



एक कदम स्वच्छता की ओर

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



सूचना का
अधिकार

भारत सरकार
शिक्षा मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली - 110 115
GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

D.O. No. 4-2/2021-MDM-1-1 (EE.5)

Dated the 26th October, 2021

Respected Sir / Madam,

As you are aware, Ministry of AYUSH is celebrating 6th Ayurveda Day on the occasion of Dhanwantari Jayanti (Dhanteras) on 2nd November 2021. The theme of 6th Ayurveda Day would be "Ayurveda for POSHAN".

- It's a well-known fact that the Ayurvedic concepts have immense potential w.r.t to nutrition helpful in lower the levels of malnutrition and anaemia. It has been decided to carry out various activities by Ministry of Ayush as well as the state Governments to address the malnutrition issues through Ayurveda intervention.
- You are requested to explore the feasibilities to include the Ayurvedic nutritional products to children under Pradhan Mantri Poshan Shakti Nirman (PM POSHAN) Scheme in coordination/convergence with State Health Department and Ministry of Ayush. A suggestive list of Ayurvedic nutritional products which may be included in the diet of the children is attached herewith along with the DO letter of Secretary (Ayush).
- You are also requested disseminate the information at district block and school level to carry out activities like drawing competition, group discussion, and debate competition in online/offline classes regarding importance of Ayurveda in daily life and felicitate the winners appropriately. You may also take up activities to popularize the concept on different official social media platforms. You are requested to share the action taken report in this regard in the format attached herewith as Annexure.
- Let us join hands in celebration of 6th Ayurveda Day by ensuring the health and well-being of school children with the help of the products suggested by Ministry of Ayush.

With regards,

Yours Sincerely

R.C. Meena
(R.C. MEENA)

Encl: As above

To,

The Education Secretaries/ Nodal Officer for Pradhan Mantri Poshan Shakti Nirman (PM POSHAN) Scheme in all the States/UTs.



Annexure

S.No.	Name of the State/UT	No of drawing competitions held	No of group discussions held	No of debate competitions held



सत्यमेव जयते

वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha



सचिव
भारत सरकार
आयुष मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023

Secretary
Government of India
Ministry of Ayush
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Tel. : 011-24651950, Fax : 011-24651937
E-mail : secy-ayush@nic.in

D.O. No. V.17011/02/2021- ADS
Dated: 22nd October, 2021

Dear Ms. Anitaji,

It gives me immense pleasure to inform you that Ministry of AYUSH is celebrating 6th Ayurveda Day on the occasion of Dhanwantari Jayanti (Dhanteras) falling on 2nd November, 2021. The theme of 6th Ayurveda Day would be "**Ayurveda for POSHAN**".

Malnutrition covers 2 broad groups of conditions; One is under-nutrition which includes stunting, wasting, underweight and micronutrient deficiencies or insufficiencies. The other is overweight, obesity and diet-related non-communicable diseases such as heart disease, stroke, diabetes, and cancer.

Ministry of Ayush is implementing the relevant recommendations of the National Education Policy, 2020 and has been participating in the various meetings called by the Ministry of Education time to time. Ministry of Ayush is also collaborating with Ministry of Women and Child Development since September, 2020 to address under-nutrition in women and child and also working with Ministry of Health and Family welfare for diet-related non-communicable diseases in elderly population. Considering the immense potential of Ayurvedic concepts of nutrition, Ministry of Ayush selected the theme "**Ayurveda for Poshan**" for 6th Ayurveda Day. Various activities will be undertaken by the Ministry of Ayush as well as the State Governments to address the malnutrition issues through ayurveda intervention.

I take this opportunity to seek active participation of Department of School Education and Literacy through State Educations Departments by way of integrating Ayurveda nutritional products in Mid-day meal program. A suggestive list of Ayurveda nutritional products which may be included in Mid-day meal is enclosed herewith.

Looking forward for a grand celebration of 6th Ayurveda Day in collaboration with Department of School Education and Literacy.

With regards,

Yours sincerely,

(Handwritten signature)

(Rajesh Kotecha)

Encl: as above

Ms. Anita Karwal,
Secretary,
Department of School Education and Literacy
Ministry of Education
Shastri Bhawan,
New Delhi-110001

ll. putup in file urgently.

25/10/21

MAM (1-1)

US (SA)

PA

urgent

25/10

JS/MDM

Dir (VB)

25/10

AYUSH Nutritional Supplementation

Sr. No.	Drug/Medicine	Indication	Dose	Duration
1.	Drakshadi Avaleha	Anaemia	Children-3 gm - 5gm Bd Adolescent/Pregnancy-5-10 gms	3 months
2.	Dadimadi Avleha	Anaemia	Children-3 gm - 5gm Bd Adolescent/Pregnancy-5-10 gms	3 Months
3.	Kushmanda Avleha	Underweight Children	5-10 gm Bd	3-6 Months
4.	Saunf Arka	Distension of abdomen and flatulence in Infants (up to 1 year)	1-2 ml	As and when required
5.	Ajwain Arka	Abdominal colic in Infants (up to 1 year)	1-2 ml	As and when required
6.	Ashtang Lavana	Loss of Appetite	Children-1-3 gm Bd Adults -3-6 gms	7-15 days
7.	Chyavanprasha Avleha	To strengthen the Immunity	Children-1-3 gm Bd Adults -3-6 gms	Daily