# Impact of Training on Nutritional Awareness of Rural Women

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## ABSTRACT

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Nutritional problem are common throughout the country**. To overcome the problem of malnutrition** WHO has emphasized that the mass information and awareness programmes should be organized. Thus the present study was conducted with following objectives: to study profile of rural women, to find level of nutritional awareness among rural women and to assess impact of nutritional training on rural women. Present study was conducted in randomly selected three villages of Dahgam Taluka. Randomly selected 120 respondents were considered as sample for the study. Personal, socio-economic characteristics of respondents were considered as independent variable and Nutritional Awareness was studied as dependent variable. Three days training was given to rural women. Statistical analysis was done by computing frequencies, percentages and z test. Age, education, family type and occupation have positive and significant association with nutritional awareness. There is significant difference in nutritional awareness after training. Training improved dietary choice among respondents.