

Government of Odisha

Department of Women & Child Development

No. WCD-ICDS-N-SCHM-0032-2023/ 24500 /WCD, Dt. 06.11.2023

From

Nityananda Barik, OAS

Additional Secretary to Govt.

To

All Collectors

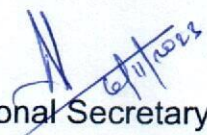
Sub: Guidelines for Strengthening Adolescent Nutrition under "Mukhyamantri Sampurna Pushti Yojana(MSPY)".

Madam/Sir,

In inviting a reference to the subject cited above, I am directed to enclose herewith the detailed guideline for Strengthening Adolescent Nutrition under "Mukhyamantri Sampurna Pushti Yojana(MSPY)" for implementation in the districts.

Therefore, you are requested to issue suitable instructions to all ICDS functionaries of your district to follow the guidelines scrupulously and ensure that the programme is implemented smoothly.

Yours faithfully,


Additional Secretary to Govt.

Memo No. 24501 /WCD, Date. 06.11.2023

Copy forwarded to all DSWOs/ CI, WTC for information and necessary action.


Additional Secretary to Govt.



Guidelines for Strengthening Adolescent Nutrition under “Mukhyamantri Sampoorna Pushti Yojana(MSPY)”

1. Implementation:

a. Supplementary Nutrition:

Since adolescence is a period of growth spurt, nutritional requirement during the period is at its peak. Nutritional interventions at this stage would help in ensuring proper growth, addressing anaemia and ensure better outcomes during pregnancy and childbirth at a later stage.

b. Ration Cost under MSPY: Rs 9.50/- per beneficiary per day for 300 days a year under MSPY.

c. Weekly Nutrition Supplements for Adolescent Girls (15-19 years) under MSPY:

The following items as Take Home Ration shall be given to the Adolescent Girls (15-19 years) under MSPY for 300 days per year.

Sl. No.	Type of THR	Monthly Quantity
1	Eggs	16 pcs
2	Roasted Chana	1.5 kg
3	Paushtik Bhel	1.0 kg

Details of the monthly entitlement for Adolescent Girls under MSPY are attached in Annexure – I.

2. Beneficiary Coverage:

a. In the 10 Aspirational districts (Bolangir, Dhenkanal, Gajapati, Kalahandi, Kandhamal, Koraput, Malkangiri, Nabarangpur, Nuapada, Rayagada), girls aged 18-19 years shall be included under the MSPY scheme as the adolescent girls in the 14-18 years category are enrolled in the Scheme for Adolescent Girls (SAG) of Government of India.

b. In the Non-Aspirational districts, all Adolescent Girls (15-19 years) in the service area of the AWCs shall be provided with Take Home Ration under MSPY.

c. AWWs shall prepare a line listing of the Adolescent girls (15-19 years) in the


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service area and enroll the girls under the Programme.

3. Engagement of SHGs for production of THR:

- a. SHGs engaged in THR production under ICDS shall provide the THR to the Adolescent Girls under MSPY.
- b. Ingredients for THR such as Roasted Chana and Paushtik Bhel are to be procured by the SHGs from the local market as per the monthly indent received from the CDPO. Separate cash book, purchase register, stock register etc. are to be maintained for the items as per the guidelines circulated earlier.
- c. The SHGs are to initiate the process of procurement of different items for preparation of THR under **MSPY one week prior to the mixing date of regular chhatua under SNP (23rd of every month)** and ensure the availability of the food products for the supervisors to inspect on the day of visit i.e. 23rd of the month.
- d. THR under MSPY is to be prepared as per the guidelines of SNP (Procurement Plan and Quality Parameters) and distributed to the beneficiaries on the 1st of every month at the AWCs (Refer to page no 11 & 12 of SNP guidelines, 2018).
- e. Eggs are to be procured and supplied weekly (4 per week) to the Adolescent girls by the AWWs during the Advika/Kishori Diwas sessions on Saturdays. The AWW has to ensure supervised feeding of the egg along with the IFA tablets.

4. Operational Cost:

The operational expenses for Adolescent Girls have been updated within the MSPY scheme following discussions with various departments. The revised costs are as follows:

SI.NO	Operations	Cost (Rs)
1	Transportation Cost from SHG to AWC	1.03/kg
2	Supervision Cost	1.00/kg
3	Total	2.03

5. Monitoring at Project and District Level:

a. Aspirational Districts: Data of Adolescent Girls (14-18 years) covered under Scheme for Adolescent Girls shall be entered in the 'POSHAN Tracker' App by the AWW. Data of Adolescent Girls(18-19 yrs) shall however be entered in the 'Tathya App'. 100% entry of data must be ensured as all entitlements would be released as per this data

b. Non-Aspirational districts: Data of Adolescent Girls (15-19 years) covered under MSPY shall be entered in the 'Tathya App'. 100% entry of data must be ensured as all entitlements would be released as per this data

c. DSWOs must visit 5-6 SHGs in the district every month for monitoring the units to ensure no compromise in quantity and quality. DSWO must record her observations in the register maintained by the THR unit along with date of visit.

d. CDPOs and Supervisors should make at least 3-4 visits per month to the SHG(s) points at the time of preparation of THR under MSPY. CDPO must record her observations in the register maintained by the THR unit along with date of visit.

e. The Supervisor should mandatorily visit the SHGs at the time of mixing of ingredients every month. She must record her observations in the register maintained by the THR unit along with date of visit.

f. Members of the Jaanch Committee and Mothers Committee should also visit at least two households per fortnight to ensure that the THR is being consumed by the intended beneficiaries and ensure hygiene.

g. District/subdivision and block level squads and officers in charge of GPs and Blocks should also find out if THR is being prepared, distributed and consumed properly by visiting the THR preparation facilities and households of beneficiaries.

h. The scheme should also be reviewed at the monthly district level ICDS meetings by the Collector or his/ her nominee.

i. Linking of this scheme with Saturday visits/ Advika sessions may be useful for supportive supervision and handholding support for Kishori Diwas activities.

6. Record Maintenance:

a. AWW to maintain a register for recording the details of services provided to the adolescent girls and (format of the same at Annexure-II). Supervisor will verify the registers.

b. Separate cash book, purchase register, stock register etc. are to be

maintained for the items as per the guidelines circulated earlier.

c. UCs for the fund utilized under MSPY is to be submitted to the Department at the end of each quarter in the format prescribed by Department of Finance by the DSWO.

d. A monthly report is to be submitted by the AWW to Supervisor for her AWC. These will be consolidated by the Supervisor and sent to the CDPO. The CDPO, in turn, will compile the report to the DSWO and the DSWO to the State.

Annexure – I

1. Monthly entitlement for Adolescent Girls under MSPY:

a. Eggs

Ingredients	Quantity	Calorie/day	Protein/day
Eggs	16 pieces	83.04	6.38

b. Roasted Chana

Ingredients	Quantity (g)	Calorie/day	Protein/day
Roasted Chana	1500	147.60	9.00

c. Paushtik Bhel

Ingredients	Quantity (g)	Calorie/day	Protein/day
Puffed Rice/ Mudhi/Bhel	700	143.32	4.9
Chana	200		
Groundnut	100		
Total (25 days)	1000		

Bengal Gram or Chana is to be roasted and mixed in the Bhel or Mudhi

Annexure – II

2. Format for monthly distribution of THR at AWC:

Sl. No.	Name of the Adolescent Girl (AG)	Age	Aspirational/Non-Aspirational District	Type of THR received	Date on which received	Signature of the AG