



State Level Workshop:

Maximizing the Contribution of Fish to Human Nutrition in Assam under APART The Experiences in Odisha & Assam

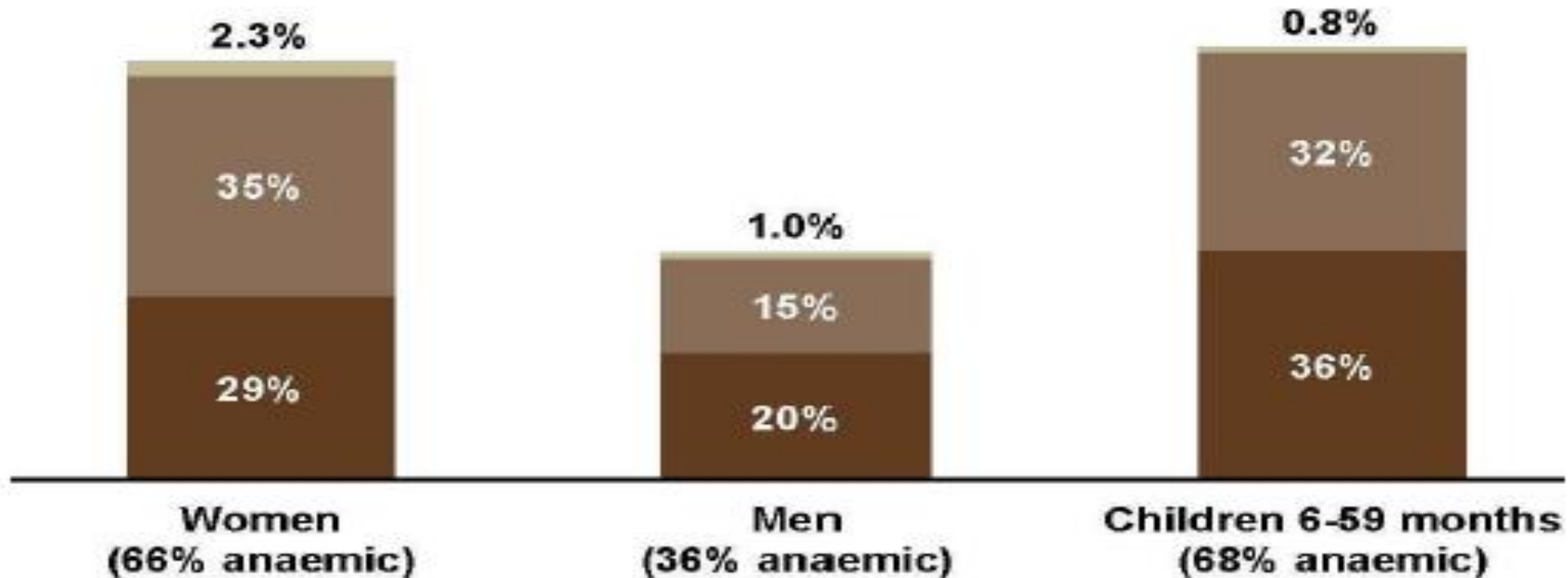
Dr. Baishnaba Charan Ratha (PhD) Senior Specialist, Nutrition & Public Health, WorldFish, India

Department of Fisheries, Government of Assam
Date: 23.09.2022, Venue: IBM, Guwahati, Assam

Assam: National Family Health Survey- 5 (NFHS)

Anaemia among women, men, and children

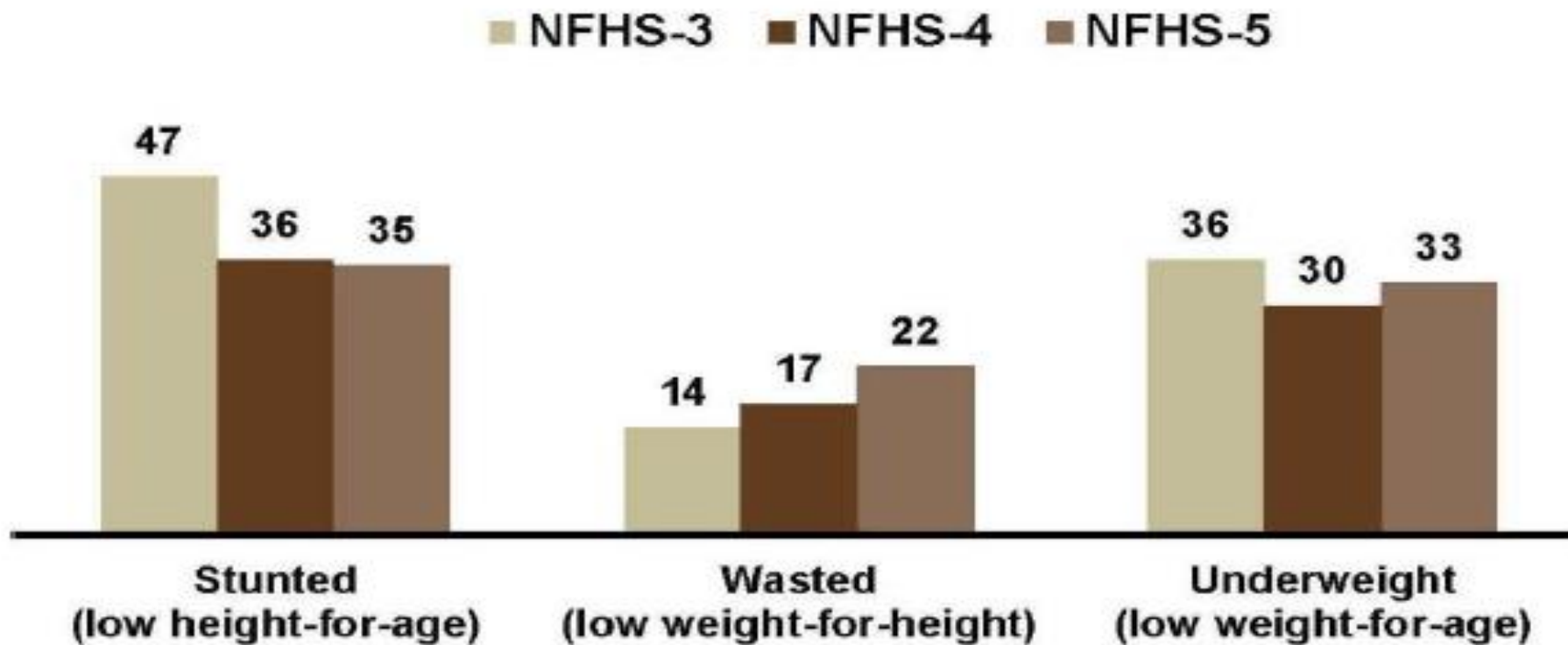
■ Mild anaemia ■ Moderate anaemia ■ Severe anaemia



