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NATIONAL BANANA DAY– APRIL 20, 2022

Institute of Horticulture Technology celebrated National Banana Day on 20th April 2022 in its Centre at Mandira, Assam. Progressive farmers from District Kamrup and Goalpara Assam attended the field day programme. Experts from IHT highlighted the importance of the banana and the historical prospective in brief. Bananas have many health benefits – a ripened banana is laden with potassium, calcium, vitamin B6 and vitamin C, and is a rich source of carbohydrates and fibre. In India, banana have been valued medicinally for thousands of years. The banana tree is considered sacred and every part of it is used, be it the fruit for eating or the leaf, flower and bark in medicinal treatments. In Hinduism, the banana tree is equated with Lord Brihaspati (Jupiter), who is considered a guru to the Hindu pantheon. The banana tree is also associated with fertility and bounty.

MINERALS IN A BANANA

- Potassium: 422 milligrams (mg)
- Magnesium: 32 milligrams (mg)
- Calcium: 6 milligrams (mg)
- Iron: 0.31 milligrams (mg)
- Zinc: 0.18 milligrams (mg)

VITAMINS IN A BANANA

- Vitamin C: 10.3 milligrams (mg)
- Vitamin A: 76 international units (IU)
- Vitamin B6: 0.43 milligrams (mg)
- Vitamin E: 0.12 milligrams (mg)
- Niacin: 0.79 milligrams (mg)

Banana Day is an annual celebration held on the third Wednesday of every April. IHT celebrates this day by organizing various training programmes which included interactive lectures and field demonstration on production technologies for banana for farmers and entrepreneurs.



Experts of IHT, Mandira, Assam interacting with the farmers during the Banana Day in the Centre

IHT EDUCATION

Institute of Horticulture Technology addresses various gaps and constraints by way of organizing exposure visits for the farmers and horticulture professionals in various areas of horticulture, outside their states. Such programmes help in converging and synergizing multiple on-going and planned programmes for horticulture development.

IHT organized 7 days' exposure visit programme for farmers of Bhagalpur, Bihar to Jalgaon Maharashtra, the exposure visits shape the farmers with modern proven technologies, their post-harvest management, the value addition & marketing. Farmers visited Jalgaon, Maharashtra from 29th March to 4th April 2022 involving 47 farmers from various blocks in the district. The farmers visited various industrial farms, institutions and progressive farmers' fields for upgrading their knowledge in the following areas:

- Hydroponics farming and tissue culture production.
- Various micro irrigation systems.
- Various food processing techniques.
- Mango and citrus nursery production.
- Cultivation of vegetables like brinjal, tomato and water melon.
- Cultivation of fruits like papaya, guava and pomegranate cultivation
- Banana hardening technology.
- Fruits and vegetables marketing.



Few Glimpses of exposure visit programme for farmers of Bhagalpur, Bihar to Jalgaon Maharashtra

TECHNOLOGY DEMONSTRATIONS

Training programmes under different research and development projects were conducted in various demonstration units established in the farmers' field as well as at main Hub in Assam in April 2022. The main objective behind these training programmes was to make the farmers and entrepreneurs aware and learn about latest techniques used in horticulture for generating higher return.



Training focus on "GAP based technology capsule for enhancement of profitability of banana with focus on micro irrigation techniques"



Farmers of Assam along with IHT experts during training programme on "Citrus Grafting"



Glimpses of field demonstration of mixing and drenching of ICAR FUSICONT at farmers' field at Jaknapara, Boko Block, Kamrup Assam



Hands on training in farmers' fields on FUSICONT application

Upcoming Training Programmes:

S. No.	Title	Duration	Mode of Training
1.	Landscape Horticulture	2 Week	Online cum Offline
2.	Vegetables Nursery Production	3 Days	Online
3.	Online Basic Hydroponic	3 Days	Online
4.	Ornamental Nursery Production	3 Days	Offline in Campus
5.	Mushroom Production	3 Days	Online
6.	Protected Cultivation of Vegetables Crops	1 Week	Online
7.	Commercial Hydroponics	2 Week	Online cum Offline

*Customized courses are also offered on demand.

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