

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

**LOK SABHA
UNSTARRED QUESTION NO.1014
TO BE ANSWERED ON 3rd DECEMBER, 2021**

AYUSH AAHAR

**1014. SHRI JASWANT SINGH BHABHOR:
SHRI NARANBHAI KACHHADIYA:
SHRI PARBATBHAI SAVABHAI PATEL**

Will the Minister of **AYUSH** be pleased to state:

- (a) whether the Government has taken cognizance of urgent need to promote 'AyushAahar' in the country;
- (b) if so, the steps being taken by the Government for realising the final objective of 'Suposhit Bharat', State-wise including Gujarat; and
- (c) the manner in which assistance or instructions are being given or have been given by the Ministry to State Government to provide more information and availability of 'AyushAahar' in rural and tribal areas particularly in Dahod of Gujarat?

**ANSWER
THE MINISTER OF AYUSH
(SHRI SARBANANDA SONOWAL)**

(a) and (b) Ministry of Ayush had participated in the celebration of Poshan Maah and Poshan Pakhwada organized by the Ministry of Women and Child Development through the National Institutes/Research Councils under the Ministry and had also requested to all the Ayush Departments of all the States/UTs including Gujarat for the same. The Ayush Ministry is promoting Ayush-based diet and lifestyle and is working in convergence with the Ministry of women and child development in the Poshan Abhiyaan (nutrition campaign) to realise the ultimate goal of "Suposhit Bharat" (nourished India). The week wise activities covered under Rashtriya Poshan Maah to promote "Ayush Aahar" in the country are as under:

- **First Week:** Plantation activity in the form of Poshan Vatika at the spaces available in Aanganwadi Centres, Gram Panchayat, Schools, etc.
- **Second Week:** Yoga and AYUSH for Nutrition (Yoga Sessions targeted for various groups like pregnant women, children and adolescent girls).
- **Third Week:** Distribution of Nutrition Kits comprising of regional nutritious food to beneficiaries of Aanganwadi along with IEC material in high burden districts.
- **Fourth Week:** Identification of Severely Acute Malnourished (SAM) children and organising Community Kitchen for the beneficiaries.

The National Institutes under the Ministry of Ayush had undertaken various activities such as Poshan Udyan (Nutrigarden) of medicinal herbs, brochure describing Poshanmaah and various Ayurved Aahar recipes, Ayurveda Food Expo showcasing various innovative recipes like Ready-to-eat healthy foods. A Workshop was conducted for Startup in the field of Ayurveda Aahar.

Ministry had also chosen the theme “Ayurveda for Nutrition” for the 6th Ayurveda Day that was celebrated wide and in various other countries on 2nd November, 2021.

(c)Ministry of Ayush has issued an Ayush nutritional guidelines, namely ‘AYUSH Dietary Advisory for Kuposhan Mukh Bharat’, dietary recommendation for pregnant women, dietary suggestions for Lactating Mother, dietary plans for children, dietary advisory for Anaemia in Pregnancy and Malnourished Children for better dissemination and adoption of Ayush based practices at large.

The Women and Child Development department Gujarat under Integrated Child Development Scheme (ICDS) introduced AYUSH based pre-mix Bal Shakti+ and Matru Shakti+ with addition of certain Ayurvedic herbs. The Value Added Take Home Ration (THR) premix is produced by the Gujarat Cooperative Milk Marketing Federation (GCMMF) known as AMUL with the support of 3 dairy cooperatives (SUMUL,AMUL and BANAS).