



Government of West Bengal
Directorate of I.C. D. S.
Shaishali Complex, Salt Lake City, Sector- I, Kolkata-700064
Ph: (033) 2359 3786/ (033) 23593787 + Fax: (033) 2337 5782
Email Id: icdswestbengal@gmail.com

No. 278(23)/ICDM-Dte

Dated:08/02/2022

From: **The Director of ICDS**
West Bengal

To **The District Magistrate(s),**
Darjeeling/ Kalimpong/ Jalpaiguri/ Alipurduar/ Coochbehar/ Uttar Dinajpur/
DakshinDinajpur/ Malda/ Murshidabad/ Nadia/ Birbhum/ Bankura/ Purulia/ Paschim
Medinipur/ Purba Medinipur/ Jhargram/ Purba Bardhaman/ Paschim Bardhaman/ Hooghly/
Howrah/ North 24 Parganas/ South 24 Parganas
West Bengal.

The Additional Director of ICDS,
West Bengal.

Subject: **Regarding ICDS Stall in Duare Sarkar Camps February 2022 (Phase 3)**

Ref **Memo No. 3085(23)/ICDM-Dte dated 30.12.2021 of the Director of ICDS, WB**

Sir/Madam,

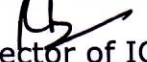
Enclosed please find herewith a copy of Memo No.3085(23)/ICDM-Dte dated 30.12.2021 of the undersigned along with enclosures in the matter of putting ICDS Stall in Duare Sarkar Camps (Phase 3) which will speak for itself.

You are requested to take appropriate steps and ensure ICDS Stall in Duare Srkar Camps (Phase 3) in all the venues in your District in a befitting manner and in accordance with the guidelines framed in the aforesaid memo in reference.

This is for your information and necessary compliance.

Encl: As Stated Above

Yours faithfully,

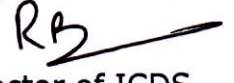

Director of ICDS
West Bengal

Memo No. 278(23)/(1(26)/ICDM-Dte

Dated:08/02/2022

Copy forwarded for information and necessary action to:

1. The Principal Secretary (ICDS), Department of WCD&SW, Government of West Bengal, BikashBhavan, Kolkata -700091
2. The Special Secretary (ICDS), Department of WCD&SW, Government of West Bengal, BikashBhavan, Kolkata -700091
3. The PS to the Hon'ble MIC, Department of Women and Child Development and Social Welfare, Government of West Bengal, Kolkata -700091
- 4-26. The District Programme Officer (ICDS), Darjeeling/ Kalimpong/ Jalpaiguri/ Alipurduar/ Coochbehar/ Uttar Dinajpur/ DakshinDinajpur/ Malda/ Murshidabad/ Nadia/ Birbhum/ Bankura/ Purulia/ Paschim Medinipur/ Purba Medinipur/ Jhargram/ Purba Bardhaman/ Paschim Bardhaman/ Hooghly/ Howrah/ North 24 Parganas/ South 24 Parganas/ Kolkata


Director of ICDS
West Bengal



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Email Id: icdswestbengal@gmail.com

No.3085(23)/ICDM-Dte

Dated: 30/12/2021

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To **The District Magistrate(s),**
Darjeeling/ Kalimpong/ Jalpaiguri/ Alipurduar/ Coochbehar/ Uttar Dinajpur/ DakshinDinajpur/ Malda/
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Purba Bardhaman/ Paschim Bardhaman/ Hooghly/ Howrah/ North 24 Parganas/ South 24 Parganas
West Bengal.

The Additional Director of ICDS,
West Bengal.

Subject: **Regarding ICDS Stall In Duare Sarkar Camps (Phase 3)**

Sir/Madam,

This is to inform you that it has been decided that the Duare Sarkar Camps would be used for promoting important messages meant for the public at large on various issues related to health and nutrition of pregnant, lactating mothers, children and adolescent girls under Umbrella ICDS, as these camps have been seen attracting the public in huge numbers in both rural and urban areas due to quick doorstep service delivery.

