



Report



7 Days Training Programme

On

NUTRITION SENSITIVE AGRICULTURE

Under Nutrition Month Program Series

Organizer

**Krishi Vigyan Kendra-II
Sitapur, Uttar Pradesh**

Co-Organizer

Integral University Lucknow, Uttar Pradesh

Date-14-21 September 2020

Registration link- <https://meet.google.com/arh-gigc-zhq>

Keynote Speakers



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Manager
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Prepared By



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Lecture Series

Date	Scientist	Topics
14-09-2020	Dr. Anand Singh Head/ Senior Scientist Krishi Vigyan Kendra-II, Sitapur	Significant of the programme and Coordinator of the Day
	Dr. D.P.Yadav, Deputy Director, Horticulture, Directorate of Horticulture, Lucknow	Important Horticulture Programmes & Schemes
	Dr. Vijay Kumar Singh Assoc. Professor, JNKVV, Collage of Agriculture, Tikamgarh, M.P	Role of Horticulture in Nutrition
	Dr. B.P.Shahi Head/ Senior Scientist KVK- Nanpara, Bahraich-II	Scientific Vegetable Nursery Management
	Dr. Meghna Rashid Assistant Professor, Faculty of Forestry, SKUAST, Kashmir	Role of Temperate Fruits in Nutrition
15-09-2020	Dr. Saurabh Scientist- Home Science Krishi Vigyan Kendra-II, Sitapur	Coordinator of the Day
	Dr. Shubha Goel Associate Professor D.A.K. College, Moradabad, MJP Rohailkhand University	Attributes of Organic Agriculture towards Nutrition
	Dr. Divya Yadav Young Women Entrepreneur Director- Apni Maati Solutions, dehradun	Concept of Poshan Thali and Super Foods
	Mr. Nadeem Khan Asstt. Professore Integral university, lucknow	Importance of Balanced Nutrition in Pulse Crops
16-09-2020	Mr. Shailendra Kumar Singh Scientist- Agri Extension Krishi Vigyan Kendra-II, Sitapur	Coordinator of the Day
	Dr. Indu Shekhar Singh P.S & I/C Head ICAR-RCER, Research Center for Makhana, Darbhanga, Bihar	Super Food Makhana
	Dr. Vishnu Priya M.R Senior Principal Scientist CSIR- Center for Cellular and Molecular Biology, Hyderabad	Role of sugar free rice in health protection and nutritional security

	Dr. Saba Siddiqui, Head & AP Department of Agriculture, IAST, Integral University, Lucknow	Management of Nutritional Garden
	Dr. C.S. Umarao CBO, DAM Good Fish ADWA, DAM, Mirzapur	Role of fish in nutritional security
	Mr. Alok Kumar Prop. Alok Enterprises, Prayagraj	Honey nature's boon
18-09-2020	Mr. Sachin Pratap Tomar Scientist- Soil Science Krishi Vigyan Kendra-II, Sitapur	Coordinator of The Day
	Dr. Sanjay Arora Principal Scientist ICAR- CSSRI, Lucknow	Roll of Healthy Soil in Nutrition Sensitive Agriculture
	Dr. Amit Kumar Upadhyay Scientist- Soil Science JNKVV, Jabalpur, M.P	Roll of Organic Manures in Nutrition Sensitive Agriculture
	Sri Chandra Shekhar Scientific Officer National Center of Organic Farming Ghaziabad, Uttar Pradesh	Roll of Organic Cultivation in Nutrition Sensitive Agriculture
	Dr. Malik Mobin Assistant Professor- Plant Protection Integral University, Lucknow, U.P	Phosphate Solublizing Microorganism: Potential Role in Nutrient Sensitive Agriculture
19-09-2020	Dr. Shishir Kant Singh Scientist- Agronomy Krishi Vigyan Kendra-II, Sitapur	Coordinator of The Day
	Dr. P. S. Shukla Professor- Seed Technology GB Pant University of Agriculture & Technology	Health Treasure Oilseeds
	Dr. A.K.Singh Principal Scientist Soil & Water Management ICAR-RCER, Patna, Bihar	Bakala- A Versatile Food and Medicinal Crop
	Dr. G.S.Pawar Professor Banda Agriculture University, Banda	Effect of Coarse Cereals on Human Health
	Dr. Sunil Dubey Assistant Director Ministry of Agriculture, Govt. of India, New Delhi	Healthy Nutrition, Healthy Farmers

20-09-2020	Dr. Anand Singh Scientist- Animal Husbandry Krishi Vigyan Kendra-II, Sitapur	Coordinator of The Day
	Dr. Manoj Kumar Singh Principal Scientist ICAR-CIRG, Makhdoom Uttar Pradesh	Role Of Goat Rearing In Nutritional Security
	Dr. Pankaj Singh Senior Manager ICAR-NDDB, Anand, Gujarat	Importance Of Milk & Milk Product in Human Health and Nutrition
	Dr. P.K.Singh Deputy-CVO Sitapur, Uttar Pradesh	Protein Requirement And Importance Of Animal Products In Human Health
	Dr. Anil Kumar Singh Poultry Consultant/ Manager Neo Genetics Food Pvt. Ltd.	Importance Of Poultry Products In Human Health And Nutrition
21-09-2020	Dr. Daya Shankar Srivastava Scientist- Plant Protection Krishi Vigyan Kendra-II, Sitapur	Coordinator of The Day
	Dr. P K Singh Principal Scientist ICAR-IISR, Lucknow, U.P	Traditional Food and Health
	Dr. Shivendra Srivastava Scientist ICAR-NIAP, New Delhi	Nutrition Reforms in India - Operations and Policy Intervention
	Dr. Smt. Varsha Gupta Scientist Rajmata Vijayaraje Scindia Krishi Vishwa Vidyalaya, Gwalior	Importance of Medicinal Plants in Nutrition
	Sri Vinay Shukla Coordinator Akashvani, Lucknow	Roll of Biodiversity in Human Health

