

**Government of India  
Ministry of Ayush  
National Medicinal Plants Board (NMPB)**

Indian Red Cross Society,  
(Annexe Building), 1st & 2nd Floor,  
Red Cross Road, New Delhi-110001  
**Dated: December, 2025**

**OFFICE- MEMORANDUM**

**Subject: Call for proposal on establishment of Poshan Vatika under the Herbal Garden component of National Medicinal Plants Board (NMPB), Ministry of Ayush - reg.**

Sir/Madam,

The NMPB, Ministry of Ayush, under its Central Sector Scheme (CSS) on 'Conservation Development and Sustainable Management of Medicinal Plants' intend to provide project-based financial support to the government and private organizations to establish *Poshan Vatika* in Eklavya Model Residential Schools (EMRS) of NESTS, Ministry of Tribal Affairs throughout the country.

**Activities and Budget for Poshan Vatika**

The Poshan Vatika will be established for growing minimum 30 species of fruits, vegetables and medicinal plant species (having nutritional value) in the minimum area of 100 sq mt upto 2 acre in each Eklavya Model Residential Schools (EMRS) to provide nutritional support to school going children.

The activities supported would include design layout, land development, site protection, preparation of bed, procurement of basic planting material, initial maintenance, signage, walking trails, irrigation facilities etc.

**Norms of Assistance**

**BUDGET (RECURRING AND NON-RECURRING BUDGET)**

Details of financial implication for **100 sq mt land** is as under: -

**Note: Financial implication for 3 years is INR 7,00,000 (1<sup>st</sup> Year for Establishment INR 4,50,000, 2<sup>nd</sup> Year for maintenance INR 1,25,000, 3<sup>rd</sup> Year for maintenance INR 1,25,000)**

<b>Sl. No.</b>	<b>Particulars</b>	<b>Maximum Ceiling of Tentative Budget (Rs.)</b>			
		<b>1<sup>st</sup> Year (for Establishment)</b>	<b>2<sup>nd</sup> Year (for Maintenance)</b>	<b>3<sup>rd</sup> Year (for Maintenance)</b>	<b>Total</b>
1.	Purchase of saplings, manure and soil etc.	<b>4,50,000</b>	<b>1,25,000</b>	<b>1,25,000</b>	<b>7,00,000</b>
2.	Labor charges & Transportation cost				
3.	Training and Capacity building IEC material and Awareness programme. Display boards and plant labelling				

4.	Miscellaneous expenses				
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Proposals in this thrust area are to be submitted to <https://ngo.ayush.gov.in/> scheme under the Herbal Garden component of the Central Sector Scheme (CSS) for Conservation, Development and Sustainable Management of Medicinal Plants. The last date to submit the project proposal has been extended upto 04<sup>th</sup> February, 2026.

### **Term of Reference**

- Teachers, officers with relevant academic background, appropriately qualified NGO would be eligible to become PI/Co-PI. In case the PI is working in Govt. Organization they should have at least 3 years left to superannuate.
- Proposal submitted through Ayush NGO portal, will only be eligible for further consideration as per NMPB scheme guidelines. No other mode of proposal submission shall be entertained.

### **Eligible**

- Govt. Organizations & Non-Government Organizations / Voluntary Organizations with demonstrated expertise.

### **Norms of Assistance**

- Qualified organizations will be eligible for 100% assistance.
- Rest of the condition remains same as per NMPB CSS guidelines as well as Poshan Vatika.

**Note:** Guidelines for Poshan Vatika is attached for reference.

# **Guidelines for establishment of Poshan Vatikas at Ekalavya Model Residential Schools (EMRS), NESTS, MoTA**

Under  
**Central Sector Scheme  
of  
National Medicinal Plants Board,  
Ministry of Ayush**

to implement said scheme for  
**Dharti Aaba Janjatiya Gram Utkarsh  
Abhiyan, Ministry of Tribal Affairs**

## **DETAILED PROJECT PROPOSAL**

**Ministry of Ayush  
Government of India**

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## 1. BACKGROUND

Malnutrition and food insecurity plagued India for several decades. The country has been consistently ranked among the poor performers of the world in the Global Hunger Index. Malnutrition varies widely across regions, states, age, gender, and social groups. India's tribal population suffers the most compared to any other socio-economically disadvantaged population group. Malnourished children do not attain their optimum potential in terms of growth, learning, performance in school, and physical development to work later in life. India, as one of the fast paced economies in the world and with the highest demographic advantage, requires a strong and healthy work force to sustain its growth levels. It is in our best interests to ramp up efforts to eradicate malnutrition. The prevalence of stunting, wasting, severe undernourishment and underweight among tribal children necessitates for multifaceted approaches, spanning nutrition education, health care accessibility, and socioeconomic empowerment through targeted initiatives, holistic interventions and collaborative endeavors.

### **Statistical of Malnutrition:**

As per world health organization malnutrition means undernutrition, over nutrition (overweight, obesity) and micronutrient deficiencies. Based on survey of India approximately 35% of children under 5 years in India are stunted, and about 17% are wasted. According to United Nations Children's Fund report one (01) out of four (04) children nationally live in severe food scarcity.

