



**POSHAN  
Abhiyaan**  
PM's Overarching  
Scheme for Holistic  
Nutrition  
सही पोषण - देश रोशन



# महाराष्ट्राचा पोषण संकल्प

“सुदृढ बालक, सुदृढ महाराष्ट्र”





I | s | @ | o | o | u | b | u | W | x | x | - | s | @ | \ | e | h | d | r | j | y | r | © | ..... | j | r | ä | g | U | h | f | t | M | Z | E | x | d | f | o | x | - | x | r | j | f | v | h | | p | b | @ | y | \ | p |  
) | f | u | x | d | f | v | f | g | c | d | r | ± | n | y | h | t | a | c | \ | # | ..... | f | u | x | z | \ | ä | n | h | o | z | t | ) | f | u | x | | | | d | z | h | y | u | j | \_ | u | h | ) | r | t | | c | p | F | y | t | o | U | r | l | u | g | e | V | f | p |  
j | y | r | t | w | k | @ | - | u | f | g | p | t | w | k | @ | - | f | u | x | ! | E | x | t | o | c | © | ..... | ) | f | u | x | t | - | z | | F | y | p | u | F | p | i | o | z | | r | U | b | ) | n | s | c | p | t | h | j | | h | z | j | u | F | y | p | o | j |  
n | d | @ | | F | y | p | z | - | u | | s | @ | | j | v | e | z | - | x | u | Å | - | U | s | \ | - | x | t | M | Z | t | | | | d | i | n | d | l | o | z | U | E | C | o | b | | r | U | @ | | F | y | p | u | F | p | i | o | u | u | U | s | \ | - |  
F | y | t | o | U | r | l | u | g | e | | s | z | - | v | p | y | u | b | u | | ( | E | U | ) | W | x | E | l | o | c | X | t | b | x | - | x | E | n | U | b | d | o | t | | p | F | y | t |  
\ | r | f | V | h | y | d | E | x | d | ' | | s | | r | | u | k | e | o | z | x | E | c | u | z | | @ | | u | d | | u | c |

... U o ~ R N P b N

]kt\$W tñk bk kgß Oñl Mē f R k , ^ k g l e \_ Z kh "g rñt H W Ó d b Öt S W "Y tñ M W D R k d \_  
]kt\$ [k b k a k Ö / S k y F Ö V S \_ W d A W U P S W Y k W k g D [ S h ^ k l u d g St D A ^ R k U m  
g 2 ± R d y Ä Ä g l k h y W Ä W a D \_ t k j A S t k S , M W y j d R 4 t y S u 5 h  
K A S k W D k S k g k , A k k g S g Ö S W R k W U

† P f V ; P o ] ; , \_ b V

[k b " ] t Æ E K D ^ k d \_ [ S m a k Ö d \_ b c S Ö Y F S g k b k ð k 5 Y k \_ D k + k d k D  
[W l d k a g K ] 9 g \_ A 5 H k F R t g h ^ k g A [ S \_ k d t k k H D k S l m @ Ä ^ k k l d E r ñ k D k S b K k n S  
D ] m S D ] m a [ d ' b s Y M S k b l d a k A Ö S R A G R k ö ^ l g Ó p z m a m ] r k h g e W t g k k 7 S a ^

‡ [ b H d @ k ^ å N U ) ? | [ ^ ) [ M ñ N

4E R d k # D e B d p R S m Da [ k b k , ^ D D a Q m k h S B A W Â y Â ^ S k 4 T d k [ k b k l  
] k S k d [ k b k R r k ö D k b Ö ^ M B j k d g t ] K R S k gö ^ k 2 Ö ^ Y k h D Ö k d S , ^ k g W R k , d k d  
] k S k 2 ‡ R ä D y k R a d k O m ] k S S \_ k g 2 W g D h g S ^ k k [ D ð ^ Y k W g Ö Y 6 h x S m  
g W 2 ^ k S ^ a G I W d 5 R Á ^ k I E R y N Â V k 4

