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## Impact of nutrition education on knowledge of farm women in Tonk district of Rajasthan

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### Abstract

The impact of trainings on Nutrition education in farm women of Tonk district of Rajasthan from the year 2018-2022 by Krishi Vigyan Kendra, Tonk, Banasthali Vidyapith was assessed. The research was conducted in purposely selected Newai block of Tonk district of Rajasthan to check the nutritional knowledge level in farm women. Three villages namely Sangrampur, Damodarpura and Motipura from Newai block were selected purposely. Total 75 farm women, who were ready to participate, were selected for the research work. Pre and post training impact was observed in these selected farm women. On the basis of results, significant improvement in the knowledge of farm women regarding the concepts of Balanced diet, Nutrition gardening, developing low cost recipes, Processing and cooking, designing high nutrient efficiency diet, Value addition, Minimization of nutrient loss in processing, Storage loss minimizing techniques was observed. Sangrampur village stood first among all the villages in getting nutrition education followed by Damodarpura and Motipura.

**Keywords:** Nutrition education, farm women, trainings, balanced diet, nutrition garden

### Introduction

Bharat is a rural county. The soul of Bharat lives in village. The progress of any country depends on the progress of village. It has been realized that only increasing income does not lead to improvement in quality of life of people. There should be the goal of rural development efforts to improve the awareness of people in the rural area. Food is a key factor for good health as it influences both physical and mental health of rural community. Lack of Nutrition knowledge is one of the important factors for nutritional deficiencies in rural areas. Under nutrition and over nutrition are widely prevalent in the rural areas of the country, especially amongst vulnerable section of the population namely expectant and nursing mother, pre-schoolers and school going children. Lack of knowledge on hygiene and sanitation and Nutrition Knowledge among the affected population is the major contributing factors to such nutrition deficiencies. The mentioned problems can be reduced by increasing the nutrition knowledge of rural women because a woman plays a key role in the family in the selection, preparation and serving of food. In proper management of food and in application of balanced diet, Nutritional knowledge has a great importance. Nutrition knowledge also enables a woman to understand the specific nutritional requirements during infancy, toddlers, adolescent and old age. Hence, Nutrition education should be practical and adopted to suit the socio-economic conditions, food habits and local food resource. Keeping in view the present study has been undertaken (i) to find out the existing nutritional knowledge in farm women at various levels. (ii) to develop a nutritional intervention programme for farm women empowerment in rural area. (iii) to assess the knowledge gain through intervention programme by pre and post training.

### Research Methodology

The present research work was conducted in Newai block of Tonk district of Rajasthan. Out of Eight blocks, Newai block was selected purposely. Three villages namely Sangrampur, Damodarpura and Motipura were purposely selected from Newai block for the present study. The impact of Training programmes on Nutrition education in farm women organized by Krishi Vigyan Kendra, Tonk, Banasthali Vidyapith from the year 2018-2022 was assessed. 25 farm women who were ready to participate were selected from each village, thus making a total sample of 75 farm women of the three villages (Sangrampur, Damodarpura and Motipura). The farm women aged 18 to 40 years were selected belonging to low and middle economic group.

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A semi structured pre-tested questionnaire was designed to check the nutritional knowledge regarding various aspects of nutrition.

**Table 1:** Nutrition education programme for farm women by KVK, Tonk

S. No.	Title of training	Method	Teaching aid
1	Balanced diet	Training and group discussion	Manual
2	Nutrition Gardening	Demonstration and training	Folder
3	Developing low cost recipes	Demonstration and training	Leaflet
4	Processing and cooking	Training and group discussion	Poster
5	Designing high nutrient efficiency diet	Demonstration and training	Leaflet
6	Value addition	Demonstration and training	Exhibition
7	Minimization of nutrient loss in processing	Training and group discussion	Chart
8	Storage loss minimizing techniques	Training and group discussion	Leaflet

## Results and Discussions

**Gain in Knowledge regarding Balanced diet:** Table 2 showed the data regarding gain in knowledge about balanced diet. Majority of farm women were aware of balanced diet in Sangrampura village after training programmes. Results revealed that Highest gain in knowledge regarding balanced diet was recorded in Sangrampura village (76 percent) followed by Village Damodarpura (68%) and Motipura (59%). Results indicated that lowest awareness was recorded in Motipura village in comparison to other villages.

**Table 2:** Gain in Knowledge regarding Balanced diet

S. No.	Village	Pre training (%)	Post training (%)	Gain in knowledge (%)
1	Sangrampura	19	95	76
2	Damodarpura	16	84	68
3	Motipura	09	68	59

**Gain in Knowledge regarding Nutrition Gardening:** Table 3 depicted the data on gain in knowledge regarding Nutrition gardening among Farm women. Results revealed that highest gain in knowledge regarding Nutrition gardening was recorded in Sangrampura village (74 percent) followed by Village Damodarpura (65%) and Motipura (58%). Results indicated that lowest awareness was recorded in Motipura village in comparison to other villages.