The Government has accorded high priority to the issue of malnutrition and is implementing several schemes like Prime Minister's Overarching Scheme for Holistic Nourishment (POSHAN Abhiyaan), Anganwadi Services, Scheme for Adolescent Girls, under Mission Poshan 2.0 and Pradhan Mantri Matru Vandana Yojana (PMMVY) under Mission Shakti, as direct targeted interventions to address the problem of malnutrition throughout the country including in tribal areas. POSHAN Abhiyaan is a mission mode approach to malnutrition through interventions of technology, multi-ministerial convergence and to focus on converting the agenda of improving nutrition into Jan Andolan through Community Mobilization/ Sensitization and thus bringing nutrition-linked Behavioral Change across India. Under Jan Andolans, Poshan Maah and Poshan Pakhwada are also celebrated annually in the month of September and March respectively.

One of the most unique programmes of the POSHAN Abhiyaan involving people is the introduction of the 'Poshan Vatika' or Nutri-Gardens. Built within the premises of the house or near schools, these gardens provide a fresh supply of fruits and vegetables. In specific cases, nutrient-dense wild edible food plants and medicinal plants are included. The garden highlights the nutrient content of each plant and how they can help to address specific nutrition issues. Ministry of Ayush has signed Memorandum of Understanding (MoU) with Ministry of Tribal Affairs to implement Poshan Vatika (Nutri-Gardens) in EMRS schools through NMPB.

## 2. RATIONALE OF PROPOSAL

Among the various strategies of improving nutrition among individuals to combat the malnutrition, Poshan Vatika (Nutri-Gardens) is sustainable and viable solution. Plantation of seasonal vegetables, fruits, medicinal herbs at EMR schools will act as dietary source for wide range in vitamins and pigments and other nutritionally important compounds and meet the therapeutic or medicinal needs. Inclusion of this variability in dietary practice will not only help in improving situations of undernourishment, also enhances the student's cognitive ability, disease fighting potential & improvement in immunity. The Nutri -Garden will offer fresh and organic fruits and vegetables to students and serves the purpose to fulfil the nutritional deficiency.

Apart from nourishment, other tangible impacts of Poshan Vatika are followings -

**Learning experience to students-** Hands-on learning experience to students with practical aspects of nurturing and understanding plants the basic concepts of science and biology related to botany, ecology, and plant physiology. They will learn about growth patterns of different plant species, their cultivation and management.

**Significance of plants-** Nutri-Gardens will offer a platform to teach students about traditional medicine, cultural practices, and the historical significance of various plants. Students can learn about nutritional value, economic importance and medicinal importance of plants, fruits and vegetables.

**Conservation and biodiversity-** Students will understand about the conservation and biodiversity of plants.

**Awareness programmes-** IEC activities to create awareness programmes and community outreach programmes.

## 3. AIMS AND OBJECTIVES

- a. Establishment of Poshan Vatika (Nutri-Garden) through planting of various important fruits (regional), medicinal plant (locally available), herbs and vegetables (seasonal) in the identified EMR school premises to fulfil day to day nutritional requirements of school going children.
- b. To aware children about various plants and their nutritional value through IEC activities like, quizzes, campaigns, drawing/ painting competition etc. Preparation and widespread dissemination of user-friendly literature explaining various aspects of nutrition and other benefits.

### Eligibility

- Govt. Organizations & Non-Government Organizations / Voluntary Organizations with demonstrated expertise.

## **Norms of Assistance**

- Qualified Organizations will be eligible for 100% assistance.
- Rest of the condition remains same as per NMPB CSS guidelines as well as Poshan Vatika (Nutri-Garden).

## **4. ROLE AND RESPONSIBILITIES**

### **a. Role of Organization**

The organization from the State/UT will carry out the following activities in consultation with State Horticulture Department, Forest Department, Agriculture Department, RCFC and SMPB etc.: -

1. Identify fruits, vegetables and medicinal plants suitable for optimal growth and yield in selected geographical regions of EMR schools
2. Provide inputs on Land preparation and plantation of seedlings / saplings of fruits, vegetables and medicinal plants.
3. Conducting IEC activities / Awareness programs related to nutrition, health and plant growth in consultation with NMPB.
4. Internal monitoring/evaluation and providing regular progress reports on quarterly basis.

### **b. Role of EMR Schools**

The school must comply with the following pre-requisites:

#### **A. Pre-plantation stage**

- i) Dedicated stretch of land minimum 100 Sq. Meter.
- ii) Suitability of area for plantation.
- iii) School boundary wall / fencing to protect plantation from grazers / cattle.
- iv) Irrigation facility for proposed plantation site.
- v) Electricity supply for plantation site.

#### **B. Post-plantation requirement from School**

1. Dedicated manpower to maintains the Poshan Vatika (Nutri-Garden).
2. Continuous monitoring the progress of Poshan Vatika (Nutri-Garden) and preparation of reports along with GPS based photographs on quarterly basis.
3. Sensitization/Awareness activities through schools.
4. Dissemination of information through IEC material.

### **c. Role of Ministry of Tribal Affairs**

To provide the list of Schools fulfilling the pre-requisite conditions

**d. Role of Ministry of Ayush: -**

1. Financial support as per approved norms.
2. Technical support for establishment of Poshan Vatika (Nutri-Garden).
3. Overall Monitoring and Evaluation of the progress / performance.

## **5. WORKPLAN**

**Selection of Schools and cultivable land –** Establishment of Poshan Vatika (Nutri-Garden) in EMR Schools will be selected as per approved norms. Land development activities such as ploughing, digging, cleaning, levelling etc. for developing cultivable land in the beginning of the project. The selected schools should have basics facilities as mentioned in the guidelines.

