given only on the agreement that the Panchayat Samiti concerned will also contribute an amount of Rs. 11,000 annually out of its non-governmental funds. As such, an annual amount of the Rs. 53,000 is available for each intensive Applied Nutrition Programme Block under the programme for the implementation of the scheme. By the end of 1973-74 out of 116 C. D. blocks, 49 Applied Nutrition Programme blocks had been covered. But out of 49 Applied Nutrition Programme blocks, 20 blocks were in the intensive development stage and the remaining 29 blocks in the post intensive stage. Applied Nutrition Programme is a phased programme of 5 years duration which every active Applied Nutrition Programme block is supposed to complete it in its stipulated period. No central assistance is, however, given to the post intensive blocks except State grant-in-aid to the extent of Rs. 5,000 each to the Post intensive Blocks for implementation of two schemes namely kitchen gardens and Domestic Poultry Units.

2.2. Administrative Set-Up.—

(a) *State Level.*—At the State level, the programme is under the charge of Development Commissioner who heads a State level Co-ordination Committee consisting of representatives of departments of Health, Agriculture, Animal Husbandry, Fisheries, Education and Social Welfare. The committee meets to review the progress of the programme and to discuss ways and means to achieve co-ordination at various levels in order to make the programme a success.

(b) *Block Level.*—With a view to eliminating procedural and financial difficulties typical to normal departmental routine, the programme has been decentralized and handed over completely to the Panchayat Samiti. The Chairman of Panchayat Samiti, the Executive Officer of Panchayat Samiti, the members and all the Executive Officers of the concerned Directorates including Medical Officer of the Primary Health Centre and the Block Education Officer constitutes the Block Level Co-ordination Committee. The Committee comes into existence through the resolution of the Panchayat Samiti as soon as the approval of selection of the block under Applied Nutrition Programme is accorded by the Government of India. The powers to implement the programme in the Block are vested under Section 42 of Panchayat Samiti and Zila Parishad Act, 1961 in the Panchayat Samiti as a statutory body. The Samiti, in turn, delegates the powers of final sanction to the

extent of Rs. 2,500 to the Chairman, Panchayat Samiti and powers of sanction up to Rs. 1,000 to the Executive Officer, Panchayat Samiti. All Programme schemes are sanctioned by the Panchayat Samiti under its overall powers of 'sanctioning scheme'. Technical estimates are, however, invariably prepared in all cases where engineering type of works are involved and technical sanction is obtained from the concerned technical authority. The Panchayat Samiti through its inherent powers accords 'sanction to the employment of work-charged staff like Mali under the Kitchen Garden Scheme, Balsevikas/Craft teachers under the demonstration of feeding scheme etc.

Block Development and Panchayat Officer.—The Block Development and Panchayat Officer is responsible for implementing the Applied Nutrition Programme at Block level through the technical staff. The success of implementation of schemes largely depends upon the approval of the different schemes by the chairman of Panchayat Samiti. It has been found that the B. D. P.Os. were less enthusiastic towards this programme on account of their pre-occupation with other developmental activities requiring higher priority.

Mukh Sevika and Gram Sevika.—Mukh Sevika who is incharge of all women programmes at block level has also been made incharge of the Applied Nutrition Programme. Duties of the Mukh-Sevika concerned with Applied Nutrition Programme are establishment of Kitchen gardens, formation of Mahila Mandals, supervision of Feeding Demonstration. Mukh Sevika is assisted by the Gram Sevikas who are the incharge of the programme in the selected villages under Applied Nutrition Programme. Balsevikas are posted in the Blocks which are in the intensive phase for organising the Balwarries. The Balsevikas organise Balwarries, impart training to the women in the villages about sanitation, cooking nutritious foods and help the Gramsevika in organising Demonstration Feeding Programme. Mukhsevika is responsible for maintaining the record for Preparation of periodical reports etc. Looking at the heavy workload of Mukhsevika, she cannot devote sufficient time to Applied Nutrition Programme. It has been observed that staff was frequently transferred. As a result of this, the programme was not properly implemented. It is, therefore, suggested that the staff trained under Applied Nutrition Programme should not ordinarily be transferred for a period of five years during which the Blocks are in intensive phase. The staff showing good work should be given some incentive. Work load of the Mukhsevika should be assessed and necessary staff should be given to her so that proper attention is devoted towards this programme.

2.3. Selection of Blocks.—The selection of blocks for the Applied Nutrition Programme is guided by the factors:—

- (1) Availability of funds in the block budget.
- (2) Local enthusiasm.
- (3) Good communication.
- (4) Stage of the block. Preference was given to the block which had atleast two years to run in stage 1.

- (5) Preference to blocks which were located near training institutions.
- (6) Existence of Primary Health Centres.

2.4. **Selection of Villages.**—In the first year of the programme, 15 villages in each of the blocks were to be selected and an equal number in the second year and remaining in the Third year.

The criteria for selection of 15 villages in the first phase of the programme is given below.—

- (1) Existence of spirit of co-operation and adequate village leadership.
- (2) Possibility of developing an active Mahila Samiti or Mahila Mandal.
- (3) Possibility of securing suitable land with the provision of irrigation facilities in the vicinity of the village school.

2.5. **Constituents of the Programme.**—The main components of the programme are production, supplementary feeding programme, training and nutrition education.

Production component comprises of poultry development, pisciculture and horticulture.

In furtherance of the programme, the Departments of Agriculture, Education and Animal Husbandry (Fisheries, Poultry and Piggery etc.) are playing a vital role.

CHAPTER-III

PARTICIPATION OF RURAL POPULATION IN APPLIED NUTRITION PROGRAMME AND CONSUMPTION PATTERN

3.1 The success of Nutrition Programme mainly depends upon the extent of the participation and the enthusiasm of the people and their leaders. It has been observed that the rural people tend to select only those programmes in which they expect some personal benefits. Besides, success or failure of the programme also depends upon the gap between the programme contents and socio-cultural life of the people of the area.

3.2 *Participation of rural population.*—Information obtained from the selected villages indicates that there were 722 beneficiaries, out of which 69 were scheduled castes. Beneficiaries formed 15.3 percent and the scheduled caste beneficiaries formed 15.3 percent of the total households. Any household was taken as 'beneficiary' if it had established kitchen garden, obtained poultry or piggery unit or its member had attended the feeding programme demonstration. The percentage of the total and scheduled caste beneficiaries in the Blocks in intensive phase was 28.2 and 13.6 respectively as against the corresponding figures of 12.7 and 3.6 per cent in Post Intensive Blocks. This indicates great fall in the number of beneficiaries in the post intensive phase who had stopped adopting these practices under the Applied Nutrition Programme. The distribution of sample beneficiaries and non-beneficiaries according to the income groups is given in Table 3.1—

TABLE No 3.1
Distribution of sample Households by income groups

Income groups	Blocks in intensive phase				Blocks in Post intensive phase				Total					
	Beneficiaries		Non-Beneficiaries		Beneficiaries		Non-beneficiaries		Beneficiaries		Non-beneficiaries		Total	
	No.	%age	No.	%age	No.	%age	No.	%age	No.	%age	No.	%age	No.	%age
<50	—	—	1	1.6	—	—	1	0.4	—	—	2	0.6	2	0.3
50—99	—	—	—	—	—	—	1	0.4	—	—	1	0.3	1	0.1
100—149	5	4.5	4	6.7	—	—	12	4.4	5	1.4	16	4.8	21	3.0
150—199	25	22.3	15	25.0	9	3.5	60	22.2	34	9.2	75	22.7	109	15.6
200—299	31	27.7	22	36.7	27	10.5	71	26.3	58	15.7	93	28.3	151	21.6
300—499	37	33.0	16	26.7	90	34.9	87	32.2	127	34.3	103	31.2	230	32.8
500 and above	14	12.5	2	3.3	132	51.1	38	14.1	146	39.4	40	12.1	186	26.6
Total	112	100.0	60	100.0	258	100.0	270	100.0	370	100.0	330	100.0	700	100.0

The results given in the above mentioned table indicate that people of the rural areas were not taking much interest in the activities of the Applied Nutrition Programme. The main reason of not participating in the programme was narrow outlook of the villagers. They attached importance to the programme when they see distinct financial benefits accruing to them. It is worth mentioning that the percentage of beneficiary increased with the increase in income. The non-beneficiaries households were comparatively having lesser income and belonged to labour class and scheduled castes. Persons belonging to labour class normally had no time to participate in such programmes as they remained busy in earning their livelihood. It is suggested that Block officials should concentrate their energy more on the weaker section of the society by improving their economic lot. It has been reported that while distributing poultry/piggery units and seeds for kitchen gardens, the Block officials had not cared to prefer the poor persons of the village and benefits had generally gone to the influential persons of the village.

It was also reported by the majority of the households that Gram Sewak/Gram Sevika or other Block officials had not even visited their households to make them conversant with the programme. It is suggested that quantum of supervision by the officers of the Blocks in the selected villages under Applied Nutrition Programme should be fixed and progress should be reported in Quarterly Progress Reports for the review.

3.3 Consumption per Adult:—Average consumption per adult per day has been worked out from the data collected from the beneficiaries and non-beneficiaries of the selected villages in different blocks. Consumption of various items were collected for a week from the households. The compiled information is given in Table 3.2—

TABLE No. 3.2
Average Daily Consumption.

Beneficiaries												
Name of the Block	Total Members	Adult Units	Cereals	Pulses	Vegetables	Milk	Ghee/Oil	Gur/Sugar	Fruits	Eggs	Meat	
Faridkot ..	211	162.7	446	87	84	369	38	76	40	0.016	17	
Noorpur Bedi ..	582	471.1	483	77	173	352	37	101	5	0.173	19	
Sub-Total ..	793	633.8	474	80	150	356	37	95	14	0.054	18	
Nawanshahr ..	190	166.0	450	37	110	401	20	77	26	0.169	17	
Nabha ..	234	197.0	510	73	117	339	30	95	56	0.151	8	
Verka ..	150	133.7	414	63	108	363	40	81	40	0.269	8	
Kapurthala ..	211	173.1	585	45	163	303	22	75	27	0.185	18	
Batala ..	202	159.3	515	55	131	380	39	68	55	3.302	16	
Mangat ..	265	228.2	488	75	122	156	21	90	32	0.206	31	
Malerkotla ..	227	195.1	479	53	79	366	27	88	29	0.209	17	
Gurharsahai ..	212	178.2	445	64	92	325	40	67	47	0.067	10	
Hoshiarpur I ..	187	133.3	538	70	108	431	47	85	43	0.210	11	
Sub-Total ..	1,878	1,522.8	504	61	117	549	31	86	40	0.196	17	
Grand Total Average ..	2,671	2,156.6	495	67	127	493	33	89	32	0.154	17	
Recommended ..	—	—	400	85	170	285	83	55	85	—	15	

Contd.....

TABLE No. 3.2

Average Daily Consumption.

Non beneficiaries										
Total members	Adult units	Cereals	Pul-ses	Vege-tables	Milk	Ghee/Oil	Gur/Sugar	Fruits	Eggs	Meat
163	126·0	444	71	65	429	48	74	30	0·040	1·071
144	120·2	521	75	129	317	28	117	5	0·549	4·992
307	246·2	481	73	96	374	38	95	18	0·021	8·000
229	189·9	458	36	71	217	11	39	5	0·047	3·949
139	118·2	508	78	90	232	28	77	19	0·047	—
170	125·5	498	68	102	428	43	84	24	0·112	3·187
184	151·4	446	28	105	208	16	56	10	0·033	—
205	159·9	588	60	114	364	39	80	34	0·131	5·000
153	123·8	429	43	62	196	14	48	—	—	—
184	151·6	438	48	54	282	17	54	5	0·086	6·000
170	137·4	472	74	85	329	53	67	38	0·015	3·000
177	142·6	486	65	88	379	42	78	25	0·091	1·000
1611	1,300·3	480	58	86	291	29	64	17	0·066	4·000
1918	1,546·5	480	60	87	304	30	59	18	0·059	4·000

A study of the above table reveals the pattern of consumption.

Cereals:—It reflects a shadow of pre-dominance of cereals in the dietary system of the both categories of beneficiaries and non-beneficiaries. The quantity of cereals consumed was found to be higher than that of the recommended one. The average daily consumption worked out to be 495 gms. and 480 gms. in regard to beneficiaries and non-beneficiaries respectively as against the recommended consumption of 400 gms. Lack of knowledge about the importance of balanced diet and poverty were mainly responsible for higher consumption of cereals.

Pulses:—The average daily consumption of the pulses in respect of all the blocks taken together works out to be 67 gms. and 60 gms. for beneficiaries and non-beneficiaries respectively as against the required quantity of 85 gms. The Faridkot and Nabha Blocks had the highest average daily consumption among beneficiaries and non-beneficiaries i. e. 87 gms. and 78 gms. respectively whereas Nawanshahr and Kapurthala Blocks were at the bottom i. e. 37 gms. and 28 gms. for beneficiaries and non-beneficiaries respectively.

