

# Poshan Sudha

## Details (Poshan Sudha)

The "Poshan Sudha" scheme launched by the Women and Child Development Department, Gujarat, aimed at providing nutritional support to pregnant and lactating mothers in Gujarat's tribal districts.

## Objectives (Poshan Sudha)

- The "Poshan Sudha" scheme launched by the Women and Child Development Department, Gujarat, aimed at providing nutritional support to pregnant and lactating mothers in Gujarat's tribal districts.

## Important Features (Poshan Sudha)

- The "Poshan Sudha" scheme launched by the Women and Child Development Department, Gujarat, aimed at providing nutritional support to pregnant and lactating mothers in Gujarat's tribal districts.

## Benefits (Poshan Sudha)

- Nutritional Support: Provision of one full nutritious meal daily for pregnant and lactating mothers.
- Supply of iron and calcium supplements to address nutritional deficiencies.
- Health Education: Awareness sessions on health and nutrition for better maternal and child care.

## Eligibility (Poshan Sudha)

- The applicant must be a resident of Gujarat.
- The applicant must be a pregnant or lactating woman residing in one of the tribal districts of Gujarat.
- The applicant must be registered in a local Anganwadi center.

## Application Process (Poshan Sudha)

- Step 1: Visit the nearest Anganwadi center.
- Step 2: Register yourself with the Anganwadi center.
- Step 3: Provide the required documents.
- Step 4: Avail of the benefits during scheduled distribution days.

## Documents Required (Poshan Sudha)

- Proof of identity (e.g. Aadhaar Card).
- Proof of residence.
- Medical certificate of being pregnant.
- Any other document (if required). ■

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