

PM Poshan Scheme: Complete Guide to pm poshan Program in India

The pm poshan scheme is a flagship initiative of the Government of India designed to improve the nutritional status of school-going children. Earlier known as the Mid Day Meal Scheme, pm poshan stands for Pradhan Mantri Poshan Shakti Nirman and focuses on providing hot, cooked meals to children studying in government and government-aided schools.

The pm poshan program not only addresses classroom hunger but also supports education, health, and social equality across India.

What Is pm poshan Scheme?

The pm poshan scheme is a centrally sponsored program that provides nutritious meals to children from Class I to Class VIII. The main aim of pm poshan is to ensure that children receive adequate nutrition during their school years, helping them grow physically and mentally.

Schools covered under pm poshan include:

- Government schools
- Government-aided schools
- Local body schools
- EGS and AIE centers

Objectives of pm poshan Scheme

The primary objectives of the pm poshan scheme are:

- To improve the nutritional status of children
- To reduce malnutrition and anemia
- To increase school enrollment and attendance
- To prevent dropout rates
- To promote social inclusion

Through pm poshan, children from different social and economic backgrounds sit together and share meals, encouraging equality.

Nutritional Standards Under pm poshan

The [pm poshan](#) scheme follows fixed nutritional guidelines to ensure balanced meals.

Nutritional Norms

For Primary Students (Class I–V):

- 450 calories
- 12 grams of protein

For Upper Primary Students (Class VI–VIII):

- 700 calories
- 20 grams of protein

Meals provided under pm poshan usually consist of:

- Rice or wheat
- Pulses
- Vegetables
- Cooking oil

Some states also include eggs, milk, fruits, or fortified food under pm poshan.

Beneficiaries of pm poshan

The pm poshan scheme benefits over 11 crore students, making it one of the largest school nutrition programs globally.

Coverage Areas

- Rural and urban regions
- Tribal and backward districts
- Aspirational districts

The wide reach of pm poshan helps bridge nutritional gaps across India.

Implementation of pm poshan Scheme

The implementation of pm poshan is carried out jointly by the Central and State Governments. Food grains are supplied by the Food Corporation of India (FCI), while states manage cooking, distribution, and monitoring.

Key implementation features of pm poshan include:

- School Management Committees
- Social audits
- Online monitoring portals
- Periodic inspections

Benefits of pm poshan Scheme

The pm poshan scheme has delivered several long-term benefits:

- Improved child health and immunity
- Higher school attendance
- Better learning concentration
- Reduced classroom hunger
- Employment for local cooks and helpers

By addressing nutrition, pm poshan directly supports better educational outcomes.

pm poshan vs Mid Day Meal Scheme

The pm poshan scheme is an upgraded version of the Mid Day Meal Scheme with broader objectives.

Feature	Mid Day Meal	pm poshan
Focus	Hunger relief	Nutrition & education
Monitoring	Limited	Digital tracking
Scope	Basic	Expanded

Challenges Faced by pm poshan

Despite its success, pm poshan faces challenges such as:

- Infrastructure gaps
- Hygiene and food safety issues
- Delays in fund release
- Quality monitoring in remote areas

The government continues to strengthen pm poshan through reforms and technology.

Conclusion

The [pm poshan scheme](#) is a powerful step toward building a healthier and more educated India. By ensuring daily nutritious meals, pm poshan supports children's physical growth, learning ability, and school participation.

Strengthening the pm poshan program will play a crucial role in shaping India's future generation.