

Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute, New Delhi Celebrated “National Nutrition Week 2018” under the project “Enhancing Nutritional Security and Gender Empowerment”

The Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute (IARI), New Delhi organized “**National Nutrition Week**” celebration activity to promote and spread awareness about nutrition and about healthy life style in rural areas. The activity was organized under the project “Enhancing Nutritional Security and Gender Empowerment” and also as part of *Mera Gaon Mera Gaurav* in village Jagdishpur, Sonapat District, Haryana on 1st September, 2018.

Dr. V. Sangeetha, Scientist & PI, Division of Agricultural Extension Dr. P. Venkatesh, Scientist Division of Agricultural Economics and project Staffs Mr. Sumit Kumar (P.A) and Mr. Sarvesh (SRF) organized this programme.

The aim of organizing the program was to make target beneficiaries aware about the benefits of nutri products and how it helps in achieving nutritional security. The program started with introductory session on nutritionally rich healthy foods, information regarding nutrition & healthy eating habits and discussion about the serious concerns of food habits and also what small changes can help in leading a healthier life for rural women and men.

At first Dr. V. Sangeetha explained why National Nutritional Week is celebrated, what is the importance of it, and then importance of lesser preferred nutritionally rich foods such as Soybeans, millets *etc.* in context of nutritional security.

The motive is it to create responsiveness among the population about healthy eating habits and make them aware about the low cost and highly nutritional food products. The project staff Mr.Sumith Kumar demonstrated the Soymilk and soya tofu preparation. And to promote kitchen gardens, PUSA Nutri Kitchen Garden kits were given to the rural women and farmers. The seedlings of lemon were distributed under MGMG programme to the cluster village farmers.

The farmers from Gharibala also participated in the programme.

Glances of National Nutrition Week celebration 2018



Scientists interacting with rural women about healthy eating habits





Demonstration on Soy milk and Soya tofu by project staff



Participants tasting the prepared Soy milk and Tofu



Nutri Kitchen Garden Kits and Lemon seedlings are being distributed among the participants during National Nutrition week celebration.