

Perceived Constraints in Adoption of Nutritional Garden in Tripura

D. Nath^{1*}, S.C. Biswas¹, S. Shil¹, A. Chakraborty¹ and D. Dey¹

Abstract: The study was conducted in the operational area of KVK, West Tripura with randomly selected 120 beneficiaries to find out the constraints in adoption of Nutritional garden in Tripura. Majority of the respondents perceived poor irrigation facility (74.17%) under constraints related to input. A technical constraint, viz., lack of knowledge about seed treatment (91.67%) was the major hindrance in successful adoption of nutritional garden. Amongst post harvest constraints, a major constraint was lack of knowledge on preservation and processing of surplus produce (82.50%). High rainfall damages garden during rainy season (65.00%), less priority is given to nutritional garden than other farm activities (50.83%) and high soil pH (46.67%) were general constraints as perceived by the respondents.

Keywords: Nutritional garden, Constraints, Tripura.

INTRODUCTION

Vegetables occupy an important place in our daily life particularly for vegetarians. Vegetables are the only source to increase not only the nutritive values of foods but also their palatability. For a balanced diet, an adult should have an intake of 85 g of fruits and 300 g of vegetables per day according to the dietary recommendation of nutrition specialists. At present, the per capita availability of vegetable in India is about 135 g which is quite less as compared to 300 g as prescribed by the dieticians. (Sharma *et. al.*, 2011). With increase in population of our country and improvement in dietary habits, the consumption of vegetable has improved. People have realized the importance of vegetable in their diet as vegetable have high nutritive values which are vital for the body. In the present scenario, the cultivable land is decreasing day by day due to rapid urbanization, industrialization and shrinking land holding. The dietary requirement of vegetable can be easily fulfilled through the concept of nutritional garden as vegetable can be easily raised in small piece of land. Although urban people are quite aware about the benefits of nutritional garden, still

there are few takers of this concept amongst the rural folk. The predominant reasons for the poor adoption amongst rural people may be due to lack of technical know-how, lack of awareness and knowledge regarding vital inputs like seed, water and FYM, plant protection measures, storage and processing etc. Realizing the importance of constraints, an effort was made to identify the major bottlenecks in adoption of nutritional garden.

METHODOLOGY

The study was conducted in the operational area of KVK, West Tripura. A random selection of 120 nos. of beneficiary farmers was made from the undivided West Tripura district of Tripura where demonstration on nutritional garden was conducted during 2014-15 and 2015-16. In the present study, constraint was conceptualized as irresistible force that acts as hindrance in adoption of recommended nutrition gardening techniques. A list of major constraints was prepared in consultation with extension scientist, available literature, field functionaries and progressive vegetable growers. Further, the major constraints were categorized into

¹ KVK, West Tripura, Chebri, Khowai, PIN 799207 (Tripura)

E-mail: spu020@yahoo.co.in