The IEC materials meant to be used for Duare Sarkar Camps are:-

3. **6 (six) Jingles (1 minute each)** - To be used in public address system at Duare Sarkar Camps.
4. **4 (four) Banners** - To be displayed in the ICDS Stall at the Duare Sarkar Camps (Two matters enclosed the other two will be communicated shortly)

Apart from IEC the other activities that are to be done at the Duare Sarkar Camp with respect to ICDS are:

7. **Making of an enclosure /corner or Stall for ICDS** at the camp with approximate measurement of 10x10 ft with proper signage.
8. **Arrangement for Measuring Weight and Height of Adolescent Girls under SAG KP Programme.** Weighment scale from AWCentre alongwith measuring tape provided in medicine kit may be used for the purpose and necessary counselling by AWWs of girls with BMI scores of less than 18.5(Underweight) and scores of above 25(Overweight & Obese) should be done.
9. **Display of RTE Packets** meant for SAM children and adolescent girls at the ICDS stall. The AWWs should keep the packets on table and display on a plate with the ingredients put into it ie, Wheat, Groundnut, Bengal Gram & Sugar and explain to adolescent girls, parents/guardians of children about the use of RTE and its benefits.
10. **5 (five) Low Cost Nutritious Recipes** should be displayed in plates or suitable utensils on the table at the ICDS counter. (List of recipe attached)
11. **Display of ECCE Kit** so that children accompanying parent in camps can come and play in this area. You may display art and craft work of children along with the ECCE Kit and some playful toys and balloons.
12. It should be ensured that all **Covid Protocols** like maintaining physical distance, use of mask are done along with the the existing health advisories.

Separate **Breastfeeding enclosure** (4x4 feet) or (earmarked separate room) should be made in Duare Sarkar Camps with curtain/door and one chair for lactating mothers to feed their babies. The enclosure or room should have proper visual and readable signages in Bangla (and Nepali for Darjeeling & Kalimpong)

The **Estimated Budget** with item-wise breakup for the camp is given below:

Cost of printing 5 Sets of Flex (6'x5')= Rs.6000.00 per Block (Flex @Rs.300/pc, reusable in the camps in one Block area)

Cost of raw materials for RTE= Rs.100.00 per Camp

Cost of raw materials for low cost nutritious recipe= Rs.200.00 per Camp

Cost of refreshments for AWW/AWH/Supervisors (10 Heads in 2 Shifts - 8am-2pm & 2pm-8pm)= Rs.500.00

The cost of printing and other prerequisites may be borne from the funds to be made available under IEC head at the Project end.

For any clarification please contact Asst. Director of ICDS, Shri Pijush Saha (8927800035)

Encl: As Stated Above

Yours faithfully,


RB
Director of ICDS
West Bengal

No.3085(23)/1(26)/ICDM-Dte

Dated: 30/12/2021

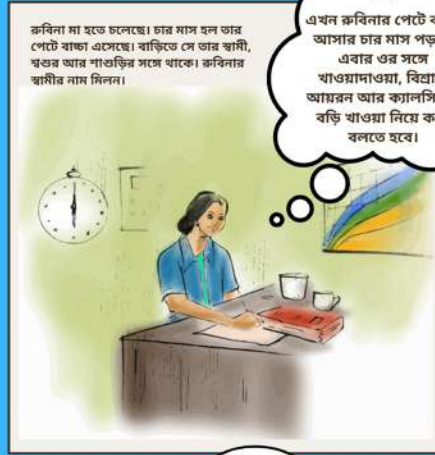
Copy forwarded for information and taking necessary action to:

1. The Secretary, WCD & SW, Bikash Bhaban, Kolkata-700091
2. The Special Secretary, WCD & SW, Bikash Bhaban, Kolkata-700091
- 3-26.TheDPO,Alipurduar/Bankura/Birbhum/PurbaBurdwan/PaschimBurdwan/Coochbehar/Dakshin
Dinajpur/Hooghly/Howrah/Jalpaiguri/Malda/Murshidabad/Nadia/North24Parganas/PaschimMedinipur/
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Director of ICDS
West Bengal

