

World Coconut Day in Guwahati



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AT News 2 September 2017 11609 views

The Rural [Development](#) Society celebrated the World Coconut Day with a day long programme at [Khanapara](#) . In this context, a popular talk was delivered by Mowsam [Hazarika](#), Assistant Director of agriculture.

[Hazarika](#) said the World Coconut Day helps people understand that this [crop](#) has a vital role in poverty reduction and to provide nutritional and health security, which are the prime need of this hour.

[Hazarika](#) said Coconut is regarded as a life-giving fruit for its amazing properties and it reduces obesity. It shelters the body from deadly diseases and boosts the metabolism [level](#), thereby extracting excess weight from the body.

Moreover, coconut proves to be beneficial in relieving constipation as the fiber in it assists in digestion. Coconut milk is rich in iron and phosphorus which helps in building strong bones and preventing anaemia. There are great opportunities and potential for production, processing and [marketing](#) of value added products of coconut.

He mentioned that, Coconut is described as “Tree of Life” or ‘Heavenly Tree” because of its unique property by providing food, nutrition, drink, health, aesthetic sense, building material and other useful household material.

On this “World Coconut Day”, [Hazarika](#) appealed to all to share the importance of this tree by making aware of its intrinsic value in the life of mankind. He highlighted that, Coconut production is an alternative method of food production as well as employment generation.

It may be mentioned that, Asian and Pacific Coconut Community (APCC) celebrates September 2nd as World Coconut Day. APCC headquarters are present at Jakarta, Indonesia. Many countries which grow coconuts are also the members of Asian and Pacific Coconut Community.

The theme of World Coconut Day for the year, 2017 is - ‘Coconut for Family Nutrition, [Health](#), and Wellness.’

In this occasion, an exhibition on Coconut and its value added products also organised , where Resource Persons , namely A. Latha, C. Unnikrishnan and C.J Joseph of Coconut Research Forum , Kerala took part.

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