EMPOWERED WOMEN
CONTRIBUTE TO
COMMUNITY & NATION BUILDING

NIFPHATT’s endeavours to fisherwomen empowerment

2015
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2015

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NIFPHATT’s endeavours to
fisherwomen empowerment

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Ever since the Govt. of India redesigned, redefined and restructured the IFP to NIFPHATT, we have been on the lookout to identify appropriate post-harvest technologies for the rural weaker sections of the society. Interestingly enough, we found that some areas of our country appear to be physically urban or sub urban, but they are demographically and economically rural.

Even though the womenfolk, logically enough especially in the Indian context play the key role in household and community development, they still remain the weakest among weaker sections. It was this fact that convinced us to take up the cause of women empowerment through fisheries post-harvest technologies.

The Ministry of Agriculture has been most supporting and encouraging in all our endeavors in this direction, which is most gracefully acknowledged. Sister Ministries, Departments and agencies both in the center and states, Co-operatives, NGOs and eminent resource persons have all put in a lot of commendable efforts in our mission.

While presenting our achievements of a decade-long woman empowerment endeavors, we thank all those who held our hands with active participation and support. We look forward to your continued cooperation, valuable suggestions and guidance.

S. Girija
Director
It is an accepted fact that women play a significant role in the transformation of India to the status of a developed nation. In India around 11 lakhs fisherwomen live in 2500 villages. The basic problem of this community is economic in nature as they are engulfed in the vicious circle of poverty and gender bias. Empowerment of these women in fisheries sector is the need of the hour. In this context, there are several initiatives taken by Govt. of India to empower fisherwomen economically, socially and politically.

For a successful empowerment certain tools are required. One of them is educating them of fish handling and product development through formal training. Rising to the institutional responsibility to plug these gaps, NIFPHATT has designed training programmes mainly concentrating on the upliftment of the fishing community particularly fisherwomen thus equipping them for self reliance and social security. Self Help Groups are the success story of women empowerment.

NIFPHATT has launched its extensive fisherwomen training programmes since 2000 at the national level on various capacities across 9 maritime states and two union territories. A total number of 4480 fisherwomen were trained from NIFPHATT till 2014 with the effective support of different user agencies, various state fisheries departments and the Administrative Ministry. These programmes have equipped fisherwomen with skills not only in fish handling, fish processing, quality assurance and hygiene but also in micro entrepreneurship, group development and marketing.

Treading along the meaning of the famous saying “Give a man a fish and you feed him for a day: teach a man to fish and you feed him for a life time”, this Institute has been providing the skill and techniques to fisherwomen which help them to get their daily bread. Apart from providing training to them, NIFPHATT has been supporting fishermen co-operative societies, who play multifaceted roles in the socio-economic, educational and health development of fishermen communities. Manassery Fishermen Co-operative Society in Kochi is one among them. Fisherwomen from that society are directly involved in the product development activities of NIFPHATT.

NIFPHATT’s fourteen years of inclusive and innovative interventions in the empowerment and development activities of fishermen communities have given an exact direction to their way ahead. This has motivated them to establish micro units in their own areas with locally available resources. This exactly is comprehending the meaning of the saying “development of a community leads to the development of nation”.

### Various Training Programmes for Fisherwomen

Training on Value added product development from
1. Marine Fishes
2. Farmed Fishes
3. Bivalves
4. Fresh water fishes
5. Cephalopod
6. Tsunami Rehabilitation programme
7. Kolleru Lake Restoration Programme
Fisherwomen Training in various states

As a part of extending the Institutional service to other places, NIFPHATT partnered with respective state fisheries departments and user agencies of other Coastal States viz, Odisha, Andhra Pradesh, Lakshadweep, Tamil Nadu and Kerala provided training to the local fisherwomen.

