

Leveraging Agriculture for Nutrition in South Asia (LANSA)

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**Report**

**Training to Community Hunger Fighters**

January 12, 2015, Nagazari, Ta. Devli, Dist. Wardha

Second training of Community Hunger Fighters was organized with Community Hunger Fighters of MKSP on dated 12<sup>th</sup> January 2014 at Community Hall, Nagazari, Ta. Devli, Dist. Wardha. Training was on “Balanced Diet”. Community Hunger Fighters (CHF) and Community Nutrition Garden Worker from LANSA participated in the training (List attached).

Total 30 people participate training including Community Hunger Fighters from LANSA and MKSP, Project Associate, Project Assistant and Resource Person.

**First Session:**

First session was theoretical and following topics delivered by Sonali Phate, Suchtia Ingole and Rupal Wagh.

- ✓ What is food and Importance of food
- ✓ What is Nutrients and classification of nutrients
- ✓ Source of nutrients
- ✓ Importance of nutrients
- ✓ Deficiency diseases

**Second Session:**

In this session one nutritious recipe was demonstrate under Sonali Phate’s guidance. All CHF was involved to prepare sprouts salad. Prepared sprouts salad was consumed during lunch.

**Third Session**

In the third session balanced diet was explaining by Sonali Phate, Suchtia Ingole and Rupal Wagh.

- ✓ What is balanced diet?
- ✓ Importance of balanced diet
- ✓ Importance of consumption of fresh vegetables and fruits

Balance diet for different age and special conditions was explained by Rupal Wagh under following sub-head.

- ✓ Diet for Pregnant women
- ✓ Diet for lactating women
- ✓ Supplementary food for 6 to 12 months
- ✓ Supplementary food for 1 to 2years children
- ✓ Diet for preschool children

Food related misconceptions and taboos was discus by Rupal Wagh and Suchita Ingole.

In the last one recipe was again demonstrate. Nutritious *tridhanya laddu* was prepared by CHFs under the guidance of Sonali Phate.

Poster on balanced diet was display for the CHFs. Lecture, demonstration and discussion methods were used for the training. Lastly session was concluded on the following points

- ✓ Tress like curry leaf, lemon, amla, banana, moringa and sesbania should be every household.
- ✓ If homestead land is not available three or four families can share on trees available common place.
- ✓ Poster on balance diet will be display in the villages.
- ✓ Massages on balance diet should communicate in the village by CHFs.

## Photographs of training programme



Lecture on balanced diet



## Demonstration of nutritious recipes





Discussion on balance diet



Posters Display

## List of participants

M.S. Swaminathan Research Foundation, Shastri Square, Wardha

Programme: CHF Training programme

Date & Period: 12 January 2015 - 9.00am to 5.00 pm

Place: Nagzari

Participant's sheet

S. N.	Name and Address	Designation	Sign
1.	Dulaj K. Rakhe Borgaon (Gondi)	C.H.F.	
2.	Najuka U. Machadole Susund	CHF	
3.	Rupa Demathji madavi Borgaon Gondi	प्रियंता वीर कार्यकर्ता	
4.	सौ वैशाली विजय वीरजे, रतेली	CHF	वैशाली वि. वीरजे
5.	सौ सुर्यकांता सुरेश श्वनाते, विटपूर	CHF	सुर्यकांता सुरेश श्वनाते
6.	Gautam. manikrao yesumkar, Heli	C.H.F.	
7.	Prasul B. Rawt, Saheli	C.H.B	
8.	Pankaj C. Ato, Susund	C.H.F.	
9.	मनो मनोज वसंतार शिंदे बोरगाव गोंड	C.H.F.	
10.	ज्योत्सना शकुंत, MSSRF, Wardha	Project Associate	
11.	सोनाली पाटे, MSSRF, Wardha	MSSRF	
12.	सम्मतीला वाकर		

12.	Suchita Ingole, MSSRF, Wardha	MSSRF	<i>Suchita</i>
13.	हाम्माशीला वावरे, MSSRF, Wardha	MSSRF	<i>Hammashila</i>
14.	Rupal Wagh, MSSRF, Wardha	Research Associate	<i>Rupal</i>
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