

Group Work Practices of Social Work Effecting In Changing the Integrated Child Development Programmes in India and How Can It Change the World Problem

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Abstract

Nineteen per cent of world's children live in India. Of all the children in the world, one in five is an Indian. India is home to more than one billion people, of which 42 per cent are children, defined as persons under 18 years of age. Women and children constitute seventy two percent of the population of India. The women and children homogenous whole. A great deal of heterogeneity exist. The form of marginalize and vulnerable group of sc, st, obc, and other religious minorities suffer multiple challenge. Women from these group and even more disadvantages as they are subject to additional discrimination on account of societal construct of gender and the consequently adverse power balance. The main problem with the minorities is that no proper database of these have been done. The Integrated Child Development Services (ICDS) Scheme since 1975 for delivery of an integrated package of services relating to health, nutrition and non-formal education to children in the age group 0-6 years, pregnant women and nursing mothers. This package is aimed at improvement in the nutritional and health status of children in this age group, reduction in the incidence of mortality, morbidity, malnutrition and school drop-out rates, and enhancement of the capability of the mother to look after the health and nutritional needs of the child through proper nutrition and health education In short, these objectives which envisage the laying of the foundation for the proper psychological, physical and social development of the child, with appropriate support from the mother, aim at the ultimate goal of human resource development, in its broadest sense. The twin objective of this strategy being comprehensive child development and family welfare, effective coordination in the states, between the departments and agencies that are responsible for the major inputs in the program Wherever this convergence of the maternal and child health services and the ICDS program have been achieved Early childhood period (0-6 years) deserves special attention. It is due to the fact of accumulated scientific evidences that powerfully demonstrates in instituting either family and or centre based early childhood interventions so as to nurture (i) psycho - social development (cognition, motor, social, emotional and language) through maturation and interaction in an properly designed appropriate environment suiting to the child and (ii) generating long term social, economic and educational benefits in terms of lower rates of grades repetition; increased earning potential; reduction in juvenile delinquency; increased social mobilization; reduced social and economic inequalities; psycho - social readiness for school; reduction of drop out rate ; expanding universalization of elementary education ; improved parent - child interaction and finally reducing high developmental costs at later stage of life due to inadequate care. Numerically also, children less than 6 years of age constitute about 15 % of the total population. Of the total child population, 2.07 crore (6 per cent) are infants who are below 1 year; 4.17 crore (12 per cent) are toddlers in the age group of 1-2 years; and 7.73 crores (22.2 per cent) are pre scholars in the age group of 3-5 years. Thus one of the salient demographic features of our country is that it has a sizeable proportion of young population. India is not only home to 21 per cent of developing world's young children but its young child population size is larger than the total population size of many countries. In 2016, about 25 million infants were immunization services and their mothers will require maternal health services. Similarly, pre school education services will need to be provided for 72 million children in 2016. No other nation in the world including China is likely to enjoy the benefits of such a large young population. This was done with the help of ICDS Programe. By using group work Today, social workers are not only the bridge linking clients to other helpers, they also provide their clients with hope, and encourage their first steps towards a new life. Social workers usually stand in the front line, and reach out to the clients soon after problems occur. They provide an initial assessment of the situation and mobilize other needed services. Social work uses a team approach and is multi-disciplined. Its goal is to provide a service to those who need help.

Introduction

The Integrated Child Development Services (ICDS) Scheme since 1975 for delivery of an integrated the nutritional and health

status of children in this age group, reduction in the incidence of mortality, morbidity, malnutrition and school drop-out rates, and enhancement of the capability of the mother to look after the

health and nutritional needs of the child through proper nutrition and health education. In short, these objectives which envisage the laying of the foundation for the proper psychological, physical and social development of the child, with appropriate support from the mother, aim at the ultimate goal of human resource development, in its broadest sense. The twin objective of this strategy being comprehensive child development and family welfare, effective coordination in the states, between the departments and agencies that are responsible for the major inputs in the program.