Assam: National Family Health Survey- 5(NFHS)

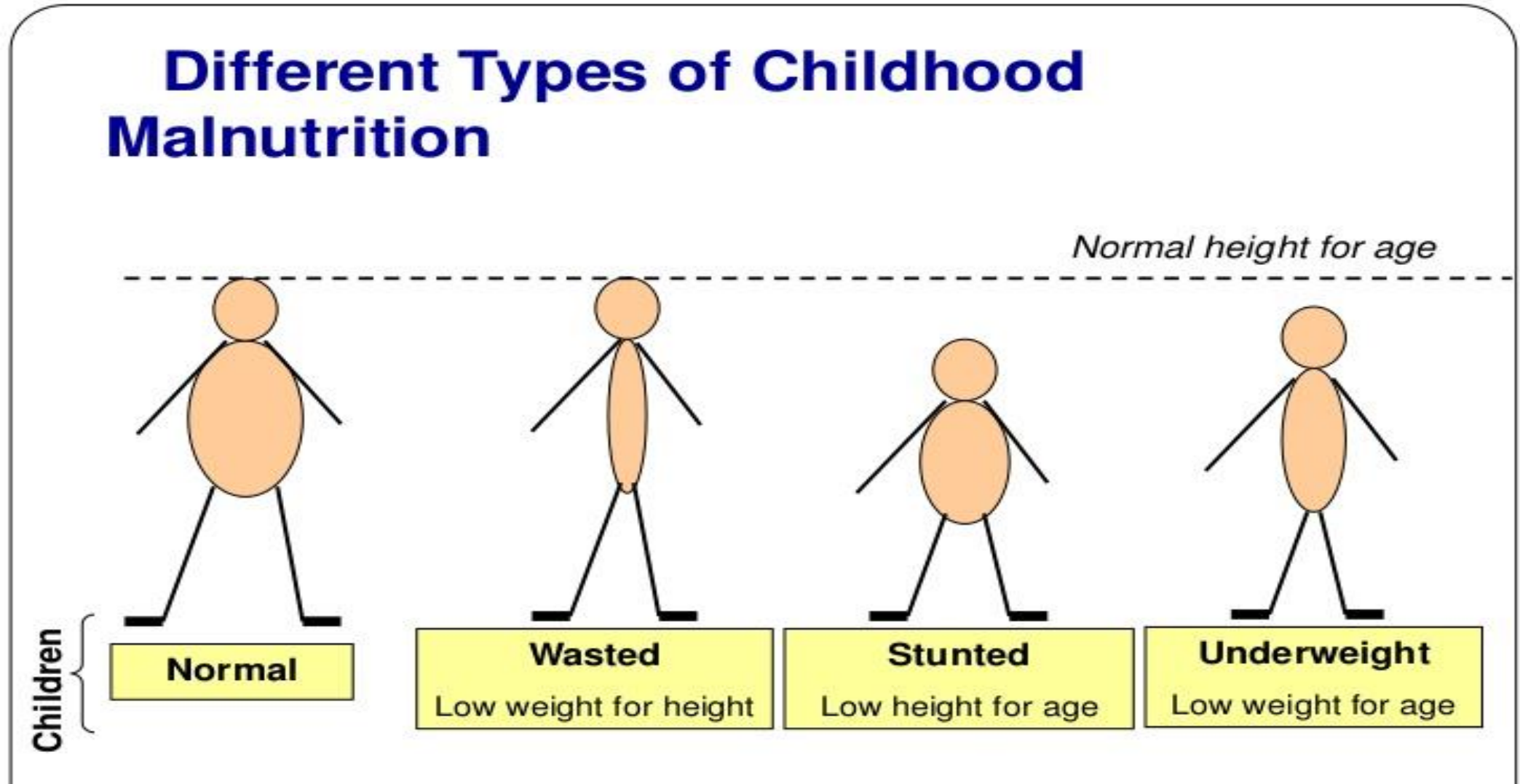
Trends in Children's Nutritional Status

Percentage of children under five years



Note: Nutritional status estimates are based on the 2006 WHO International Reference Population

Types of Childhood Malnutrition



Balanced Diet

A balanced diet is one which provides all the nutrients in required amounts and proper proportions. It can easily be achieved through a blend of the four basic food groups.



What is Nutrition?

"Nutrition is the process of taking in food and converting it into energy and other vital nutrients required for life."

There are two different types of nutrients essential for the body:

- **Macronutrients** : we need in relatively large quantities.
- **Micronutrients** : we need in relatively small quantities.

The nutrients that are essential for the body in lesser amounts are known as micro-nutrients, whereas the nutrients that are required by the body in greater amounts are known as macro-nutrients.