**Plant selection-** Leafy vegetables (seasonal and locally available) and perennials (like drumstick), medicinal plants, spices and herbs are suitable for plantation. Vegetables being a seasonal crop, yielding period and sowing date to be estimated for sowing cycle and planned accordingly for continuous supply of vegetables throughout the year. Dwarf, quick yielding with small/medium canopy plants for fruits to be selected like guava, banana, papaya, pineapple, passion fruit, butter fruit, carambola etc. Large and medium sized medicinal plants (regionally abundant) to be planted in larger proportions.

List of Plants in **Annexure- II**

**Design and planning-** Detailed layout of garden is planned with arrangements for large plants, medium sized plants, shrubs and herbs according to canopy and direction of sun rays.

**Procurement of saplings and Seeds –** Saplings (Quality planting material) will be procured from reliable sources of forest department/ horticulture/ RCFC / SMPB / Nurseries etc. for medicinal plants, fruits, spices, herbs and vegetables.

**Plantation-** Northern-Western side of garden is suitable to grow large plants while South-Eastern part is largely for fruits and shrubs. Intercropping will be done with perennial underground vegetables and herbs in rows between large plants as well as on the borders of garden. Plantation should be done in a manner to incorporate maximum plants, trees, herbs, shrubs etc. to have optimum utilization of land and resources.

**Cultivation-** Organic method of crop cultivation to be adopted for nutrient supply (compost, vermicompost, farm-yard manure, coco-peat, bio-fertilizers etc.) and plant protection through bio agents in place of synthetic chemicals.

**Labelling and tagging-** Signage and description will be prepared for each proposed medicinal plant, fruit and herbs. May also put QR- codes for identification to create awareness.

**Further maintenance of garden** -Activities such as weeding, pruning, and removing debris, irrigation, shade development, casualty replacement, and biological pest management will be carried out as and when required for the maintenance of the garden.

**Dissemination of knowledge-** Awareness programs will be conducted for various stakeholders, particularly students and local communities about nutritional value of plant sources and medicinal importance of plants and herbs. Practices associated with sustainable plant cultivation and conservation can also be highlighted.

## 6. MILESTONES WITH DELIVERABLES

Duration of project –the proposed duration of project is 03 years

Activities	Time frame
Identification of land	Beginning of project
Land development, water resources arrangement	1 <sup>st</sup> -3 <sup>rd</sup> month
Procurement of planting material	4 <sup>th</sup> month
Plantation work	5 <sup>th</sup> -12 <sup>th</sup> month
Maintenance	13 <sup>th</sup> -36 <sup>th</sup> month

## 7. OUTCOMES (TANGIBLE AND INTANGIBLE)

1. *Poshan Vatika* (Nutri-Garden) will provide a sustainable and accessible source of nutritious food and medicinal plants and herbs throughout the year to the school going children.
2. It will promote better health and reducing malnutrition's among students as it enhances the consumption of micronutrient rich fruits, vegetables and herbs.
3. Awareness about use of medicinal plants, means of cultivation, conservation and management of fruits, vegetables and important medicinal plant resources.
4. Awareness programs conducted among school children's is learning experience for students to understand the nutritional values of plants, their relevance in daily life, their growing practices, their conservation and management.

## 8. MONITORING FRAMEWORK can be done with existing procedure

### 8.1 Reporting frame work (till three years)

1. Quarterly reporting
2. Annual reporting

## 9. BUDGET (RECURRING AND NON-RECURRING BUDGET)

Financial implication for 100 sq mt area is INR 7,00,000 for 3 years

(1<sup>st</sup> Year for Establishment INR 4,50,000, 2<sup>nd</sup> Year for maintenance INR 1,25,000, 3<sup>rd</sup> Year for maintenance INR 1,25,000)

Sl. No.	Particulars	Maximum Ceiling of Tentative Budget (Rs.)			
		1 <sup>st</sup> Year (for Establishment)	2 <sup>nd</sup> Year (for Maintenance)	3 <sup>rd</sup> Year (for Maintenance)	Total
1.	Purchase of saplings, manure and soil etc.	4,50,000	1,25,000	1,25,000	7,00,000
2.	Labor charges & Transportation cost				
3.	Training and Capacity building IEC material and Awareness programme. Display boards and plant labelling				
4.	Miscellaneous expenses				

**Note:** Internal changes as per local requirement is permissible within overall ceiling of Rs. 7.00 lakh per School/Unit. Allocation of fund to school may vary depending upon the area of land and subject to maximum ceiling of Rs. 7.00 lakh per school for **100 sq mt** of plantation area.

