

Proceedings of the Annual Workshop on Malnutrition Eradication Programme (MEP 2025) held from 2nd to 3rd May 2025 in the Mini auditorium BAU, Sabour

The Annual Workshop of the Malnutrition Eradication Programme (MEP) – 2025, Bihar Agricultural University, Sabour was successfully conducted on the 2nd and 3rd of May, 2025 at the Mini Auditorium, BAU, Sabour. The event was aimed at evaluating the progress of the programme, sharing best practices, and devising strategic plans for the upcoming year to combat malnutrition in the state of Bihar.

The MEP programme was launched on 21st June 2023, under the guidance of Honourable Vice Chancellor Dr. D. R. Singh, Bihar Agricultural University, Sabour with a mission of “**Eradication of Malnutrition through Nutri-garden (*Poshan Vatika Lagao, Kuposhan Bhagao*)**”. The Annual Workshop of the Malnutrition Eradication Programme (MEP)–2025 were graced by the esteemed presence of several dignitaries, including the Dr. R. K. Sohane-Director of Extension Education (DEE), Dr. Ajay Kumar Shah- Dean Agriculture, Dr. Feza Ahmad, Director Seed & Farms, Dr. R. N. Singh- Associate Director of Extension Education (ADEE), Dr. Abhay Mankar- Deputy Director of Training, Dr. Mukesh Kumar Sinha- Associate Dean cum Principal, Bihar Agricultural College (BAC), Sabour, along with associated scientists and Subject Matter Specialists (SMS) of MEP. The inauguration commenced with the traditional lighting of the lamp.

The ADEE officially opened the workshop with a welcome address, emphasizing the critical importance of promoting sound nutritional practices and the urgent need to eliminate malnutrition from the state. He underscored the pivotal role of Krishi Vigyan Kendras (KVKs) and advocated for enhanced coordination and collaboration among them under the Malnutrition Eradication Programme.

Following the opening remarks, Dr. Minnu Sasi, Assistant Professor cum Junior Scientist, Co-Nodal Officer of MEP provided a comprehensive overview of the MEP, outlining the objectives, key achievements, and strategic roadmap for the future. Her briefing offered valuable insights into the progress of the programme and laid the foundation for future initiatives.

Further, Dr. Shobha Rani (Sr. Scientist & Head, KVK, Rohtas), Dr. Jyoti Sinha (SMS, KVK Nalanda), Dr. Monika Patel (SMS, KVK Gaya) presented annual progress reports for the year 2024–25 representing their respective KVKs. The inaugural session was end with the concluding remarks of respected DEE, emphasizing on the mutual commitment among the participants to reinforce their efforts in achieving the mission of a malnutrition-free Bihar, through integrated planning, evidence-based practices, and grassroots-level execution.

Technical Session I & II (02 May, 2025), Day-1 of Annual Workshop- MEP 2025)

In the **Technical Session I & II** of Day 1, Principal Investigators (PIs) and Co-Principal Investigators (Co-PIs) associated with the MEP from various KVKs and affiliated colleges delivered detailed presentations on their respective annual performance reports for the year 2024–25. Each presentation highlighted specific accomplishments, innovative practices, and measurable impacts within their operational regions.

Rapporteurs of Technical Session -1

1. Dr Brajendu Kumar, KVK, Banka
2. Dr. Neha Singh, KVK, Banka
3. Dr Sujata Kumari, KVK, Munger

I. General Recommendations/Action Points for colleges/KVKs

During the deliberations of the Annual Workshop on the Malnutrition Eradication Programme (MEP) held from 2nd to 3rd May 2025, several key recommendations and observations were made for uniform implementation across all Krishi Vigyan Kendras (KVKs) involved in the programme. These are as follows:

1. Inclusion of before and after Geo-Tagged Photographs in Presentations showing the impact of MEP

All participating KVKs are advised to include geo-tagged photographs in their PowerPoint presentations which shows the impact of MEP. The comparative photographic documentation of selected members from the target group—captured before and after the intervention—be maintained and submitted. This visual evidence will serve to effectively demonstrate the tangible impact of the implemented interventions and aid in future evaluation and replication efforts. This will also ensure authenticity, accurate documentation of field-level activities, and better traceability of interventions under MEP.

