



KAMARAJ IAS ACADEMY
Only IAS Academy by Grandson of "Perunthalaivar Kamarajar"

5th Rashtriya Poshan Maah 2022

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Every year the Poshan Maah is celebrated **under POSHAN Abhiyaan** (PM's Overarching Scheme for Holistic Nourishment), which was launched in 2018.

Rashtriya Poshan Maah serves as a platform to **bring focus to the discourse of nutrition and good health.**

In the 5th Rashtriya Poshan Maah the **aim is to convert Jan Andolan into Jan Bhagidari** to fulfill the Hon'ble PM's vision of a Suposhit Bharat.

The Ministry of Women and Child Development is celebrating the 5th Rashtriya Poshan Maah 2022 **from 1st to 30th September 2022.**

This year, the objective is to **trigger Poshan Maah through Gram Panchayats** as Poshan Panchayats with key focus on **"Mahila aur Swasthya" – women and health** and **"Bacha aur Shiksha" – save and education.**

The month long event will witness intensive activities across the country for awareness about nutrition at the ground level through sensitization drives, outreach programmes, identification drives, camps and fairs with special focus on pregnant and lactating women, children below six years and adolescent girls, in order to realise the vision of 'Swasth Bharat'.

Under the State – level activities, **'Amma ki Rasoi' or Grandmother's Kitchen** of traditional nutritious recipes will be organised. Extensive efforts will be made to link traditional foods with local festivals during the month.

POSHAN Abhiyaan is Government of India's **flagship programme** to improve nutritional outcomes **for children under 6 years of age, pregnant women and lactating mothers.**

POSHAN (Prime Minister's Overarching Scheme for Holistic Nutrition) Abhiyaan aims to **address the challenge of malnutrition in a mission-mode.**

Focusing on the aims of POSHAN Abhiyaan, Mission Poshan 2.0 (Saksham Anganwadi and Poshan 2.0) has been launched as an integrated nutrition support program to strengthen nutritional content, delivery, outreach and outcomes with focus on developing practices that nurture health, wellness and immunity to disease and malnutrition.

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