

Impact appraisal of nutrition training programme on knowledge of rural women

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■ **ABSTRACT** : Malnutrition and under nutrition is a serious problem in both urban and rural India. This can be solved through approaches like institution of Specific feeding programme to overcome malnutrition and to increase food availability, to improve environmental sanitation and impart nutrition education to the women and increase their income. A study was conducted in Deoria district of U.P. state to know the extent of knowledge of rural women in relation to nutrition and to ascertain the extent of gain in knowledge of rural women through nutrition training programme. The findings of this study highlights that there is a significant gain in knowledge of rural women through nutrition training programme. The findings of this study highlights that there is a significant gain in knowledge of all the components of nutrition domain included in the training programme. It can be suggested that for greater generalization of the findings of this study. Similar type of training programmes should be conducted at different part of the country and over a wide geographical area.

■ **KEY WORDS**: Impact, Knowledge, Rural women, Nutrition training programme

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