



Anekant Education Society's
TULJARAM CHATURCHAND COLLEGE
Of Arts, Science & Commerce
(Autonomous)

Year: 2023-24

DEPARTMENT OF GEOGRAPHY

Class - M.A/M.Sc-I

**Title: Assessment of Health,
Hygiene and Education
practices in Anganwadi of
Undavadi village.**

**"ASSESSMENT OF HEALTH, HYGIENE AND EDUCATION
PRACTICES IN ANGANWADI OF UNDAVADI VILLAGE"**



PROJECT SUBMITTED TO
TULJARAM CHATURCHAND COLLEGE , BARAMATI

For the Degree of Master of Arts in Geography

Project Submitted By
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Academic Year
2023-24

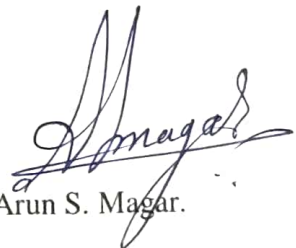


CERTIFICATE

This is to certify that, the work incorporated in the project entitled "Assessment of Health, Hygiene and Education practices in Anganwadi of Undavadi village" submitted to the Department of Geography, Tuljaram Chaturchand College, Baramati for the MA/MSc. in Geography(GEO-581-FP Field Project). This work is done by Radhika Kadam, Harshada Saste and Tushar Irache under my supervision. The study material obtained from other sources has been duly acknowledged in this project.

Place: Baramati

Date : 24 \05\2024


Dr. Arun S. Magar.
Guide

Head, Department of Geography
T . C . College , Baramati.

ACKNOWLEDGEMENTS

To completion of this work for the presentation of a dissertation requires considerable support and guidance. While working for this project we have received the necessary support and help in all stages of our work.

In the first place we would like to express our sincere gratitude towards our guide, Dr. Arun S. Magar Head Department of Geography, for his great support and sincere guidance till the final stage of our work and for he gave us his valuable time.

We are also thankful to all respective parents who cooperated with us by communicating very well with us, who took time out off their work to answer our questions and express their opinions.

We would also like to extend our gratitude towards all other teachers of Geography Department for their valuable help during our work.

T. C. College, Baramati



DECLARATION OF THE CANDIDATE

I declare that the project entitled "Assessment of Health, Hygiene and Educational practices of Anganwadi of village Undavadi" submitted by us for the Degree of Master of Arts in Geography is the record of work carried out by me during the period January 2024 to April 2024 under the guidance of Dr. Arun S. Magar and has not formed the basis for the award of any degree, diploma, associate ship, fellowship, titles in this or any university or other institute of higher learning.

We further declare that the material obtained from other sources has been duly acknowledged in the project.

Place: Baramati

Date: May 2024

Candidate

Saste Harshada *Harshada*
Kadam Radhika *Radhika*
Irache Tushar *Tushar*

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INTRODUCTION

Anganwadi centers provides a host of learning activities designed to prepare children for school. The focus lies in fostering learning through play, thereby enhancing the social, emotional, cognitive, physical, and aesthetic development of children. The age of 3 - 5 years of children this period is very important for their mental, physical & intellectual development. Enriching their world of experience at this sensitive age encourages their character development and creativity. The children happily enter into primary school with the sweet taste of learning. There is no other effective medium like Anganwadi for imitating, observation , playing with children telling stories , singing songs , and gradually increasing our knowledge, skills and adopting good habits.

Primary education has making universal and compulsory by the various government schemes. Anganwadi is an effective means of stopping primary school dropouts. The main purpose of the Anganwadi centers is “ to combat hunger and malnutrition of children”. The typical Anganwadi centers provides basic health care in particular village. It is a part of the Indian public health care system. Basic health care activities including contraceptives counseling and supply , nutrition education and supplementation , as well as pre- school activities.

OBJECTIVES

To assess the health and hygiene practices in the Anganwadi

To study the education facilities in the Anganwadi

To understand the nutrition element in the food

To study the daily food requirement of children



METHODOLOGY

We have used various scientific and practical methods while making this field project. In the first stage we made questionnaire and asking our mentor to determine if the questionnaire is correct. We made 17 questions about the children's Health, Hygiene and Education provided by the Anganwadi.

