



नए समाज की ओर  
Towards a new dawn

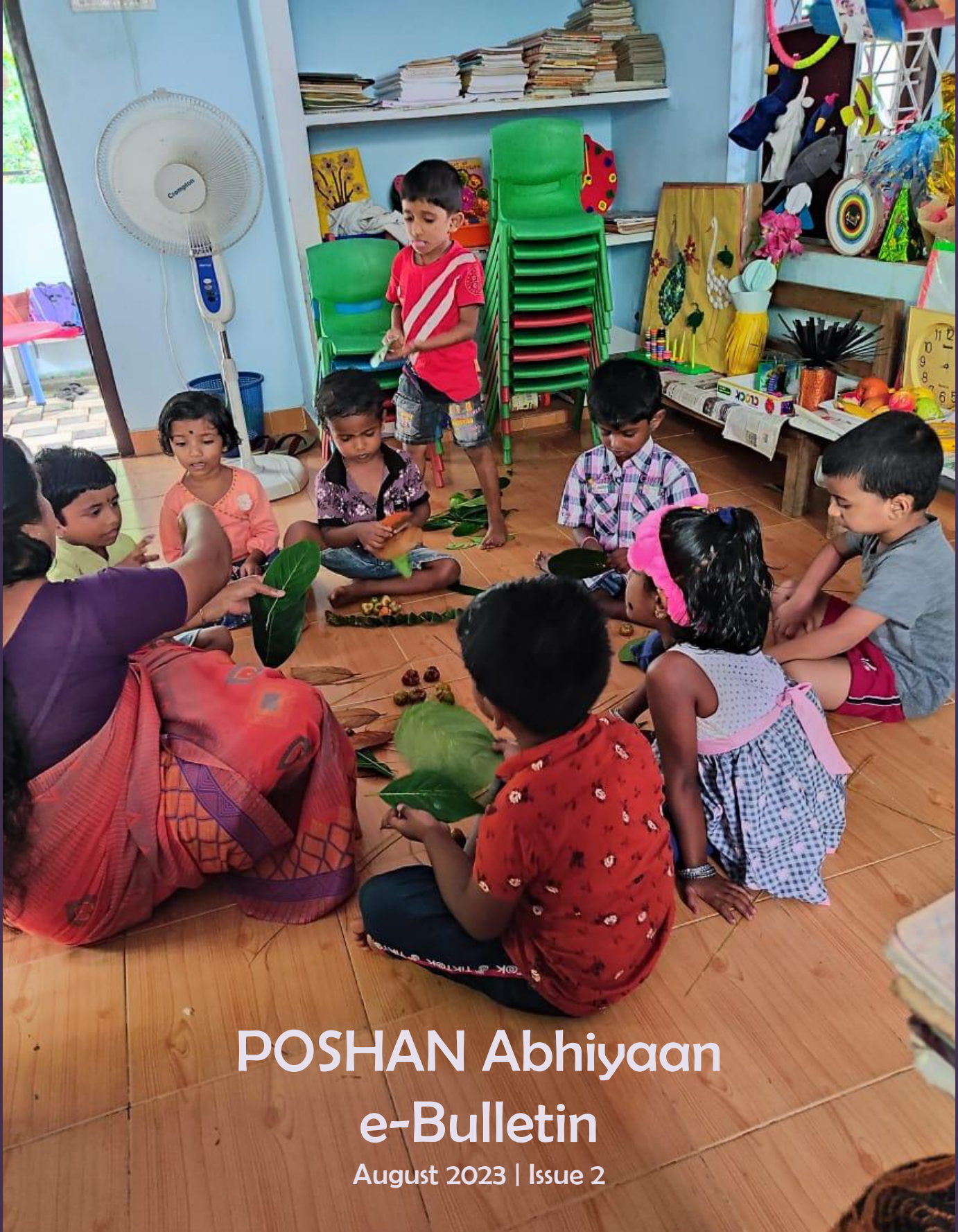


सत्यमेव जयते



**POSHAN  
Abhiyaan**  
PM's Overarching  
Scheme for Holistic  
Nourishment

सही पोषण - देश रोशन



# POSHAN Abhiyaan e-Bulletin

August 2023 | Issue 2

## Message from Hon'ble Minister



Dear Readers,

Since the release of the last e-Bulletin, Poshan 2.0 has maintained its dedication to the mission against malnutrition. During this period, there have been significant developments, employing a holistic approach to create desired changes in the pursuit of building a 'Suposhit Bharat' through collective efforts.

To protect and preserve the environment from 2022 to 2028, Hon'ble Prime Minister introduced Mission LiFE (Life For Environment) as a mass movement, promoting mindful and deliberate utilization over mindless and destructive consumption. In line with the agenda of Mission LiFE, which categorizes 75 LiFE actions into seven themes, our Ministry has actively contributed to four themes: Water conservation, reducing single-use plastic, adopting sustainable food systems, and promoting healthy lifestyles. You would find interesting facts related to these themes in this bulletin.

