













In collaboration with



Training for Anganwadi workers on Iodine Deficiency Disorder and its Prevention

Date: 21st October 2020

IIHMR Bangalore in collaboration with Food and Nutrition Board, Ministry of Women and Child Development, Government of India had organised the Training for Anganwadi workers on Importance of Iodine, deficiency disorder and its prevention on the occasion of Global Iodine Deficiency Disorder Prevention day, October 21st

The above said training programme is proposed to be organised on 21st October 2020. 100 Anganwadi workers was deputed from Hassan ICDS Project for the above said programme. The duration of the programme was 2 hours from 11 AM to 1 PM

The trainers of the Program were Dr. Jyoti Vijay, Nutritional Expert and Assistant Professor, IIHMR Bangalore and Dr. Deepashree- Assistant Professor and Program in Charge.

Topics discussed during the session was Importance of Iodine to the body and daily requirements, deficiency disorders and its signs and symptoms, Vulnerable groups for deficiency disorder, Prevention strategies at community and individual level, cooking and storing methods of common salt for the proper absorption of Iodine by body.



