

Empowering India's Food Security: Harnessing Aquaculture for Nutritional Prosperity

Athira Raveendran¹, Dr. J. Sacratees²

^{1,2} Manonmaniam Sundaranar University, India.

Abstract

Food security is one of the most important factors leading to the development of the socioeconomic status of a country. The aquatic animals' servers as a cheapest and highly nutritious source of protein which can also be used as a valuable supplement in basic human diets. In the overall global food production system, aquaculture plays a vital role in the global fight against poverty and malnutrition. Aquaculture is a sector which is being identified as a sector which has the potential to provide the essential nutrients and other high-quality animal protein especially in a developing country like India. Not only high nutrients and animal protein but aquaculture sector also leads to the creation of income and employment opportunity. Nowadays aquaculture is one of the fastest growing food production sector in the world and India is a country which is one of the major players in the world aquaculture sector, its 8000 + kms of coastline across the southern, eastern and western space made the country the 2nd largest producer of aquaculture products (mainly shrimp) and the largest exporter of shrimp in the global economy. Shrimps are a rich source of high-quality protein, micronutrients and essential fatty acids for the development of human health. Aquaculture sector contributes to food security in two ways: directly as a source of essential nutrients and indirectly as a source of employment, income and livelihood. The low price and less volatile character of aquaculture products makes it one the most demandable and affordable food product by all the sections of the society.

Keywords: Aquaculture, Food Security, India, Nutrition, Shrimp.