

Awareness Programme on Nutritional Benefits of Vegetables
Organized by Division of Agricultural Extension
ICAR-Indian Agricultural Research Institute, New Delhi

An awareness programme on **Nutritional Benefits of Vegetables** was organized by Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute, New Delhi under Institute funded (**Enhancing Nutritional Security and Gender Empowerment**) projects in Lehchhoda, Baghpat District, U.P. on 21st July 2018. Dr. Premlata Singh, Head & Co-PI, Dr. V. Sangeetha, Scientist & PI, Dr. Satyapriya, Principal Scientist & Co-PI and Mr. Sitaram, Scientist & Co-PI, Technical officers Mr. Satyaprakash and project staffs Ms. Shivani Singh (SRF) and Mr. Sumit Kumar (PA), Division of Agril. Extension, ICAR-IARI, New Delhi organized this programme.

The aim of this programme was to spread awareness about the nutritional benefits of vegetables among farmers and to promote healthy consumption habits among farming community.

At first, Dr. V. Sangeetha briefed about the project and the significant achievements of the project. Dr. Premlata Singh discussed with the farm women about the nutritional importance of vegetables in diets and how it ensures the nutritional security of farm women. Then, PUSA Nutri Kitchen Garden Kits were given to farm women.

After this, benefits and nutritive importance of Moringa were explained and Moringa cuttings were given to the participants. Rural women were explained how it can be included in their diet.

In this programme, a significant number of farmers and farm women participated enthusiastically. The programme ended with enthusiastic appreciation from the farmers.

A glimpses of activities



Dr. Premlata Singh and Dr. V. Sangeetha discussing the benefits of Vegetables with rural women



Dr. Premlata Singh giving PUSA Nutri Kitchen Garden Kits to rural women



Dr. V. Sangeetha and Dr. Premlata Singh giving Moringa Cuttings to rural women



Dr. Premlata Singh, Dr. V. Sangeetha, Dr.R.K.Sharma, Dr.Satyapriya and Mr.Sitaram with rural women