**Table 3:** Gain in Knowledge regarding Nutrition Gardening

S. No.	Village	Pre training (%)	Post training (%)	Gain in knowledge (%)
1	Sangrampura	16	90	74
2	Damodarpura	15	80	65
3	Motipura	11	69	58

### Gain in Knowledge regarding developing low cost recipes:

Table 4 revealed the gain in knowledge regarding developing low cost recipes. It was found that after the training programmes, women skills in making low cost recipes were improving continuously. The results indicated that prior to training higher knowledge (17%) was found in village Sangrampura. The lowest knowledge regarding making low cost recipes was found in village Damodarpura (12%) prior to training. After training programmes, 89% farm women gained knowledge about developing low cost recipes in Sangrampura village followed by Damodarpura village (76%) and Motipura village (72%). The study showed that maximum 72 percent difference in gain in knowledge was found in Sangrampura village followed by 64 percent in Damodarpura village and 56 percent in Motipura village.

**Table 4:** Gain in Knowledge regarding developing low cost recipes

S. No.	Village	Pre training (%)	Post training (%)	Gain in knowledge (%)
1	Sangrampura	17	89	72
2	Damodarpura	12	76	64
3	Motipura	16	72	56

### Gain in Knowledge regarding processing and cooking:

Table 5 showing data regarding gain in knowledge in processing and cooking. The data showed that maximum 71 percent difference in gain in knowledge was found in Sangrampura village followed by 62 percent in Damodarpura village and 54 percent in Motipura village. Most of the farm women were aware about processing and cooking in Sangrampura (85%) village after training followed by 73% in Damodarpura village and 70% in Motipura village. The lowest awareness related to processing and cooking was found in village Damodarpura prior to training.

**Table 5:** Gain in Knowledge regarding processing and cooking

S. No.	Village	Pre training (%)	Post training (%)	Gain in knowledge (%)
1	Sangrampura	14	85	71
2	Damodarpura	11	73	62
3	Motipura	16	70	54

### Gain in Knowledge regarding designing high nutrient efficiency diet:

Table 6 showing data in gain in knowledge regarding designing high nutrient efficiency diet. It was clearly found that in post study farm women were more aware of designing high nutrient efficiency diet. The results indicated that, prior to training, higher knowledge (14%) was found in village Damodarpura regarding designing high nutrient efficiency diet followed by Sangrampura and Motipura. Majority of the farm women gained knowledge about Designing high nutrient efficiency diet in Sangrampura village after training followed by Damodarpura village and Motipura village.

**Table 6:** Gain in Knowledge regarding designing high nutrient efficiency diet

S. No.	Village	Pre training (%)	Post training (%)	Gain in knowledge (%)
1	Sangrampura	12	90	78
2	Damodarpura	14	86	72
3	Motipura	11	72	61

**Gain in knowledge regarding value addition:** The data of table 7 shows that very small group of farm women were aware of value addition prior to training programmes. After training programmes, 96% farm women of Sangrampura



village got knowledge regarding value addition. In Damodarpura, 91% farm women were trained and 81% in Motipura village. The impact of the training was that majority of farm women have the skills to preserve food.

**Table 7:** Gain in Knowledge regarding Value addition

S. No.	Village	Pre training (%)	Post training (%)	Gain in knowledge (%)
1	Sangrampura	17	96	79
2	Damodarpura	16	91	75
3	Motipura	12	81	69

**Gain in Knowledge regarding minimization of nutrient loss in processing:** Women from village Sangrampura cooked food in iron pots they scored higher in pre-test. After training programmes, Gain in knowledge regarding minimization of nutrient loss during processing was recorded highest in farm women of Sangrampura village followed by farm women of Damodarpura and Motipura. After the training programme the improvement was observed regarding good food practices. Majority of the women cooked food with covered pan and included different combination of cereals,

minor millets and pulses in their family food (Table 8).

**Table 8:** Gain in Knowledge regarding Minimization of nutrient loss in processing

S. No.	Village	Pre training (%)	Post training (%)	Gain in knowledge (%)
1	Sangrampura	19	98	79
2	Damodarpura	16	91	75
3	Motipura	14	90	76

**Gain in Knowledge regarding storage loss minimizing techniques:** Singh and Samal, 2016<sup>[21]</sup> in their research work mentioned that majority of women were unaware about different food sources and loss of nutrients during cooking. The need to educate the farm women was essential for good health. After training programmes, Gain in knowledge regarding storage loss minimizing techniques was high 76% in farm women from Sangrampura village followed by Damodarpura and Motipura village having same scores (73%). Majority of farm women started keeping oil in coloured container, washing vegetables before cutting and sprouting the cereals and pulses for procuring nutrients after trainings (Table 9).

**Table 9:** Gain in Knowledge regarding storage loss minimizing techniques

S. No.	Village	Pre training (%)	Post training (%)	Gain in knowledge (%)
1	Sangrampura	19	95	76
2	Damodarpura	18	91	73
3	Motipura	16	89	73



Training programmes organized by Krishi Vigyan Kendra, Banasthali Vidyapith

## Conclusions

The impact of Nutrition education trainings organized by Krishi Vigyan Kendra, Banasthali Vidyapith on farm women had a positive effect on farm women. Farm women became self-confident in making their food more nutritious after trainings programmes. Through the training programmes, They also became skilled in making balanced diets, nutritious recipes with less nutrient losses techniques. Sangrampur village stood first among all the villages in getting nutrition education and improved their lives. It was also noticed that farm women also motivated and guided other women. Nutritional knowledge had great impact in proper management of food and other behavior practices to change the family health of rural areas in better way.

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