

WELL-DONE INDIA

Cricket is one of the most famous sports games in the world today, which is loved by everyone from 5 years old to 50 years old. This game not only provides entertainment but also helps in staying healthy. It was first started in England. This game was started in India by the British and since then the youth of India have also become fond of this game. The Indian team has always dominated the Asia Cup and has become champion for the eighth time. After this comes Sri Lanka which has won the trophy six times. Team India has won the Asia Cup 2023 by defeating Sri Lanka.

Earlier, India won the Asian Cup title in the year 1984, 1988, 1990/91, 1995, 2010, 2016 and 2018 and 2023 whereas Sri Lanka won the Asian Cup title in 1986, 1997, 2004, 2008, 2014 and 2022. Pakistan team has won the title only twice (2000 and 2012).

CWC ATTACK ON SIMULTANEOUS ELECTION PLAN

■ K.V. SEETHARAMAIAH

Except on pay and perks issue, ruling parties and opposition parties are never on the same page on any other issue. Their wave length is also not same in matters of pay and perks. Generally, every defeated party congratulates the victorious parties in election and assures full co-operation in running the government. But this assurance is observed more in breach than in honour. When individuals change their loyalty from one party to the other, their opinions also change on any issue according to needs. Change of party loyalty is occasioned more by personal needs than on ideological issues. It is not surprising that Congress Working Committee (CWC) has opposed tooth and nail any plan for simultaneous elections. The move for simultaneous elections has been dubbed as attacks on federal structure of the Constitution by the CWC. Opinion has been gaining ground for simultaneous elections but CWC's opposition to it looks absurd. For ensuring simultaneous polls, it goes without saying that there is need for amendment in the Constitution and the Representation of People's Act. Needs of the people are not like stationary water. Needs change according to the changing times and tastes of the people. Change is the order of nature. Therefore any amendment in Constitution is not attack on federal structure. If amendment in the constitution can be viewed as attack on federal structure, the Constitution would not have undergone 105 amendments. All these amendments have not been made in the regime of any one particular party government. Probably none of the amendments aimed at the welfare of the people has undergone without stiff opposition from the opposition benches. Because the opposition parties see any issue from different prism. Obviously what is good for ruling party is bad for opposition party and what is good for opposition party is bad for the ruling party. The interest of the people is taking back seat. Appeasement politics takes precedent over the interest of people. Inequality among the people has been taking deeper and deeper roots. INDIA bloc is a divided house. Equality does not subsist if attack one particular caste or community is taken seriously and the attack on other caste or community is either downplayed or taken in lighter vein. The 'unity' forged for election purpose is fragile and the contours of differences of opinion among the constituents of the INDIA bloc are clearly manifest. There are many stalwarts in race for prime ministerial post in INDIA bloc. AAP wants Arvind Kejriwal, Congress wants Rahul Gandhi, TMC wants Mamata Banerjee and JDU wants Nitish Kumar to be groomed as Prime as Prime Minister. BSP chief Mayawati has been maintaining low key. In JDS, the age is not on the side of former Prime Minister H.D. Deve Gowda. Poor show of JDS in elections after elections has embelied former Chief Minister H.D. Kumaraswamy of JDS to be in race for Prime Ministership. In fact JDS has been facing existential crisis with neither INDIA bloc nor NDA showing any interest in inducting JDS to their group. There was a time when Jaya, Maya and Mamata were hailed as trinities. Now Jaya is no more and Maya has been not as active in politics as she was earlier. Seemingly, time has come for Mayawati to pass the baton of leadership to some young person in BSP. Except Congress, no other constituents of INDIA bloc have been vociferously voicing their opinion against the move for simultaneous polls. The other parties seem to have realized the futility of spending their energy and time on this issue since the present NDA strength of Lok Sabha is likely to pave way for passing of the Bill. Further, not all the opposition Rajya Sabha members are with INDIA bloc when it comes to the passing of the Bill in Upper House. Simultaneous poll definitely saves a lot of money to the nation and eases the burden on public exchequer. Now NDA must set the ball rolling.

Fueling Health and Wellness: Together Towards a Nourished Future'

■ DR MITTAL RATHOD



Welcome to the National Nutrition Week 2023 Newsletter! National Nutrition Month, celebrated annually in September, to remind us nutrition's vital role in our lives. This year's theme, "Healthy Diet Gaining Affordable for All," underscores the importance of accessible nutrition regardless of income or social status. We embrace a life cycle approach, catering to nutritional needs and well-being from infancy to old age, recognizing the changing requirements and dietary habits across different life stages.

