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also receive 2 eggs a week at the AWC under ICDS Food Model for 7 months to 3 years under ICDS is at Table III. It is expected that Balamrutham will serve as an effective supplementary nutrition during the child's crucial period of 7 months to 3 years and along with counseling to mother on IYCF practices will help to prevent incidence of chronic malnutrition. Balamrutham serves not only as a weaning food but also as a caloric-dense food to reduce malnutrition and is therefore used as part of Supervised feeding for malnourished children.

Sources And References

ICDS Website

Telangana Govt Initiatives

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Frequently Asked Questions

Telangana government provides one nutritious meal every day to pregnant and lactating women and children below the age of six through Anganwadi centers. The scheme was launched officially on January 1, 2015. This program under the Women Development and Child Welfare Department of Telanganais>The Government of Telangana has launched Arogya Lakshmi Scheme. Through this scheme, pregnant and lactating women are provided one full meal at the Anganwadi center along with iron and folic acid tablets. Spot feeding of the meal is ensured through this scheme. The Government of Telangana launched this scheme on 1st January 2015. This scheme will be implemented through 31897 main Anganwadi centers and 4076 mini Anganwadi centers in the state.is>The program aims to reduce maternal and infant mortality rates in Telangana by providing support to women who would otherwise be unable to access quality healthcare services. The government hopes that this program will encourage more women to seek out prenatal and postnatal care, and ultimately lead to better health outcomes for mothers and children in the state.is>One full meal will consist of rice, dal with leafy vegetables/sambhar, vegetables for a minimum of 25 days, boiled egg, and 200 ml milk for 30 days in a month.is>For the women, 200 ml of milk for 25 days a month and one egg each day will be given with meal. Children, aged between seven months and three years are provided with 16 eggs a month in addition to a 2.5 kg food packet. For children aged between 3 and six years, one egg a day in addition to rice, dal, vegetables, and snacks is supplied. A total 18,96,844 lactating mothers, 5,18,215 infants, and 21,58,479 pregnant women were covered under the scheme expending Rs 627.96 crore in the past year. The quantity of food items supplied under the scheme has also been increased across all the categories.is>Objectives of Arogya Laxmi programme&#x2013; Enhance the quality and acceptability of supplementary nutrition by the Pregnant and Lactating women&#x2013; Ensure food supplied is consumed by only the Pregnant and Lactating women rather than the whole family&#x2013; Ensure that Pregnant and Lactating women consume 90+ IFA tablets.&#x2013; Improve the enrolment of mothers at AnganwadiCenters (AWCs).&#x2013; Eliminate or decrease the number of Pregnant and Lactating women with anemia/ who are undernourished.&#x2013; Reduce the incidence of low birth babies and malnutrition among children.&#x2013; Ensure that Pregnant and Lactating women receive health checkups and immunization.&#x2013; Reduce the incidence of infant mortality and maternal mortality.is>Ok

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