

GOVERNMENT OF INDIA  
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

**LOK SABHA**  
**UNSTARRED QUESTION NO. 4175**  
TO BE ANSWERED ON 20.12.2024

**SCHEME FOR HOLISTIC HEALTH AND NUTRITION**

4175. SHRI MUKESHKUMAR CHANDRAKAANT DALAL:  
SHRI ARUN GOVIL:  
SMT. KAMALJEET SEHRAWAT:  
SHRI ANURAG SINGH THAKUR:  
SHRI DAMODAR AGRAWAL:  
SHRI DILIP SAIKIA:  
SHRI SURESH KUMAR KASHYAP:  
SHRI ALOK SHARMA:  
SHRI RAVINDRA SHUKLA ALIAS RAVI KISHAN:

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

- (a) whether any scheme has been launched by the Government to focus on the overall health and nutrition of the future generations;
- (b) if so, the details thereof, along with the status of the scheme in Himachal Pradesh;
- (c) the details of the success achieved under PM-POSHAN Scheme particularly in the improvement of the nutritional status of children, State-wise including Himachal Pradesh; and
- (d) the number of beneficiaries served under the said scheme in Rajasthan, year-wise and district-wise including Bhilwara Parliamentary constituency?

**ANSWER**

MINISTER OF STATE IN THE MINISTRY OF WOMEN AND CHILD DEVELOPMENT  
(SHRIMATI SAVITRI THAKUR)

(a) and (b) Under the 15th Finance Commission, various components like Anganwadi services, Poshan Abhiyaan and Scheme for Adolescent girls (of 14-18 years in Aspirational Districts and North-Eastern region) have been subsumed under the umbrella Mission Saksham Anganwadi and Poshan 2.0 (Mission Poshan 2.0) to address the challenge of malnutrition through improved nutrition content and delivery.

It is a Centrally Sponsored mission, where the responsibility for implementation lies with the States/UTs. Mission is a universal self-selecting umbrella scheme that is being implemented across the country including Himachal Pradesh.

Nutrition goes beyond mere eating of food; it requires proper digestion, absorption, and metabolism which are influenced by factors like sanitation, education and access to safe drinking water. As malnutrition requires a multi-sector approach involving dimensions of food, health, water, sanitation and education, it is crucial to effectively address the issue of malnutrition. The challenges of malnutrition is being addressed under Mission Saksham Anganwadi and Poshan 2.0 by establishing cross cutting convergence amongst 18 Ministries/Departments.

Under this Mission, a new strategy has been made for reduction in malnutrition and for improved health, wellness and immunity through activities like community engagement, outreach, behavioral change, and advocacy. It focuses on Maternal Nutrition, Infant and Young Child Feeding Norms, treatment of Severe Acute Malnutrition (SAM)/ Moderate Acute Malnutrition (MAM) and wellness through AYUSH practices to reduce prevalence of wasting, stunting, anaemia and being underweight.

Under this scheme, Supplementary Nutrition is provided to Children (6 months to 6 years), Pregnant Women, Lactating Mothers and Adolescent Girls to beat the intergenerational cycle of malnutrition by adopting a life cycle approach. Supplementary nutrition is provided in accordance with the nutrition norms contained in Schedule-II of the National Food Security Act. These norms have been revised and upgraded last year. The old norms were largely calorie-specific; however, the revised norms are more comprehensive and balanced in terms of both quantity and quality of supplementary nutrition based on the principles of diet diversity that provides quality protein, healthy fats and micronutrients.

Fortified rice is being supplied to AWCs to meet the requirement of micro-nutrients and to control anaemia among women and children. Greater emphasis is being laid on the use of millets for preparation of Hot Cooked Meal at least once a week and Take Home ration at Anganwadi centers.

Ministries of Women & Child Development and Health & Family Welfare have jointly released the protocol for Community Management of Malnutrition (CMAM) to prevent and treat severely acute malnutrition in children and for reducing associated morbidity and mortality.

Under this Mission, one of the major activities undertaken is Community Mobilization and Awareness Advocacy leading to a Jan Andolan to educate people on nutritional aspects. State and UTs are conducting and reporting regular sensitisation activities under community engagement programmes during Poshan Maahs and Poshan Pakhwadas celebrated in the months of September and March-April respectively. Community Based Events (CBEs) have served as a significant strategy in changing

nutritional practices and all Anganwadi workers are required to conduct two Community Based Events every month.

Various rounds of the National Family Health Survey (NFHS) conducted by Ministry of Health & Family Welfare since 1992-93 have shown improvement in malnutrition indicators in children across India. Details of these indicators for children since NFHS-1 to NFHS-5 are given below:

<b>NFHS Survey</b>	<b>Stunting %</b>	<b>Underweight %</b>	<b>Wasting %</b>
NFHS-1 (1992-93)*	52	53.4	17.5
NFHS-2 (1998-99)**	45.5	47	15.5
NFHS-3 (2005-6)***	48.0	42.5	19.8
NFHS-4 (2015-16)***	38.4	35.8	21.0
NFHS-5 (2019-21)***	35.5	32.1	19.3

\* Under 4 years

\*\* Under 3 years

\*\*\* Under 5 years

The above table gives a representative picture of malnutrition indicators among all children of 0-3 years, 0-4 years and 0-5 years age at the relevant time.

