

**GOVERNOR'S SECRETARIAT  
ARUNACHAL PRADESH  
ITANAGAR**

**Press Communiqué**

**Governor plants Avocado saplings**

**Governor encourages people to adopt kitchen gardening**

**Cultivating vegetables at home will ensures food security and better nutrition but also promotes a healthy lifestyle: Governor**

The Governor of Arunachal Pradesh, K. T. Parnaik, PVSM, UYSM, YSM (Retd.), planted saplings of avocado in the horticultural farm of Lok Bhavan, Itanagar on 9<sup>th</sup> March 2026. Saplings of two varieties of avocado, Hass and Pinkerton, were planted as part of a pilot project organized by the State Department of Horticulture. The initiative aims to explore the suitability of high-value fruit crops in the region while promoting sustainable horticulture practices.

The Governor advised the horticulture officials to make optimum use of the available vacant space in the Lok Bhavan premises for innovative horticulture pilot projects. He emphasized that such initiatives can serve as demonstration models and inspire people to utilize small spaces at their homes for vegetable gardens and fruit cultivation, thereby strengthening household nutrition and self-reliance.

Over the past few years, the Governor has taken several initiatives to rejuvenate the horticulture and agricultural farms of Lok Bhavan. Under his guidance, the farms have gradually transformed into productive and vibrant green spaces. The quality and quantity of vegetables produced through natural farming methods have significantly improved. A substantial portion of the fresh produce grown in these farms is regularly distributed to care homes and institutions for special children, reflecting the spirit of community service and social responsibility.

The Governor, who has consistently encouraged people to adopt kitchen gardening, advised citizens to grow seasonal vegetables in their own backyards wherever possible. He said that even small kitchen gardens can provide fresh, healthy, and chemical-free vegetables for families, while also reducing dependence on market supplies.

The Governor further highlighted that cultivating vegetables at home will ensure food security and better nutrition, promote a healthy lifestyle, strengthen the bond with nature, and also instil a sense of responsibility towards sustainable living. He expressed hope that if more households take up kitchen gardening, it will gradually evolve into a people's movement for healthy food, environmental sustainability, and self-sufficiency in the State.

Shri Tobom Bam, Director Horticulture and departmental officials were present on the occasion.

PRO to Governor  
Arunachal Pradesh  
ITANAGAR, March 9, 2026