



सूचना का
अधिकार

भारत सरकार
मानव संसाधन विकास मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली - 110 115

GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

R.C. MEENA
Joint Secretary (EE.I)
Tel: 011-23389247

D.O. No. 14-5/2015-MDM- 1-2 (EE.5)

Dated the 05th March, 2020

Dear *Sir / Madam*,

As you are aware, POSHAN Abhiyaan is a flagship programme of the Ministry of Women and Child Development (MWCD), Government of India launched by the Hon'ble Prime Minister on the occasion of International Women's Day on March 8, 2018. POSHAN Abhiyaan endeavors to improve nutritional outcomes in a holistic manner through convergences with Ministries. Ministry of Human Resource Development is a partner ministry in the POSHAN Abhiyaan.

2. In this connection, it is mentioned that an overwhelming response was received during the previous Poshan Pakhwada and Poshan Maah and now we are looking forward to achieve and enhanced coverage during "POSHAN Pakhwada" in 2020. POSHAN Pakhwada will be celebrated across the country as a part of Jan Andolan under POSHAN Abhiyaan from 8th to 22nd March 2020.

3. In this connection, I am forwarding a copy of DO letter No. PA/32/2019/Nutrition-Pt.2 dated 02.03.2020 of Secretary, Ministry of Women & Child Development, Govt. of India, enclosing therewith copy of the concept note on Poshan Monitors as well as Poshan Report Cards for ready reference. All the State/district/block officers have to play a key role for implementing various activities during the Pakhwada. The following suggested activities may be carried out by the States/UTs during the period:

- i. 'Poshan Monitor' may be selected in each class/section of all Government and Private Schools and they need to check if school children ate breakfast and takes balanced diet regularly, wash their hands and maintains hygiene and sanitation etc.
- ii. Develop "Poshan Report Cards" on the lines of school report cards, based on nutrition indicators, and is maintained for all school children.

4. I would therefore, request you to ensure that the above activities should be carried out in your respective State/UT in making the POSHAN Pakhwada a successful implementation in your State/UT. The other activities may also be carried out during the Poshan Pakhwada as was done earlier.

With regards

Yours sincerely,

Encl: As above:


(R.C. MEENA)

The Education Secretaries/ Nodal Officer for Mid Day Meal in all the States/UTs.



रबीन्द्र पंवार
सचिव
Rabindra Panwar
Secretary



भारत सरकार
महिला एवं बाल विकास मंत्रालय
शास्त्री भवन, नई दिल्ली - 110001

GOVERNMENT OF INDIA
MINISTRY OF WOMEN & CHILD DEVELOPMENT
SHASTRI BHAWAN, NEW DELHI-110001
Website : <http://www.wcd.nic.in>

PA/32/2019-Nutrition-Pt.2

Dated, 2nd March, 2020

Dear Shri Khare,

As you are aware, POSHAN Abhiyaan (National Nutrition Mission) – PM's Overarching Scheme for Holistic Nourishment was launched by the Hon'ble Prime Minister on 8th March, 2018. The programme strives to reduce the level of stunting, under-nutrition, low birth weight in children and Anaemia in adolescent girls, pregnant women, lactating mothers as well as children.

2. POSHAN Abhiyaan endeavors to improve nutritional outcomes in a holistic manner through convergence with Ministries. Behavioural Change at individual and at community level is an important component of the Abhiyaan and it needs to be driven through convergence of programmes to lead to a Jan Andolan on nutrition. The Ministry had secured an overwhelming response during the previous Poshan Pakhwada and Poshan Maah and is now looking forward to achieve an enhanced coverage during Poshan Pakhwada in 2020.

3. **Poshan Pakhwada** will be launched on International Women's Day, 8th March, 2020. The Pakhwada will continue until 22nd March, 2020. Ministry of Women & Child Development is the nodal Ministry for coordinating activities during the Pakhwada.

4. To identify Promising Dietary Practices for Social & Behavioral Change Communications (SBCC) strategies and Jan Andolan, three National Stakeholder Consultations were held on 21st, 24th and 28th January, 2020, respectively. The Consultation with partner Ministries was held on 24th January, 2020, during which the **Department of School Education and Literacy** was requested to focus on the following activities/themes during Pakhwada 2020:

- i. 'Poshan Monitor' may be selected in each class/section of all Government and Private Schools and they need to check if school children ate breakfast and takes balanced diet regularly, wash their hands and maintains hygiene and sanitation etc..
- ii. Develop "Poshan Report Cards" on the lines of school report cards, based on nutrition indicators, and is maintained for all school children.

A copy of the draft concept note prepared for Poshan Monitor and Poshan Report Cards are enclosed herewith.

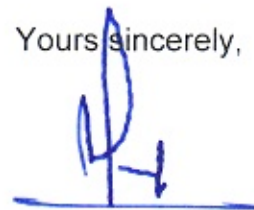
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5. I would, therefore, request you to kindly develop guidelines for 'Poshan Monitor' and 'Poshan Report Cards' and roll-out the same immediately. It would be appropriate if the same is launched during Poshan Pakhwada 2020 and is carried out on regular basis, and instructions may be issued in this regard to all the Government and Private Schools and a copy of the same may kindly be shared with us. The other activities may also be carried out during the Poshan Pakhwada as was done earlier.

