

Pusa Mustard 30 Demonstration under the project “Enhancing Nutritional Security and Gender Empowerment” organized by Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute, New Delhi

Under the project “Enhancing Nutritional Security and Gender Empowerment and as part of MGMG, Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute (IARI), New Delhi organized an awareness cum demonstrations of Pusa Mustard 30 and spread nutritional benefits of Pusa Mustard 30, low erucic acid oil. The activity was organized in project villages of Baghpat district namely Bassi, Lehchora, Suhenhda and Rattol on 4th October, 2018 and Gharibala village of Sonipat, Haryana on 5th October, 2018. Dr. V. Sangeetha, Scientist, Division of Agricultural Extension, Dr.H.K. Dixit, Pr.Scientist, Genetics and Dr.P.Venkatesh, Senior Scientist, Division of Agricultural Economics organized the demonstration activity.

The aim of organizing the program was to make target beneficiaries aware about the nutritional quality of Pusa mustard (PM-30) variety and the benefits of low erucic acid mustard oil. The program started with a brief about the project activities and risks related to high erucic acid consumption and the benefits of consuming low erucic acid oil.

The scientists explained about the role of food choices in achieving nutrition security. The motive was it to create awareness among the farmers about healthy oils and choosing better option for their nutritional benefit and good health. After the session, the seeds were distributed to the farmers. Apart from this, nutri kitchen garden kit were also given to farmers and farm women.

All the farmers’ were very much responsive and positive towards the mustard variety (PM 30).The programme ended with vote of thanks and appreciation from the farmers.

Glimpses of activity



Dr. V. Sangeetha discussing the importance of PM-30 Mustard variety and



farmers and farm women from Baghpat district took part in the activity



Scientists discussing the importance and health benefits of consumption of Pusa mustard-30 with the farmers in Sonipat district



Farmers with Pusa mustard-30 seeds in Sonipat district