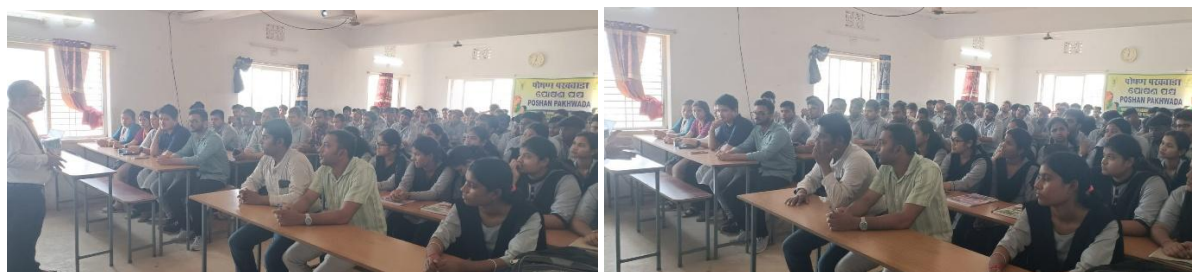


Seminar on ‘Food and Nutrition: Current Status and Future Challenges’

Krishi Vigyan Kendra Cuttack organized a seminar on ‘Food and Nutrition: Current Status and Future Challenges’ in collaboration with Auroshree Institute of Pharmaceutical Education Research (AIPER), Kadei, among the students at the institute. The students were made aware of the food and nutritional status of India and the World and what steps the state and central government are taking to curb the challenges faced by Indian people, particularly women and children. Dr Ranjan Kumar Mohanta, Senior Scientist and Head, Krishi Vigyan Kendra, ICAR-Central Rice Research Institute, Cuttack discussed in brief how can the government schemes be implemented to provide the best nutrition for a child during the pregnancy and after birth up to two years of life (first 1000 day of life; 270 days within mother’s womb, 2years or 730 days after birth) so that it can become a healthy human being. He also discussed the use of the Poshan Tracker App for optimizing nutrition and how to curb childhood obesity. There was an interactive discussion on how common people can become part of the government initiative and lead a healthy life. Respecting the food and food producers, use of multigrain foods, use of local and seasonal foods, bringing diversity in food, and avoiding high-energy, high-salt, high-oil foods in daily life are some of the things we can adopt to get a balanced diet and lead a healthy life. Dr Nihar Ranjan Pani, Principal of Auroshree Institute of Pharmaceutical Education Research, Kadei, chaired the programme and urged the students to adopt good food and nutrition practices to lead a healthy life and promote different steps to get an India with Zero Hunger. Dr Siraj Khan and other teachers of the institute, and Sri Prasant Pradhan and Arabinda Bisoi of KVK Cuttack, helped to organize the program. About a hundred students and staff from the institute actively participated in the program.



Glimpses of Seminar on “Food and Nutrition”