**List of 111 EMR Schools**

<b>S.No</b>	<b>State</b>	<b>District</b>	<b>Block/ Taluka</b>	<b>Village</b>	<b>Name of the School</b>
1	Andhra Pradesh	Alluri Sitharama Raju	Maredumilli	Maredumilli	EMRS Maredumilli
2	Andhra Pradesh	Alluri Sitharama Raju	Y. Ramavaram	P. Yerragonda	EMRS Y Ramavaram
3	Andhra Pradesh	Tirupathi	Buchinaidu Kandriga	Kanamanambedu	EMRS Kandriga
4	Andhra Pradesh	Alluri Sitharama Raju	Addateegala	Vetamamidi	EMRS Addateegala
5	Andhra Pradesh	Alluri Sitharama Raju	Chintur	Kunduru	EMRS Chintoor
6	Andhra Pradesh	Alluri Sitharama Raju	Rajavommangi	Tallapalem	EMRS Rajavommangi
7	Andhra Pradesh	Alluri Sitharama Raju	Rampachodavaram	Jagarampalli	EMRS Rampachodavaram
8	Andhra Pradesh	Manyam Paravathipuram	Bhamini	Bhamini	EMRS Bhamini
9	Andhra Pradesh	Prakasam	Dornala	Dornala	EMRS Dornala
10	Andhra Pradesh	SPS Nellore	Kodavalur	Kodavalur	EMRS Kodavalur
11	Andhra Pradesh	Tirupathi	Ozili	Ojili	EMRS Ozili
12	Andhra Pradesh	Srikakulam	Meliaputti	Meliaputti	EMRS Meliaputti
13	Andhra Pradesh	Alluri Sitharama Raju	Ananthagiri	Ananthagiri	EMRS Ananthagiri
14	Andhra Pradesh	Alluri Sitharama Raju	Araku Valley	Majjivalasa	EMRS Araku Valley
15	Andhra Pradesh	Alluri Sitharama Raju	Chintapalle	Chintapally	EMRS Chintapally
16	Andhra Pradesh	Alluri Sitharama Raju	Dumbriguda	Dumbriguda	EMRS Dumbriguda
17	Andhra Pradesh	Alluri Sitharama Raju	G.Madugula	P.G.Madugula	EMRS G Madugula
18	Andhra Pradesh	Alluri Sitharama Raju	Gudem Kotha Veedhi	Gudem Kotha Veedhi	EMRS GK Veedhi
19	Andhra Pradesh	Alluri Sitharama Raju	Hukumpeta	Chatraiputtu	EMRS Hukumpeta
20	Andhra Pradesh	Alluri Sitharama Raju	Koyyuru	Balaram	EMRS Balaram
21	Andhra Pradesh	Alluri Sitharama Raju	Munchingi Puttu	Munchingiputtu	EMRS Munchigaput

22	Andhra Pradesh	Alluri Sitharama Raju	Paderu	Chintala Veedhi	EMRS Chintala Veedhi
23	Andhra Pradesh	Alluri Sitharama Raju	Peda Bayalu	Lakyaputtu	EMRS Lakyaputtu
24	Andhra Pradesh	Manyam Paravathipuram	Gumma Lakshmipuram	Gummalakshmipuram	EMRS GL Puram
25	Andhra Pradesh	Manyam Paravathipuram	Kurupam	Kurupam	EMRS Kurupam
26	Andhra Pradesh	Manyam Paravathipuram	Makkuva	Panasabhadra	EMRS Anasabhadra
27	Andhra Pradesh	Manyam Paravathipuram	Pachipenta	Guruvinaidupeta	EMRS Kotikapenta
28	Andhra Pradesh	Eluru	Buttayagudem	Buttayagudem	EMRS Buttayagudem
29	Arunachal Pradesh	East Kameng	Bana	Bana Camp (New Sopung)	EMRS Bana Camp
30	Arunachal Pradesh	Kurung Kumey	Nyapin	Nyapin	EMRS Kampu
31	Arunachal Pradesh	Tawang	Lumla	Lumla	EMRS Lumla
32	Arunachal Pradesh	Tirap	Khonsa	Khela	EMRS Khela
33	Arunachal Pradesh	West Siang	Tirbin	Tirbin	EMRS Tirbin
34	Assam	Baksa	Barama	Baganpara	EMRS Dalbari
35	Bihar	Jamui	Jhajha	Asta	EMRS Jhajha
36	Bihar	West Champaran	Ramnagar	Belsandi	EMRS Ramnagar
37	Chhattisgarh	Balod	Dondi	Dondi	EMRS Dondi
38	Chhattisgarh	Baloda Bazar	Kasdol	Sonakhan	EMRS Sonakhan
39	Chhattisgarh	Balrampur	Balrampur	Maharajganj	EMRS Balrampur
40	Chhattisgarh	Balrampur	Rajpur	Budha Bagicha	EMRS Rajpur (CH)
41	Chhattisgarh	Balrampur	Ramanujganj	Deviganj	EMRS Ramanujganj
42	Chhattisgarh	Balrampur	Samri(kusmi)	Ramnagar	EMRS Kusmi
43	Chhattisgarh	Balrampur	Shankargarh	Dohana	EMRS Shankargarh
44	Chhattisgarh	Balrampur	Wadrafnagar	Madanpur	EMRS Wadrafnagar
45	Chhattisgarh	Bastar	Bakavand	Karpawand	EMRS Karpawand
46	Chhattisgarh	Bastar	Bastanar	Kodenar	EMRS Kodenar
47	Chhattisgarh	Bastar	Bastar	Besoli	EMRS Besoli
48	Chhattisgarh	Bastar	Darbha	Chhindawada	EMRS Chhindwada
49	Chhattisgarh	Bastar	Lohandiguda	Gadhiya	EMRS Gadhiya
50	Chhattisgarh	Bastar	Tokopal	Metawada, Keopal, Rajpur	EMRS Tokopal

