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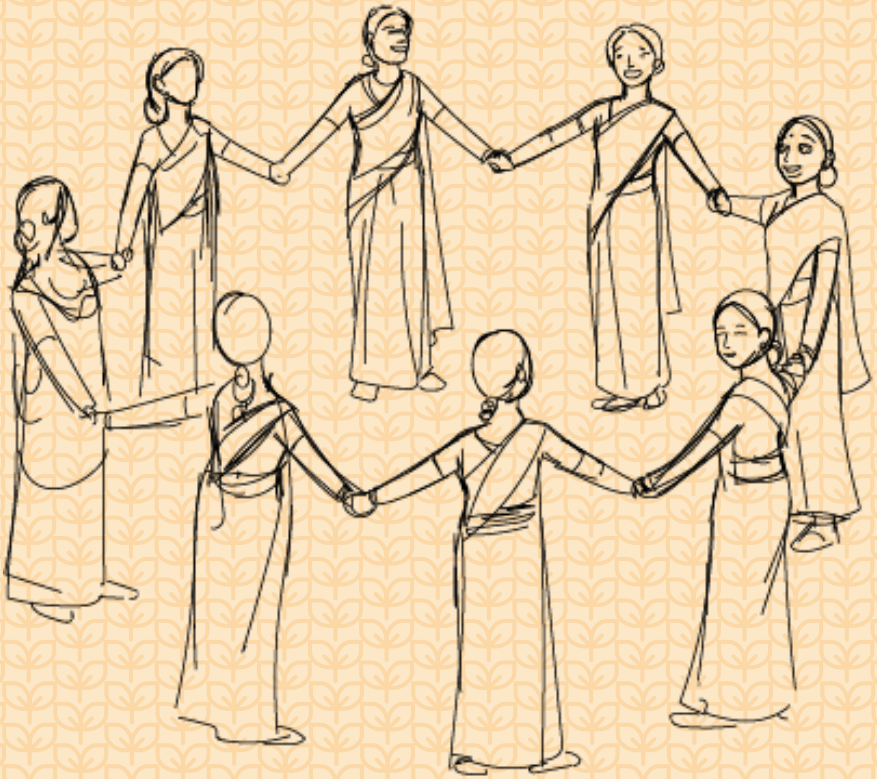
Empowered Women, Nourished Communities











Women at the Heart of the Food System











Women feed families, farms, and futures.

From seed selection to cooking meals, women are the backbone of the food system.

Facilitator's Note

Establish linkages of existing programmes with women's role in the house and community in easier and more understandable language. Link it with POSHAN: First 1000 Days, Maternal Nutrition, Diet Diversity

DAY-NRLM Link

Women as primary food producers and managers.

Lead (Ask) the Group

"Aap din bhar mein khane se jude kaun kaun se kaam karti hain?"

Guide the discussion until following cues are received

Farming, collecting fuel/water, cooking, feeding children

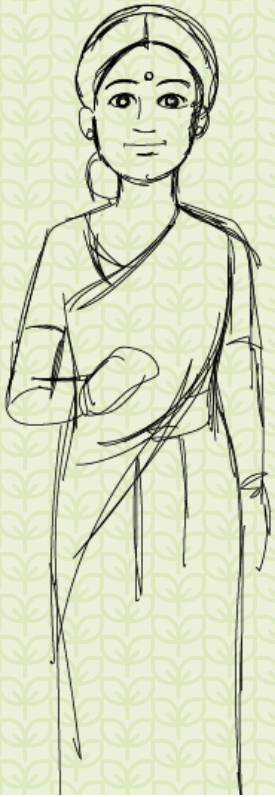
Reinforce

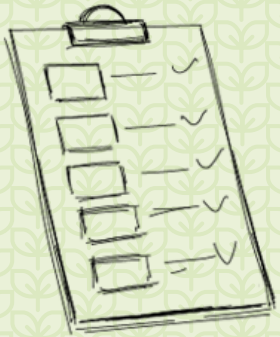
"Mahila bina ruke khana sambhalti hain – gaon aur parivaar dono ke liye."

