



KISAN GOSHTHI REPORT PROFORMA

1. General Information

- Title of Kisan Goshthi : “Empowering Rural women for sustainable food systems and nutritional security”
- Theme/Subject : National Food Security Mission (NFSM)
- Session : 2025-26
- Date & Time : 22/05/2026
- Place of the Event : Dasauli

2. Participants Profile

- Total Participants : 50 Total Farmers : 35 Women Farmers : 30
- Experts : 3 Students : 15

3. Objectives of the Kisan Goshthi

- To create awareness among rural women about sustainable agriculture, food systems, and nutritional security.
- To enhance the knowledge and skills of women in kitchen gardening, organic farming, and value-added food products.
- To promote women’s participation in income-generating agricultural activities and strengthen their role in rural livelihoods.
- To disseminate information about government schemes, health, hygiene, and nutrition practices for improving family and community well-being.

4. Programme Proceedings (Name & Proceedings in 120-150 words):

- Subject Expert 1: Dr. Faria Fatima** emphasized that empowering rural women is essential for building sustainable food systems and ensuring nutritional security at the household and community levels. She highlighted the importance of skill development, awareness of nutritious food practices, and women’s participation in sustainable agriculture. She also stressed that strengthening women farmers through education and innovation can improve rural livelihoods and environmental sustainability.
- Subject Expert 2: Dr. Uday Veer** stated that rural women play a vital role in agriculture, food production, and family nutrition, yet their contributions often remain underrecognized. She emphasized the need for providing training, financial support, and access to modern agricultural technologies for women farmers. She further highlighted that empowering women can lead to healthier families, stronger rural economies, and sustainable development.
- Subject Expert 3: Dr. Devi Darshan** highlighted that rural women are the backbone of sustainable agriculture and household nutritional security. He emphasized the importance of empowering women through education, skill development, and access to agricultural resources and government support schemes. He further stated that strengthening the role of women in



farming and food systems is essential for achieving sustainable rural development and community well-being.

Farmers' Interaction & Queries:

- **Major issues raised :** Farmers raised several important issues regarding the empowerment of rural women for sustainable food systems and nutritional security. They highlighted the lack of access to modern agricultural technologies, quality seeds, credit facilities, and training programs for women farmers, which limits their productivity and economic independence. Farmers also emphasized poor awareness about balanced nutrition, food preservation, and sustainable farming practices in rural communities. Another major concern discussed was the limited involvement of women in agricultural decision-making, market access, and income-generating activities despite their significant contribution to farming and household food security.
- **Solutions suggested:** Experts suggested several measures to address the issues faced by rural women in sustainable food systems and nutritional security. They recommended organizing regular capacity-building and skill development programs on modern farming techniques, organic agriculture, kitchen gardening, food processing, and nutritional awareness. Experts also emphasized improving women's access to quality inputs, financial assistance, self-help groups, and government welfare schemes through proper extension services and institutional support. Furthermore, they highlighted the need to encourage women's participation in decision-making, entrepreneurship, and market linkages to strengthen their economic independence and contribution to sustainable rural development.

5. Technical Themes Covered :

- Sustainable agricultural practices and climate-resilient farming methods.
- Nutritional security, balanced diet awareness, and household nutrition management.
- Kitchen gardening, organic farming, and eco-friendly crop production techniques.
- Women empowerment through self-help groups (SHGs), entrepreneurship, and livelihood generation activities.
- Government schemes, financial support, and capacity-building programs for rural women farmers.

6. Practical Demonstration (if any) : NA

7. IEC Materials Distributed (Optional)

- Type (pamphlets/booklets/leaflets) : NA
- Number distributed : NA



8. Alignment with SDGs

SDG 2 (Zero Hunger) and SDG 3 (Good Health and Well Being)

9. Alignment with Government Schemes : National Food Security Mission (NFSM)

10. Outcomes of the Kisan Goshthi (In Brief):

The Kisan Goshthi created awareness among rural women and farmers about the importance of sustainable agriculture, balanced nutrition, and food security for improving family and community well-being. Participants gained knowledge regarding kitchen gardening, organic farming practices, food preservation, and value-added agricultural products, which can help enhance household nutrition and income generation. The program also encouraged greater participation of rural women in agricultural decision-making, self-help groups, and entrepreneurship activities, thereby strengthening their confidence and economic independence. In addition, the interaction between experts, extension workers, and farmers helped in disseminating information about government schemes, financial support, and modern agricultural technologies beneficial for women farmers and sustainable rural development.

11. Constraints Identified:

The Kisan Goshthi identified several constraints affecting the empowerment of rural women in sustainable food systems and nutritional security. One major constraint discussed was the limited access of rural women to agricultural resources, financial support, training opportunities, and modern farming technologies, which restricts their productivity and livelihood development. Another important challenge highlighted was the low level of awareness and limited participation of women in agricultural decision-making, market access, and nutrition-related activities despite their significant role in farming and household food security.

12. Suggestions / Recommendations:

Experts suggested that regular training and awareness programs should be organized to enhance the knowledge of rural women regarding sustainable agriculture, balanced nutrition, food preservation, and modern farming practices. It was also recommended to improve women's access to quality seeds, financial assistance, government welfare schemes, and market opportunities through effective extension services and self-help groups. Furthermore, participants emphasized the need to encourage active participation of women in agricultural decision-making, entrepreneurship, and community-based livelihood activities for strengthening sustainable food systems and nutritional security in rural areas.

13. Conclusion:

The Kisan Goshthi concluded that empowering rural women is essential for achieving sustainable food systems, improved nutritional security, and inclusive rural development. Strengthening women's access to knowledge, resources, training, and decision-making opportunities can significantly enhance agricultural productivity, family health, and economic stability in rural communities.

Glimpse





