

GOVERNMENT OF INDIA
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

LOK SABHA
UNSTARRED QUESTION NO. 4854
TO BE ANSWERED ON 31.03.2023

“POSHAN VATIKA IN ANGANWADI CENTRES”

4854 SHRI JANARDAN SINGH SIGRIWAL

Will the Minister of WOMEN AND CHILD DEVELOPMENT be pleased to state:

- (a) whether the Government is in the process for setting up of Poshan Vatika/Poshan Udyan in Anganwadi centres across the country;
- (b) if so, the details and salient features thereof;
- (c) the details of such Vatikas set up so far in the country including Bihar; and
- (d) the other steps being taken by the Government to improve the nutritional outcomes of children, adolescents, pregnant women and lactating mothers in the country?

ANSWER

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

(a) to (c) POSHAN Abhiyaan (erstwhile National Nutrition Mission) was launched in March 2018 to achieve improvement in nutritional status of Children from 0-6 years, Adolescent Girls, Pregnant Women and Lactating Mothers in a time bound manner and to achieve reduction in stunting and wasting in children (0-6 years) as well as reduction in anemia in women, children and adolescent girls. The Abhiyaan has been rolled out in all the 36 States/UTs. A key plank of the Abhiyaan to enable the right kind of nourishment are the Poshan Vatikas or Nutri-gardens that are being set up across the country to provide easy and affordable access to fruits, vegetables, medicinal plants and herbs. To encourage diet-diversity and consumption of wholesome local produce, around 4 lakhs Poshan Vatikas have been developed at AWCs. 1.10 lakh medicinal plants were planted in 21 districts in 6 States of Uttar Pradesh, Madhya Pradesh, Maharashtra, Gujarat, Himachal Pradesh, and Mizoram during Poshan Pakhwada 2021.

During Poshan Maah 2022, activities for setting-up nutri-gardens or retro-fitting Poshan Vatikas with backyard poultry / fishery units was carried out across the country. More than **1.5 lakh** events on retrofitting Poshan Vatikas with backyard poultry and fishery units have been reported. Also, more than 75 thousand sensitization camps have been conducted to promote millets and backyard kitchen gardens.

Through Poshan Vatikas, aim is to provide a fresh and regular supply of locally produced fruits, vegetables and medicinal plants to women and children straight from a nutri-garden at or near an Anganwadi Centre. Poshan Vatikas can play an important role in enhancing dietary diversity by providing key micronutrients through local fruits and vegetables. Poshan Vatikas are a good example of convergent action on-ground. Beyond the reward of locally available wholesome produce, it will reduce external dependency and make communities *Atmanirbhar* for their nutritional security. As per Scheme Guidelines for Mission Saksham Anganwadi and Poshan 2.0 (Mission Poshan 2.0), indicative salient features of Poshan Vatikas recommend plants/herbs/trees that may be cultivated:

- i. Green vegetables)- Spinach (palak), Methi, Amaranthus Spr. (Choulai), Asparagus (Shatawari), Bacopamonnier (Brahmi), Boerhavia (punarnava), Chenopodium (Bathua), Dioscorea (Ratalu)
- ii. Medicinal Plants/ Fruit Trees (5-6 tress): Moringa (Sahajan), Papita, Karhipatta, Lemon (Nimbu), Amla, Punica (Anar) etc
- iii. Boundary crops- Shatawari, Lemon grass, Giloy etc

The State/UT wise number of Anganwadis equipped with Poshan Vatikas including the state of Bihar is at **Annexure I**.

(d) Launched on 8th March, 2018, by the Hon'ble Prime Minister, POSHAN Abhiyaan aims to improve nutritional outcomes for children, adolescents, pregnant women & lactating mothers. The Abhiyaan is a key component of Mission Poshan 2.0 which seeks to address the challenges of malnutrition in children, adolescent girls, pregnant women and lactating mothers through a strategic shift in nutrition content and delivery and by creation of a convergent eco-system to develop and promote practices that nurture health, wellness and immunity.

Mission Poshan 2.0 is designed to address the issue of malnutrition through transparency, accountability, balanced diets, diet diversity and quality, greater grassroots involvement and last-mile delivery of services supported by key strategies, viz., corrective strategies to address nutrition related deficiencies, nutrition awareness strategies to develop good eating habits for sustainable health and well-being, strategies for communication and development of green eco-systems such as Poshan Vatikas at or near Anganwadi Centres, wherever possible and in Government led schools and Gram Panchayat lands where benefits can easily be given to women and children. Under Poshan 2.0, focus is on diet diversity, food fortification, leveraging traditional systems of knowledge and popularizing use of millets. Nutrition awareness strategies under Poshan 2.0 aim to develop sustainable health and well-being through regional meal plans to bridge dietary gaps.. Further, greater emphasis is being given on the use of millets for preparation of Hot Cooked Meal and Take Home rations (not raw ration) at Anganwadi centres for Pregnant Women, Lactating Mothers and Children below 6 years of age, as millets have high nutrient content which includes protein, essential fatty acid, dietary fibre, B-Vitamins, minerals such as calcium, iron, zinc, folic acid and other micro-nutrients thus helping to tackle anemia and other micro-nutrient deficiencies common among women and children. Further, under Mission Poshan 2.0, only fortified rice is being allocated to States/UTs

State/UT wise number of AWCs equipped with Poshan Vatika

State/UT	Anganwadi Centres equipped with Poshan Vatika
Andaman And Nicobar Islands	521
Andhra Pradesh	524
Arunachal Pradesh	238
Assam	5075
Bihar	6333
Chandigarh	65
Chhattisgarh	485
Delhi	566
Goa	86
Gujarat	6193
Haryana	13956
Himachal Pradesh	685
Jammu And Kashmir	28078
Jharkhand	8722
Karnataka	34753
Kerala	17647
Ladakh	50
Lakshadweep	19
Madhya Pradesh	42839
Maharashtra	19213
Manipur	860
Meghalaya	1845
Mizoram	963
Nagaland	180
Odisha	40915
Puducherry	38
Punjab	5853
Rajasthan	4080
Sikkim	1308
Tamil Nadu	20400
Telangana	13531
Dadra Nagar Haveli & Daman & Diu	246
Tripura	2681
Uttar Pradesh	41106
Uttarakhand	827
West Bengal	0
Grand Total	320881