

THE ECHO OF INDIA

PUBLISHED FROM: NEW DELHI, KOLKATA, SILIGURI, GANGTOK, GUWAHATI and SRI VIJAYA PURAM (PORT BLAIR)

ISSUE NO 178

PAGES 8

SRI VIJAYA PURAM • FRIDAY • NOVEMBER 21, 2025

Nutrition & Wellness for pregnant and lactating mothers'

MAYABUNDER, Nov 20/-/ The CAR-KVK, North and Middle Andaman organized a three-day training programme on "Maternal Nutrition and Wellness for Pregnant and Lactating Mothers" from 17th to 19th November, 2025. The programme targeted extension functionaries, including Anganwadi Workers from Basantipur Gram Panchayat.

Mr. Yatharth Sharma (SMS, Home Science) delivered the welcome remarks and highlighted the need to strengthen community-level support systems for maternal nutrition. He emphasised the role of frontline workers in improving health outcomes for mothers and children in rural and tribal areas. Er. Manoj Kumar, In-charge, ICAR-KVK N&M Andaman, encouraged participants to use the training to strengthen nutrition awareness in their field areas. He noted that improving maternal nutrition is a priority for KVK and stressed the need for coordinated efforts at the community level. Dr. S. Triveni Manju, GDMO (Ayurveda), PHC Billyground, graced the inaugural session as the Chief Guest. She highlighted the importance of early identification of nutritional risks,



timely referral of high-risk pregnancies, and the role of frontline workers in supporting maternal health in rural areas.

The programme featured detailed technical sessions led by Mr. Yatharth Sharma, who spoke about the importance of maternal nutrition, dietary needs during pregnancy, common deficiencies, hygiene and safe food practices, and IYCF guidelines. He also highlighted how extension functionaries/ Anganwadi Workers can strengthen nutrition awareness in their communities. Mr. Rakesh Dawar, SMS (Agronomy), discussed locally available nutritious foods and approaches to planning nutrition gardens, with emphasis on crops that improve dietary diversity. Mr. Subam Debroy, SMS (Aquaculture), explained the value of fish and sea foods in maternal diets

and encouraged the use of locally available sea food to enhance nutritional intake.

The technical sessions encouraged active participation and improved the participants' grasp of maternal health, balanced diets, and community-level nutrition counselling. Participants expressed that the training strengthened their confidence in delivering accurate nutrition advice during field activities. The program was conducted under the overall guidance of Dr. Jai Sunder, Director (Act.), ICAR-CIARI, Sri Vijayapuram. About 20 extension functionaries, including Anganwadi Workers participated in and benefited from the training.