In the second stage we actually interacted with the parents of the children and discussed with them. We asking our questions as per the questionnaire and noted down their opinions. We visited about 20 families and try to collect different information related to our project. Parents communicated with us very well.

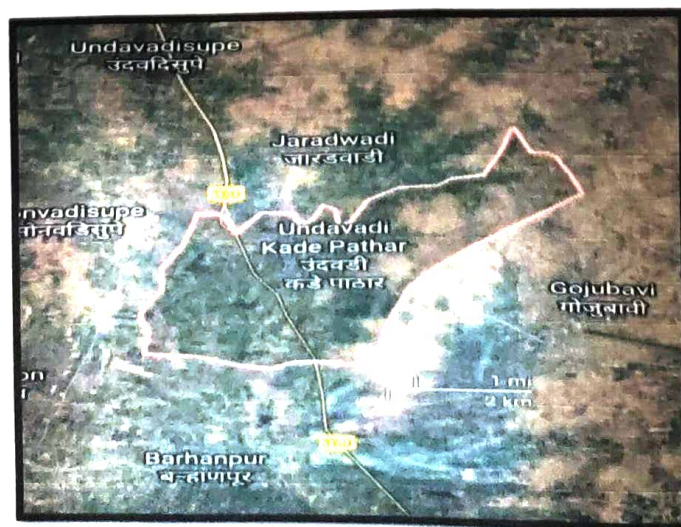
In our third and last stage of the project, we rearrange all the information and put in a template. We use graphs and pie diagrams to represent the data in visual form and wrote the conclusion of all. After the whole project was completed, we showed it our mentor for reconfirmation.

STUDY AREA

Undavadi Kade Pathar:

According to census 2011 information the location code or village code of Undavadi Kade Pathar is 556897. Undavadi Kade Pathar village is located in Baramati tehsil of Pune district of Maharashtra, India. It is situated 12 km away from Sub-district headquarter Baramati (Tehsildar office) and 90 km away from district headquarter Pune. As per 2009 stats, Undavadi K P is the gram panchayat of Undavadi Kade Pathar village.

The total geographical area of village is 1389 hectares. Undavadi Kade Pathar has the total population of 2298 peoples. Out of which male population is 1189 while female population is 1109. Literacy rate of Undavadi Kade Pathar village 66.62% out of which 72.75% of males and 60.05% of females. There are about 469 houses in Undavadi Kade Pathar village. Pincode of Undavadi Kade Pathar village locality is 413102. Jaradwadi, Gojubavi, Barhanpur, Undavadi Supe are some villages situated around the Undavadi Kade Pathar village.



ANALYSIS AND INTERPRETATION OF DATA

1

Lapsi is the main diet provided by Anganwadi at 11:00 AM .
One bowl of Lapsi gives 286 Calories . It is the 40% of total
daily requirement.

2

There is no contribution of Fruits in the diet provided by the
Anganwadi. Fruits are an excellent source of essential vitamins and
minerals and they are rich in fiber.

3

Khichadi is also served along with Lapsi at 12:30 PM . Rice
is the rich source of carbohydrates & Pulses is the source of
high quality Protein.