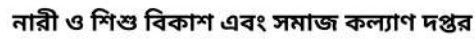


নারী ও শিশু বিকাশ এবং সমাজ কল্যাণ দপ্তর



যা যা খেতে হবে: শুনুন মিলনের আমি - হুঁ মায়েরা প্রথম তিন মাস দিনে দুই বেলা ভরপেট খাবে। চতুর্থ থেকে ছয় মাস পর্যন্ত তিন বেলা ভরপেট ও একবেলা মরশুমি ফল খাবে। সাত থেকে নয় মাস তিন বেলা ভরপেট খাবারের সঙ্গে একবেলা মরশুমি ফল ও একবেলা জলখাবার খাবে। আর দিনে আট থেকে দশ গ্লাস জল খেতে হবে। তবেই মায়ের পেটে থাকা বাচ্চার ওজন আর বিকাশ নিশ্চিত করা যাবে। নিয়মিত স্বাস্থ্যকেন্দ্রে ওজন নিতে হবে। গর্ভকালীন অবস্থায় মায়ের ওজন দশ কেজি থেকে বারো কেজি অবধি বাড়ার উচিত। মনে করে অসনওয়াড়ী কেন্দ্র থেকে এক বেলার অতিরিক্ত খাবার আনতে পাঠাবেন।







Department of Women & Child Development
and Social Welfare
Govt. of West Bengal

আই সি ডি এস পরিষেবা



পরিপূরক পুষ্টি প্রদান



প্রাক প্রাথমিক শিক্ষা প্রদান



পুষ্টি ও স্বাস্থ্য বিষয়ক শিক্ষা প্রদান

প্রতিষেধক প্রদান



স্বাস্থ্যপরীক্ষা



প্রয়োজনে উচ্চতর স্বাস্থ্যকেন্দ্রে প্রেরণ
(রেফারাল পরিষেবা)





Department of Women & Child Development
and Social Welfare
Govt. of West Bengal

অঙ্গনওয়াড়ি কেন্দ্রের দৈনন্দিন কাজের তালিকা



দৈনিক রুটিন

মরনিং
সার্কেল
টাইম

৩০
মিনিট

স্বাধীন খেলা ও
পরিচালিত কাজ

৪০ + ৪০
মিনিট

ঘরের বাইরে
বা ভেতরে খেলা

৩০
মিনিট

গুডবাই
সার্কেল
টাইম

৪০
মিনিট

পরিপুরক
পুষ্টি
প্রদান

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বিদ্যালয়
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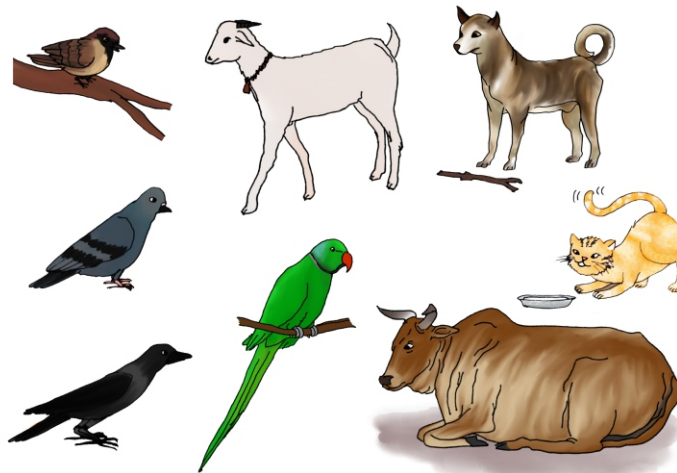
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কর্মীর দৈনন্দিন
খাতাপত্রের কাজ

২
ঘন্টা



আমি ও
আমার পরিবার
৪ সপ্তাহ



পশু ও পাখি
৫ সপ্তাহ



গাছপালা
৩ সপ্তাহ



যানবাহন
৩ সপ্তাহ



প্রাকৃতিক পরিবেশ
৩ সপ্তাহ



আমি ও
আমার পরিবেশ
২ সপ্তাহ



উৎসব
(ঈদ, দুর্গা পূজা, অন্যান্য স্থানীয় উৎসব)
২ সপ্তাহ



স্বাধীনতা দিবস
১ সপ্তাহ

NUTRITIOUS RECIPES FOR COMPLEMENTARY FEEDING OF INFANTS AND YOUNG CHILDREN**WHEAT FOOD MIX (RTE)**

Ingredients : Wheat 100 g. Roasted Bengal gram Dal 30 g. Groundnut 20 g. Sugar 50 g.

Method of preparation : 1. Clean and roast wheat and groundnut separately (Remove the outer skin of groundnut). 2. Grind roasted Bengal gram dal and roasted groundnut and wheat separately to a fine powder. 3. Mix all the ingredients thoroughly and add powdered sugar. 4. Fill in dry air tight container and store.