Maternal Nutrition: Ensuring a Thriving Future Generation

We need to contribute to a healthy pregnancy and postpartum period for the well-being of both themselves and their newborns. Ensuring adequate maternal nutrition during pregnancy and breastfeeding is vital for promoting optimal growth and development of both the fetus and the newborn. Here's an explanation of the importance of maternal nutrition, along with some examples:

Importance of Maternal Nutrition:

- Fetal Development: Adequate maternal nutrition provides essential nutrients to support the growth and development of the fetus, including the brain, organs, and body systems.
- Reducing Risk of Birth Defects: Key nutrients like folic acid (FA) help prevent neural tube defects and other congenital disabilities in the early stages of pregnancy.
- Optimal Birth Weight: Proper maternal nutrition contributes to healthy birth weight, reducing the risk of low birth weight and associated health complications.
- Brain Development: Omega-3 fatty acids, choline, and iron are vital nutrients for supporting fetal brain development and promoting cognitive function.
- Immune System Support: Nutrient-rich diets strengthen the immune system of both the mother and the developing baby.
- Preventing Maternal Complications: Balanced nutrition reduces the risk of maternal complications like gestational diabetes and

pre-eclampsia.

- Breastfeeding Success: Good maternal nutrition supports the production of nutrient-rich breast milk, benefiting the newborn's growth and immune system.
- Examples of Maternal Nutrition:
 - Folate and Folic Acid: Leafy greens, legumes, and fortified cereals are good sources for preventing Neural tube defects.
 - Iron: Iron is crucial for preventing anemia in both the mother and the baby. Lean meats, beans, lentils, and fortified cereals are iron-rich foods.
 - Calcium: Calcium supports the baby's bone development and helps prevent maternal bone loss. Dairy products, leafy greens, and fortified plant-based milks are calcium sources.
 - Omega-3 Fatty Acids: Omega-3s are essential for brain and vision development. Sources are fatty fish like salmon, walnuts, and flaxseeds.
 - Protein: Protein is vital for fetal tissue development and maternal tissue repair. Lean meats, poultry, fish, eggs, legumes, and dairy are protein-rich choices.
 - Vitamin D: Vitamin D supports bone health and the immune system. Sun exposure & fortified foods like milk and cereal provide vitamin D.
 - Choline: Choline is essential for brain development. Sources are dairy products, Eggs, lean meats, and fish.
 - Iodine: Adequate iodine intake is crucial for proper thyroid function and brain development. Iodized salt, seafood, and dairy products provide iodine.
 - Vitamin C: Vitamin C aids in iron absorption and supports the immune system. Citrus fruits, berries, and bell peppers are high in vitamin C.
 - Hydration: Staying hydrated is vital for maintaining amniotic fluid levels and supporting maternal circulation.
 - Balanced Diet: A varied diet that includes a mix of whole grains, fruits, vegetables, lean proteins, and healthy fats provides a spectrum of nutrients.
 - Limiting Harmful Substances: Avoiding alcohol, tobacco, and excessive caffeine is vital for a healthy pregnancy.
- Starting Right: The Journey of Infant Nutrition
- Infant nutrition is the cornerstone of a healthy life, with exclusive breastfeeding, starting with

Colostrum, rich in Vitamin A and antibodies, recommended until six months of age. After six months, complementary foods like mashed daal, fruits, and vegetables can be introduced alongside continued breastfeeding, adjusting to family preferences as the baby grows.

Childhood Nutrition: Nurturing the Next Generation

Proper childhood nutrition is vital for growth and development. Experts emphasize early nutrition, debunk myths, and stress the roles of schools, communities, and families in promoting healthy habits. Provide three balanced meals and two to three nutritious snacks daily, covering a variety of food groups, including grains, iron-rich options, fruits, vegetables, proteins, healthy fats, and dairy products.

Empowering Young Eaters: Fostering Healthy Habits

As children grow, their nutritional needs change. Empower parents, caregivers, and educators to cultivate healthy eating habits. Encourage fresh, hot, cooked snacks over fried, dry options, and educate kids about the drawbacks of junk food. Limit restaurant meals to occasional treats.

Promoting Healthy Eating Habits in all Age group

- Children:
 - Set a healthy example: Model good eating habits by including fruits, vegetables, whole grains, lean proteins, and dairy.
 - Make meals fun: Create visually appealing dishes with colorful ingredients and creative presentations.
 - Limit processed foods: Choose minimally processed foods over sugary snacks and highly processed items.
 - Family meals: Promote social interaction and expose kids to diverse foods by eating together.
- Teenagers:
 - Teach balanced nutrition: Explain the importance of balanced meals with carbohydrates, proteins, healthy fats, vitamins, and minerals.
 - Involve them in meal planning: Empower them to make healthier choices by participating in meal planning and shopping.
 - Healthy snacking: Offer nutritious snacks like fruits, vegetables, nuts, and yoghurt instead of sugary options.
 - Reduce fast food and sugary drinks: Discuss

the health risks of excessive fast food and sugary beverages.

