

Demonstration of Vegetable Seed Kits to Rural Women Farmers at Narnaul, Haryana by Division of Agricultural Extension, ICAR-IARI, New Delhi

The ICAR- Indian Agricultural Research Institute (IARI), New Delhi has been actively working to address challenges related to food and nutritional security in the country. It has made significant contributions by developing high-yielding, nutrient-rich crop varieties and promoting practices to enhance the nutritional well-being of farmers, such as encouraging kitchen gardening for access to fresh vegetables. To promote the consumption of seasonal, nutritious vegetables, Pusa mini kitchen garden kits were distributed under the inhouse project “Agricultural Extension for Nutrition and Health (AE4NH) - Strategies and Models” by IARI’s Division of Agricultural Extension. These kits were provided to women farmers in Nuni Awal, Village, Narnaul Tehsil, Mahendragarh District, Haryana on 22nd November 2024.

The kit included seed packs of 10 different winter vegetables like Pusa Rohini (Tomato variety), Pusa Bharti (Spinach variety), Pusa Chetki (Radish variety), Pusa Rudhira (Carrot variety), Pusa Madhvi (Onion) etc. In total, 41 women farmers received the vegetable seeds kit. The initiative aimed to raise awareness among rural women about the benefits of kitchen gardens, encouraging them to grow and consume healthy vegetables to improve their nutrition and overall health. Dr. Sukanya Barua (PI and Scientist, SS) and Dr. Misha Madhavan M. (Scientist, SS) took part in the program and highlighted the significance of balanced nutrition and the contribution of kitchen gardens in ensuring nutritional security. The programme was conducted under the guidance of Dr. Satyapriya, Head, Division of Agricultural Extension.



Women farmers at Nuni Awal village with the vegetable seeds kits received from IARI, New Delhi



Briefing about the vegetable seeds kit and the importance of kitchen gardens



Farmer-Scientist Interaction