



# National Nutrition Month

## Why in News

On September 7, 2021, Governor Anandiben Patel and Chief Minister Yogi Adityanath launched the **fourth 'National Nutrition Month'** in Lucknow and also released the baby shower card '**Shagun**' and a mascot '**Aanchal**' of the **ICDS department**.

## Key Points

- Poshan month will be conducted by dividing it into four categories:
  - **In the first week**- Plantation at the nutrition garden.
  - **In the second week**- Distribution of Nutrition kit to Anganwadi beneficiaries.
  - **In the third week**- Yoga and Ayush.
  - **In the fourth week**- Special campaign for identification of SAM (Severe Acute Malnourished) children and construction of a community kitchen for them.
- In the National Nutrition Month 2021, special emphasis will be given on the plantation campaign for the establishment of nutrition gardens and the identification and monitoring of **Severe Acute Malnourished (SAM)** children.
- Apart from these, distribution of **Yoga and AYUSH** (yoga sessions focusing on children, adolescent girls, girls and women) and nutritional promotional material and supplementary nutrition etc. will be done.
- On this occasion, the Governor inaugurated 529 new Anganwadi centers constructed in 24 districts of the state.
- Apart from this, he honored the excellent performing Anganwadi workers, Chief Sevikas and Child Development Project Officers by giving them citations and symbolically distributed appointment letters to 10 out of 91 newly selected **Child Development Project Officers**.
- It is noteworthy that every year the month of September is celebrated as Nutrition Month (**Poshan Mah**) across the country to ensure community mobilization and increase people's participation. It was **launched in September 2018**.