The Ministry celebrated the 10<sup>th</sup> Jan Andolan under POSHAN Abhiyaan as *Poshan Pakhwada* from March 20<sup>th</sup> to April 3<sup>rd</sup>, 2023. In alignment with the United Nations General Assembly's resolution declaring 2023 as the International Year of Millets, *Poshan Pakhwada* 2023 focused on raising awareness about the health benefits of millets. Additionally, under the theme of '*Swasth Balak Spardha*,' extensive growth measurements of children aged 0-6 years were encouraged across the country. Some districts in Uttar Pradesh stood out through community engagement-based celebrations. The Pakhwada also featured activities aimed at popularizing *Saksham Anganwadi*. As always, the participation of converging Ministries/ Departments and States was encouraging.

## Message from Hon'ble Minister (contd.)

Emphasizing the importance of Early Childhood Care and Education (ECCE), the Ministry launched the "Poshan Bhi, Padhai Bhi (PBPB)" initiative on May 10<sup>th</sup>, 2023. This initiative aims to prioritize education and nutrition, especially for children under the age of 6 and intends to establish India as home to the world's largest universal, high-quality preschool network at Anganwadi Centres (AWC). Through a two-tier training model, combining offline and online modes, the program enhances nutrition knowledge for all thirteen lakh AWWs while promoting early stimulation during the first 1000 days and ECCE for children aged 3-6 through activity and play. It also emphasizes issue-based understanding for AWWs, developmental domains for children, and Foundational Literacy and Numeracy (FLN) for learners. A pilot program has already begun in July-August 2023 for the ten districts under *Mission Utkarsh*.

We are also moving closer to achieving 100% Aadhaar verification for all beneficiaries, which will enhance system efficiency and last mile delivery. Further, the Poshan Tracker ICT application, recognized as a game-changer for India, has recently introduced SMS alerts to beneficiaries regarding their Take Home Ration (THR – not raw ration) supplies. This will further streamline our services and bring in transparency in service delivery.

As with other converging Ministries, Ministry of AYUSH has consistently been a valuable partner to POSHAN Abhiyaan. Due to their continuous support, over 6 lakh AWCs now have their own Poshan Vatikas. We are committed to extending this coverage to all fourteen lakh AWCs and ensuring its year-round sustainability.

Similar to the previous issue, this e-Bulletin also presents selected recipes recommended by Ayurveda experts to maintain good health, along with other recipes focusing on millets. We hope you enjoy the contents of this e-Bulletin.

Jai Hind!

**Smt. Smriti Zubin Irani**  
**Minister for Women and Child Development**  
**Government of India**

## Message from Hon'ble Minister of State



Dear Readers,

I am once again delighted to interact with you all through this platform. In this edition, you will find a lot of information that reflects the power of community participation. While, each day, the Ministry is moving towards *Suposhit Bharat* through better policy, robust technology, engaging programmes, streamlined services, trained human resources etc., the role of community at large towards accepting it all remains the core. Poshan 2.0 is a community-centric scheme, and through sensitized communities, we foresee desired behavioural changes in all.

The Ministry has recently made communities participate and support themes of Mission LiFE. Under Water Conservation, 38 lakh community-based activities have been reported which include sensitization programs with local institutions, promotion of rain water harvesting (RWH) at AWCs, celebrations at existing RWH structures, webinars, ensuring safe drinking water in AWCs, and providing water to toilets. Similarly, the community helped conducting another 6 lakh activities/ campaigns related to cleaning/ de-silting at community water bodies.

In line with the United Nations General Assembly's resolution declaring 2023 as the **International Year of Millets**, more than 1 crore millet centric activities have been taken up across India through a community-based approach, leading to a total of around 4.89 crore activities during Poshan Pakhwada 2023.

Activities including traditional recipe competitions, campaigns, anemia camps, sensitization sessions, demonstration drives, local festivals, food fairs, growth measurement exercises along with traditional ways of public sensitization and so on, in one way or the other, have helped in engaging communities from every corner of the country. These events have witnessed participation of rural, urban, and tribal areas; adolescents, women, children and male members along with frontline functionaries and officials of all respective partner Ministries/ Departments.

## **Message from Hon'ble Minister of State (contd.)**

Similarly, the mandated Community Based Events (CBE) that happens twice per month at each AWC, is also a proven example of community participation.

The mission against malnutrition that was started by Hon'ble Prime Minister in 2018, has transformed into a community-led mass movement under Mission Poshan 2.0. At this pace we expect to contribute to the relevant targets linked to SDGs by 2030.

Thank you and Jai Hind!

**Dr. Munjpara Mahendrabhai**  
**Minister of State**  
**Ministry of Women and Child Development**  
**Government of India**

## Message from Secretary



Dear Readers,

As we present this issue of the e-Bulletin, I would like to draw your attention to our efforts on transforming India's Nutrition Landscape through Technology-Based Monitoring. I am delighted and proud to reintroduce you to the latest developments within Poshan 2.0, which are contributing significantly to addressing the critical issue of malnutrition in India. As we embark on this journey, we recognize that eradicating malnutrition requires a multi-faceted approach, one that leverages “technology” to its fullest potential.

Poshan 2.0 endeavors to combat malnutrition through a comprehensive and collaborative approach, engaging various stakeholders, including governments, civil society organizations, and communities. At the core of this ambitious endeavor is the Poshan Tracker, a ground breaking tool designed to monitor, assess, and scale up our efforts in real time.

This advanced ICT application not only provides a robust platform for recording and tracking nutrition-related data but also facilitates targeted interventions and data-driven decision-making. With its user-friendly interface, it empowers frontline workers, healthcare professionals, and policy makers to access critical information effortlessly, enabling well-informed actions and efficient allocation of resources.

