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Poshan Weekly is a knowledge dissemination tool intended to share research, evidence, policy and programme guidelines as well as tools on Maternal and Child Nutrition with colleagues around India.

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Poshan Sudha Yojana: The 'One Full Meal' scheme for maternal nutrition in Gujarat



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Dear colleagues,

Good maternal health and nutrition helps in improving both pregnancy and birth outcomes. In India, it is often seen that women enter pregnancy with one or more nutrition risks in the form of anemia or other micronutrient deficiencies, low body mass index (BMI), etc. Antenatal health and nutrition services are being provided to over 25 million pregnant women at the individual, community, outreach and facility levels annually in India. These services include health services, nutrition assessments, micronutrient supplementation, deworming, nutrition counselling, cash transfers, screening, prevention and management of anemia and take-home rations for pregnant women.

Recognizing the need to address maternal nutrition, some states are supplementing the ongoing initiatives with state specific interventions as well. This PoshanWeekly spotlights one such innovative scheme- the 'Poshan Sudha Yojana'- implemented by the state of Gujarat.

Gujarat's 'Poshan Sudha Yojana (PSY)' was initiated in 2017 with the aim to improve the nutritional status of pregnant and breastfeeding women. The larger goal was to improve nutritional outcomes and reduce maternal and infant mortality in the state. Under the scheme, pregnant and breastfeeding women registered at Anganwadi centers are given 'one full meal' (OFM) through the spot feeding program along with supervised IFA supplementation, and nutrition counselling. The scheme was initially

The scheme currently reaches more than 1,60,000 pregnant and breastfeeding women in Gujarat every month. The scheme has led to improving the capacities of Anganwadi workers on maternal and child nutrition. The use of the PSY mobile application has helped in streamlining data on maternal health and nutrition services. The learnings from implementing the scheme on ground indicates that this program has been successful in better awareness on the importance of gestational weight gain, consumption of additional calories, micronutrient intake and regular antenatal checkups. The program can further benefit from increasing access of OFM to working women, awareness campaigns around the scheme and improving internet access for better data flow.

The One Full Meal (OFM) is a notable approach to integrate hot-cooked meals (HCM) with other health and nutrition services. Similar OFM programs have been implemented in eight states in India, including Gujarat, Andhra Pradesh, Chhattisgarh, Karnataka, Maharashtra, Telangana, Madhya Pradesh, and Uttar Pradesh (ongoing or in the past).

We hope that the resources provided below serve as critical motivating factors to accelerate our collaborative action towards ensuring good nutrition outcomes for every mother and child in India!

Kind regards,
Arjan De Wagt,
Chief, Nutrition Programme | UNICEF India

Resources

1. The [Poshan Sudha](#) scheme of the Government of Gujarat
2. [Gujarat Gatha | Mukhyamantri Matrushakti Yojana \(MMY\)| Poshan Sudha Yojana | YouTube](#)
3. [Poshan Sudha Home \(gujarat.gov.in\)](#) Dashboard
4. [Maternal Nutrition Toolkit](#)
5. Flipbooks
 - [Maternal nutrition for safe motherhood](#)
 - [Maternal nutrition for safe motherhood Messages: By-gestational month](#)

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- [Home augmented recipes for pregnant women](#)

Additional Resources

1. [One Full Meal Scheme: Providing nutritious food to tribal women](#) (Video)
2. [Improving maternal nutrition in India through integrated hot cooked meal programmes: A review of implementation](#)
3. [Using flow charts and health systems strengthening to improve antenatal nutrition services in India | ENN \(enonline.net\)](#)
4. [Evaluation of ICDS Scheme of India \(NITI Ayog\)](#)
5. [Maternal Nutrition Factsheet 2022](#)
6. [Counselling to improve maternal nutrition: a technical brief](#)
7. [Prevention of malnutrition in women before and during pregnancy and while breastfeeding](#)
8. [WHO: Eating healthy food during pregnancy and after childbirth](#)
9. [WHO recommendations on antenatal care for a positive pregnancy experience](#)
10. [What can work and how? An overview of evidence-based interventions and delivery strategies to support health and human development from before conception to 20 years - The Lancet](#)

Announcements



Registration for the "Delivering for Nutrition in South Asia: Equity and Inclusion" Conference is OPEN and it's FREE! Join us virtually or in person in Kathmandu, Nepal. Don't miss out!

Nutrition in the news

Date	News	Source
09.10.2023	Nukkad natak at GMHS, Khudda Jassu, Chandigarh, to spread awareness on Poshan Maah	The Tribune
09.10.2023	World Mental Health Day 2023: Know the importance of nutrition for mental well-being	India TV news
06.10.2023	Telangana government launches 'CM Breakfast Scheme' for classes 1 to 10	Hindustan Times
06.10.2023	Defusing the ticking time bomb called diabetes	The Hindu
06.10.2023	What is millet? Nutrition, benefits, and more	India Today
05.10.2023	A doctor and a clinic is not primary care	The Deccan Herald
04.10.2023	Government of India notifies establishment of National Turmeric Board	PIB
03.10.2023	Centre for Indian Cuisine and Food Culture inaugurated	The Hindu
03.10.2023	Use of ultra-processed foods may cause mental health decline: Study	Times of India
01.10.2023	Poshan Maah, an effort to push nutritious food items	Times of India

[Link to previous issues](#)

- 25.09.2023 [Vocal for local: Regional diets of India](#)
- 14.09.2023 [Introducing Anemia Mukt Bharat e-Learning Training Module](#)
- 07.08.2023 [JEEViKA: Women's collective-led social action for gender transformative action on nutrition](#)
- 01.08.2023 [WHO 2023 guidelines on use of non-sugar sweeteners, carbohydrates, fats and trans fats](#)

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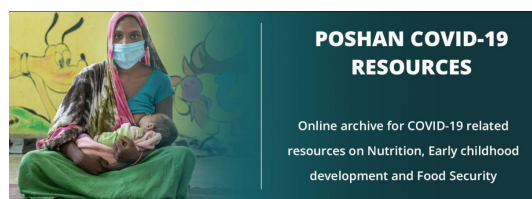
- 12.07.2023 [IMPAct4Nutrition: Engaging with private sector to promote importance of health and nutrition.](#)
- 04.07.2023 [Promoting health, nutrition and wellness through joyful learning in schools: Resources Available!](#)
- 27.06.2023 [Enhancing eating habits among school-going children in India: Resources Available!](#)
- 20/06/2023 [Telangana prioritizes nutrition and mental health for pregnant women](#)
- 05/06/2023: [Mid-year PoshanWeekly past issues 2022-2023 list now available!](#)
- 26/05/2023: [Renewing focus on Maternal Nutrition in India – A complete webinar series](#)

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One-stop guide for nutrition resources



Ministry of Women and Child Development
Government of India



Centre of Excellence for
Management of Severe Acute
Malnutrition (CoE-SAM) Network

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