

# Achieving Sustainable Development Goals of Nutrition and Health Education in Kashmir through ICDS-Evidences from Anganwadi Centres

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## *Abstract*

*In the present paper we have tried to analyse how for government has been successful to achieve Sustainable Development Goals related to nutrition and health education in Kashmir valley through one of the central sponsored scheme Integrated Child Development Services (ICDS). Based on a sample of 200 Anganwadi centres we find even though Anganwadi centers are supplying nutritious food to children, Adolescent girls, Pregnant Ladies and Nursing Mothers as per the availability of supply but it is limited to only few items like chana, dahlia, mixed rice, biscuits etc. Further one fourth of the sampled Anganwadi centers were not providing health education to Adolescent Girls, Nursing Mothers, and Pregnant Ladies. Also Referral Services of Pregnant Ladies and Identified Malnourished Children were not carried out in more than half of the sampled respondent AWCs. Anganwadi centers were also lacking utensils for supplying Nutritious food to the baneberries. This suggests combined measures to monitor the functioning of Anganwadi centers and making the arrangements of nutritious food in all the Anganwadi centers round the year so that the along with other objectives, sustainable goals of nutritious food and health services can be achieved before the target year 2030.*

**Key Words:** Nutrition, Children, Adolescent Girls, Nursing Mothers, Pregnant Ladies, Health Education, Referral Services.

## **1. Introduction**

The Development Agenda for 2016-2030 of United Nations, articulating the Sustainable Development Goals (SDGs), was adopted and signed by Government of

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