The present investigation is focused on multi-dimensional impact analysis of gender specific dairy and home science KVK training programmes. It is a comparative study of farmwomen trainees and non-trainees of Karnal district of Haryana State. Four hundred respondents (farmwomen trainees and non-trainees) were interviewed using a well-structured schedule to determine and quantify knowledge level, level of adoption, perceived training needs and reason(s) of non-adoption. The responses were collected from those extra-trainees, who were trained through on- and off-campus training programmes in the area of scientific dairy farming (SDF), milk products preparation (MPP), fruits and vegetables preservation (FVP), child care and nutrition (CCN), and clothing and textiles (CT). The non-trainee respondents were those who did not had any of the aforesaid training and they were located in villages not adopted / covered by KVK, NDRI, Karnal. It was found that there was highly significant impact of KVK training programme on farmwomen as indicated by their high knowledge levels, and adoption levels, when compared with non-trainee in all the areas of training programmes. The study critically analyzed the reasons of non-adoption or discontinuation of technologies / techniques imparted to them in KVK training programmes. It also determined the perceived training needs of trainee and non-trainee respondents. The study gives useful recommendations for future planning and implementation of KVK training programmes. It also gives an insight into the inherent weakness of techniques / technologies, which hurdles in their adoption at farmwomen level.