

**NIFTEM-K conducted 3-days Hands-on-training programme from 18-20<sup>th</sup> April 2024 for self-help group of Badsar Village adopted under DST-Funded project on “Utilization of Linseed in Food Products”**

In effort to promote innovative and diversification of Linseed utilization, a comprehensive 3-Days Hands-on-training funded by Department of Science and Technology (DST) was organized by National Institute of Food Technology and Entrepreneurship and Management (NIFTEM-K) in collaboration with College of Community Sciences, CSKHPKV, Palampur from 18-20<sup>th</sup> April 2024 on “Utilization of Linseed in Food Products”. The training was conducted in for Self Help Group (SHG) of Badsar Village, Kangra District, HP adopted under DST funded Project at Dept. of Food Science, Nutrition and Technology, COCS, CSKHPKV, Palampur. Prof. Rajni Chopra (Project PI, NIFTEM-K) and Prof. Anupama Sandal and Dr Anju Kapoor (coordinators from COCS, CSKHPKV, Palampur) delivered lectures showcasing the scope of linseed utilization and took hands-on sessions on product development such as linseed papad, linseed cookies and linseed ladoos. Participants also engaged in discussions with the training team on other aspects such as on-going market trends, consumer preferences and regulatory considerations related to linseed-based food products. All the women of Badsar SHG enthusiastically participated in the training and were inspired to embark entrepreneurial journey. Training also provided the valuable insights on the growing demand for functional foods and potential for linseed to meet these involving consumer needs.