Last checked: 20 October 2026 · Women and Child Development Department, Government of Madhya Pradesh

Udita Yojana

Udita Yojana runs at Anganwadi centres in Madhya Pradesh to spread awareness about menstrual hygiene among girls and women and to help them follow safe practices.

What you may get

Girls aged 11 to 18 and women aged 19 to 45 get awareness sessions, guidance and training on keeping clean and handling periods safely, along with health support, at Anganwadi centres. The page shows no cash amount and no application fee.

Who it is for

Girls aged 11 to 18 and women aged 19 to 45 who go to an Anganwadi centre in Madhya Pradesh.

Main conditions

- The scheme is meant for girls aged 11 to 18 and women aged 19 to 45.
- The help is given at Anganwadi centres. It is a service and awareness programme, not a cash payment.

How to apply

1. Go to your nearest Anganwadi centre. The page names the centre as the place to reach the scheme.
2. For any help, contact the Project Officer of the local Integrated Child Development Services project, who is the officer named for this scheme.

Status

Active

Official source: https://cmhelpline.mp.gov.in/KnowYourEntitleDetail.aspx?status=BySchemeFor&pointvalue=0&Schemeid=588
Labh Lo page: https://labhlo.in/en/schemes/madhya-pradesh/mp-udita-yojana/

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