Vegetables:—From the table it appears that the average daily consumption of vegetables falls short of 43 gms. and 83 gms. in case of beneficiaries and non-beneficiaries as against recommended quantity of 170 gms. In Noorpur Bedi Block, average daily consumption of vegetables regarding beneficiaries and non-beneficiaries was the highest i. e. 173 gms. and 129 gms. respectively and average consumption in Malerkotla Block was the lowest i. e. 79 gms. and 54 gms. Although the people have started realising the importance of vegetables in their diet yet there is need for increased production of vegetables.

Milk:—The table indicates that milk consumption for beneficiary and non-beneficiary households was 493 gms. and 304 gms. respectively as compared to the recommended in-take of 285 gms. It is indeed a favourable trend in the dietary system of family budget. In Faridkot and Hoshiarpur Blocks, the average daily consumption was the highest among all the blocks i. e. 431 gms. and 429 gms. for beneficiaries and non-beneficiaries respectively, whereas Mangat Block had the lowest consumption i. e. 156 gms. and 196 gms. respectively.

Oil/Ghee:—Its consumption was less than recommended quantity of 55 gms. The average consumption of oil/ghee worked out to be 33 gms. and 30 gms. for beneficiaries and non-beneficiaries respectively. Hoshiarpur and Guru Harsahai Blocks showed the highest consumption i. e. 47 gms. and 53 gms. for beneficiaries and non-beneficiaries respectively and Nawanshahr Block was at the lowest ebb.

Gur/Sugar :—Gur was consumed more than the recommended intake. Noorpur Bedi Block led in its consumption i. e. 101 gms. and 117 gms. for both the categories whereas Guru Har Sahai and Nawanshahr Blocks were at the bottom.

Fruit.—The consumption of fruit was reported to be less than that of the recommended quantity. Nabha and Guru Har Sahai blocks had the highest consumption of fruit i. e. 56 gms. and 38 gms. for beneficiaries and non-beneficiaries whereas Noorpur Bedi, Nawanshahr and Malerkotla Blocks had negligible consumption of fruit. The reasons for its low consumption are:—

1. Fruit is marketed in towns and cities.
2. Owing to ignorance, people do not attach much importance to the consumption of fruit.
3. Prices of fruit are generally high which are responsible for its low consumption.

Eggs and Meat:—Eggs and meat were consumed less than the required quantity. As such, protein which is of high biological value was taken less than the required standard.

The general reaction of the rural folk to the Applied Nutrition Programme for increasing the consumption of fruit, meat, fish and eggs was found unfavourable. Proverbially ruralities are slow to adopt improved practices due to backwardness and illiteracy.

CHAPTER-IV

PRODUCTION COMPONENTS OF THE PROGRAMME

4.1. As already indicated in early chapters that Applied Nutrition Programme consists of consumption, production, supplementary feeding and training. The production components comprise of the development of poultry, piggery, pisciculture and horticulture. Under the horticulture schemes, the establishment of community gardens, kitchen gardens and school gardens were the main items on which emphasis was laid in order to raise the level of nutrition in the food. The position of working of different schemes under horticulture is given below:

4.2. *Community Garden Scheme.* Community Gardens were set up to play an important role under the production aspect of the programme under Applied Nutrition Programme. According to the plan of operation, land for these gardens was provided and their maintenance was done by the Panchayat in co-ordination with Panchayat Samiti. The Samiti had to persuade two or three panchayats for setting up Demonstration Orchards having an area from 3 to 4 acres. The soil of the proposed site was invariably tested before the grant for sinking a tubewell was given. Such Panchayats were also supplied the entire machinery of tubewell, a grant of Rs. 300 per community garden and suitable assistance for fencing. The community gardens set up under the programme provided fruit for demonstration. The Panchayats were required to contribute 10 per cent of their normal income (in kind or cash) to the Panchayat Samiti for sustaining the demonstration feeding activities in the block. None of the 33 selected villages in 11 blocks for the survey had community gardens. This is attributed to the lack of interest on the part of the Panchayats and Block officials. However, two community gardens were set up in Nawanshahr block but their experiments had failed despite of the fact that many villages had plenty of shamlat land and facilities of irrigation. Although attempts were made to plant trees in some of the villages at the selected sites of community gardens yet the carelessness displayed by the people led the stray cattle to destroy them soon after. Besides, it seems that the rural folk was not adequately educated about the objectives behind such programmes. For achieving the desired success, it is recommended that atleast two Panchayats in each Block should be persuaded to set up community gardens and necessary assistance should be provided by the block agencies. It is also suggested that land should be acquired by the Government for demonstration gardens and fruit trees should be planted. The produce of the gardens should be utilized for the feeding programme. This is likely to inculcate the habit of fruit consumption among the people.

4.3. *School Garden Scheme.*—The school garden was purely an educative scheme for boys of Junior Classes in raising common kitchen vegetables, fruit and flower plants. The production component was as such nominal as produce from the school garden was meant to be consumed by the school children by way of supplementing school mid-day meals. The children were also to be encouraged through practical demonstration to carry the message of the Applied Nutrition Programme to their homes. The Samiti Authorities were to function as the supply line under the school garden

scheme and ensure delivery of requisite seeds, fertilizers and tool kits besides providing an adequate source of minor irrigation and fencing. The size of the school garden varied from 0.1 acre or more to a maximum of one acre depending upon circumstances of the block. A sub-committee of the block level Co-ordination Committee on Applied Nutrition Programme was to be formed exclusively for this scheme and should include the Chairman, the B. D. P. O., the D. E. O. and S. E. P. O. and the Sectional Officer for the purpose of proper implementation of scheme. The responsibility for setting up and maintenance of the school garden, however, was of the Head Master and the supervisory authorities of the Directorate of Public Instructions. The Samiti, besides functioning, as a supply line provided technical guidance through the Samiti Mali, The Applied Nutrition Programme Gramsevika and concerned Horticulture Extension Officer of the area. A careful planning of minor irrigation sources for the school gardens was to be ensured by the Panchayat Samiti. Primary school in non-electrified village was provided with a hand pump of good quality and single H. P. Monobloc single phase pump set was installed on this bore. The requisite pump set machine was purchased by the Samiti from the programme funds provided under the scheme.

Primary school in electrified/non-electrified village with more than two acres of cultivable area was provided a suitable sized tubewell.

The Samiti competent for sanctioning the estimates for sinking the bores was to provide the cost of bore not exceeding Rs. 1,000 each. Cases where the expenditure exceeded the cost of Rs. 1,000 were required to have prior clearance at the Headquarters. The tubewell bore grant as well as the machinery in such cases was issued to the panchayat concerned, and it was obligatory on the part of Panchayat to provide water free of cost.

Middle/High/Higher Secondary Schools

These institutions were provided with a fulfilled tube-well based on the lines mentioned above.

Out of all the 33 selected villages, there were 22 primary, 7 middle and 4 high schools. 7 primary schools were having gardens and almost all of them were having the irrigational facilities. In case of another primary school it was observed that it had received one assistance or the other from the block authorities. This assistance included barbed wire, motors or diesel engines. Motors were found lying idle for want of construction material or electric connections. However, toolkit was given to only one of the primary schools. As a matter of fact this toolkit should be provided to all the schools in order to facilitate the establishment of school gardens.

In case of 7 middle schools located in selected villages, only one of them was having a school garden. 3 Middle schools were reported to have got some assistance from the Block Officer, but none of the schools could set up the garden on account of lack of interest. Only one high school located in Bassi Chanauli in the Ropar District was having school garden which was found well established. Even in this school, some difficulties as pointed out by the school authorities were lack of training in gardening to any member of the school, non-availability of chemical pesticides and manure. The

reason observed in non-establishment of school garden was non-availability of all the facilities required for efficient working of the garden. It is suggested that while allotting the electric motor/diesel engine to any school, necessary pre-requisites should be arranged and it should be ensured that land allotted is also suitable. It was noticed that in few cases, electric motor, barbed wire and school garden tools were supplied by Block Authorities, but the school gardens were not established. Strict instructions from the Head of Education Department should be issued to the Head masters for taking interest in the establishment of the gardens. At least one school teacher from every school should be trained in running the garden. Panchayats should also be actively associated with the management of the garden.

4.4. *Kitchen Garden Scheme*.—Under the Horticulture schemes 'Kitchen Garden Scheme' was intended to play a significant role to improve upon the dietary habits of people by providing fresh vegetables and fruits. The Panchayat Samiti was required to prepare a list of 2,500 households/cultivators desirous of setting up private gardens having area not exceeding 10 marlas (.06 of an acre). Supplies of inputs at the door for the Blocks in intensive/post intensive phase of the programme was to be ensured in order to step up the vegetable production and supplies to the families. The number of Kitchen Gardens was to increase by 500 in every subsequent year so as to raise it to 4,000 by the end of intensive phase.

Generally, no fertilizer was issued to individual kitchen garden owners except in the case of non-land holding families operating small kitchen gardens in their houses.

As regard tool kits, these were issued to the groups rather than to individuals.

According to the working plan for the block in respect of the scheme, the Panchayat Samiti selects a suitable site of about 1/2 acre for raising vegetables, fruit plants and flowering plants nursery. A target of 2,500 gardens was fixed in each of the Applied Nutrition Programme Blocks. In accordance with the record of the 11 Blocks, there were 25,537 kitchen gardens by the end of the year 1973-74. It is revealed that percentage of the households having kitchen gardens in the blocks in intensive phase and blocks in post intensive phase was 25.0 and 7.9 respectively. Detailed information about the availability of seeds etc. was collected from the selected households and it was observed that majority of the households had a complaint about the untimely supply of the seeds for the kitchen garden. Out of total 700 sample households, 30.8 per cent reported that they had no space for setting up kitchen garden. 7.1 per cent families showed little interest, 8.1 per cent families reported that scarcity of water was the main reason for not establishing kitchen garden. Blockwise position of kitchen gardens in the sample households is given in Table 4.1.

TABLE No. 4-1
Number of sample ben-eficiaries/non-beneficiaries not having kitchen gardens and reasons

Blocks	No. of households surveyed	No. of households not having kitchen gardens	Reasons for not having kitchen gardens			Left after adoption	No use	Others
			Lack of space	Lack of interest	Lack of irrigation			
1	2	3	4	5	6	7	8	9
Faridkot	61	32	15	8	5	—	—	4
Noorpur Bedi	111	106	76	8	12	4	—	6
Sub-Total	172	138(80.2)	91(52.9)	16(9.3)	17(9.9)	4(2.3)	—	10(5.8)
Nawanshahar	55	33	23	4	2	—	—	4
Nabha	60	32	20	4	6	—	—	2
Verka	54	40	20	3	7	—	—	—
Kapurthala	60	32	20	3	4	—	—	5
Batala	58	30	19	4	3	—	—	4
Mangat	60	32	21	4	2	—	—	5
Malerkotla	60	34	20	3	8	—	—	3
Gurharsahai	60	30	15	6	5	2	—	—
Hoshiarpur I	61	37	27	3	3	—	—	4
Sub-Total	528	300(56.9)	185(36.5)	34(6.7)	40(7.9)	2(0.4)	—	27(5.3)
Grand Total	700	438(62.7)	276(40.6)	50(7.4)	57(8.4)	6(0.9)	—	37(5.4)

It is suggested that wide publicity regarding importance of vegetables in the diet should be done by displaying the posters in the schools, Dharamshalas, Panchayat Ghars, and also by showing films. Timely supply of seeds should be ensured to the households and fertilizers and pesticides should be given to the individual kitchen garden owners having no land.

4.5. *Domestic Poultry Units.*—Interested households in selected Blocks/villages were imparted training and assistance in starting small domestic poultry units based on deep litter system under obligation to run and maintain it for a period of two years. Approximately a sum of Rs 2,500 per annum as State Aid was available on specific conditions for setting up about 50 units per annum through village level workers in selected villages. A State Aid of Rs. 55 was given to each approved unit in the form of 15 six week old sexed birds comprising 12 females and three males. The beneficiary households were required to construct a small well ventilated poultry shed for housing the unit and then to feed the birds on Standard Poultry Growers Ration up to the laying-stage. The samiti Authority/Directorate of Animal Husbandry was required to arrange poultry feed on payment. Each beneficiary was issued birds as grant-in-aid only once and they were called upon to contribute 5 percent of the standard produce of such a unit (90 eggs or Rs 18 in cash) only once.

Poultry production at village level.—A sum of Rs. 2,500 was to be made available as assistance per annum for setting up a small unit through the local institutions i.e. Mahila Samiti/Youth Club/Schools. The type of services and mode of operation of these units was on the pattern of domestic poultry. The Directorate of Animal Husbandry, posted a poultry Extension worker in the Block. He was responsible for construction of sheds, timely stocking of units and necessary arrangements for treatment of birds. The block was attached to the nearest Poultry Extension Centre/Regional Farm for purposes of supplies and technical assistance.