4

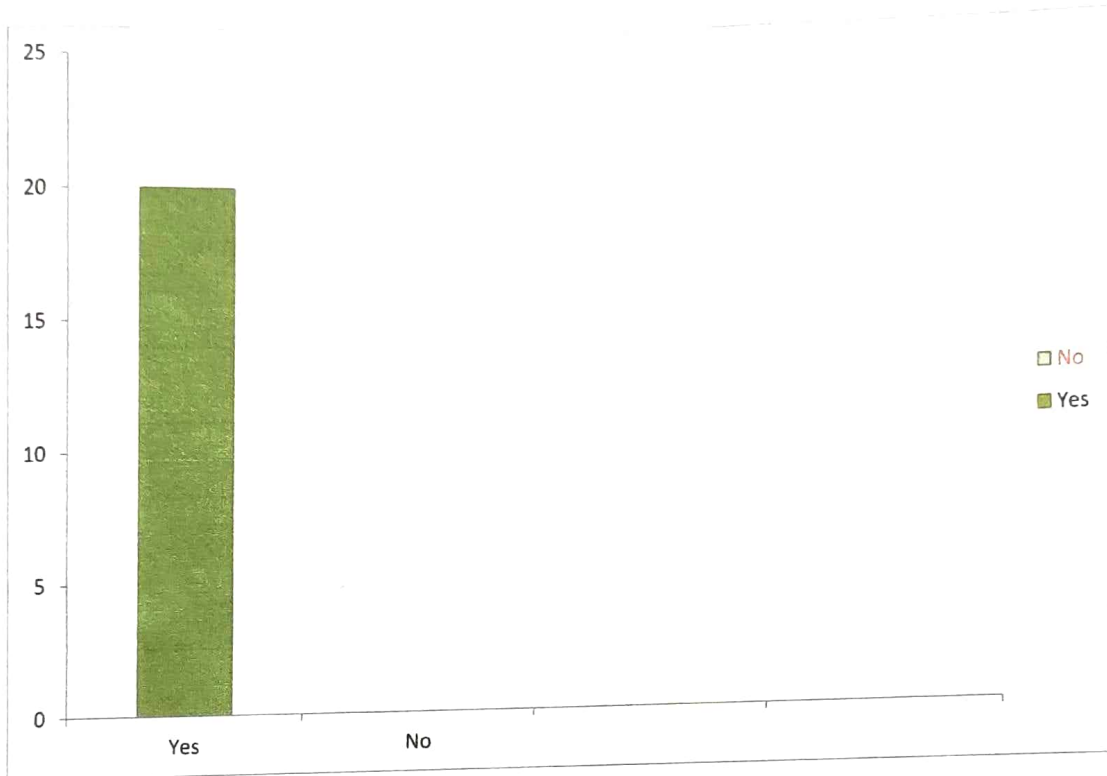
The diet given to children includes the right amount of
nutrients.

5

At the time of Pregnancy, advice is given to mother about
her healthy diet.

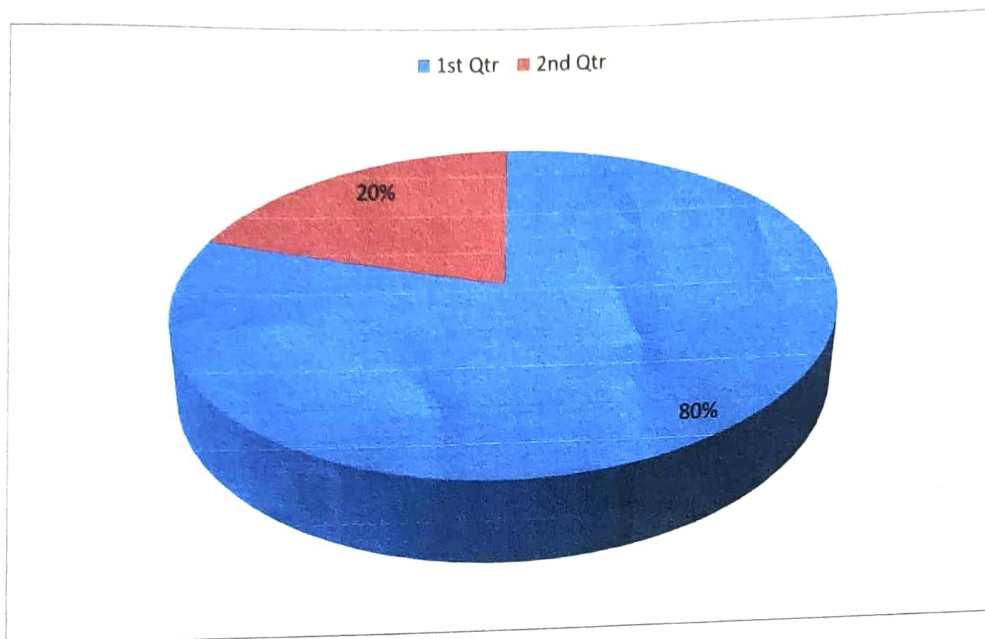
☆ Interpretation Of Data :

- Does Anganwadi provides food?



