The Pharma Innovation Journal 2021; SP-10(6): 578-580

www.ThePharmaJournal.com

The Pharma Innovation

ISSN (E): 2277- 7695
ISSN (P): 2349-8242
NAAS Rating: 5.23
TPI 2021; SP-10(6): 578-580

www.thepharmajournal.com
Received: 07-04-2021
Accepted: 09-05-2021

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Impact of training programme on value addition of small millets for livelihood enterprise in Eastern Ghats

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Abstract
Consumption of millets has increasing day by day because millets have number of health benefits when compared to cereals. Due to lack of awareness on nutritional importance of millets and methods of value addition, the consumption of millets is low among rural areas. In view of this present study was carried out to assess the impact of training programme on millet and their value addition among rural areas. The study showed that majority of female respondents showed interest in value addition of millets compared to male respondents. Pre-training and post-training assessment was done to observe the level of skill of the respondents. It was observed that increase in the duration of training programme gives yields better results among the respondents to gain more knowledge and skill on value addition.

Keywords: training, impact assessment, value addition, small millets, demographic profile

Introduction
Small Millets are one of the oldest foods known to humans and possibly the first cereal grain to be used for domestic purposes. Millets are short-seeded grasses that are hardy and grow in dry zones as rain-fed crops, under marginal conditions of moisture and soil fertility. Millets are one of the cereals asides the major wheat, rice and maize. Millets mostly grown under agricultural conditions in marginal areas where cereals fail to give substantial yields. The seed coat of millets contain anti-nutritional factors such as polyphenols and phytates and the milled millets does not contain these anti-nutritional factors (Kumar, 2010) [4].
Small Millets have ability to grow under any weather conditions like limited rainfall, hence millets are important foods in many underdeveloped countries. In contrast, for millions of people in Africa, millet is the major source of energy and protein (Issoufou *et al.*, 2013) [2]. Millet is a very important crop with following characteristics: millet is a drought-resistant crop, resistance to pests and diseases, short growing season when compared with other major cereals. Millets are special from the cereals as they are rich source of calcium, dietary fibre, protein and polyphenols (Devi *et al*., 2011) [1].
Millets have nut like flavour and are mildly sweet since they are tasty grains. When compared to rice millets are rich source of energy, protein, minerals and dietary fibre. Millets have high food value but their consumption has declined. Hence an effort was made to increase the utilization of small millets in popular foods which would find ready acceptability with the tag of “HEALTH FOODS”. Farmers usually prepare products with cereals, in-order to increase the utilization of millets, cereals were replaced with millets. The products which are commonly prepared by the farmers using cereals were replaced with small millets to increase their utilization.
Training is considered as part of strategy for development and growth of an organization and important aspect of the entrepreneurship development (Jayalaxmi *et al*., 2020) [3]. Training may be defined as an act to increase the knowledge and skills of trainees. Training means to educate a person so as to be fitted, qualified and proficient in doing some job. It is a process which includes a sequence of experiences, a series of opportunities to learn, in which trainee is exposed in some more or less systematic way to certain materials or events. Basically training is intended to help individuals to learn and to bring a desired standard of efficiency, condition and behaviour (Meena *et al*., 2012) [5].
The motive of the study was to assess the impact of training on value addition of small millets to Orissa farmers organized by Agricultural Research Station, Vizianagaram with an objective to assess the knowledge and skills of the trainees before and after training programmes.

Materials and Methods

The study was organized in Agricultural Research Station, Vizianagaram, Andhra Pradesh where millets were predominantly produced, processed and promoted through value addition in North Coastal Zone of Andhra Pradesh. Number of Training programmes on value addition of millets were organized for Orissa farmers in-order to make them aware of nutritional importance of millets and to increase their millet consumption and ultimately to grow them as an entrepreneurs. Hands on training on preparation of different millet value added products like multigrain biscuits, ragi chocolates, ragi malt, foxtail murukulu using primary and secondary processing techniques. A sample of two hundred respondents was selected for the study who has received training on value addition to millets in the last two years. Exploratory research design was adopted for conducting the study using pretested interview schedule. The study focused on the demographic profile of the respondents and the knowledge and skills of the respondents before and after training.