Invisible Work, Visible Impact



Most food work is done by women — often unseen.





Recognizing women's contribution is the first step to strengthening food systems.

Facilitator's Note

The aim is to highlight and recognize the care and nutrition work done by women which is very critical but often unrecognized. Create links with POSHAN: Care practices, unaccounted time used for childcare and feeding.

DAY-NRLM Link

Recognition of unpaid care and farm work.

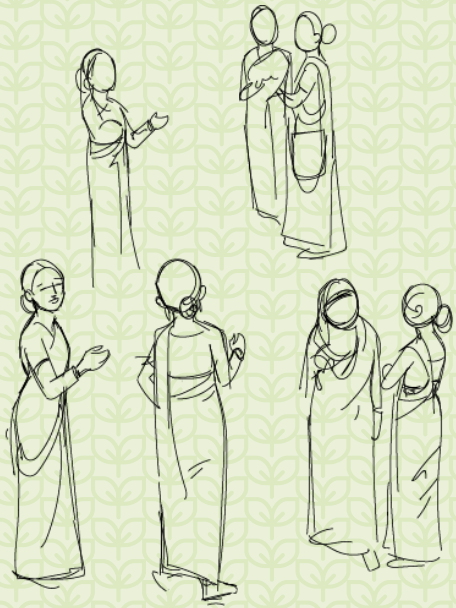
Ask the Group (Prompt)

"Is kaam (poshan se jude kaam) ke liye mahila ko pehchaan ya madad milti hai?"

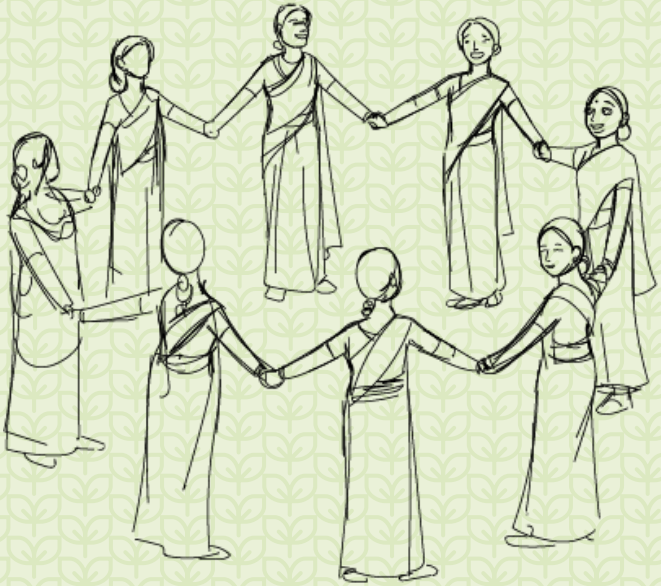
Reinforce

"Jo kaam dikhta nahin, woh kam important nahin hota." "Poshan sirf khana nahin, sambhal aur samay bhi hota hai."

Power of Collective Organization



Together, women become stronger.



SHGs and FPOs turn individual effort into collective power. Collectives under DAY-NRLM give the women strength, voice, and access to institutions.

Facilitator's Note

Create links with POSHAN: Community ownership of nutrition outcomes.

DAY-NRLM Link

DAY-NRLM Core Schemes/Components already exist at the village level. The benefits of the same can be reinforced with the audience.

- SHG Formation & Strengthening (social mobilisation)
- Village Organisation (VO)
- Cluster Level Federation (CLF)

Who Benefits & How

- Women gain collective identity through SHGs
- SHGs federate into VOs/CLFs for stronger voice and bargaining power
- SHG members act as local resource people for livelihoods and nutrition

Ask the Group (Prompt)

"Akele kaam karna aasaan hota hai ya sangh mein?" "Aap kis sangathan ka hissa hain – SHG, VO ya CLF?"