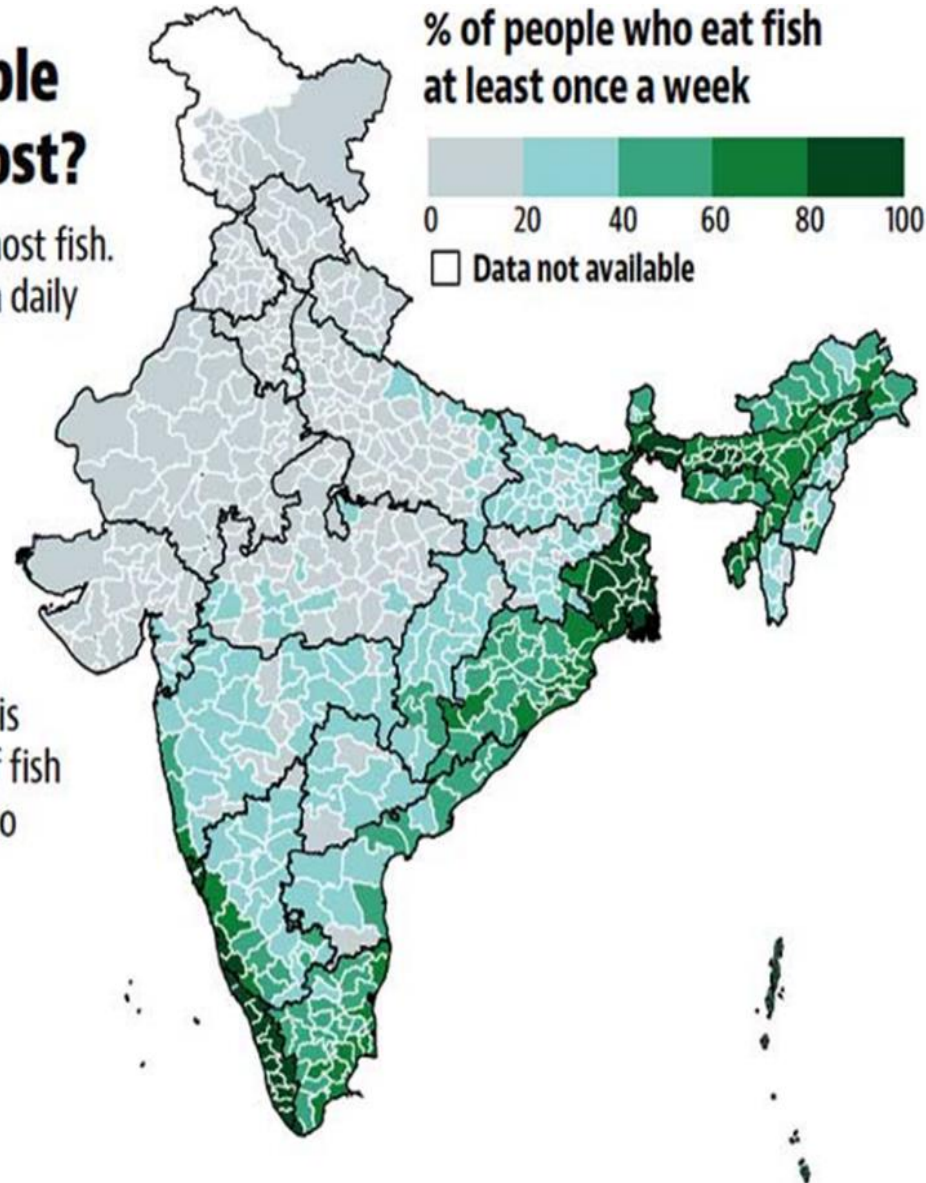




Fish Consumption in India

Where do people eat fish the most?

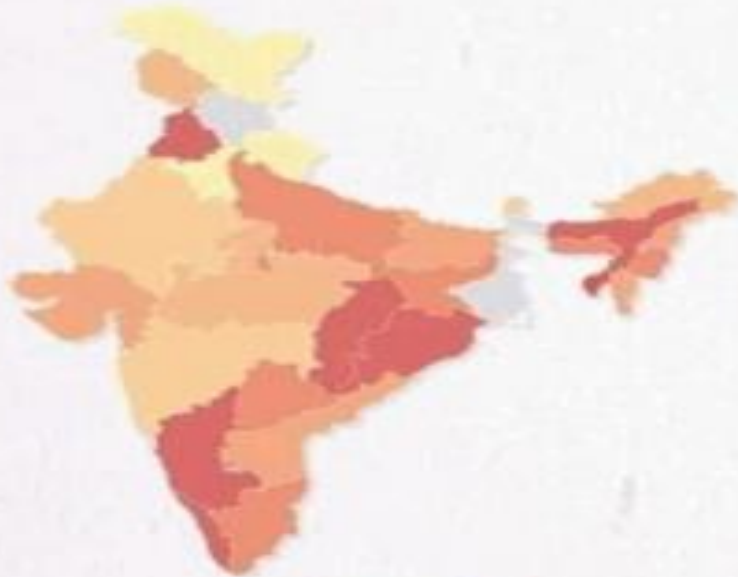
People in Kerala eat the most fish. 62% Keralites eat fish on a daily basis. Along with Kerala, Lakshadweep, Andaman and Nicobar islands and West Bengal are the highest fish-eating states, where more than 90% people eat fish at least once a week. This is expected: consumption of fish increases with proximity to India's coastline



- Across India, Fish consumption – 6.5 kg/person/year (below global consumption levels)
- Inequalities in fish consumption:
 - Haryana – 0.3 kg/person/year
 - Lakshadweep – 105.6 kg/person/year
 - Andaman and Nicobar Islands – 59 kg/person/year
 - Tripura- 29.3kg/person/year
 - Kerala- 19.5 kg/person/year
 - Odisha – 16 kg/person/year
 - **Assam- 15 kg/person/year**
- Potential to increase production
 - Marine fisheries: > 7500 km coastline
 - Inland fisheries: 30% of fisheries production in India

WHICH STATES EAT THE MOST FISH

Indians on an
average consume just
6.56 kg
of fish in a year



Per capita consumption during 2019-20

Lakshadweep	105.6
A&N Islands	59.01
Tripura	25.45
Chhattisgarh	19.7
Kerala	19.59
Puducherry	18.88
Punjab	16.47
Odisha	16.24
Assam	11.89
Karnataka	11.66
UP	10.87
Manipur	10.5
Jharkhand	10.32
Telangana	9.85
Tamil Nadu	9.6
Meghalaya	9.0
Bihar	8.82
Gujarat	8.37
Andhra Pradesh	8.07
Mizoram	6.74
Nagaland	6.68
Madhya Pradesh	3.93
Arunachal Pradesh	3.52
Jammu & Kashmir	3.0
Maharashtra	2.9
DNHDD	1.58
Sikkim	1.07
Rajasthan	0.86
Uttarakhand	0.7
Ladakh	0.7
Delhi	0.47
Haryana	0.27

Source: LS reply. Figs for Goa, HP, WB, Chandigarh not available

Multiple Micronutrients and EFA in Aquatic Foods



Minerals

Fe **Iron**
essential for brain development in children and increases maternal survival rates.

I **Iodine**
essential for brain development in fetus and young children and helps prevent stillbirth.

Zn **Zinc**
crucial for childhood survival, reduces stunting in children and fights diarrhea.

Essential fatty acids

help prevent preeclampsia, preterm delivery, low birth weight, and support cognitive development and better vision in children.