The true strength of the Poshan Tracker lies in its capacity to promote collaboration and synergy among diverse stakeholders. By advocating data transparency and sharing, it facilitates seamless coordination among central, state, and district authorities, fostering a unified approach to address malnutrition. In our pursuit of objectives, the Poshan Tracker serves as a valuable tool for research and analysis, offering insights into nutrition trends, success stories, and challenges. Leveraging the power of data and analytics, we can fine-tune our strategies and interventions, ensuring maximum impact and sustainable outcomes.

## Message from Secretary (contd.)

Every day, the Poshan Tracker contributes to realizing Hon'ble Prime Minister's vision of a "Suposhit Bharat". As of July, 94% of beneficiaries have completed Aadhaar verification, with full coverage on the horizon. Likewise, to ensure the last-mile tracking of service delivery, SMS alerts to beneficiaries have been introduced for Take Home Ration (THR) distribution via the Poshan Tracker. Within just three months of its launch, 2 crore SMS messages have been sent directly to beneficiaries. Furthermore, the Poshan Tracker's interoperability with its counterpart in the Ministry of Health and Family Welfare has already commenced, paving the way for further collaborations with other Ministries to enhance beneficiary management through high-quality data.

In our relentless pursuit of a malnutrition-free India, the Ministry remains steadfast in harnessing the full potential of technology and innovation. The Poshan Tracker exemplifies our commitment to leveraging ICT applications for the greater good, enabling us to build a healthier and brighter future for generations to come. Let us continue to march forward together, towards a happier, more prosperous, and healthier nation.

Yours sincerely,

**Indevar Pandey**  
**Secretary**  
**Ministry of Women and Child Development**  
**Government of India**

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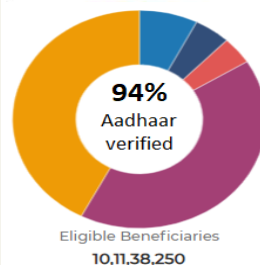
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## Poshan Bhi, Padhai Bhi

*“Government committed to ensuring holistic development of children under age of 6 years, with focus on building skills in key development domains identified under NEP” - Union Minister for WCD, Smt. Smriti Zubin Irani.*

Union Minister for WCD launched the "**Poshan Bhi, Padhai Bhi (PBPB)**" initiative on 10<sup>th</sup> May 2023 at Vigyan Bhawan. The initiative focuses on education and nutrition, particularly for children under the age of 6, and is a path-breaking Early Childhood Care & Education (ECCE) program to help India develop the world's largest, universal, high-quality pre-school network at Anganwadi Centres (AWC).



During the event, Union Minister Smt. Smriti Zubin Irani delivered the keynote address in the presence of over 800 state representatives including Anganwadi Workers (AWW), highlighting the government's commitment to the holistic development of children. PBPB aligns with the recommendations of the National Education Policy (NEP) 2020 and the ECCE Task force established by the Ministry of WCD.

Hon'ble Minister discussed the testing of Early Childhood Care and Education (ECCE) material and audio-visual resources, involving 1.5 million parents in over 10,000 communities via 1 lakh activities. She emphasized the importance of inclusive teaching and learning materials for differently-abled children and utilizing locally available materials for creating environmental friendly indigenous toys.

Hon'ble Minister commended the dedication of AWWs in measuring the height and weight of approximately 7 crore children according to WHO standards and uploading the data on the Poshan Tracker ICT platform. She expressed confidence in their contribution to children's development and announced specialized ECCE training for over 1.3 million AWWs.

## Poshan Bhi, Padhai Bhi (contd.)

Shri Munjpara Mahendrabhai, Minister of State, MWCD, acknowledged India's success in promoting holistic nutrition and emphasized the shift towards integrating nutrition and education in the PBPB initiative.



Secretary MWCD, Shri Indevar Pandey, discussed the goal of delivering daily ECCE teaching in AWCs aligned with state curricula. He highlighted the importance of early stimulation for children aged 0-3 years and transforming AWCs into vibrant learning hubs.

The event included a panel discussion showcasing ECCE best practices from Maharashtra, Meghalaya, Tamil Nadu, and Uttar Pradesh. Each state representative shared their initiatives, focusing on early childhood development and child-centric preschool education programs. The event concluded with a demonstration by AWWs showcasing the new methodology and related techniques.



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## Poshan Pakhwada, 20<sup>th</sup> March - 3<sup>rd</sup> April, 2023

Poshan Pakhwada, held in March-April, aims to bring about behavioral change regarding nutrition. The fifth Poshan Pakhwada, celebrated from 20<sup>th</sup> March to 3<sup>rd</sup> April 2023, focused on a) Promoting and popularizing Shree Anna/ Millets for nutritional well-being, b) Celebrating *Swasth Balak Spardha* in all the states, and c). Popularizing Saksham Anganwadis.

In line with the **United Nations General Assembly's resolution** declaring 2023 as the **International Year of Millets**, Poshan Pakhwada 2023 raised awareness about the health benefits of millets and their suitability for cultivation in challenging climates. The Ministry took steps to encourage the adoption of millets across the country.



Growth Monitoring through *Swasth Balak Spardha*, which involves measuring target children's height and weight, and activities related to Saksham Anganwadis were also highlighted during Poshwada 2023.

