



# Poshan 2.0

## Why in News

Recently, the **Ministry for Women and Child Development** inaugurated **Poshan 2.0** and urged all [Aspirational Districts](#) to establish a **Poshan Vatika (nutrition garden)** during the [Nutrition Month \(Poshan Mah\)](#) from 1<sup>st</sup> September.

- A month-long celebration of the [POSHAN Abhiyan](#) mission places special attention on [Severe Acute Malnourished](#) (SAM) children.

## Key Points

### ▪ About:

- It is an umbrella scheme covering the [Integrated Child Development Services \(ICDS\)](#) (Anganwadi Services, Poshan Abhiyan, Scheme For Adolescent Girls, National Creche Scheme).
- It was announced in [Union Budget 2021-22](#) by merging **supplementary nutrition programmes and the POSHAN Abhiyaan**.
- It was launched to strengthen nutritional content, delivery, outreach and outcome, with renewed focus on **developing practices that nurture health, wellness and immunity to disease and malnutrition** in the country.

### ▪ Poshan Maah:

- Month of September is celebrated as POSHAN Maah since 2018 to **improve nutritional outcomes for children, adolescent girls, pregnant women, and lactating mothers**.
- It includes a month-long activities focussed on antenatal care, optimal breastfeeding, [Anaemia](#), growth monitoring, girls education, diet, [right age of marriage](#), hygiene and sanitation and eating healthy (Food Fortification).
- The activities focus on **Social and Behavioural Change Communication (SBCC)** and are based on Jan Andolan Guidelines.

- SBCC is the strategic use of communication approaches to promote changes in knowledge, attitudes, norms, beliefs and behaviours.

### ▪ Poshan Vatika:

- It's main objective is **to ensure supply of nutrition through organically home grown vegetables** and fruits simultaneously ensuring that the soil must also remain healthy.
- Plantation drives for Poshan Vatikas would be taken up by all the stakeholders in the **space available at anganwadis, school premises and gram panchayats**.

### ▪ POSHAN Abhiyaan:

- Also called National Nutrition Mission, was launched by the government on the occasion of the [International Women's Day](#) on **8<sup>th</sup> March, 2018**.
- The Abhiyaan targets to **reduce Stunting, undernutrition, Anemia** (among young children, women and adolescent girls) and reduce low birth weight by **2%, 2%, 3% and 2% per annum respectively**.

- It also targets to **bring down stunting among children in the age group 0-6 years from 38.4% to 25% by 2022.**

▪ **Scenario of Malnutrition in India:**

- According to a 2010 [World Bank](#) report, India suffered an economic loss of Rs 24,000 crore due to lack of toilets. And that the health impact on the economy was 38 million dollars.
- According to an ASSOCHAM study of the year 2018, the [GDP \(Gross Domestic Product\)](#) suffered a decline of 4% due to malnutrition.
  - The report also found that **children suffering from malnutrition** after growing up **earn 20% less** than those who have had healthy childhoods.
- The number of **SAM children** in the country was earlier **80 lakh**, which has now come down to 10 lakh.

▪ **Related Government Initiatives:**

- [Anemia Mukt Bharat Abhiyan](#)
- [Mid-day Meal \(MDM\) scheme](#)
- [The National Food Security Act \(NFSA\), 2013](#)
- [Pradhan Mantri Matru Vandana Yojana \(PMMVY\)](#)

## Malnutrition

- It refers to **deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients**. The term malnutrition addresses 3 broad groups of conditions:
  - **Undernutrition:** It includes wasting (low weight-for-height), stunting (low height-for-age) and underweight (low weight-for-age).
  - **Micronutrient-related:** It includes micronutrient deficiencies (a lack of important vitamins and minerals) or micronutrient excess;
  - **Overweight:** Obesity and diet-related non-communicable diseases (such as heart disease, stroke, diabetes and some cancers).
- The [Sustainable Development Goal](#) (SDG 2: Zero hunger) aims to **end all forms of hunger and malnutrition by 2030**, making sure all people – especially children – have access to sufficient and nutritious food all year round.

[Source: IE](#)

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