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Aahaar Kranti to help India refocus on nutritionally balanced diets

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By **Manbeena Chawla** | April 12, 2021



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The `Aahaar Kranti' movement is designed to address the peculiar problem being faced by India and the world called `hunger and diseases in abundance'. Studies estimate that India produces as much as two times the amount of calories that it consumes. However, many in the country are still malnourished. The root cause of this strange phenomenon is a lack of nutritional awareness in all sections of our society.

There is a need for a nutritionally balanced diet also in the context of the current COVID-19 pandemic. A healthy body would be able to handle the infection much better with greater immunity and higher resilience.

The programme will focus on training teachers, who, in turn, will pass on the message to the multitudes of students, and through them to their families and finally the society at large. Such a strategy was adopted for the eradication of Polio and it turned out to be a grand success.

Vijnana Bharati (Vibha) and Global Indian Scientists' and Technocrats' Forum have aimed to set Aahaar Kranti as a model for the entire world to follow. India has remained the world leader or Vishwaguru for ages, and in case of diet and nutrition, it has led to several path-breaking efforts in terms of science, technology, and innovations. The new movement will add to that.

The mission will work on multiple dimensions simultaneously. In terms of objectives, it will seek to promote better awareness, better nutrition and better agriculture; the messages will be imparted through the curriculum in the form of `what's and `why's of nutrition, or through the forms of games or as instructions such as `how to'; and the content will be provided both online and offline and in all vernacular languages besides English and Hindi to reach out to as many as possible.

Read online: https://nuffoodsspectrum.in/news/4/17275/aahaar-kranti-to-help-india-refocus-on-nutritionally-balanced-diets.html
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