On Saturday, January 11th, Union Women and Child Development Minister Smriti Irani launched the Yashaswini Scheme for women entrepreneurship and the Swasthya Sakhi project in Goa. A breast screening initiative was also launched alongside the two schemes, at the Dr Shyama Prasad Mukherjee Stadium in Taleigao town, near the Panaji district of Goa.

The Yashaswini Scheme is aimed at supporting and promoting women Self Help Groups (SHGs), by providing interest-free loans of up to ₹5 lakh, along with guidance from leading experts, in order to enable the socio-economic empowerment of women in Goa. The loan will have a tenure of 5 years, with the total loan amount to be paid off in four instalments, starting from the second year. A number of SHGs received loans under the scheme, including Umang Self-Help Group Salcete, Adarsha Sattari Mahila Mandal Guleli – Sattari, Salcete and Phoenix Women’s Wing Self-Help Group Valpoi – Sattari.

On the other hand, the Swasthya Sakhi Project is aimed at enhancing women’s wellness and welfare, especially during pregnancy, with a view to encouraging a healthy lifestyle for both the mother and the child.

A diagnostic kit will be provided by the state government to healthcare workers, to help them provide basic diagnostic services to the residents of the state, right at their doorsteps. This will also allow them to digitise all the health information of the patients. The kit will consist of a full set of basic equipment necessary for conducting tests like blood sugar, blood pressure, blood haemoglobin, and heart rate. It has been developed using corporate social responsibility (CSR) funds, by Procter & Gamble (P&G) and the Public Health Foundation of India (PHFI). In addition, the kit will also allow the workers to monitor women’s health during pregnancy. This will help make early detection of deficiencies possible, along with the identification of high-risk pregnancy cases, so that timely referrals and treatments can be availed.

And finally, the healthcare workers will aim to screen close to 20,000 women in the state for breast cancer per year, helping such services to be made available even in the rural areas of the state.
MISSION for WOMEN

Promoting social and economic empowerment of women through policies and programs creating awareness about the rights and facilitating institutional and legislative support for enabling them to realize the human rights to develop to their full potential.

MISSION for CHILDREN

Ensuring Development, Care and Protection of Children through policies and programs spreading awareness about the rights and facilitating access to learning, nurturing institutional and legislative support for enabling them to grow and develop to their full potential.

OUR VISION

Empowered women living with dignity & contributing equal partners in developments in an environment free from violence & discrimination and well nurtured children with full opportunities for growth & development in Safe & Protective Environment.

OUR MISSION
**Awareness on Swawlamban**

Goa State Urban Development Agency (GSUDA) recently organised a capacity building programme for SHG’s in various blocks. Taking this as an opportunity, the CDPOs also created awareness about the ‘Swawlamban’ and ‘Yeshaswini’ scheme and its benefits to the women. All queries regarding the scheme were addressed. The women were encouraged to avail this scheme as it will help them be independent. Besides, the session also educated about developing and strengthening their skills, instincts, abilities, processes and resources that organizations and communities need to survive, adapt, and thrive in a fast-changing world.

GSUDA is registered for implementing various state and centrally sponsored schemes, which are meant to promote gainful employment to urban poor, unemployed or underemployed, to devise schemes for improvement of urban poor and help in upgrading their skills, for construction and upgradation of dwelling units for slum dwellers, to improve their living conditions and also improve infrastructural facilities and help creation of durable public assets.

**Director DWCD bags award**

Director DWCD, Deepali Naik who also holds an additional charge as nodal officer, Systematic Voters Education and Electoral Participation (SVEEP) - South District, recently received an award from Chief Electoral officer Kunal IAS in presence of Chief Secretary Shri Parimal Rai (IAS) and His Excellency the Governor of Goa, Shri Satya Pal Malik on occasion of National Voters Day function at Kala Academy Panaji. She was awarded for her initiatives and innovation in systematic voters education and electoral participation.

**Performances galore**

Canacona Block recently organised Baltarang for the students of anganwadi and primary school at Parshuram temple hall in association with the Village Panchayat of Poinginim. Dignitaries present for the function were deputy speaker and local MLA, Sarpanch, BJP president, Priest Nishikant Tengse, panch members besides teachers, CDPO, mukiya sevikas, anganwadi workers, helpers, parents, self-help groups, VO, Mahila Mandal, and around 400 students were present. Various dance and drama were performed by the students with the help of the teachers and anganwadi workers.

Baltarang annual day is a practice conducted by all the anganwadis across the state. It encourages the children to become bold and face the audience with confidence. It also provides a stage to perform and allow the hidden personalities in them to bloom.
Anganwadi renovated at Valpoi

Anganwadi at Dwadki Velus in Valpoi was recently reopened to the children in the locality after renovation. The centre inaugurated by chief guest - chairperson of Valpoi Municipal Council, Akhatar shah. Other dignitaries present were ex-speaker, Narahari Haldankar and councillors, Ramdas shirodkar and Anil katkar.

