

World Egg Day

Egg is a wonder food providing 6-7 gram of high-quality protein and 14 essential nutrients. It is a rich source of nine essential amino acids, essential fatty acids, calcium, phosphorus, choline, folate, vitamin A, B and D, iron, zinc, selenium and many more nutrients. KVK Cuttack celebrated World Egg Day on 14th October 2022 in CRRRI High School, Agrahat Primary School and Agrahat village. Three awareness programs were conducted to familiarize with the facts about the egg where 252 children, school staff and farm women actively participated. Dr Ranjan Kumar Mohanta, SMS (Animal Science) and organizer of the event discussed on role of eggs as super food, its role in ensuring food and nutritional security and tips on poultry rearing through interactive mode. Smt. Sagarika Bal, Head Mistress, CRRRI High School, advocated for the use of egg for its quality and quantity attributes. Sri Ksheerod Pradhan, Smt Dharitree Sahoo, Itishree Nayak, Binati Behera and staff of concerned schools led by Ashisha Kumar Sethy helped in organizing the program.



Glimpses of “World Egg Day”