Around 20 ministries collaborated to spread awareness about nutrition, particularly among women, children, and adolescents. During the celebrations, over 4 crore sensitization activities were reported, including awareness campaigns, rallies, workshops, and competitions. AWWs, health workers, teachers, students, and the community actively participated in the events. Key highlights are as follows:

- **4.24 crore** activities reported by 3<sup>rd</sup> April. Further, Madhya Pradesh and West Bengal contributed in making the total activity count as **4.89 crore**.
- **12 lakh activities directly reported by converging ministries** such as MoRD, MoH&FW, MoPR, MoE, MoCA&FPD, MoA&FW.
- Bihar, Gujarat, Madhya Pradesh, Maharashtra, and Tamil Nadu were among the top performers in terms of the no. of activities reported.
- **Theme-wise activities reported:**
  - Promoting/popularizing Shree Anna/Millets for nutritional well-being: **1.07 crore**
  - *Swasth Balak Spardha*: **31.97 lakh (around 7 crore children measured)**
  - Promotion of *Saksham Anganwadi*: **23.49 lakh**

## Poshan Pakhwada, 20<sup>th</sup> March - 3<sup>rd</sup> April, 2023 (contd.)

### ➤ Top reported activities:

- **6.84 crore** children (0-6 years) measured for height and weight
- **61.86 lakh** anaemia activities
- **11.61 lakh** Growth Measurement Campaigns
- **11.14 lakh** Recipe Competition focusing Millets
- **10.35 lakh** Sensitization activities on first 1000 days
- **10.26 lakh** Water, Sanitation & Hygiene (WaSH) activities
- **10.24 lakh** IEC campaigns on popularising Saksham Anganwadi
- **10.23 lakh** Sensitization activities on Paushtik Aahaar (nutritious diet)
- **9.85 lakh** Campaigns on sensitizing institutions, functionaries, and communities about the benefits of Millets
- **9.61 lakh** Awareness sessions for adolescent girls focusing Millets
- **9.57 lakh** Campaigns to promote Millets and Backyard Kitchen Gardens
- **9.17 lakh** IEC campaigns at AWCs approved for upgradation into Saksham
- **9.06 lakh** Sensitization activities on Growth Monitoring promotion



Jan Andolans have been a significant step towards addressing the issues of malnutrition in India through mass awareness and sensitisation, and expected to have a long-lasting impact on the health and well-being of every Indian, contributing to the Hon'ble Prime Minister's vision of a **Suposhit Bharat**.



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## Mission Life for Environment (LiFE)

Mission LiFE was introduced by Hon'ble Prime Minister at COP26 in Glasgow on 1<sup>st</sup> November 2021 as a mass movement for “**mindful and deliberate utilization, instead of mindless and destructive consumption**” to protect and preserve the environment.

It seeks to translate the vision of LiFE into measurable impact with an objective to mobilise at least one billion Indians and other global citizens to take individual/ collective action for protecting and conserving the environment in the period 2022-28. It focuses on changing individual behavior through media, interpersonal communication, and social norms.



There are 75 LiFE Actions categorized into seven themes, targeting individuals, communities, and institutions. Action points taken up by the Ministry through the ongoing initiatives in support of Mission LiFE are:

- Convergence and integration into schemes like POSHAN Abhiyaan to influence individual behaviour and lifestyle through community actions.
- Funding through existing schemes, programmes and budgetary allocations for community sensitisation/ mobilization campaigns like Community Based Events (CBE) and Jan Andolans.
- Integrate 7 LiFE Actions under 4 Themes for varied level sensitisation.
- Prepare LiFE action plans for various stakeholders esp. Converging Ministries for engagement based sensitisation towards Mission LiFE.

MoWCD has already conducted a variety of outreach activities to propagate relevant LiFE actions covered under the Themes namely **1). Water saved, 2). Single use plastic reduced, 3). Sustainable food systems adopted, and 4). Healthy lifestyles adopted respectively.**

### 1. Water Conservation

With 13.97 lakh operational AWCs, MoWCD recognized the potential of these centers in raising awareness about water conservation and advised all States/UTs to work on **Rainwater Harvesting Systems (RWS)** suitable for respective climatic conditions within the premises of AWCs.

## Mission Life for Environment (LiFE) (contd.)

Ministry has approved the upgradation of 41,192 AWCs into Saksham AWCs in 2022-23. Out of these, **RWS have been sanctioned for 38,188 AWCs**. In last few Jan Andolans, the **Ministry has conducted around 38 lakh activities related to rainwater harvesting and water conservation**, which include sensitization and promotion, celebrations at existing RWSs, webinars, ensuring safe drinking water in AWCs, and providing water to toilets.



**2. Single Use Plastic Reduced:** During Poshan Maah 2022 and Poshan Pakhwada 2023, more than **6 lakh activities/ campaigns related to Cleaning/ de-silting** at community water bodies like lake/ pond/ well/ water tank etc., were conducted.

### 3. Sustainable Food Systems Adopted

**3.1 Prefer locally available and seasonal foods:** Six region-wise diet charts developed and distributed to beneficiaries.

**3.2 Create kitchen gardens/ terrace gardens: 6.4 lakh AWCs are currently having Poshan Vatikas.** In 2022-23, **Poshan Vatikas have also been approved for 41,192 AWCs** to be upgraded into Saksham AWCs. Use of indigenous herbs and medicinal plants also promoted.