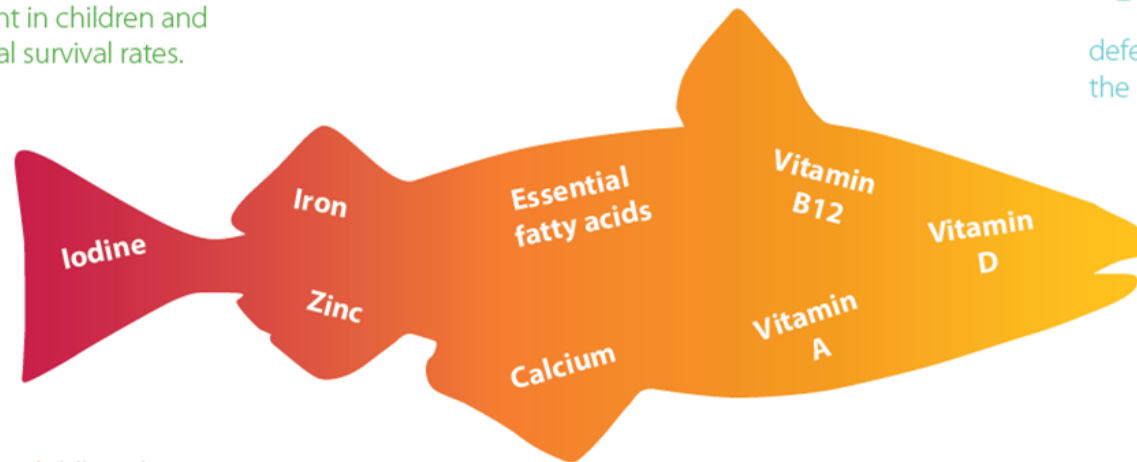
Vitamins

B12 **Vitamin B12**
essential for a healthy pregnancy; helps prevent brain and spinal cord birth defects, and supports healthy maintenance of the nervous system and brain in children.

D **Vitamin D**
essential for the development of strong, healthy bones, teeth and muscles in children and helps prevent preeclampsia, preterm delivery and low birth weight.

A **Vitamin A**
essential for childhood survival, prevents blindness, helps fight infections and promotes healthy growth.

Ca **Calcium**
helps prevent preeclampsia and preterm delivery, and is essential for strong bones and teeth.





WorldFish



**Big fish VS
Small fish**



WorldFish



**WorldFish Experiences
in Odisha**

School Feeding Initiative
(24 schools, 2400 children)



School Feeding Initiative

School Feeding Initiative





School Feeding Initiative



Small Fish Dressing Before Preparation

Small Fish Dalma (Chuna Machha Dalma)





Small Fish Curry (Chuna Machha Tarkari)



Small Fish Besara (Chuna Machha Besara)



Small Fish Powder Curry (Chuna Machha Gunda Tarkari)

Institutional Feeding Program, Odisha-WorldFish Project, Odisha, India

Kalinga Institute of Social Sciences (KISS) is a residential institute for 27,000 tribal students based in Bhubaneswar.



Small Fish in KISS Mega Kitchen



Kalinga Institute of Social Sciences (KISS)

is a residential institute for 27,000 tribal students based in Bhubaneswar.

Small Fish in KISS Mega Kitchen





MoU Signed & Small fish introduced in KISS MDM (6 Months)



Collaboration with Department of Women and Child Development (WCD), Govt of Odisha



- Participated two state level workshop organized by Department of Women and Child Development, Govt. of Odisha
- Sharing our Global and Odisha State experiences and scientific literatures on benefits of small fish nutrition
- Exposure Visit of Senior officials
- ❖ **WorldFish become a member of State Level Technical Expert Advisory Group (TAG) on Nutrition with other agencies like UNICEF, WFP, ICMR-NIN, APPI, MDM - Department of S&ME, Department of H&FW, CSIR-CFTRI, CTCRI, OUAT.**

MoU Signed Dept. of WCD & WorldFish in Nov,2020 for Inclusion of Fish based Nutrition in SNP



← #FishBasedNutrition 🔗 ⋮

Top Latest People Photos Videos

 Department of WCD &... · 11 Nov 20 · MoU on #FishBasedNutrition for children (3-6 years), pregnant & nursing women and adolescent girls was signed between @WCDOdisha and #WorldFish under the chairpersonship of the DC-cum-ACS. The technical collaboration for 5 years is expected to bring in better nutrition outcomes.



CMO Odisha and 6 others

1 5 31

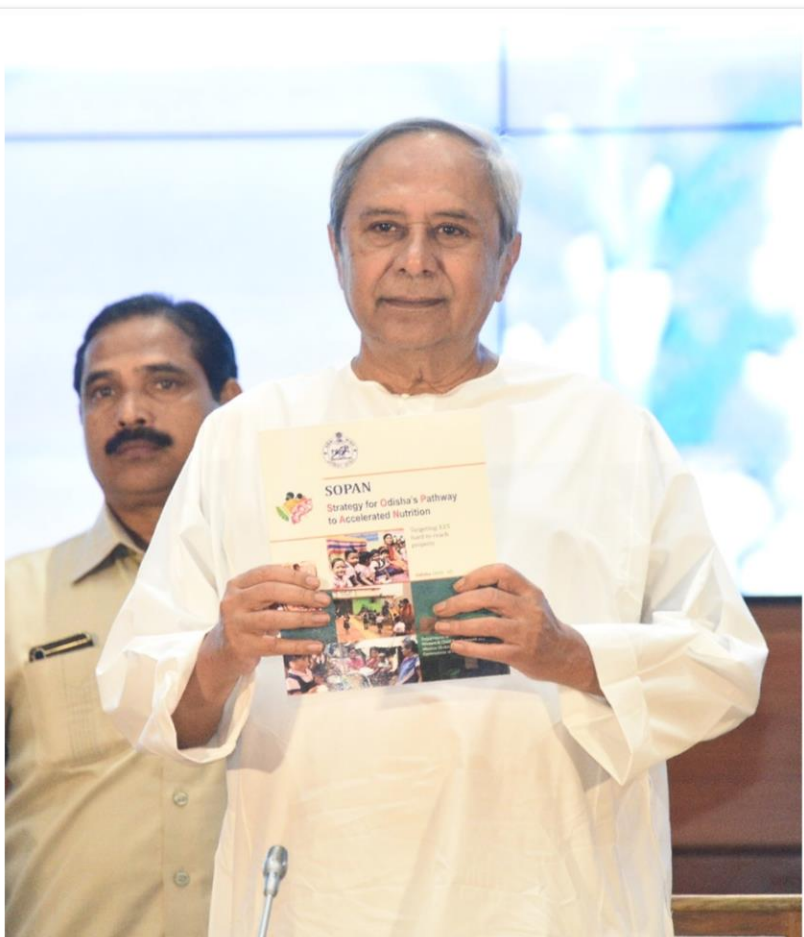
Show this thread



MoU Signing Ceremony (WCD & WorldFish)



Hon'ble Chief Minister of Odisha released the 5-year State Nutrition Strategy SOPAN 2020-2025 which stresses Inclusion of Fish



MoU between WorldFish and Women & Child Development Department signed for Piloting Inclusion of Fish in Supplementary Nutrition Program in Nov 2020



Department of WCD &... · 11 Nov 20 :
MoU on #FishBasedNutrition for children (3-6 years), pregnant & nursing women and adolescent girls was signed between @WCD Odisha and #WorldFish under the chairpersonship of the DC-cum-ACS. The technical collaboration for 5 years is expected to bring in better nutrition outcomes.



