



स्वातंत्र्याचा अमृत महोत्सव



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संचालक

सावित्रीबाई फुले पुणे विद्यापीठ

(पूर्वीचे पुणे विद्यापीठ)

राष्ट्रीय सेवा योजना

गणेशखिंड, पुणे - ४११ ००७



कार्यालय क्र. : ०२०-२५६२२६८८/८९

: ०२०-२५६२२६९०/९९

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: ०२०-२५६९७३४९

संदर्भ : रासेयो/२०२१-२२/५३५

दि. २६/०३/२०२२

प्रति,
मा.प्राचार्य/संचालक,
रासेयो संलग्नित सर्व महाविद्यालये परिसंस्था,
पुणे, अहमदनगर व नाशिक जिल्हा,
सावित्रीबाई फुले पुणे विद्यापीठ.

विषय : “दि. २१ मार्च ते ०४ एप्रिल २०२२ दरम्यान पोषण पंधरवडा” साजरा करण्याबाबत

महोदय,

युवा व खेल विभाग, मंत्रालय, नवी दिल्ली आणि बाल विकास मंत्रालय यांच्या निर्देशानुसार मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, भारत सरकार, पुणे यांनी पाठविलेल्या पत्रानुसार “दि. २१ मार्च ते ०४ एप्रिल २०२२ दरम्यान पोषण पंधरवडा” साजरा करण्याबाबत निर्देशित करण्यात आले आहे.

तरी आपण आपल्या महाविद्यालयामध्ये सोबत जोडलेल्या तपशीलानुसार उपक्रम राबविण्यात यावेत. आपल्या महाविद्यालयात “पोषण पंधरवडा” उपक्रमांचे आयोजन ऑनलाईन व प्रत्यक्ष राबविण्यात यावेत. तसेच या उपक्रमाबाबत फेसबुक, व्हाट्सअप व इतर सोशल मिडीयाच्या माध्यमातून जास्तीत जास्त प्रसिध्दी द्यावी. सदर उपक्रम संपन्न झाल्यानंतर उपक्रमाचे फोटो व अहवाल त्वरीत nss_student_list@pun.unipune.ac.in या मेलवर “पोषण पंधरवडा २०२२” या विषयासह पाठवण्यात यावा. कळावे, ही विनंती.

संचालक
राष्ट्रीय सेवा योजना

अधिक माहितीकरिता : युवा व खेल विभाग, मंत्रालय, नवी दिल्ली आणि बाल विकास मंत्रालय यांचे पत्र

Poshan Pakhwada 2022

Integration of Traditional and Modern practices for Healthy India स्वस्थभारतकेलिएपारंपरिकऔरआधुनिकसंसाधनोंकाएकीकरण

Through annual community based events under POSHAN Abhiyaan, the aim is to reach out to the masses through nation's biggest nutrition-centric annual Jan Andolans.

The month of March is celebrated as Rashtriya Poshan Pakhwada across the country. So far, three PoshanPakhwada have been celebrated, in which around 4.4 crore activities were successfully conducted.

The celebrations held so far witnessed wide participation and enthusiasm from convergent Ministries, States/UTs and field functionaries. Frontline workers, community groups, PRIs, staff at Block and District level, State departments and Ministries had exemplified diligent work towards triggering a Jan Andolan for POSHAN Abhiyaan.

For the celebration of 4th Poshan Pakhwada it has been decided to emphasize upon two broader areas viz. i). identification & celebration of Healthy Child, and ii). integration of modern and traditional practices for healthy India within the thematic areas around Poshan MITRA (Modern, ITbased, Traditional& Regional Activities)

Accordingly, the first half of the Poshan Pakhwada shall focus on **SwasthBalakBalikaSpardha**, whereas the second week will have focus on Traditional and Regional activities

SwasthBalakBalikaSpardha (SBBS)

Background

In order to mobilize sustained community participation for health and nutrition issues in the country, Hon'ble Prime Minister desired during the PRAGATI meeting held on 24th November 2021 that a nationwide campaign for identification & celebration of healthy children in the age group of 0-6 years, be organised to promote the value of nutrition with focus on the "**Healthy Child**".

Objective

- Focus on healthy children.
- Mobilize and sensitise general public about importance of health of children.
- Consolidate a database of height, weight and age for estimation of stunting, wasting and underweight of all children in the age group of 0-6 years which is estimated at around 13.75 crore, out of which about 7.48 crore are registered under Anganwadi Services.
- Monitor and take proper follow-up action & care of identified malnourished children as the database would be shared with the concerned DC/DMs, CMOs & State Authorities.

