



Science Excellence for Health through Agricultural Transformation

A Joint National Mission of



**Indian Council of Agricultural Research (ICAR) &
Indian Council of Medical Research (ICMR)**

HEALTHY FARMS • HEALTHY FOOD • HEALTHY INDIA



Agriculture for Health

Why SEHAT?

India's farms do more than produce food — they shape the nation's health

- SEHAT is a visionary national mission that brings together Agriculture, Nutrition and Health to build a healthier India.
- Led jointly by the Indian Council of Agricultural Research (ICAR) and the Indian Council of Medical Research (ICMR).
- The mission connects the journey from: **Farm → Food → Nutrition → Health**
- The mission promotes scientific solutions that improve dietary quality, strengthen immunity, reduce disease risks and support sustainable livelihoods.



Our Vision

To make agriculture a powerful driver of preventive and promotive healthcare through science-led integration of agriculture, nutrition and health research.

What SEHAT Focuses On

Nutrient-Rich Agriculture

Promoting biofortified crops, healthy livestock and nutrient-rich fish products.

Better Nutrition

Encouraging diverse, safe and balanced diets for all age groups.

Farmer Well-being

Reducing occupational risks and improving safety for agricultural workers.

Healthier Communities

Developing food-based solutions to tackle:

- Malnutrition
- Obesity
- Diabetes
- Hypertension
- Micronutrient deficiencies.



Key Action Areas

Biofortification & Nutri-Foods

Iron-rich, zinc-rich and vitamin-enriched crops for better nutrition.

Integrated Farming Systems

Combining crops, livestock, fisheries and horticulture for healthier households and stable incomes.

Occupational Health & Safety

Promoting safe farming practices, reduced pesticide exposure and climate-resilient agriculture.

Agri-Nutrition for Lifestyle Diseases

Developing functional foods and low-GI products for diabetes and heart health.

One Health Approach

Connecting human, animal and environmental health for stronger disease preparedness.



Expected Impact

SEHAT aims to create a healthier future by:

- Improving nutrition and dietary quality
- Reducing hidden hunger and micronutrient deficiencies
- Supporting prevention of non-communicable diseases
- Strengthening food and nutrition security
- Enhancing farmer health and safety
- Building resilient and sustainable food systems
- Enabling science-based policy decisions.



**Together, ICAR & ICMR Aim to Build
A National Research Ecosystem Linking
Agriculture with Human Health**



Mission Leadership



Shri Shivraj Singh Chouhan

Hon'ble Union Minister of
Agriculture & Farmers Welfare and
Rural Development
Govt. of India



Shri Jagat Prakash Nadda

Hon'ble Union Minister of
Health & Family Welfare and
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**Transforming Agriculture
into a Pathway for
Better Nutrition, Wellness and
Preventive Healthcare**