Nutritive Value Per 100 gms : Calories 386 Protein 11 .64 g. Iron 3 .75 mg. Carotene 51 .5 µg.

Choose any 5 Recipe out of the 12 given below.

1.SUJI PORRIDGE

Ingredients :Wheat Rava (Suji) 40 g. Green Gram Dal (Washed) 10 g. Jaggery 20 g. Fat oil 10 g. Cardamom 1 No. Water 200 ml.

Method of preparation:1.Clean Wheat Rava and green gram dal. Roast separately and mix. 2. Boil water, add the above mixture and cook till it becomes soft. 3. Add powdered jaggery and continue cooking, till jaggery dissolves. 4. Add oil and cardamom powder, mix well and serve hot.

Nutritive values per 100 gms : Calories 340 Protein 7 .2 g. Iron 1 .66 mg. Carotene 4 .9 µg.

2.GOLA ROTI

Ingredients: Wheat Flour 100 g. Besan 40 g. Drumstick leaves 10 g. Oil 20 g. Salt to taste Water as required

Method of preparation : 1. Wash and steam drumstick leaves in a covered pan. 2. Mix besan and atta with mashed leaves, add water & salt to make thick batter. 3. Heat tawa, apply oil to grease and spread the batter to form roti. 4. Fry from both sides.

Nutritive values per 100 gms : Calories 371 Protein 11 .94 g. Iron 7 .38 mg. Carotene 1818 µg.

3.VEGETABLE CHEELA

Ingredients :Wheat flour 100 g. Besan 50 g. Tomatoes 100 g. Spinach 100 g. Coriander leaves 50 g. Onion 100 g. Oil 50 g. Green chilies 2 nos. Spices-salt, Red chilly As per taste Powder, Turmeric powder, etc.

Method of preparation :1. Wash and chop all vegetables. 2. Mix wheat flour and besan. Add all chopped vegetables. Add spices and prepare a batter of pouring consistency. 3. Heat tawa and grease it with a little oil. Place a laddleful mixture on tawa (iron plate) and spread evenly. 4. Apply oil from the sides and cook on both sides till golden brown.

Nutritive values per 100 gms : Calories 186 Protein 4 .41 g. Iron 5 .32 mg. Carotene 1896 µg.

4.PAUSHTIK BURFEE

Ingredients :Wheat flour 100 g. Besan 50 g. Groundnut 25 g. Jaggery 150 g. Fat/Oil 100 g.

Method of preparation : 1. Roast groundnut kernels, remove skin and grind. 2. Heat fat/oil, add wheat flour and besan. Fry till golden brown. 3. Add groundnut powder and jaggery. 4. Mix well and remove from fire. 5. Spread on greased plate and cut into equal pieces.

Nutritive values per 100 gms : Calories 503 Protein 6 .85 g. Iron 2 .84 mg. Carotene 12 .50 µg.

5.PAUSHTIK KHICHERI

Ingredients : Rice 100 g. Dal 50 g. Potatoes 20 g. Beans 20 g. Spinach 50 g. Tomatoes 20 g. Onion 10 g. Coriander leaves 10 g. Green chilies 5 g. Fat/oil 15 g. Salt, chilies, turmeric powder As per taste Jeera 5 g.

Method of preparation : 1. Wash and chop all vegetables. 2. Pick, wash and soak rice and for 15-20 minutes. 3. Heat fat / oil , add jeera and fry onion, till golden brown. 4. Add all the vegetables and spices. 5. Add soaked rice and dal. 6. Add sufficient water and cook till soft. 7. Serve khicheri with coriander leaves.

Nutritive value per 100 gms : Calories 216 .2 Protein 6 .13 g. Iron 4 .68 mg. Carotene 699 µg.

6.RAGI HALWA

Ingredients : Ragi flour 35 g. Jaggery 20 g. Groundnut 25 g. Ripe Papaya 15 g. Water 50 ml.

Method of preparation : 1. Roast groundnuts, remove red skin and grind to a fine powder. 2. Roast ragi flour. 3. Prepare Jaggery syrup using 50 ml water. 4. Add roasted groundnut flour & ragi flour. 5. Cook along with mashed ripe papaya. 6. Cool and serve.