51	Chhattisgarh	Bijapur	Bhairamgarh	Pusnar	EMRS Bhairamgarh
52	Chhattisgarh	Bijapur	Bhopalpattnam	Rudraram	EMRS Rudraram
53	Chhattisgarh	Bijapur	Bijapur	Education City Nukanpal	EMRS Bijapur
54	Chhattisgarh	Bijapur	Usur (Usoor)	Dugaiguda	EMRS Dugaiguda
55	Chhattisgarh	Gaurella Pendra Marwahi	Gaurella 2 (Pendra Road Gorella)	Newsa	EMRS Newsa Pendra Road
56	Chhattisgarh	Dantewada	Dantewada	Metapal	EMRS Dantewada
57	Chhattisgarh	Dantewada	Gidam	Haram	EMRS Geedam
58	Chhattisgarh	Dantewada	Katekalyan	Parcheli	EMRS Katekalyan
59	Chhattisgarh	Dantewada	Kuakonda	Kuakonda	EMRS Kuakonda
60	Chhattisgarh	Dhamtari	Nagari	Patharridih	EMRS Patharridih
61	Chhattisgarh	Gariyaband	Chhura	Kosambuda	EMRS Kosambuda (Chhura)
62	Chhattisgarh	Gariyaband	Mainpur	Girhola	EMRS Mainpur
63	Chhattisgarh	Gaurella Pendra Marwahi	Marwahi	Dongariya	EMRS Dongariya
64	Chhattisgarh	Gaurella Pendra Marwahi	Pendra (Gaurella-1)	Lata	EMRS Lata Pendra
65	Chhattisgarh	Janjgir Champa	Sakti	Paladi Khurd	EMRS Paladikhurd
66	Chhattisgarh	Jashpur	Bagicha	Sanna	EMRS Sanna
67	Chhattisgarh	Jashpur	Farsabahar	Pharsabahar	EMRS Farsabahar
68	Chhattisgarh	Jashpur	Jashpur	Gholeng	EMRS Gholeng
69	Chhattisgarh	Jashpur	Kansabel	Dhudrudand	EMRS Dhudrudand
70	Chhattisgarh	Jashpur	Manora	0	EMTS Manora
71	Chhattisgarh	Jashpur	Patthalgaon	Rairumakala(Shukhrapar a)	EMRS Rairumakala (Sukhrapara)
72	Chhattisgarh	Kabirdham	Bodla	Taregaon	EMRS Taregaon
73	Chhattisgarh	Kanker	Antagarh	Lamkanhar	EMRS Lamkanhar
74	Chhattisgarh	Kanker	Bhanupratappu r	Faraskot	EMRS Bhanupratappur
75	Chhattisgarh	Kanker	Durgkondal	Durgkondal	EMRS Durgkondal
76	Chhattisgarh	Kanker	Kanker	Devari (Bardevri)	EMRS Kanker

77	Chhattisgarh	Kanker	Narharpur	Narharpur	EMRS Narharpur
78	Chhattisgarh	Kondagaon	Bade Rajpur	Korgaon	EMRS Korgaon
79	Chhattisgarh	Kondagaon	Farasgaon	Chichadi	EMRS Chichadi
80	Chhattisgarh	Kondagaon	Keskal	Bedma	EMRS Bedma
81	Chhattisgarh	Kondagaon	Kondagaon	Golawand	EMRS Golawand
82	Chhattisgarh	Kondagaon	Makdi	Makdi	EMRS Makdi (Shampur)
83	Chhattisgarh	Korba	Katghora	Chhurikhurd	EMRS Chhuri
84	Chhattisgarh	Korba	Pali	Lafa	EMRS Lafa
85	Chhattisgarh	Korba	Podi Uparoda	Rampur	EMRS Pondi Uproda
86	Chhattisgarh	Korea	Bharatpur	Jamthan Post Kanjiya/ Ghughra	EMRS Jamthan
87	Chhattisgarh	Korea	Khadganva	Podidih	EMRS Pondidih
88	Chhattisgarh	Korea	Sonhat	Beliya	EMRS Ghughra
89	Chhattisgarh	Mahasamund	Pithora	Lahraud	EMRS Mahasamund
90	Chhattisgarh	Mungeli	Lormi	Bandhwa	EMRS Bandhwa Lormi
91	Chhattisgarh	Narayanpur	Narayanpur	Bhatpal	EMRS Chheribeda
92	Chhattisgarh	Narayanpur	Orchha	Chotedogar	EMRS Orchha
93	Chhattisgarh	Raigarh	Ghaghoda	Chattatangarh	EMRS Chharratangarh Ghaghoda
94	Chhattisgarh	Raigarh	Kharsia	Chhote Mudpar	EMRS Chote Mudpar
95	Chhattisgarh	Raigarh	Lailunga	Heerapur	EMRS Lailunga
96	Chhattisgarh	Raigarh	Udaipur (Dharamjaigarh )	Baysi	EMRS Dharamjaigarh
97	Chhattisgarh	Mohalla Manpur Ambagarh Chouki Rajnandgaon	Manpur	Khwshfakadi	EMRS Manpur
98	Chhattisgarh	Mohalla Manpur Ambagarh Chouki Rajnandgaon	Mohla	Mading-Pidling-Dhenu	EMRS Mohla
99	Chhattisgarh	Rajnandgaon	Rajnandgaon	Pendri	EMRS Pendri
100	Chhattisgarh	Sukma	Chhindgarh	Balatikra	EMRS Balatikra (Chindgarh)
101	Chhattisgarh	Sukma	Konta	Erabor	EMRS Errabor (Konta)
102	Chhattisgarh	Sukma	Sukma	Sukma	EMRS Sukma

