

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, 2022 for which a webinar was organized. Dr. Elavarasan Krishnamoorthy, Scientist, Fish Processing Division, ICAR-Central Institute of Fisheries Technology, was the speaker for the programme. Dr. Kuldeep Kumar Lal, Director ICAR-NBFGR welcomed the guest speaker and all the attendees. Dr. Vindhya Mohindra, Chairman Women's Cell and Head Fish Conservation Division, introduced the speaker to the webinar participants.

Dr. Elavarasan, delivered a talk on the topic "Fish as a dietary component for enhancing the nutritional status of girl child", focusing mainly on the benefits of eating fish. He presented the nutritional benefits of fish and how it is a super food with its high digestible protein content, minerals and other micronutrients. Dr. Elavarasan pointed out that fish can play a key role in solving malnutrition and threw light on its health benefits for lactating mothers, pregnant ladies and girl children. The speaker opined that since "Good Health and Well-being", is one of the Sustainable Development Goals (SDG), consuming fish for better health of children and thus better nation, should be popularized across the country.

All the staff members and students of ICAR-NBFGR Headquarters, PMFGR Centre Kochi, ARTU Unit Chinhat participated in the programme which had a total of 70 participants joined virtually. The webinar ended with Vote of Thanks proposed by Dr. Rejani Chandran, Scientist & Member Secretary, NBFGR Women's Cell.



NATIONAL GIRL CHILD DAY -2022

There are numerous issues that girls continue to face

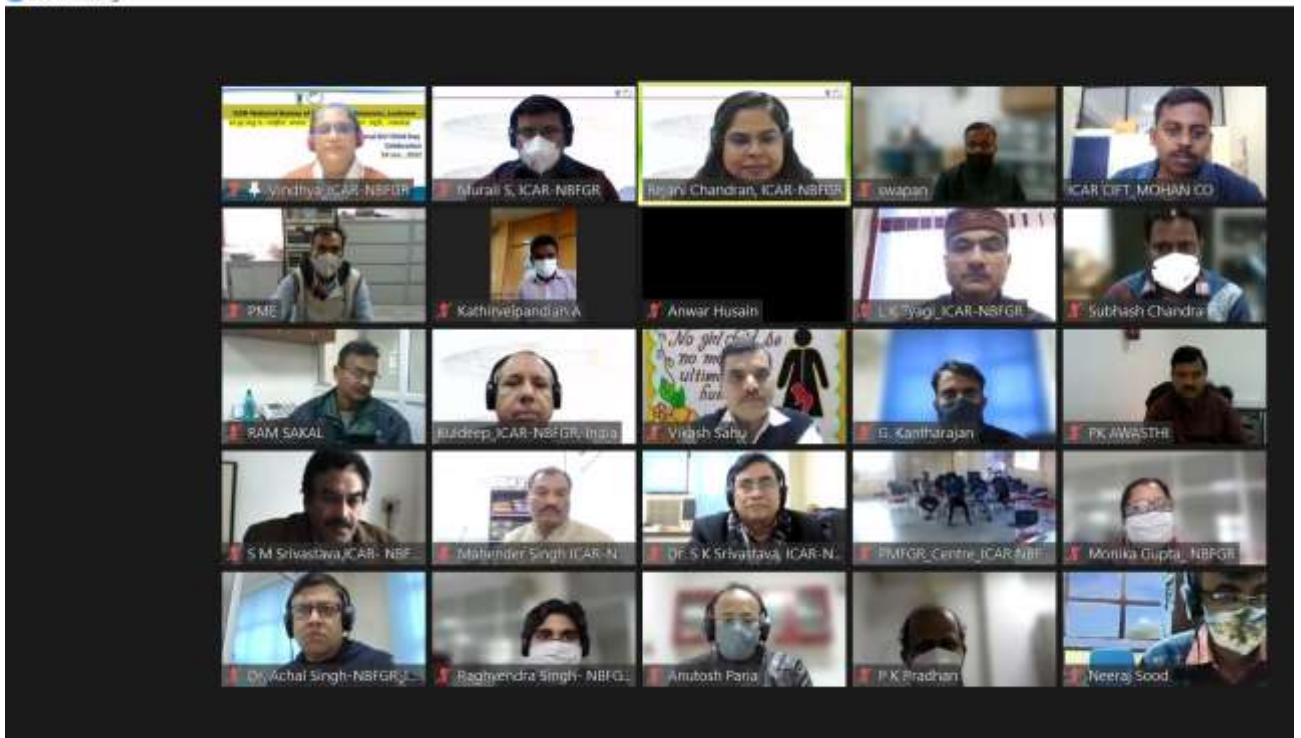
Objective of celebrating the national girl child day

- To highlight and solve the inequalities faced by girls
- Promoting awareness about the rights of a girl child
- Promoting awareness about the importance of girl child education, health, and nutrition

A must do initiative of the Ministry of Women and Child Development (MWCD)



Zoom Meeting





Bejani Chandran, ICAR, KJ Josep, ICAR, NBFGR, ICAR, DIFT, MOHAN CO, Vindhya, ICAR, NBFGR, Poonam J s, swapan

FISH- NATURE'S SUPER FOOD

(Source: FAO)