Wherever this convergence of the maternal and child health services and the ICDS programme have been achieved, the results in terms of our goal, have been heartening. In areas like immunization, prophylaxis against Vitamin A deficiency and anaemia and maternity and nutritional services, it has now been established that the achievement in ICDS project areas are considerably higher than those in the non-ICDS.

The main focusing on gender planning and mainstreaming, gender budgeting, economic and political empowerment of women, prevention of sexual harassment at work place, prevention of gender related violence such as female feticide, female infanticide, trafficking of women and children, child marriage, these are the things the women and adolescent girls should know.

Children below six years of age are to be identified and enlisted for supplementary nutrition on the basis of growth monitoring. All children below six years of age need to be weighed and their weight for age has to be recorded in the growth charts. The children below 3 years of age have to be weighed once a month and those falling in the age group of 3-5 years are required to be weighed on quarterly.

AWW, as a community health worker at the grass root level, assists the health functionaries in implementing programmes related to Prophylaxis against Vitamin A Deficiency and Nutritional Anaemia. She is required to distribute iron and folic acid tablets as per dose prescribed to children and women. Expectant mothers are required to be given iron and folic acid tablets containing 60 mg elemental iron and 0.5 mg of folic acid in a dose of one tablet for 100 days during pregnancy. The responses as received from pregnant women in the study revealed that three fourth of On an average 74 per cent of pregnant women reported that they were regularly consuming IFA tablets whereas 14 per cent were consuming irregularly and 12 per cent have not consumed at all.

The percentage of children in the age group of 6-36 months and 37-72 months registered AWCs percentage of children (6-36 months) were found to be registered under supplementary nutrition and three fourth of them were found to avail such services. The less number of children registered in the age group of 37-72 months for supplementary nutrition was attributed due to the fact that children might be availing benefits from other sources including mid day meal scheme being run under Education Department. The fact that under three's cannot make it to AWCs on their own, the percentage of their availing services of supplementary nutrition was found to be less.

Like out of six ICDS services, three health-related services namely Immunisation, Health Check-Up and Referral Services are being delivered through public health infrastructure i.e. through

sub centres, Primary and Community Health Centres under the Ministry of Health and Family Welfare. It has been the endeavor of the Government of India to ensure that delivery of these health-related services is made through effective convergence with the Reproductive and Child health component of National Rural Health Mission (NRHM) being administered by Union Ministry of Health and Family Welfare. Similarly, under Multi sectoral Development Programme (MSDP), the Ministry of Minority Affairs is supporting the construction of AWCs in minority-concentrated districts. The Pre-School Education component of ICDS is being continuously strengthened by the financial resource support from Sarva Shiksha Abhiyan (SSA), a programme being run by Department of Primary Education and Literacy, Ministry of Human Resource Development, Government ICDS, therefore, takes a holistic view of the development of the child and attempts to improve his/her both pre- post-natal environment. Accordingly, besides children in the formative years (0-6 years), women between 15-45 years of age are also covered by the programme, as these are child bearing years in the life of a women and her nutritional and health status has a bearing on the development of the child. Further, in order to better address the concern for women and for girl child, interventions have also been designed for adolescent girls seeking to break the intergenerational cycle of nutritional disadvantage.