CMO Odisha and 6 others

1 5 31

Women & Child Development Department released the SOP for Inclusion of Fish in Supplementary Nutrition Program in Nov 2020



March 2020

Standard Operating Procedure
Inclusion of dried small fish in Supplementary Nutrition Programme (SNP)

Pilot Study in Odisha, India



Piloting of Fish Inclusion in ICDS SNP



**Inclusion of Small Fish in
ICDS Supplementary
Nutrition Programme (SNP)**

**Pilot Study in Odisha, India
1st April 2021 to 31st Sep. 2021**

Objectives of Pilot Programme: Adding fish to Odisha Supplementary Nutrition Programme



To improve the dietary diversity and micronutrient intakes of women and children involved in the **Supplementary Nutrition Programme**.



Test the acceptability of dried fish products (e.g. taste, ease-of-use) with **tribal community** beneficiaries and Anganwadi Centre workers



Basic Information for initiating the pilot

- **District:** Mayurbhanj
- **Block:** Kaptipada
- **Coverage GP:** 04 (Badabisol, Badagudgudia, Mankadapada & Kaptipada)
- **Total AWCs:** 50
- **Time Line:** 6 months duration (1st April to 30th Sep 2021)

Beneficiaries (Kaptipada block)	Total Sample
▪ Children 3 – 6 years	1208
▪ Pregnant/lactating Mother	470
▪ AGs (Out of School Age 14 – 18 Years)	329
Total	2007



Target Beneficiary



	Hot Cooked Meal	Take Home Ration
Beneficiary	3-6-year old children	14-18-year old AG (Out of school & college going) 19-49-year old PLW
Product	Fish powder	Dried small fish
Quantity entitled	10 g / child / day	40g / 14-18-year old AG / day 40g / 19-49-year old PLW / day
Days entitled	5 days / week / child	3 days / week / person
Method of intake	Anganwadi Centre to add fish powder to children's daily curry as part of the Hot Cooked Meal.	Anganwadi Centre to distribute dried small fish to PLW and AG with Take Home Ration.

SBCCC Material used for Training & Awareness



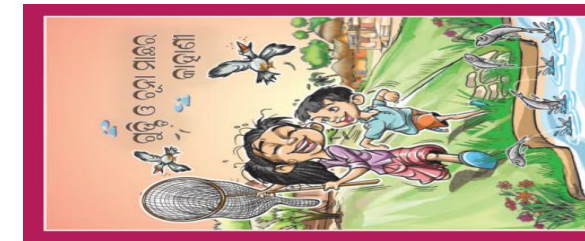
ଆଦ୍ୟରେ ନିୟମିତ ରୁନାମାଛ ମସିଣ୍ଡା ବୃଦ୍ଧିରେ ଦୃଢ଼ ସହାୟକ

ରୁନାମାଛ ବଡ଼ ଉପକାରୀ

ବଡ଼ ମାଛରେ ପ୍ରୋଟିନ ଥାଏ ।
 ରୁନା ମାଛରେ ପ୍ରୋଟିନ୍ ସହ ଭିଟାମିନ,
 ଲୌହ, କ୍ୟାଲ୍‌ସିୟମ, ଜିଙ୍କ, ଆୟୋଡିନ୍
 ଏବଂ ଓମେଗା-୩ ମିଳିଥାଏ ।



March 2020
Standard Operating Procedure
 Inclusion of small fish in Supplementary Nutrition
 Programme (SNP)
 Pilot Study in Odisha, India



ଆଦ୍ୟରେ ନିୟମିତ ରୁନାମାଛ ମସିଣ୍ଡା ବୃଦ୍ଧିରେ ଦୃଢ଼ ସହାୟକ

ରୁନାମାଛ ବଡ଼ ଉପକାରୀ

- ଶିଶୁମାନଙ୍କୁ ବୃଦ୍ଧିମାନ ଓ ବଳିଷ୍ଠ କରିଥାଏ ।
- ରୁନାମାଛରେ ପୁଷ୍ଟିସାର ସମୃଦ୍ଧ ଲୌହ, କ୍ୟାଲ୍‌ସିୟମ, ଜିଙ୍କ, ଆୟୋଡିନ୍, ଭିଟାମିନ ଏବଂ ଓମେଗା-୩ ଉପପୁର ଉଠିଛି ।
- ଗର୍ଭବତୀ, ସ୍ତନ୍ୟପାନ ବରାଉଥିବା ମା' ଓ ୬ ମାସରୁ ୨ ବର୍ଷ ପର୍ଯ୍ୟନ୍ତ ଶିଶୁର ମସିଣ୍ଡା ବିକାଶରେ ରୁନାମାଛ ଅଧିକ ସହାୟକ ହୋଇଥାଏ । ଶୁଖିଲା ମାଛକୁ ସୁଖକରି ଖାଇବାକୁ ବିଆଯାଇ ପାରେ ।
- ସର୍ବାଧିକ ପୁଷ୍ଟି ପାଇବା ପାଇଁ ରୁନାମାଛର ପୁଷ୍ଟ ସହ ସମ୍ପୂର୍ଣ୍ଣ କିମ୍ବା ଗୋଟା ଖାଇବା ଉଚିତ ।
- ରୁନାମାଛରେ ପ୍ରସ୍ତୁତ ଆଦ୍ୟ କିମ୍ପା ଏହାକୁ ପନିପରିବା ସହ ମିଶାଇ ଚରକାରୀ ବଳେ ଏହା ଅଧିକ ସାବିଷ ଓ ପୁଷ୍ଟିଯୁକ୍ତ ହୋଇଥାଏ ।

ରୁନାମାଛ ଅଧିକ ପୁଷ୍ଟିଯୁକ୍ତ ଓ ଉତ୍ତମ ସ୍ବାସ୍ଥ୍ୟ ନିମନ୍ତେ ଉପଯୋଗୀ

ମୁଣ୍ଡ ଖାଦ୍ୟମାନ, ମୁଣ୍ଡିମାନ ଓ ଭିଟାମିନ ଥିବା ରୁନାମାଛ ଖାଆନ୍ତୁ;
 ବୃଦ୍ଧିମାନ ଓ ବଳିଆ ହୁଅନ୍ତୁ

