

Impact of nutrition awareness trainings



Name : Ananda Pradhani

Village : Atalguda,

Block : Boipariguda, District : Koraput

Age : 37 years

Caste : Rana (OBC)

Occupation : Farmer (3.2 acres)

Family size : 5 (2 adults, 3 children)

Written by **Naresh Chandra Patra**,
Technical Assistant, FSN study under LANSAs.

The M. S. Swaminathan Research Foundation (MSSRF) has been implementing Farming System for Nutrition programme under LANSAs in our village for the last 4-5 years. I have been involved with the programme since 2014. One day, staff members of LANSAs project organised a village meeting to select some men and women to undergo training on aspects of food, nutrition and health. The trained members will then be able to disseminate the information both within and outside the community. I was one of the five people selected from my village for the training.

Earlier I had participated in many meetings and training programmes, but this training relating to food and nutrition was very different from other programmes. I came to know the following things from the training programme:

- There is need for food diversity in our daily diet.
- Daily diet should include rice, ragi/finger millet, dhal/pulses, greens, vegetables and fruits.
- Consumption of milk, egg, fish and meat should be included in our weekly diet as per affordability.
- Sanitation and personal hygiene are important disease preventive measures.

What I learned at the training I have been practicing in my family. I emphasize on including green leafy vegetables and pulses in the diet. I am aware about the importance of consuming pulses for

good health. I grew maize-pigeon pea intercropping, and the pigeon pea produce from my field is consumed by my family instead of selling it. We also eat egg, fish and meat at least once a week. Besides, I also buy some fruits from the weekly market. In addition to consumption of healthy balanced food, I also give importance to hygiene and sanitation. I learned much from the training programme, like the importance of hand washing, use of footwear while using the toilet, washing vegetables before cutting them and, giving up restrictions on consuming certain foods during pregnancy and menstruation followed in my family. I also share these messages with our neighbours and relatives within and in nearby villages.