103	Chhattisgarh	Surajpur	Bhaiyathan	Shivprasadnagar	EMRS Shivprasadnagar
104	Chhattisgarh	Surajpur	Odgi	Odgi	EMRS Odgi
105	Chhattisgarh	Surajpur	Pratappur	Khorma	EMRS Pratappur
106	Chhattisgarh	Surajpur	Premnagar	Bakirma	EMRS Premnagar
107	Chhattisgarh	Surguja	Batouli	Shivpur	EMRS Shivpur
108	Chhattisgarh	Surguja	Lundra	Sahanpur	EMRS Lundra
109	Chhattisgarh	Surguja	Mainpat	Kamleshwarpur	EMRS Mainpat
110	Chhattisgarh	Surguja	Sitapur	Petla	EMRS Petla
111	Chhattisgarh	Surguja	Udaipur	Rikhi	EMRS Rikhi Udyan

## List of plants for Poshan Vatika in EMRS

### List of Vegetables (Shaka Varga)

S. No.	Name of the Plant	Common Name	Usage of plant
1	<i>Abelmoschus esculentus</i>	Okra/Bhindi	It is rich in dietary fiber, Vitamin C, Vitamin K, and Folate, and provides essential minerals like magnesium, potassium and calcium.
2	<i>Allium sativum L</i>	Lehsun	As vegetable, Garlic have some real health benefits, such as protection. Against the common cold and the ability to help lower blood pressure and cholesterol levels.
3	<i>Amorphophallus paeonifolius</i> (Dennst.) Nicolson	Suran	As Vegetable, it's used to treat a variety of conditions, including gastrointestinal issues, hemorrhoids, and rheumatism.
4	<i>Coccinia grandis L.</i>	Kundru	As Vegetable, Ivy gourd has potential health benefits like managing blood sugar levels, aiding digestion, and supporting weight loss.
5	<i>Cucurbita pepo</i>	Kumhda	As Vegetable it is a rich source of vitamins A and C, fiber, potassium, and antioxidants like beta-carotene, fiber and carbohydrates.
6	<i>Luffa acutangula</i>	Turai	As Vegetable, it is a low-calorie, high-fiber vegetable with a high water content, beneficial for hydration and weight management. It is also a good source of vitamins, particularly Vitamin C and B vitamins, and minerals like iron, magnesium, and potassium.
7	<i>Mentha viridis L.</i>	Pudinah	As Vegetable, the plant's volatile compounds possess Antimicrobial & Antioxidant properties. Mint's health benefits range from improving brain function and digestive symptoms.
8	<i>Momordica charantia L.</i>	Karela	As Vegetable, bitter gourd is nutrient-rich plant, contains vitamin C minerals, and antioxidants.
9	<i>Moringa oleifera Lam.</i>	Shigru	As Vegetable, the leaves are rich in potassium, vitamin C, calcium, protein, iron, and amino acids, which help your body heal and build muscle. It's also packed with antioxidants.
10	<i>Murraya koenigii</i> (L.)Preng.	Kaidarya	As Vegetable, curry leaves improve digestion promote hair health enhance eyesight and regulate blood sugar.
11	<i>Solanum lycopersicum</i>	Tamatar	As Vegetable, it is low in calories and fat but rich in water, vitamins, minerals, and antioxidants like lycopene. good source of vitamin C, vitamin K, folate, and potassium.
12	<i>Solanum melongena L</i>	Baigan/Eggplant	It is a good source of dietary fiber, potassium, and antioxidants like nasunin and chlorogenic acid, fiber, potassium, along with vitamins C and K, and folate.
13	<i>Solanum tuberosum</i> .	Aloo/Potato	As Vegetable, it is a good source of carbohydrates, fiber, and various vitamins and minerals like Vitamin C, Vitamin B6, and potassium.
14	<i>Trichosanthes dioica</i> Roxb.	Padwal	As Vegetable, it is a good source of vitamins A,B, and C