^ P;\nV[UdN TeX÷@k æ\ I , \_

g@ Q @7Qg[k b 8ak 6AEV57lk [m4 gfftt5n ^kgkOmaD le x\_xq^mWk f]R k  
2m ý]kR^ dKk Kk Ö 5d Ög D I b khkgkOmtle xP^Ud^ ky ^ Á/5 ID \_ Á ^  
St g @ Q [k b Á k g k A d n U 5 7 k k k Ö S

^k 2g mIk 2R YR dk Pnk Jt D ^k g x Á ^k g ] U 2g dx 7 5 V Kk \_ 8 Dk h m l o  
]hk \_k ŌokIm \kdm @ Q Y Á U m ] R W x k l w p h k g w [k g R k \_ 65 h

- ^ e x U E S k S k 8 Y ø ]
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„ U \ o L b T b J b + ) = J P ) = J / P 0 T

[k b k , ^k k A r d k S V k 8 m ] 5 \_ x μ ^ U k ^ V S h x Y Á ^ S g k f D m k U F \_ j k U S k t 5 K g m S \_ F D  
] k t S Y x f R d F \_ x U \_ Y F E R S h p ō n d k l u k a m o k g k d k r Q 4 l F j x ũ r e x e h j V F x a ũ h k  
^ e x U k E S S k 8 Y ø ] d g Á ^ k S ^ k 8 Y g m S 5 \_ x μ ^ S Y k g Á ^ k 8 ) d R k ö ^ k  
g ] k K k S r G a l l d g k t D g i Ö T k l W D S ō ō ō \_ k U \_ y R k S ¶ ^ k d ^ k l k R m y W 6 D S 5 h k  
a x D y l S I W V g ō d e k f g W g ō j k l k D e 5 g D ũ ^ l d \ k F d > D k l Á j x k V k a m l d d R  
d E k k Ō F T n k g i S I W V m ŷ l S M S > Á V k k é 5 l d Ō ō d k k S k S g Ō S n W x f k W ^ k l [ e k e  
a x D l b a b D g \_ Á S k S h ^ k 8 Y F R S k e R k a m ^ ] k l h S m t k k O 8 D Y a r j m P h W a k m  
D k y k S m a W L g ō F F m D U \_ ] l h r a k S ō l S k D Ō k d F D \_ Á ^ k k B a 5 a m P W ] 5 5 0 k g h m  
] k Á ^ k A e h Á 5 k k ^ k P V É R k S R G ō D ^ k k a a e W S l k 2 R Y k ] ° g o D a Á F k g k O m  
d b g S k S a F g d U \_ ] l E S E S > D t l y S m A M W R I M S F D \_ Á ^ k t S ; 5 a k Y e j k k ] k k S m a g  
D \_ S k S i , > D ] 5 h k \_ k d m R k R Y g k S S G U S D g h \ k F m L k D ^ k @ Q h k h x k 7 Ō o k 5 i  
] h t F \_ x U W k a ] 4 E W G N D l j b Á E k y k l j k @ Q x l S Y Q m \_ k ° ^ k a ^ k l d D k g k a k  
5 W k M V R D D k G \_ t k k K k Ō S S k k 8 S

# ... Pfiñ Po]l

X\_bN TeXb)Nb LkÄbJ UkIbVb Uo~ ,\_bV ,çl \_b ^)

d^kg hkt [kbk, & m eYRm x Á ^kkg kDm [dld]NoSkWk" I-D]k]W  
^xµ^ dkQm g kOgm [S Sg^k IRU Ydl S DA ES k\_ IUak • K k Shx E ^k S ma Z  
YUk m k5 d Ô ^ D S k k4 t S o'k Sa D e r m W k R Y x f D 5 h k \_ l ] b S t x [ S g m > W >  
5 t S W k 1 S p Y D d5 h k \_ IUak K k \$ a W k 2 W k 2 k k W y l & D 5 I R e k \_ m å \_ D  
g + l Ö S t f m S " D a W ] k 2 ^ k ^ k d k Q Ä ^ k 4 d g R k k k 5 Y k k l ] b S W k h m