Adults:

- Practice mindful eating: Pay attention to hunger cues, eat slowly, and savor each bite.
- Balanced meals: Include all food groups-proteins, grains, healthy fats, colorful fruits and vegetables, and non-vegetarian options if desired.
- Control portions: Monitor portion sizes to prevent overeating and excess calorie intake.
- Cut back on added sugars and salt: Stress the importance of limiting added sugars and excessive salt for overall health.

Elderly:

- Opt for nutrient-rich foods: Prioritize foods rich in calcium, vitamin D, fiber, and antioxidants to support bone health and well-being.
- Stay hydrated: Remind them to drink enough water and consume hydrating foods like fruits and vegetables.
- Choose easy-to-eat foods: Provide soft, nutrient-dense options for dental or chewing challenges.
- Maintain regular meals: Encourage consistent eating patterns to sustain energy levels and support digestion.

Empowering Women through Nutrition: Nurturing the Caregivers: Women's Role in Family Nutrition

Women are vital in family nutrition, promoting balanced diets and healthy lifestyles. Empowering women through nutrition is vital to a healthier future. This includes educating them on food selection, cooking methods, portion control, and meal timing. Simple tips like washing vegetables before chopping, covering food while cooking, and serving fresh, balanced meals are essential.

Balancing Taste and Nutrition: A Recipe for Health

From color-full salads to wholesome grain bowls, discover how simple culinary choices can contribute to your well-being. Develop this taste from the beginning within the family. The change day should be fixed.

Together, let's continue working towards a healthier and brighter future.

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Vocational Education in broader Vision and its futuristic approach

■ BY DR RASHPAL SINGH

Introduction of Vocational Education as per the proposition of National Education Policy 2020 is looking a beacon of optimism for young Population in the Nation. See our Country is world's largest Populated and our demands are very high as compare to the other countries around the globe. Resources are also required to meet out the demands of such a larger section of Population across the length and breadth of country. Vocational Education is education that prepares a student to be a skilled fellow in number of trades and as per the availability in the given area. Jargons may be different in different countries such as career and technical education or acronyms TVET Technical Vocational Education and training. Aim behind Vocational Education is to make young minds a skilled professionals who can compete with the pace of developed countries. Here we not considering only Government Sector because there are numerous Avenues in corporate world and that sector requires skilled professionals/ technicians who can yield progression. India is heading towards digitalization, make in India, One Nation One Earth, Green India Clean India, Khelo India etc. In this context Vocational Education can play a vital role as the Youngsters can make best use of trades for which they will be trained along with formal education at School and college level. This technical education will be put into practice from Classes 6th to 8th in first Phase and 9th to 12th in phase second and thereafter in the higher Education. Vocational Education is essential to ensure the correct skills needed for the job. Beside our traditional way of Education, time has come to think smartly for need based Education as well which might fulfill the demand in near future. For sustainable development every Country needs better Education System and in this context Union Government introduced a new horizons in Education System in India which can trans-

form the career of youngsters not only in Government sector but also in corporate world. You know when someone constructs his house everybody requires skilled professionals who can meet out the necessities of house like Drawing layouts, Mesons, Electricians, Plumbers, Interior Decorators, Carpenters, Gardeners etc. There's dearth of Skilled Professionals in the Country which debarring us to make a pace with world's economy. Vocational Education is an essential part of studies in European Countries. India is also looking to make its human resource a skilled and learnt fellows. It is obvious that everyone cannot be accommodated in Government Sector and such a large unskilled population is unable to earn their bread and butter. Vision of Vocational Education is to make the future generation as tomorrow's skilled citizens. Introduction of Vocational Subjects in different Sr Secondary Schools is a great initiative taken by Ministry of Education Government of India across the country. This has been noticed that our young students are not motivated for Dignity of labour which is not yielding good results. With the introduction of Vocational trades along with normal curriculum will help to inculcate a moral values in young minds so that every work can be respected. By virtue of vocational education our Students should think rationally with 21st century skills. Critical thinking and Problem solving are the great highlights of NEP 2020. Youngsters will be motivated for opting trades which are locally available in particular region. By 2025 National Education Policy aims to provide 50 Percent Vocational Education to all Students. Ministry of Skill Development and Entrepreneurship in the Country is laying emphasis over the meeting out genuine demands of Young Students because we have 30-35 Percent young population lives in India and to channelize their positive energy with innovative ideas, so that they can contribute to the Nation. Moral Values are the key of any

