

World Coconut Day in Guwahati



Comments 0



AT News 2 September 2017 11636 views

The Rural [Development](#) Society celebrated the World Coconut Day with a day long programme at [Khanapara](#) . In this context, a popular talk was delivered by Mowsam [Hazarika](#), Assistant Director of agriculture.

[Hazarika](#) said the World Coconut Day helps people understand that this [crop](#) has a vital role in poverty reduction and to provide nutritional and health security, which are the prime need of this hour.

[Hazarika](#) said Coconut is regarded as a life-giving fruit for its amazing properties and it reduces obesity. It shelters the body from deadly diseases and boosts the metabolism [level](#), thereby extracting excess weight from the body.

Moreover, coconut proves to be beneficial in relieving constipation as the fiber in it assists in digestion. Coconut milk is rich in iron and phosphorus which helps in building strong bones and preventing anaemia. There are great opportunities and potential for production, processing and [marketing](#) of value added products of coconut.

He mentioned that, Coconut is described as “Tree of Life” or ‘Heavenly Tree” because of its unique property by providing food, nutrition, drink, health, aesthetic sense, building material and other useful household material.

On this “World Coconut Day”, [Hazarika](#) appealed to all to share the importance of this tree by making aware of its intrinsic value in the life of mankind. He highlighted that, Coconut production is an alternative method of food production as well as employment generation.

It may be mentioned that, Asian and Pacific Coconut Community (APCC) celebrates September 2nd as World Coconut Day. APCC headquarters are present at Jakarta, Indonesia. Many countries which grow coconuts are also the members of Asian and Pacific Coconut Community.

The theme of World Coconut Day for the year, 2017 is - ‘Coconut for Family Nutrition, [Health](#), and Wellness.’

In this occasion, an exhibition on Coconut and its value added products also organised , where Resource Persons , namely A. Latha, C. Unnikrishnan and C.J Joseph of Coconut Research Forum , Kerala took part.

Assam Times Staff. editor@assamtimes.org

BY AT NEWS

People's consultation on agroecology, climate adaptation concludes in Jorhat

USTM concludes workshop on academic writing and scholarly publishing

'Grit & Glory' released in Guwahati, highlights RSS work in Northeast

Art exhibition raises awareness for vulture conservation in Jorhat

ABSU holds youth motivation programme at Rangia College

ON THIS DAY

CDC of Nazira conducts inspection of Fair Price Shops

Rongmei Community Celebrates 7th Cultural and Freshers' Meet in Guwahati

Congress-AIUDF deal finalized

Manas National Park opens for visitors

Link roads inaugurated in Kapahera

RELATED

Skill fest empowers students in Sualkuchi with communication and career guidance

Youth Leadership Programme at Dibrugarh University Focuses on Climate Action and Social Change

NTPC Bongaigaon launches fifth edition of Girl Empowerment Mission

Beyond Water: How the Lower Subansiri Dam Is Interrupting an Unseen River Economy

MSME Day: Innovation key to building resilient businesses
