

# TIGR2ESS at PANJAB UNIVERSITY: A SNAPSHOT



Expertise of **15**  
faculty  
researchers

Assisted by **4** Post  
Doctoral Research  
Associates (PDRAs)

Team of **15** early  
career researchers  
working as JRFs and  
interns

Aided by **60**  
facilitators and  
field investigators



**72%** of the  
team  
comprises of  
women

- **70+ resource persons** to deliver lectures and facilitate discussions for knowledge sharing with the various participants, 48 of these were males
- **20 partner institutions** like PAU, KVKs, KVM, PSDM, MBCT, government schools, food and hospitality institutions.....
- **2400+ beneficiaries and participants** in the PU TIGR2ESS team's interventions
- **80+** school children, 160 farmers, 600+ budding chefs, 550 households, 137 women trainees, 800+ rural youth and industry specialists .....

Partners

Participants



## Publications

**11 Posters, 1 dissertation, 8 blogs,  
6 journal publications, 1 Draft Action Plan (for  
achieving SDG-2 in Punjab state)**

Self Help Groups (SHGs)

**2 Self Help Groups (SHGs)** formed in villages  
Pandwala and Bagh Sikandar

**2 Poshan Vatikas (Nutrition Gardens)** set up in  
schools, over 30 in rural households

**4 curricula** framed for Basic Nutrition Curriculum, Sustainable  
Sewing Practices, Soft Skills for Trainers and Soft Skills for Trainees



**INTERVENTIONS**

**20 surveys** with households,  
farmers, cooperatives, members,  
students, skill trainees, chefs

**24 training sessions** on skill  
development with trainees and  
trainers, nutrition, farming

**52 lectures and  
demonstrations** with school  
students and budding chefs in  
various institutions in Punjab

**Over 500 in-depth interviews  
and 32 FGDs** held with women,  
households, individual farmers and  
groups, skill trainees



COMMUNITY BASED  
PARTICIPATORY RESEARCH

