

One-day seminar on Women Health in the Himalaya

Empowering women health through millets: Exploring the nutritional benefits and sustainable solutions

on

6th December, 2023

The rugged terrain and poor socioeconomic condition in the Himalaya make women vulnerable for their health conditions. The hardworking lifestyle and consumption of less nutritious food are major culprits for poorer health in women. Traditional crops such as millets are abundant in the region thus efficient intake of such food can significantly improve the health conditions of women in the Himalaya. However, due to the modernisation and changing lifestyle in the mountains, traditional knowledge related to agricultural and other bioresources is disappearing rapidly. Women in rural areas of the Himalaya lack the knowledge on nutritional values, benefits and traditional usage of millets. Thus, a one-day symposium will be organised to generate awareness on the health benefits of millets among the rural women of Uttarakhand.

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