2. Documentation of Changes in Feeding Habits

It was recommended that all KVKs undertake a systematic study and maintain detailed documentation of changes in local feeding habits observed as a result of the MEP interventions. This is a crucial component in evaluating the behavioural impact of the programme on nutritional practices within the communities.

3. Promotion of Annual and Perennial Fruits and Vegetables

KVKs are encouraged to promote and support the cultivation of both annual and perennial fruits and vegetables. Such initiatives are expected to significantly contribute to enhanced household-level nutritional security and sustainable food availability.

4. Utilization of Registered Medical Practitioners for Health Camps

In instances where government-appointed doctors from Primary Health Centres (PHCs) are not available for organizing health camps, KVKs may engage registered medical practitioners to provide essential health services, subject to adherence to prescribed norms and medical guidelines.

5. Recipe Contest Outcomes to be Reflected in SAC Meetings

In KVKs where recipe contests have been conducted, it was suggested that the food items prepared during such contests be served as refreshments during the Scientific Advisory Committee (SAC) meetings. This practice would highlight the nutritional value and community acceptance of locally prepared recipes.

6. Establishment of Local Moringa Nurseries

As the PKM variety of moringa has not demonstrated satisfactory productivity, it was resolved that local moringa varieties should be propagated through nursery establishment. Specifically, two KVKs each from Zone 2, Zone 3A, and Zone 3B—where Subject Matter Specialists (SMS) in horticulture are posted—will be responsible for developing and maintaining these nurseries to ensure the availability of high-performing local cultivars.

(Action : All Colleges/KVKs)

II. Specific Recommendations/Action Points for colleges/KVKs

1. KVK Nalanda

i. Consistency in the Number of Nutri-Gardens Across Seasons

It was recommended that the number of nutri-gardens maintained under the MEP should remain consistent across all seasons. This continuity is essential to ensure sustained impact, reliable data comparison, and the long-term success of nutritional interventions.

ii. Strengthening Convergence with Other Programmes and Projects

The workshop emphasized the necessity of fostering stronger convergence and collaboration with other ongoing government programmes and development projects. Such integration will enhance resource utilization, avoid duplication of efforts, and amplify the overall effectiveness of the Malnutrition Eradication Programme.

2. KVK, Gaya (Manpur)

i. Documentation of Target Groups through Before-and-After Photographs

It was advised that all KVKs document and provide photographs of the target groups both before and after the intervention. This visual evidence will significantly enhance the visibility and measurable impact assessment of the Malnutrition Eradication Programme.

ii. Clarity in Action-Oriented Photographs

All action photographs submitted under MEP activities should distinctly and clearly depict the specific interventions or actions taken. This will help in effective communication of field-level efforts and serve as credible documentation for review and reporting purposes.

3. KVK, Katihar

i. Submission of MEP On-Farm Trial (OFT) Details to Headquarters

All concerned KVKs are instructed to submit the complete details of the On-Farm Trials (OFT) conducted under the Malnutrition Eradication Programme to the Directorate Headquarters in a timely manner. This will facilitate centralized monitoring, evaluation, and documentation of MEP interventions.

ii. Revision and Re-Presentation of Nutri-Garden Production Data

It was observed that the production figures of nutri-gardens submitted by several KVKs were either inconsistent or incomplete. Hence, all KVKs are required to revisit and present revised, accurate production data to ensure authenticity and enable meaningful programme impact analysis.

