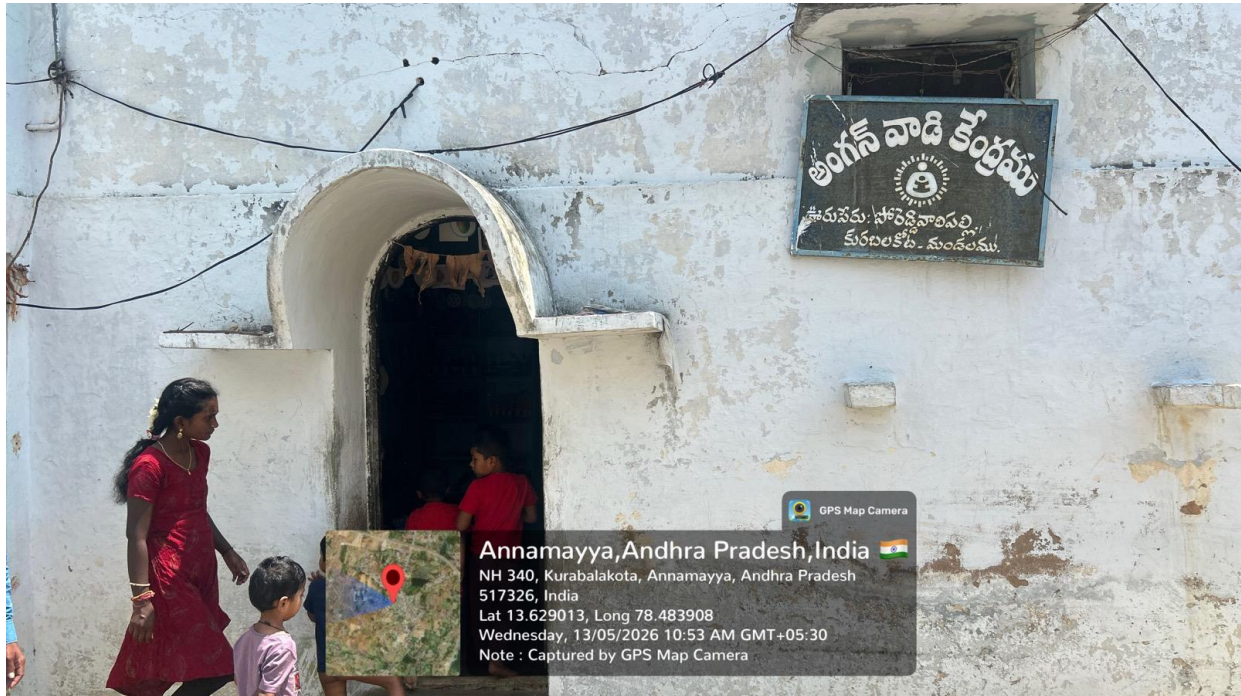


A Report on

“Empowering Mothers and Children: Awareness on Amma Vodi and Anganwadi Services”

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Introduction

MITs Community Radio 90.8 organized a special community awareness programme on 13th May 2026 at Angallu focusing on Amma Vodi and Anganwadi Services. The objective of the programme was to create awareness among local communities regarding maternal care, child nutrition, early childhood education, and welfare schemes provided by the Government through Anganwadi centres.

The programme was conducted by Sri. M. Narasimhacharlu, Programme Manager, who interviewed Anganwadi workers and beneficiaries to understand the implementation and impact of these services in rural communities.

The programme highlighted the significance of government-supported nutrition, healthcare, and educational services for pregnant women, lactating mothers, and young children.

Objectives of the Programme

The major objectives of this awareness programme were:

- To educate the community about Amma Vodi and Anganwadi services.
- To spread awareness on maternal and child healthcare.
- To highlight nutritional support provided to pregnant women and children.
- To create awareness on early childhood education through Anganwadi centers.
- To understand beneficiary experiences and service effectiveness.

Interview with Anganwadi Worker – Mrs. Sarala kumari



As part of the programme, Sri. M. Narasimhacharlu interviewed Mrs. Sarala kumari, an experienced Anganwadi worker serving in Angallu. During the interaction, she shared that the Anganwadi service in the area started in 1993, and since then, the centre has been actively serving pregnant women, lactating mothers, and children aged 3 to 6 years.