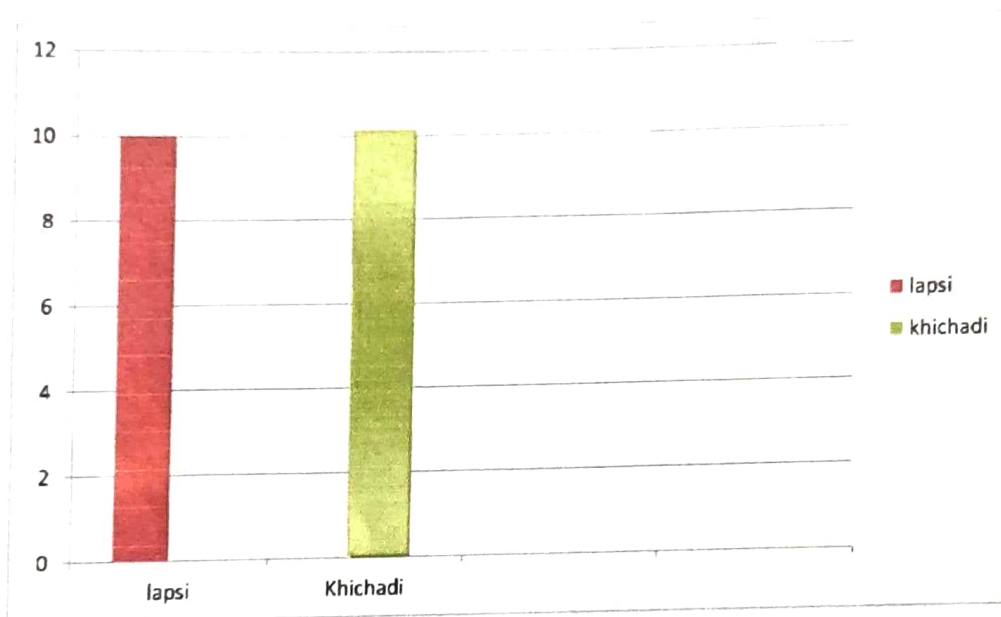
- Anganwadi of Undavadi village provides food to all students.

- Is there consistency in the diet children receive?



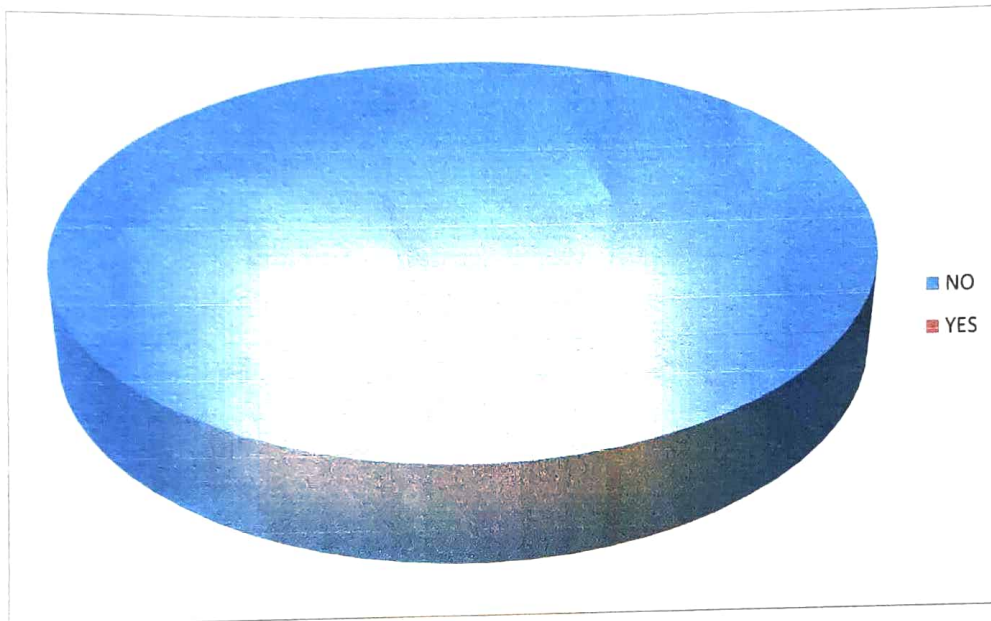
- most of the parents (80%) gives positive response about consistency in food.
- while some (20%) are said there is no consistency managed by the Anganwadi.

- Which is the student's favourite food item?