## Pfiñ Po]l IBk ;bU\$

]hk\_k Ö o ekg Wk, ^k t j d h m k U K S a u j a d k Y Ä N k W k F\_k W \_ l d l d k W 5 D k \_ k S k  
5 Ö h B W W a W k ^ x µ ^ Y x f D S S R k g ] e d D k d k k 4 S k g ] W S G Y k l h K S P k b m  
Y x f R ž ^ k k g k O d j k W A R A D S Y h e k ] m \ k ^ o t k U 5 S R R Z W k g D v k a M k U k T k  
[kbk, ^k ek\_må\_D d [yl&D dk] l e d 5 h k N k S a j h k D k e k k a g S a g 1 k  
U Ä ^ k , ^ k Y S a S m 5 I R R Y x t Ä k 1 5 t h 5 h k \_ k S h m e d k k Y k l g ] k d  
; k g k i m m D g l ø ^ 5 I R y l t a g S a k U k 5 Ä j D Y & S m W

## Pfiñ Po]l b @ k , Mb VR ) S ; o I J k \$

Y a Y x f t R k / k 2 Ö S a m t a 5 j k R [ W R k k 5 I R 4 I V D ^ Y 4 g Y 0 ; R t g e k d  
ö ö ü p û 5 h t a 2 ^ k d k Q m g k B k g o 5 O R x g D m S Ä d l  
8 Y a É V S 4 S 4 g R 5 h 5 I R I S l d V 4 W E W Y l  
F k d Y k S b m d D B S k y k P W R k d k B D k g i y S D B W 8 j b k h S d R 0 V I z l d V \ k ^ ^  
5 I R 5 e l t c Ö D z ^ k I D Y k W D v W k F D \_ Ä g k l m k \_ 8 Y a É S v 6 g 4 5 M R 6 Ö d k m U d e l k  
5 I R F \_ K \ k g b m k 5 g Ä k l t d ± ] \$ k l e g D Ä k t t 5 h E k + k m U k y 2 Ä U k E D d S k W  
g h W I 2 S D k F W ] k D k ^ E k l D a S m + k k k P k S w ö ö m F a 4 W k k t k Y \_ D \_ k d  
E k ^ a k D e k t 4 & S m t W 5 l k k \_ d k S m a d 5 h k \_  
\ \_ l d Ä ^ k [ k S m B E R e k d 4 W D e m ] k S D \_ k d m ; k ^ k g k O m  
a k F R k ö ^ k k h y k Ä g l F k D k m d k g U W g k V ö ö p p ö ü  
y l S g k U k Ä W N k 5 S m W t \ k l o n R E t k y k D n k S m R g W k t 4 S S ] k 5 h Ä ^ k U ^ k Y & S  
h t Ä ^ 5 t h R D B W 2 Ä ^ k y l & D l d D k a g k a k 9 k a W k l p g k k W Y x f B k S h k " U  
5 I R g W W Y S e k \_ m å \_ D d k Q h x 7 a ] l h E ^ D S i n g g Ä k W E k m R B k k t k  
5 ^ ö ^ k E r a m d k S h x Ä ^ k g k ö m k g l k o m k G W S k ö k R S a k g o Q D 5 h Ä k Y x f D  
Y x f R k g a O n k S 4 W \_ R S ^ k \_ D \_ S k S \_ + k d k D k \_ S a j m h k k Ö S u n x S V K d k  
5 I R l d D k g t g x h S x R l k W k l k o m D Y 5 h k \_  
g A E D 2 \_ W Ö S W Y k W S l D g a m o U S W d f k  
Q E m a Ö S o S 3 a V e D S a  
K a U t F S r R W ö ^ k e k \_ m å \_ D 5 I R [ y l & D d k Q m g k O m a k F R k ö ^ k  
Y x f D 2 r 6 Ä f d k k t l k f d v P a U k k T ] b S m a ; k l m  
E k y m t D k F R 4 k P m t S N I h k R k z \_ 5 I R G \_ m



