

GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION AND LITERACY
RAJYA SABHA
UNSTARRED QUESTION NO-1166
ANSWERED ON- 10/12/2025

Breakfast under PM-POSHAN

1166 Shri Pramod Tiwari:

Will the Minister of Education be pleased to state:

- (a) whether providing breakfast under PM-POSHAN is a recommendation of the National Education Policy (NEP), 2020;
- (b) if so, the present status of its implementation;
- (c) whether a number of States and Union Territories have urged the Union Government to consider providing breakfast under the PM-POSHAN or Midday Meal scheme;
- (d) if so, the details thereof; and
- (e) the action taken/proposed to be taken thereon?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF EDUCATION

(SHRI JAYANT CHAUDHARY)

(a) to (e): National Education Policy (NEP), 2020 in para 2.9 says that... “morning hours after a nutritious breakfast can be particularly productive for the study of cognitively more demanding subjects and hence these hours may be leveraged by providing a simple but energizing breakfast in addition to midday meals. In locations where hot meals are not possible, a simple but nutritious meal, e.g., groundnuts/chana mixed with jaggery and/or local fruits may be provided.”

Pradhan Mantri Poshan Shakti Nirman (PM POSHAN) Scheme is one of the foremost rights based Centrally Sponsored Scheme implemented in partnership with the States and Union Territories (UTs) for providing one hot cooked and nutritious meal to all children studying in Bal Vatika (just before class-I) and classes I to VIII of Government and Government-aided schools. The Scheme covers about 11 crore children in more than 10.35 lakh schools in all the States/ UTs. The overall responsibility for providing hot cooked and nutritious meal to the eligible children lies with the State Governments and Union Territory Administrations.

Education is part of the Concurrent List of the Constitution and most of the Government Schools and School Boards are under the administration of the State Government. Few States like Gujarat and Tamil Nadu provide breakfast alongwith mid-day meal to children. There is a provision of flexi component to be used by the States/UTs provision of Supplementary Nutrition interventions. Many States/UTs provide additional supplementary nutrition interventions like milk, egg, chikki, fresh fruits, chicken, ragi malt etc. Few States and UTs provide additional items such as milk, egg, fruits etc. to students from their own resources. The States and UTs are encouraged to decide menu suitable to the local conditions within the prescribed nutrition and food norms and to procure locally grown food items like millets, vegetables, condiments etc.

To give first-hand experience with nature, gardening and to inculcate the habit of eat right among the students School Nutrition Gardens (SNGs) have been set up and are funded under the Scheme. Around 6.28 lakh schools have set up SNGs under the Scheme. The purpose of setting up such a Kitchen Garden in Schools is to give students a lifelong skill and to encourage them to go home and start their own garden in school. The vegetables and fruits grown in these kitchen gardens are also used in the preparation of hot cooked meal under PM POSHAN.

Tithi Bhojan is a community participation programme. During “Tithi Bhojan”, community members are encouraged to provide full meal/ additional food items to school children on special occasions such as festivals, anniversaries, birthdays, marriages, and days of National importance etc. Tithi Bhojan is completely voluntary, and people in the community contribute either a complete full meal or contribute nutritious food items in the form of sweets, namkeens, fruits or sprouts etc. Under Tithi Bhojan in the year 2024-25, 6.43 crore students studying in 5.77 lakh schools were benefitted and in the year 2025-26 (till November), 4.75 crore students studying in 3.98 lakh schools got benefitted across the country.
