

Haryana Mukhyamantri Doodh Uphar Yojana (मुख्यमंत्री दूध उपहार योजना) - Free Fortified Milk Gift to Children, Pregnant Women & Lactating Mothers

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Mukhyamantri Doodh Uphar Yojana is going to be launched by the **Haryana government** led by CM Manohar Lal Khattar on 5 August 2020. In this **मुख्यमंत्री दूध उपहार योजना**, the state govt. will provide free fortified milk to children, pregnant women and lactating mothers. Moreover, a new **Mahila Evam Kishori Samman Yojana** would also be launched through video conferencing. In that **महिला एवं किशोरी सम्मान योजना**, free sanitary napkins would be distributed to women / girls belonging to below poverty line (BPL) category in villages.

The main purpose of Haryana Mukhyamantri Dudh Uphar Yojana (CM Free Milk Gift Scheme) is to improve nutrition levels in kids, pregnant women & lactating mothers. Each of the

beneficiary women and children who comes to anganwadi centres will now get 200 ml fortified milk.

The state govt. will focus on eradication of malnutrition and promote nutrition level so as to make the future generation healthy. Haryana govt. is laying special emphasis on health as it has been the core issue of the world amid COVID-19 pandemic outbreak.

Haryana Mukhyamantri Doodh Uphar Yojana (मुख्यमंत्री दूध उपहार योजना) 2020

The state govt. of Haryana will start a new Mukhyamantri Doodh Uphar Yojana to improve nutrition level in children and mothers. All those kids, pregnant women and lactating mothers who comes to anganwadi centres will now get 200 ml fortified skimmed milk powder. In the CM Milk Gift Scheme, children and women will now get free milk for 6 days in a week.

Flavours of Milk in Haryana Mukhyamantri Dudh Uphar Yojana

The milk to be given to the children, pregnant women and lactating mothers will now come in 6 flavours. It would include the following flavours which are listed below:-

- Chocolate (चॉकलेट)
- Rose (गुलाब)
- Cardamom (इलाईची)
- Vanilla (वनीला)
- Plain (प्लेन)
- Butterscotch (बटरस्कोच)

Major Beneficiaries of CM Milk Gift Scheme

With the implementation of this CM Milk Gift Scheme (मुख्यमंत्री दूध उपहार योजना), around 9.03 lakh children between the age of 1-6 years would be benefited. Moreover, around 2.95 lakh pregnant women and lactating mothers would be benefited. The fortified milk would be distributed for a minimum of 300 days in a single year.

मुख्यमंत्री श्री [@mikhattar](#) 5 अगस्त को वीडियो कॉन्फ्रेंसिंग के द्वारा 'महिला एवं किशोरी सम्मान योजना' और 'मुख्यमंत्री दूध उपहार योजना' को लॉन्च करेंगे। pic.twitter.com/P9jepDM4xT

— CMO Haryana (@cmohry) **August 2, 2020**

Haryana Mahila Evam Kishori Samman Yojana 2020

In the Haryana Mukhyamantri Mahila Evam Kishori Samman Yojana 2020, free sanitary napkins would be given to BPL girls and women b/w 10 to 45 years of age. Anganwadi workers will deliver free sanitary napkins to beneficiaries at their home. In the Haryana state, there are 11,24,871 BPL families. In order to provide sanitary napkins to each girl in these village families, Rs. 39.80 crore amount has been allocated.

Eligibility Criteria for Free Sanitary Napkins Distribution Scheme in Haryana

The eligibility criteria of the Haryana Free Sanitary Napkin Distribution Scheme is given below:-

- She must be a permanent resident of the Haryana state.
- She must belong to the Below Poverty Line (BPL) category.
- The maximum age of the women must not exceed 45 years.
- The minimum age of the girl must not be less than 10 years.
- Girl / Women must be residing in any of the village within the jurisdiction of the Haryana government.

With this scheme, the state govt. is focusing on promoting menstrual hygiene among women and even protect environment with the use of biodegradable pads.

National Family Health Survey 4 – Reports

According to the reports of National Family Health Survey-4 conducted in FY 2015-16, approx. 58% young women b/w age group of 15 to 24 years still use cloth for menstrual protection. NFHS-4 also reveals that 42% young women uses sanitary napkins out of which around 16% women uses pads which are manufactured locally.

Moreover, around 78% women in urban areas use hygienic sanitary napkins while only 48% women in rural areas uses clean sanitary napkins. So, there is a great need to ensure that the rural women also uses sanitary pads to prevent them from diseases. Furthermore, all the sanitary pads available in market are non-biodegradable and causes harm to the environment in contrast to these sanitary napkins which are bio-degradable.

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