4. KVK, Khagaria

i. Reassessment of Nutri-Garden Production Figures

All KVKs are advised to revisit and verify the production figures of nutri-gardens to ensure the accuracy and reliability of the reported data for impact evaluation and programme planning.

ii. Reporting of Area Under Biofortified Crops

It is recommended that the area cultivated under biofortified crops be clearly mentioned in all reports and presentations. This information is essential for tracking the adoption and expansion of nutrient-enriched crop varieties under MEP.

iii. Organization of Recipe Contests Using Commonly Grown Kitchen Garden Crops

KVKs should organize recipe contests during the prime season using crops that are commonly grown in household kitchen gardens. This initiative will promote the culinary utilization of locally available produce and encourage dietary diversification.

iv. Reporting of Percentage Change in Nutritional Frequency

All KVKs are required to document and report the percentage change in the frequency of consumption of key food groups or nutrients. This data will serve as an important indicator of behavioural change resulting from MEP interventions.

5. KVK, Kishanganj

i. Ensuring Gender Representation in Health Camps

It was observed that the previous health camp lacked female participation. Henceforth, all KVKs must ensure proper gender representation in health camps to address the nutritional and health needs of both male and female beneficiaries equally.

ii. Immediate Organization of Health Camps

Considering that more than one year has elapsed since the last health camp in certain KVKs, it is recommended that a new health camp be organized without further delay to maintain the continuity of health-based interventions under the MEP.

iii. Submission of Comparative Photographs of Target Group Members

All KVKs should provide comparative photographs of selected members from the target group taken before and after the intervention. This visual evidence is vital for demonstrating the tangible impact of the programme on beneficiaries.

iv. Organization of Seasonal Recipe Contests with Kitchen Garden Crops

KVKs are encouraged to organize recipe contests featuring commonly grown kitchen garden crops during their prime season. This activity will promote the nutritional value and diversified use of local produce.

v. Promotion of Papaya Cultivation

Where agro-climatic conditions permit, papaya cultivation should be actively promoted by KVKs as a part of the nutri-garden initiative. Papaya is a nutrient-rich fruit that can significantly contribute to household nutrition.

6. KVK, Madhepura

i. Promotion of Drumstick Nursery Across All KVKs

It was recommended that all Krishi Vigyan Kendras (KVKs) prioritize the establishment and promotion of drumstick (*Moringa oleifera*) nurseries. This initiative aims to enhance nutritional security, generate livelihood opportunities, and support sustainable agricultural practices in the respective regions.

ii. Documentation of Impact Through Comparative Photography

It was advised that comparative photographic documentation of selected members from the target group—captured before and after the intervention—be maintained and submitted. This visual evidence will serve to effectively demonstrate the tangible impact of the implemented interventions and aid in future evaluation and replication efforts.

7. KVK, Purnea

i. Study of Feeding Patterns and Behavioral Impact Assessment

It was emphasized that feeding patterns of the target group should be carefully studied. Special attention should be given to documenting any notable changes in dietary habits as a result of the

interventions under the Multi-sectoral Extension Programme (MEP), in order to assess behavioral impact and nutritional improvements.

ii. Revision and Submission of Baseline Health Camp Report

The baseline health camp report should be reviewed and updated, particularly ensuring the correction of the reporting year. Accurate documentation is essential for maintaining data integrity and for comparison with follow-up assessments.

iii. Photographic Evidence of Health Camp Interventions

Action-oriented photographs depicting the situation before and after the health camp should be provided. These visuals will serve as qualitative evidence of health interventions conducted and the subsequent improvements observed among the target population.

8. KVK, Saharsa

i. Incorporation of Missing Content in Presentation

It was advised that any missing points or relevant information in the PowerPoint presentation be identified and incorporated promptly to ensure a comprehensive and accurate representation of the programme activities.

ii. Before-and-After Photographs of Target Group Members

Photographs showcasing selected members of the target group before and after the intervention should be compiled and submitted. These images will visually support the assessment of program impact and help in effective communication of outcomes.

iii. Submission of Recipe Contest Materials in SAC Meeting

The materials prepared and presented during the recipe contest are to be compiled and made available during the upcoming Scientific Advisory Committee (SAC) meeting. This will facilitate knowledge sharing and promote the dissemination of innovative, nutrition-focused food preparations developed during the event.

