Research Paper :

Impact of project training on knowledge of farm women for foods and nutrition practices

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ABSTRACT
The present study was carried out in Hisar-I and Hisar-II blocks of Hisar district where the All India Coordinated Research Project in Home Science carried out the research work. From the total beneficiaries of the project, a random sample of 25 farm women was drawn from each village, thus a total of 125 farm women from all the five villages was sample of the experimental group. For the control group, 25 farm women were selected from Singhran village block Hisar-I of Hisar district. The mean knowledge attitude and skill acquisition scores of experimental group for all the aspect of health and nutrition were higher than the controlled group and were found statistically significant

Women's key contribution to food security at the household, regional and national levels is often ignored. Despite their significant contribution to numerous productions, processing, storage and marketing processes, women do not fully benefit from development efforts and endeavors. Moreover, the extension approaches and strategies usually followed for transfer of technology to women are not according to their specific needs and problems. This requires an act of promoting knowledge and capabilities through improved communication and for this reason the All India Coordinated Research Project in Home Science serves the purpose of building human capital of rural women. The study was undertaken to assess the impact of All India Coordinated Research Project in Home Science on farm woman for knowledge, attitude and skill acquisition regarding foods and nutrition practices.

METHODOLOGY

The study was carried out in Hisar-I and Hisar-II blocks of Hisar district where the All India Coordinated Research Project in Home Science carried out the research work. The adopted villages under All India Coordinated Research Project in Home Science namely Gunjar and Bhojraj from Hisar-I and Bherian, Ludas and Shahpur from Hisar-II block were selected. From the total beneficiaries of the project, a random sample of 25 farm women was drawn from each village, thus a total of 125 farm women from all the five villages was sample of the experimental group. For the control group, 25 farm women were selected from Singhran village block Hisar-I of Hisar district. The data were collected with the help of pre-tested structured interview schedule. Frequency, percentages and 't' test were employed to analyze the data.

FINDINGS AND DISCUSSION

The results obtained from the present investigation are presented below:

Knowledge on health and nutrition :

Knowledge is defined as the person range of information and theoretical or practical understanding. Attitude is a mental neural readiness organized through experiences a directive or dynamic influences upon the individuals responses to all the objects and situations with which it was related. Skill acquisition refers to the efficiency and expertise with which a job is performed skill acquisition was operationalized as the ability to perform related job of trainings.

The mean scores of knowledge (Table 1) on various aspects of health and nutrition, *i.e.* balanced diet (8.15) fruit vegetable preservation (40.93), conservation of nutrients (18.25), nutritious recipes (9.64) kitchen gardening (24.60), herbal gardening (16.64) and storage of grains (11.90) were better for experimental group as compared to the controlled group where the figures were 5.36, 28.60,11.92,8.00, 16.16, 8.72 and 8.52, respectively. Significant 't' values also indicate that the respondents belong to experimental group had better knowledge of