The study in the selected blocks/villages revealed that none of the local institutions had come forward to establish unit at village level. The reason was that local institutions did not consider it worth while to start such units in view of the limited demand of eggs in the villages and lack of leadership.

Household Poultry Unit.—It was found that only 124 units had been distributed in 33 villages of 11 blocks. The percentage of beneficiaries to the total households in the selected villages was 2.9 only.

Poultry Units distributed in the selected villages of different

blocks is given below:—

Table No. 4.2—No. of poultry units distributed in the selected villages

Block	Total Households in selected villages	No. of beneficiaries receiving poultry unit	Percentage
Faridkot ..	387	15	3.9
Noorpur Bedi ..	366	21	5.7
Sub-Total ..	753	36	4.8
Nawanshahar ..	380	9	2.4
Nabha ..	390	5	1.3
Verka ..	527	9	1.7
Kapurthala ..	342	13	3.8
Batala ..	229	8	3.5
Mangat ..	557	18	3.2
Malerkotla ..	262	14	5.3
Guru Harsahai ..	453	5	1.1
Hoshiarpur-1 ..	327	7	2.1
Sub-Total ..	3,467	88	2.5
Grand Total ..	4,220	124	2.9

It was observed during the course of study that supply of units/birds was not only inadequate but also untimely. Even proper poultry feed was not available at reasonable rates. The chickens were generally supplied during the winter season which started laying eggs during summer when the demand for eggs was comparatively low. The arrangement of vaccination and supply of other medicines were not satisfactory. Lack of construction material for constructing sheds was also reported. The beneficiaries who received poultry units were not having sufficient knowledge about the poultry keeping. Poultry Inspector/Assistant were not given any conveyance to make effective supervision. Great demand for poultry units in the selected villages was reported. But it was found that generally influential people managed to get the birds. The progress of household poultry units in the 11 blocks is given in Table 4.3:—

TABLE NO. 4.3—Number of sample households having poultry units before and after the introduction of A. N. P. in the selected blocks.

Blocks	Total No. of sample households	Sample households having units before A.N.P.	Poultry unit after A.N.P. by sample households	No. of birds in sample households units started before A. N. P.	No. of birds in sample households units after A. N. P.
<i>Blocks in Intensive Phase</i>					
Faridkot ..	61	—	9	—	107
Noor Pur Bedi ..	111	2	11	7	73
Sub-Total ..	172	2	20	7	180
<i>Blocks in Post intensive Phase</i>					
Nawanshahar ..	55	13	21	141	2,382
Nabha ..	60	4	4	9	9
Verka ..	54	—	8	—	57
Kapurthala ..	60	18	21	151	76
Batala ..	58	—	9	—	263
Mangat ..	60	18	7	174	7
Majerkotla ..	60	12	18	56	115
Guru Harsahai ..	60	2	3	20	64
Hoshiarpur-I ..	61	—	7	—	69
Sub-Total ..	528	67	98	551	3,042
Grand Total ..	700	69	118	558	3,222

The above table shows an increase in the number of households since the inception of Applied Nutrition Programme. The number of households which had poultry units after the Applied Nutrition Programme was 118 (16.9%) as against 9.9% before Applied Nutrition Programme out of the total No. of households i.e., 700. Number of birds existing before and after the inception of the programme was 558 and 3,222 respectively.

The suggestions for improving the scheme are enumerated below :—

- (i) Adequate supply of poultry units should be given in a village. This will not only satisfy the willing households but will also facilitate the Poultry Inspector/Assistant to exercise proper supervision.
- (ii) Construction material should be supplied for constructing the sheds before supplying the units.
- (iii) It should be ensured that the beneficiaries are conversant with the up-keep of the poultry.
- (iv) The poultry Inspector should be provided with the proper conveyance for carrying out supervision and guidance to poultry farmers.
- (v) The feed should be freely made available at reasonable rates.

4.6. *Piggery*.—The State Government had sponsored the domestic piggery units to improve upon the dietary habits of the people. Pork production is one of the quickest methods of production of animal protein rich food and hence deserves to be popularized. The Panchayat Samiti provides a grant-in-aid of Rs. 200 per unit of its annual provision of Rs. 2,000 to the beneficiaries. They were supplied 5 months old weaned piglets on the condition that these will be maintained under proper hygienic conditions. They were required to continue such a unit for a minimum period of 4 years. The costs of pig-shed and feeding of pigs were to be borne by the beneficiary himself. The Directorate of Animal Husbandry through the Local Poultry Extension Workers/Veterinary Assistant Surgeons provided the necessary arrangements for their treatment. Preference to domestic piggery was given to those applicants who came from intensive villages. Each beneficiary of a domestic piggery unit contributes a minimum of Rs. 60 per unit towards the Samiti Applied Nutrition Programme Pool Funds as a voluntary contribution. Year-wise number of piglet units distributed in the sample selected blocks is given in Table 4.4 :—

TABLE NO. 4.4—Number of animals distributed to the beneficiaries

Blocks	<i>No. of animals distributed during</i>				
	1969-70	1970-71	1971-72	1972-73	1973-74
Faridkot ..	—	—	60	105	165
Noorpur Bedi ..	—	—	—	40	40
Sub-Total ..	—	—	60	145	205
Nawanshahar ..	60	50	50	50	—
Nabha ..	—	—	—	*	*
Verka ..	—	—	140	—	—
Kapurthala ..	—	50	*	50	40
Batala ..	45	25	—	—	—
Mangat ..	—	—	35	30	28
Malerkotla ..	—	—	35	35	35
Guru Har Sahai ..	29	28	—	35	76
Hoshiarpur-I ..	75	45	35	30	—
Sub-Total ..	209	198	295	230	179
Grand Total ..	209	198	355	375	384

*Record not available.

The progress in the selected blocks regarding the number of animals distributed was not encouraging. The rearing of pigs was not popular. None of the beneficiaries was found willing to continue with the piggery units beyond 4 years. Hence it is necessary that an attempt is made by the Community Development Workers to urge upon the people about the programme through their leaders. In order to make this programme a success, certain difficulties of construction of shed, marketing of pigs, non-availability of the proper feed as pointed out by the beneficiaries will have to be removed. It is, therefore, suggested that material for constructing proper sheds and feed at reasonable rates should be supplied by the Block Development Officer. The Animal Husbandry Department should make suitable arrangement to purchase the pigs from the beneficiaries at competitive rates.

4.7. *Production of Fish in village ponds.*—Scope for inland fish production in village is very limited due to non-availability of steady water supply in ponds. According to the schemes, the Panchayat Samiti was required to survey the situation and to arrange a total pond area of 12 to 15 acres in the block @ Rs. 500 per acre as grant in aid to the local Panchayat besides undertaking to pay for the cost of fingerlings and ensuring a watch and ward for the ponds.

Position of fisheries in the selected villages.—The fish pond was found in a village of Nawanshahr Block viz., Barrarin where fingerlings were stocked by the Fisheries Department. The income resulting from the fishpond was Rs. 500. Grant-in-aid of Rs 500 was received by the Panchayats of two more selected villages, one each of Nawanshahr and Kapurthala Blocks. This grant-in-aid remained un-utilized for lack of water in the pond during summer season or due to non-availability of cement for the renovation of the pond. Low grant-in-aid to the Panchayat was also one of the main reasons for non-establishment of fish ponds. The other reasons which hampered the growth of pisciculture were (i) Scarcity of water (ii) Shortage of construction material, (iii) Lack of publicity and effort on the part of official machinery.

The progress of pisciculture in the selected blocks is given below :—

TABLE NO. 4.5—Fish production and Quantity supplied for Applied Nutrition Programme in selected blocks.

	Fish production in Quintals					Quantity of fish supplied for feeding programme in Kgs.				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in Intensive Phase										
Faridkot ..	—	—	—	—	10.00	—	—	—	—	10.00
Noorpur Bedi ..	—	—	—	16.00	33.00	—	—	—	1.00	2.00
— Sub-Total ..	—	—	—	16.00	43.00	—	—	—	1.00	12.00
Blocks in Post Intensive Phase										
Nawanshahr ..	3.55	—	—	25.00	35.00	—	—	—	12.00	14.00
Nabha ..	—	—	—	—	—	—	—	—	—	—
Verka ..	—	—	—	—	—	—	—	—	—	—
Kapurthala ..	—	—	7.50	3.00	5.00	—	—	—	—	—
Batala ..	—	—	—	—	—	—	—	—	—	—
Mangat ..	—	40.00	—	10.90	8.50	—	—	—	12.00	—
Malerkotla ..	—	—	—	8.00	—	—	—	—	—	—
Guru Har Sahai ..	—	—	—	—	—	—	—	—	—	—
Hoshiarpur-I ..	—	—	8.80	—	8.00	—	—	8.00	—	—
Sub-Total ..	3.55	40.00	16.30	46.90	56.50	—	—	8.00	24.00	14.00
Grand Total ..	3.55	40.00	16.30	62.90	99.50	—	—	8.00	25.00	26.00

The fish production in 1969-70 according to this table was only 3.55 quintals which was raised to 99.50 quintals during 1973-74 whereas the quantity of fish supplied was 26 Kgs.

The main difficulties observed during the course of study were:—

1. Lack of water in the ponds was the main problem standing in the way of fish production.
2. Absence of renovation of the fish ponds.
3. Theft of fingerlings was reported in a few cases.
4. Lack of co-ordination between Fisheries Department and Panchayats was also hampering the progress of development of fishery.

The main suggestions made are as follow.—

1. It is suggested that Panchayat interested in setting up of fish ponds should be provided with tubewell machinery to cope with shortage of water.
2. Work of renovation of ponds should be undertaken by the Directorate of Fisheries in which Panchayat should contribute in terms of labour.
3. The arrangement of selling fish to the villagers at reasonable rates should be made.
4. In order to develop competition among the Panchayats in the field of pisciculture, some incentive in the form of awards should be given.

CHAPTER—V

SUPPLEMENTARY FEEDING PROGRAMME

5.1. This programme derived at encouraging the additional consumption of protective foods by pre-school and school children and expectant and nursing mothers hereto be referred to as vulnerable groups and subsequently the whole community by Educational Demonstration feeding schemes designed to educate the community on the use of locally available nutritious foods and in the preparation of correctly planned meals.

Demonstration feeding schemes.—Feeding programme was entrusted mainly to Gram Sewak, Bal Sevikas etc. under the supervision and guidance of the Mukhsevika, Mahila Mandals and Youth Clubs. These schemes envisage to benefit these vulnerable groups as follows :—

- (i) to educate the recipient and the community as a whole on the nature and importance of balanced diet so that they may be encouraged to increase the production of necessary foods for their own consumption.
- (ii) to educate the recipients in the basic principles of personal and food hygiene.
- (iii) to develop an appreciation on the part of the village Panchayats about their responsibility in promoting educational demonstration feeding programme for the vulnerable groups.
- (iv) to provide means for development of women leadership and initiative in the village ; and
- (v) to supplement the normal dietaries so that the nutritional deficiencies in them may be made up.

5.2. *Mahila Mandal in the selected Blocks.*—Mahila Mandals play a significant role in the successful implementation of the Applied Nutrition Programme. Active co-operation of the members of the Mahila Samiti/Youth Club was required for the demonstrative feeding scheme. The scheme aimed at dissemination of cooking knowledge from health and nutrition point of view. These cookery demonstrations were arranged by the Lady Village Level Workers. The feeding of beneficiaries on bi-weekly basis was arranged in the selected villages.

