

# **Training on Nutrition for Adolescent girls to Extension functionaries from Dhan foundation at KVK Hirehalli**

**Event Name:** Nutrition for Adolescent girls

**Date:** 20-11-2018

**Venue:** ICAR-Krishi Vigyan Kendra, Hirehalli

**Objectives:** To create awareness on Importance of Nutrition and Health during adolescent period.

**About the Event:** Training on Nutrition for adolescent girls was conducted on 20<sup>th</sup> November 2018 at Krishi Vigyan Kendra, Hirehalli. This training programme was attended by 22 Extension functionaries from Dhan Foundation, NGO, Tumakuru. Before starting the training programme, Dr, N.loganandan. Principal Scientist and Head briefed about the programme to the participants. Ms.Radha Banakar SMS (Home Science) gave a lecture on Nutrition, Balanced diet, Developmental stages during adolescence and there nutrition. In the afternoon session, Mr. Prashanth J.M delivered lecture on importance of nutrition garden to achieve nutrition security. At the end, Ms.Radha Banakar SMS (Home Science) briefed about the importance of Millets and mushroom in daily diet.

**Target Group:** Extension functionaries from Dhan foundation of Tumakuru district.