**3.3 Millets and nutri-cereals in diets:** Under the Wheat Based Nutrition Programme, there is a focus on incorporating millets in the **Hot Cooked Meals (HCM)** and **Take Home Ration (THR)** provided to PW&LMs, and children below 6. Millets are included in the SNP. In Poshan Pakhwada 2023, one crore activities were carried out for awareness/ popularisation of millets for health.

**Project Sampoorna**, in District Asifabad, Telangana was **awarded with Hon'ble PM's Award for Excellence** for promotion of Jan Bhagidari in Poshan Abhiyaan for Millet promotion. As a result of this project, 80% of beneficiaries have shown acceptance for millets in the target communities.

**4. Healthy Lifestyles Adopted:** 3.2 and 3.3 detailed above simultaneously contributes to this section as well.

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## Measuring Efficiency- how we have been improving it each day

Regular Growth Monitoring of target children is one of the key intervention areas of Poshan 2.0. It helps tracking a child's growth pattern over time through growth charts with which child's measurement against average values for age and sex is compared. Deviations from the expected growth pattern can be indicative of underlying health conditions or nutritional deficiencies. Poshan 2.0 emphasizes upon Measuring Efficiency through streamlined Growth Monitoring.

In this direction, out of total registered 7.71 crore children 0-5 years, 7.18 crore (93%) were measured at AWCs in July 2023. Due to enhanced measuring efficiency, the results captured on the Poshan Tracker also shows substantially lower malnutrition (wasting) levels in comparison to NFHS-5 findings. For July 2023, 2.17% children 0-5 years were found SAM and 4.86% MAM, against the 19.3% wasting as per NFHS-5 (2019-21) for children 0-5 years.

With continued betterment of measuring efficiency with the help of Growth Measuring Devices (GMD) available at each AWC, and correct and timely entry of data on the ICT Application viz. Poshan Tracker, we aim to touch upon the following areas that helps reaching out to each and every MAM/SAM child with needed support, timely.

- Early identification of health issues
- Nutritional assessment
- Tracking of developmental milestones
- Evaluation of interventions
- Health surveillance





## Measuring Efficiency (contd.)

By closely tracking a child's growth, we can promote optimal health and development during the critical early years of life.

In addition to regular growth monitoring at AWCs, it is also being taken up through **Jan Andolans** as “**Extensive Measurement Drives.**”

In the recently held Poshan Pakhwada in Mar-Apr 2023, Districts like **Amethi** and **Varanasi** from Uttar Pradesh have played significant role in taking it up as “**Extensive Growth Measurement cum Mass Sensitisation Drives.**”



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## ECCE Training- a pathbreaking pre-school initiative

In sync with Poshan Bhi, Padhai Bhi (PBPB), launched in May 2023, the Ministry of WCD aims to a pathbreaking ECCE program to help India develop the world's largest, universal, high-quality pre-school network at AWCs, in alignment with the new National Education Policy (NEP) 2020.

The objectives of the training program include i). promoting early stimulation for the first 1000 days and ECCE for children 3-6 years of age, ii). developing ECCE understanding of AWWs, iii). emphasizing developmental domains (*socio-emotional-ethical, physical and motor, cognitive, etc.*), and the development of Foundational Literacy and Numeracy (FLN), along with iv). reinforcing nutrition knowledge of AWWs.



National Institute of Public Cooperation and Child Development (NIPCCD) to conduct Capacity Building training for ICDS functionaries through a Two-Tier Model. In the **First Tier**, State-Level Master Trainers (SLMTs) comprising of CDPOs and Supervisors, and Additional Resource Persons like DPO, District ECCE officer, State Nodal Officer, AWTC/MLTC Trainer, and other experts nominated by the States will be trained through a Two Days Training Program in a hybrid model (online and offline). Through 800 SLMTs training batches, 4887 CDPOs, 32667 Supervisors, 3052 additional resource persons and 40618 SLMTs may be covered.

Under the **Second Tier**, the SLMTs will conduct training for AWWs. Through three-day in-person training for AWWs, total in position AWWs through 13,578 batches of 100 AWW per batch will be reached out.

To test the training content and implementation model, a pilot training programme has been designed for **10 Utkarsh Districts**. This will cater to 107 CDPOs, 802 Supervisors, 72 additional resource persons, 989 SLMTs (through 23 batches), and 21701 AWWs (through 222 batches). So far, under the First Tier, 15 trainings have been conducted, covering 441 SLMTs across 30 Districts of 9 States/ UTs (including pilot Utkarsh districts).

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## Aadhaar Verification

Aadhaar verification plays a crucial role in Poshan 2.0, while ensuring optimum service delivery to more than 10 crore beneficiaries on daily basis. It helps streamlining the overall operations in the following ways.

**Accurate Identification:** While tracking accurate identification of beneficiaries, it helps in avoiding duplication thus ensuring that the benefits are reaching to the intended recipients.

**Elimination of Ghost Beneficiaries:** Helps identify and eliminate individuals who do not exist or ineligible for taking benefits, reducing risk of corruption, fraud, and resource leakage.

**Efficient Service Delivery:** Enables seamless integration and exchange of information between various government platforms, while improving efficiency of service delivery due to multiple-point data validation.

