

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

Three-days training programme was conducted in Tharu village, Sonipat district, Haryana state during August 17-19, 2017 on **“Soybean based products: Soy milk and Soy tofu”** by the Division of Agricultural Extension, ICAR – Indian Agricultural Research Institute (ICAR-IARI), New Delhi under the UNDP funded project ‘Strengthening Agri-nutri linkage for enhancing nutritional security and empowering farm women in India : Leveraging Agriculture for Nutrition’. A group of 50 rural women from Tharu village, Sonipat district, belonging to various Self Help groups participated in the training. First day began with the registration of trainees and issue of the training kit comprising of the training manual, writing pad, pen and bag. A pre-test of trainees’ knowledge on soy milk making, agricultural technologies, *etc.* was conducted. And then, the sessions on micro lab and simulation exercises on entrepreneurship motivation were conducted. Anthropometric measures viz., height and weight of the trainees were recorded. Dr. V. Sangeetha, Scientist, Division of Agricultural Extension delivered lecture on Nutri food and nutripreneurship. Videos on success story of women entrepreneurs, benefits of soy milk were showed to the trainees.

Second day, Dr.Sangeeta Chopra, Pr.Scientist (Agrl.Engineering) demonstrated soymilk preparation and soy tofu preparation to rural women. On third day, Mr. Rajesh Sharma,(Director),RSETI- Punjab National Bank, stressed upon the importance of marketing. And, certificates and vegetable seeds were distributed to the trainees. The three best trainees were identified as ‘Krishi-sakhi’ and awarded with Pusa-nutri kitchen garden kit and lemon saplings. The three days training successfully ended with vote of thanks for all who helped in conducting the training programme.



Dr. Sangeeta chopra delivering lecture on soy and its products



Tower building exercise being undertaken



Training on Soybean based products: Soy milk and Soy tofu



Certificates being distributed



Krishi sakhi being awarded with saplings and Nutri kit



Trainees of Soybean based products: Soy milk and Soy tofu with the staff