



KAMARAJ IAS ACADEMY
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Poshan Vatikas

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Why is in news? Poshan Vatikas or Nutri- gardens being set up across the country to provide easy and affordable access to fruits, vegetables, medicinal plants and herbs.

Under ongoing Poshan Maah 2022, activities for setting-up nutri-gardens or retro-fitting Poshan Vatikas with backyard poultry / fishery units is being carried out in a big way across the country.

A key plank of the goal to enable the right kind of nourishment are the Poshan Vatikas or Nutri-gardens that are being set up across the country to **provide easy and affordable access to fruits, vegetables, medicinal plants and herbs**

The idea is simple; to **provide a fresh and regular supply** of locally produced fruits, vegetables and medicinal plants to women and children straight from a nutri-garden **at or near an Anganwadi Centre**.

Poshan Vatikas can play an important role in enhancing dietary diversity by providing key micronutrients through local fruits and vegetables.

Poshan Vatikas are a good example of convergent action on-ground. Beyond the reward of locally available wholesome produce, it will **reduce external dependency and make communities atmanirbhar for their nutritional security**.

Launched on **8th March, 2018**, by the Hon'ble Prime Minister, **POSHAN Abhiyaan** aims to improve nutritional outcomes for children, adolescents, pregnant women & lactating mothers

The Abhiyaan is a **key component of Mission Poshan 2.0** which seeks to address the challenges of malnutrition in children, adolescent girls, pregnant women and lactating mothers through a strategic shift in nutrition content and delivery and by creation of a convergent eco-system to develop and promote practices that nurture health, wellness and immunity.

The **month of September every year** is celebrated as the **Rashtriya Poshan Maah or the National Nutrition Month** across the country.

With the slogan '**Jan Andolan**' (people's movement), the POSHAN Abhiyaan intends to make the **fight against malnutrition** a national goal for each citizen.

Theme for Poshan Maah 2022: This year, the objective is to trigger Poshan Maah through Gram Panchayats as **Poshan Panchayats** with a key focus on **"Mahila aur Swasthya"** (Woman and Health) and **"Bacha aur Shiksha"** (Child and Education).

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