Also present were locals from Dwadki Velus, children from the centre and parents in large number.

Goa got fit

Goa was recently struck by a fitness wave when all the anganwadis across Goa together followed the Fit India Movement, a nation-wide movement to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. Anganwadi workers along with the children practised various activities like dance, sports, yoga and more. With technology, physical activity has reduced, we walk less not and the same technology tells us that we are not walking enough. Keeping this in mind, Prime Minister Shri Narendra Modi launched the Fit India Movement with a vision of driving the country towards a healthier future.

Growth monitoring devices introduced in anganwadis

Growth monitoring devices (GMD) training under module 8 of Incremental Learning approach (ILA) was arranged at Sattari and Quepem blocks besides others in the state. WCD Goa has procured and distributed 1262 GMD's in four different variants for all Anganwadis in Goa. These devices will help in accurate measurement of height and weight of children and women.

Classroom and field level training was conducted for State Resource Group (SRG) for module 8 of Incremental Learning approach (ILA). SRG members were trained on the working of these devices.

Health and safety first!

Health check-up were conducted at all anganwadi centres with the help of health officers. Anganwadi children, expecting mothers and local community were checked.

AWCs conduct regular check ups for children and mothers so that potential health issues can be found before they become a problem. Early and consistent check ups provide one the best chance for getting the right treatment quickly, avoiding any complications.
New Anganwadi at Khotodem - Sattari

A new anganwadi was recently opened to children at Gaonkarwada Velgue, Khotodem in Sattari. The centre was inaugurated by ZP member, Premnath Hazare and Sarpanch of Village Panchayat Khotodem, Omprakash Barve in presence Director DWCD, Deepali Naik, CDPO, Chaya Melchoir and panch members. The newly enrolled children of the anganwadi and their parents were also present for inaugural function.

This centre will also provide supplementary nutrition, non-formal preschool education, nutrition and health education, immunization, health check-up and referral services of which the last three will be provided in convergence with public health systems.

National Deworming day in anganwadis

In a bid to tackle the countrywide public health threat of intestinal worm infections in children and related morbidity, recently all anganwadi centres conducted the National Deworming Day. This programme is implemented by the Ministries of Women and Child Development and Human Resource Development. Anganwadi workers and teachers administered the deworming medicine to children and adolescents at the anganwadis and schools, they also sensitize communities about the ill effects of worm infestations.

The National Deworming Day aims to create mass awareness about the most effective and low-cost STH treatment administering albendazole tablets. Along with albendazole administration, behaviour change practices in terms of cleanliness, hygiene, use of toilets, wearing shoes/chappals, washing hands etc. is also important to reduce incidents of re-infection, which are taught to the children by the anganwadi workers.

Celebrating being a girl

The Directorate of Women and Child Development recently celebrated National Girl Child Day in presence of secretary WCD Shri CR Garg (IAS), Collector North Goa, Ms. R Maneka (IAS), Director WCD Deepali Naik, and CMO Vandana Dhume. Various programmes were held to mark the day.
Increasing knowledge and awareness

One Stop Centre (OSC) South Goa district along with District Legal Services Authority recently conducted an awareness programme for women on the OSC facility and legal rights of women at Santeri Shantadurga temple in Xeldem, Quepem Taluka on the auspicious occasion of Makarsakranti.

Director of Women and Child Development, Deepali Naik graced the occasion as chief guest. She spoke to the women on OSC, women rights and the various schemes of the government targeting to empower women.

Secretary DLSA, Judge Shubadha Dalvi spoke about rights of victims of violence. Advocate Cynthia educated the women on Victim Compensation Scheme. 22 students of Kare Law college performed a nukkad natak depicting violence against women & children.

Auda Viegas spoke about the OSC and the facilities available for women at the centre. Over 200 women were present for the programme.

Eating right!

In order to ensure proper nutrition for pregnant and lactating women and the community the state government provides supplementary nutrition for 25 days under the Integrated Child Development services (ICDS) scheme on monthly basis.

Besides, rice, wheat or ragi based nutritious food is served in anganwadi centres and 500 plus calories energy is ensured in the beneficiary’s diet which contains enough carbohydrates, proteins, fat and vegetable. Women and Child Department is constantly working towards the benefit of women in the country.

New Anganwadi at VP Bhironda

Gaonkarwada Vante anganwadi opened its doors for the children of the locality in Village Panchayat Bhironda. The anganwadi was inaugurated by Director DWCD Deepali Naik and Sarpanch Udaysiaingh Rane in presence of ZP member Premnath Hazare and panch members of VP Bhironda.

Around 60 locals were present along with the newly enrolled anganwadi children and their parents.

Fun day out!

