

# ICAR-KVK, South Andaman Organized Training on Balanced Nutrition

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Port Blair, Dec 30: The ICAR-Krishi Vigyan Kendra, South Andaman, conducted a three days training programme on “Importance of Balanced Nutrition for Women and Children” for Extension Functionaries from 27th to 29th December, 2022 at its campus. The objective of the programme was to upscale the knowledge of Anganwadi workers regarding Food and Nutritional needs of Women and Children. Dr B.K. Nanda, SMS (Agri. Engg.) and I/c KVK, South Andaman explained about the crucial role of Anganwadi workers working at grassroots level in spreading awareness among the rural women regarding the importance of consuming a healthy chemical free diet throughout life. He also explained about Recommended Dietary Allowances for different age groups and gender. Dr N. Bommayasamy, SMS (Agronomy) highlighted the functions of Nutrients in the human body. He also emphasized the importance of consuming Millets for better health. Dr. Pooja Kapoor, SMS (Home Science), Course Director of the programme explained the benefits of consuming a well-balanced diet and ways of mitigating malnutrition among children and women. The training programme also included demonstration on preparation of low cost locally available recipes for infants, children and pregnant women. A total of 34 Anganwadi workers from different villages of South Andaman District are benefitted from the programme. The programme was organized under the guidance and supervision of Dr. Y. Ramakrishna, Pr. Scientist & Head, KVK and Dr Eaknath B. Chakurkar, Director, ICAR-CIARI, Port Blair.