

# Pradhan Mantri Poshan Shakti Nirman, Assam

## I. Concept:

With a view to enhancing enrolment, retention and attendance and simultaneously improving nutritional levels among children, the National Programme of Nutritional Support to Primary Education (NP-NSPE), popularly known as Mid-Day Meal Scheme, was launched as a Centrally Sponsored Scheme on 15th August 1995, initially in 2408 blocks in the country. From 2008-09 i.e. w.e.f 1st April, 2008, the programme covers all children studying in Government, Local Body and Government-aided primary and upper primary schools and centres supported under SSA (presently Samagra Shiksha) of all areas across the country. Mid-Day Meal Scheme was started in the State of Assam during 2004-05 financial year. The name of the scheme has been changed to Pradhan Mantri Poshan Shakti Nirman (PM-POSHAN) in September, 2021. Children of preparatory classes i.e. classes before Class-I in primary schools have been included in PM-POSHAN since April, 2022.

The food and nutrition entitlements of each eligible child under the scheme is given below:

S. N.	Item	Bal Vatika & Primary	Upper Primary
<b>A. Nutrition norm per child per day</b>			
1.	Calorie	450	700
2.	Protein	12 gms	20 gms
<b>B. Food norms per child per day</b>			
1.	Food grains (Fortified Rice)	100 gm	150 gms
2.	Pulses	20 gms	30 gms
3.	Vegetables (leafy also)	50 gms	75 gms
4.	Oil & fat	5 gms	7.5 gms
5.	Salt & condiments	As per need	As per need

In addition to above table, one egg per week per child is to be provided (soya for vegetarian children as a substitute of Egg) with PM POSHAN.

## II. Norms/Entitlement under PM-POSHAN:

- a) **Cooking Cost:** Up to October, 2022, **Rs.4.97** per child per day for LP Stage and **Rs.7.45** per child per day for UP Stage & NCLP.  
Since October, 2022, **Rs.5.45** per child per day for LP Stage and **Rs.8.17** per child per day for UP Stage & NCLP
- b) **Cost of food grains (rice):** **Rs.3,000/-** per MT.
- c) **Transportation cost:** **Rs.1,360/-** per MT.
- d) **Honorarium to Cook cum Helper:** @Rs.1000/- per month for 10 months in a financial year as approved by Govt. of India and @Rs.500/- per month as additional honorarium for 10 months in a financial year approved by Govt. of Assam.

## III. Weekly Suggested Menu:

Days	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MENU</b>	Rice, Dal, Leafy Vegetables	Khichidi, Soya/ Leafy Vegetables	Rice, Egg Curry/Local option/Leafy Vegetables	Rice, Dal, Mixed Vegetables	Rice, Dal, Leafy Vegetables	Khichidi/Pulao/ Local Options, Leafy Vegetables

## IV. Data:

The following tables depict the coverage of schools and children during 2022-23-

Category	Primary	Upper Primary & STCs	NCLP	Total
<b>Institution</b>	37420	12789	133	<b>50342</b>

## Pradhan Mantri Poshan Shakti Nirman, Assam

Coverage of Children during 2022-23 (up to December, 2022)			
Schools Category	Approved Children	Average Children Covered	% of Coverage
Bal Vatika	2,22,786	1,96,130	88%
LP	27,70,057	22,96,654	83%
UP + NCLP	15,31,512	12,69,359	83%
<b>Total</b>	<b>45,24,355</b>	<b>37,62,143</b>	<b>83%</b>

### V. Activities Under the Programme:

- Serving hot cooked meal to all eligible children in all schools days as per entitlement and norms.
- Implementation of School Health programme at schools level which includes WIFS (Weekly Iron Folic Acid Supplementation) and administering deworming tablets etc. in convergence with RBSK.
- Setting up of School Nutrition Gardens.
- Sabka Prayas-Sampreti Bhojan: Community members voluntarily provide food items to the children on special occasions/festivals etc.
- Social Audit of implementation of the scheme.