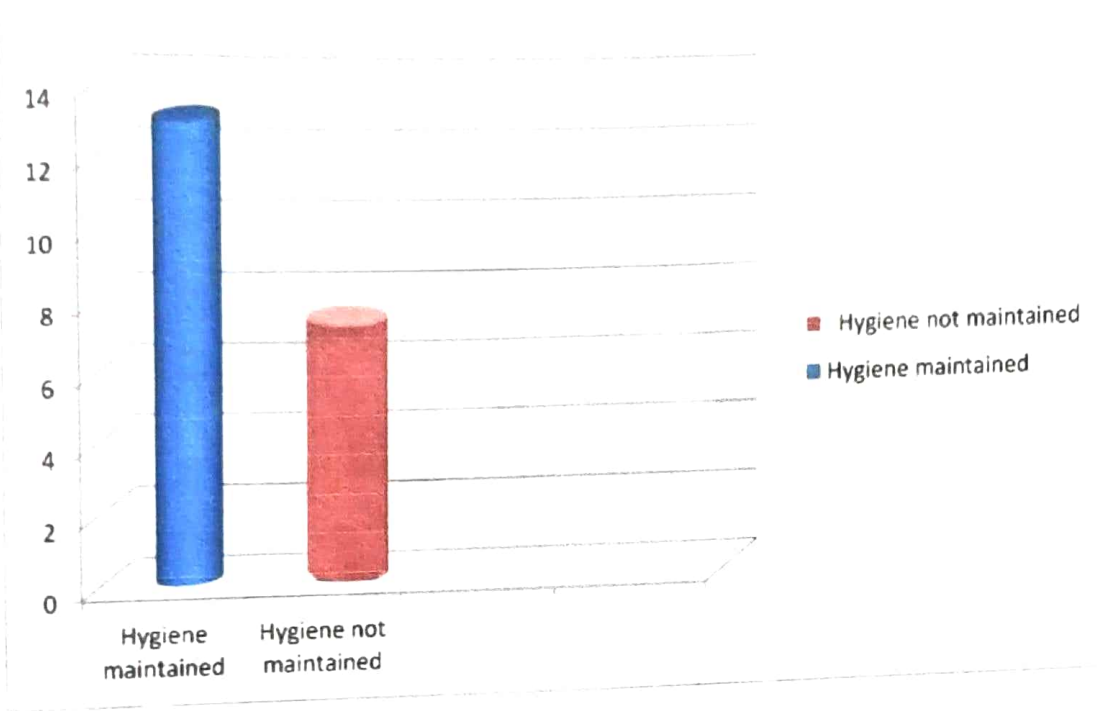
- Anganwadi provides Lapsi and khichadi are the food items equally liked by the children.

- Does the Anganwadi provides Fruits to the children ?



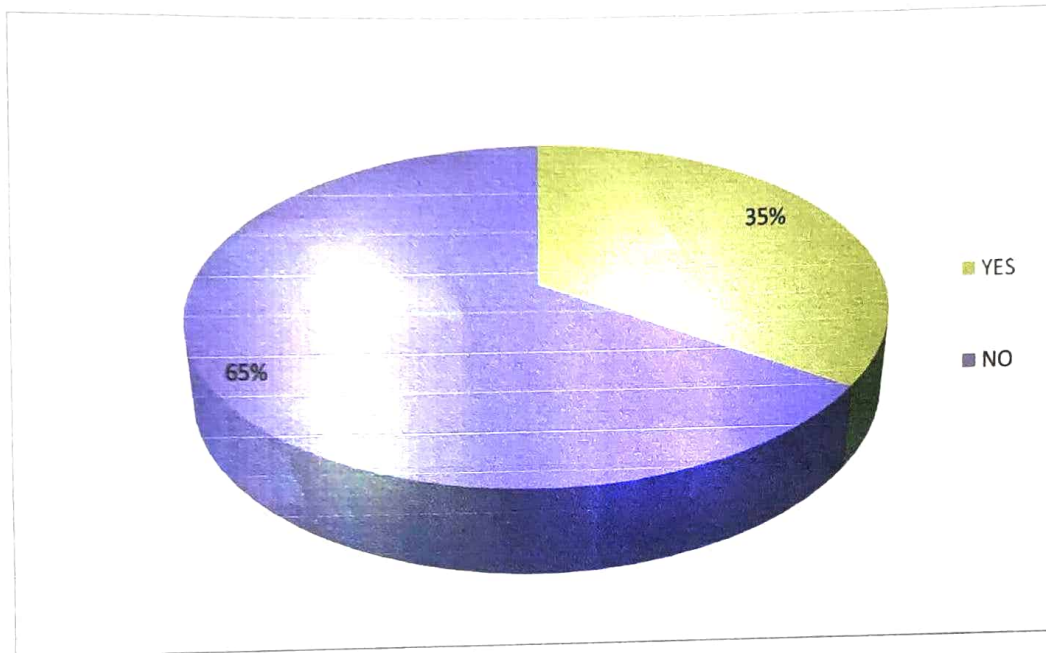
- Anganwadi in the Undavadi village no any kind of fruits provide to the students.
- All parents gives negative response about fruits distribution.