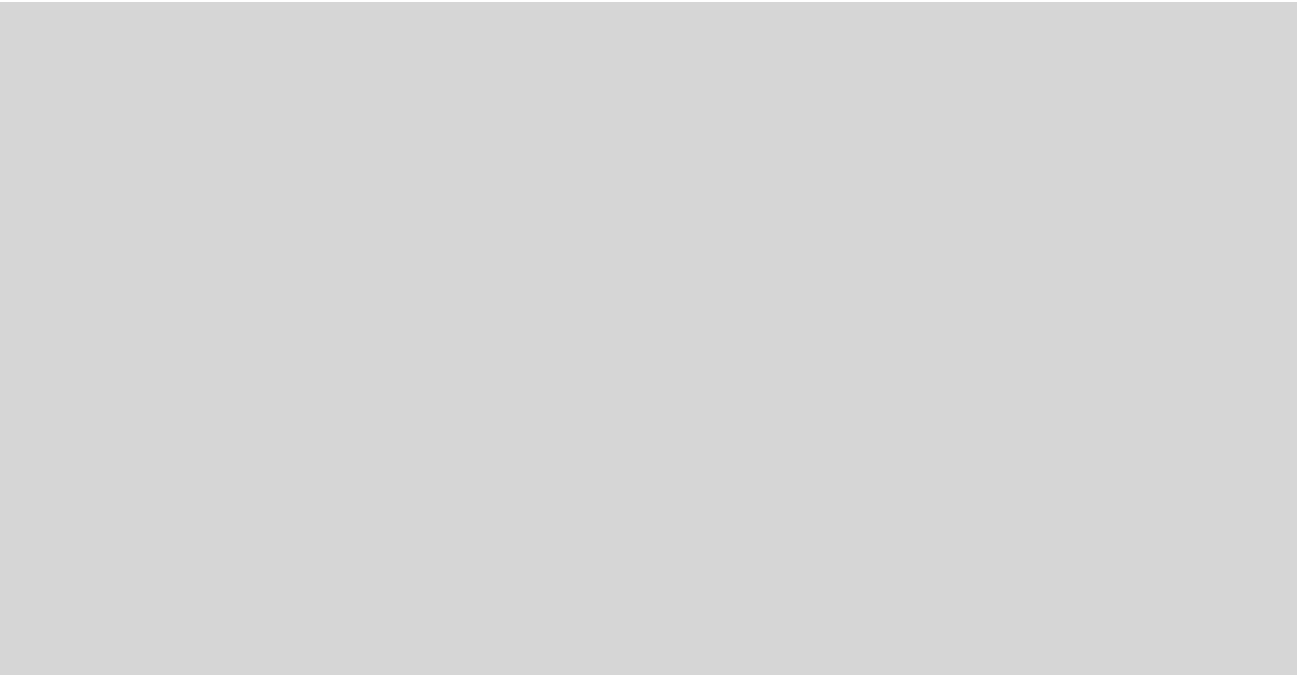
Pfiñ Pojl ;^k ^bÝ \_o.X\$

Yxfrk\_l\_R gkÅ^ D\_Á^k gkOm gÖTEKWW D D Y g S o rkd\_d kQYra g V O, r k  
YxfD 4 kEw]kUhStm lq b UoíÁWk gK Q Vhx gR k5 ERtm D\_R  
8Yk^^xS mW GYNB 5YyI6D P VhS\_ k,em g ]SR m k 5^ zaa d >\_kP^xkW  
gDe KW g ]Sk Y^xIId Á^Nk m b O g n Ö S \_ k S m a k g k O d ^ S z h k P D k Y \_ D B W  
D b ] 5IR YFDVhg \$ v d V y g k d 25 60 ; k k g Y m Q D k R K o r ^ K G Ó m U e W W D \_ g ] ^ k g k  
5 S k n k Y a Ê S / 5 k t 5 p N k m b l g ] Ö S \_ k S m a k P d m g ± ] S k t d k Q I d R  
D b ] 5IR YxfR S S I V W 5 k W 4 2 k S m a g  
D k ] S k t h 6 Q y d r R k % 6 5 h x ] a v k D k ^ E k D a S m + j k R k S e k k ^ a  
Y & \$ m v d d k U W g k y V S g k V k t Á h D \_ Y & S  
Ekama [k[éd\_ v x \_ R k Â ] D \ \_ 4 g \_ I d R k l P z g k b k , ^ k d W Q e n t e k 5 h d g  
x Y o D Y x f D 5 h k S k g d ^ x F j N h W v n k a [[k[ a n d o z k k U ] W F D \_ Á R k g B Q g  
+ k d ^ k , ^ k ] b Á k t k S x D \_ Á ^ k g k O m V 5 a Ô S ] D k ^ x K W D \_ R

x ] k S k Ām[ Kōkō Kōm^ kG 6 Sē YŌ ↑ Réklrd f Ym l m kōkb Rkrq kd M k p WFR SJ d U

x D lō] k l r d FkhWg 2 S D\_ Á R g k r D m lō] k , ^ k t j l W S R m d 5 Q k b Ō N m D \_ R  