**Data Monitoring, Analysis and Planning:** Analysis-linked data can be monitored and analysed to gain insights into the effectiveness of the program, and identify areas for improvement. It helps policymakers to make informed decisions based on accurate and reliable data.

While Aadhaar verification can bring several benefits, it is important to address concerns related to privacy, data protection, and security for which the **Poshan Tracker** is working proficiently. As in **July 2023, 94% of beneficiaries have been Aadhaar verified** which speaks of the success of our ICT application.

## SMS Alerts

### Sahi Poshan Desh Roshan

Dear "Name",  
Your Take Home Ration (THR) for **XX days Month-2023** has been delivered today.  
In case you haven't received your THR or want to share your feedback, please contact Poshan Helpline **14408**.

### सही पोषण देश रोशन

प्रिय "Name",  
**XX दिनों Month-2023** के लिए आपका टेक होम राशन (THR) आज दे दिया गया है।  
यदि आपको अपना THR प्राप्त नहीं हुआ है या आप अपनी प्रतिक्रिया साझा करना चाहते हैं, तो कृपया पोषण हेल्पलाइन **14408** पर संपर्क करें।  
महिला एवं बाल विकास मंत्रालय

To ensure last mile tracking of service delivery, **SMS alerts** to the beneficiaries has been introduced for delivery of Take Home Ration (THR).

General eligibility conditions include verification of Mobile no. and Aadhaar details. Further, QR coding of THR packets is also being made mandatory in an effort to increasing the efficiency of distribution system.

Service has been initiated in May 2023, and by 31<sup>st</sup> July 2023, 2.08 crore SMS have been sent to the beneficiaries.

# Ayurposhan- the basics of 5 Principles & 6 Food Groups

## Right Time

Timely meals (Kale Bhojana) when hungry & upon previous meal's digestion  
Three meals per day

## Right Quantity

Trividh Kukshi  
(3 parts of stomach)- 1 with solids, 1 with liquids, 1 empty

## Right Mental State

Give respect and your complete attention to the food you eat  
Ingest calmly, neither fast nor slow



## Right Quality

Eat easy to digest, freshly cooked meals including Shad-rasa yukta aahar, i.e. Sweet, Sour, Salt, Pungent, Bitter, Astringent

## Right Methods & Place

Maintain culinary hygiene  
Prefer region-specific seasonal fruits and vegetables

## 6 Food Groups

Include different items from each group for healthy balanced diet

### Cereals (Anna Varga) :

Gehoon (Wheat), Chaval (Rice), Jowar (Sorghum), Bajra (Pearl Millet), Ragi (Finger millet), Kodo millet, etc.



### Pulses (Shimbi Varga) :

Moong (Green gram), Chana (Chickpeas), Moth/matki (Moth bean), Arhar (Pigeon Peas), Rajmah (Beans), Urad (Split black Lentils), etc.



### Vegetables (Shaka Varga) :

**Phala-Shaka Varga:** Lauki (Bottle Gourd), Kaddu (Pumpkin), Karela (Bitter Gourd), Tinda (Indian Round Gourd), Bhindi (Lady finger), Parwal (Pointed Gourd), Torai (Ridge gourd), Sahijan/shigru (Drumstick), etc.  
**Mool - Kanda Varga:** Shakkar kanda (Sweet potato), Gajar (Carrots), Muli (Radish), Jimikand/ ratalu (Yam), Chukundar (Beetroot), etc.  
**Green Leafy vegetables:** Palak (Spinach), Bathua (Chenopodium), Methi (Fenugreek), Chaulai (Amaranth), Sarso (Mustard), Arbi ka Patta (Taro leaves), etc.



### Milk & milk products (Dugdha Varga) :

Milk (preference to cow, goat and buffalo), Ghee, Makkhan (Butter), Paneer, Chhaach (Buttermilk), Dahi (Curd), etc.

(Milk and milk products mixed with any fresh fruit is considered as Viruddha anna i.e. Incompatible food, hence it should be avoided)



### Flesh foods (Mamsa Varga) :

If appropriate, include Maans (Meat), Murgi (Chicken), Anda (Egg), Macchli (Fish) and Kekada (Crabs) in diet, etc.

(Dry salted fish causes digestive problems hence better to avoid. Pork in excess should be avoided)



### Fruits: (Phala Varga) Fresh and Dry :

Kela (Banana), Khajoor (Dates), Angoor (Grapes), Anaar (Pomegranate), Anjeer (Figs), Mosambi (Sweet lime), Santara (Orange), Aam (Mango), Amarood (Guava), Badara, Shareepa/ sitaphal (Custard apple), Naashapaatee (Pear), Sookhe anjeer (Dried figs), Kismis (Raisins), Seb (Apple), Baadaam (Almond), khazoor (Dried dates), Amla, etc.





