



**KAMARAJ IAS ACADEMY**  
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# Integrated Child Development Services (ICDS) - 2025

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India's flagship Integrated Child Development Services has completed 50 years since its launch in 1975, prompting renewed evaluation of its impact as a lifeline for child nutrition, early learning and maternal health

## What it is?

- ICDS is **India's largest early childhood care and nutrition programme**, providing a package of health, nutrition and pre-school services through Anganwadi Centres to children (0–6 years), pregnant women and lactating mothers.

## History:

- Launched on **2 October 1975** in two pilot blocks—**Dharani (Amravati)** and **Dharavi (Mumbai)**—as a centrally sponsored scheme to combat childhood malnutrition and mortality.
- Over five decades, it has expanded nationwide, becoming one of the world's largest community-based child development initiatives, with nearly **14 lakh Anganwadi Centres**

## Aim:

- Improve nutritional and health status of children (0–6 years).
- Lay foundation for psychological, physical and social development.
- Reduce child mortality, morbidity, malnutrition and school dropouts.
- Ensure inter-departmental coordination for holistic child development.
- Empower mothers through nutrition and health education.

**Kamaraj IAS Academy**

Plot A P.127, AF block, 6 th street, 11th Main Rd, Shanthi Colony, Anna Nagar, Chennai, Tamil Nadu 600040

Phone: **044 4353 9988 / 98403 94477** / Whatsapp : **09710729833**