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Introduction and Background-

A 7-day online training program on the topic "Nutrition Sensitive Agriculture" was organized by Krishi Vigyan Kendra-II, Katia, Sitapur, U.P under the Nutrition Month program series, which lasted from 14 to 21 September 2020. The training program was organized by Krishi Vigyan Kendra, in which Integral University Lucknow was the co-organizer; a total of 395 students of Agricultural Graduates studying in Integral University participated in the training program.

Training Objective-

The problems of malnutrition, micronutrient deficiencies, obesity and dietary non-infectious diseases are continuously increasing worldwide. Which can also affect social and economic development, so it is very important to make the community aware of the importance of good health and optimal nutrition.

Evaluation-

The training was also evaluated, before the training started, an online quiz program was conducted with the participants on the above subject, by which their knowledge was assessed, once the training was over, a test was taken again which they learned a lot.

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चन्द्र कुमार सिंह तोमर

अध्यक्ष-जिला स्वास्थ्य समिति, सदस्य जिला पंचायत एवं जिला योजना, सीतापुर

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पोषण वाटिका दिलाएगी ग्रामीणों को कुपोषण से मुक्ति

मानपुर | हिन्दुस्तान संवाद

कृषि विज्ञान केंद्र द्वारा भारतीय कृषि अनुसंधान परिषद के निर्देशन में सितम्बर माह को पोषण माह के रूप में मनाया जा रहा है। इस क्रम में जिले के कृषि विज्ञान केंद्र कटिया द्वारा पोषण माह के तहत आंगनबाड़ी कार्यकर्त्रियों और प्रगतिशील कृषक महिलाओं की क्षमता का विकास करने के लिए प्रशिक्षण कार्यक्रम का आयोजन हुआ। इस दौरान प्रधानमंत्री द्वारा दी गई जरूरी जानकारियों का सीधा प्रसारण भी किया गया।

केंद्र के वरिष्ठ वैज्ञानिक डॉ. आनंद सिंह ने कहा कि ग्रामीण क्षेत्र में महिलाओं, किशोरियों तथा बच्चों में मुख्य रूप से प्रोटीन, विटामिन व मिनरल की कमी से शारीरिक वृद्धि तथा वजन कम रहता है। इसको लेकर पोषण वाटिका बनाने पर लगातार प्रशिक्षण तथा प्रदर्शन किया जा



प्रशिक्षण कार्यक्रम में मौजूद आंगनबाड़ी कार्यकर्त्री व महिला किसान • हिन्दुस्तान

रहा है। पोषण वाटिका में सहजन, पपीता, पालक, आंवला, नींबू, लौकी आदि के पौधे लगाए जा रहे हैं। पोषण वाटिका में हरी-पत्तेदार सब्जियों जिनमें आयरन ज्यादा पाया जाता है, उस पर ज्यादा जोर दिया जा रहा है।

बाल विकास परियोजना अधिकारी मीना श्रीवास्तव ने बताया कि बच्चों को बौनेपन और कुपोषण की समस्या से उबारने और उनके शारीरिक व मानसिक विकास के लिए एमिड-डे मील के माध्यम से बच्चों को सम्पूर्ण पोषण प्रदान

करने का प्रयास किया जा रहा है। उपक्षेत्रीय प्रबंधक इफको एससी शुक्ला कहते हैं कि कम लम्बाई की समस्या के लिए प्रोटीन, कैल्शियम, आयरन, जिंक और मैग्नीशियम प्रमुख कारण हैं। शरीर के विकास में हार्मोन्स की बड़ी भूमिका होती है। डॉ. सौरभ ने बताया कि सहजन की पत्तियों में कैल्शियम और विटामिन-सी के अलावा प्रोटीन, पोटेशियम, आयरन, मैग्नीशियम और विटामिन-कॉम्प्लेक्स भी प्रचुर मात्रा में होती है। इन्हीं विशेषताओं के कारण सहजन को मेडिकल प्लांट भी कहा जाता है। पपीते में सबसे अच्छे पाचक एंजाइम होते हैं जो भोजन को पचाने और स्वांगीकरण में सहायक होते हैं। कार्यक्रम में डॉ. आनंद सिंह, डॉ. शैलेन्द्र सिंह, डॉ. शिशिरकांत सिंह, डॉ. सचिन प्रताप तोमर तथा आंगनबाड़ी की 57 कार्यकर्त्री तथा 43 प्रगतिशील महिला कृषक उपस्थित रहें।