

POSHAN GHAR OP-ED

Poshan 2.0: Key Updates for Collective Action to Build Healthier Communities

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Poshan 2.0 is an integrated nutrition programme designed to address malnutrition in India. It focused on improving the quality of nutrition, service delivery, and community participation. The recent updates in Poshan 2.0 organises its services into three verticals: nutrition support for vulnerable groups, early childhood education, and modernising Anganwadi infrastructure. Additionally, by fostering grassroot involvement and encouraging behaviour change, Poshan 2.0 aims to create sustainable, long-term improvements in nutrition outcomes, particularly in Malnutrition Hotspots, Districts and the North Eastern Region. This op-ed by the Poshan Ghar Secretariat highlights Poshan 2.0 key updates that will support transforming the nutrition landscape in India.

Malnutrition [affects millions](#) of children, adolescent girls, pregnant women and lactating mothers. To tackle this pressing issue, the Government of India has integrated the nutrition programmes into an Integrated Nutrition Support Programme together with the Supplementary Nutrition Programme under Anganwadi Services, the Scheme for Adolescent Girls, and POSHAN Abhiyaan into one cohesive programme. The new Saksham Anganwadi and Poshan 2.0 (hereafter referred to as Poshan 2.0) primarily focuses on improving nutrition quality, service delivery, last-mile reach, and community engagement. Poshan 2.0 contributes directly to Sustainable

Development Goal (SDG) 2 on Zero Hunger and SDG 4 on Quality Educa

Understanding Poshan 2.0

Poshan 2.0 prioritises nutrition and early childhood care and education to the well-being, growth, and development of children into healthy, productive citizens. Building on POSHAN Abhiyaan (2018), [Poshan 2.0 aims](#) to improve maternal and child nutrition, boost community participation, and incorporate AYUSH practices including yoga and traditional remedies, to [support holistic health](#).



Source: UNICEF India

The framework of Poshan 2.0 rests on three key pillars: convergence, governance, and [capacity-building](#). Convergence ensures coordinated action across health, education, and allied sectors for integrated service delivery. Governance

transparency, accountability, and data-driven decisions. Capacity-building enhances the skills and knowledge of Anganwadi workers and other stakeholders to ensure effective programme implementation.

Poshan 2.0 leverages Information and Communication Technology tools, the Poshan Tracker, to monitor and track the progress of interventions. For instance, the Poshan Tracker provides real-time data on indicators like stunting, wasting, and underweight prevalence, enabling evidence-based decision-making. Additionally, Poshan 2.0 uses media advocacy, research, and community mobilization to promote healthier dietary practices. It aims to foster a Jan Andolan (People's Movement), encouraging widespread participation in improving nutrition.

Need for Poshan 2.0

Earlier nutrition interventions lacked an integrated approach and often failed to ensure adequate nutrition quality and [effective delivery](#).

Source: UNICEF India

For instance, Anganwadi Services earlier focused on calorie sufficiency (quantity) and quality and diversity. This approach led to a deficiency in essential micro-nutrients. Take-Home Rations and Hot Cooked Meals. Furthermore, traditional nutrition practices remained underutilised, and the focus on behavioural change for improved nutrition was neglected.

Community ownership was weak, with limited participation from local stakeholders and beneficiaries. Poor implementation and inadequate last-mile tracking restricted impact.

Poshan 2.0 addresses these gaps in the existing nutrition programme.

What's new in Poshan 2.0

To integrate various nutrition programmes across the country, the Government of India launched Poshan 2.0, unifying multiple initiatives under a single framework. Poshan 2.0 brings together the Supplementary Nutrition Programme and Anganwadi Services, the Scheme for Adolescent Girls, and POSHAN Abhiyan to ensure a coordinated approach to tackling malnutrition. Poshan 2.0 reorganises services in the following manner.

Anganwadi Services deliver six essential services in an integrated manner to eligible beneficiaries, including supplementary nutrition, pre-school non-formal education, nutrition and health education, immunisation, health check-ups, and referral services. The Scheme for Adolescent Girls targets 14–18-year-old girls in aspirational districts of the Northeast Region and Aspirational Districts across other states, offering nutritional support, iron and folic acid supplementation, health check-ups, referrals, nutrition and health education, and skilling opportunities.

Poshan 2.0 addresses malnutrition through a strategic shift in nutrition service delivery, fostering a convergent ecosystem to promote health, well-being, and immunity. Additionally, the revised [Saksham Anganwadi](#) guidelines focus on upgrading and rejuvenating 200,000 anganwadis, enhancing nutrition, early care, and education delivery. These upgraded centres will feature improved infrastructure, including LED screens, RO machines, smart learning tools, and visual aids, and Poshan Vatikas. Wherever possible, BharatNet will provide broadband and Wi-Fi connectivity to support digital learning and engagement.

Poshan 2.0 also tackles the above mentioned challenges through transparency and accountability. It emphasises greater grassroots participation and ensures the timely delivery of services. It adopts social behaviour change communication strategies to generate awareness around healthy eating practices and dietary diversity. It encourages green initiatives like Poshan Vatikas to develop eco-friendly and sustainable ecosystems.

Roadmap for the next 5 years

As India celebrates 50 years of the Integrated Child Development Service, Poshan 2.0 brings renewed hope in the country's fight against malnutrition. Building on ICDS's legacy, Poshan 2.0 aims to provide a more comprehensive and holistic approach to nutrition security for vulnerable groups. The programme follows a strategic roadmap with clear structures and plans to meet the varied needs of its beneficiaries. Its framework focuses on achieving better health and nutrition outcomes through improved governance, robust monitoring, and sustainable [solutions to address malnutrition](#).

The roadmap (Source: [Scheme Guidelines](#))

Be a Part of Jan Andolan

Poshan 2.0 has evolved to meet the complex challenges of malnutrition in a changing world. It prioritises technology for real-time tracking, capacity building for Anganwadi stakeholders, and fostering a Jan Andolan—a collective movement to improve nutrition and well-being across communities. This initiative goes beyond addressing gaps; it seeks to create a culture of accountability, awareness, and sustainable impact.

Source: UNICEF India

We, as individuals, organisations, and communities, must join hands. We with Poshan 2.0, support evidence-based strategies, empower local stakeholders and strengthen community-led nutrition programmes.

Join Poshan Ghar today to actively contribute to the Poshan Jan Andolan. Together, we can build healthier, more resilient communities for a sustainable future.

For further details on the updated mandate of the Poshan 2.0, you can read the official documents [here](#).

Have stories, insights, or case studies to share? We would love to hear from you. Reach out at arpita.d@zealgrit.com.

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