### Panchkuti Khichadi

[Panchkuti Khichdi | खिचड़ी तो बहुत खाई होगी पर ऐसी हेल्दी और टेस्टी खिचड़ी कभी नहीं खोयी होगी | - YouTube](#)

### Sprouted Moong Paratha

[Sprouted Moong Paratha - सभी को पसंद आने वाला प्रोटीन से भरपूर पराठा | Moong Paratha | Moong Thepla - YouTube](#)



### Lunch and Dinner ideas with Millets

[4 Millet Recipes - Weight Loss Recipes - How To Cook Millet - Healthy Lunch Recipes/Dinner Ideas - YouTube](#)

### Breakfast ideas with Millets

[How to get started using Millet | How to cook Millet | Millet recipes | Healthy Breakfast Ideas - YouTube](#)



# Factsheet- Poshan Tracker, July 2023

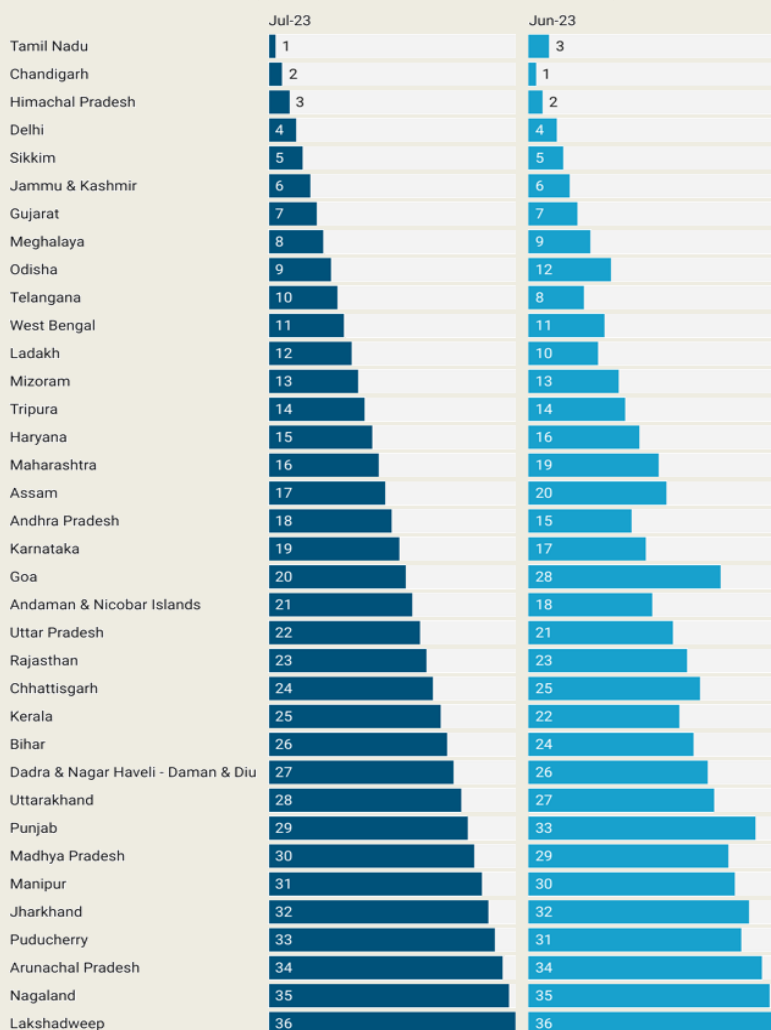
The objective is to understand the performance of selected nutritional indicators. Key highlights are:

- 50% indicators fall under Good category, 37.5% under Moderate category, and only 12.5% under Poor category.

#	Indicator	National Status	Number of States / UTs			Criteria (%)
			Good	Moderate	Poor	
1	AWCs open at least 21 days (77.8%)		21	7	8	Good->75 Moderate->50 - <=75 Poor-<=50
2	THR given for atleast 21 days (52.2%)		4	10	22	Good->70 Moderate->50-<=70 Poor-<=50
3	HCM given for atleast 21 days (27.7%)		1	4	31	Good->70 Moderate->50 - <=70 Poor-<=50
4	Total Aadhaar Verified beneficiaries (94.2%)		30	4	2	Good->75 Moderate->50 - <=75 Poor-<=50
5	Measuring efficiency (93.1%)		27	3	6	Good->75 Moderate->50-75 Poor-<=50
6	Stunted (Severe + Moderate ) Malnourished children (39.7%)		11	23	2	Good-<=25 Moderate->25-50 Poor->50
7	Underweight (Severe + Moderate ) Malnourished children (17.8%)		13	18	5	Good-<=10 Moderate->10-20 Poor->20
8	Wasted (Severe + Moderate ) Malnourished children (7.0%)		25	11	0	Good-<=7 Moderate->7 - <=15 Poor->15

## State/ UT Ranking - July and June 2023

(Lower value indicate better performance and thus higher rank of respective State)



## Summary of State/ UT ranking

Tamil Nadu, Chandigarh and Himachal Pradesh have been ranked at 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> positions.

However, Arunachal Pradesh, Nagaland and Lakshadweep have been ranked at 34<sup>th</sup>, 35<sup>th</sup> and 36<sup>th</sup> positions respectively.

States/ UTs that have shown remarkable improvement in their ranks are Goa (from 28<sup>th</sup> to 20<sup>th</sup> rank) and Punjab (from 33<sup>rd</sup> to 29<sup>th</sup> rank).

## Methodology

Eight indicators (as in above table) have been considered for calculating composite score and state ranking for the month of July and June 2023.