### VI. Component-wise Budget for the FY 2022-23:

Sl. No.	COMPONENT	Approved Budget 2022-23 (in Crore)		
		Central Share	State Share	Total
<b>Primary + Upper Primary +Bal Vatika + NCLP</b>				
1	<b>COOKING COST</b>	560.451	62.711	623.161
2	<b>HONORARIUM</b>	107.098	11.900	118.998
3	<b>COST OF FOODGRAINS</b>	37.626	0.000	37.626
4	<b>TRANSPORTATION COST</b>	17.057	0.000	17.057
5	<b>MME</b>	19.500	0.000	19.500
	<b>Total</b>	<b>741.732</b>	<b>74.610</b>	<b>816.343</b>

### VII. Case Studies / Write up on best/ innovative practices followed in the State along with some high resolution photographs of these best / innovative practices.

#### A. Cooking Competition & Millet Based Recipe:

Cluster level Cooking Competition of Cook-cum-Helpers in randomly selected 3 clusters in every district has been conducted during 2022-23.

The United Nation General Assembly sponsored by India has adopted a resolution declaring 2023 as International Year of Millet. Govt. of India vide letter D.O. No. 4-6/2018-MDM-1-1 (EE 5) Dated 27.09.2022 suggested to revise weekly menu under PM-POSHAN and include millets at least once a week.

In view of the above and also popularize the benefits of millet consumption, district level Cooking Competition on Millet Based Recipe of Cook-cum-Helpers of the winning schools in the cluster level cooking Competition during 2022-23 under PM-POSHAN has been conducted.

# Pradhan Mantri Poshan Shakti Nirman, Assam



## B. Apron & Head Gear for Cook-cum-Helpers:

Apron and head gear has been given to all Cook-um-Helpers for wearing during cooking and serving of mid-day meal.

## Pradhan Mantri Poshan Shakti Nirman, Assam



### C. Sabka Prayas- Sampriti Bhojan:

In 2022-23, 1,58,914 children were benefited under Sabka Prayas-Sampriti Bhojan till December, 2022.

Sabka Prayas-Sampriti Bhojan, a community participation programme, has been initiated under PM-POSHAN by relying on the traditional practice of providing food to people on special occasions such as festivals, anniversaries, birthdays, marriages, and days of national importance etc. in the state of Assam. Members of the community voluntarily provide nutritious and healthy food to the children as full meal or an additional food item in the form of sweets, namkeens, fruits or sprouts etc. on such special occasions/festivals.

# Pradhan Mantri Poshan Shakti Nirman, Assam

During 2019-20, hoardings on Sampriti Bhojan have been installed in two prominent places of all the districts to promote the concept and encourage people to come forward for providing food to children in the schools on special occasions such as festivals, anniversaries, birthdays, marriages, and days of national importance etc.

**Sampriti Bhojan**  
**under Mid-Day Meal Scheme, Assam**  
 An initiative taken by Ministry of Human Resource Development  
 (Department of School Education & Literacy), Govt. of India

Sampriti Bhojan, a community participation programme, has been initiated under Mid-Day Meal Scheme by relying on the traditional practice of providing food to people on special occasions such as festivals, anniversaries, birthdays, marriages, and days of national importance etc. in the state of Assam. Members of the community voluntarily provide nutritious and healthy food to the children as full meal or an additional food item in the form of sweets, namkeens, fruits or sprouts etc. on such special occasions/festivals. Sampriti Bhojan supplements or complements Mid-Day Meal.

**1. Benefits/Need of Sampriti Bhojan:**

- Sense of belonging among the community.
- Supplementation of the nutritional value of MDM food.
- Development of rapport with the local community.
- Incucation of the feeling of equity among the children of all communities.

**2. Points for effective implementation:**

- **Identification of donors and awareness generation:**
  - Initiatives may be taken for involving donors-individual, NGOs or other charitable organizations.
  - School Management Committee (SMC) members may also discuss ways for community involvement and mobilization.
  - The concept and importance of Sampriti Bhojan may be discussed during the SMC meetings to emphasize the significance of additional meals for enhancing the nutritional status of children.
  - A frequency/time schedule may also be prepared for the distribution of Sampriti Bhojan on an adequate interval suitable to the donor and also to encourage the participation of other donors.
  - If the nature of the donations could be termed as a major donation e.g for a class or many classes or the whole school then the Donor may be invited to be present during the serving of Sampriti Bhojan or Donor's name may be announced in the morning assembly.

