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ICAR-CRIJAF Organizes Poshan Vatika Maha Abhiyan & Tree Plantation Program

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Poshan Vatika Maha Abhiyan & Tree Plantation

ICAR – Central Research Institute for Jute and Allied Fibres, Barrackpore, its regional stations organized “Poshan Vatika Maha *Abhiyan* and Tree Plantation program” at different villages viz., Belle Shankarapur, and Makaltala near to ICAR-CRIJAF, HQ and its regional stations at Burdwan and Sorbhog, Assam as the curtain raiser for series of events to be organized in run up for “International Year of Millets- 2023”.

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Importance of Poshan Vatika & Fruit Tree Plantation

Awareness about the Poshan Vatika and plantation of fruit trees was created among the farmers especially farm women and girls to convey the message of importance of nutrition for human health and to develop immunity against the diseases. Altogether **124 farmers** and **177 girls** attended the program in different in different villages, organized by ICAR-CRIJAF and nutrient rich foods were provided.

In the beginning the program objective of **Poshan Vatika Maha Abhiyan** and Tree Plantation were appraised to the farmers. It was followed by the live webcasting of the inaugural address by [Narendra Singh Tomar](#), Union Minister of Agriculture and Farmers Welfare, GoI, among the farmers.

Dr. Gouranga Kar, Director, ICAR-CRIJAF along with resource persons and farmers witnessed the webcasting in the village and also participated in the plantation programs at Belle Shankarpur and Mathurapur villages.

Altogether **665 saplings of fruit plants** like mango, guava, lemon, amla, and litchi were distributed among the farmers and plantation drive was taken up on this occasion.

Dr. Gouranga Kar Appealed Farmers to Stay Healthy

In his address, Director, ICAR-CRIJAF, appealed the farmers to take care of self-nutrition and nutrition of the family which is very important to prevent the diseases and stay healthy. He emphasized that fruits and vegetables are good source of vitamins, minerals and antioxidants.

The farmers must be aware of the sources of such nutritional fruits and vegetable and every house hold must maintain a nutritional garden. He informed the farmers that ICAR-CRIJAF will continue this type of campaign on 'nutrition' in future in the villages. Dr. Kar also emphasized the use of coarse cereals particularly millets in day to day diet which are the ideal source of good quality carbohydrate, minerals and fibers and very important for good health.

Other scientists of the Institute, NGOs, and Panchayat representatives also addressed the farmers and send the message of nutritional security among the girl child and farm women took part in plantation program. The importance of **jute as leafy vegetables** especially the nutritional and other health benefits of the jute leaves was also discussed.