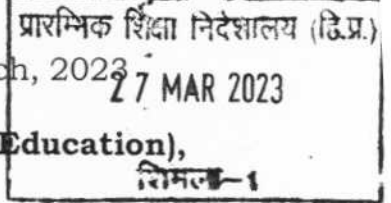


Most Urgent

No. EDN-H (EE)(4) 4-26/2018-19.
Directorate of Elementary Education
Himachal Pradesh.
Dated Shimla-171001 the

March, 2023



To

**The Deputy Director (Elementary / Higher Education),
Himachal-Pradesh.**

**Subject: - Implementation of PM Poshan(earlier MDM) Scheme in schools
in the State.**

Sir,

As you are aware PM Poshan (earlier MDM) Scheme is one of the foremost right based Centrally Sponsored Scheme implemented in all State/UTs. This scheme benefits about 12 Crore children studying in Bal Vatika [Just before class-I] and classes I-VIII in Government & Government-Aided schools. Detailed review of the implementation of said scheme was taken by the GOI during Programme Approval Board (PAB) meeting Chaired by the Secretary GOI, Ministry of Education, Department of School Education & Literacy New Delhi on 14.03.2023 wherein, it was emphasized that several new interventions have been taken up under PM Poshan Scheme to achieve better efficiency gains. Accordingly, the following interventions/activities need to be focused up on.

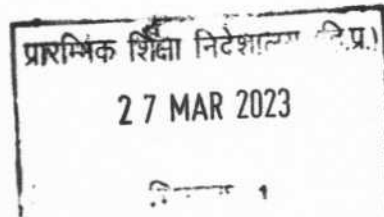
- 1. Tithi Bhojan:** The concept of Tithi Bhojan is being encouraged extensively. Tithi Bhojan is completely voluntary, and people in the community contribute either a complete full meal or contribute nutritious food items in the form of sweets, namkeens, fruits or sprouts etc. as an additional item. Tithi Bhojan is not a substitute to school meal. This only supplements or complements the meal provided in the school. Efforts may be made to provide Tithi Bhojan at least once in a month. Even though several States and UTs have adopted this initiative, more efforts may be made to further strengthen the community participation in order to convert this into a Janandolan.
- 2. School Nutrition Gardens:** Strengthen the efforts being made to promote development of School Nutrition Gardens in schools to give children firsthand experience with nature and gardening irrespective of availability of land. The produce of these gardens may be used in preparing hot cooked meals in schools. Convergence may be established with Department of Rural Development for labour component, Department of Agriculture, Krishi Vigyan Kendras for seed, seedlings, provision of manure and tools required for setting up of SNGs.
- 3. Varied menu under PM POSHAN:** Menu may be designed in such a manner that different food groups like foodgrains, pulses, oil, vegetables etc are provided in their prescribed quantities on each working day, School managements may be empowered to seek local support for drawing out varied, but wholesome and nutritious menus. You may adopt ways to develop a varied menu that uses local produce reflecting local taste. It is also important to

choose a variety of food items from within each food group in Menu because different foods provide different types and amounts of key nutrients. Choosing a variety of foods will help to make meals interesting, thereby encouraging the children to enthusiastically partake the meal. Inclusion of green leafy vegetables in the meal is of utmost importance to reduce the prevalence of anemia. Super foods like Drumstick (Moringa), Spinach leaves etc may be included in the meal as these are good sources of iron that help reduce levels of anemia.

4. Promote the concept of Vocal for local by encouraging the usage of locally grown food items like millets, vegetables, condiments etc; and decide menu suitable to the local conditions within the prescribed nutrition and food norms and to procure locally grown food items from Farmers Producers Organizations, Women's Self-Help Groups etc. so as to promote local employment generation and economic development while simultaneously improving the nutrition standards of students.
5. Organize Cooking Competitions in order to motivate cook-cum-helpers towards use of locally available food material and to promote variety menu.
6. Ensure that every school has a Disaster Management Plan (DMP) and the same is functional.

In view of the above, you are requested to take necessary steps for Preparing Specific, Accurate, Measurable, Achievable, Realistic, Time bound, Holistic [SAMARTH] action plan on all points/components detailed above and actively implement these to ensure that every child gets a nutritious hot cooked meal in a healthy & safe manner.

Yours faithfully,



(Ghanshyam Chand HPAS)
Director Elementary Education
Himachal Pradesh Shimla-1
e-mail eleedu-hp@gov.in
Phone No. 0177-2812464

Endst. No. Even Dated Shimla-171001 the March, 2023

Copy to:--

1. The Secretary (Education) to the Government of Himachal Pradesh Shimla-171002 for information please,
2. Guard file.

(Ghanshyam Chand HPAS)
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