AVRDC
The World Vegetable Center

ICARDA

Activity Report

Training on Human Nutrition

9 September 2014: Fergana, Fergana Valley Action Site, Central Asia

Organized by

CRP Dryland Systems

The World Vegetable Center (AVRDC), and
International Center for Agricultural Research in the Dry Areas (ICARDA)

Tashkent, Uzbekistan

Training delivery

- The Training on “Food security and healthy diet for a population living in Fergana province” was conducted in Kuva district Fergana Province on 9 September 2014 with the active support of local government (Khokimiyat) and district’s Water Users Association.
- There were 126 participants (16 male and 110 female) in the event.
- The Program of the seminar included welcome address and food security problems definition of the Deputy khokim of Kuva district Mr. Abduvali Isakhanov, and ICARDA-CAC specialist Dr. Ram Sharma.
- Classroom lectures were provided by Dr. Shoira Aripova, Director of International Fund “Savob”, Prof. Lubov Kuchkarova from National University and AVRDC-CAC Regional coordinator Dr. Ravza Mavlyanova.
- The lectures included information about the role of a healthy food in a family diet, potential for growing of vegetables in farmers’ fields and home garden, and new varieties of vegetable from AVRDC.
- The lectures were followed by a discussion session involving experts and the participants.
- The representatives from the local community shared their vision and highly appreciated the initiative of such events by ICARDA and AVRDC.
- The participants requested more such events be organized in future on healthy diets in local communities and householders.
- Descriptive material of new varieties was presented for the farmers.
- Nutritional seed package with 5 crops seeds was distributed to participants.
- Folders with booklets, notebooks and leaflets were distributed to farmers.

TRAINING PROGRAM

Kuva District, Fergana Province
September 9, 2014

Time	Activity	Name of lecturer
06:30 – 07:00	Registration	
07:00 – 07:20	Training opening	Welcome address Dr. Ram Sharma, ICARDA
07:20 – 07:50	Actual status of a food security, farmers' income increasing measures, a healthy diet for a population and its development.	Mr. Abduvali Isakhonov, Deputy Khokim of Kuva District Fergana Province
07:50– 08:20	The role of a food for a predestination of sickness and issues of a healthy food in a family.	Shoira.A. Aripova PhD of Medical Sciences, Director of International Women Fund "Savob", Tashkent.
08:20 –08:40	A healthy diet in each family	Prof. Lubov S. Kuchkarova, The Chief of "Human and animal physiology" cathedra of National University, Tashkent.
08:40 – 09:00	Potential of new vegetables varieties for a healthy diet.	Dr. Ravza Mavlyanova, AVRDC-CAC Regional coordinator.
09:00 – 09:20	Questions and answers. Discussion.	
09:20 – 11:30	New nutrient varieties cultivation	"Akmal Matnusaev" farmers farm
12:00	Closing	

List of Participants of the one day training "Food security and healthy diet for a population living in Fergana province" Kuva district, Fergana Province, 9 September 2014

No	Name	Gender
1	Iskhanov A Depute Khokim of Kuva district Regional Administration (Khokimiyat)	Male
2	Kuchkarova L. S (lecturer) Professor, Uzbek National University in Tashkent	Female
3	Aripova Sh.A. (lecturer) Head of Womens' Found	Female
4	Abdurakhimova M	Female
5	Yuldasheva Z	Female
6	Khatamova Kh	Female
7	Saidova D	Female
8	Karimova O	Female
9	Jaboborova M	Female
10	Yuldasheva D	Female
11	Assadullaev K	Male
12	Khaitboeva K	Female
13	Yuldasheva M	Female
14	Kimsanova O	Female
15	Isomova P	Female
16	Dustamova Kh	Female
17	Rakhmonova O	Female
18	Mirzamakhmudova V	Female
19	Isakova G	Female
20	Abdukauymova G	Female
21	Miralieva M	Female
22	Khasanova R	Female
23	Mamajonov A	Male
24	Kosimov B	Male
25	Juraev Sh	Male
26	Kamilova T	Female

27	Rakhimova O	Female
28	Djalilova Sh	Female
29	Kurbanova Kh	Female
30	Soliev I	Male
31	Mamarosulova I	Female
32	Sairamova M	Female
33	Abdurasulova Sh	Female
34	Kurbonova D	Female
35	Gulsunova M	Female
36	Jaborova M	Female
37	Khaitboeva K	Female
38	SHarafutddinova V	Female
39	Tashpulatova Kh	Female
40	Murotova S	Female
41	Kobilova G	Female
42	Yunusova K	Female
43	Arzamatova D	Female
44	Suyarova S	Female
45	Karimova E	Female
46	Yuldosheva U	Female
47	Allayorova L	Female
48	Begmuratova O	Female
49	Egangulyeva A	Female
50	Mamatsaidov A	Female
51	Dadamonova T	Female
52	Solieva U	Female
53	Mamotova F	Female
54	Davidov R	Male
55	Rasulova L	Female
56	Mamataliev R	Male
57	Khoshimov M	Male
58	Muidinov K	Male
59	Mamatkulova N	Female

60	Urmonov N	Male
61	Egamov T	Male
62	Kushanova M	Female
63	Yuldosheva Kh	Female
64	Khakimova B	Female
65	Yuldoshev A	Male
66	Sharipov K	Male
67	Khudoberdieva F	Female
68	Jumabaeva S	Female
69	Ismailova L	Female
70	Madumarova Sh	Female
71	Khaitova S	Female
72	Madalieva S	Female
73	Khudaikulova Sh	Female
74	Makhsudova N	Female
75	Abdurazokov A	Male
76	Imarova L	Female
77	Yuldasheva N	Female
78	Madraimova B	Female
79	Valiev K	Male
80	Toshibaeva G	Female
81	Goidinova F	Female
82	Ashurova M	Female
83	Kaumova M	Female
84	Ergasheva K	Female
85	Karshiboeva N	Female
86	Bilolova O	Female
87	Umirzokova F	Female
88	Toshoboeva Kh	Female
89	Usmanova K	Female
90	Iskhakova A	Female
91	Toshmatova K	Female
92	Madaminova K	Female

93	Oytmatova M	Female
94	Mirzalieva K	Female
95	Itrokov K	Male
96	Abdullaeva A	Female
	15 Lyceum students -	Female
	15 Doctors from regional clinics	Female
	Total : 126 participants Male – 16 Female - 110	