



कृषि प्रौद्योगिकी अनुप्रयो अनुसंधान संस्थान AGRICULTURAL TECHNOLOGY APPLICATION RESEARCH INSTITUTE

ICAR-ATARI, ZONE-X, HYDERABAD



KVK : KVK MAHABUBNAGAR -I

DATE : 05/09/2024

TITLE : Celebration of Poshan maah(theme : Nutritious Diets for everyone)

VENUE: Amadabakula village, Kothakota mandal, Wanaparthy dist.

ACTIVITY:

As part of the event, R Anitha SMS-Home Science explained how a balanced diet is essential for the healthy growth and development of the fetus during Pregnancy. Also highlighted the concept of Nutri- Gardens or kitchen gardens encouraging women to grow fresh and organic produce at home.

She explained how these gardens can provides supply of nutritious fruits and vegetables, contributing to a balanced diet and promoting self-sufficiency in nutrition.

Followed by Mrs. Laxmi CDPO- Artmaker sec stressed the importance of maintaining hygiene While preparing food to prevent infections, which is particularly crucial for pregnant and lactating mothers. Encourage d regular antenatal check-ups to monitor the health of the mother and child.

Staff Involved:

Mrs. Anitha, SMS(Home science),

Mrs. Laxmi (CDPO)

Mrs. Sabitha (Supervisor-ICDS)

Mrs. Sunitha (AWT)

Mrs. Bhagya Laxmi (ASHA Participant type & No.:32 no. Pregnant and lactating mothers