**\* Items to be provided under Sampriti Bhojan:**

- During Sampriti Bhojan food items to be provided to children may be a full meal or as an additional item.
- The food articles to be provided to children should be as per food habits of the children of the region.
- Fruits, milk, sweets, eggs, biscuits, halwa, Chikki, sprouts etc. or any other item liked by children may be provided as an additional item.
- A list of food items preferred by children may also be prepared and shared with the concerned interested community people for future use to ensure maximum satisfaction of the children.

**\* Other items that may be provided:**  
 The items like plates, glasses, spoons, water filters, food processors, school bags, soaps, liquid hand-wash or any other item as per the need of the children and the school may also be considered to be provided under Sampriti Bhojan.

**\* Management of items provided under Sampriti Bhojan:**

- Separate registers shall be maintained for keeping record of the donors, record of category wise items and also record of donors of Sampriti Bhojan.
- The donors may be honoured or given recognition by the school during SMC meetings or annual functions of the school with the community to encourage the practice.

Toll Free No. : 1899345325 (For any complaint/grievances, queries, information/suggestion etc.)  
 Office of the State Nodal Officer, Mid Day Meal Scheme, Assam, Kahilpara, Guwahati-781019

Pic: Hoarding on SampritiBhojan in Assam



Pic: Baghmara LPS, Sonitpur

## Pradhan Mantri Poshan Shakti Nirman, Assam



Pic: Sampriti Bhojan, Pub Udali ME, Lanka Edn Block, Hojai



Pic: Deodiaathi High School, Majuli

# Pradhan Mantri Poshan Shakti Nirman, Assam



Pic: Sampriti Bhojan : 2 no. Amulapatty N.B.S. Sadar Edn Block, Nagaon.



Pic: 2 no. Town Panigaon Mkb, Sadar Edn Block, Nagaon.

## Pradhan Mantri Poshan Shakti Nirman, Assam

### D. Provision of weekly one egg per child:

Compulsory provision of one egg per week per child was included under the scheme during 2020-21 to meet nutritional requirement of the children and boost immunity (soya for vegetarian children as a substitute of Egg).



Pic: 119 no Naharbari LPS, Sonitpur

### E. Posters with pictorial presentation on different aspects of Scheme:

IEC materials having total no. of 6 posters with pictorial presentation on Do's & Don'ts in respect of different aspects of PM POSHAN have been provided to all the schools and offices during 2019-20 FY with contents as given hereunder-

Pages	Contents
1	Norms of PM POSHAN, Weekly Suggested Menu and ARMS
2	School Nutrition Garden
3	Sampriti Bhojan (TithiBhojan)
4	Pictorial poster on Food Safety & Hygiene aspect of implementation of MDMS at schools
5	Pictorial poster on Health & Hygiene aspect to be followed in schools as per contents provided by NHM
6	Pictorial posters related to Disaster Mgmt. Information provided by Assam State Disaster Management Authority





# Pradhan Mantri Poshan Shakti Nirman, Assam



Pic: Poster on Health & Hygiene



Pic: Poster on Food Safety at School Level



Pic: MDMS Norms & ARMS



Pic: Child Safety at School Level

## F. Development of School Nutrition (Kitchen) Gardens:

At present, **30,673 schools** are having well maintained School Nutrition Gardens and setting up of School Nutrition Garden is under process in 3029 schools.