Poshan Pakhwada 2022 Calendar

Week 01

Days	Theme	Nodal Ministry	Partner Ministries/Depts./ State Govts.	Activities
21 st Mar, 2022	Launch of Poshan Pakhwada and SBBS	MoWCD	<ul style="list-style-type: none"> All State Govts/ UTs Partnering Ministries : MoRD, MoPR, MoYA&S, MoE, MoSJ, MoHFW, MoH&UA,, MeitY, MoTA, MoMA, MoAyush, DoFPD, MoCA&FPD, MoA&FW, MoFE&CC etc. 	<ul style="list-style-type: none"> Special address (Virtual) on importance of special drive to identify healthy child and launch of SBBS by HMWCD Participants: All states/UTs, upto the level of field functionaries/AWWs (may also be streamed live via YouTube)
21 st -27 th Mar, 2022	Swastha Balak Balika Spardha (SBBS) – To identify Health Child	MoWCD	<ol style="list-style-type: none"> <u>All State Govts/UTs</u> <u>Partnering Ministries</u> : MoRD, MoPR, MoYA&S, MoE, MoSJ, MoA&FW, MoA, MoHFW, MoFE&CCMoE, MoH&UA, MeitY, MoCA&FPD, New and Renewable Energy etc <u>Stakeholders Urban:</u> <ul style="list-style-type: none"> Nodal Person: DM/ Municipal Commissioner Main Implementing Agency: Municipal Agencies Measuring Agencies: AWWs, Rotary & Lions clubs, Employers' associations, Doctors, NGOs Supporting agencies for community mobilisation: IMA, School administration, Urban local bodies Probable Places for Measurement: AWCs camps by employers at SEZ etc., Schools, Hospitals, Home <u>Stakeholders Rural:</u> <ul style="list-style-type: none"> Nodal Person: DM Main Implementing Agency: CDPOs supported by field functionaries of ICDS Measuring Agencies: Anganwadi Workers and Anganwadi Helpers Supporting agencies for community mobilisation: Panchayat Members, SHGs, Mothers Group Probable Places for Measurement: AWCs, Primary schools, Panchayat, Home, PHC 	<ul style="list-style-type: none"> Measurement of height & weight of children under 6 years of age (approx. 13.75 cr.) and reporting of data on Poshan Tracker E-certificate to be issued to the healthy children on all the three parameters (stunting, wasting and underweight) as per WHO standards Data of SAM/MAM children to be shared with respective DMs/DCs for further necessary interventions

Week 02: Suggested Activity Calendar for States/UTs

Day	Theme	Sub-themes	Nodal Ministry	Partner Ministries/Depts./ State Govts.	Suggested Activities
28 Mar, 2022	THEME 01 Gender Sensitive Water Management	<ul style="list-style-type: none"> • Role of women in water conservation 	MoJS	MoPR, MoRD, MoE, MoH&UA etc.	<ul style="list-style-type: none"> • Awareness camps and community based activities • Generation of awareness through IEC material • Sensitisation activities with village/panchayat based institutions/bodies of Panchayati Raj and Rural Development • Specialised NGOs/agencies working in the area of RWH to organise extensive community-based drives to highlight the role of women in sustainable water management and household level RWH models • Activities focused around equipping every AWC with a RWH structure • Cross learning visits of beneficiaries and stakeholders to sustainable Rainwater Harvesting (RWH) structures having role of Women in its development • Webinars at institutional level disseminating details of support mechanism for creating new Rainwater Harvesting Structures and maintaining the existing ones • Community based 'water linked celebrations' at 'existing & functional RWH structures' across the country • Documentation of 5 best models per state (highlighting household & community based Rooftop RHW models, where women played key role in its development), including from States/UTs having low rainfall or from States/UTs that have developed an alternate mechanism for water conservation in form of RWH (MoJS)
29 Mar, 2022		<ul style="list-style-type: none"> • Generating awareness in women about importance of water conservation • Support of community and institutions in water conservation/management drives, esp. in promoting Rainwater Harvesting structures including in Anganwadi Centres 			

