

NUTRITIONAL AWARENESS IN RURAL WOMEN THROUGH NUTRITION KITCHEN GARDENING IN DAUSA DISTRICT

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Abstract: At present time food insecurity, malnutrition and healthcare are the major problems faced in India. Kitchen garden plays an important role for rural areas, to provide varieties of vegetables in their daily diet and fulfilling their dietary and nutritional needs. In the city areas of the country most of the families having kitchen garden of different sizes are interested to improve the practice, Home gardening can contribute to household food security by providing households with direct access to food that can be harvested prepared and consumed by household members, often on a daily basis. The present study was conducted for availability of fresh and nutritive vegetables through nutritional kitchen gardening in rural areas of Dausa district. Also the objective of study was to aware and motivate rural women about the nutritional kitchen garden during the tough time of COVID 19. Study was conducted in Dausa and Lalsot block of Dausa District, Rajasthan. Two villages, Adopted by KVK Dausa under NARI (Nutri-Sensitive Agricultural-Resources and Innovation) programme, were selected from each block. The number of families for nutritional kitchen garden was selected from each village by random sampling method. In this way families from each village were selected, consisting the total sample of 92 respondents. The data were collected from each respondent through personal interview method with the help of questionnaire. The study revealed that a nutritional kitchen garden of 500 sq mt fulfills 83.03 per cent of their daily needs of vegetables but the actual consumption is 60.40 per cent.

Keywords: Kitchen gardening, Nutrition, Food security

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