

**Training Programme on
“Pulses based products for Nutrition security of rural women”**

Organized by Division of Agricultural Extension
ICAR-Indian Agricultural Research Institute, New Delhi

Training programme on **Pulses based products for Nutrition security of rural women** was organized by Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute, New Delhi under DST funded project “**A Nutrition led Extension Model of Community Agri-Nutri Centres (CANSCs) for Nutrition Security of Women**” and the Institute project titled “**Enhancing Nutritional Security and Gender Empowerment**” in Lachoda village, Baghpat District, U.P. on 2nd November, 2017. Dr. V. Sangeetha, Scientist (Agril.Extension) and the project staffs Ms.Shivani Singh (SRF) and Mr. Sumit Kumar (PA) organized this programme. Dr. Shalini Gaur Rudra, Scientist (Food Science & PHT), one of the Co-PI of this project, was the resource person for this training program.

The endeavour of this training programme was to train farm women in preparing products based on Pulses and to get them aware about nutritional benefits of it.

The motive was not only to spread awareness among farm women about the nutritional benefits of these pulses products but also in enhancing their skills in preparing different recipes and also make it as a secondary income source so that their household nutritional security may be enhanced in future.

At first, Dr. V. Sangeetha briefed about the project and how nutrition is important for all especially for women and children.

Dr. Shalini interacted with the group about many nutritionally packed products made by pulses; she discussed how easily they can be prepared at home and in future these may play a role of secondary income source. Following the discussion, she carried a live demonstration of Pulse based preparation of “*Chane Ka Sattu and Litti*”. This is also a very popular traditional food from Bihar state and sold on a fine price in Delhi NCR Regions.

Mr. Sumit also introduced them all to PUSA nutri products available in PUSA Campus. The demo mainly depicts preparation of pulse based snack with low cost and higher nutritional benefits. All the women participants showed a great enthusiasm and shown lot of interest to learn the recipe.

In this programme, a significant number of farm women participated enthusiastically. The programme ended with enthusiastic appreciation from the rural women.

A glimpse of project activities follows:



Dr. V. Sangeetha and Dr. Shalini discussing about Pulses based snacks and their Health benefits



Demonstration of *Sattu and Litti* by Dr. Shalini and participants taking part in it.



Participants prepraing the recipie under the guidance of Dr.Shalini