

National Girl Child Day celebrated at ICAR-NBFGR, Lucknow

ICAR - National Bureau of Fish Genetic Resources Lucknow celebrated National Girl Child Day on January 24, 2023. Dr. Vindhya Mohindra, Chairman Women's Cell and Principal Scientist Fish Conservation Division, welcomed all the attendees. Director ICAR-NBFGR, Dr. U. K. Sarkar in his address emphasized on the relevance and significance of celebrating National Girl Child Day even during this digital era. All the staff members and students of ICAR-NBFGR Headquarters, PMFGR Centre Kochi, ARTU Unit Chinhat participated in the programme. The HoDs, SICs of centres and In Charges deliberated the need to celebrate a National Girl Child Day as it indicates the hurdles a girl child has to face in society. By creating awareness through such programs, we shall definitely change the mindset and attitude of the society towards the development and welfare of the girl child. A collage incorporating all the selfies with their daughters submitted by the staff and students of institute was prepared and displayed. A debate competition on the topic "Are single-sex schools better for children" was also organized for the entire staff and students. Dr. K. B. R. S. Visarada, Principal Scientist, ICAR-Indian Institute of Millets, Hyderabad delivered an online talk on the "Nutritional benefits of millets on girl child growth" focusing mainly on the benefits of including millets in the diet of children. She put forth the nutritional benefits of different varieties of millets and how they help in increasing the immunity and overall health of the children. She also opined that millets are equally good for adults considering its low glycemic index. Keeping in mind that 2023 is the International Year of Millets, the lecture was greatly appreciated by one and all. The program ended with vote of thanks proposed by Dr. Rejani Chandran, Scientist & Member Secretary, NBFGR Women's Cell. A cricket match for the girl students and lady staff of the institute was also arranged.

Recording




What can millets do

- Millets are good option for both obese and undernourished.
- Easy to digest -good weaning food for babies and healthy food for growing kids.
- Highly nutritious and versatile food.
- They are also considered to be the least allergic to grains.
- Millets are rich in Vitamin B complex, calcium, iron, potassium, magnesium, zinc, also gluten-free, and have low GI (Glycemic index) thus millets are **suitable for kids allergic/ intolerant to wheat.**
- Millets have protein content close to that of wheat, and many millets are rich in B vitamins (especially niacin, B₆ and folacin), calcium, iron, potassium, magnesium and zinc.

23/01/2023 Visarada, ICAR-IIMR






NATIONAL GIRL CHILD CELEBRATION
January 24, 2023



Dr Sharad Kum...

Dr Sharad Kumar Singh, PS

**Online lecture on “Nutritional benefits of millets on girl child growth” by
Dr. K. B. R. S. Visarada, ICAR-IIMR**



Selfie collage of staff and students of ICAR-NBFGR with their beautiful daughters



ICAR-NBFGR staff participating in Debate on “Are single-sex schools better for children”



Cricket match organized for girl students and lady staff of ICAR-NBFGR