୬ମାସରୁ-୨ବର୍ଷ ବୟସର ଶିଶୁକୁ ରୁନାମାଛର ପୁଷ୍ଟ ଖାଇବାକୁ ଦିଅନ୍ତୁ ।
 ଏହା ଶିଶୁର ମସିଣ୍ଡା ବିକାଶରେ ସହାୟକ ହୋଇଥାଏ ।

ରୁନାମାଛ ପୁଷ୍ଟି ସାରରେ ପୁଷ୍ଟି ଆକାରରେ ସିନା ବହୁତ ସାନ, ଖାଇଲେ ହୋଇବ କେତେ ଶକତି ସବୁମାଛ ଠାକୁ ବୁଆକ ଅଟ ।

Hygienic certified dry fish packet



Hygienic certified fish powder



ICDS Beneficiaries: Children, PW, LM & AG



Beneficiaries Children, AGs, PW, LM under the pilot program



Dried Fish distributed to lactating women & AGs





WorldFish

Pilot Beneficiaries with fish-based product

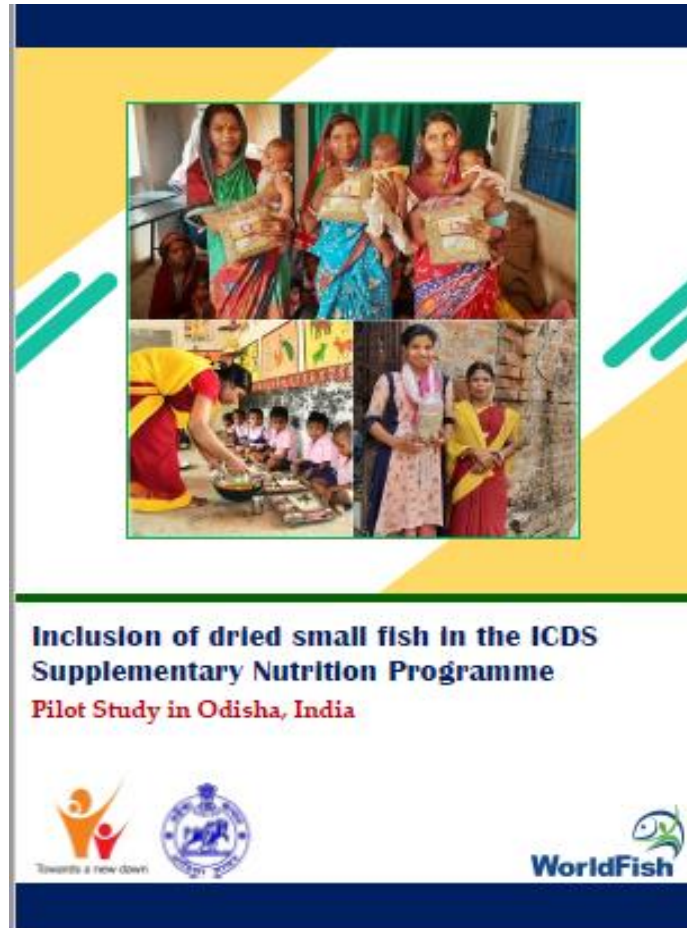


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Third party evaluation by M S Swaminathan Research Foundation(MSSRF) Team , Chennai



Pilot Reports



Findings from the study

- The inclusion of hygienic fish powder in regular diet of children is well accepted by children as well as mother and caretaker of children
- Both the AWC workers and mothers find it easy store and incorporate the powder into regular curries
- Adolescent girls, pregnant women and lactating mother liked the hygienic dried fish.
- Continuous awareness and monitoring made the program successful
- Promotion of hygienic dried fish production at household level
- Convergence approach completed the programme successful (WorldFish, WCD, CIFT,FARD, ICAR-CIFT, MSSRF)
- Government considering to scale up the programme in a phase wise manner, till the dried fish supply in the state is sufficient
- Other state like Assam and Tamil Nadu is also considering the possibility of inclusion of small fish-based nutrition in ICDS SNP in state



Poshan Maah-2021

Webinar on

Domestic Fish Consumption: Supporting Food and Nutritional Security in the North Eastern states

27th Sept., 2021

10:00 to 14:00 Hrs



Dr. C. Suvarna, IFS
Chief Executive, NFDB



Dr. George Ninan
Pr. Scientist, CIFT, Kochi



Dr. P. C. Das
Pr. Scientist, CIFA, Bhubaneswar



Dr. Sanjay Kr. Das
Pr. Scientist, ICAR-NEH Region



Dr. Arun Padiyar
World Fish, Odisha



Dr. C. K. Murthy
Vice President, SIFA, Hyderabad

Organised by

NFDB North-East Regional Centre
Khanapara, Guwahati-22



POSHAN MAAH - 2021



Webinar on

"Consumption of fish and other aquatic foods for improving food and nutrition security"



6th September, 2021



10:30 AM to 1:00 PM IST



Shri Jatindra Nath Swain, IAS
Secretary, DoF, Gol & Chair



Dr. C. Suvarna, IFS
Chief Executive, NFDB



Shri Sagar Mehra,
Joint Secretary, Inland
DoF, Gol



Dr. Shakuntala Haraksingh Thilsted,
World Food Prize Laureate -2021



Dr. B. Meena Kumari, DDG, Fisheries, (Retd.)
Former Chairperson, NBA



National Fisheries Development Board,
Ministry of Fisheries, Animal Husbandry & Dairying

Involvement of Women in Aquaculture Odisha



Latitude: 20.117333
Longitude: 85.953347
Elevation: 5.43m
Accuracy: 8.0m
Time: 05-06-2019 10:32

Note: Bharati Mahila Mandala WSHG tank at Sanamachhapur Village, Kurumukunda, Odisha, India. *Powered by NoteCam*

Solar Dried Fish by Women SHGs

- “One District One Product” program under Pradhan Mantri Formalisation of MSME Scheme
- 50 solar fish driers every year
- At least 1500 women in coastal fishing villages generate additional income from this business venture



Low-cost Solar Fish Drier



Marine small fishes such as Anchovies, Sardines are dried by Women Self Help Groups

Experience in Assam

Awareness & demonstration of fish nutrition promotion programme in Assam (World Bank Supported) 45 programme conducted



Awareness & demonstration of fish nutrition promotion programme under APART

- WorldFish Assam team under the APART project has conducted 45 numbers of small fish nutrition promotion awareness, piloting and demonstration activities in 11 districts of Assam from 8th March 2022 to till date.
- Districts are Morigaon, Kamrup, Nalbari, Sonitpur, Lakhimpur, Sivasagar, Jorhat, Majuli, Darrang, Barpeta & Goalpara.
- In total above 2500 participants including mothers, adolescent girls, children, caregivers, community members, ICDS staff, ASHA workers, APART field staff and community resource persons were given awareness.