Day	Theme	Sub-themes	Nodal Ministry	Partner Ministries/Depts./ State Govts.	Suggested Activities
30 Mar, 2022	THEME 02 Test, Treat, Talk Anaemia	<ul style="list-style-type: none"> Prevention and treatment of anaemia in Adolescent girls and PW&LMs 	MoHFW	MoRD, MoPR, MoYA&S, MoE, MoSJ, MoH&UA, MeitY, MoTA, MoMA, DoFPD, MoCA&FPD, MoA&FW, MoFE&CC etc.	<ul style="list-style-type: none"> Awareness camps Webinars at institutional level Outreach activities in urban slums on anaemia awareness Awareness camps at ground level with participation of stakeholders working on anaemia prevention and the respective beneficiaries (Connecting NGOs and Government Programs) Anaemia camps to be organised at District level (H&FW), Local Panchayats (PR) and DM/DC Using SHG platforms for creating awareness on Anaemia Testing camps in support with all partner ministries and departments NSS volunteers and Nehru Yuva Kendra as “Poshan Monitors” to spread the awareness on Anaemia
31 Mar, 2022		<ul style="list-style-type: none"> Prevention and treatment of anaemia in School Children 	DoSEL, MoE with MoHFW		<ul style="list-style-type: none"> Sensitization at school level through seminars Deworming camps Quiz competitions to test the awareness about anaemia among the student Testing camps in support with all partner stakeholders
01Apr, 2022		<ul style="list-style-type: none"> Ayush for prevention and management of anaemia 	MoAyush		<ul style="list-style-type: none"> Promotion of Ayush based food habits and dietary diversity to prevent the anaemia Webinar on role of Ayush in prevention and management of Anemia Evidence generation on efficacy and safety of Ayush interventions for Anaemia Documentation of Ayush practices for prevention and management of Anaemia Action: MOAYUSH

Day	Theme	Sub-themes	Nodal Ministry	Partner Ministries/Depts./ State Govts.	Suggested Activities
02Apr, 2022	THEME 03 Traditional food for healthy Mother and Child in Tribal Areas	<ul style="list-style-type: none"> Promotion of Agricultural practices emphasising upon regional & traditional food crops 	MoTA with MoA& FW	MoRD, MoPR, MoYA&S, MoE, MoSJ, MoH&UA, MeitY, MoTA, MoMA, DoFPD, MoCA&FPD, MoA&FW, MoFE&CC etc.	<ul style="list-style-type: none"> Seminar & Trainings on agriculture and nutrition connect Webinars on Traditional & Regional Nutritious food Recipe contest / Mother's Kitchen contest' at District/Block level 'Special Gram Panchayat' and 'POSHAN Panchayat' to emphasise the dietary diversity through regional food Identification, promotion, demonstration of healthy traditional recipes for Mother & Child Using SHG platforms for promoting Traditional and regional healthy food recipe Awareness on local and affordable nutritious food items Documentation of 5 best recipes per state, predominantly from Tribal community (as per reporting format provided by WCD)
03 Apr, 2022		<ul style="list-style-type: none"> Recipe contest focussing on traditional food for Mother and Child Promotion of Millets for Dietary diversity 	- MWCD with DoF&PD - (ICAR – Indian Council of Millets Research & A&FW)		
04 Apr, 2022	Conclusion of PoshanPakhwada		MoWCD	<ul style="list-style-type: none"> All State Govts/ UTs 	<ul style="list-style-type: none"> States/UTs to conduct conclusion activities having presence of Chief Ministers/ Governors/ Administrators/ State WCD Ministers etc.
Other activities may be conducted during Poshan Pakhwada: Community Based Events (CBE), Community Radio Activities, Cooperative/Federation based activities, Cycle Rally/Walk/Prabhat Pheri, DAY-NRLM SHG Meet and Self-Help Groups (SHG) Meetings, Haat Bazaar Activities, Home Visits, Local Leaders' Meeting, Nukkad Natak/Folk Shows, Poshan Workshop/Seminar, School Based Activities, VHSND, Youth Group Meeting, Webinars, Breastfeeding, Complimentary Feeding, Poshan ke Panch Sutras (<i>First 1000 days, Hand Wash & Sanitation, PaushtikAahaar, Diarrhoea, Anaemia</i>), Yoga for Health/Ayush for well-being, ECCE, Food Fortification & Micronutrients, Immunisation, Adolescent Ed, Diet, Age of Marriage, Diarrhoea, Plantation, School based sensitization activities, PoshanVatika, Other activities (as per States/UTs planning) etc.					

Week 02: Calendar of Activities for MoWCD in coordination with partner Ministries/Departments

