

## **Krishi Vigyan Kendra (KVK), Reasi organises National Nutrition Week for Farm Women**

Krishi Vigyan Kendra (KVK), Reasi of Sher-e-Kashmir University of Agricultural Sciences and Technology-Jammu (SKUAST-J) organised National Nutrition Week with great zeal and enthusiasm at Kansai Patta, Dheerti and Chaiter villages of Reasi district to create awareness among the farm women on Integrated Nutritional Diet for their better health. The week long programme was attended by a large number of women of the district. The major objective of the programme was to create awareness on the importance of balance nutrition for a good health which has far reaching implications on economic growth and development of the society. The programme was organised under the supervision and guidance of Associate Director Extension (ADE) and Incharge of KVKs of SKUAST-J, Dr. R.K. Arora. Dr. Banarsi Lal, Scientist & Head of KVK, Reasi briefed about the various issues related to the malnutrition and said that there is dire need to tackle this grave problem. He highlighted the balanced diet and weight management for a good health of women and children. He also briefed about the supreme contribution of mushroom in the promotion of a healthy life. He stated that children can't be healthy if their mothers are not healthy and added that malnourishment among the children leads to poor their brain development. He stressed upon the role of farm women in combating the malnutrition in the society and leading the society in the progressive direction. He talked on the methodologies for the reduction of anaemia among the women. He also discussed on the recipes with high nutritional value specially for the pregnant and lactating women. Dr. Suja Nabi Qureshi, scientist discussed about the nutritional importance of fruits and vegetables in our daily diet. He narrated that malnutrition is the major obstruction to the national development and there is need to intensify the efforts in battling malnourishment among children and women. He said that the lactating mothers should feed their newborn babies the first milk known as the colostrums and mother milk for first six months to provide immunity. Dr. Sanjay Kaushal, scientist stressed on the organic food products which are useful for the healthy life. During the programme the technical bulletins on nutritious diet were also distributed among the participants. A special interactive session was also organised in which the farm women asked various queries which were answered by the scientist in a satisfactory way. During the programme ICDS officials and women Self Help Groups (SHGs) Presidents were also present. The event was assisted by Sh. Manohar Lal and Sh Jagdish Kumar and concluded by Dr. Banarsi Lal with formal vote of thanks.