With regards,

Yours sincerely,



(Rabindra Panwar)

Encl: As above.

Shri Amit Khare
Secretary
Department of School Education and Literacy
Ministry of Human Resource Development
Shastri Bhavan
New Delhi.

Concept Note

A Convergent Program of Ministry of Women and Child Development with
Department of School Education & Literacy

**POSHAN MONITORS AND BAL-PANCHAYATS for grade 1-12 during Poshan
Pakhwada and Poshan Maah**

INTRODUCTION

The concept of Poshan Monitors is designed for school level to increase awareness among Student grade 1-12 year and parents about health, nutrition, fitness and balanced diet, informing the parents about affordable food substitutes which can provide nutrition to adolescents, hygienic practices to be followed before eating, cooking, handling and storing the food.

GOALS & OBJECTIVES OF KHANA

Goal:

To bring about behaviour change among students and communities for adoption of healthy dietary habits.

Objectives:

- To increase the awareness on nutrition and balanced diet among students and parents.
- To increase the awareness among parents about affordable food substitutes having rich nutritive value.
- To increase awareness among students and parents on hygiene to be maintained during handling, cooking, eating and storing the food.
- To build capacities of students by imparting the life skills and leadership skills to enable them to lead the nutrition activities at their schools and communities.

School Level Bal-Panchayat and Poshan Monitors

It is important to focus on developing the life skills and leadership skills of the students and build their capacities to disseminate information about importance of nutrition and diet among the peers and advocate for healthy dietary practices among the communities by sensitizing the mothers who are gatekeepers of kitchen and dietary needs of not only the students /children but also of the entire family. The Who, Why and What of Poshan Monitors are as below:

Who

1. Each class from grade 1 to 12 will have a Poshan Monitor
2. Class teacher will nominate a Poshan Monitor or class will select a Poshan Monitor

Why

1. With the support of friendly Poshan Monitor, children will begin understanding Poshan better. They will know,
 - a. That nutrient rich food consumed by children help in healthy growth
 - b. That a child should not just eat to fill the stomach but must eat to get all nutrients from a variety of food
 - c. That junk food like chips, biscuits, burgers are high in salt, sugar and trans-fat and are less in nutrient value

What

Supported by the teacher and using communication tools, older children (10-19year) will,

1. Give the key message on nutrition to the class
2. Will ask classmates how many had breakfast and how many skipped it
3. Will herself/himself share what they ate for breakfast before coming to school and what they have got in tiffin to school. Will ask classmates to share too and discuss if the food has required nutrition or not.
4. Will discuss the mid may meal of the day and what nutrition it contains
5. Will promote hand washing with soap before eating food and after using toilet
6. Will dissuade children from eating junk food/street food with no nutrient value

How

The Importance of Eating Healthy for Students. Research has shown that students are able to learn better when they're well nourished, and eating healthy meals has been linked to higher grades, better memory and alertness, and faster information processing.

1. A Swasth and Swachh Student will be selected by class teacher as Poshan Monitor from each standard (all sections) to take record of all students Health, Nutrition and Hygiene level, based on their height/ weight, no of times fallen sick in last month and also based on record of breakfast taken before coming to school and type of food in their Tiffin to find out how healthy they are eating in the morning and during the day.
2. Poshan Monitors will prepare a class level Poshan Report card at the end of each week and submit it to class teacher. Poshan Monitors with the help of Class Teacher discuss the issues in Parent Teacher Meeting to make parents aware about their child's progress on Poshan.
3. Subsequently, a 'School Level Bal-Panchayat may be formed with 12 Poshan Monitors, a representative from each standard. The main objective of Bal Panchayat is to increase awareness on Nutrition and bring it in the regular discussion at school and at home.
4. Bal – Panchayat shall meet once every week to check the Health record status of each standard and planning talks, events and activities on Health, Nutrition, fitness and Hygiene.
5. At the end of each month Poshan record will be submitted to Principal with a copy to the class teacher.
6. Family Kitchen- Will take the nutrition message from school to family kitchen. Will discuss with parents what all is available in the family kitchen, what gets cooked and if it is nutritious.

Supported by the teacher and using communication tools, younger children (5-9 years) will,

Talk about why a locally available fruit, a vegetable or egg is important to eat. Give a demo of how they wash hands with soap before eating food and after using toilet.

How

The monitor will use the following communication tools to conduct above Poshan activities in classroom

Communication Tool 1: 4Mantra Booklet for 10-19 years children
Activity- Give the key message on nutrition to the class



Communication Tool 2: Set of poster for 10-19 years



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Communication Tool 3:Poster for 5-9years



Activity- Talk about a fruit or a vegetable or egg

For more information on nutrition pls. visit following sites:

<https://icds-wcd.nic.in/nm/home.htm>

<https://anemiamukt Bharat.info/>

Reference:KHANA Program, Salaam Bombay Foundation; Anemia Mukt Bharat Program Guidelines

Sample Poshan Report Card								
Name of the School							Date and Month	
Class								
S e c t i o n								
Name of Class Teacher								
S r No /Roll no	Name	Height	Weight	Breakfast details	T i f f i n details	N a i l s c u t s (Y/N)	F a l l e n s i c k l a s t t i m e	Remark