Reinforce

"Sangh mein mahila ki awaaz aur himmat dono badht i hain." "DAY-NRLM ke tahat SHG se mahila sangathit hoti hai, aur federation se sashakt." (Scheme language)

Better Access to Credit



Groups unlock finance.

SHGs and FPOs make it easier for women to access loans, savings, and insurance.

Facilitator's note

Link with POSHAN: Income for nutrition-sensitive expenses (food diversity, health).

DAY-NRLM Core Schemes/Financial Instruments

- Revolving Fund (RF)
- Community Investment Fund (CIF)
- Bank Linkage (SHG–Bank Credit Linkage)
- Savings & Internal Lending
- Insurance & Social Security Linkages (PMJJBY, PMSBY, APY – where linked)

Who Benefits & How

- SHGs receive RF/CIF for internal lending
- Women access timely, low-cost credit for livelihoods and household needs
- Bank linkage builds credit history and financial identity

Ask the Group (Prompt)

"Bank loan lene mein sabse badi dikkat kya hot i hai?" "RF, CIF ya bank loan mein se kaunsa labh mila hai?"

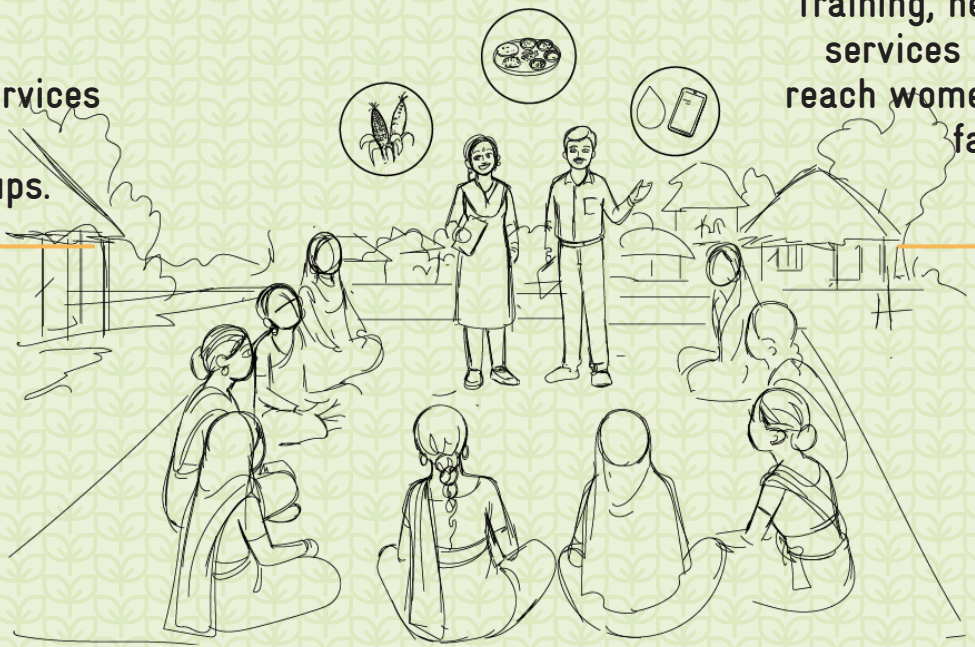
Reinforce (Scheme Language)

"Sangh se bank bhi vishwas karta hai." DAY-NRLM ke madhyam se SHG ko fund aur bank se jodna asaan hota hai.

Better access to knowledge and services/Knowledge & Support Reach Women

Extension services reach faster through groups.

Training, new practices, services and schemes reach women better and faster through collectives.



Facilitator's note

Link with POSHAN: Behaviour Change Communication (BCC), Poshan Maah.