Nutritive value per 100 gms : Calories 384 Protein 10 g. Iron 2 .32 mg. Carotene 2470 µg

7.PAUSHTIC CHILA

Ingredients : Atta 200 g. Besan 100 g. Spinach 100 g. Carrots 50 g. Salt To taste Oil/ghee 50 ml.

Method of preparation : 1. Wash and finely chop spinach. 2. Wash, peel and grate carrots. 3. Mix vegetables in atta & besan and add salt. 4. Prepare batter by adding water . 5. Heat tawa, spread a laddle-full batter and cook from both sides applying little ghee/oil till slightly brown.

Nutritive value per 100 gms : Calories 270 Protein 9 .8 g Iron 4.2 mg. Carotene 2772 µg.

8.SPROUTED SALAD

Ingredients : Sprouted green gram 40 g. Sprouted Chana 20 g. Sprouted Moth 40 g. Tomatoes 100 g. Cucumber 100 g. Onion 50 g. Carrot 50 g. Coriander leaves 50 g. Green chilies 4-5 nos. Black pepper, as per taste Garm masala/salt, chat masala, Lemon Two

Method of preparation : 1. Sprout green gram, chana and moth, & cook for sometime. 2. Wash and chop all vegetables in small pieces. 3. Mix sprouted green gram, chana and moth. 4. Add chopped vegetables. 5. Sprinkle spices and lemon juice.

Nutritive value per 100 gms : Calories 98 Protein 5 .88 g. Iron 4 .78 mg. Carotene 1072 µg.

9.SORU CHOKLI PITHA

Ingredients : Rice powder 100 g. (Prepared from raw rice) Black gram dal 50 g. Oil 20 ml. Salt to taste Saunf to taste

Method of preparation : 1. Soak black gram dal and grind it to make a paste. 2. Mix rice powder with dhal paste, add salt and saunf to make batter. 3. Apply oil on the tawa and add ladleful of batter and fry on both sides.

Nutritive value per 100 gms : Calories 410 Protein 11 .0 g. Iron 1 .52 mg. Carotene 11 .17 µg.

10.PEAS GHOOGHNI

Ingredients : Dry Peas 100 g. Potato 100 g. Onion 25 g. Oil 10 g. Coriander leaves 2 g. Turmeric powder & salt to taste

Method of preparation : 1. Soak peas overnight in warm water. 2. Boil peas and potatoes. 3. Chop onion and boiled potatoes into pieces. 4. Heat oil in a pan, add chopped onion, and fry for sometime. 5. Add boiled peas, potatoes and chopped coriander leaves. 6. Add salt and turmeric powder, cook for few minutes.

Nutritive value per 100 gms : Calories 218 Protein 9 .19 g. Iron 3 .26 mg. Carotene 85 .53 µg.

11.SUJI UPMA

Ingredients : Suji 100 g. Ghee/Oil 20 g. Tomatoes 20 g. Potatoes 20 g. Green peas 20 g. Cauliflower 20 g. Onion 20 g. Coriander leaves 20 g. Curry leaves 20 g. Black gram dal 25 g. Green chilies 5 g. Spices As per taste Mustard seeds 5 g.

Method of preparation : 1. Soak black gram dal in water for 10 minutes. 2. Wash and cut all the vegetables into pieces. 3. Heat Ghee or Oil in a pan. Add mustard seeds, black gram dal, onion and curry leaves. 4. Cook till golden brown. 5. Add vegetables and cook till soft. 6. Add salt, spices and suji with sufficient water. 7. Cook for sometime.

Nutritive value per 100 gms : Calories 222 Protein 6 .39 g. Iron 3 .02 mg. Carotene 603 µg.

12.DALIA KHICHERI

Ingredients : Dalia 100 g. Masurdal 30 g. Moongdal 20 g. Potato 50 g. Pumpkin 50 g. Amaranth (tender) 50 g. Onion 10 g. Oil 10 ml. Salt & Haldi to taste Water sufficient to cook

Method of preparation: 1. Wash and peel the vegetables and cut into pieces (medium size). 2. Wash green leafy vegetables thoroughly and chop. 3. Wash dalia and dal. 4. Heat oil in a pan and add chopped onion and vegetables. 5. Fry for sometime. 6. Add dalia and dal, mix thoroughly. 7. Add salt, haldi powder and warm water and cook till dalia and vegetables become soft.

Nutritive values per 100 gms : Calories 220 Protein 8 g. Iron 3 .19 mg. Carotene 884 µg.