



RESEARCH PAPER

Minimum losses of nutrients by scientific method of food preservation: Empowerment of farm women of nutri smart village of dist. Ujjain (M.P.)

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Abstract : Value addition and food preservation technique is the excellent source for doubling the Income of farm women. Value addition is also helpful for minimizing the malnutrition problem. Hence, to combat malnutrition problem and for enhancing the economic condition five days vocational training programme was conducted by Krishi Vigyan Kendra, (Rajmata Vijayaraje Scindia Krishi Vishwa Vidhyalay), Ujjain (Madhya Pradesh, India) at selected Nutria Smart Village-Kalyanpura (Block Ujjain) covering 25 respondents. The selected respondents were belonging to malnourished families. Practical demonstration was given on the basic extension theme of 'Believing by seeing and learning by doing'. The practical demonstrations were given on extinct preservative material with minimum losses of nutrients while preserving the food items. Those practical were useful from the economic generation point of view also. The content of the training programme was to prevent the extinct preservative material with minimum losses of nutrients while preserving the food items. Those practical were useful from the economic generation point of view also. Pre and post- evaluation was also assessed during the training programme and the results found that 80-100 per cent respondents were update their knowledge about the processed food items with minimum losses of the nutrients.

Key Words : Value addition, Malnutrition, Farm women, Doubling income, Nutrition, Scientific method

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