

Division of Agricultural Extension ICAR-Indian Agricultural Research Institute, New Delhi

The National Nutrition Month is being celebrated across the country in September to mark the fight against malnutrition. Govt. of India is celebrating POSHAN MAAH-2020 from 1st September, 2020. One of the major activities under POSHAN Maah is Plantation drive for Promotion of Kitchen garden under "POSHAN KE LIYE PAUDHE" "पोषण के लिए पौधे" drive. Keeping this in mind, under “*Mera Gaon Mera Gaurav*”, Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute (IARI), New Delhi, organized an awareness cum demonstrations of Nutri kitchen garden kit comprised of Spinach, Raddish, Carrot, Chenopodium, Fenugreek, Fava beans, Turnip and Amaranthus and spread nutritional benefits of consuming such healthy vegetables. The activity was organized in village Jagdispur, Sonipat district, Haryana on Sep. 1st, 2020. Dr. V. Sangeetha, Scientist and Dr.G.S. Mahra Scientist, Division of Agricultural Extension organized this activity.

The scientists explained about importance of having kitchen garden in every household and the role of vegetables in achieving nutritional security. The scientists interacted with the farmers about how their food habits are changing over the years. And during the discussion it came out that this changing food habits result in lifestyle diseases like Type II diabetes and it is increasing day by day. In this particular village, about 60 per cent of the farmers are having this problem as reported by them. Hence, scientists emphasized about eating healthy food and being healthy. During the session, IARI Nutri Kitchen garden pockets were distributed to the farmers. Apart from this, farmers were made aware about the new initiative of IARI, New Delhi i.e. **PUSA Samachar YouTube channel**. Scientists also made a visit to rice field of Mr. Naresh Kumar, who is cultivating PB 1121. He told that because of recent rain, the growth of the crop is affected a little bit.



Scientists discussing the importance of **nutri kitchen garden** with the farmers in Sonipat district



Farmers with **PUSA nutri kitchen garden kit**



Dr. G.S. Mahra explaining about **Pusa Samachar IARI YouTube channel** to a young farmer in Sonipat district



Pusa Basmati paddy variety **PB1121** in farmer's field