Results and Discussion

1. Demographic profile of the beneficiaries

Table 1 Shows the demographic profile of the trainees and their percentages. It clearly shows that among the 200 members who attended the training, mostly 75% of them were women trainees. About 63.5% of them were aged between 25 years to 40 years and mostly (60%) of them have education up to primary classes (1-4). When coming to family income most of them were labours about 52.5%.

2. Pre and post-training value addition knowledge scores of the respondents

Table 2 represents the pre-training value addition knowledge scores of the respondents. Pre-training value addition knowledge scores was assessed and it clearly indicated that the respondents for very low level of knowledge were high of about 60%. Respondents with low level of knowledge were 30%, 10% of them had medium level of knowledge and there were no respondents for high level of knowledge on value addition of small millets.

When post-training assessment on value addition knowledge scores were calculated it indicated that the respondents gained some what knowledge on value addition of small millets and there were zero percentage of respondents for very low level of knowledge. Among the levels of skill, maximum of them had gained medium level of knowledge of about 52.5% and percentages of low level and high level of knowledge were 37.5% and 10% respectively. This shows that the trainees have gained some knowledge on value addition of small millets after completion of training programme. Table 3 represents the post-training value addition knowledge scores of the respondents.

Table 1: Demographic profile of the beneficiaries (N = 200)

S. No.	Demographic profile		Frequency	Percentage (%)
1.	Gender	Male	50	25.00
		Female	150	75.00
2.	Age	Less than 25 years	33	16.50
		25 to 40 years	127	63.50
		More than 40 years	40	20.00
3.	Education	Up to Primary class (1st-4th)	120	60.00
		Middle class (5th-7th)	60	30.00
		High School (8th-10th)	20	10.00
4.	Family Income	Large Farmers	15	7.50
		Medium Farmers	30	15.00
		Small Farmers	50	25.00
		Labours	105	52.50

Table 2: Pre-training value addition knowledge score of respondents

S. No.	Knowledge levels	No. of respondents (N = 200)	Percentage (%)
1.	Very low level	120	60.00
2.	Low level	60	30.00
3.	Medium level	20	10.00
4.	High level	00	00.00

Table 3: Post-training value addition knowledge score of respondents

S. No.	Knowledge levels	No. of respondents (N = 200)	Percentage (%)
1.	Very low level	00	00.00
2.	Low level	75	37.50
3.	Medium level	105	52.50
4.	High level	20	10.00

3. Feedback for strengthening of the training programme

After completion of training programme, the trainees were asked to give suggestions for build up the training programme, which has presented in Table 4. From the collected data it has observed that majority of the trainees (62%) suggested that it would be more effective if the duration of the training programme is increased followed by 12.5% of the trainees who said the emphasis must be given on marketing aspect. A considerable number of respondents (11.50%) showed interest to give training programmes in the local dailies. Eight percent of them shared their opinion that hands-on training must be given to each individual followed by 6% of them indicated that emphasis should be given on lecture on small millets. Rajendra *et al*. (2015) [6] observed in a study that suggestions included were fifty five per cent of the respondents suggested that the process of preparation of sorghum food products should be given in detail and forty five per cent of the respondents mentioned that discussion on process of ethanol production and its market opportunities should be more specific.

Table 4: Suggestions for improving future training programmes

S. No.	Suggestions	Frequency	Percentage (%)
1.	Emphasis should be given on lecture on small millets	12	6.00
2.	Duration of the training programme must be increased	124	62.00
3.	Hands-on training must be given to each individual	16	8.00
4.	Training programmes aids must be given in the local dailies	23	11.50
5.	Emphasis must be given on marketing aspect	25	12.50

Conclusion

The present study determined that there were more female trainees and mostly the trainees were labours. In the assessment of pre-training value addition there were mostly 60% trainees had very low level of knowledge and in the post-training value addition assessment the trainees have gained some knowledge on value addition of small millets the gain in knowledge was 52.5% which indicates medium level knowledge of the trainees. It was observed that increase in the duration of training programme would give better results and also the trainees can acquire more knowledge on value addition of small millets which increases their knowledge and build confidence levels among them to develop as an entrepreneur.

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