She explained that Anganwadi centres provide essential nutritional support for children, including rice with dal, vegetable curry or sambar, eggs, milk, upma, kichidi, pongal, and fortified nutritional products. For children below 3 years, take-home nutritional supplements such as Balamrutham and other fortified food mixes are distributed.

For pregnant and lactating women, the center provides rice, dal, eggs, milk, iron-rich foods, and take-home rations consisting of cereals, pulses, and oil to ensure proper maternal nutrition.



She mentioned that these nutritional supplies are received through both the State Government and Central Government welfare schemes.

Early Childhood Education and Training Services

Mrs. Sarala kumari explained that children aged 3 to 6 years are taught through engaging and activity-based methods. The Anganwadi center uses books, storytelling, rhymes, and play-based learning techniques to improve foundational learning among children.

She emphasized that children are taught basic concepts through enjoyable activities, making education interactive and child-friendly.

When asked about training received for the role, she stated that she completed a 3-month training programme under Gnana Jyothi Programme for Workers, which equipped her with skills related to child care, nutrition, and teaching methodologies.

This training has been highly useful in effectively serving the local community.

Memorable Experience and Expectations from Government

During the interview, Mrs. Sarala kumari shared an inspiring incident from her Anganwadi service career. She recalled that during 1994–95, a visually impaired child associated with the Anganwadi center successfully completed SSC and is currently working as a Field Officer in a Bank.

She expressed happiness and pride in seeing children progress successfully through proper care and guidance. When asked about expectations from the government, she mentioned that Anganwadi workers expect better salary support and additional financial benefits in recognition of their service contributions. She also advised pregnant women and parents to consume nutritious food regularly and ensure children attend Anganwadi centers and schools for better growth and learning.

Beneficiary Interaction

Interview with Mrs. Sarika (Mother)

Sri. M. Narasimhacharlu interviewed Mrs. Sarika, mother of a 2-year-old child enrolled in the Anganwadi center.

She expressed satisfaction with the services provided and stated that the Anganwadi staff continuously monitor her child's health and provide regular care and support.

She appreciated the nutritional services and healthcare monitoring conducted at the center.

Interview with Mrs. Gowthami Kumari

Another beneficiary, Mrs. Gowthami Kumari, shared her experience regarding Anganwadi services. She stated that the Anganwadi staff are always supportive and provide assistance whenever needed. She specifically appreciated the care provided during pregnancy and acknowledged the staff's commitment toward maternal welfare.

Her feedback reflected the positive role of Anganwadi services in supporting local families.



Key Insights from the Programme

The programme highlighted several important community welfare aspects:

- Importance of maternal and child nutrition
- Government welfare support for rural families
- Early childhood education through play-based learning
- Role of Anganwadi workers in community development
- Awareness on healthcare and nutrition practices

The interviews demonstrated how Anganwadi centers contribute significantly to improving child health, education, and maternal well-being.

Finally, Sri. M. Narasimhacharlu expressed sincere gratitude to all interviewees for sharing their valuable experiences and insights, making the programme informative and impactful.

Conclusion

The community awareness programme on “Empowering Mothers and Children: Awareness on Amma Vodi and Anganwadi Services” was successfully conducted by MITS Community Radio



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90.8. The programme effectively created awareness about maternal welfare, child nutrition, early education, and the role of Anganwadi services in rural development. The insights shared by Anganwadi workers and beneficiaries provided listeners with valuable information about government welfare initiatives.

Outcomes of the Programme

Outcome 1:

Created awareness among listeners about Amma Vodi and Anganwadi services available for mothers and children.

Outcome 2:

Improved understanding of nutritional, healthcare, and educational services provided by Anganwadi centers.

Outcome 3:

Encouraged community members to utilize government welfare schemes for better maternal and child development.

Alignment with UN Sustainable Development Goals (SDGs)

SDG 2 – Zero Hunger

The programme promoted awareness on nutrition support provided to children and pregnant women.

SDG 3 – Good Health and Well-being

Focused on maternal health, child healthcare, nutrition, and regular health monitoring.

SDG 4 – Quality Education

Highlighted early childhood education through activity-based learning and developmental support.

SDG 5 – Gender Equality

Supported maternal welfare and empowerment of women through government schemes and healthcare services.