

GOVERNMENT OF INDIA  
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

**LOK SABHA**  
**STARRED QUESTION NO. 253**  
TO BE ANSWERED ON 17.03.2023

**SCHEME TO IMPROVE NUTRITION LEVEL OF PREGNANT WOMEN**

253: SHRI DHARMENDRA KASHYAP:

Will the Minister of Women and Child Development be pleased to state:

- a. Whether the Government has introduced any scheme to add AYUSH component to the ration provided by Anganwadi Centres to improve nutrition level of pregnant women;
- b. If so, the details and present status thereof;
- c. Whether the said scheme has been introduced in Uttar Pradesh; and
- d. If so, the details and outcome thereof?

**ANSWER**

MINISTER OF WOMEN AND CHILD DEVELOPMENT  
(SHRIMATI SMRITI ZUBIN IRANI)

(a) to (d): A Statement is laid on the Table of the House.

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**STATEMENT REFERRED TO IN REPLY TO PART (A) TO (D) OF LOK SABHA STARRED QUESTION NO. 253 TO BE ANSWERED ON 17.03.2023 ASKED BY SHRI DHARMENDRA KASHYAP REGARDING "SCHEME TO IMPROVE NUTRITION LEVEL OF PREGNANT WOMEN".**

(a) to (d) (i) Supplementary nutrition is provided to beneficiaries through the network of 13.97 lakh AWC located across the country by providing morning snacks, Hot Cooked Meals and Take Home Ration (not raw ration). The primary focus of the Supplementary Nutrition Programme is to bridge the gap between recommended dietary allowance and the average daily intake. State governments have been advised by the Ministry of Women and Child Development to promote diet diversity, agro-climatic regional meal plans and adopt AYUSH practices in the Supplementary Nutrition Programme (SNP).

(ii) Government has approved "Saksham Anganwadi and Poshan 2.0"- An Integrated Nutrition Support Programme scheme of MWCD, during the 15th Finance Commission period 2021-22 to 2025-26. The "Common Core" of Saksham Anganwadi and Poshan 2.0 centre on Maternal Nutrition, Infant and Young Child Feeding Norms, Treatment Protocols for SAM/MAM and Wellness through AYUSH practices to reduce wasting and under-weight prevalence besides stunting and anemia.

(iii) Under Mission Saksham Anganwadi and Poshan 2.0, time-tested traditional wisdom in community nutritional practices is sought to be leveraged through Ayush formulations and simple Ayurveda interventions to improve digestive capacity, absorption of nutrients, address anemia and aid in management of malnutrition for the holistic nourishment of children, pregnant women and lactating mothers.

(iv) As per the guidelines of Mission Saksham Anganwadi and Poshan 2.0, convergence with Ministry of Ayush is envisaged as follows:

- Populate Poshan Vatikas with medicinal plant and saplings, technical assistance, etc.
- Recommend local recipes integrating locally grown vegetables & food substances, red rice, various millets etc. Ghee or locally produced oils in Take Home Ration (not raw ration) recipes and cow's milk
- Recommend various AYUSH practices/products that have been successfully used for reducing wasting, anemia, and low birth weight and bolster immunity. In some districts of the country, an Ayush component has been included in Take-Home Ration for Pregnant Women, Lactating Mother and Children.

(v) Ministry has also endorsed and circulated to all States/ UTs, general dietary advisory, advisory for pregnant women, lactating mothers, children, specific recommendations for anemia in pregnancy and malnourished children, developed by Ministry of Ayush.

(vi) As per the Saksham Anganwadi and Poshan 2.0 Scheme guidelines and Streamlined Guidelines issued on 13<sup>th</sup> January 2021, the District Nutrition Committee chaired by the District Magistrate includes the District –in charge Ayush Officer as a member, with responsibilities as follows:

- Focus on prevention of diseases and promote wellness through Yoga at AWCs and households.
- Identify medicinal plants and herbs, fruit trees for cultivation in Poshan Vatikas

The Guidelines have emphasized on scaling-up of successful projects to manage anemia, e.g., pilot on 'Drakshavaleha' and promote use of AYUSH diet under Poshan 2.0 in co-ordination with Anganwadi Centres and Schools.

(vii) Government is encouraging setting up of Poshan Vatikas (Nutri-Gardens) at or near Anganwadi centers (AWC), state-owned schools wherever possible, and on Gram Panchayat lands where women and children are most likely to benefit. This will help to provide food security and diet diversity to address malnutrition at the community level; address micro nutrient deficiency-related malnutrition and supplement staple-based diets/rations to meet requirements of essential nutrients with a significant amount of macro and micro nutrients.

(viii) Ayush practices focusing on prevention of diseases and promotion of wellness through Yoga, cultivation of medicinal herbs in Poshan Vatikas, and use of AYUSH formulations to treat underlying disorders has been considered under Saksham Anganwadi and Poshan 2.0 for the holistic nourishment of children, pregnant women and lactating mothers. Total 41106 Poshan Vatikas has been developed in Uttar Pradesh **(Annexure-I)**.

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**Number of Anganwadi Centres equipped with Poshan Vatika in Uttar Pradesh**

<b>Sr. No</b>	<b>District Name</b>	<b>(Number of Anganwadi Centres equipped with Poshan Vatika)</b>
	Agra	710
2.	Aligarh	690
3.	Ambedkar Nagar	510
4.	Amethi	389
5.	Amroha	286
6.	Auraiya	358
7.	Ayodhya	476
8.	Azamgarh	1518
9.	Baghpat	469
10.	Bahraich	708
11.	Ballia	694
12.	Balrampur	376
13.	Banda	441
14.	Barabanki	611
15.	Bareilly	571
16.	Basti	531
17.	Bhadohi	298
18.	Bijnor	636
19.	Budaun	588
20.	Bulandshahr	793
21.	Chandauli	375
22.	Chitrakoot	292
23.	Deoria	649
24.	Etah	373
25.	Etawah	313
26.	Farrukhabad	356
27.	Fatehpur	689
28.	Firozabad	608
29.	Gautam Buddha Nagar	222
30.	Ghaziabad	275
31.	Ghazipur	825
32.	Gonda	619
33.	Gorakhpur	834
34.	Hamirpur	356
35.	Hapur	277
36.	Hardoi	786
37.	Hathras	342

38.	Jalaun	383
39.	Jaunpur	1218
40.	Jhansi	376
41.	Kannauj	323
42.	Kanpur Dehat	358
43.	Kanpur Nagar	527
44.	Kasganj	589
45.	Kaushambi	355
46.	Kheri	811
47.	Kushi Nagar	827
48.	Lalitpur	225
49.	Lucknow	546
50.	Maharajganj	627
51.	Mahoba	176
52.	Mainpuri	358
53.	Mathura	473
54.	Mau	617
55.	Meerut	515
56.	Mirzapur	534
57.	Moradabad	548
58.	Muzaffarnagar	455
59.	Pilibhit	392
60.	Pratapgarh	650
61.	Prayagraj	900
62.	Rae Bareli	667
63.	Rampur	640
64.	Saharanpur	682
65.	Sambhal	516
66.	Sant Kabeer Nagar	543
67.	Shahjahanpur	583
68.	Shamli	281
69.	Shravasti	285
70.	Siddharth Nagar	728
71.	Sitapur	846
72.	Sonbhadra	536
73.	Sultanpur	602
74.	Unnao	680
75.	Varanasi	890
Total		41106