As a social worker you will sometimes need to play the roller in the community. This module will introduce you to Social Work. Social work is a discipline within human services. Its main goal is to assist individuals and families with their needs and solve their problems using a multidisciplinary approach. In order to be effective, social workers work closely with many agencies and professionals. Social work is usually a part of the Human Services Department of a government. It serves as a link between the government's clients and other government resources, such as: manpower training leading to employment, welfare payments towards financial assistance, legal consultation in dealing with legal problems, food and water relief at times of drought, famine and war, etc. As a social worker, you will also work closely with medical professionals in order to provide medical care for clients; with school personnel to identify children who are in need of help, and with counsellors and psychologists in order to provide psycholo Today the problems faced by individuals and families are often complicated, and assistance from many agencies is needed. Social work provides an important service to society. Individuals and families in need of help are the focus of it, and are referred to as clients. As social workers, our goal is to help clients live a productive life in their own community. In order to reach this goal, we often enlist the assistance of family members, relatives, local religious leaders, tribal leaders and elders, and other influential members of the community. Although institutionalization may be necessary at times, it is a temporary solution. The goal is to help clients return to normal life in a natural setting. Today, social workers are not only the bridge linking clients to other helpers, they also provide their clients with hope, and encourage their first steps towards a new life. Social workers usually stand in the front line, and reach out to the clients soon after problems occur. They provide an initial assessment of the situation and mobilize other needed services. Social work uses a team approach and is multi-disciplined. Its goal is to provide a service to those who need help, especially the old, young, poor, abused, mistreated, handicapped, jobless, the sick and the homeless. Its approach is to use available resources to solve problems in order to empower clients to help themselves in the long

These are guidelines on how social workers operate. Establishment of a counseling relationship - See the relationship as a process of giving the client an opportunity to grow, develop, and ultimately to understand and discover himself, and make appropriate choices. Acceptance - Recognize the worth of the individual regardless of his/her circumstances, status, religion, race, politics, behaviour, and wish to foster human dignity and self-respect. Self-determination - Encourage self-help as a means of growing in self-confidence, and the ability to take on more responsibility for one's own affairs. Freedom to choose - The client must be able to make appropriate choices, and consider how his/her choice may affect others. - Be able to respect and care for clients as individuals without ridicule. Confidentiality - The relationship is based on trust. You must recognize that what passes between you and your client is confidential. Assume that all information is given in trust, and therefore confidential, unless permission is given to use it in another context. Being empathetic - You must be sensitive to the client's feelings. Put yourself in the client's position. It helps if you understand your strengths and weaknesses. If you accept yourself as you are, you may be able to accept others. Genuineness - You must be genuine and not defensive. Be open, real and honest. Studies indicate that positive outcomes can be achieved if the client sees in you empathy, genuineness and a positive regard. The Art of Building a Helping Relationship Make yourself approachable, genuine and warm. Be sensitive, listen attentively. Spend time listening to, and talking with, your client. Disapprove the act, not the person. Be firm and friendly. Try not to use threats. Explain the rules of the relationship.

The following are the ethics of a social worker: Respect the dignity of the individual as the basis for all social relationships. Have faith in the capacity of the client to advance towards his/her goals. Base your relations with others on their qualities as individuals, without distinction as to race, creed, colour, or economic or social status. Recognize that your greatest gift to another person may be to give an opportunity for him/her to develop and exercise his/her own capacities. Do not invade the personal affairs of another individual without his/her consent, except in an emergency, where you must act to prevent injury to him/her or to others. Believe and accept the differences and individuality of others, and endeavour to build a useful relationship on them. Base your opinion of another person on a genuine attempt to understand the whole person, his/her situation, and what it means. Constantly try to seek understanding and control yourself, your attitudes, and the prejudices which may affect your relationships.

It is common to find clients who expect much from you. Usually they expect immediate material assistance. For example, if they experience financial difficulties, they expect to be given money. It is important for you to explain to your clients what your roles are, instead of raising false hopes. It is important for you not to take on the personal problems of your clients as your own, as this could cause problems for you. You should present yourself as a person who can assist them to understand their concerns and manage them. While you, your clients, and the general public, may see social work as the embodiment of social services, you are dependent on public sponsorship. Social work is not about providing solutions to problems, but it provides an arena in which clients can review their concerns, and see how they can manage them best and live an effective life. Social work links clients with services, resources and opportunities, which might provide them with the help they need. This contributes to problem-solving for

clients. It is important to recognize in social work the fact that it is an adaptable service, and one which is more responsive and accountable to a particular locality and its people. Social work is concerned with the provision of welfare services, when people's capacity for responding to the demands of life is strained, when capacity growth seems unattainable, and when important decisions elude resolution. Social work should assist clients to deal with life, engage in growth-producing activities, and make effective decisions. Naturally when people have a problem, they look for help. Usually, they think they have no capacity to solve their problem unless someone helps them to do so. And even when help comes, they expect the helper to produce the magic which will solve their problems. Social workers must make the role of their work clear when they are approached by a client. Their role is to assist the client to know why they need help and where they can get it.

