



**TIGR<sup>2</sup>ESS**

Transforming India's Green Revolution  
by Research and Empowerment for  
Sustainable food Supplies

## 5.6 Nutrition-oriented practices in Punjab, India



Images: Engaging youth and women with the cultivation of Nutrition Gardens

### Engaging & empowering youth and women through farming enterprise

*In a focused study on 'Nutrition Kitchen Gardens,' locally known as 'Poshan Vatika', TIGR<sup>2</sup>ESS researchers established that agriculture normally identifies as a male domain in this region. In contrast, kitchen gardens close to residential areas provided women with greater control over what they grow and use for cooking.*

The study cultivated 32 new kitchen gardens with connections to rural households and government schools. Knowledge sharing activities engaged participants in aspects of food groups, nutritional value of vegetables, healthy cooking and preservation practices, cultivation and commercial value for income generation. The women who were in control of their kitchen gardens felt more empowered to make decisions on growing nutritional crops.

Proactive discussions on the economic potential of the cultivated produce were recorded during the study.

The 'Poshan Vatika' model can be effectively implemented through Government schemes, with NGOs and development researchers bridging the gap between local communities.

The research demonstrated the benefits received by target groups and shows that adding practical components of agricultural methods and nutrition to the existing school curriculum related to Agriculture and Science would improve learning outcomes, develop skills and ingrain nutrition consciousness.

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LEAD INVESTIGATOR, CO-INVESTIGATORS & PARTNERS:	
Prof. Ramanjit K. Johal (PI, Panjab University); Prof. Suveera Gill, Dr. Bharati Garg (Cots, Panjab University), Dr. Amanjot Kaur (PDRA) Maitri Sharma (Project JRF), Malika Kukreja, Sheena Chadha (Research Interns) Bagh Sikandar and Pandwala Village Panchayats and Government Schools; Horticulture Department, Punjab; Krishi Vigyan Kendras; Participant farmers and students.	
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