District level committees have been set up in all districts under the chairmanship of DCs and members from all line departments for the purpose. Initiatives have been taken to set up School Nutrition Gardens in the convergent schools in convergence with other line departments. SMCs of the concerned schools were requested to develop School Nutrition

## Pradhan Mantri Poshan Shakti Nirman, Assam

Gardens in their own schools with the help of SMC members, teachers, Eco Clubs headed by the Head Teacher/Head Master, enthusiastic students and interested community members. Following instructions were given to all the schools-

- Each & every school must have School Nutrition Garden irrespective of availability of land. Plants may be grown in small containers, cans, jars, discarded earthen pots, wooden peti, ceramic sinks, food tins, bags where land is not available.
- Along with the plantation of plants/shrubs of seasonal vegetables of winter & summer seasons, plants/shrubs having vegetables & fruits throughout the year in all seasons and fit in with local food habits should be planted & nurtured. As for example, papaya plant.
- The scientific name as well as local name along with nutritional value of each plant/shrub must be displayed properly.
- Eco Club, enthusiastic children, SMC Members & interested persons from the community may look after the development of School Nutrition Gardens.
- The Head of the Institution is to depute a teacher of his/her school as Nodal Teacher for maintaining & developing School Nutritional Garden in his/her respective school.
- A register in this regard is to be maintained by every school which will include columns for recording item-wise total weight of the produce as & when utilized from the School Nutrition Garden. A format for the same is given hereunder-

S. N.	Date	Name of the item	Total weight in KG	Signature of the Nodal Teacher/Head of the Inst.
-------	------	------------------	--------------------	--



Pic: Kadam Mulagabhoru High School, Lakhimpur

## Pradhan Mantri Poshan Shakti Nirman, Assam



Pic: SSD High School, Sivasagar.



Pic: Cheniamguri ME school, Jorhat



# Pradhan Mantri Poshan Shakti Nirman, Assam

Pic: 1123 No. Puranigudam Adarsha LP, Rupahi Edn Block, Nagaon.



Pic: Somkong Narayanpur LPS, Dhemaji



Pic: Dakhin Lailuri Mkb School, Lowkhowa Edn Block, Nagaon.



Pic: Kamalpur LP, Jorhat District

## G. Printing of "Guideline on Food Safety & Hygiene at School Level Kitchens":

Guidelines on food safety and hygiene for school level kitchens under PM-POSHAN Scheme have been translated into Assamese, Bengali and Bodo languages and distributed

## Pradhan Mantri Poshan Shakti Nirman, Assam

to the schools. PM-POSHAN Rules, 2015 have also been translated into Assamese, Bengali and Bodo languages and printed in the said booklet. Training has been imparted to Cook cum Helpers, President & Member Secretary of the SMCs on food safety and hygiene for school level kitchens and PM-POSHAN Rules, 2015.

### H. Involvement of women self-help groups:

Mothers Group of the schools monitor implementation of the scheme at school level. They help Cook-cum-Helpers in cooking and serving of cooked meal to the children. They monitor food safety, health and hygiene aspects of PM POSHAN in the schools along with other stakeholders. Mothers Group members also taste cooked meal along with a teacher/SMC member 30 minutes before serving the same to the students.



Pic:

Mothers Group in Assam

### I. Dining halls:

Though no funds were provided for construction of dining halls by PM-POSHAN, Assam, with the active involvement and initiatives of the communities, some of the schools in the state of Assam have made very beautiful Dining Halls in the school campus for the purpose of PM-POSHAN.



## Pradhan Mantri Poshan Shakti Nirman, Assam



Pic: Pictures of some dining halls in the schools of Assam

### J. Hand washing facilities:

Assam model of Group Hand-washing before PM-POSHAN is one of the best model in the country with low cost high value principle, which is appreciated at the national/international level. As reported, this activity has enhanced enrolment and retention of children in schools vis-à-vis reduced the diseases like diarrhea, skin disease etc.



## Pradhan Mantri Poshan Shakti Nirman, Assam



**Pic: Hand-washing facilities in the schools of Assam**

### **K. Waste disposal facilities:**

All the schools of Kamrup and Kamrup (Metro) districts were provided funds for procurement of Garbage Bins in 2019-20. Many schools of Assam have started system for making bio-compost with the waste materials and leftover of food items. This bio-compost is used in the School Nutrition Gardens for producing organic vegetables.

\*\*\*\*\*