

A training programme on “Nutritional security and economic empowerment of farm women” under UNDP funded project to the rural women at Sehjadpur village, Sonipat district, Haryana

Division of Agricultural Extension, ICAR – Indian Agricultural Research Institute (ICAR-IARI), New Delhi, organized a training programme on “Nutritional security and economic empowerment of farm women” under the UNDP funded project ‘Strengthening agri-nutri linkage for enhancing nutritional security and empowering farm women in India: Leveraging agriculture for nutrition’ at Sehjadpur village, Sonipat block, Sonipat district, Haryana during April 17-19, 2018. A group of 50 rural women who are members and pradhan of various Self Help Groups participated in the training.

First day began with registration and pre-test of the trainees. Dr. Sukanya Barua, Scientist, Agricultural Extension addressed the trainees about the project and its vision and emphasized the importance of economic empowerment & nutritional security to rural women. It was followed by entrepreneurial motivation exercises. BMI of the participants were also undertaken.

The second day had a session on importance of post harvest technology and procedure of value addition in fruits and vegetables. Nutri products of ICAR-IARI were showcased and explained. Finally on the third day, demonstration of fruit jam, chutney and ketchup preparation was undertaken by Dr. J.K Nandal, Principal Scientist, Vegetable science from KVK, Sonapat. Post-test of the trainees were also conducted. Besides certificates, Summer vegetable seeds were distributed to the participants. Then IARI Nutri kitchen garden kit and curry leaf cuttings were especially given to the best trainees (*Krishi Sakhis*). Dr. Sukanya Barua and Dr. V. Sangeetha, Scientists (Agricultural Extension), and the Project staffs Mr. Ravi Shankar (SRF), Ankush Kumar (Field Assistant), Dr. Himanshi Rathore (SRF), Ms. Chetna (Field Assistant) organized the training programme under the guidance of Dr. Satyapriya (PI, UNDP Project) and Dr. Premlata Singh (Head, Agricultural Extension and Co-PI).



Registration of trainees



Exposure to Motivational videos



Lecture on 'Value addition and basic concepts of Post harvest technology' by Dr. J.K Nandal



Simulation exercise conducted by UNDP Project staff Mr. Ravi Shankar



Demonstration of fruit jam and tomato ketchup preparation by Dr. J.K Nandal



Distribution of Pusa kitchen garden kits to trainees



Participants with training certificates