

# Daily Telegrams...

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p. 239

Port Blair, Saturday, October 09, 2021

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## KVK conducts training on balanced diet for rural women & children



Port Blair, Oct. 8

ICAR-Krishi Vigyan Kendra(CIARI),South Andaman conducted training programme on 'Balanced diet for rural women and children' for 3 days from Oct. 4 to 6 at Wandoor. The

training programme was inaugurated by Dr. Y. Ramakrishna, Pr. Scientist & Head, KVK. In his inaugural address, he emphasized upon role of eating healthy food

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*(Contd. from page 1)*

and its crucial role in mitigating malnutrition. Dr.Pooja Kapoor, SMS (Home Science) discussed about the importance of staying healthy by consuming a balanced diet and inter-relationship between food and diseases. Dr.B.K Nanda, SMS (Agri.Engg) spoke about food processing at domestic level for enhancing nutritional status and Dr. N. Bommayasamy,SMS (Agronomy)discussed about nutritional significance of cereals, pulses & nut seeds in our diets.

Dr.Zachariah George, SMS (Animal Sc) highlighted about the significance of animal food in our daily diet. Different low cost recipes from locally available ingredients were demonstrated in a participatory mode during the programme. The participants were motivated to learn by doing themselves, a press release from KVK said.