- Is hygiene maintained during the food preparation?



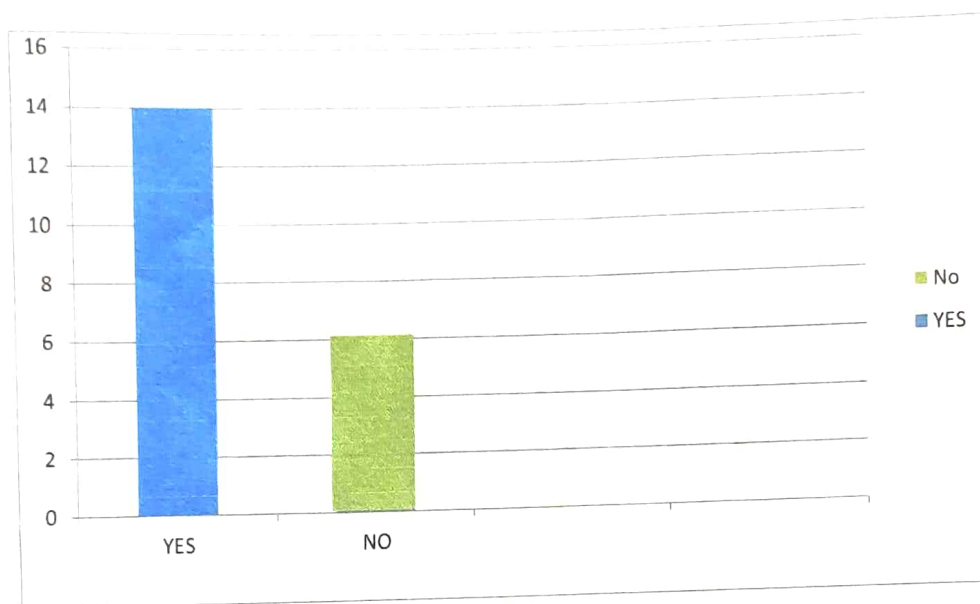
➤ One thing here is to be noted that most of the parents(13) said hygiene is maintained but some (7) are said the hygiene is not maintained properly.

- Are there any type of activities in the school to make children enjoy going to school?



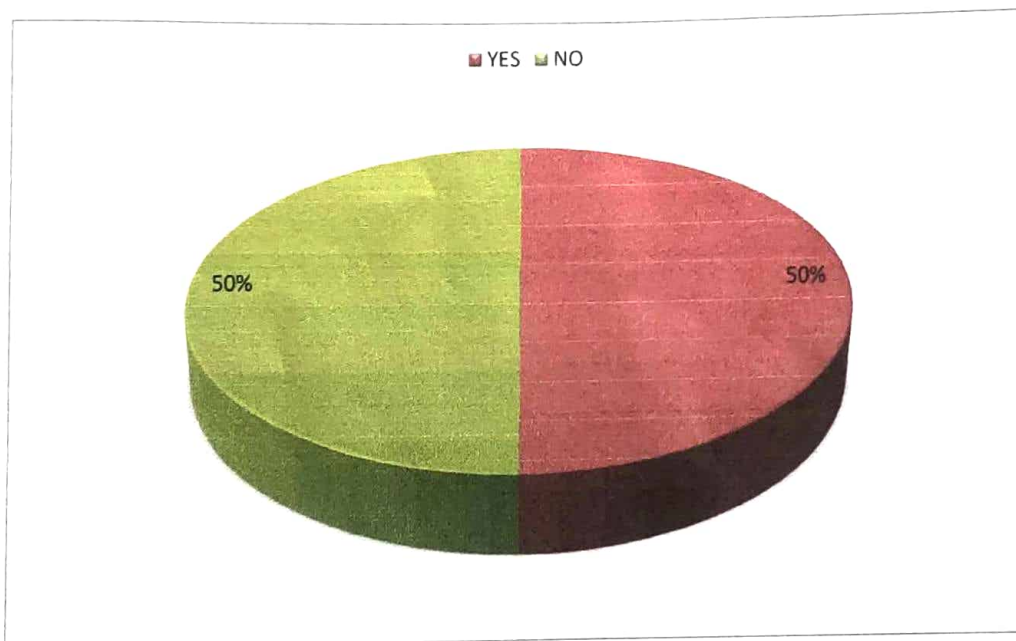
- About 65% of parents said no any types of programs or activities organized by the Anganwadi.
- Only 35% people said yes there is the different type of program arranged by the Anganwadi.