Overall objectives

- Conducting mass awareness programs on the health benefits of small fish consumption and promoting the inclusion of small fish-based nutrition in the diet of women especially, pregnant, lactating and infants and young children.
- To demonstrate the different small fresh / dried fish recipes using locally available small fishes and understand their acceptability at the community level.
- To promote hygienical dressing of small fishes and consumption of whole small fish without wasting the head and bones.
- Test acceptability (eg. appearance, taste, smell, color, texture, ease-of-use) of products with women, adolescent girls and children aged under 5 years.
- Identify the traditional cooking practices of small fish-based recipes which are popular and acceptable among different communities.

**Awareness &
demonstration of fish
nutrition promotion
programme under APART**

First 1000 Days of Human Life

- Pregnancy – 270 Days
- First year of Childbirth - 365 Days
- Second year of Childbirth - 365 Days

Total

$$270 + 365 + 365 =$$

1000 Days



Preparation of small fish powder in cluster level





Demonstration: Powdering the Small fish by community



Demonstration: Small fish Powder(Fresh & dried fish)



Preparation of Small Fresh Fish Powder



Fish Powder and inclusion in curry



Preparation of Small Dry Fish Powder





Demonstration & Feeding Trials





Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials





Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials (ICDS)



Nalbari District

Small fish cleaning process



Demonstration & Feeding Trials



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Demonstration & Feeding Trials



Demonstration & Feeding Trials



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Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials



Demonstration & Feeding Trials - ICDS



Awareness cum Demonstration in ICDS Assam



Awareness cum Demonstration in ICDS



Topic discussed during Awareness cum demonstration programme

- Nutritional Status of State, NFHS-5
- Nutrition concepts (What is Food, Nutrition, Nutrients, food groups, types of Childhood Malnutrition, etc)
- Importance of First 1000 days of human life
- Balanced diet & role of small fish nutrition
- Benefits of Small Fish Nutrition
- Demonstration of small fish powdering process in Household level

(Optimal Nutrition, Optimal Health care & Optimal Environment)





Source of fish/small -
fish production systems
in Assam





Piloting inclusion of nutritious small fish powder in diets among pre-school children of 3–6-year age group in Anganwadi Centers of Chaygaon Block in Kamrup District, Assam

Dr Sanjaya Sarma, ARIAS SOCIETY
WORLD BANK FUNDED PROJECT APART

Step 1: Identification of beneficiaries

- **Project Name : Chhaygaon, Kamrup Rural district**
- **Total Anganwadi Centers: 293**
- **Children 3-6 years : 7000**
- **Product: Small fish Powder**
- **Quantity entitled : 5 gm of fish powder, twice in a week (preferably on Monday & Friday)**
- **Total Period: 3 months from mid September to Mid December 2022**
- **Method intake: Anganwadi Centre to add fish powder to children's daily curry as part of the Hot Cooked Meal**

Nutrition composition of dried fish and dried fish powder

Nutrient (per 100 g)	Dried Fish	Fish Powder
Energy (calorie)	680	690
Protein (g)	70.23	69.50
Fat (g)	9.02	8.20
Calcium (g)	3.99	3.91
Vitamin A (Retinol) (μg)	14.12	13.95
Vitamin B2 (ng)	0.10	9.36
Sodium (g)	1.80	1.70

Project will be implemented in convergence mode involving following partners

- **District Social Welfare Office:** Identify the ICDS project area and beneficiaries, preparation and distribution of HCM incorporating small fish powder and the overall implementation and monitoring of the project with the support of DOF, APART and WorldFish staff.
- **Department of Fisheries, Assam:** Identify the FPC and NGO to ensure supply of small fish powder.
- **APART project:** Coordinate all the activities with WCD, DOF, COF and WorldFish

Project will be implemented in convergence mode involving following partners

- **College of Fisheries, Raha, Assam:** Facilitate the training for production of hygienic small fish powder, packaging and labelling standards and the FSSAI certification of the products and quality control.
- **WorldFish:** Technical support and training to ICDS staff and sensitise about Standard Operating Procedures (SOP) for preparation of fish powder-based curry for pre-school children by Anganwadi worker and Sahayeka/Helpe
- **Farmers Producer Group and an NGO:** Supply hygienically processed fish powder to the project.

Expected output

- Increased production and utilization of small fish for human consumption.
- Freshwater small fish will be able to find good and assured market which will help small farmers under FPC.
- Increased business opportunities to FPCs for their sustainability.
- Increased awareness about the nutritional benefits of eating whole small fish and powder in community level.
- Large scale awareness on the health benefits of fish consumption so that fish particularly small fish finds place in the regular diets of people of Assam.

Expected outcome

- Improved nutrition and health, particularly micronutrients leading to good health in children of AWCs
- Helpful to scale up in ICDS and School Supplementary Nutrient Programme (SNP) in Assam
- Dried hygienic small fish may be another option to supply as Take Home Ration (THR) for consumption of Pregnant women and Lactating mothers in future.
- Small fish may be included as a part of MDM in tribal dominated residential schools and Kasturba Gandhi Balika Vidyalaya (KGBV) as a part of diversified diet for consumption by vulnerable children in future.
- Under Facility Based Care Services of Nutrition Rehabilitation Centres (NRC), Assam, controlled by health department, Small fish powder may be tried as a part of therapeutic feeding programme for nutritional betterment of severe and acute malnourished children (SAM).

Launching the Pilot Programme on 8th September 2022

In presence of DC Kamrup (R) and DSWO Kamrup (R) district, pilot programme launched in Kukurmara Anganwadi Centre, Chaygaon, Kamrup



Photo gallery



APART
Gramseer Bahara
POSHAN
Abhiyan
सबल नारी, स्वास्थ्य शिशु, सुस्थ भारत
राष्ट्रीय पोषण माह २०२२
राष्ट्रीय पोषण माह २०२२ बलगत संगति बाधि छमगाँउ संहत शिशु उमयन
अधिनत राष्ट्रीय पोषण माह उदघापन
शुभाबसुनि : मंस्य
तारिख: ०८-०९-२०२२
छमगाँउ, कामरुप (ते)

Man in white shirt and glasses standing on the left.

Man in a blue and white checkered shirt sitting at the table.

Man in a white shirt sitting at the table.

Man in a patterned shirt sitting at the table.

Woman in a patterned dress and red shawl speaking into a microphone.

Man in a white shirt sitting at the table.

Woman in an orange dress sitting at the table.