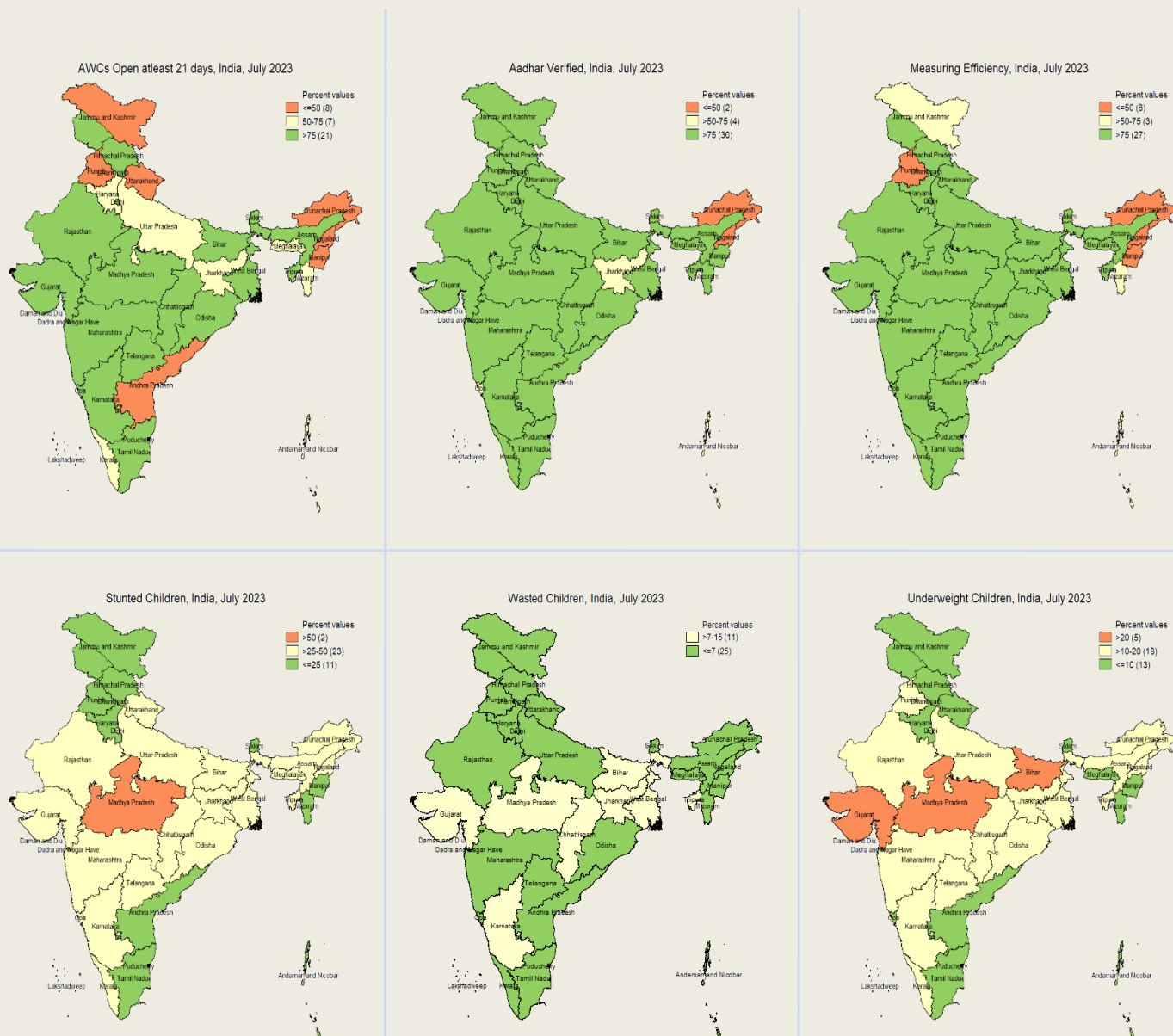
1. For Positive Indicators: Higher value, better performance,
2. For Negative Indicator: Lower value, better performance

# Factsheet- Poshan Tracker, July 2023 (contd.)

## Trend of selected Nutritional Indicators over the months, India

	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23
Measuring efficiency (%)	70.2	72.4	78.1	82.7	87.4	91	93.1
Stunted Children (%)	40.7	39.4	38.7	39.2	39.7	40	39.7
Wasted Children (%)	7.9	7.7	7.1	7	7.1	7.1	7
Underweight children (%)	19.1	18.4	17.5	17.6	17.8	18.1	17.8

## State-wise prevalence for July 2023



# Kaleidoscope

**July 2023:** Training programme of Saksham Anganwadi functionaries at Bhadradri Kothagudem, Telangana, and trainings under PBPB



**May 2023:** HMoS visit to Monacherra Grant Model Anganwadi in Hailakandi, Assam



**April 2023:** HMWCD reviewing progress of schemes and initiatives in various UTs through virtual meetings with Hon Lt. Governors;

**April 2023:** HMWCD trying millet-snacks, Arunachal Pradesh





## Kaleidoscope (contd.)

**March 2023:** "Empowerment through nourishment" with HMWCD and Bill Gates, who has taken a demo of Poshan Tracker, cooked Khichadi, and facilitated Annaprashan



**March 2023:** Poshan Pakhwada celebrations- Poshan Melas, Plantation drives etc.;  
**January 2023:** HMoS interacting with children at an AWC, Surendranagar, Gujarat



**December 2022:** Consultative meeting on Gender Intentional Policy & Program Design in presence of GoI women officers; **December 2022:** Delegates from Ministry of Women's Affairs, Cambodia attended training program on "Women Empowerment: Issues, Challenges & Policy Guidelines" with MoWCD officers





Towards a new dawn

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