

**Training programme on “Skill building in agri-nutrition for rural women”
in Sunnehda village, Baghpat district, U.P**

by

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

A training programme for three days was organized in Sunnehda village, Baghpat district, U.P between 23-01-2019 to 25-01-2019 on “Skill building in agri-nutrition for rural women- Nutrition rich value added products of Soybean and Pearl Millet (Bajra)” by the Division of Agricultural Extension, ICAR – Indian Agricultural Research Institute, New Delhi under the DBT funded project “**Skill building in Nutrition Sensitive Agriculture for Empowerment of Rural Women**”

A group of 50 rural women from Sunnehda village, belonging to various strata’s, Self Help Groups took part in this training. Bajra and soybean were taken as the main products as these are rich sources of protein, calcium, potassium, iron, fiber and other nutrients.



Participants' Registration



*Participants watching videos related to
nutrition*

First day was started with the registration of trainees. The participants were explained about the project, how nutrition is important for all and what is the role of agriculture in it . A pre-test of trainee’s knowledge on pearl millet and soybean’s importance of nutrition, nutri rich

varieties, processed products and processing technologies, *etc*, was conducted. Afterwards, the sessions on simulation exercises on entrepreneurship motivation were conducted. In this, tower building game was organized for the participants. Then, videos on successful entrepreneur, benefits of bajra, general nutrition, processing machineries *etc*. were streamed to the trainees. Training kits were also provided to the participants.



Project staff with the trainees



Pre knowledge testing of the participant



participants playing Tower building game

Second day of the training was devoted to the demonstration on processing of the nutri rich value added products of pearl millet and soybean, i.e. Bajra ladoo, soy milk and soy paneer (tofu). Hands on experience was given to the rural women in preparing these items.



Demonstration of Bajra ladoo



Bajra ladoo prepared in the training



Preparation of Soy Milk



Processing of soy milk into Tofu

Tofu prepared during the training

The last day of the training programme was focused upon entrepreneurship development programme and marketing strategy for value added products. The resource person, Mr.Surender Singh, Chairman, Gramkul Farmer Production Co. Ltd., discussed about Farmer

Producer Organisation (FPO) and its benefits. He also talked about labelling, transportation, marketing and credit facilities for the rural women.

On the final day, post knowledge test of the participants were conducted. Certificates were awarded, nutri kitchen garden kits were distributed to all the participants of the training program. The three best trainees were awarded with the protein rich soynuts. The training programme productively came to an end with a vote of thanks to all who have given their support in organizing this training program.

Scientists, Dr.V. Sangeetha, Dr. Satyapriya, Dr. P. Venkatesh, and Dr. Sudipta Paul, the Project staff viz., Dr. Monika Yadav and Mr. Tushar Singh, SRFs and Ms. Sneha Chopra and Mr. Sumit, Project Assistants, Mr. Ankush Kumar, Field Assistant, organized this training programme under the guidance of Dr. Premlata Singh, Head and Co-PI, Agricultural Extension, ICAR-IARI, New Delhi.



Discussion regarding FPO



Rural women showcasing the value added products of pearl millet and soybean



Participants with the certificates, kitchen garden kit and the project staff