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IAPSM's Textbook on National Health Programs and Policies of India in a Nutshell

for Medical Undergraduates, Postgraduates, Public Health Experts & Nursing Community

Editor-in-Chief
Purushottam Giri

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Parul Sharma • Shaili Vyas

Highlights:

- Exploring the foundational aspects of healthcare initiatives and policies in India aimed at improving public health outcomes
- Latest updates of each health program and policy

Forewords
Sanjay Zodpey • Suneela Garg • AM Kadri
Annarao Kulkarni • Ashok Bhardwaj

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PM—Poshan Scheme/Mid-Day Meal—Pradhan Mantri Poshan Shakti Nirman

Janki Bartwal, Shaili Vyas, Priti Solanki

Background/Need of the program	Pradhan Mantri Poshan Shakti Nirman (PM Poshan)' was approved by the Government of India for providing one hot cooked meal in government and government—aided schools from 2021–22 to 2025–26. This is the Centrally Sponsored Scheme.[1] This was before known as 'National Programme for Mid-Day Meal in Schools' popularly known as Mid-Day Meal Scheme. The scheme is being enforced by the Ministry of Education. Under the scheme, there is provision of hot cooked meal to children of preschools or Bal Vatika (before class I) and children studying in classes I to VIII. It is being implemented across the country covering all the eligible children without any discrimination of gender and social class. **Rationale:** • **Preventing classroom hunger:** Children from weaker sections of the society who come to school without having breakfast or some children even if they had a meal in the morning feel hungry by afternoon and are not able to concentrate in class. It will be helping those family who cannot afford lunch box and hence could prevent "classroom hunger". • **Promoting school participation:** More children will enroll in the schools as well as enhancement of attendance in the school. • **Facilitating healthy growth of children:** School meals can also act as a regular source of "supplementary nutrition" for children and facilitate their healthy growth. • **Intrinsic educational value:** It can be used as an opportunity to inculcate good habits among children, such as washing one's hands before and after eating and to educate them about the importance of clean water, good hygiene, etc. • **Fostering social equality:** School children from all the different social background will sit together to eat the meal. • **Enhancing gender equity:** Help in removing the social barriers for girls to attend the school. Gives employment to women as cook. • **Psychological benefits:** It will facilitate overall cognitive, emotional and social development.
Objectives[1]	The objectives of the scheme are to address two of the pressing problems for majority of children in India, viz. hunger and education by: • Improving the nutritional status of children studying in Bal Vatika and classes I—VIII in government and government-aided schools and Special Training Centers (STCs). • Encouraging poor children, belonging to disadvantaged sections, to attend school more regularly and help them concentrate on classroom activities. • Providing nutritional support to children of elementary stage in drought affected areas during summer vacation and during disaster times.
Beneficiaries under scheme	• All children enrolled and studying in government and government-aided schools are entitled for one hot cooked meal on all schools' days. ✦ Bal Vatika (i.e., just before class I) ✦ Class I-V ✦ Class VI-VIII • All children enrolled in classes I-V under National Child Labour Project (NCLP) schools of Ministry of Labour and Employment, Government of India.

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Components of the scheme[1]

- **Food grains:** Cost is borne entirely by Central Government. Rice @ ₹ 3 per kg, wheat @ ₹ 2 per kg and coarse grain @ ₹ 1 per kg is provided to states/UT. The norms under the scheme are as follows:

S. No.	Items	Primary	Upper primary
A. Nutrition norms per child per day			
1.	Calorie	450 kcal	700 kcal
2.	Protein	12 g	20 g
B. Food norms per child per day			
1.	Food grains	100 g	150 g
2.	Pulses	20 g	30 g
3.	Vegetables	50 g	75 g
4.	Oil and fat	5 g	7.5 g
5.	Salt and condiments	As per need	As per need