Naturally, the presence of a social worker, when there is a problem, raises hope in a client. Clients usually think that someone with a solution to their problem has come. As a result, they may present themselves as people who are completely helpless, even when they are able to do something themselves to resolve their concerns. A social worker should not take over the problem of the client. Instead, he/she must assist the client to re-examine it and consider possible solutions to it. This unit defines the family as a basic social unit which exists in all societies. The family provides important support for the individual in society. It caters for the physical, effective and emotional needs of the individual. It provides the individual with social and educational support. The family is also responsible for rearing and protecting children. It is the basic unit of socialization and cultural transmission, since children acquire their fundamental values and attitudes from their families. Indeed, it is the social cell in which human beings are born, and where they learn to become members of a wider human society. However, the family is also where many interpersonal conflicts occur, problems develop, and individuals suffer. All families have difficulties from time to time. Some families have resources to solve their problems while others do not. When a family is no longer able to deal with its problems, and cannot provide the basic physical, security, effective and emotional needs of its members, we call this kind of family 'dysfunctional'. There are many reasons why a family becomes dysfunctional. Among others, they are alcoholism, drug addiction, physical illness, death, war, poverty, unemployment, mental illness, spouse abuse, child abuse, divorce and separation, and polygamy. This unit aims at enhancing the participants' knowledge and understanding of the basic concepts related to family life. As we discuss the importance of the family, we also note the problems that may prevent the successful functioning of the family. Many of the circumstances leading to conflict with the law are of a social nature. Children who offend often live in families facing difficulties such as poverty, substance abuse or separation; they may be excluded from school or be without a job; they may be involved in risky behaviours such as drug use or prostitution. When these children enter into contact with the police, the main purpose of juvenile justice systems should be to enable them not to reoffend. As stated in Article 40 of the Convention on the Rights of the Child, every child in conflict with the law has the right to be treated in a manner that takes into account "the desirability of promoting [his/her] reintegration and [his/her] assuming a constructive role in society." Tailored support for each child and his/her family should be provided throughout the process - including after release in the case of a custodial sentence - if the intervention of justice is to be meaningful. Obviously, justice

systems are neither equipped nor mandated to fulfill this role alone, and need to work hand in hand with the social sector towards this end. In the absence of such intersectoral cooperation, juvenile justice interventions would miss the opportunity of supporting a sustainable change in the child's behaviour, circumstances and environment. Social services and the justice system are in many ways two distinct spheres and invariably the responsibility of separate ministries, but the occasions and ways in which they could and should interface and cooperate are numerous and important for the implementation of children's rights. The principal professional body, (IFSW), sets out three key action areas which can be characterized as follows:

- promoting social change, on the basis of its findings regarding the needs and the avoidable causes of problems confronted by individuals and groups seeking or requiring assistance;
- problem-solving in human relationships, whether interpersonal, intrafamilial, within the wider community or vis-à-vis the authorities and their agents;
- empowering people to enhance their own well-being, as opposed to creating ongoing dependency and thus maintaining inherent vulnerability.

It is emphasized that profession draws on theories of human development, social theory and social systems to facilitate individual, organizational, social and cultural changes, and that social work is founded on the principles of human rights and social justice. It is hoped that the programme of social worker with use of these techniques, would make the implementation of ICDS with involvement of better and more effective there is need to strengthen the role of social work in using the group work may be analyzed at every step so that the true picture can be seen.

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