

# National Nutrition Month (Rashtriya Poshan Maah)

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**Source:** PIB & DD News

The entire month of September is celebrated as the Rashtriya Poshan Maah. This year's **theme is Complimentary feeding.**

## **Purpose**

The purpose of celebrating the Poshan month is **to take the message of nutrition to every nook and corner of the country (especially grass root level)** and to focus on complimentary food, treatment, and prevention from infections in children.

## **Poshan ke Paanch sutra**

This event also intends to spread awareness on Poshan ke Paanch Sutra (5 critical components of POSHAN) they are;

1. First 1000 days of the child
2. Anaemia
3. Diarrhoea
4. Hand Wash & Sanitation
5. Poshtik Ahaar (Wholesome meals with diet diversity)

## **About POSHAN Abhiyan**

- POSHAN Abhiyaan is a **multi-ministerial convergence mission** with the vision to ensure the attainment of **malnutrition free India by 2022.**
- **The** programme strives to reduce the level of stunting, under-nutrition, low birth weight in children and anaemia in adolescent girls, pregnant women, lactating

mothers as well as children.

- Its aim to ensure **holistic development and adequate nutrition for pregnant women, mothers, and children.**
- The **Ministry of Women and Child Development (MWCD)** is implementing POSHAN Abhiyaan
- Pillars of the mission are:

1. Inter-sectoral convergence for better service delivery
2. Use of technology (ICT) for real-time growth monitoring and tracking of women and children
3. Intensified health and nutrition services for the first 1000 days
4. Jan Andolan