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## **Extent of Participation of Rural Women in Food Processing and Preservation**

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### **ABSTRACT**

*Woman is the magnificent creation of god, a multifaceted personality with the power of benevolence, adjustability, integrity and tolerance. She is companion of man, gifted with equal mental faculty, a protector and provider, the embodiment of love and affection women empowerment means giving the capacity and means to direct women's life towards desired goals. Women farmers account for more than quarter of the world's population. Without total intellectual and physical participation of women, it is not possible to achieve the goals of rural uplift. In addition to their role in agricultural production, women are gainfully employed in agribased allied activities like dairying, animal husbandry, poultry, goatery, rabbit rearing, beekeeping, floriculture, horticulture, fruit preservation, post-harvest technology, value added food products, etc. Descriptive research design was adopted for the study. Jasra and Karchana are the two development blocks of the district of Allahabad were selected. The names were arranged alphabetically then 200 respondents were selected followed by random sampling method. Major findings revealed that 78.5per cent select the raw materials for food processing whereas 95.5 per cent involve themselves in processing and preservation and 61.5 per cent pack their prepared products. Management of these activities was done by 34 per cent while 47.5 per- cent market these prepared products.*

### **INTRODUCTION**

Women are gainfully employed in agri-based allied activities like dairying, animal husbandry, poultry, goatery, rabbit rearing, beekeeping, floriculture, horticulture, fruit preservation, post-harvest technology, value added food products, etc. Rural women's participation in agri-based activities is much more than what statistics reveal. This is mainly due to the fact that most of the work done by the women at farm and home is disguised as daily chores. (Khan *et al.* 2012)

A large number of low cost nutritional products grouped under infant food, health beverages, nutritious snacks, convenience foods (even for people on fast), specialty foods (for patients

under stress condition) and home preserves have been developed which require simple processing methods and have the ability to fulfill the nutritional requirement of our population, especially the vulnerable segment of our society (NAAS, 2001).

## METHODOLOGY

Allahabad district of Uttar Pradesh had been purposively selected for the study. From Allahabad district Jasra and Karchana blocks were selected purposively 100 respondents were selected randomly from each block making a total sample size of 200 respondents. Descriptive research design was adopted to determine extent of participation of rural women in different agri-based enterprises. Statistical tools used for analysis of data were Chi-square and Correlation.

## RESULTS AND DISCUSSIONS

### 1. Extent of participation in preparation of Milk Products

Table: 1

Distribution of respondents according to extent of participation in preparation of Milk Products (N = 200)

Sl. No.	Type of participation	Always		Sometimes		Never	
		F	P	F	P	F	P
1.	Milking	24	12.00	37	18.50	139	69.50
2.	Dahi Making	200	100.00	0	0.00	0	0.00
3.	Ghee making	200	100.00	0	0.00	0	0.00
4.	Paneer	23	11.50	147	73.50	30	15.00
5.	Khoa	10	5.00	191	95.50	1	0.50
6.	Chhanna making	2	1.00	121	60.50	77	38.50
7.	Storage	165	83.50	33	16.50	0	0.00
8.	Management	123	61.50	37	18.50	10	5.00
9.	Marketing	83	41.50	72	36.00	45	22.50

From the Table-1, it is clearly visible that only 12 per cent were involved in milking. It is astonishing to find that cent per cent respondents were involved in dahiand ghee making while 11.5, 5.0 and only one per cent were involved in paneer, khoa and chhanna making respectively. Majority of the respondents (83.5%) involved themselves in storage of milk and milk products whereas 61.5 per cent participate in management of the milk products. Less than half (41.5 %) market their milk and milk products.

It may be due to fact that dairying is an important means of livelihood to millions of respondents. The increasing demand for milk and milk products in recent years intensifies dairy farming as profitable enterprise for women. Milk production and processing of milk play a vital role in India's agricultural economy. Dairy enterprise has been regarded as an important socio-economic instrument to supplement the income and employment to the women. Women generally contribute more labour inputs in areas of fodder cutting, watering,

