

Division of Agricultural Extension, ICAR-IARI, organised a training programme on **“Value addition of Fruits and Vegetables for Nutritional Security”** under the project entitled “Enhancing Nutritional Security and Gender Empowerment” at Village-Lehchoura, Baghpat (Uttar Pradesh) on 6th December, 2016. Dr.Charanjit Kaur, Pr.Scientist (PHT), Dr.V.Sangeetha, Scientist (Ag.Extn.), Mr.Satya Prakash (T.O.) and Mrs.Shika Chaudhary (Young Professional-II) were participated in this programme. Dr. Charanjit Kaur trained a group of fifty farm women to prepare mixed vegetable pickle, ginger-lemon squash and amla candy technically and explained its importance and its nutritive value to them. During the interactive session, different uses of fruits and vegetables and its health benefits were explained to the farm women. Awareness about wastage of fruits and vegetables and how effectively it can be processed for the household food security was created among the fam women.



Mixed vegetables pickle preparation



Amla candy preparation



Lemon-Ginger Squash preparation