### List of fruits (PhalaVarga)

Sl. No.	Botanical Name	Common/Local name	Usage of Plants
1	<i>Aegle marmelos L.</i>	Bilva/Bilvapatra	<i>Bael</i> fruits are used in the treatment of chronic diarrhea, dysentery and peptic ulcers, as a laxative and to recuperate from respiratory affection.
2	<i>Annona squamosa L.</i>	Sitaphal/Sitaphala	<i>Sugar apple</i> is packed with vitamins mineral fiber, and lots of energy. It's rich in minerals like iron, manganese.
3	<i>Annona reticulata L.</i>	Ramphal/Ramphala	The fruit possess several medicinal properties such as anthelmintic, analgesic, anti-inflammatory, antipyretic, wound healing and cytotoxic effects.
4	<i>Artocarpus heterophyllus Lam.</i>	Panas/Halasu	Jackfruit are rich in fiber; they are good source of B-complex vitamins. Jack fruit seeds also contain resistant starch that regulates blood sugar levels and promotes gut health.
5	<i>Averrhoa carambola L.</i>	Starfruit	Star fruit is a delicious, nutritious fruit that is low calories but packed with vitamin C fiber, and antioxidants.
6	<i>Carissa carandas L.</i>	Karamarda/Cherry	Commonly used as a condiment in Indian pickles and spices. It is particularly rich in vitamin C vital for boosting immunity and fighting infections
7	<i>Carica papaya L.</i>	Papita	As fruit and Vegetable, high in vitamins A and C, fiber, and antioxidants. It has anti-inflammatory, antimicrobial and anti-cancer properties
8	<i>Citrus limon L.</i>	Nimbu/Nimbuk	Lemons are high in vitamin C fiber, and various beneficial plant compounds. Lemons may also support heart health, weight control, and digestive health
9	<i>Citrus maxima</i> (Brum.) Merr.	Chakotra	It is the largest citrus fruit, provide variety of nutrients that have several health benefits including antioxidant and antidiabetic functions
10	<i>Citrus medica L.</i>	Matulunga/Gajanimba	It has been used for centuries in medicine for its antioxidant, anti-inflammatory, antimicrobial antiviral, and anti-hyperglycemic properties
11	<i>Cocos nucifera L.</i>	Narikela/fengu	Coconut is rich in antioxidants, has powerful antibacterial properties, and may support better blood sugar control.
12	<i>Cordia dichotoma</i> Frost.	Slesmataka/Chelle	Plant parts such as leaves, fruit, bark and seed have been reported for possessing antidiabetic, antiulcer, anti-inflammatory, immune-modulatory properties.
13	<i>Ficus carica L.</i>	Anjeer/Anjeera	Leaves, fruits, and roots of <i>F. carica</i> are used in native medicinal system in different disorders such as gastrointestinal, respiratory, inflammatory, and cardiovascular disorders.
14	<i>Garcinia indica</i>	Vrikshamla/Kokum	<i>G. indica</i> has been used in traditional medicine to treat inflammation, dermatitis and diarrhea and to promote digestion.
15	<i>Juglans regia L.</i>	Akhrot/Okhar	Walnuts are a good source of fat, protein, vitamins and minerals along with phenolics which act as antioxidants.

16	<i>Limonia acidissima L.</i>	Kapittha	Every part of the fruit has got its medicinal property. The fruit is much used in India as a liver and cardiac tonic
17	<i>Litchi chinensis Sonn.</i>	Lychee	It exhibits significant antioxidant, anti-diabetic, anti-obesity, hepato-protective, and immunomodulatory activities
18	<i>Manilkara zapota L.</i>	Chiku/Sapota	Sapodilla is an excellent source of fiber-a nutrient that's important for gut health, heart health, and body weight maintenance.
19	<i>Mangifera indica L.</i>	Amra/Maavu	Mango has many health benefits. It is rich in vitamins and phytochemicals, and has antioxidant, anti-inflammatory, and anti-cancer properties.
20	<i>Moringa oleifera Lam.</i>	Sigru/Nugge	Moringa may have several health benefits, such as protecting and nourishing the hair and skin, treating swelling, protecting the liver, treating stomach upset.
21	<i>Morus alba L.</i>	Mulberry/Reshma	Mulberry may help slow cancer cell growth, reduce cholesterol levels, and improve blood sugar management.
22	<i>Musa paradisiaca L.</i>	Kadali/Kela	As fruit and Vegetable, it is a rich source of easily digestible carbohydrate but also provides essential vitamin B, C and several minerals such as potassium, calcium etc.
23	<i>Phyllanthus emblica L.</i>	Amla/Nelli	Amla proves beneficial against respiratory disorders. It helps to reduce cough, tuberculosis, throat infections and flu.
24	<i>Prunus persica L.</i>	Peach	Fresh peach pulps and Peel demonstrated high antioxidant and anti-inflammatory effects preventing against induced damage.
25	<i>Psidium guajava L.</i>	Amruta/Amrood	Guava fruit and leaves contain nutrients including vitamin C and potassium that may help support heart, digestion and other body systems.
26	<i>Punica granatum L.</i>	Dadima/Dalimbe	Pomegranates can help prevent or treat various disease risk factors including high blood pressure, high cholesterol, oxidative stress, hyperglycemia, and inflammatory activities.
27	<i>Pyrus communis L.</i>	Nashpati	Pears are rich in nutrients and several beneficial plant compounds. They may also help promote weight loss and protect against certain chronic conditions.
28	<i>Syzygium cumini L.</i>	Jambu/Nerale	Jamun fruit reduces the sugar in the blood and is very good in the control of diabetes.
29	<i>Spondias pinnata</i>	Amrataka/Amda	It is used as a rubefacient for the treatment of painful joints. It is also used to treat diarrhoea and dysentery and to prevent vomiting.
30	<i>Tamarindus indica L.</i>	Cincha/Imli	The polyphenols in tamarind have antioxidant and anti-inflammatory properties. These can protect against diseases such as heart disease, cancer, and diabetes.
31	<i>Ziziphus jujube Lam.</i>	Badara/Bore	Jujube fruits are low in calories and high in fiber. They also offer several vitamins and minerals, including vitamin C and potassium.