महिला पञ्चायत

SAM MAM शिशु चिनाङ्ककण आक
पुष्टिकर खाद्य वितरण

समूहीया पञ्चायत



ৰাষ্ট্ৰীয় পোষণ মাহ ২০২২

সবল নাৰী, স্বাক্ষৰ শিশু, সুস্থ ভাৰত

ৰাষ্ট্ৰীয় পোষণ মাহ ২০২২ ব লগত সংগতি ৰাখি ছয়গাওঁ সংহত শিশু উন্নয়ন প্ৰকল্পৰ

অধীনত ৰাষ্ট্ৰীয় পোষণ মাহ উদযাপন

শুভাৰম্ভনি : মৎস্য পৰিষ্কাৰ

তাৰিখ: ০৮-০৯-২০২২

ছয়গাওঁ, কামৰূপ (অসম)

একজন মানুহে মাইকীত বক্তব্য দি আছে। তেওঁৰ হাতত এটা কাঁচৰ পাত্ৰ আছে।

এজন মানুহে কাঁচৰ পাত্ৰটো হাতে ধৰি আছে।

এটা সাদা চেয়াৰ আছে।

এজন মানুহে বসি আছে।

এজন মানুহে বসি আছে।

এজন মানুহে বসি আছে।

এজন মানুহে বসি আছে।

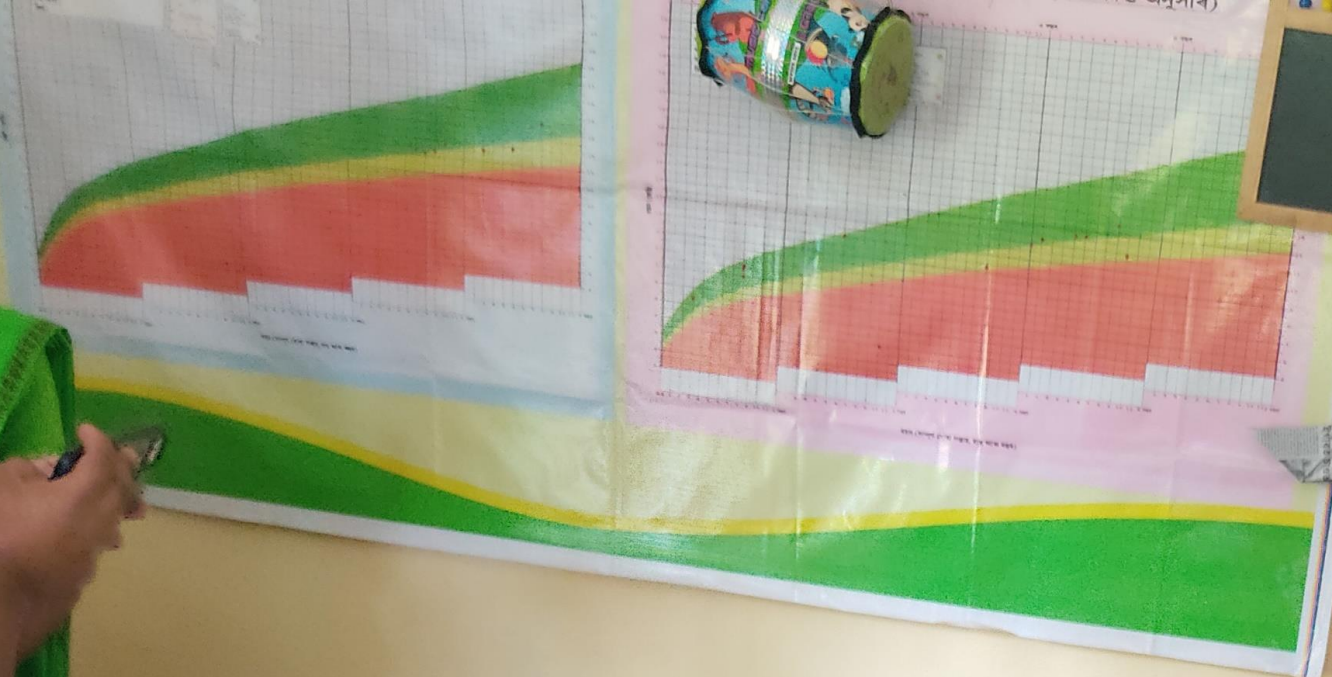
মহিলা পঞ্চায়ত

SAM MAM শিশু চিনাক্তকৰণ আৰু
পুষ্টিৰ খাদ্য বিতৰণ

সমূহীয়া পঞ্চায়ত



☆☆☆ = 6
 ○○○○○ = 5
 ○○○○○○ = 6
 ○○○○○○○ = 7
 ○○○○○○○○ = 8
 ○○○○○○○○○ = 9
 ○○○○○○○○○○ = 10



Various educational cards and posters on the wall, including one with the text 'FRESH FRUITS' and another with 'FOOD IS MEDICINE'. There are also illustrations of various fruits and vegetables.

A poster with the text 'FOOD IS MEDICINE' and illustrations of healthy food items. The text is in both English and Nepali.





COMMUNITY

H CHART

YOUTHINVEST FOUNDATION

VEGETABLES

হৃদয় সহজত সাজাও স্কুলে

EGG এর বিকল্প মাংস

শিশু অনুসন্ধান ওজন :- জন্মের পর ৫ বছর বয়সে

শিশু অনুসন্ধান ওজন :- জন্মের পর ৫ বছর বয়সে



VEGETABLES

Tomato	Potato	Carrot
Brinjal	Peas	Cauliflower
Spinach	Cucumber	Broccoli
Okra	Beans	Peas
Green Chilli	Red Chilli	Onion

হৃদয় সহজত সাজাও স্কুলে

১. = 2

২. = 3

৩. = 4

৪. = 5

৫. = 6

৬. = 7

৭. = 8

৮. = 9

৯. = 10

EGG এর বিকল্প মাংস

১. = 1

২. = 2

৩. = 3

৪. = 4

৫. = 5

৬. = 6

৭. = 7

৮. = 8

৯. = 9

১০. = 10

REDMI NOTE 9 PRO
AI QUAD CAMERA



Are You an Pescatarian



THE FISHERIES CHAMIKYA NEEJI

"Those whose diet includes fish but no other meat and choose to add fish to a vegetarian diet."

Compared to following a vegan diet, eating a pescetarian diet means there's less risk of nutritional deficiencies & Healthy nutrients



Compared to following a Meat based diet, eating a pescetarian diet means there's less risk of getting heart disease and high blood pressure, helps in maintaining healthy weight & environmentally more sustainable



Thank You all!