The findings of the survey showed a steady increase of Mahila Mandals, Youth Clubs and their membership in the selected blocks. The progress of these Mandals/Youth Clubs and their membership in the selected Blocks is given in Table 5.1 :—

TABLE NO. 5.1.—Establishment of Mahila Mandals, Youth Clubs and their Member-

Blocks	Number of Mahila Mandals					Membership				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in Intensive Phase										
Faridkot ..	—	—	2	6	5	—	—	40	108	120
Noorpur Bedi ..	—	—	—	3	7	—	—	—	55	173
Sub-Total ..	—	—	2	9	12	—	—	40	163	293
Blocks in Post-Intensive Phase										
Nawanshahar ..	13	13	13	10	10	175	175	175	250	240
Nabha ..	—	—	—	—	9	—	—	—	—	180
Verka ..	—	10	10	11	9	—	360	360	400	210
Kapurthala ..	5	10	15	15	15	100	200	350	350	N.A.
Batala ..	5	12	5	11	6	89	214	55	98	110
Mangat ..	11	11	11	11	11	193	154	288	266	228
Malerkotla ..	10	10	10	10	8	100	100	100	100	240
Guru Harsahai ..	4	4	4	3	2	70	70	89	40	48
Hoshiarpur-I ..	7	10	11	11	11	175	200	275	275	275
Sub-Total ..	97	80	79	82	86	902	1473	1692	1779	1531
Grand Total ..	97	80	81	91	98	902	1473	1732	1942	1824

ship in selected Blocks

Number of Youth Clubs					Membership					Remarks
1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74	
—	—	5	5	5	—	—	20	100	97	
—	—	—	3	5	—	—	—	45	176	
—	—	5	8	10	—	—	20	145	273	
7	7	7	7	7	14	140	140	140	140	
—	—	—	—	16	—	—	—	—	162	
—	12	10	8	9	—	170	100	95	105	
—	—	—	5	5	—	—	—	100	N.A.	
9	5	4	9	6	58	61	45	83	75	
9	9	11	11	10	101	126	156	134	156	
10	10	10	10	10	100	100	100	100	100	
8	8	6	6	6	90	84	76	72	75	
6	7	9	10	10	90	105	135	150	150	
49	58	57	66	79	579	786	752	874	963	
49	58	62	74	89	579	786	772	1019	1236	

5.3. *Extent of Participation of Mahila Mandals.*—Data collected from the selected villages about the active participation of the Mahila Mandals in the feeding programme reveals that Mahila Mandals existed in 23 villages out of which 20 were associated with the feeding programme. Block-wise position of Mahila Mandals and their association with the feeding programme is given below:—

TABLE NO. 5.2
Role of Mahila Mandals

Name of the Block	No. of villages surveyed	No. of villages in which Mahila Mandals existed	No. of villages in which Mahila Mandals associated themselves with the work
Fari dkot	3	1	1
No orpur Bedi	3	3	3
Sub-Total	6	4	4
Nawanshahr	3	1	1
Nabha	3	3	3
Verka	3	2	1
Kapurthala	3	3	3
Batala	3	2	1
Mangat	3	3	1
Malerkotla	3	2	2
Guruhar Sahai	3	—	—
Hoshiarpur I	3	3	3
Grand Total	33	23	20

In order to make the feeding programme a success, it is suggested that Mahila Mandal should be established in every village for without it the necessary enthusiasm can hardly be created. This fact is also collaborated by the study which was conducted in the 33 selected villages.

5.4. *Public participation in the feeding programme.*—Out of 4220 households in the selected villages, only 421 households had participated in the feeding programme from which it can be concluded that the feeding programme was not popular with the masses. It is further revealed that from 421 house-holds, the number of members attending the feeding programme was

1002 i.e. more than 2 members of a family participated in the feeding programme. The following table shows extent of participation in these demonstrative feeding programmes by the households in different selected blocks:—

TABLE No. 5.3
Extent of Participation in Demonstrative Feedings

Blocks	No. of House holds	No. of households who attended demonstrative feedings	No. of members of households attending demonstrative feedings
Faridkot	.. 387	22	77
Noorpur Bedi	.. 366	87	154
Sub-Total	.. 753	109	231
Nawanshahar	.. 380	18	50
Nabha	.. 390	51	150
Verka	.. 527	3	9
Kapurthala	.. 342	46	125
Batala	.. 229	6	50
Mangat	.. 557	50	115
Malerkotla	.. 262	44	95
Guru Har Sahai	.. 453	60	127
Hoshiarpur-I	.. 327	34	100
Sub-Total	.. 3,467	312	771
Grand Total	.. 4,220	421	1002

5.5. Demonstration of feeding Programme and selection of beneficiaries— Data collected from the selected villages regarding conduct of demonstrative feeding programme showed that this programme was not conducted at regular intervals. The number of feeding programme demonstrations in the villages of the block in intensive phase varied from 1 to 4 times a month which was too low in comparison to the target of 8 demonstrative feedings in a month. The failure of the production units and inadequate grant for the feeding programme was responsible for the slow progress. Lack of staff in the Applied Nutrition Programme Block was also another factor which was hindering the feeding programme.

The work of selection of beneficiaries was entrusted to the Mukh Sevika, Gram Sevika and Bal Sevikas. In majority of the selected villages, the selection of beneficiaries was not done properly. Whosoever came to the site of feeding programme received the cooked food. It is suggested that feeding programme should be held regularly and surprise checks should be made by the officers from headquarters.

5.6. *Utensils, fuel and storage facilities.*—Out of 25 villages where the programme of feeding was carried out, utensils were arranged from the villagers in 5 cases only. It is suggested that before initiating the feeding programme, some suitable arrangement for utensils should be made on regular basis so that the botheration of collecting them locally is avoided. Besides, shortage of fuel was also reported in almost all the villages. In order to obviate this difficulty, it is suggested that money for purchasing the fuel should be given from the funds of the block.

CHAPTER—VI

TRAINING UNDER APPLIED NUTRITION PROGRAMME

The need of entrusting the Applied Nutrition Programme to trained personnel who would implement it in the field hardly requires to be over emphasized. The cost of training is borne by the UNICEF. The training camps of the block level officials and non-officials were arranged by the Panchayat Samitis at their own level and the expenditure incurred was reimbursable through Deputy Secretary, Development, working on behalf of the UNICEF. The Samiti was required to ensure a uniform and equitable rate of annual expenditure to avoid accumulation of funds over a long period.

The institutions mainly associated with the work of imparting training to the trainees are as follows:—

- (i) Punjab Agriculture University, Ludhiana.
- (ii) Gramsewak training centre, Batala.
- (iii) Gramsewak training centre, Nabha.

6.2. *Number of functionaries trained.*—The following table shows the total number of different types of official functionaries trained in Applied Nutrition Programme Blocks.

TABLE NO. 6.1

Official functionaries trained in Applied Nutrition Programme Blocks

Designation	1967	1968	1969	1970	1971	1972	1973	1974
Gramsevikas ..	36	17	19	88	3	5	40	27
School teachers ..	149	38	135	56	71	87	206	132
L.H.V.'s ..	12	14	7	10	11	11	16	4
Mukh sevikas ..	4	8	5	32	1	2	21	11
A.N. Midwives ..	32	38	35	47	25	45	45	17
State level officers	—	—	—	—	—	95	—	25
District level officers /block level officials/ Head of the training institutions ..	—	—	—	—	—	—	—	—
Total	233	115	201	233	111	245	328	216

The above table shows that the pace of training of different types of functionaries connected with the implementation of the programme was not encouraging. Data collected from the 11 selected blocks revealed that only 17 persons who were associated with Applied Nutrition Programme in these blocks were trained. Three Mukhsevikas, 6 Gramsevikas, all the 18 Bal sevikas and 5 Gram sewaks were found untrained at the time of survey. The position of staff both trained and un-trained is given in Table 6.2

TABLE No 6.2
Trained and Untrained Staff

Block	Mukh Sevika		Gram Sevika		Bal Sevika		Gram Sewak		Total	
	Trained	Untrained	Trained	Untrained	Trained	Untrained	Trained	Untrained	Trained	Untrained
Faridkot ..	—	1	—	1	—	2	—	1	—	5
Noorpur Bedi ..	1	—	1	—	—	2	—	1	2	3
Sub-Total ..	1	1	1	1	—	4	—	2	2	8
Nawan Shahar ...	—	1	—	1	—	2	—	1	—	5
Nabha ..	1	—	—	1	—	—	—	1	1	2
Verka ..	—	1	—	1	—	2	—	1	—	5
Kapurthala ..	1	—	—	1	—	2	1	—	2	3
Batala ..	1	—	1	—	—	2	1	—	3	2
Mangat ..	1	—	1	—	—	—	—	—	2	—
Malerkotla ..	1	—	—	—	—	2	1	—	2	2
Gur Har Sahai ..	1	—	—	1	—	2	1	—	2	3
Hoshiarpur-I ...	1	—	1	—	—	2	1	—	3	2
Sub-Total ..	7	2	3	5	—	14	5	3	15	24
Grand Total ..	8	3	4	6	—	18	5	5	17	32

All the 17 trained persons who were interviewed for knowing their opinion about the programme indicated that the training was quite beneficial to them for carrying out the programme. 5 persons (29.4 percent) desired that training should be made more practical and 1 of the 17 trained persons demanded that the training should be imparted in Punjabi. One of the trainees giving opinion about the programme pointed out that the arrangement for the boarding and lodging of the staff (especially lady staff) was not satisfactory. 3 persons (17.2 percent) asked for modification in the contents of the training programme.

6.3. *Non-officials trained in selected blocks.*—The number of trained non-officials during the last 8 years is given below:—

TABLE NO. 6.3
Non-officials trained

Designation	1967	1968	1969	1970	1971	1972	1973	1974
Panchayat Samiti members	33	—	—	—	18	19	—	—
Panches	—	125	57	279	989	322	653	—
Mahila Mandal members	403	1105	199	808	1967	2744	5142	307
Youth Club members	289	453	156	414	637	1924	893	—
Poultry Breed	—	—	—	—	228	1102	1934	388
Others	—	—	—	—	400	429	1166	165
Total	725	1683	212	1501	4239	6540	9788	860

Over 25 thousands non-officials including members of Panchayat Samitis, Sarpanches, Panches, members of Mahila Mandals and members of Youth Clubs were trained during last 8 years.

The data collected from 33 selected villages indicated that only 15 non-officials were given training on nutrition, cooking and composition of foods, setting up of kitchen gardens, poultry development etc. All of them were satisfied with the programme. 9 Out of 15 had done some practical work in Applied Nutrition Programme. Besides, 10 out of 15 were satisfied with the work done by the officials in their villages, and an equal number was having good opinion about the usefulness of the programme and indicated that the villages had been benefitted by the programme. The detailed information is given in the table at the end of the report. From this it appears that there was a very small number of trained persons in the selected villages. It is suggested that atleast 5 persons per village should be trained before initiating the programme in the villages. Due importance should be given to the leaders of the villagers for imparting training as they provide a link between the programme organizers and the community as a whole.

6.4. *Syllabus.*—The syllabus of training centres followed by the trainees

under Applied Nutrition Programme is as under:—

- (i) Enlightening of beneficiaries about the importance of good food for health, food sanitation and diseases pertaining to unhygienic food.
- (ii) Nutritive value of vegetables and fruit.
- (iii) Preparation of menu about cheap and nutritive meals for various age groups with special reference to mother and child.
- (iv) Laying out of kitchen gardens and community gardens with practical demonstration.
- (v) Poultry keeping.
- (vi) Food value of fish culture.

6.5. *Scope for improvement of Training Programme.*—Alongwith the theoretical aspect of Nutrition, Horticulture, Poultry and Fishery, efforts seemed to have been made by training institutions in order to make the syllabus more practicable. Thus the trainees were provided an opportunity to visit Poultry units, Kitchen gardens, School gardens, Fisheries tanks in the nearby villages as a specimen and the units which had good record of achievements were put to demonstration. But it has been observed that some of these units lacked the requisite demonstrative value. Under such circumstances institutions should take under their control certain units in the nearby villages for bringing them upto the required standard of development so that visits of the trainees to these units may prove useful.

6.6. *Wastage through transfers.*—It was revealed that a lot of wastage of training and set back to implementation of programme occurred on account of frequent transfers of the trained staff. To remedy this, as far as possible trained persons should not be transferred frequently and if at all they are to be transferred, vacancies should be filled up with trained counter parts. For this to be feasible, it is essential that more officials are trained in the work of Applied Nutrition Programme and some of them are kept in reserve.

6.7. *Delayed reimbursement.*—It was stated that the reimburseable expenses incurred by the samitis on training remained unpaid by UNICEF for a long time. If these funds are placed at the disposal of the samitis early in the year, feat of delayed reimbursement of expenses would be removed from the minds of the members of the Block samitis. This would result in holding more training camps.

6.8. *Nutritious food for the trainees.*—The trainees were given talk on the balanced diet and the nutritive aspect of various foods. But it was observed that only routine type of menu was served during their stay in the camps. Efforts should be made to serve demonstrative foods to the trainees during stay in the camp.

TABLES

TABLE No. I

Total number of beneficiaries, non-beneficiaries, kitchen garden, pig units supplied, poultry units distributed and number of families attending the feeding programme

Blocks	Beneficiaries	Non-beneficiaries	Kitchen gardens	Pig units supplied	Poultry units.	No. of families attending feeding programme	Beneficiaries canvassed	Non-beneficiaries canvassed
Blocks in intensive phase—								
Faridkot ..	47	340	44	—	15	22	31	30
Nurpurbedi ..	165	201	144	4	21	87	81	30
Sub-Total ..	212	541	188	4	36	109	112	60
			(88.7)	(1.9)	(17.0)	(51.4)		
Blocks in post intensive phase —								
Nanwanshahr ..	35	345	23	2	9	18	25	30
Nabha ..	55	335	19	4	5	51	30	30
Verka ..	25	502	26	—	9	3	24	30
Kapurthala ..	57	285	19	1	13	46	30	30
Batala ..	38	191	38	1	8	6	28	30

Mangat	..	60	497	32	—	18	50	30	30
Malerkotla	..	55	207	15	—	14	44	30	30
Guru Harsahai	..	61	392	60	—	5	60	30	30
Hoshiarpur I	..	55	272	43	—	7	34	31	30
<hr/>									
Sub-Total	..	441	3026	275 (62.4)	8 (1.8)	88 (20.0)	312 (70.7)	258	270
<hr/>									
Grand Total	..	653	3567	463 (70.9)	12 (1.8)	124 (19.0)	421 (64.5)	370	330

Note.—Figures in brackets indicate percentages with respect to total beneficiaries.

