

**Training Programme on
“Value Addition of Cereal Products for Nutrition Security of Rural Women”
Organized by Division of Agricultural Extension,
ICAR-Indian Agricultural Research Institute, New Delhi**

Training programme on **Value addition of cereal products for Nutrition security of rural women** was organized by Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute, New Delhi under DST (**A Nutrition led Extension Model of Community Agri-Nutri Centres (CANSCs) for Nutrition Security of Women**) project in Lehchhoda village, Baghpat District, U.P. on 16th October 2017. Dr. V. Sangeetha, Scientist (Agril.Extension), ICAR-IARI, New Delhi and the project staffs Ms.Shivani Singh (SRF) and Mr. Sumit Kumar (PA) organized this programme.

The aim of this training programme was to train farm women about the nutritional benefits of packed products made of cereals and to generate good quality secondary income alternatively by value addition of cereal based products. The motive is also to spread awareness among farmers about the nutritional security of these cereal products and to promote healthy consumption habits among farming community.

At first, Dr. V. Sangeetha briefed about the project, our target group for the training is women so she also discussed about role of women in household and how they could help in restoring nutritional security. Mr. Sumit also introduced them all to Nutritional products available in ICAR-IARI, PUSA campus.

Then, baseline data of the target women group has been collected to get a brief idea of socio-economic background and their knowledge on nutrition.

After this, live demonstration on preparation of Multi grain cookies on stove (**without oven**) was shown to the participants. The demo mainly depicts preparation of value added cereal based cookies with low cost and higher nutritional benefits. All the women participants were very enthusiastic to learn the preparations and shown interest even in the awareness session held before demonstration.

In this programme, a group of 30 farm women were participated enthusiastically. The programme ended with enthusiastic appreciation from the participants.

A glimpse of activities



Baseline data collection of the intervention group



Dr. V. Sangeetha briefing the projects and role of women in maintaining household nutrition security

Mr. Sumit is briefing about Pusa Nutri products



Demonstration of Multi grain cookies and participants taking part in it.



Participants with prepared multigrain cookies