Picnics are great stress buster for kids, they also play an integral role in developing personality traits among children and help them learn new things. Considering this, Savarshe Bhironda anganwadi organised an outing for the children along with their parents at Bondla Wildlife Sanctuary.

The children had a fun time outdoors, learning about animals and their habitats, basking in nature with the pure air making them feel rejuvenated.
Mission eradication - Polio

Pulse polio immunization drive was recently conducted at all anganwadi centres across the state in association with public health centres. All anganwadi workers were responsible for the programme in their respective anganwadi. Hundreds of children were given pulse polio.

Anganwadi workers are considered the backbone of the pulse-polio campaign, as they are the ones assisting at the booths as well as go door-to-door for the campaign.

Empowering girls

Directorate of Women and Child Development celebrated the Beti Bachao Beti Padhao Week recently. BBBP week is celebrated every year to promote empowerment of girls and reinforce gender equality. It also provides a platform to raise issues, concerns and challenges faced by girls.

The week-long celebration witnessed over hundreds of various awareness generation activities and community engagement programmes such as oath ceremonies, prabhat pherries, rallies, nukkad natak, street plays, joint door-to-door campaigns by CDPOs and AWWs, posters, slogan-writing, drawing, painting competition among school children, tree plantation in the name of girl child, distribution of birth certificates, sensitization, counselling sessions and talk shows on gender, health and nutrition, legal rights and Acts.
Training is a crucial element in the Anganwadi Services scheme as the achievement of the Programme goals largely depend upon the effectiveness of frontline workers in improving service delivery. Since the inception of the Scheme, the Ministry has formulated a comprehensive training strategies for the functionaries of Anganwadi Services. Training is imparted to the functionaries on a regular basis.

A team from Delhi Ministry trained state level staff (State resource group) on ILA Module number 1,2,3 who further trained block level staff (Block resource group). The block resource group felicitated training to sector level staff. Printed 21 modules were provided to 300 staff of WCD and 1300 takeaways to AWW. The AWWs have completed 1-10 modules.

1. Why this Monthly Meeting?
   - Monthly meeting is to make sure staff meets every month to learn new ways and methods on helping beneficiaries. Through these meetings the staff learn from each other. They will also learn how to effectively achieve following two objectives:
     a. Healthy behaviours are practiced by all families in their communities.
     b. Important health services are received by all families in the community.

   Achieving these objectives become easier when they work together as a team and share their responsibilities.

2. Making or updating home visit planner and initiating home visits
   - This will help AWW to make or update the home visit planner. The home visit planner will help them track which home to visit on which particular day in order to reach out to every beneficiary.
   - Home visit planner is most important to ensure that every family receives the right information at the right time. This will enable families to take right decisions about health care and make adequate preparations as required. To do this, AWWs need to have an updated planner that will help them identify when they should visit each family, a record of the visited families and the help and support each family would require.

3. Planning and organizing Community Based Events (CBE) at AWCs
   - This module will help AWWs to understand how to plan and organize community based events at their respective AWCs.
   - The importance of CBE:
     - To spread awareness on care of pregnant women, lactating mothers and children through social rituals, such as God-bharai and Annaprasan etc.
     - To help families, especially the husband and the mother-in-law, understand the importance of health and nutrition of children and pregnant women and lactating mothers.
     - Help create an environment of
cooperation to ensure that family and community members collectively take a decision towards the welfare of children, pregnant and lactating mothers.
- To make the village community members aware of the healthcare and nutrition requirements of children, pregnant and lactating mothers.

4. Observing breastfeeding patterns in new born babies - why and how
This module focuses on breastfeeding new born babies and also help train AWW on issues such as:
- How often should the baby be fed?
- What should be the frequency of breastfeeding?
- How vigorously the baby should breastfeed?
- Should baby be fed from one breast or both breasts during each feed?

5. Identification and care of a weak new born baby
- This module focuses on identification of a baby born weak and also process to take care of weak new born baby. This module will teach AWWs date of maturity from LMP calculation and also methods like frequent breastfeeding, Kangaroo Mother Care, and cleanliness and care towards weak new born baby.

6. Complementary feeding: Diet diversity
- This module focuses on various types of complementary foods mothers can feed babies after six months. Importance of nutrients required for following categories:
  Babies need a variety of nutrients, even more than adults, for a number of purposes:
  a. Growth
  b. Learning
  c. Activity
  d. Fighting infections
Similarly, pregnant women also need enough nutrition for the growing child in the womb.

7. Preventing anaemia in women
- This module will help AWW to understand and identifying whether a woman is having anaemia, what are the causes, how do we prevent, understanding risk and long term impact, reason of women having more anaemia than men etc.

8. Assessment of growth in children
- This module focuses on accurate growth monitoring of children and understanding the terms like stunted, wasted, severe acute malnutrition (SAM) etc. And what steps should be taken if child is found in stunted, wasted or SAM category.