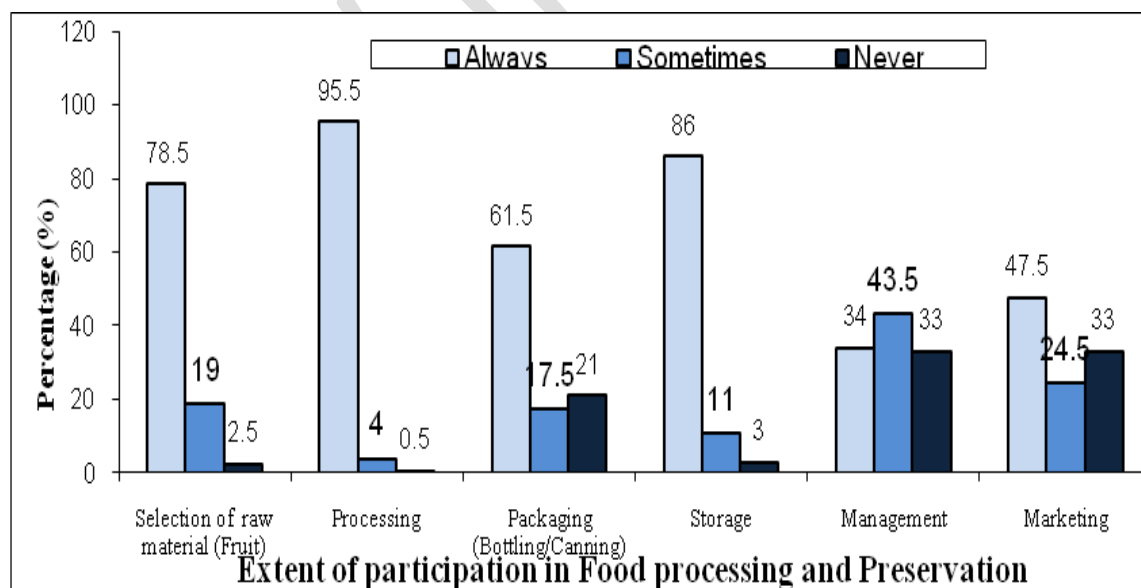
cleaning and maintenance of animals and their sheds, manure collection, preparation of dung cakes, selling of milk and milk products as reported by **Arshad, *et al.* (2013)**. Milking the animals and milk processing has also been attributed to the women folks to a greater extent. Instead of the seasonal income provided by crops, a dairy enterprise, once established or improved, can supply milk that is sold weekly or even daily for cash. In the vast majority of cases, that cash goes to the women of the household. Furthermore, research down the years has shown that money earned by women goes directly to support the family, paying for food, education and medicine.

## 2. Extent of participation in Food processing and Preservation

Table: 2

Distribution of respondents according to extent of participation in Food processing and Preservation (N = 200)

Sl. No.	Type of participation	Always		Sometimes		Never	
		F	P	F	P	F	P
1.	Selection of raw material (Fruit)	157	78.50	38	19.00	5	2.50
2.	Processing	191	95.50	8	4.00	1	0.50
3.	Packaging (Bottling/Canning)	123	61.50	35	17.50	42	21.00
4.	Storage	172	86.00	22	11.00	0.6	3.00
5.	Management	68	34.00	87	43.50	45	33.00
6.	Marketing	95	47.50	49	24.50	66	33.00



**Fig.2. Distribution of respondents according to extent of participation in Food processing and Preservation**

The result in the table shows that most of the women were involved in food processing and preservation. It is observed that 78.50 per cent select the raw materials for food processing whereas 95.50 per cent involve themselves in processing and preservation and 61.50 per cent pack their prepared products. Management of these activities was done by 34 per cent while 47.50 per cent market these prepared products.

It may be due to fact that while women produce more than 50 percent of the food worldwide according to FAO estimates (**Food and Agriculture Organization Report, 2011**). They also perform the overwhelming majority of the work in food processing in developing countries. Food processing contributes to food security through reducing food losses, contributing to diversity of diet and supplying important vitamins and minerals. In addition to the time-consuming tasks of grinding and pounding the staple grains, smoking fish and meats, women process and preserve the fruit and vegetable produce from their home gardens and from the forests. Moreover, women are almost universally responsible for preparing food for their households and thus for the nutritional well-being of its members.

## CONCLUSION

It may be concluded from the results of the above study that extent of participation of women in storage of milk and milk product is high whereas market their milk & milk products is low. Involvement in food processing, preservation and selection of raw material is high and management of these activities is low.

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