



**RESEARCH ARTICLE :**

## Impact of SHGs on dietary diversity of the rural household

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**SUMMARY :** Women participation plays a significant role in rural employment. They put their entrepreneurial skills in all the rural employment activities such as agricultural operations, poultry, sheep rearing, dairy, fire wood cutting and selling, sale of agricultural produce (Gurumoorthy, 2000). There is evidence of increased household income through The SHGs have proved the way for economic independence of rural women (Sundaram, 2012). SHGs led the way to reduction in acute malnutrition among children, infant and child mortality / premature adult deaths and improved education of girl children (Joy Deshmukh-Ranadive 2004). This study was conducted on 120 SHG households and 30 Non SHG households. The primary data was collected from the women. The Household Dietary Diversity Score (HDDS) for individual households was calculated and distribution of SHG and Non-SHGs were tabulated. From HDDS obtained by different households, it was clear that 68% of SHGs and 70 % of Non-SHGs were found to be under Medium dietary diversity with 4-5 food groups consumed. The rest of the households 9 % of SHGs and 3 % of Non-SHGs were under High dietary diversity with e” 6 food groups consumed. About 23 % among SHG and 27 % Non SHG were found to be under lowest range with d” 3 food groups consumption. The Medium dietary diversity group have limitations in their food intake practices, which could be attributed to variations in income and educational status and also availability of resources and cost concerns. Policy-makers and programme implementers must act today to create nutrition-sensitive interventions that will increase impact and improve health for generations to come.

**KEY WORDS :**

SHGs, Non SHG,  
Income, Acute  
malnutrition,  
Household dietary  
diversity score

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