Suggestions and Policy Implication
1. To make this programme successful, it is imperative that these should be higher and harmonious proportion from all the age groups in the training imparted by the KVKs for the upliftment of rural women.

2. The literacy level of rural women is quite low. It would be better in the present circumstances if more and more literate rural women are brought under this training for fruitful results.

3. The rigid follow up of the Pardah system is a constraint in this programme, since the schedule caste group women's unprepared ness to participate in KVKs sponsored programmes. In this situation more and more women's from schedule caste group should be brought for active participation in this programme.

4. It should be better in the fitness of circumstances that other than farming sector is more incline in the KVKs programme in search of other avenues of income.

5. In stitching and embroidery rural women existed interest ness, in the fitness of circumstances. It would be fruitful if tailoring and other allied activity are further commissioned in the practices of KVKs programme.

6. Special attention should be pay to fruit and vegetable preservation for success of this programme. It will not be out place to mention to indicate how much knowledge could be transferred into skill by this programme.
7. The trainees remarked that such training should be frequent, need-based and resolving the problem of the clarity of subject matter and language. In addition to it lab and library facilities should be further commissioned from existing level pertaining to fruit and vegetable preservation.

8. It is paramount need of today is that the higher percentage of social participation is must to make the KVK programme useful to rural women a success.

9. Whenever inputs requirements is to be born by the pocket of the respondent the results were less than the expectation. It is strongly advocated that the trainees should be given maximum protection so that least is going from their pocket.

10. If KVK training puts greater insight into the practice namely fruit and vegetable preservation. The second relevant question which comes out on the way of this practice is the involvement of monetary factors since the respondents are suppose to bring raw material for this training. The poor inhabitants eventually fall to bring the material which causes less effectiveness of the training. This has already been indicated in our previous discussion on knowledge that the trainer pocket should be least used for necessary articles used in this training.

11. Ill equipped stitching machine also effect the stitching and embroidery techniques to be propagated in rural masses. In addition to it experimental material may also be provided at concessional rate so that poor of the poorest rural women could purchase it to get maximum benefit from this training.
12. For future considerations food and nutrition segment should be given top priority before commencing the agenda for new training. Milk and milk products, rice and legume based products may open new avenues for earning to the rural households.

13. The programme of KVKs and KGKs be expended and the training programmes for women be intensified to enhance their productivity, liberate them from drudgeries of farm and household activities and also improved their skills leading to employability.

14. Policy makers should give consideration to income generating technologies meant for women only. It should be kept in the mind of policy makers at the time of policy farming that women not only get training but also easy credit.

15. Communication channels should be geared up for making aware women of new development in home science sector.

16. Therefore attempted to employ an appropriate nutrition education strategy using an interactional model of communication with low cost print material support. The essence of the applied strategy corresponded to devising need salient messages and making the process a fully participation one, animated through voluntary community workers.