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PORT BLAIR • SUNDAY • DECEMBER 12, 2021

## Scientific management of Kitchen Gardens for Anganwadi workers



PORT BLAIR, DEC 07/--/ An awareness programme on "Scientific Management of Kitchen Gardens for Health and Nutrition" was conducted at ICAR-Central Island Agricultural Research Institute, Port Blair on December 10, 2021 under "Azadi ka Amrut Mahotsav". This programme was conducted with the objective to impart knowledge to the participants on various aspects of kitchen gardening with special emphasis on immunity boosting plants. Dr. Pooja Bohra, Organizer of the programme, elaborated on various methods of cultivation of immunity boosting plants in

different growing containers, vertical models and substrates. She emphasized on the role of various fruits in nutrition as well as building immunity. She guided them on selection of appropriate species based on the purpose and availability of inputs. Dr. Ajit Arun Waman, Co-organizer, detailed the participants on role of herbs and spices in the light of ongoing pandemic. In the second session, participants were enlightened about the importance of native plant species in nutrition and about methods of their cultivation in the anganwadi premises. During practical demonstration session, various aspects of preparation of

nursery raising of seedlings, land preparation, space management, field transplanting of saplings, application of manures, irrigation, methods of plant protection, etc. were covered. Participants were also engaged in planting of saplings to enable them to learn the things practically. The programme had 21 participants from 19 Anganwadi centres of South Andaman, including 2 Mukhya Sevikas, Ms. Pratima Rai and Ms. Kanchan Mandal. The event was conducted under the guidance of Dr. E.B. Chakurkar, Director, ICAR-CIARI in collaboration with Mr Prateek Raj Yadav, Director, Social Welfare.