DAY-NRLM Link

Capacity building, convergence with line departments

Ask the Group

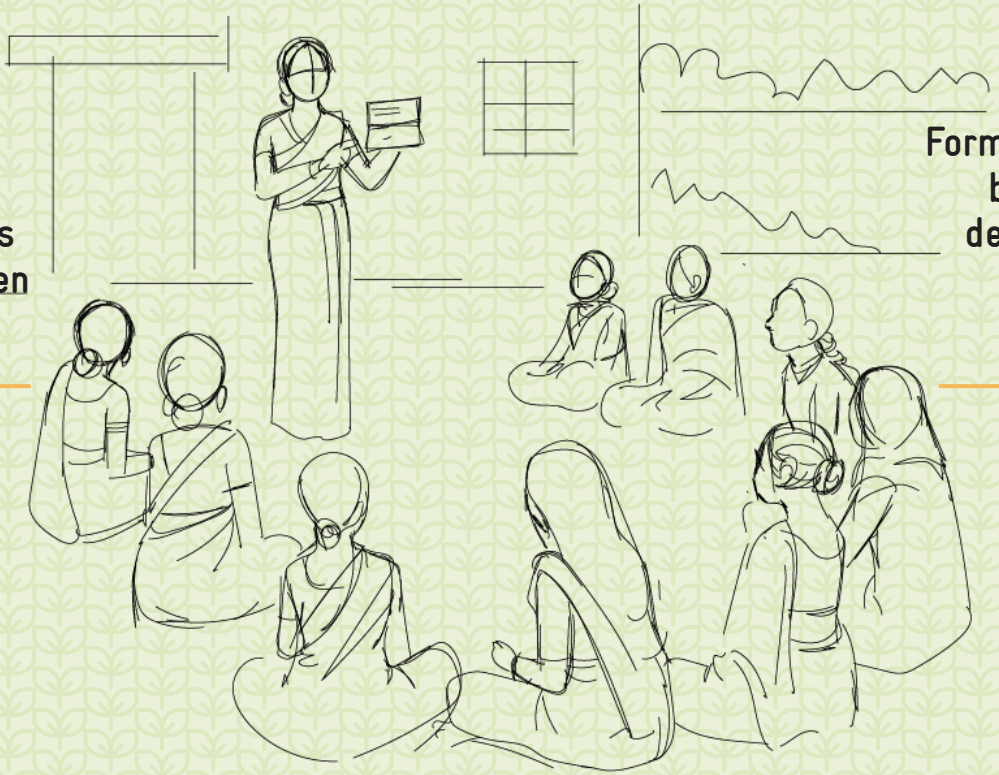
"Kis yojna ya training ki jaankari SHG ke through mili?"

Reinforce

"Sangh ke saath judkar jaankari pehle milti hai."

Recognition, Rights & Leadership

Collectives give women a voice.



Formal recognition brings identity, decision-making power, and leadership.

Facilitator's note

POSHAN Link: Women's leadership for nutrition outcomes.

DAY-NRLM Link

SHG leadership, federation roles, community cadres

Ask the Group

"Kya aapne kisi mahila ko sangh ke baad neta bante dekha?" "SHG ke baad kis mahila ko zimmedari milti dekhi hai?"

Reinforce

"Sangh se mahila sirf sadasya nahin, neta banti hai." "DAY-NRLM mahila netritva ko aage badhata hai."

Only for Facilitators

Conclusion

Reflection Activity (5 Minutes)

Ask participants to answer

1. "Sangh se judne ka ek faayda kya hai?"
2. "Aaj ke baad hum kya alag kar sakte hain?"

Let 2–3 women speak.

Draw Actionable Community-Level Actions (POSHAN + DAY-NRLM Aligned)

End with 3 doable actions

1. SHG meetings mein poshan aur swasthya par charcha shamil karna (POSHAN)
2. Har mahila ka bank linkage, savings aur credit access sunishchit karna (DAY-NRLM)
3. Poshan, krishi aur yojna ki jaankari SHG ke through sab tak pahunchana (Convergence)

Key Closing Message (Memorise This)

"Jab mahila sangathan majboot hota hai, tab parivaar, poshan aur gaon teeno majboot hote hain."

This guidebook supports community-led learning, not instruction.