

Swabhimaan Scheme Are you sure you want to sign out? Cancel Sign Out Eng English/à¹à³à²,à²à³à³ Sign In Back Details Benefits Eligibility Application Process Documents Required Frequently Asked Questions Sources And References Feedback Something went wrong. Please try again later. Ok You need to sign in before applying for schemes Cancel Sign In Something went wrong. Please try again later. Ok It seems you have already initiated your application earlier. To know more please visit Cancel Apply Now Check Eligibility The Dadra And Nagar Haveli And Daman And Diu Swabhimaan Scheme Adolescent Girls Lactating Mothers Pregnant Women Sabla Supplementary Nutrition Details The Union Territory of Daman & Diu and Dadra & Nagar Haveli has successfully launched the "Swabhimaan Scheme" scheme to tackle the problems of Malnutrition, Anemia, and other relevant issues. The Hon'ble Prime Minister launched the scheme in Daman on 25th February 2018 and Hon'ble Home Minister in Dadra and Nagar Haveli on 20th April 2018. Under this scheme, a take-home ration (7.5kgs nutritious) is provided every month to Pregnant Women, Lactating Mothers, and Sabla (Adolescent Category girls in the age group of 11-14 years). The nutritional status of women and children in the Union Territory of Dadra and Nagar Haveli is alarming. The UT Administration decided to wage war against undernutrition and came up with the "Swabhimaan Scheme" as one of the potent tools. The scheme builds on the Integrated Child Development Services (ICDS) being implemented by the government of India. One of the components of ICDS is the provision of supplementary nutrition to children, pregnant women, lactating mothers, and adolescent girls. However, this nutrition was being provided as a cooked meal and the beneficiary had to visit the Anganwadi daily to avail of this benefit. Loss of wages or working time coupled with poor condition of Anganwadis, and poor attendance of Anganwadi workers led to low enrollment and poor uptake of supplementary nutrition. Objectives: Improve the nutritional status of pregnant women, lactating mothers, and adolescent girls Provide a monthly quota of supplementary nutrition to pregnant women, lactating mothers, and adolescent girls on a fixed day of every month as a take-home ration. Increase the number of beneficiaries availing of the scheme. Increase attendance of women in the Anganwadis where they can also avail of benefits of other schemes and be made aware of health and hygiene issues. Reduction in stunting, Premature deliveries, and low-weight babies. Benefits Under the scheme, the beneficiaries are provided a monthly quota of supplementary nutrition to pregnant women, lactating mothers, and adolescent girls on a fixed day of every month as a take-home ration. The items provided in the supplementary nutrition kits are procured from the market through an open and transparent process. Wheat and rice are availed from the normal quota of the Food Corporation of India. Each item is neatly packed after quality inspection. All the items are then packed in an easy-to-carry jute bag for each beneficiary. Monthly supplementary nutrition provided to a beneficiary every month is as under:

Item	Quantity	Nutritive Value (Calorie)	Nutritive Value (Protein (gm))
Wheat	2Kg	6920	236
Rice	2Kg	6920	128
Peanuts	1Kg	5670	50
Jaggery	250 gms	1000	5
Tur Dal	250 gms	837	56
Roasted Peanuts	250 gms	1425	65
Moong Dal	250 gms	870	61
Moong	500 gms	1670	120
Oil (Fortified with Vitamin A&D)	250 ml	2250	5
Salt (Double Fortified)	1Kg	50	5