**List of medicinal plant (Auhadhi Varga)**

S.No	Name of the Plant	Common Name	Usage of Plants
1	<i>Albizia lebbeck</i> (L.) Benth.	Shirish	The tree is used in folk remedies for abdominal tumors, cough, eye ailments & flu.
2	<i>Andrographis paniculata</i> (Burm.f.) Wall.	Kalmegh	Andrographis leaf and stem might work by stimulating The immune system. It might also prevent flu viruses from binding to cells in the body.
3	<i>Asparagus racemosus</i> Willd.	Satavari	Asparagus have antioxidant and antibacterial effects. It might also stimulate the immune system.
4	<i>Bacopa monnieri</i> (L.)	Brahmi	Brahmi is an herb used in Ayurvedic medicine to improve memory and reduce anxiety. It has cardio protective, hepatoprotective and anticancer properties.
5	<i>Boerhaavia diffusa</i> L.	Raktapunarnava	It relieves from inflammation and joint pains boost immunity and strengthens the lungs.
6	<i>Butea monosperma</i> (Lam.)	Palas	<i>Butea monosperma</i> is reported to possess antibacterial, antifungal, hypoglycemic, anti-inflammatory.
7	<i>Cassia fistula</i> L.	Aragvadha/amaltas	Cassia fistula flower shows anti-inflammatory activity. Similarly, the seeds of Cassia fistula are used in the investigation of antitumor and anticancer activities.
8.	<i>Centella asiatica</i> (L.) Urb.	Mandukaparni	Mandukaparni has health benefits like antidiabetic, wound-healing, antimicrobial, memory-enhancing, Antioxidant and neuro protecting activities.
9	<i>Cinnamomum Zeylanicum</i> Blume	Tvak	It has anti-microbial and anti-parasitic activity, Lowering of blood glucose, blood pressure.
10	<i>Curcuma longa</i> L.	Haridra/Haldi	Its positive effects on the brain include boosting the brain neurotransmitters serotonin and dopamine, reducing inflammation, and encouraging brain plasticity.
11	<i>Eclipta alba</i> (L.) Hassk.	Bhringraj	Bhringraj, has a variety of potential health benefits, primarily related to hair health, including promoting hair growth, preventing premature graying, and managing scalp conditions.
12.	<i>Ficus glomerata</i> Roxb.	Udumbara/cluster fig	It is rich in protein, sugars, vitamin C, and carotenoids. It also contains significant amounts of minerals like potassium, magnesium, and calcium.
13.	<i>Gmelina arborea</i> Roxb.	Gambhari	Gambhari is traditionally used to alleviate fever, cough, cold, asthma diarrhoea, dysentery skin diseases, and inflammatory conditions.
14.	<i>Hedychium spicatum</i> Sm.	Shadi	Spiked ginger lily has many potential health benefits, including treating asthma, cough and other respiratory disorders. It's also used in cosmetics and perfumery.
15	<i>Mimusops elengi</i> L.	Bakula	Bakul possesses astringent cooling anthelmintic, tonic, and febrifuge properties and is useful in alleviating kapha.
16	<i>Ocimum sanctum</i> L.	Tulasi	Holy basil offers numerous possible health benefits such as reducing stress and anxiety, supporting respiratory health, cure common cold and cough.

17	<i>Ocimum basilicum</i> L.	Babari-phool	Its nutrients may provide health benefits such as reducing oxidative stress and supporting cardiovascular health.
18	<i>Piper nigrum</i> L.	Marica	It has antioxidant, anti-inflammatory, anticancer, antidiabetic, antimicrobial, antidepressant, enhance the bioavailability and help to aid digestion.
19	<i>Pinus gerardiana</i>	Chilgoza Pine	It is rich in healthy fats, protein, and fiber, vitamins like E, K, and B-complex, and minerals including magnesium, zinc, iron, manganese, potassium, and calcium.
20	<i>Plantago ovata</i>	Isabgol	It is a high-fiber, low-calorie food with a rich nutritional profile, beneficial for digestive and heart health. It is also a good source of minerals like calcium, iron, potassium, magnesium, and zinc.
21	<i>Pongamia pinnata</i>	Karanja	All parts of this plant possess medicinal properties and are used to treat skin diseases, piles, ulcers, diabetes, rheumatism, tumors, and wounds.
22.	<i>Saraca asoca</i> (Roxb.)	Asoka	It is used in treating postnatal health anomalies, and Even to treat excessive abdominal pain/bleeding.
23	<i>Terminalia arjuna</i> (Roxb. Ex DC)	Arjuna	Arjuna used for chest pain, asthma, athletic performance, heart disease, high cholesterol & high blood pressure.
24	<i>Terminalia bellirica</i> Roxb.	Bibhitaka	Bahera is used for wound healing and treatment of skin diseases in various traditional systems of medicine.
25	<i>Terminalia chebula</i> Retz.	Haritaki	It is might reduce blood sugar. Haritaki is used foraging skin, constipation, diabetes, diarrhea, high cholesterol, osteoarthritis.
26	<i>Tinospora cordifolia</i> (Willd.) Hook.f. & Thomson	Guduci	Guduci have anti-diabetic antioxidant, cardioprotective, hepatoprotective anti- microbial and other pharmacological activities.
27	<i>Vitex negundo</i> L.	Nirgundi	Used as medicine for asthma, bronchitis eye diseases, inflammations, leucoderma, spleen enlargement and diarrhea.
28	<i>Withania somnifera</i>	Aswagandha	It may help reduce anxiety and stress support restful sleep, and even improve cognitive functioning in certain populations.
29	<i>Zingiber officinale</i> Roscoe.	Ardraka	Ginger has many health benefits, including reducing inflammation pain, and nausea. It is used to treat metabolic syndromes, like diabetes and high blood pressure.