

ICAR-KVK, Nimbudera Organizes Training Program on “Achieving Nutritional Security for Farm Families through Nutri-Garden”

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Sri Vijaya Puram, Dec 19: Three-Day Training Program on “Achieving Nutritional Security for Farm Families through Nutri-Garden” Organized by ICAR-KVK, Nimbudera. A three-day training program on “Achieving Nutritional Security for Farm Families through Nutri-Garden” was organized by ICAR-KVK, Nimbudera, from December 16 to 18, 2024. The training aimed to educate rural youth from the North and Middle Andaman districts on the role of nutri-gardens in ensuring a balanced diet, improving household nutrition, and promoting sustainable agricultural practices. The program was inaugurated in the presence of key dignitaries, who emphasized the importance of nutritional security for farm families. Mr. Yatharth Sharma, In-Charge, ICAR-KVK Nimbudera, underscored the significance of integrating nutri-gardens into the lifestyles of farm families to enhance dietary diversity and nutritional intake.

During the technical session, Mr. Yatharth Sharma, Subject Matter Specialist (SMS) in Home Science, provided insights into the concepts of food and nutritional security, the importance of balanced diets, and the role of nutri-gardens in achieving these goals. He conducted interactive sessions on planning nutri-gardens, covering site selection, crop integration, and layout design tailored to local conditions. Mr. Rakesh Dawar, SMS (Agronomy), shared techniques for improving soil health, composting, and the use of organic amendments. He also demonstrated seed selection and sowing techniques to ensure optimal crop growth. Additionally, Mr. Subam Debroy, SMS (Aquaculture), highlighted water management practices such as drip irrigation and rainwater harvesting to improve the efficiency and sustainability of nutri-gardens. Participants also engaged in hands-on demonstrations led by Mr. Yatharth Sharma and his team, where they learned practical techniques for setting up nutri-gardens. These included crop selection, planting methods, and integrating seasonal crops with perennial varieties. Participants were introduced to organic pest and disease control measures to ensure the ecological and economic sustainability of their gardens. The program concluded with a feedback session, during which participants expressed their enthusiasm for implementing nutri-gardens in their communities. Earlier, Mr. Subam Debroy welcomed the gathering and provided an overview of the training program. The event was conducted under the overall guidance of Dr. Eaknath B. Chakurkar, Director of ICAR-CIARI, Port Blair. About 20 farmers, farm women, and rural youth participated in and benefited from the training.