HIMACHAL PRADESH
JICA AGRICULTURE PROJECT-II
DAILY DIARY
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46 students of Tangroti school get training on nutrition



Dharamshala, September 11: A nutrition promotion training under Next Generation Programme was organized at Govt Senior Secondary School, Tangroti, which was organised by the HP Crop Diversification promotion Project-II, JICA-ODA on September 11 last.

As many as 46 students participated in the programme. Ruchika Dogra, Agriculture Expert, BPMU Dharamshala coordinated the training. The objective the training was to create awareness among school students about the importance of nutrition, healthy food habits, dietary diversity, and the consumption of fresh and locally available food.

Dr. Archana Sood, Nutrition Expert, delivered an interactive lecture as the resource person. She covered the topics on the balanced and nutritious diet, dietary diversity, consumption of fruits and vegetables, food hygiene, healthy eating habits, and the nutritional requirements of growing children. The students were sensitized about the relationship between food choices, nutrition, physical growth, health, and overall well-being. Emphasis was also placed on avoiding unhealthy food habits and increasing the consumption of nutritious, fresh, and locally available food items.



As a practical component of the programme, a nutritious banana smoothie was prepared and demonstrated for the students using banana, apple, pomegranate, almonds, honey, and milk. The nutritional benefits of each ingredient and the importance of incorporating fresh fruits, nuts, and milk into the daily diet were explained to the students. The demonstration highlighted how simple, locally available food items can be combined to prepare a healthy, nutritious, and easily prepared food product.

The programme received an enthusiastic response from the students. They were encouraged to include more fresh fruits, vegetables, milk, nuts, and other nutritious locally available foods in their daily diets and to share the knowledge gained with their parents and family members.

The programme served as an effective awareness and extension activity under the Nutrition Improvement Programme and demonstrated the potential of interactive, nutrition-based activities for replication in schools across the project area.