

Integrated Child Development Services (ICDS)

Integrated Child Development Services (ICDS) is an Indian government welfare programme which provides food, preschool education, and primary healthcare to children under 6 years of age and their mothers. The [UPSC Syllabus](#) covers this scheme under the topic, welfare schemes for vulnerable sections of the population by the Centre and the States.

Government Schemes play an important role in [IAS Exam](#). To follow the IAS dream, check out the [IAS Eligibility](#) page and aim for IAS 2020.

ICDS Objectives

- To improve the nutritional and health status of children in the age-group 0-6 years;
- To lay the foundation for proper psychological, physical and social development of the child;
- To reduce the incidence of mortality, morbidity, malnutrition and school dropout;
- To achieve effective co-ordination of policy and implementation amongst the various departments to promote child development; and
- To enhance the capability of the mother to look after the normal health and nutritional needs of the child through proper nutrition and health education.

ICDS Provisions and Services

Integrated Child Development Services is Centrally sponsored and will provide the following six services to the beneficiaries:

1. Supplementary Nutrition (SNP)
2. Health & Nutrition Check-Up
3. Immunization
4. Non-Formal Education for Children in Pre-School
5. Health and Nutrition Education
6. Referral services

These services are provided from Anganwadi centres established mainly in rural areas and staffed with frontline workers.

Beneficiaries of ICDS Provisions

The table below explains how the Integrated Child Development Services is beneficial to different groups of children and adults.

Services	Targeted Beneficiary
Supplementary Nutrition Programme (SNP)	<ul style="list-style-type: none">• Pregnant and lactating women.• Children under 6 years of age

Health & Nutrition Check-Up	<ul style="list-style-type: none"> Pregnant and lactating women.
Immunization	<ul style="list-style-type: none"> Pregnant and lactating women. Children under 6 years of age
Non-Formal Education for Children in Pre-School	<ul style="list-style-type: none"> Children under 6 years of age
Health and Nutrition Education	<ul style="list-style-type: none"> Pregnant and lactating women. Children under 6 years of age
Referral services	<ul style="list-style-type: none"> Pregnant and lactating women. Children under 6 years of age

Also, read [Pradhan Mantri Mahila Shakti Kendra Scheme \(PMMSK\)](#).

UPSC Questions related to ICDS

What is AWC in ICDS?

- Children Registered in Anganwadi Centers (AWC) Register (Quick Evaluation Study) Anganwadi centre provides basic health care in Indian villages. It is a part of the Indian public health-care system.

Who are the beneficiaries of ICDS?

- Children under 6 years of age, as well as Pregnant & Lactating Women (P&LW) benefit from ICDS.

Also read [Pradhan Mantri Matritva Vandana Yojana \(PMMVY\)](#)