TABLE No. 2

Total number of villages in the Block and villages covered and their percentage to the total villages

Blocks	Total number of villages in the block	Number of villages covered under ANP	Percentage of total coverage
Blocks in intensive phase ---			
Faridkot ..	101	20	19.80
Nurpur Bedi ..	110	11	10.00
Sub-Total ..	211	31	14.69
Blocks in post intensive phase ---			
Nawanshahr ..	121	75	61.98
Nabha ..	175	50	28.57
Verka ..	76	30	39.47
Kapurthala ..	219	30	13.70
Batala ..	163	50	30.67
Mangat ..	198	36	18.18
Malerkotla ..	116	45	38.79
Guru Harsahai ..	136	20	14.71
Hoshiarpur I ..	194	30	15.46
Sub-Total ..	1398	366	26.18
Grand Total ..	1609	397	24.67

TABLE No. 3

Distribution of sample households by income groups

Income group	Blocks in intensive phase				Blocks in post-intensive phase				Total					
	Beneficiaries		Non-beneficiaries		Beneficiaries		Non-beneficiaries		Beneficiaries		Non-beneficiaries		Total	
	No.	percentage	No.	percentage	No.	percentage	No.	percentage	No.	percentage	No.	percentage	No.	percentage
Less than 50	—	—	1	1.6	—	—	1	0.4	—	—	2	0.6	2	0.3
50—99	—	—	—	—	—	—	1	0.4	—	—	1	0.3	1	0.1
100—149	5	4.5	4	6.7	—	—	12	4.4	5	1.4	16	4.8	21	3.0
150—199	25	22.3	15	25.0	9	3.5	60	22.2	34	9.2	75	22.7	109	15.6
200—299	31	27.7	22	36.7	27	10.5	71	26.3	58	15.7	93	28.3	151	21.6
300—499	37	33.0	16	26.7	90	34.9	87	32.2	127	34.3	103	31.2	230	32.8
500 & above	14	12.5	2	3.3	132	51.1	38	14.1	146	39.4	40	12.1	186	26.6
Total	112	100.0	60	100.0	258	100.0	270	100.0	370	100.0	330	100.0	700	100.0

TABLE No. 4

Blockwise detail of vegetarian/Non-Vegetarian

Blocks	Beneficiaries			Non-beneficiaries			Total		Total	
	Total No. of sample beneficiaries	Vegetarian	Non-vegetarian	Total No. of sample non-beneficiaries.	Vegetarian	Non-vegetarian	Vegetarian	Non-vegetarian		
Blocks in Intensive phase—										
Faridkot	29	8	21	30	7	23	15	44	59	
Nurpur Bedi	81	35	46	30	7	23	42	69	111	
Sub-Total	110	43 (39.1)	67 (60.9)	60	14 (23.4)	46 (76.6)	57 (31.5)	113 (66.5)	170	
Blocks in Post intensive phase—										
Nawanshahr	23	12	11	30	10	20	22	31	53	
Nabha	30	10	20	30	11	19	21	39	60	
Verka	25	9	16	30	15	15	24	31	55	
Kapurthala	30	16	14	30	3	27	19	41	60	
Mangat	30	3	27	30	20	10	23	37	60	
Malerkotla	30	5	25	30	16	14	21	39	60	
Guru Harsahai	30	12	18	30	6	24	18	42	60	
Hoshiarpur (I)	30	8	22	30	17	13	25	35	60	
Batala	28	6	22	30	3	27	9	49	58	
Sub-Total	256	81 (31.6)	175 (68.4)	270	101 (37.4)	169 (62.6)	182 (34.6)	344 (65.4)	526	
Grand Total	366	124 (33.9)	242 (66.1)	330	115 (34.8)	215 (65.2)	239 (34.3)	457 (65.7)	696	

Note.—Figures in brackets indicate the percentages with respect to total sample beneficiaries/non-beneficiaries

TABLE No. 5

The blockwise position of the community gardens in the selected villages

Blocks	Financial assistance received	Total area of shamlat land	Land leased out	No. of community gardens	Gardens area
Blocks in intensive phase—					
Faridkot	.. —	25.0	23.0	—	—
Nurpur Bedi	.. —	478.5	400.0	—	—
Sub-Total	.. —	503.5	423.0	—	—
Blocks in post intensive phase—					
Nawanshahr	.. —	35.0	33.5	—	—
Nabha	.. —	135.0	19.0	—	—
Verka	.. —	44.0	39.0	—	—
Kapurthala	.. —	72.0	72.0	—	—
Batala	.. —	8.5	2.5	—	—
Mangat	.. —	60.5	28.5	—	—
Malerkotla	.. —	30.5	2.5	—	—
Guru Harsahai	.. —	65.0	63.5	—	—
Hoshiarpur I	.. —	47.5	13.5	—	—
Sub-Total	.. —	498.0	274.0	—	—
Grand Total	.. —	1001.5	697.0	—	—

TABLE No. 6
Blockwise development of school garden

Blocks	Targets fixed					Achievements				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in intensive phase —										
Faridkot ..	—	—	10	10	10	—	—	8	8	9
Nurpur Bedi	*	*	*	*	*	—	—	—	..	12
Sub-Total	—	—	10	10	10	—	—	8	8	21
Blocks in post intensive phase —										
Nawanshahr ..	22	22	*	*	*	22	43	44	45	70
Verka ..	*	*	*	*	*	..	30	35	50	..
Nabha ..	*	*	*	*	*
Kapurthala ..	15	15	*	*	*	—	15	15	..	10
Batala	*	*	*	*	*	30	42	50	50	—
Mangat ..	*	*	*	*	*	—	12	..	22	35
Malerkotla ..	30	40	50	50	75	32	55	65	65	97
Guru Harsahai ..	*	*	*	*	*	20	23	26	29	30
Hoshiarpur I ..	30	30	30	30	30	20	20	30	30	30
Sub-Total	97	107	80	80	105	124	240	265	291	272
Grand Total ..	97	107	90	90	115	124	240	273	299	293

Note. .. Indicates figures not available.

*Indicates Targets not fixed.

TABLE No. 7

Number and area of school gardens in the selected Blocks

Blocks	No. of schools having gardens in the selected villages				Land under school gardens (in marlas)		
	Primary	Middle	High	Total	Irrigated	Un-irrigated	Total
Blocks in intensive phase—							
Faridkot	—	—	—	—	—	—	—
Nurpur Bedi	1	1	1	3	80	—	80
Sub-Total	1	1	1	3	80	—	80
Blocks in post intensive phase—							
Nawanshahr	1	—	—	1	2	—	2
Nabha	1	—	—	1	5	—	5
Verka	2	1	—	3	30	—	30
Kapurthala	1	—	—	1	10	—	10
Batala	3	—	—	3	30	—	30
Malerkotla	—	—	—	—	—	—	—
Mangat	—	1	—	1	20	—	20
Guru Harsahai	1	—	—	1	20	—	20
Hoshiarpur I	2	—	1	3	33	—	33
Sub-Total	11	2	1	14	150	—	150
Grand Total	12	3	2	17	230	—	230

TABLE No 8

No. of kitchen gardens in the selected blocks

Name of Blocks	Targets					Achievements				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in intensive phase—										
Faridkot ..	—	—	2500	2500	2500	—	—	120	2266	2642
Nurpur Bedi ..	—	—	—	500	2000	—	—	—	445	3807
Sub-Total ..	—	—	2500	3000	4500	—	—	120	2711	6449
Blocks in post intensive phase—										
Nawanshahr ..	3000	2498	*	*	*	3000	2498	3307	2873	930
Nabha ..	*	3500	*	*	*	..	1800
Verka ..	*	*	*	*	*	483	800	830
Kapurthala ..	3000	3000	3000	3000	3000	1327	3805	3425	4160	4130
Batala ..	*	*	*	*	*	5634	5557	3678	1925	509
Mangat ..	*	*	*	*	*	1279	581	526	510	510
Malerkotla ..	3500	2960	2960	4200	5200	4518	3360	3560	4477	5609

Guru Harsahai	..	*	*	*	*	*	5381	4200	3223	3200	2200
Hoshiarpur I	..	*	*	*	*	*	2000	2000	4000	4000	5200
Sub-Total	..	9500	11958	5960	7200	8200	22343	25299	22604	21161	19088
Grand Total	..	9500	11958	8460	10200	12700	22343	25299	22724	23872	25537

*Indicates Targets not fixed.

.. Indicates data not available.

TABLE No. 9

Number of sample beneficiaries/non-beneficiaries not having kitchen gardens and reasons their of

Name of the blocks	Beneficiaries							Non-beneficiaries						
	Total No. of sampled beneficiaries	No. of beneficiaries having no kitchen gardens	Lack of space	Lack of interest	Lack of irrigation facilities	Left after adoption	Others	Total No. of sampled non-beneficiaries	Lack of space	Lack of interest	Lack of irrigation facilities	Left after adoption	No. use	Others
Blocks in intensive phase—														
Faridkot	31	2	2	—	—	—	—	30	13	8	5	—	..	4
Nurpur Bedi	81	16	14	—	2	—	—	30	2	8	10	4	..	6
Sub-Total ..	112	18	16	—	2	—	—	60	15	16	15	4	..	10
		(16.1)	(14.3)		(1.8)				(25.0)	(26.7)	(25.0)	(6.7)		(16.7)
Blocks in post intensive phase—														
Nawanshahr ..	25	3	3	—	—	—	—	30	20	4	2	—	—	4
Nabha ..	30	2	2	—	—	—	—	30	18	4	6	—	—	2
Verka ..	24	10	—	—	—	—	10	30	20	3	7	—	—	..
Kapurthala	30	2	2	—	—	—	—	30	18	3	4	—	—	5
Batala	28	—	—	—	—	—	—	30	19	4	3	—	—	4

Mangat	30	2	2	—	—	—	—	30	19	4	2	—	—	5
Malerkotla	30	4	2	—	—	—	—	30	18	3	6	—	—	3
Guru Harsahai	30	—	—	—	—	—	—	30	15	6	5	2	—	2
Hoshiarpur I	31	7	7	—	—	—	—	30	20	3	3	—	—	4
Sub-total	258	30 (11·6)	18 (7·0)	—	2 (0·8)	—	10 (3·9)	270	167 (61·9)	34 (12·6)	38 (14·1)	2 (0·7)	—	29 (10·7)
Grand Total	370	48 (13·0)	34 (9·2)	—	4 (1·1)	—	10 (2·7)	330	182 (55·2)	50 (15·2)	53 (16·1)	6 (1·8)	—	39 (11·8)

Figures in brackets indicate percentages

TABLE No. 10

Number of poultry units distributed in the selected blocks

Blocks	Targets					Achievements				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in intensive phase—										
Faridkot ..	*	*	*	*	*	—	—	33	57	82
Nurpur Bedi ..	*	*	*	*	*	—	—	—	96	—
Sub-Total	—	—	—	—	—	—	—	33	153	82
Blocks in post intensive phase—										
Nawanshahr ..	72	95	100	94	98	72	95	100	94	98
Nabha ..	*	*	*	*	*	106	—	—	87	96
Verka ..	*	*	50	60	*	—	—	50	—	60
Kapurthala ..	90	90	90	90	90	—	90	85	75	113
Batala ..	*	*	*	*	*	94	—	60	30	90
Mangat ..	146	96	*	*	70	144	96	—	—	70
Malerkotla ..	114	96	144	154	357	114	96	144	66	257
Guru Harsahai ..	*	*	*	*	*	46	37	50	99	80
Hoshiarpur ..	96	96	96	96	96	49	126	..	199	147
Sub-Total	518	473	480	494	711	625	540	489	650	1011
Grand Total ..	518	473	480	494	711	625	540	522	803	1093

* Indicates Targets not fixed

TABLE No. 11

Number of sample households having poultry units before and after the introduction of Applied Nutrition Programme in the selected blocks

Blocks	Total no. of sample households	Sample households having units before A.N.P.	Poultry units started after A.N.P. by sample households	No. of birds in sample households units started before A.N.P.	No. of birds in sample households units started after A.N.P.
Blocks in intensive phase—					
Faridkot ..	61	—	9	—	107
Nurpur Bedi ..	111	2	11	7	73
Sub-Total ..	172	2	20	7	180
Blocks in post intensive phase—					
Nawanshahr ..	54	13	21	141	2382
Nabha ..	60	4	4	9	9
Verka ..	54	—	8	—	57
Kapurthala ..	60	18	21	151	76
Batala ..	58	—	9	—	263
Mangat ..	60	18	7	174	7
Malerkotla ..	60	12	18	56	115
Guru Har Sahai ..	60	2	3	20	64
Hoshiarpur I ..	61	—	7	—	69
Sub-Total ..	527	67	98	551	3042
Grand Total	699	69	118	558	3222

