

Nutritional Security in Himalaya

NMHS-Project PI:
Dr. Renu Jethi, VPKAS, Almora, Uttarakhand

A Bio-economy-based Nutritional and Food Security Model in Himalaya: Promoting Women Empowerment & Entrepreneurship

- **Capacity Building:** Established 5 Food Processing Units; initiated 4 Demonstration Models;
- **Value-addition:** Demonstrated 65 nutri-gardens with plot size of 100–200 m²
- Documented Dietary pattern and nutritional status of 200 farm women of Pithoragarh and Uttarkashi
- **Improved techniques:** Scientific cultivation of mushroom, insect pest management, Seed sowing and transplanting technique of vegetable seedlings (**VL Kutla/ VL Khurpi / VL hand fork**)



Women Empowerment



Bee-keeping



Improved tools



A Bio-economy-based Nutritional and Food Security Model in Himalaya : Promoting Women Empowerment & Entrepreneurship

- Community Empowerment/Beneficiaries:** Trained Farm women on Nutrition-based technological interventions like mushroom production (63 beneficiaries), Bee-keeping (10 beneficiaries).
- Knowledge Outcome:** Developed a Training Manual No. 42 (1/2019) “Poshan evam khadya suraksha mein poshan vatika ka mahatva” पोषण एवं खाद्य सुरक्षा में पोषण वाटिका का महत्व”.



Installation of vermin bed and preparation of vermi-compost



Mushroom production by a farm woman