Y ō ± t D , k \_ g h S í Ō R D \_ R DB W W k K ō D k S [ U t a D \_ R

x ] a g k O m > D k l Á ] D k [ k a x k D k g 5 g r m P m > g g m >> g N k t , g ū k ^ \*  
] k s 8 ° ] 5 R R ° R E k + Y t d k 8 K a É 5 S / k á \_ 6 ] D k N m 2 m R B ° k ō k O x d ^  
d g k l d W D l d S t \_ R S Z ō d Á F Ō Y I S á \_ 4 p a [ K k d R t m D \_ R  
4 A E W B N g k D \_ Á ^ k g k O m ] I h a k d [ k a D B ^ k R  
l d \ k t F g k W W D \_ R



Pfiñ Po]bJfN ;bU Dbò ;VÄb@d ,;b) b ,\_k\$

x leñ xfr °^yDÁ5hk\_kgk4EhWæGNBk\_k[k]eSwg]laRv k ^αD^5Yk\_  
d 5hk\_ \\_ldÁ^k\_lk°Y&Bgm]B[IS LÁ^k[&a é Vkg t•U ]hÆ^a]a\$mk a gd  
Vx\_R IdD I]kSÆD\_S Pj]RPaD\_K RdRrG\_m ]WhÆD]k\$WV\_ZR dFtE D D]k D  
D\_tR 4ek2^k \$kZU am Kk7a

x gđ ERdkPknS D]WÆ^DkS k^g\$ Vka•Ž9• S^"t 6' ]]hÆ^kSma ±IKD]kW  
D]k]k 6]ÖY xfr 5htE^xgkYkIhxk7kaÖaSVjudá^5hk\_ I]RDKBwZ^k^k  
;k gýktS•"]ShÆ^kSma]k]OxFSk]B]Mk ]tY xfr a I\$BR ^xμ^ á\_Á^k  
S^k\_t D\_5Rk\_ Ek9 Gka Á BWn5I]Rk ÄyI&D dkQ hx7a  
UkEd Á^kS ^

]hk\_k Ö odk S]ka [jÁW [[Wad]kflR 8^t]at\_krkSrk\_W^h]g^D]WkIW12SI [kaD  
YxfRy]k]k]k]B5IR @D]g\_h IYQm ]Rkh\_xk7ÖokSgkW]hk\_ D Ö t 5k°^kIk Yx

ÿ @ Q [ k @ Q ] g k \_ k Ö o

युवाओं को [ कौशल ] प्रदान करने के लिए