TABLE No. 12

Number of Poultry units and birds distributed in selected blocks

Blocks	No. of units distributed					No. of birds distributed				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in intensive phase—										
Faridkot ..	—	—	33	57	82	—	—	462	398	1148
Nurpur Bedi ..	—	—	—	96	—	—	—	—	1344	—
Sub-Total ..	—	—	33	153	82	—	—	462	1742	1148
Blocks in post intensive phase—										
Nawanshahr ..	72	95	100	94	98	1080	1330	1400	1316	1372
Nabha ..	106	—	—	87	96	—	—	—	—	—
Verka ..	—	—	50	—	60	—	—	750	—	844
Kapurthala ..	—	90	85	75	113	—	1260	1140	1050	1582
Batala ..	94	—	60	30	90	1316	840	1340	420	1260
Mangat ..	144	96	—	—	70	2160	1344	—	—	980
Malerkotla ..	114	96	144	66	257	1710	1444	2016	924	3598
Guru Har Sahai ..	46	37	50	99	80	690	518	700	1288	1120
Hoshairpur I ..	49	126	—	199	147	686	1764	—	2786	2058
Sub-Total ..	625	540	489	650	1011	7642	8500	7346	7784	12814
Grand Total ..	625	540	522	803	1093	7642	8500	7808	9526	13962

TABLE NO. 13

No. of pig units distributed in the selected blocks

Blocks	Targets					Achievements				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in intensive phase.—										
Faridkot	*	*	*	*	*	—	—	4	7	11
Nurpur Bedi	*	*	*	*	*	—	—	—	10	10
Sub-Total	—	—	—	—	—	—	—	4	17	21
Blocks in post intensive phase.—										
Nawanshahr	60	50	50	50	—	10	10	10	10	..
Nabha	*	*	*	*	*	10	10	10	10	10
Verka	*	*	*	*	*	28
Kapurthala	50	50	50	50	40	10	10	10	10	10
Batala	*	*	*	*	*	9	5
Mangat	—	—	35	30	28	—	—	7	6	7
Malerkotla	50	50	50	50	50	7	7	5
Guru Har Sahai	*	*	*	*	*	5	5	..	7	19
Hoshiarpur I	*	*	*	*	*	15	9	7	6	..
Sub-Total	160	150	185	180	118	59	49	79	56	51
Grand Total	160	150	185	180	118	59	49	83	73	72

* Indicates Targets not fixed.

.. Indicates data not available.

TABLE NO. 14

No. of piglets distributed under Applied Nutrition Programme and assistance received by the sample beneficiaries

(In Rs)

Name of the Blocks	No. of animals received under A.N.P.	Assistance received	No. of pigs sold	Amount received
1	2	3	4	5
Blocks in intensive phase.—				
Faridkot	—	—	—	—
Nurpur Bedi	12	—	6	750.00
Sub-Total	12	—	6	750.00
Blocks in post intensive phase.—				
Niwanshahr	10	800	8	1,500.00
Nabha	—	—	—	—
Verka	—	—	—	—
Kapurthala	5	—	1	250.00
Batala	5	—	3	750.00
Mangat	—	—	—	—
Malerkotla	—	—	—	—
Guru Harsahai	—	—	—	—
Hoshiarpur I	—	—	—	—
Sub-Total	20	800	12	2,500.00
Grand Total	32	800	18	3,250.00

TABLE NO. 15

Blockwise No. of ponds and their area in which the fingerlings were stocked

(Area in acres)

Blocks	No. of Ponds					Area under Ponds				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in intensive phase.—										
Faridkot	—	—	2	1	2	—	—	6.0	11.5	10.5
Nurpur Bedi	—	—	—	2	3	—	—	—	3.0	4.0
Sub-Total	—	—	2	3	5	—	—	6.0	14.5	14.5
Blocks in post intensive phase.—										
Nawan Shahr	—	2	1	1	3	—	2.0	1.0	1.2	2.0
Nabha	—	—	—	—	—	—	—	—	—	—
Verka	—	—	—	—	—	—	—	—	—	—
Kapurthala	2	2	—	2	2	9.0	8.0	—	9.0	7.0
Batala	—	1	4	2	—	—	2.0	7.5	4.0	—
Mangat	2	1	3	3	—	6.5	—	11.0	11.0	—
Malerkotla	1	—	—	—	—	5.0	6.0	—	—	7.5
Guru Har Sahai	—	1	1	1	1	—	2.5	2.5	2.5	2.5
Hoshiarpur-I	2	—	1	2	2	5.5	—	3.0	5.5	5.5
Sub-Total	7	7	10	11	8	26.0	20.5	25.0	33.2	24.5
Grand Total	7	7	12	14	13	26.0	20.5	31.0	47.7	39.0

TABLE NO. 16

Number of fingerlings stocked in the selected blocks

Blocks	Targets fixed					No. of fingerlings stocked				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
Blocks in intensive phase—										
Faridkot	*	*	11,000	11,000	11,000	2,000	10,590	9795
Nurpur Bedi	*	*	11,000	11,000	11,000	7,000	11,000
Sub-Total	—	—	22,000	22,000	22,000	—	—	2,000	17,590	20,795
Blocks in post intensive phase—										
Nawanshahr	11,000	11,000	11,000	*	11,000	..	3,728	1,157	3,224	3,790
Nabha	7,950	*	15,200	3,000	3,000
Verka	—	—	—	—	—	—	—	—	—	—
Kapurthala	11,000	11,000	9,000	9,000	*	9,000	3,400	8,800	9000	7000
Batala	*	*	*	*	*	..	18,45	11,700	4,000	..
Mangat	11,000	11,000	11,000	11,000	11,000	6,000	5,000	11,960	2,000	..
Malerkotla	*	*	*	*	*	3,500	6,000
Guru Har Sahai	*	*	*	*	*	..	2,000	2,400	3,000	2,000
Hoshiarpur-I	*	*	*	*	*	555	..	2,000	6,400	4,500
Sub-Total	40,950	33,000	46,200	23,000	25,000	19,055	21,973	38,017	27,624	17,290
Grand Total	40,950	33,000	68,200	45,000	47,000	19,055	21,973	40,017	45,214	38,085

*Indicate targets not fixed
 .. Indicates data not available

TABLE NO. 17
Blockwise production of fish in quintals

Blocks	Total fish production				
	1969-70	1970-71	1971-72	1972-73	1973-74
1	2	3	4	5	6
Blocks in intensive phase.—					
Faridkot	10.00
Nurpur Bedi	16.00	33.00
Sub-Total	—	—	—	16.00	43.00
Blocks in post intensive phase.—					
Nawanshahr	..	3.55	25.00
Nabha
Verka
Kapurthala	7.50	3.00	5.00
Batala
Mangat	..	40.00	..	10.90	8.50
Malerkotla	8.00	..
Guru Har Sahai
Hoshiarpur I	8.80	..	8.00
Sub-Total	3.55	40.00	16.30	46.90	21.50
Grand Total	3.55	40.00	16.30	62.90	64.50

.. Indicates data not available

TABLE NO. 18

Block-wise income from fish ponds

(In Rs)

Blocks	1969-70	1970-71	1971-72	1972-73	1973-74
1	2	3	4	5	6
Blocks in intensive phase—					
Faridkot
Nurpur Bedi
Sub-Total	—	—	—	—	—
Blocks in post intensive phase—					
Nawanshahr	370·00	1,200·00	..
Nabha
Verka
Kapurthala	80·00	405·00
Batala	—	—	—	—	—
Mangat	..	3,080·00	..	6,600·00	1,445·00
Malerkotla	200·00	..
Guru Harsahai
Hoshiarpur-I
Sub-Total	370·00	3,080·00	—	8,080·00	1,850·00
Grand Total	370·00	3,080·00	—	8,080·00	1,850·00

.. indicates data not available.

TABLE NO. 19

Quantity of fish supplied under A.N.P. in the selected blocks

(In Kgs.)

Blocks	Achievements				
	1969-70	1970-71	1971-72	1972-73	1973-74
1	2	3	4	5	6
Blocks in intensive phase—					
Faridkot	10.00
Nurpur Bedi	100.00	200.00
Sub-Total	100.00	210.00
Blocks in post intensive phase—					
Nawanshahr	12.00	14.00
Nabha
Verka
Kapurthala
Batala
Mangat	12.00	..
Malerkotla	5.00
Guru Harsahai
Hoshiarpur-I
Sub-Total	24.00	19.00
Grand Total	124.00	229.00

.. Indicates data not available.

TABLE NO. 20
Block-wise detail of feeding programme 1970-71

Blocks	Number of Mahila Mandals			Number of Balwaries			Number of Youth Clubs			
	Number of villages covered under A.N.P.	Total	Active as on 30-6-74	Membership of Mahila Mandals	Total	Active as on 30-6-74	Membership of Balwaries	Total	Active as on 30-6-74	Membership of Youth Clubs
Blocks in intensive phase—										
Faridkot	—	—	—	—	—	—	—	—	—	—
Nurpur Bedi	—	—	—	—	—	—	—	—	—	—
Sub-Total	—	—	—	—	—	—	—	—	—	—
Blocks in post intensive phase—										
Nawanshahr	15	13	7	175	7	3	175	7	7	140
Nabha	10	—	—	—	—	—	—	—	—	—
Verka	30	10	10	307	3	3	400	12	12	170
Kapurthala	15	10	5	200	5	5	200	—	—	—
Batala	30	12	12	214	8	8	97	5	5	61
Mangat	10	11	11	154	10	6	500	9	9	126
Malerkotla	23	10	10	100	7	6	200	10	10	100
Guru Harsahai	8	4	4	70	8	8	100	8	8	84
Hoshiarpur-I	10	10	10	200	7	7	140	7	7	105
Sub-Total	151	80	69	1,420	55	46	1,812	58	58	786
Grand Total	151	80	69	1,420	55	46	1,812	58	58	786

TABLE NO. 21

Block-wise detail of feeding programme 1971-72

Blocks	Number of villages covered under A.N.P.	Number of Mahila Mandals			Number of Balwaries			Number of Youth Clubs		
		Total	Active as on 30-6-74	Membership of Mahila Mandals	Total	Active as on 30-6-74	Membership of Balwaries	Total	Active as on 30-6-74	Membership of Youth Clubs
Blocks in intensive phase—										
Faridkot	5	2	2	40	5	5	100	5	5	20
Nurpur Bedi	—	—	—	—	—	—	—	—	—	—
Sub-Total	5	2	2	40	5	5	100	5	5	20
Blocks in post intensive phase—										
Nawan shahr	15	3	7	175	7	3	175	7	7	140
Nabha	10	—	—	—	—	—	—	—	—	—
Verka	40	10	10	360	4	4	363	10	10	100
Kapurthala	15	15	10	350	5	5	400	—	—	—
Batala	50	5	5	55	6	6	67	4	4	45
Mangat	10	11	11	288	10	6	500	11	11	156
Malerkotla	23	10	10	100	7	6	200	10	10	100
Guru Har Sahai	8	4	4	89	8	8	160	6	6	76
Hoshiarpur-I	10	11	11	275	7	7	140	9	9	135
Sub-Total	181	69	68	1,692	54	45	2,005	57	57	752
Grand Total	186	71	70	1,732	59	50	2,105	62	62	772

TABLE NO. 22

Block-wise detail of feeding programme 1972-73

Blocks	Number of villages covered under A.N.P.	Number of Mahila Mandals			Number of Balwaries			Number of Youth Clubs		
		Total	Active as on 30-6-74	Membership of Mahila Mandals	Total	Active as on 30-6-74	Membership of Balwaries	Total	Active as on 30-6-74	Membership of Youth Club
Blocks in intensive phase—										
Faridkot	10	6	6	108	5	5	100	5	5	100
Nurpur Bedi	3	3	3	55	4	4	228	3	3	45
Sub-Total	13	9	9	163	9	9	328	8	8	145
Blocks in post intensive phase—										
Nawanshahr	15	10	7	250	7	3	140	7	7	140
Nabha	10	—	—	—	—	—	—	—	—	—
Verka	40	11	11	400	4	4	329	8	8	95
Kapurthala	15	15	10	350	5	5	400	5	5	100
Batala	50	11	11	98	8	8	95	9	9	83
Mangat	10	11	11	266	10	6	500	11	11	134
Malerkotla	33	10	10	100	8	6	200	10	10	100
Guru Har Sahai	18	3	3	40	6	6	90	6	6	72
Hoshiarpur-I	10	11	11	275	6	6	120	10	10	150
Sub-Total	201	82	74	1,779	54	44	1,874	66	66	874
Grand Total	214	91	83	1,942	63	53	2,202	74	74	1,019