Day & Time	Theme	Suggested Activities for HMWCD and MoS, WCD	Target audience
28 Mar, 2022	Gender Sensitive Water Management	<ul style="list-style-type: none"> Webinar in coordination with Ministry of Jal Shakti (MoJS) on the 'Importance of Management of Rain Water, emphasising on developing Rain Water Harvesting structure at AWCs' across the country 	<ul style="list-style-type: none"> Partner Ministries/Departments esp. those who may support (through existing Govt. schemes) in building the Rainwater Harvesting (RWH) Structures at AWCs under the guidance of MoJS Stakeholders, esp. Corporate Associations who may mobilise Corporate/CSR for developing the same at AWC level, as per their geographical preference
29 Mar, 2022		<ul style="list-style-type: none"> Laying of foundation stone of a 'Rain Water Harvesting Structure/System' at a rural AWC (place and inaugural modalities to be decided in consultation with MoJS) 	<ul style="list-style-type: none"> Officials of MoWCD and MoJS and other relevant partner Ministries like MoRD, MoPRerc. Village Water Health & Sanitation Committees and Community, esp. women and adolescent girls
30 Mar, 2022	Anaemia	<ul style="list-style-type: none"> Anaemia camp and distribution of IFA tablets in coordination with MoH&FW (place of camp will be decided in consultation with MoH&FW) 	<ul style="list-style-type: none"> Directly and indirectly linked Govt. officials, and/or target communities (if simultaneously organised at community level as well)
31 Mar, 2022		<ul style="list-style-type: none"> Distribution of Ayush Nutrition Kits for prevention of Anaemia among Children and PW&LMs (Kit and place to be decided by MoAyush in coordination with office of HMWCD) 	<ul style="list-style-type: none"> At AWCs, covering entire community and catchment area of the selected Centres
01 Apr, 2022	Traditional Food	<ul style="list-style-type: none"> Distribution of Traditional Nutrition Kits in coordination with MoTA (place will be decided in consultation with MoTA) 	<ul style="list-style-type: none"> At AWCs, covering entire community and catchment area of the selected Centres
02 Apr, 2022		<ul style="list-style-type: none"> Webinar in coordination with DoF&PD on Food Fortification (focusing on Millets and Rice Fortification) 	<ul style="list-style-type: none"> Partner Ministries/Departments esp. those who may either promote or support Food Fortification through their existing schemes and programmes
04 Apr, 2022	Conclusion of Poshan Pakhwada and SBBS	<ul style="list-style-type: none"> Special address (Virtual) on conclusion and dissemination of key highlights of Poshan Pakhwada and SBBS by HMWCD 	<ul style="list-style-type: none"> Key officials of partner Ministries/Departments Varied level functionaries of MoWCD and MoH&FW, esp. upto the level of AAAA & LS Anyone can virtually join through YouTube based live streammode across the country

अ.शा.पी.24-1/रासेयो/निदेशा/2021 /160-176

भारत सरकार

युवा कार्यक्रम और खेल मंत्रालय

राष्ट्रीय सेवा योजना निदेशालय

शिवाजी स्टेडियम, नई दिल्ली

दिनांक 22 मार्च, 2022

सेवा में

समस्त क्षेत्रीय निदेशक

राष्ट्रीय सेवा योजना क्षेत्रीय निदेशालय

विषय: पोषण पखवाड़ा दिनांक 21 मार्च 2022 से 4 अप्रैल, 2022 तक आयोजन के संबंध में।

महोदय/महोदया,

उपरोक्त विषयान्तर्गत महिला एवं बाल विकास मंत्रालय, भारत सरकार के पत्र क्रमांक डी0ओ0नं0 पी0ए/42/2022-सीपीएमयू दिनांक 15 मार्च, 2022 के संदर्भ में लेख है कि हर वर्ष की भाँति इस वर्ष भी पोषण पखवाड़ा दिनांक 21 मार्च 2022 से 4 अप्रैल, 2022 तक आयोजित किया जाना है। इस संदर्भ में महिला एवं बाल विकास मंत्रालय द्वारा जारी विस्तृत दिशा निर्देश आवश्यक कार्यवाही हेतु संलग्न हैं

इस संबंध में आप अपने अधीन राष्ट्रीय सेवा योजना इकाईयों को अधिक के अधिक पोषण पखवाड़ा संबंधित गतिविधियों (ऑनलाईन व ऑफलाईन) के आयोजन हेतु निर्देशित करने का कष्ट करें। पोषण पखवाड़ा मनाने के पश्चात इसकी समेकित रिपोर्ट, ऐक्शन फोटोग्राफ्स, वीडियो इत्यादि निदेशालय को भेजना सुनिश्चित करें साथ ही विभिन्न गतिविधियों को सोशल मीडिया जैसे कि फेसबुक, ट्विटर, यूट्यूब इत्यादि पर अपलोड करने का श्रम करें।

भवदीय



(डा0 कमल कुमार कर)

सहायक कार्यक्रम सलाहकार

संलग्नक: यथोक्त

प्रतिलिपि सूचनार्थ:-

निदेशक राष्ट्रीय सेवा योजना, भारत सरकार, युवा कार्यक्रम और खेल मंत्रालय, शास्त्री भवन, नई दिल्ली।