9. KVK, Supaul

i. Re-presentation of PowerPoint Due to Inadequate Preparation

It was observed that the PowerPoint presentation was not adequately prepared. As a result, it is necessary for the presentation to be revised and re-presented to ensure the accurate and effective communication of key information.

ii. Correction Required in Baseline Health Status Slide

A correction is needed in the Baseline Health Status slide, specifically concerning the discrepancies in the dates presented for hemoglobin and BMI data. The data should be updated and aligned to reflect consistent and accurate timeframes for better clarity and reliability.

10. KVK, Banka

i. Inclusion of Mushroom Cultivation Under MEP Activities

It was recommended that mushroom cultivation be incorporated into the Multi-sectoral Extension Programme (MEP). This addition will help enhance livelihood opportunities, promote nutritional diversity, and support skill development among the target beneficiaries.

ii. Organization of Health Camp in May

It was decided that a health camp should be organized during the month of May. This initiative will support regular health monitoring and timely medical intervention for the benefit of the target group.

11. KVK, Munger

i. Submission of Before-and-After Photographs of Target Groups

To enhance the visibility and documentation of the impact of the Multi-sectoral Extension Programme (MEP), it was recommended that photographs of the target group members before and after the intervention be provided. These visuals will serve as valuable evidence of transformation and program effectiveness.

12. MBAC, Saharsa

i. Adherence to MEP Guidelines in Activities and Reporting

All activities undertaken and reports prepared under the MEP should strictly adhere to the prescribed guidelines. This will ensure consistency, accuracy, and accountability across all implementing units.

ii. Implementation of Activities Across All Three Agricultural Seasons

It was advised that MEP activities be planned and implemented during all three major agricultural seasons—Kharif, Rabi, and Summer—to ensure year-round engagement and to maximize the program's outreach and effectiveness.

13. VKSCoA, Dumraon

i. Reconstitution of MEEP Implementation Team

It was recommended that the implementation team for the Multi-sectoral Extension and Education Programme (MEEP) be reconstituted. This restructuring aims to strengthen the efficiency, coordination, and overall execution of the programme activities.

ii. Maintenance and Aesthetic Improvement of Nutri-Gardens

Attention should be given to ensuring that nutri-gardens are well-maintained and aesthetically organized. A proper and appealing layout will not only enhance their functionality but also serve as a model for replication in the community.

Technical Session I (03 May, 2025, Day-2 of Annual Workshop-MEP 2025)

In the Technical Session I of Day-2, each team presented and discussed their action plan for the year 2025–26, focusing on intensifying outreach, improving nutritional awareness, and strengthening community-based interventions.

III. Action Points for all Colleges/KVKs in Action Plan of MEP 2025-26

The recommendations are as follows:

1. Conduct of Benchmark Survey

A comprehensive benchmark survey should be conducted to collect baseline data related to the socio-economic, nutritional, and health status of the target population for effective planning and evaluation of the MEP interventions.

2. Organization of Quarterly Awareness Programmes

4 awareness programmes should be organized annually, with one conducted in each quarter. These programmes will focus on health, nutrition, and livelihood topics to ensure continuous community engagement and knowledge dissemination.

3. Annual Training Programmes

A total of 9 training programmes should be organized annually under MEP to build the capacity of stakeholders, including beneficiaries, community workers, and extension personnel.

Sl. No.	Month	Number of trainings
1	January-March	2
2	April-June	2
3	July-September	2
4	October-December	3
Total		9

4. Submission of MEP Monthly Progress Reports (MPRs)

The MEP Monthly Progress Reports (MPRs) must be completed and submitted on a quarterly basis to track the progress of interventions and maintain accountability.

5. Annual Health Camp

One health camp should be organized every year, specifically in the month of February to monitor the health status of beneficiaries and provide essential medical services.

6. Establishment of Kitchen Gardens

A total of 25–30 kitchen garden units should be established under MEP, promoting household-level nutritional security.

7. Standard Size of Kitchen Garden Units

Each kitchen garden unit should cover a minimum area of 125 square meters to ensure adequate vegetable production for family consumption.

