



Indevar Pandey
Secretary
Ministry of Women &
Child Development
Shastri Bhawan, New
Delhi

Vaidya Rajesh Kotecha
Secretary
Ministry of Ayush
Ayush Bhawan, INA
New Delhi

Ajay Prakash Sawhney
Secretary
Ministry of Electronics and
Information Technology
CGO Complex, Lodhi Road,
New Delhi

Dated : 26th August, 2021

F. No.PA/177/2021-US (MKS)

Dear Chief Secretary,

The POSHAN Abhiyaan launched by Hon'ble Prime Minister aims to achieve improvement in status of nutrition of children and women by reducing the level of Stunting, under-nutrition, low birth weight in children and anemia in children and women. Fourth Rashtriya Poshan Maah is planned in the month of September 2021, to maintain the momentum and to capitalize on the gains of earlier community mobilising events organised since 2018.

2. Banking upon the inter-ministerial convergence for malnutrition-free India, for Rashtriya Poshan Maah 2021, four basic themes, one for each week has been identified this year. **During the second week of September** focussed weekly activities on **Yoga and Ayush for Nutrition** will be organised nationwide.

3. Converging Ministries jointly issuing this note namely Ayush, WCD, and MeitY may extend their support to Rashtriya Poshan Maah 2021 by organizing nationwide **activities focused on Yoga and Ayush for Nutrition during the second week of September.**

4. Ministry of Ayush through its more than 750 Educational Institutes, Research Councils and other associated organisations will help other Ministries responsible to take lead during the 2nd week of Poshan Maah 2021, to conduct awareness campaign on role of Yoga for better health and Nutrition. YOGA sessions targeting pregnant women, school children, and adolescent girls may be conducted by all the Ministries. Ministries can also conduct online sessions on "**5-minute Yoga Protocol**" (Y-break or yoga break) (you tube link: https://youtu.be/66_yPWMfEwk) at various workplaces for their employees and other stakeholders. Further, short online training courses (7-15 days) on Yoga during Pregnancy/Yoga for Children by Morarji Desai National Institute of Yoga, New Delhi will be disseminated through the website of Ministry of Ayush and MoWCD for general public who can register for this course.

5. To strengthen the community support to this drive, the Panchayat Raj Institutions are the nodal point at the grassroots level. Every week of poshan Maah, the Village Health Sanitation and Nutrition Committee should meet, plan and

supervise the activities of the week at AWCs/ Schools /Panchayts. Panchayts will generate mass awareness on the importance of Yoga and AYUSH practices among stakeholders

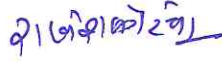
6. All States/UTs are requested to take up the above said activities during the **second week of September**. Your kind intervention shall be extremely helpful in promoting **activities focused on Yoga and Ayush for Nutrition** which is essential for the success of ensuing Rashtriya Poshan Maah 2021.

With kind regards,

Yours sincerely,



(Indevar Pandey)



(Vaidya Rajesh Kotecha)



(Ajay Prakash Sawhney)

To

Chief Secretaries of all States/UTs