Good health is closely associated with nutritious food intake and healthy eating habits; this awareness and practice makes for a healthy workforce. A Basic Nutrition Course was designed and run for young men and women at two locations in Punjab; Meher Baba Charitable Trust, Fategarh Sahib and Punjab Skill Development Mission, Ludhiana. The ten sessions curriculum was developed and tested as a participatory action research intervention. (Figure 1)

TIGR²ESS researchers led by PAU conducted Knowledge, Attitude, Practices (KAP) based pre- and post- surveys, to assess nutrition and food awareness, consumption habits and basic health parameters (Figure 2). Training sessions included undertaking anthropometric measurements, one to one counselling, live demonstrations and group activities. Opportunities in the nutrition food sphere were also highlighted to participants.

**5.4 Success Story of a Basic Nutrition Curriculum Intervention for Skill Trainees (Men and Women)**

![Figure 1: 10 sessions curriculum](image1)

Participants demonstrated an increased awareness of causes and symptoms of nutrition related deficiencies and appropriate foods to overcome them. Behavioral changes were also observed in terms of healthy and regular eating, daily water consumption and mindfulness of cooking materials and practices. Importantly, the nutrition training raised the perceived value of ‘domesticated’ kitchen activities.

Knowledge exchange through recipe sharing, discussions on health and nutritional advice occurred amongst participants peer groups and family members.

![Knowledge](image2)

![Attitude](image3)

![Practice](image4)

**Future Steps**

The aim is to advocate ‘Basic Nutrition Curriculum’ as a compulsory component in all Skill Development Programmes, under the Punjab Skill Development Mission.

Researchers are actively working to develop the programme with stakeholders’ support, and to extend this intervention to schools and women in rural areas. The goals of nutritional empowerment of women and youth, a low disease burden and enhancing the productive human capital of the nation would be well served.

**FUNDING CALL**

Growing Research Capacity: UKRI GCRF

**COUNTRY:** India

**TITLE:** Transforming India’s Green Revolution by Research and Empowerment for Sustainable food Supplies (TIGR²ESS)

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**LEAD INVESTIGATOR OR, CO-INVESTIGATORS & PARTNERS**

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