society and New Education policy 2020dis-simulate push the limit over it. Vocational Education will make a contretemps in the lives of Countless Youngsters which can transform motivational skills as you might have seen in Pvt Sector. This Professional Education will build self confidence, premiership which can draw best talent. It has been interpose that every scientist from 14th century to early 19th century were not of much degree holders but they were creative and thought smartly to invent number of phenomenons which are now become theories in Physics, chemistry, biological Sciences and many others aspects. So merely having a degree will not specify the actual aim of today's need and progress. learning by doing is the Basic fundamental of Vocational Education. This will increase tangible skills of infantile mind who can move further in opting trades and career in the matter of sustainable life and this will increase the interest and competencies which are looking a whiter ray of hope to cope up with developing as well as developed nations. learning by Doing and to provide hands on training to Students having vocational Subjects like Health Care, Beauty and Parlours, Information technology, Electronics, Physical Fitness and Sports, Motor Vehicles, Electricity applications, Plumbers, carpenters etc. will undoubtedly bring a change in years to come. Vocational Education will contrive a skilled workforce and proficient in multi disciplinary learning. Today Switzerland is global leader in propagating Vocational Training. This Education will far sight a student for world stage. VET will provide strong job market, opportunity to prove pivotal skills that are needed to run an Industry, or an organisation. India is heading towards digitalization and at coetaneous aforementioned shall extract illustrious eventualities are just around the corner. Policymakers have defined the Vocational Education a greater fortuity. Learning level

of every child is different and I believe that there must be selection of of trades or subjects pertaining to learners must be up to the Mark of their respective learning level. Students who are studying across the country are now looking other options which can specify their needs in better ways. New Education Policy 2020 brought up new hopes for tomorrow's generation. Skilled Professionals versus Non Skilled Persons is a great challenge because we need a larger section of Society a skilled human resource so that there shouldn't be dearth of employment. Today time is changing swiftly and needs it's specifications. Vocational Training Centers are needed to be equipped with all those resources where young students can learn every Profession of their choice. One thing has been noticed that young generation is much creative and technical in these days as young minds are mostly looking for many job opportunities which are on board. To mark success rate in vocational trades all are required to put forward in such a way and these can get huge response from Government as well Pvt Sector. If we consider the example of India's topmost business class they are not much familiar in formal education but reached at the heights where people even can't dream to be. So all the successful people in India are the role model of our young generation. Many seminars /conversations are being held at School/ College level to motivate the students for opting vocational education for their better future. Many startups have been initiated in India and all are getting a great response. Vocational education will definitely change the scenario in India also because this is a professional type of learning and it's training is not much lengthy and can gain great results and responses from our young generation in near future.

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Combating the Menace of Malnutrition

■ DR. BANARSI LAL

Every year September month is celebrated as the National Nutrition Month (Rashtriya Poshan Maah) across the country. Government of India launched POSHAN abhiyan in March, 2018 for holistic nourishment. It was decided to celebrate September month as Rashtriya Poshan Maah during the 2nd meeting of National Council of India's Nutrition Challenge on 24th of July 2018 under the Vice Chairman of NITI Aayog. The objective of this mission is to reduce the stunting, under-nutrition, low birth weight and anemia among the children. In 2018 more than 45 crore people across the nation enthusiastically participated in this campaign with a message 'Har Ghar Poshan Tyohar'. In 2019 also massive response of campaign was received across the nation and people showed keen interest to eradicate the malnutrition. In 2020 third Rashtriya Poshan Maah was being celebrated across the nation and different types of activities such as awareness-cum-training programmes, wall writings, essay writing, web conferences, video conferences etc. were organized. Due to COVID-19 it was repositioned from conventional celebration to digital mode. Extensive use of mass media such as print media, social media, various virtual meetings etc. were adopted to educate the people on the malnutrition and balanced diet. Two activities such as identification of children with severe acute malnutrition and plantation drive for kitchen gardening were focused in the POSHAN Abhiyan 2020. These activities

were executed throughout the month by the different organisations. One of the major objectives of Poshan Maah 2020 was to identify the malnourished children so that their treatment can be done. The theme of National Nutrition Month 2022 was "Mahila aur Swasthya" (Woman and Health) and "Bachha aur Shiksha" (Child and Education).The focal point of Poshan Maah 2023 is to cultivate widespread awareness concerning critical human stages: pregnancy, infancy, childhood and adolescence. The aim is to foster nutritional understanding across India through a theme centred on "Suposhit Bharat, Sakshar Bharat, Sashakt Bharat" (Nutrition rich India, Educated India, Empowered India).

