

## **REPORT OF (Component 1.2 ):- CAMPAIGN IN VILLAGES TO INCREASE AWARENESS ON NUTRITIONAL AND HEALTH BENEFITS OF MILLETS**

A four-day campaign was launched by Life Academy of Vocational Studies (LAVS) covering the entire Pottangi Block of Koraput district; commencing from 26<sup>th</sup> September 2022 to end on 29<sup>th</sup> September 2022. At commencement a Nutrition Ratha was inaugurated by GPO ,CDPO ,OLM BPO,Mission Sakti BPO with our FPO Directors. The focus was on production of millets (Ragi).

The objectives of the programme were:

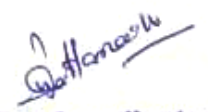
1. To sensitise the farmers to involve with this programme.
2. The importance of millets (Ragi).
3. Nutrition values on health aspect.

LAVS covered all the Grampanchayats of Pottangi Block, using Public Address System to sensitise the farmers on the above mentioned objective. When consuming any food substances, be it millets or other cereals, LAVS advised to go for organic food as it increases the nutritional value and induces other physiological benefits such as getting rid of pesticides or harmful chemicals, it tastes better as-well-as have a higher nutritional value and there is very limited chances of water contamination. Millet nutritional value composition is

Fibre: 2.2 grams.              Fat: 1.7 grams.  
Protein: 6 grams.              Phosphorus: 25% of the Daily Value (DV).

The Community Resource Persons (CRPs) accompanied the Nutrition Awareness Ratha. They were distributing Leaflets carrying messages on nutrition among the different villagers. They covered most of the Grampanchayats in Pottangi block.

| Vehicle No                                               | 26/09/2022                                                                                                                                                                                                        | 27/09/2022                                                                                                                                              | 28/09/2022                                                                                                                                                                                             | 29/09/2022                                                                                                                                                                                                                                                                            | No of Days | Person Responsible               |
|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------------------------------|
| Vehicle No-1<br>TATA Magic<br>Van Regn. No.<br>OD10C3659 | <b>Kotia GP:-</b><br>Suliamari,<br>Mathalamba,<br>Gulempodar,<br>Fulpodar, Talkanti,<br>Kodiamba,<br>Kataraguda,<br>Salimpodar,<br>Taupodar, Turia,<br>Barabandh<br><b>Nuagaon GP:-</b><br>Nuagaon,<br>Galgabadar | <b>Chandaka GP:-</b><br>Chandaka, Baraj,<br>Dalapatiguda,<br>Pangiguda,<br>Kadabalsa,<br>karadoba,<br>Gugaguda, Janiguda,<br>Kamalabandha,<br>Budiaguda | <b>Rallaguda GP:-</b><br>Jodimadli,<br>Medabalsa, Sidipadu,<br>Kamapadu,<br>Nimalgada,<br>Badapadu, Rallegada,<br>S.Lamtapadu,<br>Kartaloba,<br>Kurialpadu,<br>Metabera, Terai,<br>Mirialpadu, Tangini | <b>Pottangi &amp;Gangarajpur GP:-</b><br>Karidi, Podalguda,<br>Podapadar, Siura,<br>Bituguda, Nilampadu,<br>Chintalguda,<br>Dudumaguda, Badagaon,<br>Gangarajpur, Sisagusda,<br>Almariguda,<br>Budiambaguda,<br>Gangamaguda,<br>Gangamaguda,<br>Chikilamari, Nilaguntha,<br>Gunjipadu | 04         | Jyotirmaya<br>Sahu, CEO,<br>PPCL |
| <b>Associated by</b>                                     |                                                                                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                                                                                        | 1. Gangarao Duria, CRP<br>2. Dhaneswar Iringai, CRP<br>3. Lokanath Khila, CRP<br>4. Maheswar Khilo, CRP<br>5. Ami Khara                                                                                                                                                               |            |                                  |

  
**Project Coordinator**  
OMM,LAVS  
Pottangi,

A leaflet, printed on both the sides was produced for distribution among the general public at the time of the Ratha rolling around. The Leaflet carried different message on benefits of consumption of Millet, in different palatable ways such as making Laddoos. The basic purpose was to supplement the activities to create awareness.

Leaflet Produced and Distributed:



*Signature*  
Project Coordinator  
OMM, LAVS  
Pottangi,



## Activities Captured on Celluloid

### 1st Day Awareness



### 2<sup>nd</sup> Day Awareness





### 3<sup>rd</sup> day Awareness



### 4<sup>th</sup> Awareness



*S. Hanasalu*  
**Project Coordinator**  
**OMM, LAVS**  
**Pottangi,**