Note 01: The bag has monthly entitlement of supplementary nutrition printed on it. Note 02: Swabhiman scheme has been synchronized with the Village Health and Nutrition Day (VHND). On that day, along with other benefits and awareness sessions, the bag full of supplementary nutrition is handed over to the beneficiaries in the presence of elected representatives and village people to ensure transparency. Eligibility All the Pregnant Women, Lactating Mothers, and Adolescent Girls (Adolescent Category in the age group of 11-14 years) of the Union Territory of Daman & Diu and Dadra & Nagar Haveli are eligible to get the benefits of the scheme. Application Process Offline Step 01: To avail of the benefits of the scheme, the beneficiaries need to visit the nearest Anganwadis Centre or contact the office of the Social Welfare Department, Union Territory of Daman & Diu, and Dadra & Nagar Haveli. Step 02: The beneficiary may collect the enrollment form from Anganwadis Centre. Step 03: The beneficiary should fill out the enrollment form and attach the essential documents with the form. Step 04: After filling out the enrollment form, the beneficiary has to be submitted the form to the concerned persons in Anganwadis Centre. Step 05: After successful enrollment, the beneficiary may get the benefits of the scheme. Note: The beneficiaries are provided a monthly quota of supplementary nutrition as a take-home ration on a fixed day of every month. Documents Required Identity proof i.e. Aadhaar Card Proof of Age (for adolescent girls) Proof of pregnancy (For pregnant women) Child Birth certificate (If applicable) Frequently Asked Questions What is the "Swabhimaan Scheme" scheme? The Union Territory of Daman & Diu and Dadra & Nagar Haveli has successfully launched the "Swabhimaan Scheme" scheme to tackle the problems of Malnutrition, Anemia, and other relevant issues. Under the scheme, the beneficiary is provided a monthly quota of supplementary nutrition to pregnant women, lactating mothers, and adolescent girls on a fixed day of every month as a take-home ration. When was this scheme launched? The Hon'ble Prime Minister launched the scheme in Daman on 25th February 2018 and Hon'ble Home Minister in Dadra and Nagar Haveli on 20th April 2018. Who is eligible to get the benefits of the scheme? All the Pregnant Women, Lactating Mothers, and Adolescent Girls (Adolescent Category in the age group of 11-14 years) of the Union Territory of Daman & Diu and Dadra & Nagar Haveli are eligible to get the benefits of the scheme. Is this scheme only for a resident of the Union Territory of Daman & Diu and Dadra & Nagar Haveli? Yes, the applicant should be a permanent resident of the Union Territory of Daman & Diu and Dadra & Nagar Haveli. What is the benefit of the scheme? Under the scheme, the beneficiaries are provided a monthly quota of supplementary nutrition to pregnant women, lactating mothers, and adolescent girls on a fixed day of every month as a take-home ration. How much ration does the beneficiary get under this scheme? Under this scheme, a take-home ration of 7.5 kg of nutritious is given to the eligible beneficiary. Are all women eligible to get the benefits of the scheme? No, the scheme is only for Pregnant/Lactating Women & Adolescent Girls. Who are Adolescent Girls? The girls in the age group of 11-14 years are considered as Adolescent categories under the scheme. Who are excluded under the scheme? Women other than Pregnant/Lactating Women & Adolescent Girls will not be eligible under the scheme. Will the beneficiary get supplementary nutrition every month? Yes, monthly supplementary nutrition will be provided to a beneficiary every month. How can a beneficiary enroll under the scheme? To enroll under the scheme, the beneficiaries need to visit the nearest Anganwadis Centre or contact the office of the Social Welfare Department, Union Territory of Daman & Diu, and Dadra & Nagar Haveli. Sources And References Official Website Guideline Ok Was this helpful? News and Updates No new news and updates available Share Something went wrong. Please try again later. Ok You need to sign in before applying for schemes Cancel Sign In Something went wrong. Please try again later. Ok It seems you have already initiated your application earlier. To know more please visit Cancel Apply Now Check Eligibility The Dadra And Nagar Haveli And Daman And Diu Swabhimaan Scheme Adolescent Girls Lactating Mothers Pregnant Women Sabla Supplementary Nutrition Details Benefits Eligibility Application Process Documents Required Frequently Asked Questions The Union Territory of Daman & Diu and Dadra & Nagar Haveli has successfully launched the "Swabhimaan Scheme" scheme to tackle the problems of Malnutrition, Anemia, and other relevant issues. The Hon'ble Prime Minister launched the scheme in Daman on 25th February 2018 and Hon'ble Home Minister in Dadra and Nagar Haveli on 20th April 2018. Under this scheme, a take-home ration (7.5kgs nutritious) is provided every month to Pregnant Women, Lactating Mothers, and Sabla (Adolescent Category girls in the age group of 11-14 years). The nutritional status of women and children in the Union Territory of Dadra and Nagar Haveli is alarming. The UT Administration decided to wage war against undernutrition and came up with the "Swabhimaan Scheme" as one of the potent tools. The scheme builds on the Integrated Child Development Services (ICDS) being implemented by the government of India. One of the components of ICDS is the provision of supplementary nutrition to children, pregnant women, lactating mothers, and adolescent girls. However, this nutrition was being provided as a cooked meal and the beneficiary had to visit the Anganwadi daily to avail of this benefit. Loss of wages or working time coupled with poor condition of

Anganwadis, and poor attendance of Anganwadi workers led to low enrollment and poor uptake of supplementary nutrition. Objectives: Improve the nutritional status of pregnant women, lactating mothers, and adolescent girls. Provide a monthly quota of supplementary nutrition to pregnant women, lactating mothers, and adolescent girls on a fixed day of every month as a take-home ration. Increase the number of beneficiaries availing of the scheme. Increase attendance of women in the Anganwadis where they can also avail of benefits of other schemes and be made aware of health and hygiene issues. Reduction in stunting, Premature deliveries, and low-weight babies. Ok. Was this helpful? Share News and Updates. No new news and updates available. ©2024 Powered by Digital India Corporation (DIC) Ministry of Electronics & IT (MeitY) Government of India. Quick Links: About Us, Contact Us, Screen Reader, Accessibility Statement, Frequently Asked Questions, Disclaimer, Terms & Conditions, Useful Links, Get in touch. 4th Floor, NeGD, Electronics Niketan, 6 CGO Complex, Lodhi Road, New Delhi - 110003, India. support-myscheme[at]digitalindia[dot]gov[dot]in (011) 24303714. Last Updated On : 28/03/2024 | v-2.1.1