Fruits and vegetables are the rich source of nutrients and their regular consumption can help us to keep healthy and fit. Intake of turmeric, ginger, citrus etc. help us to boost the immunity in our body. In September, we generally initiate the process for winter vegetables and plantation derive for the kitchen gardening is encouraged during the month. Different vegetables crops such as cabagge, cauliflower, radish, knolkhol, turnip etc. can be sown in this month. These vegetables can be grown organically by using the local resources of the farmers. Organic vegetables are chemical free and are good for our health. Kitchen gardens can be made in the Angwaditi Centres, schools, government offices and even in urban areas. In urban areas roof top vegetables gardening can be promoted without much efforts. Kitchen gardening can play a crucial role to mitigate

the problem of quality vegetables. For this purpose Krishi Vigyan Kendras (KVKs) can play a crucial role in imparting the knowledge on kitchen gardening. Essay competitions on malnutrition, anemia, sanitation, kitchen gardening etc. can also be organized among the school children by the various organizations to promote the balanced diet and nutrition for the people. Nutrition related problems in the rural areas need to be identified and solutions need to be provided to the people. For this purpose also Information and Communication Technologies (ICTs) can be made effectively to disseminate the message on nutrition during the Poshan Maah. Webinars/Seminars can also be organized on the nutrition and expert advice needs to be communicated to the others. The farmers and women farmers can also be involved in the webinars. Success stories on nutrition need to be highlighted during the webinars. Media can play a significant role in the disseminating the message of balanced nutrition among the masses. Discussion and talk show can also be organized at various local TV and radio channels by involving the experts and local people. The services of doctors, scientists, local women farmers etc. can be utilized effectively to disseminate the message of Poshan Abhiyan. Undernutrition is the major cause of mortality and morbidity among the children under the age of five years. Although India has made remarkable progress in economic, social and political fields after independence but still there is need of strenuous efforts to reduce malnutrition in the country. There

is dire need to focus on nutrition as nutrition is the basic facet of human life. A well-nourished society is helpful for the long-term economic development. There are number of benefits of investing on proper nutrition as proper nutrition helps to control diseases, reduces infant and maternal mortality, empowers women, improves worker productivity and increases the learning capacity of the students. Government of India is endeavouring for improving the status of nutrition in India on priority basis. After independence, there was a great challenge to be self-sufficient in food production. But after Green Revolution this challenge was largely mitigated.

Undernutrition occurs due to multiple factors. It is a burden that hampers us to achieve our desired goals. In order to become a global power India needs to eradicate the malnutrition so that our present and future generations can be healthy and more intellectual. Different schemes will be successful only when the people of the country are healthy and fit. There is need of different interventions required for reduction of malnutrition across the nation. Poshan Abhiyan will provide the required convergence platform and thus can augment a synergized approach to eradicate the menace of malnutrition. Convergence at centre is being achieved through formation of the National Council for Nutrition and the Executive Committee for Poshan Abhiyaan. The Convergence Action Plan at State/UT, district and block level defines the implementation and monitoring mechanisms for the Abhiyaan. This Abhiyaan empowers the frontline

functionaries i.e. Anganwadi workers and Supervisors by providing them with smart phones.The problem of malnutrition is inter-generational and is dependent on multiple factors which include optimal Infant & Young Child Feeding (IYCF) practices, deworming, dietary diversification, immunization, Institutional delivery, early childhood development, food fortification, safe drinking water and proper sanitation etc. There is a need to make strenuous efforts to tackle the problem of stunting, under-weight and wasting, especially in children. There is need to bring change in the behaviour of the people and a multi-pronged strategy needs to be adopted to create mass scale awareness on nutrition. For this purpose awareness camps, involvement of mass media, outdoor campaigns, mobilization of all frontline functionaries, Self Help Groups (SHGs), NGOs etc. need to be adopted. The National Poshan Abhiyaan is going to bring spectacular success to tackle malnutrition across the nation. Success in the nutrition mission requires participation from different communities and more and more awareness on nutrition should be created among the people. We all need to join our hands together to eradicate the menace of malnutrition from our society. A good health care system that provides immunization, periodic deworming, oral rehydration, early diagnosis and proper treatment of common illnesses etc. can prevent malnutrition in the society.

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