- Do children's diets contain adequate amount of nutrients ?



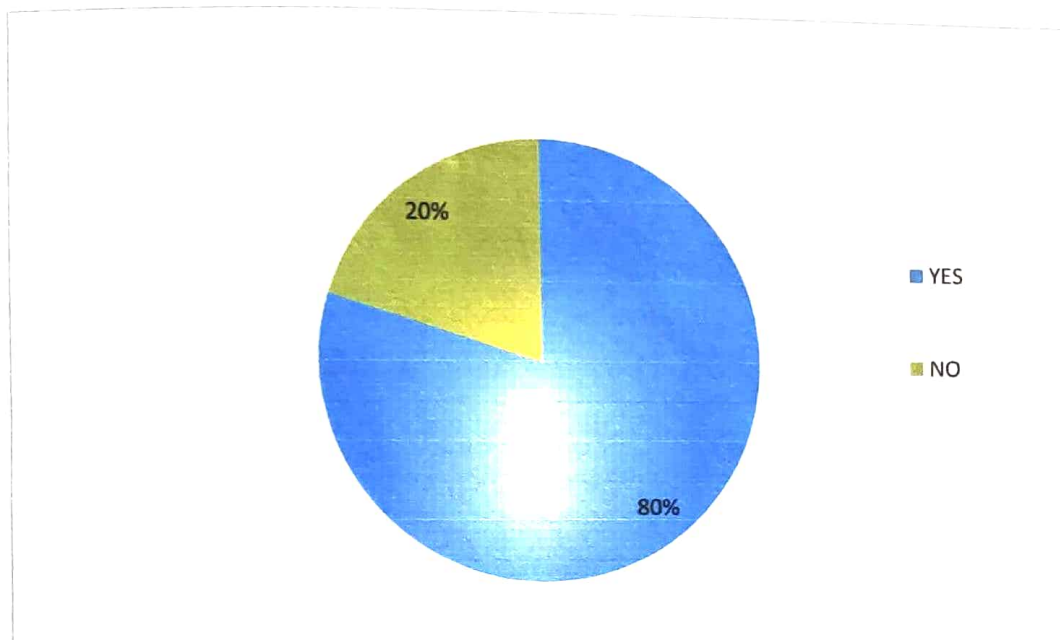
- 14 parents are agree with the properly nutrition contain diet provided by the Anganwadi.
- 6 parents said there is no adequate amount of nutrients in diet of Anganwadi.

- Do the teachers report the progress of the children to the parents from time to time ?



- There is 50-50% opinion of parents about to inform the progress of their respective children's by the teachers of Anganwadi.

- Is the building of Anganwadi is situated on right place?



- From the above pie diagram we can conclude that the most of the parents , responded 'the building of the Anganwadi is situated on the right place.'

CONCLUSION

The project entitled "Assessment of Health, Hygiene and Education practices in Anganwadi of Undavadi village" highlights both strengths and areas for improvement. It reveals mixed response from the parents regarding the services provided by Anganwadi.

While commendable efforts have been made in promoting health awareness and delivering basic education, there are notable gaps in hygiene standards and access to quality education resources. Some parents acknowledging improvements in education while others find it lacking. There is no fruits and dry fruits provided to the children, indicating a gap in the nutrition offering. Despite nutritional gap, the food provided is generally liked by the children. There is notable areas for the improvement, particularly in nutritional offerings, parental communication and the introduction of supplementary activities to enhance educational engagement

Addressing these concerns could lead to a more holistic development environment for the children. We can create a healthier and more conducive learning environment for the children, paving the way for their brighter future.

❖ During communication with Parents:

