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Training on Nutritional care of family



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A training cum demonstration on “Nutritional care of family” was organized in Dhupdhara on 23rd Nov’ 2010 by Krishi Vigyan Kendra, Dudhnoi, Goalpara. Nearly thirty women both farm women and youth actively participated in the programme. The trainees represented three women Self Help Groups of Dhupdhara.

Nutritional care and security is a vital issue along with food security. Fruit and vegetable preservation is necessary for nutritional security, Mrs. Minakshi Borah Kaman, Home Science specialist said. Despite producing large quantity of fruits and vegetables, nutritional deficiency is prevalent in the food habit of the district. In addition, most of fruits and vegetables neither reach the market nor fetch good price. To overcome this disparity between abundance of seasonal fruits and vegetables, and nutritional deficiency in the lean seasons, Mrs. Kaman suggested the trainees to adopt various preservation methods.

As a beginning, training cum demonstration on preparation of tomato sauce was conducted. The trainees were also been made aware of need and use of various kinds of preservatives.

Er. Benjamin Kaman from Krishi Vigyan Kendra also attended the programme, who conveyed the trainees about KVK and stressed on adoption of new technologies to farmers. He had an interactive session with the members of three women SHGs and guided them the ways for proper functioning of SHGs.



[editor](#)

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