

22 Oct 2020

Q. Promotion of nutri-cereals by the government is a rational decision that helps in alleviating malnutrition in India. Explain (200w)

→ According to recent Hunger Index, India ranked 94th / 107 countries. ~~Now~~ This shows India's malnutrition problems need urgent attention.

उम्मीदवारों को इस
हार्मिण में नहीं
लिखना चाहिए
Candidates
must not
write on
this margin

Current status of health

- o Child stunting rate 37.4%
- o Wasting rate for children 21%
- o A 53%, women at reproductive age are anaemic (National Family Health Survey 4)

To address, ~~nutri cereal can help us~~

- o Life style disease — Diabetes
 - ↳ High blood pressure
 - ↳ obesity.

Nutri cereals can help us to address this. Currently, Nutricereals in India ~~are~~ includes Jawar, Bajari, Ragi,

Advantages of Nutri cereals

High source of nutrient.

Nutri Cereals contain Iron, fibre, vitamins, Calcium, magnesium etc. that will help to meet our nutrient deficiency.

- o It reduces the risk of heart attacks
- o It require less sugar to digest in our body, so directly reduces sugar secretion. Reduces diabetes risk.

Agriculture benefits

- o Cereals require less water, help to maintain water table
- o Support India's diverse climatic conditions.

Government take following measure to promote cereals

- o Higher MSP
- o Included in Public distribution system.
- o Promotion of farm produce Organisation (FPO) to create chain in cereal supply.

So, nutri-cereals will definitely help to address hunger, nutrient deficient problem while supporting farmers income.