- **Material cost:** Covers expenditure on pulses, vegetables, cooking oils, condiments, fuel, etc.
- **Honorarium to cook-cum-helpers:** A minimum honorarium of ₹ 1000 per month is paid. The states are free to give over and above the prescribed minimum from their own resources. 1 cook-cum-helper for 25 students, 2 cook-cum-helpers for 26–100 students and thereafter 1 additional for every 100 students.
- **Transportation assistance:** It is as per public distribution system rate prevailing in the particular state/UTs for foodgrain transportation from Food Corporation of India godown to school doorsteps. It is limited to a maximum of ₹ 1500 per metric tonne for states/UTs except in North Eastern Region and, there Himalayan states, and two UTs.
- **Management, monitoring and evaluation:** It comprise of 3% cost of food grains, cooking cost, honorarium cost to cook-cum-helper and transport assistance. About 90% fund released to states/UTs and 10% as national component. About 50% fund is earmarked at school level expenditure and remaining 50% at block, district and state level.
- **Kitchen-cum-stores:** For 100 students, 20 sqm area of kitchen cum stores may be constructed and an additional 4 sqm may be added for every addition of up to 100.
- **Kitchen devices:** Gas stoves, storage containers, utensils for cooking and serving with replacement every five years.
- **Repair of kitchen-cum-stores:** ₹ 10,000 for repair of every kitchen cum stores constructed 10 years ago.
- **Innovation and flexibility:** About 5% of the aggregate cost of food grains, cooking cost, honorarium cost to cook-cum-helper and transport assistance.
- **Meals during summer vacation:** There is also a provision of meals during summer vacation in drought affected areas and during closure of schools in disaster affected areas.

Menu under scheme: It consists of varied, locally available and culturally acceptable food items. Food from each food group will be selected providing varied nutrients and children will also not get bored. Inclusion of green leafy vegetables, whole legumes and millets, etc., in the diet will ensure reduction in the prevalence of anemia, providing good source of protein, vitamins and minerals and other micronutrients respectively. Involvement of parents and children while preparing the menu.

Convergence with other development programs: Convergence with Ministry of Health and Family Welfare, Ministry of Rural Development and Panchayati Raj, Ministry of Women and Child Development, Ministry of Agriculture, etc., for kitchen cum store, kitchen devices, school nutrition gardens, social audit, hand washing facilities, drinking water, dining halls, supplementary nutrition, etc.

School health component: Health check-ups under Rashtriya Bal Swasthya Karyakaram, with referral to nearest primary health center, micronutrients, such as Iron Folic acid tablets are provided weekly and deworming is done biannually in convergence with MoHFW.

Reference

1. Pradhan Mantri Poshan Shakti Nirman Guidelines. Available from https://pmposhan.education.gov.in

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QUESTIONS

Long Answer Question (LAQ)

1. **Write in detail about PM Poshan.**

Short Answer Questions (SAQs)

1. **Write in brief about components of PM Poshan.**
2. **Write in brief about beneficiaries of PM Poshan.**

Multiple Choice Questions (MCQs)

1. **Nodal Ministry for Implementation of PM Poshan:**
   a. Ministry of Health and Family Welfare
   b. Ministry of Education
   c. Ministry of Women and Child Development
   d. Ministry of Rural Development
2. **Correct full form of PM Poshan:**
   a. Pradhan Mantri Poshan Shakti Nirman
   b. Prime Minister Poshan Shakti Nirman
   c. Pradhan Mantri Poshan Abhiyan
   d. Prime Minister Poshan Abhiyan

Answers

1. b 2. a

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The book ensures comprehensive coverage of all national health programs and policies of India at a glance, leaving no essential initiative overlooked. Each program is explained in a nutshell, ensuring a quick and clear grasp of key concepts. Additionally, a well-structured question bank, including MCQs, short questions, and long questions, is provided at the end of each chapter, making it highly beneficial for medical students. With chapters covering the history and evolution of India's health programs, RMNCAH+N initiatives, disease-specific programs, nutrition policies, digital health, emerging public health concerns, and the role of NITI Aayog in public health planning, this book serves as a ready reference for medical undergraduates, postgraduates, public health experts, nursing community, and aspirants preparing for various competitive exams. The book explores the foundational aspects of healthcare initiatives and policies in India aimed at improving public health outcomes and also includes the latest updates of each and every national health program and policy.

Editor-in-Chief

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