The projected population of all children up to 5 years in India for the year 2021 is 13.75 crores approximately (source: Population Projections for India and States 2011-2036, National Commission on Population, Ministry of Health & Family Welfare). However, only 7.54 crores children up to 5 years are enrolled in Anganwadis and registered on Poshan Tracker of the Ministry of Women & Child Development as per the October 2024 data. 7.31 crores of these children were measured on growth parameters of height and weight. 38.9% of these children have been found to be stunted, 17% children have been found to be underweight and 5.2% wasted.

Further, the projected population of all children in India up to 6 years for the year 2021 is approximately 16.1 crores. As per the October 2024 data of Poshan Tracker, 8.82 crores children (0-6 years) are enrolled in Anganwadis out of whom 8.55 crores were measured on growth parameters of height and weight. 37% of these children (0-6 years) have been found to be stunted and 17% children (0-6 years) have been found to be underweight.

The analysis of the above NFHS data and the Poshan Tracker data shows improvement in malnutrition indicators in children across India.

As per NFHS-5, the malnutrition indicators of the children (0-5 years) in Himachal Pradesh: Stunting – 30.8%, Wasting – 17.4% and Underweight – 25.5%. Whereas as per Poshan Tracker data for the month of October 2024, Stunting is 18.4%, Wasting – 1.7% and Underweight – 6.3%. The analysis of the above NFHS data and the Poshan Tracker data shows improvement in malnutrition indicators in children in Himachal Pradesh.

(c) and (d) Pradhan Mantri Poshan Shakti Nirman (PM POSHAN) Scheme is one of the foremost rights based Centrally Sponsored Schemes implemented in partnership with States and UTs providing one hot cooked and nutritious meal to the eligible children. This Scheme is implemented across the country including Himachal Pradesh and Rajasthan. The Scheme covers all children of Bal vatika (just before class I) and Classes I-VIII studying in Government and Government-Aided Schools. The objectives of the scheme are to address two of the pressing problems for majority of children in India, viz. malnutrition and education by:

- i. Improving the nutritional status of children studying in Bal Vatika (just before class I) and classes I–VIII in Government and Government-Aided Schools without any discrimination.
- ii. Encouraging poor children, belonging to disadvantaged sections, to attend school more regularly and help them concentrate on classroom activities.
- iii. Providing nutritional support to children of elementary stage in drought / disaster affected areas during summer vacation and disaster times.

Nutrition and food norms under the scheme are as under:

S. N.	Items	Primary & Bal vatika	Upper Primary
<b>A. Nutrition norm per child per day</b>			
1.	Calorie	450	700
2.	Protein	12 gms	20 gms
<b>B. Food norms per child per day</b>			
1.	Food grains	100 gms	150 gms
2.	Pulses	20 gms	30 gms
3.	Vegetables	50 gms	75 gms
4.	Oil & fat	5 gms	7.5 gms
5.	Salt & condiments	As per need	As per need

Meal is prepared with Fortified rice, (Iron, folic acid and Vitamin) double fortified salt (Iron & Iodine) and fortified oil (Vitamin A &D). Vegetables from school nutrition gardens are used. The meal is tested from accredited laboratories for quality

purposes. Many States and UTs are also providing additional food items viz., eggs, fruits, milk and chikki etc.

The district wise number of beneficiaries under PM POSHAN in Rajasthan are at **Annexure.**

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**Annexure**

**ANNEXURE REFERRED IN REPLY TO PART (d) OF LOK SABHA QUESTION NO. 4175 FOR 20.12.2024 REGARDING “SCHEME FOR HOLISTIC HEALTH AND NUTRITION” ASKED BY SHRI MUKESHKUMAR CHANDRAKAANT DALAL, SHRI ARUN GOVIL, SMT. KAMALJEET SEHRAWAT, SHRI ANURAG SINGH THAKUR, SHRI DAMODAR AGRAWAL, SHRI DILIP SAIKIA, SHRI SURESH KUMAR KASHYAP, SHRI ALOK SHARMA, AND SHRI RAVINDRA SHUKLA ALIAS RAVI KISHAN**

The district wise number of beneficiaries under PM POSHAN in Rajasthan during 2024-25 are as follows:

<b>S. No.</b>	<b>Districts</b>	<b>Beneficiary</b>
1	Neem Ka Thana	34957
2	Bikaner	151381
3	Ajmer	83666
4	Anupgarh	44065
5	Baran	90731
6	Bhilawara	145726
7	Bundi	94579
8	Beawar	106211
9	Chittorgarh	116563
10	Churu	128585
11	Dausa	92569
12	Dungarpur	159616
13	Deedwana-Kuchaman	94690
14	Deeg	77830
15	Dudu	18293
16	Kekri	52682
17	Ganganagar	68127
18	Khairthal-Tijara	72251
19	Gangapur City	54336
20	Kotputli-Behror	49614
21	Hanumangarh	92754
22	Sikar	82775
23	Jaipur	62922
24	Shahpura	71021
25	Jaipur (Rural)	138607
26	Pali	109599

27	Jaisalmer	83348
28	Sanchoe	88099
29	Pratapgarh	97755
30	Salumber	71566
31	Jalore	80627
32	Tonk	79992
33	Jhalawar	112685
34	Udaipur	243732
35	Jhunjhunu	70746
36	Jodhpur	26305
37	Karauli	76033
38	Phalodi	81569
39	Kota	83162
40	Nagaur	103137
41	Banswara	191168
42	Barmer	200095
43	Sirohi	85305
44	Bharatpur	74961
45	Jodhpur (Rural)	115901
46	Sawai Madhopur	47516
47	Rajsamand	94169
48	Alwar	105271
49	Balotra	105117
50	Dholpur	91904
	Total	4704313

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