

Kisan Goshthi organised on "Nutrition Security for Women Empowerment" and Field Visit at Dadhota Village, Palwal, Haryana

On 24th October 2024, an extension activity was conducted in Dadhota village, Palwal district, Haryana under the Farmer FIRST project. The event, titled "**Nutrition Security for Women Empowerment**", was organised to promote vegetable cultivation techniques that support nutrition security and empower women farmers. The initiative was led by a team comprising Dr. Subhashree Sahu (Scientist, Agricultural Extension), Dr. Amit Goswami (Senior Scientist, FHT), Dr. Gograj Jat (Scientist, Vegetable Science), Sh. Shailendra Sharma (SRF, Farmer FIRST Project). The program aimed at providing farm women with practical skills in vegetable cultivation, and emphasised nutrition security through home gardening.

The event was attended by approximately **65 farm women** from Dadhota village. The session focused on teaching the women vegetable crop cultivation techniques that can improve their household nutrition and overall well-being. Experts demonstrated various sustainable practices and provided insights into growing a variety of vegetables suitable for kitchen gardens.

Training on Vegetable Cultivation: The hands-on training provided practical knowledge on:

- Seed selection and sowing methods.
- Soil preparation and organic fertilization.
- Pest management and crop rotation to enhance yield.
- Water conservation techniques to ensure sustainable gardening practices.

The farm women were encouraged to actively participate and ask questions, ensuring the session was highly interactive and informative.

Resource Distribution: As part of the event, **vegetable seeds** and **kitchen garden kits** were distributed to all the participants. The kits included seeds of selected vegetable crops- spinach, fenugreek, carrot, onion, coriander along with instructions to help the women start their own kitchen gardens immediately.

Field Visit: A field visit to guava fruit orchard followed the training, where participants had the opportunity to discuss soil health, irrigation methods, and plant care with the scientists.

Output:

- The Kisan Goshthi equipped farm women with practical and effective techniques for cultivating vegetables, which will directly impact their household nutrition and economic empowerment.
- The event helped build confidence among the women, showing them how they can grow nutritious vegetables at home, thereby contributing to family health and reducing dependency on external food sources.
- The distribution of seeds and gardening kits allowed the women to immediately apply what they had learned, ensuring that the training led to tangible outcomes.

The Kisan Goshthi on "Nutrition Security for Women Empowerment" was a successful extension activity that not only educated farm women on sustainable vegetable cultivation but also equipped them with the resources to make a positive impact on their nutritional security. Through such initiatives, women in rural areas can gain the knowledge and skills to improve their livelihoods, strengthen food security, and contribute to community development.

