

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

Division of Agricultural Extension, ICAR – Indian Agricultural Research Institute (ICAR-IARI), New Delhi, organized a training programme on “Nutritional security and economic empowerment of farm women” under the UNDP funded project ‘Strengthening agri-nutri linkage for enhancing nutritional security and empowering farm women in India: Leveraging agriculture for nutrition’ at Sehjadpur village, Sonipat block, Sonipat district, Haryana during March 20-22, 2018. A group of 50 rural women representing various Self Help Groups, Anganwadi workers and ASHA workers participated in the training. First day began with registration and pre-test of the trainees. Dr. Sukanya Barua, Scientist, Agricultural Extension addressed the trainees about the project and its vision and emphasized the importance of economic empowerment & nutritional security to rural women. It was followed by entrepreneurial motivation exercises. BMI of the participants were also undertaken. The second day had a session on practical demonstration of soy products like soy milk and soy tofu preparation’s hand on experience. Nutri products of ICAR-IARI were showcased and explained. Finally on the third day, session on Finance & banking for SHGs to start nutripreneurship was undertaken by Mr. A.K.Gandhi, ADM, Punjab National Bank, Sonipat. Dr. Jogender Singh, Subject Matter Specialist (SMS) conducted lecture on basics of organic farming and vermi-compost production. Post-test of the trainees were also conducted. Besides certificates, bitter gourd seeds were distributed to the participants. Then IARI Nutri kitchen garden kit were especially given to the best trainees (Krishi Sakhis). Dr. Sukanya Barua and Dr. V. Sangeetha, Scientists (Agricultural Extension), and the Project staffs Mr. Ravi Shankar (SRF), Ankush Kumar (Field Assistant), Dr. Himanshi Rathore (SRF) organized the training programme under the guidance of Dr. Satyapriya (PI, UNDP Project) and Dr. Premlata Singh (Head, Agricultural Extension and Co-PI).





Demonstration of Soy milk and Soy Paneer preparation



Participant prepare Soy tofu and soy milk for family consumption



Mr. A. K Gandhi, ADM, Punjab National Bank delivering a lecture about SHG-Bank linkages for starting agriprenuership



Simulation exercise conducted by UNDP Project staff Mr. Ravisankar



Distribution of Pusa kitchen garden kits to trainees



Participants with training certificates