

**Training on Skill building in Nutrition Sensitive Agriculture (NSA) for  
empowerment of rural women  
by  
Division of Agricultural Extension  
ICAR-Indian Agricultural Research Institute, New Delhi**

Three days training programme was organized in Harsanakala, Sonipat district, Haryana state on “Value added Products of Pearl millet” 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” during 03-02-2021 to 05-02-2021. The aim of this training programme was to spread awareness about the nutritional benefits of Bajra and create awareness among the rural women that how heading towards healthy living can be made easy with little creativity and efforts and how these efforts can be further counted for commercialization to earn their livelihood.

First day began with the registration of trainees. The project team briefed about the importance of bajra in the diet. The aim of this programme was to spread awareness about importance of pearl millets and its nutritional value, nutri rich varieties, processed products and processing technologies among rural women and to promote healthy production and consumption habits among them. Data was collected with the help of pre and post-tested structured interview schedule. Then explained about the importance of nutri kitchen garden. Videos on bajra, machineries to prepare value added products, nutrition and entrepreneurship were shown to the trainees. Then, PUSA Nutri Kitchen Garden Kits were given to the rural women.

Secondly, there was demonstration of Hallur Bajra laddoo, a healthy snack. Dr.V.Sangeetha discussed about the benefits of processing different food items. She also talked about the packaging techniques, the rural women can adopt for enhancing their income and nutritional security. Then, videos on successful entrepreneur, benefits of pearl millet, general nutrition, nutri rich varieties, processing machineries *etc.* were streamed to the trainees. On the last day, post-knowledge test of the participants was conducted. In this, simulation exercise was organized for the participants. At the end of the training, certificates were awarded. 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 and the Project staffs Mr. Sumit Kumar (Project Assistant) and Mr. Ankush Kumar (Field Assistant)

organized this training programme under the guidance of Dr. Rabindra Padaria, Head, Division of Agricultural Extension, ICAR-IARI, New Delhi.

### Glimpses of Training Activities



Dr. V. Sangeetha is briefing about the project



Registration & Pre-test of the Participants



Participants were made aware about Hallur Soft Bajra Atta



Participants were made aware about Pusa Nutri-Kitchen Garden Kit



Participants watching videos related to agriculture and nutrition



Women playing Tower Building game



Preparation of Hallur Soft Bajra Ladoo



Dr. V. Sangeetha & trainees with Bajra Ladoo



Distribution of Training Certificates to the participants



Participants with training kit and certificates