9. Ensuring that complementary Feeding improves overtime
This module focuses on:
- What can be done to support and ensure that complementary feeding improves over time
- How much food a child should eat
- How much food child can eat
- Ensuring right amount of food is consumed
- Need of increase in food intake for growing child

10. Ensuring exclusive breastfeeding
This module focuses on,
- Importance of exclusive breastfeeding
- How to persuade and prepare mothers to exclusively breastfeed
- How to help mothers ensuring exclusive breastfeeding
- Overall counselling on exclusive breastfeeding

Other modules:
11. Care of the weak new born Baby - How many weak babies are we missing?
12. How to ensure timely initiation of Complementary Feeding
13. Identifying and preventing severe acute malnutrition (SAM)
14. Feeding during illness
15. Supporting mothers with issues in breastfeeding
16. How to take care of weak new born with the help of Kangaroo Mother Care
17. Identification & referral of sick new born
18. Preventing illnesses to avert malnutrition and death
19. Prevention of anaemia in girls and adolescents
20. Birth preparedness- For institutional and home delivery
**IN THE NEWS**

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**Anganwadi workers to now retire at 62 yrs, says Sawant**

**Honourarium hike planned for workers**

*Sanjiv Sawant, Additional Chief Minister*

**Policy:** The additional chief minister, Sanjiv Sawant, today announced that anganwadi workers will now retire at 62 years of age, following approval from the central government. The announcement comes after a petition was filed in the state court seeking an increase in the retirement age of these workers.

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**“Need new approach to make Goans employable”**

**Times News Network**

**Panel:** Minister for skill development and entrepreneurship, Vishwajit Rane, on Friday said the government was trying to build a new approach to make Goans employable. He also said industry cooperation was crucial to this achievement.

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**Project SEHAT focuses on reproductive and maternal care**

*Pune Mirror*

**Summary:** The SEHAT (Sustainable Energy Health And Technology) project, a joint venture of the PHFI and the Ministry of Health, is focused on reproductive and maternal care. The project aims to provide comprehensive care to women and newborns, especially in rural areas.

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**20,000 women to be screened for breast cancer**

**State govt launches schemes for welfare of women**

*Pune Mirror*

**Policy:** The state government today announced plans to screen 20,000 women for breast cancer this year. This initiative is part of the larger scheme to ensure the health and well-being of women across the state.

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**Govt to hike Anganwadi workers’ honourarium**

**Team Herald**

**Panji:** In a New Year gift to over a thousand Anganwadi workers, Chief Minister Dr Pramod Sawant on Saturday announced to hike the honorarium with increasing the retirement age from current 60 years to 62 years. Addressing the gathering on the launch of flagship schemes – Yashavani and Swavalambh, Dr Sawant announced the honorarium hike. The Minister of Women and Child Development Vishwajit Rane, government has decided to hike the honorarium awarded to Anganwadi workers.

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**State to screen 20k women for breast cancer this year**

*Pune Mirror*

**Policy:** The state government is planning to screen 20,000 women for breast cancer this year, as part of its ongoing health initiatives. This move is expected to improve early detection rates and overall health outcomes for women.

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**P&G Health partners with PHFI to implement digital health project**

*Pune Mirror*

**Summary:** P&G Health has partnered with the PHFI to implement a digital health project aimed at improving access to health care and promoting health awareness among the underprivileged.
Things you need to know!

Nodal officer, Department of Women and Child Development Lavanya Shetye conducted awareness programmes on various topics for students of different schools around the state. Topics touched by her included Good touch and Bad Touch and briefing on Family Groping, Combatting techniques for women, Cyber Crime, Anemia Awareness, Importance of 181 Centre/ what is one Stop Centre, Women and Child Sexual Abuse, Domestic Violence, Safety and Self Defense Training for Girls, Vulnerable victims for Human Trafficking and Awareness, First Aid (Heart Attack, Head Injury, Heat Stroke, Electric Shock, Epileptic, Seizures)

In today’s world, it is imperative that children are educated about the difference between right and wrong, appropriate and inappropriate. It is necessary to talk to them about sexual development, sexual identity, abuse, violence, cyber crime and other such related topics – though these are not easy subjects to broach. With this children and women will be better able to recognise the importance of social and self-awareness for their career success and advancement.

Increasing your self-motivation

Most self-motivational definitions read are specious, and often tend to miss the mark. They speak about strength and a driving force, but where does it really come from? Helping young minds speculate over this, Women's Helpline 181 along with Nodal officer DWCD, Sonam Morajkar organised a motivational workshop and awareness programme at ITI, Bicholim.

Speaking to over 100 women in different Industrial Training Institutes across the state, awareness about 181, women’s helpline was created besides speaking on self-motivation and hygiene during periods. The students felt enlightened and requested such workshops to be held regularly.
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