TABLE NO. 23

Block-wise detail of feeding programme 1973-74

Blocks	Number of villages covered under A.N.P.	Number of Mahila Mandals			Number of Balwaries			Number of Youth Clubs		Member-ship of Youth Clubs
		Total	Active as on 30-6-74	Member-ship of Mahila Mandals	Total	Active as on 30-6-74	Member-ship of Balwaries	Total	Active as on 30-6-74	
Blocks in intensive phase—										
Faridkot	5	5	5	120	5	5	100	5	5	97
Nurpur Bedi	7	7	7	173	2	2	50	5	5	176
Sub-Total	12	12	12	293	7	7	150	10	10	273
Blocks in post intensive phase—										
Nawanshahr	15	10	7	240	7	3	140	7	7	140
Nabha	50	4	4	210	3	3	150	9	4	105
Verka	10	9	9	180	2	2	50	16	16	162
Kapurthala	30	15	10	—	10	10	400	5	5	—
Batala	10	6	6	110	9	9	89	6	6	75
Mangat	6	11	11	228	6	6	300	10	10	156
Malerkotla	45	18	18	240	6	6	—	10	10	100
Guru Har Sahai	20	2	2	48	6	6	100	6	6	75
Hoshiarpur-I	10	11	11	275	6	5	100	10	10	150
Sub-Total	196	86	78	1,531	55	50	1,329	79	74	963
Grand Total	208	98	90	1,824	62	57	1,479	89	84	1,236

TABLE NO. 24

Role of Mahila Mandals

Name of the Blocks	Number of villages surveyed	Number of villages in which Mahila Mandals existed	Number of villages in which Mahila Mandals associated with demonstration
1	2	3	4
Blocks in intensive phase—			
Faridkot	3	1	1
Nurpur Bedi	3	3	3
Sub-Total	6	4	4
Blocks in post intensive phase—			
Nawanshahr	3	1	3
Nabha	3	3	3
Verka	3	2	1
Kapurthala	3	3	3
Batala	3	2	1
Mangat	3	3	1
Malerkotla	3	2	2
Guru Harsahai	3	—	—
Hoshiarpur-I	3	3	3
Sub-Total	27	19	17
Grand Total	33	23	21

TABLE NO. 25

Households classified by type of attitude

Blocks	Total Number of beneficiaries	Favourable	Un-favourable	Any change in the diet after the start of the programme		Any demonstrative feeding programme arranged in your house		Any prejudice in attending the programme	
				Yes	No	Yes	No	Yes	No
1	2	3	4	5	6	7	8	9	10
Blocks in intensive phase—									
Faridkot	31	22	9	18	13	21	10	2	29
Nurpur Bedi	81	33	48	33	48	41	23	—	81
Sub-Total	112	55	57	51	61	62	33	2	110
Blocks in post intensive phase—									
Nawanshahr	23	4	19	4	19	2	21	—	23
Nabha	30	15	15	15	15	4	26	3	27
Verka	25	5	20	5	20	5	20	2	23
Kapurthala	30	21	9	21	9	16	14	6	24
Batala	28	8	20	8	20	6	22	—	28
Mangat	30	10	20	10	20	10	20	6	24
Guru Harsahai	30	10	20	10	20	28	2	7	23
Hoshiarpur-I	31	23	8	23	8	15	16	3	28
Sub-Total	227	96	131	96	131	86	141	27	200
Grand Total	339	151	188	147	192	148	174	29	310

TABLE NO. 26

Trained personnel in A.N.P. Work transferred from the Block

Blocks	Whether transferred to A.N.P. or Non -A.N.P.		Substitute	
	A.N.P.	Non-A.N.P.	Trained	Un- trained
1	2	3	4	5
Blocks in intensive phase—				
Faridkot	2	—	2	—
Nurpur Bedi	—	—	—	—
Sub-Total	2	—	2	—
Blocks in post intensive phase—				
Nawanshahr	—	—	—	—
Nabha	—	—	—	—
Verka	—	1	1	—
Kapurthala	1	—	1	—
Batala	1	1	2	—
Mangat	—	—	—	—
Malerkotla	—	—	—	—
Guru Har Sahai	2	—	2	—
Hoshiarpur-I	—	—	—	—
Sub-Total	4	2	6	—
Grand Total	6	2	8	—

TABLE NO. 27

Opinion of the officials regarding training

Blocks	Number of persons giving opinion	Adequacy of Training		Training should be more practical	Lack of arrangement of boarding & lodging	Medium of instruction should be Punjabi	Time of training is short	Location of training centres not suitable	Contents of training should be increased
		Adequate	Inadequate						
1	2	3	4	5	6	7	8	9	10
Blocks in intensive Phase—									
Faridkot	—	—	—	—	—	—	—	—	—
Nurpur Bedi	2	2	—	2	1	—	—	—	—
Sub-Total	2	2	—	2	1	—	—	—	—
Blocks in post intensive phase—									
Nawanshahr	2	2	—	—	—	—	—	—	—
Nabha	1	1	—	1	—	—	—	—	—
Verka	—	—	—	—	—	—	—	—	—
Kapurthala	2	1	1	1	—	—	—	1	1
Batala	3	3	—	—	—	1	—	—	2
Mangat	3	3	—	—	—	—	—	—	—
Malerkotla	2	1	1	1	—	—	—	—	—
Guru Harsahai	3	1	2	—	—	—	1	—	—
Hoshiarpur-I	1	1	—	—	—	—	1	—	—
Sub-Total	17	13	4	3	—	1	2	1	3
Grand Total	19	15	4	5	1	1	2	1	3

ECONOMIC AND STATISTICAL ORGANISATION, PUNJAB :

Evaluation of Applied Nutrition Programme in Punjab:

Schedule to be convassed at the Block Level:

BLOCK—I

- | | |
|---|--|
| 1. Development Block_____ | 2. Tehsil/Distt._____ |
| 3. Total number of villages in the Block_____ | 4. Population of the Block_____ |
| 5. Year when Programme started_____ | 6. Number of villages covered under the programme up to 30th June, 1974_____ |

BLOCK—II

Duties assigned to the-officers/officials connected with A.N.P. at Block Level

Name of officials	Duties assigned		Difficulties experienced in discharging the duties regarding A.N.P.
	A.N.P.	Other developmental activities	

1

2

3

4

BLOCK—III (A)**Details of Training received**

Designation of officials who received training under A.N.P.	Type of training received	Period of training	Details of practical demonstration given	Was any written material on the subject given to the trainee
1	2	3	4	5

BLOCK—III(B)**Opinion of the official who received the training, Designation of the official...**

1. Were you able to understand the aims and objects of the scheme?
2. What was the specific role assigned to you under the scheme?
3. What is your opinion about the whole programme?
4. Have the villagers derived any benefit from the programme? Yes/No
5. Benefit accrued to the villagers.
6. What is your opinion about the adequacy of the training?
7. What were the difficulties experienced by you during the training?
8. Suggest the measures for the improvement of the training
 - (a) The content of training to be improved.
 - (b) Improvement in methodology of training.

BLOCK IV A

Development of Horticulture under A.N.P

Type of work	Year-wise targets under A.N.P.					Achievements during the year				
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74
	No. Area	No. Area	No. Area	No. Area	No. Area	No. Area	No. Area	No. Area	No. Area	No. Area
1. Kitchen Garden										
2. School Garden										
3. Community Garden										
Difficulties experienced in the implementation of the programme						Suggestions for improvement of the programme				

BLOCK IV.B**Development of Poultry under A.N.P.**

Items	Year-wise targets fixed under A.N.P.					Achievements during the year					Difficulties experienced in the implementation of programme	Suggestions for improvement	
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74			
No. of units													
No. of birds													
No. of eggs produced													

BLOCK IV C**Development of Fisheries under A.N.P**

Items	Targets fixed during the year					Year-wise achievements					Difficulties faced in implementation of programme	Suggestions for improvement
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74		
1. No. of fish ponds in the block.												
2. Area under fish pond (Hects.)												
3. No. of ponds in which the fingerlings were stocked.												
4. Area of those ponds.												
5. Total no. of fingerlings stocked.												
6. Production of fish.												
7. Total income from fish ponds.												
8. Quantity supplied under ANP (Kg)												
9. Marketing arrangement.												

BLOCK IV—D

Development of Piggery :

Items	Targets during the year					Achievements during the year					Remarks
	1969-70	1970-71	1971-72	1972-73	1973-74	1969-70	1970-71	1971-72	1972-73	1973-74	
1	2	3	4	5	6	7	8	9	10	11	12
1. Number of beneficiaries.											
2. Total number of animals distributed to the beneficiaries.											
3. Total number actual with the beneficiaries on the date of survey.											

BLOCK V (A)
Feeding Programme

Year	No. of villages covered under ANP	No. of Mahila Mandals		Membership of Mahila Mandals	No. of Balwaries		No. of beneficiaries in Balwaries	No. of Youth Clubs		Membership of youth clubs	Others (specify)
		Total	Active as on 30-6-74		Total	Active as on 30-6-74		Total	Active as on 30-6-74		
1	2	3	4	5	6	7	8	9	10	11	12
1969-70	..										
1970-71	..										
1971-72	..										
1972-73	..										
1973-74	..										

BLOCK V(B)**Year-wise**

	1969-70	1970-71	1971-72	1972-73	1973-74
1. Quantity of Fish supplied under A. N. P.	..				
2. Quantity of Vegetables supplied under A. N. P.	..				
3. Quantity of fruits supplied under A. N. P.	..				
4. Quantity of eggs supplied under A. N. P.	..				
5. Quantity of milk supplied under A. N. P.	..				
6. Others specify (grains and pulses etc.)	..				
7. Procedure for supply of the material to the villagers	..				
8. If any of the villages taken up in the first stage, has been dropped subsequently give the names of the villagers and reasons					

BLOCK VI

(To be canvassed from BDPO/SEPO only)

*What is the criteria for the selection of villages ?

Criteria	No. of villages
I.	..
II.	..
III.	..
IV.	..

BLOCK—VII

Give details of the equipment and other assistance received from U. N. and other agencies (State Government, Panchayat Simities, Village Panchayat)

Serial No.	Name of agency	Item_Unit	Quantity	Utilization of the assistance	Reasons if not fully utilized	Remarks
1	2	3	4	5	6	7
I						
II						
III						
IV						
V						

BLOCK—VIII(A)

Trained Personnel (In ANP work transferred from the Block)

Serial No.	Designation of the official	Whether transferred to ANP or non ANP Block	Since when	Substitute trained/untrained
1	2	3	4	5

BLOCK VIII(B)

Opinion of Staff concerned with ANP in the Block	Posts		Period for which the post remained vacant since the start of ANP in the Block
	Sanctioned	In possession	
1	2	3	4
I			
II			
III			
IV			
V			

What are the arrangements for keeping of records with ANP work in respect of

(i)

(ii)

Financial Provision made for ANP by the State Government

Name of the scheme	Financial provision (Rs.)	Expenditure during the year	Total expenditure since the inception of the pro- gramme	Remarks
1	2	3	4	5

Signature of Investigator.

Signature of Supervisor.

Date :

ECONOMIC AND STATISTICAL ORGANISATION
PUNJAB, CHANDIGARH.

Evaluation of Applied Nutrition Programme.
Family Survey Questionnaire

Village _____ Block _____ District _____

1. House No. _____
2. Name of head of the household. _____
3. Main Occupation : _____ Subsidiary occupation : _____
4. Details of the members of household :

Male Adults _____

Female Adults _____

Adolescents 12 to 21 years _____

Children

9 to 12 years _____ 3 to 5 years _____

7 to 9 years _____ 1 to 3 years _____

5 to 7 years _____ Infants _____

5. Total average monthly income of household. _____
6. Have you and your family been visited by any official/non-official to explain the value of different kinds of food and impress upon you the importance of taking balanced diet ? if so, how many times ?

If no, reasons for non-participation in the programme. _____
7. Total area of land holding of the household. _____
8. Total area of operational holdings. _____
9. Details of cultivation in the above area (excluding area under Kitchen Garden). _____

Serial No.	Name of cereals, Pulses, Vegetables, Fruits, Groundnut and Til	Area in acres (agricultural year)		
		At Present	Last year	Immediately before introduction of A. N. P.
I				
II				
III				
IV				
V				

10. Does the family have a kitchen garden ? If no, give reasons.

11. Area under Kitchen Garden and vegetables grown.

Serial No.	Area/Vegetations	Before the inauguration of A. N. P.	Last Agriculture year	At present
1	Total area (in Sq. yards)			
2	Vegetations			
	I			
	II			
	III			
	IV			

12. Assistance received in cash or kind (Seeds, fertilizers, insecticides, equipment etc.) for the kitchen garden.

Serial No.	Source	Item	Quantity	Whether adequate/inadequate
1	2	3	4	5

13.A Details of Milk Cattle and Milk Consumption.

Serial No.	Cattle	Number owned	No. in milk	Average daily yield of milk in (Kg.)	Actually consumed in family per day on average as		Remarks
					Milk (Kg.)	Milk product (Kg.)	
1	Buffaloe						
2	Cow						
3	Goat						
4	Others						

B. If the household owns a Poultry Unit give the following detail:

(a) Since when set up

(b) Assistance received

(i) No. of day old chicks supplied

(ii) Two months old chicks supplied

(iii) Concentrated feed supplied (Qty.)

C. If set up after the inauguration of A.N.P. was it due to persuasion by the workers assigned to A.N.P. work ? Yes/No.

D. Whether any member of the family received training in poultry ? Yes/No

E. Have you got proper shed for the Unit ? Yes/No

F. No. of eggs contributed for supplementary feeding programme.

G. Is it economical to run the Unit ? Yes/No

H. Difficulties being faced in running the Unit

I. Suggestions for improvement

Details of Poultry Unit

	Before A.N.P.	At present
1. No. of birds		
2. No. of eggs produced.		
3. No. of eggs consumed average per day.		

14. If the household owns a piggery unit give following details :

- (a) Since when set up
- (b) Assistance received
 - (i) No. of animal received under A. N.P. Yes/No
 - (ii) Whether any training received by the member of the family ? Yes/No
 - (iii) Any other assistance (Specify) Yes/No
- (c) Is it economical to run the unit ? Yes/No
- (d) If no, give reasons
- (e) No. of pigs sold and amount received.
- (f) Difficulties being faced in keeping the animals
- (g) Suggest measures for improvement

15. Feeding Programme :

- (a) Is the feeding demonstration under (ANP) being given to children, nursing and expectant mothers? Yes/No

If yes, (i) No. of children

- (ii) No. of nursing and expectant mothers.

(b) No. of times feed given during last month

Milk _____ Powder _____ Balwari feeding programme

Others (Specify) _____

(c) Are you opposed to the feeding of non-vegetarian food? Yes/No

(d) If yes, give reasons

16. Total food consumed in the household.

Name of food group Units	Quantity consumed by the household per day during the last week	Name of one or two food articles in each food groups mainly consumed
--------------------------	---	--

I. Cereals (Kg.)

II. Pulses (Kg.)

III. Green leafy vegetables (Kg.)

IV. Root Vegetables (Kg.)

V. Other vegetables (Kg.)

VI. Milk or Curd (Kg.)

VII. Ghee/Oil (Kg.)

VIII. Sugar /Gur (Kg.)

IX. Condiments (Grams)

X. Fruits (Grams)

XI. Eggs (No.)

XII. Meat (Kg)

XIII. Fish (Kg.)

17. Were you given any diet menu under the programme? If yes, what was the menu. How far have you followed this menu?

18. Has there been any significant change in your daily diet after the programme?

19. Does any family member received UNICEF or Care Milk from health centre or school? If so, give details?

20. How many members of your family have attended the Demonstrative Feeding Programme ?
21. Has any Demonstration Feeding Programme been organised in your household ?
22. Is there any prejudice against attending this programme ?
23. In the opinion of the house Lady/Head of family which diet articles are most important food for proper health they actually emphasise (in order of priority) in addition to their normal family diet to ?
 - I. School going children
 - II. Pregnant mothers
 - III. Nursing mothers
24. What is your reaction to the whole programme ?
25. Remarks

**ECONOMIC AND STATISTICAL ORGANISATION
PUNJAB.**

**Evaluation of Applied Nutrition Programme
Village Schedule**

BLOCK—I

1. Name of the village _____ 2. Block _____
3. District _____ 4. Total No. of households in the Village (on the date of survey)
5. Facilities available

(i) Educational Institutions, if no, the distance from the nearest School.	Yes/No
(ii) Medical Institution.	Yes/No
(iii) Distance from railway station Link road if no, distance from pucca road.	Yes/No
6. Year when programme was started :
7. Year when programme was over :
8. Name of Investigator :
9. Date of survey :

BLOCK—II

1. Panchayat/Shamlat Land :
 - (i) Total area :
 - (ii) Area leased out : ---
 - (iii) Area given under Community garden :
 - (iv) Was the area given cultivable ? If no, mention the percentage of cultivable area.

2. Community Garden

- 2.1 Details of cultivation in the area earmarked for the Community Garden.

Serial No.	Name of Vegetables, fruits, pulses, beans, nuts and til grown during last year	Area acres		Yield of the crops	Condition of the fruit trees planted	Mode of disposal of the produce	Quarterly contribution for the supplementary feeding programme
		Irrigated	Un-Irrigated				

1	2	3	4	5	6	7	8
I							
II							
III							
IV							
V							

Total

2.2 Was there any cropping pattern laid down under the Programme ?
If yes, give the details of cropping pattern

2.3. Has this cropping pattern been adhered to ?

2.4. Were any irrigation facilities developed by the villages ? (Specify well, tube-wells etc.)

2.5. Assistance /Subsidy received in cash/ kind (for the Community garden)

Items	Unit	Quantity	Source	Remarks
1	2	3	4	5
I	..			
II	..			
III	..			
IV	..			

2.6. Who is managing the garden ?

- (a) Village Panchayat
- (b) Youth Club
- (c) Mahila Mandal
- (d) Others

2.7. What are the arrangements for looking after the garden ?

2.8. Is it economical to run this garden ?
If not, what are the reasons ?

2.9. Are any accounts being maintained for this garden ? If so, who is responsible ?

2.10. Describe in detail the difficulties being experienced in running this garden ?

3. School Garden.

3.1. No. of school gardens in the Village ?

3.2. Area under school garden

3.3. Source and type of land

3.4. Source of irrigation

3.5. Details of cultivators in the area earmarked for the school garden ?

Name of School	Vegetables, fruits, beans, nuts and til grown during	Area Irrigated	Un-irrigated	Production (Quintals)	Condition of fruit trees planted	Mode of disposal of the produce	Quantity contributed for supplementary feeding programme
1	2	3	4	5	6	7	8

- 3.6. What is the cropping pattern laid down for the school garden ?
- 3.7. Has this cropping pattern being adhered to ? If not, why ?
- 3.8. Is the entire produce of the garden being consumed by students ?
- 3.9. What are the arrangements for cooking ?
- 3.10. Were any irrigation facilities developed in the school garden ?
- 3.11. Assistance received in cash/kind for the school garden :

Item	Unit	Quantity	Source	Remarks
1	2	3	4	5
I				
II				
III				
IV				

- 3.12. Number of teachers trained in running the garden. Give details regarding the training centres attended and duration of training ?
- 3.13. How much time does a student spend in the garden as on average daily ?
- 3.14. How many periods have been earmarked for this purpose ? (classwise)
- (i)
- (ii)
- (iii)
- (iv)
- 3.15. Is it economical to run the school garden ? If no, who is meeting the deficit ?

- 3.16. Are proper accounts being maintained for the garden ?
- 3.17. Who looks after the garden during vacations ?
- 3.18. Describe in detail the difficulties being experienced in running this garden ?
- 3.19. (i) No. of trees planted
(ii) No. of fruit trees
- 3.20 No. of trees in fruit bearing stage
- 3.21. Income from trees
- 3.22. Income from fruit trees

4. Kitchen Garden

- 4.1. Total No. of kitchen gardens in the village
- 4.2. What is the source for?
- (i) Seed and Seedlings
- (ii) Fertilizers
- (iii) Insecticides
- 4.3. Are the kitchen gardens run successfully for the household ? Yes/No
- If no, give general problems of the kitchen garden

5. Fish Ponds

- 5.1. Total no. of fish ponds in the village
- 5.2. Total area under fish pond
- 5.3. Date of stocking the pond with fingerlings ?
- 5.4. Source of supply of fingerlings
- 5.5. Actual yield of fish last year Quantity
(Quintals) Value
(Rs.—→)
- 5.6. Method of disposal of the fish ?
- 5.7. Source and amount of financial assistance received for the improvement of pond ?

- 5.8. What is the role played by the fisheries Department ?
- 5.9. Who is looking after the pond ?
- 5.10. Are there any trained fishermen in the village ?
- 5.11. Is it economical to run the fish pond ? if no, reasons ?
- 5.12. Describe in detail the difficulties being experienced in running the fish pond ?

6. Poultry.

- 6.1. Have any village poultry units been set up under the A. N. P. Programme ? If yes, give the following details
- (i) No. of units (on the date of survey)
 - (ii) No. of birds
 - (iii) No. of eggs contributed for supplementary feeding programme during last month if no, reasons
 - (iv) Average no. of eggs produced daily?
 - (v) Were the poultry keepers given adequate training ?
 - (vi) How many units have proper sheds ? (deep litter system)
 - (vii) Are the poultry keepers opposed to the deep litter system ? Reasons, if yes.
- 6.2. Assistance received by the Poultry Units
- (i) Day old chicks.
 - (ii) Two month old birds.
 - (iii) Quantity of concentrated feed received.

- 6.3. Are there adequate arrangements for the supply of feed at reasonable rates?
- 6.4. What are the breeding and hatching arrangements ?
- 6.5. Is it economical to run the Units ?
- 6.6. Describe in detail the difficulties being experienced in running the units and disposal of eggs

7. Demonstrative /Supplementary Feeding Programme.

- 7.1. Is any Demonstration Feeding (under A. N. P.) being given to select children and mothers in the villages ?

Yes/No

If yes, give the following details

- (a) Date of starting the feeding programme
- (b) No. of children being actually fed ?
- (c) No. of mothers (Nurses and Expectant) being actually fed ?
- (d) How often fed in the last month?
- (e) What was the actual menu of demonstration feeds during last month ?

Milk Feeding

Served in boiled form
(During last month)

No. of days

Quantity

- (f) If any of the above vegetarian/non-vegetarian feeding programmes, has not been organised so far, give reasons.
- (g) Is there any opposition to the feeding of non-vegetarian foods? give details .
- (h) Who provides the utensils and fuel for the feeding programme?
- (i) Is there any prejudice against attending the feeding programme by ?
- (i) Harijans
- (ii) Others

- (j) Who selected the group of mothers and children to be fed under this programme and what was the criteria followed?
- (k) Was the Primary Health Centre Associated with this work ?
Yes/No
- (l) Is an education discussion on cheap nutrition and balanced diets , food hygiene and composition of menus always held at the time of demonstrative feedings ? If so, who initiates and guides the discussion ?
- (m) Who actually cooks, prepares and serves the food ?
- (n) What are the main sources of food articles ?
- (o) Is the Mahila Mandal activity associated with the programme?
- (p) Main problems in the demonstrative feeding, if any, suggest remedies.
8. What is the no. of children and mothers (of this village) being fed by UNICEF Milk through health centres daily?
9. What is the no. of school children being fed with CARE Milk Daily in the Schools ?
10. Procurement and distribution of protective foods i. e.

Items	Source	Quantity received during the month	Quantity distributed during the month	Method of distribution	Remarks
1	2	3	4	5	6
(a) Fruits	..				
(b) Garden vegetables ..					
(c) Grams, Beans, Pulses					
(d) Groundnuts	..				
(e) Til	..				
(f) Fish	..				
(g) Eggs	..				
(h) Meat	..				
(i) Milk etc.	..				

11. I. Is any active village leaders group existing in the village ? Yes/No.

If yes, give the following details;

- (a) No. of Mahila Mandals and Membership
- (b) No. of Youth Clubs and Membership
- (c) Others specify

12. How often was the village visited during last month by ?

- (i) S. E. P. O.
- (ii) Gram Sevika
- (iii) Gram Sewak
- (iv) Mukh Sewak
- (v) Agriculture/Horticulture Inspector
- (vi) L. H. V.
- (vii) A. N. Midwife
- (viii) Sanitary Inspector

13. Training of Non-officials and their opinion about the programme.

Name of the Non-Official _____

I. Who gave you the necessary training regarding A. N. P. work ? Give a gist of the training received subject-wise

- (i) Nutrition value of goods.
- (ii) Cooking and composition of goods
- (iii) Setting up of kitchen garden
- (iv) Setting up of school garden
- (v) Poultry Development
- (vi) Fishery Development
- (vii) Any other subject

II. Were you able to understand the aims and subjects of the scheme ?

- III. Were any practical demonstrations given ?
- IV. What was the specific role assigned to you under the scheme ?
- V. What practical work have you done ?
- VI. What is your opinion about the whole programme ?
- VII. Have the villagers derived any benefit from the programme ?
- VIII. Are you satisfied with the work done by officials ? If no, reasons.

**EXTRACT FROM THE MINUTES OF THE MEETING OF
STATE EVALUATION COMMITTEE PUNJAB, HELD ON 25TH
AUGUST, 1976 AT 3.00 p. m. IN THE COMMITTEE ROOM,
6TH FLOOR, PUNJAB, CIVIL SECRETARIAT BUILDING,
CHANDIGARH.**

Report on Applied Nutrition Programme.

The report was discussed in the light of the targets and achievements set for the programme. The Committee observed that the progress of setting up of Community Gardens, School Gardens and Fishery ponds was poor upto the year 1974-75. The Deputy Director, incharge of the programme, however, informed that during the year 1975-76, most of the targets set had been achieved to a great extent. The Committee was also informed that the recommendations made in the report had already been circulated by the department to the BDPO's for necessary action .