8. Procurement of Anthropometric Tools for Each KVK

Each KVK should procure essential tools such as weighing machines, measuring tapes, and height charts to facilitate accurate health and growth monitoring.

9. Establishment of Demonstration Units

Demonstration units should be developed using seeds, seedlings, and planting materials of seasonal vegetables to serve as learning models for farmers and community members.

10. Convergence with Government Schemes and Departments

Effective convergence should be ensured with existing government schemes and programmes such as ICDS, the Health Department, Jeevika, and Veterinary Services for integrated development and optimal resource utilization.

11. Creation of WhatsApp Coordination Groups

Dedicated WhatsApp groups should be created involving representatives from Jeevika, ICDS, the Agriculture Department, and other relevant stakeholders to enhance communication, coordination, and information sharing.

12. Field Visits to MEP Villages

A total of five field visits should be conducted in MEP-adopted villages—one in each quarter and two in the final quarter—to monitor the implementation and provide on-site guidance.

13. Product Development Initiatives

At least one value-added product should be developed by each KVK annually as part of skill enhancement and livelihood promotion efforts under MEP.

14. Establishment of Vermicompost Units

Vermicompost production should be promoted through the establishment of 4–6 vermicompost bed bags per unit, supporting sustainable soil fertility management.

15. Promotion of Natural Farming

Natural farming practices should be promoted in the adopted MEP villages to encourage low-cost, eco-friendly, and sustainable agricultural methods.

16. Plantation of Nutritional and Medicinal Boundary Plants

Selected families in the target villages should be encouraged to plant boundary species such as ber, lemon, bael, and karonda to enhance nutritional security and farm diversification.

17. Procurement of ICDS Growth Monitoring Charts

Growth monitoring charts (books) from ICDS should be arranged for regular tracking of children's nutritional and growth status in the adopted villages.

(Action: All Colleges/KVKs)

Technical Session II – Day 2

The second technical session on Day 2 featured a series of insightful and academically enriching lectures centered around strategies for combating malnutrition and improving public health, particularly in rural contexts.

Er. **Kumar Sandeep**, from the Department of Food Science and Technology (FST), Bihar Agricultural College (BAC), Sabour, delivered a comprehensive lecture titled **"Food Fortification: A Key Strategy to Eradicate Malnutrition."** In his presentation, he emphasized the critical role of food fortification as a sustainable and cost-effective intervention to address widespread micronutrient deficiencies, particularly among vulnerable populations. He detailed the current advancements in food fortification technologies, regulatory frameworks, and the integration of fortified foods into public distribution systems. The lecture also highlighted successful case studies and discussed potential challenges in implementation, including consumer awareness, quality control, and scalability in rural and urban contexts.

Following this, **Dr. Anil Kumar**, also from the Department of FST, BAC, Sabour, presented a thought-provoking lecture on **"Eradication of Malnutrition through Food Processing."** He shed light on the transformative potential of food processing technologies in enhancing the nutritional profile, shelf life, and safety of food products. Dr. Kumar emphasized the utilization of local and underutilized crops to develop value-added, nutrient-dense food items tailored to address specific deficiencies. His lecture further explored the role of small-scale food enterprises and their integration into rural economies as a pathway to both nutritional and economic upliftment.

Dr. Jyoti Sinha, Subject Matter Specialist (Home Science), Krishi Vigyan Kendra (KVK), Nalanda, shared her expertise through a lecture titled **"Strategies for the Assessment of Health of Mother and Child in Rural Scenarios."** Her talk focused on practical, community-based methodologies for health and nutritional assessment of mothers and children in rural areas. Dr. Sinha elaborated on the importance of participatory approaches, nutritional surveillance, anthropometric measurements, and dietary assessments. She also discussed the role of Anganwadi workers, frontline health staff, and women's self-help groups in data collection and in the implementation of targeted interventions for improving maternal and child health outcomes.

Together, these lectures offered a multidisciplinary perspective on tackling malnutrition, combining technological innovation, local resource utilization, and grassroots-level health assessment strategies.

This is issued by the approval of the Competent Authority.