

## Awareness Programme on Fish Nutrition under World Fish Project

An awareness-cum-Demonstration Programme on “*Inclusion of Fish in Daily Diet for Health Promotion*” under World Fish Project, i.e. WFC-ICAR W3 (CGIAR sponsored) was organized by KVK, ICAR-NRRI, Cuttack on 29 June, 2022 involving 100 participants including students, adolescent girls, pregnant and lactating women and officials from NRRI, CIFT, KVK Cuttack, CRRI High School, Food processing start-ups, Health Department and Mission Shakti at NRRI campus. The Programme was chaired by Dr Padmini Swain, Director, ICAR-NRRI, Cuttack. On the occasion, Dr A. K. Mohanty, Head, Division of Extension, Information and Statistics, ICAR-CIFT, Kerala delivered lecture on the work done under the World Fish Project and importance of fish for health promotion. Dr Jogeswar Pani, Medical Officer of CRRI dispensary also discussed about the prevailing nutritional status of women and adolescent girls and made the participants understand how this project will be helpful in improving their health and nutritional status. The meeting was followed by an interaction of participants regarding different aspects of fish value added products and their inclusion in daily diet. Director, ICAR-NRRI, Cuttack and Chairperson of this programme Dr. Padmini Swain, appreciated the work done by ICAR-CIFT in collaboration with KVK, ICAR-NRRI, Cuttack as a stakeholder for improving the health and nutrition of adolescent girls, pregnant and lactating mothers of the district and advice the students and adolescent girls to take fish and fish products daily with other foods for overall health development. She also emphasized on submitting a proposal to the govt. to include this value added product in the Mid-Day Meal programme of ICDS and Education Department. Dr. GAK Kumar, Head SSD, ICAR-NRRI welcomed the dignitaries and emphasized on the market linkage establishment and policy implication to make the practice of dry fish inclusion for human nutrition more sustainable. Dr Sujata Sethy, OIC, KVK Cuttack proposed vote of thanks. A demonstration was also conducted on ‘*Preparation of dry fish powder incorporated food products*’ in the form of various types of local recipes namely, Dry Fish Chutney, Dry Fish Rai, Dry Fish Ghanta for assessing the taste and acceptability of the participants, so that the intervention study can be taken up smoothly.



**Glimpses of Awareness Programme on Fish Nutrition under World Fish Project**