

## **Horticultural Nutrition Intervention through Women's Participation: An Action Research**

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**ABSTRACT** India's food and nutrition problems continue to be formidable and malnutrition is still one of the crucial problems in the process of development. The magnitude of malnutrition and the ignorance about the relationship between food and health among a majority of the population at all levels necessitates the need for nutrition education. This approach in the long term may promote self-reliance and self-support in the communities. Nutrition intervention programmes have been taken up and are being implemented by the Central and State governments and voluntary agencies with a view to ameliorating the nutritional status and health of the vulnerable sections of the population. The present study is an attempt to study the impact of horticultural nutrition intervention through women's participation on nutritional knowledge of women and dietary intakes and nutritional status of their families. The study revealed that the horticultural nutrition intervention through women's participation has a positive impact on women.