Fisherwomen from Odisha

With the association of various user agencies like Dept. of Fisheries, Odisha, Integrated Coastal Zone Management Programme (ICZMP), NIFPHATT has trained fisherwomen from Odisha. The main objective of the training programme was to transfer the technology of development and production of ready to eat/ready to cook fishery products by way of processing and product diversification from all varieties of fish including low value, unconventional and seasonally abundant fishes. The trainees were benefited by both theory and practical sessions on various stages of processing. The detailed list of beneficiaries and the user agencies from Odisha are given as follows.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>From</th>
<th>To</th>
<th>User Agency</th>
<th>No. of beneficiaries</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2003</td>
<td>2004</td>
<td>Dept. of Fisheries, Odisha</td>
<td>390</td>
</tr>
<tr>
<td>2</td>
<td>27-3-2012</td>
<td>31-3-2012</td>
<td>Integrated Coastal Zone Management Programme (ICZMP), Self Help Groups of Balugaon, Odisha</td>
<td>24</td>
</tr>
<tr>
<td>3</td>
<td>27-4-2012</td>
<td>29-4-2012</td>
<td>Integrated Coastal Zone Management Programme (ICZMP), Self Help Groups, Odisha</td>
<td>20</td>
</tr>
<tr>
<td>4</td>
<td>02-5-2013</td>
<td>19-5-2013</td>
<td>Integrated Coastal Zone Management Programme (ICZMP), Self Help Groups, Odisha</td>
<td>129</td>
</tr>
<tr>
<td>5</td>
<td>22-7-2013</td>
<td>24-7-2013</td>
<td>National Fisheries Development Board (NFDB) Funded Skill Upgradation Training on Sashimi Tuna Processing</td>
<td>20</td>
</tr>
</tbody>
</table>
Fisherwomen from Andhra Pradesh

To augment the development of manpower in Andhra Pradesh especially in fisheries sector, this Institute has tie up with fishermen cooperative societies, National Fisheries Development Board, United Nations Development programme, Department of Fisheries, Andhra Pradesh and provided training to the fisherwomen.

During 2006, Fisherwomen from various co-operative societies of Vishakhapatnam, Srikakulam, Pedajalaripeta have undergone training in value added product development from low cost fishes.

In 2007, with the support of fisheries department, Andhra Pradesh an onsite training programme in value added product development utilizing fresh water fishes like Rohu, Catla, Mrigal, Barbs, Freshwater prawn was conducted under Kolleru Restoration Programme at Elluru district.

Nava Nirman Trust, Narasimpatnam, Andhra Pradesh which is a Non-Government Organization, sponsored 55 fisherwomen from self help groups during the year 2009. They have undergone training on product development from low cost fishes at NIFPHATT, Vishakapatnam unit.

During 2013 two major fisherwomen trainings were conducted under the sponsorship of National Fisheries Development Board and United Nations Development Programme. Government of India and Government of Andhra Pradesh have implemented a GoI-UNDP-GEF Project named “Mainstreaming Coastal and Marine Biodiversity Conservation into production sector in Godavari River Estuary, Andhra Pradesh”. In this regard, East Godavari Riverine Estuarine Ecosystem (EGREE) had approached NIFPHATT to provide training for the fisherwomen from Kakinada district.

The beneficiaries have undergone training on fisheries post harvest technology and value addition. Majority of these beneficiaries were artisanal fishermen who largely depend on the estuarine ecosystem for their subsistence. These trainings provided guidance for maximum utilization of the available resources and thus helped the fisherwomen in getting better returns, resulting in the development of these villages.
Apart from various training programmes imparted in the peninsular India, extensive rural gender development programmes were also provided to the SHGs from fisherwomen communities in the union territory of Lakshadweep. As per the request by the Lakshadweep Development Corporation Ltd. (LDCL), an intensive training programme on low cost fish processing techniques was imparted to fisher folks of Androth and Kavarathi Islands. The training programme mainly focussed on the development of products from locally available fishes like tuna, mackerel, sardine etc.

National Fisheries Development Board (NFDB) sponsored a unique training programme titled “Onboard handling and processing of sashimi grade tuna” to the fisher folks of Androth and nearby islands of Lakshadweep which was highly beneficial for the people to earn more returns. Theory classes were handled by the experts from MPEDA and the practical classes were conducted in the chilled tuna processing plant at NIFPHATT premises. Various high value products were processed by the trainees.
Department of Fisheries, Tamil Nadu has sponsored 25 fisherwomen and they were benefited by a short term training in “low cost techniques in seafood value added products processing”.

In order to give a field exposure focussed on fish processing industries and product development, the fisheries department of Tamil Nadu sponsored several batches of fisherwomen/fisherfolks from different coastal districts like Nagapattinam, Cuddalore, Rameshwaram and Nagercoil to this Institute headed by officials from fisheries department. Various value added products viz., ready to eat/cook, dried, pickled, canned and specialty products and by products were demonstrated and displayed to the fisher folk community. Around 200 fishermen and women participated in this major exposure visit conducted at NIFPHATT.
In Kerala, NIFPHATT has succeeded in providing hands on training to fisherwomen in ten districts viz, Kasargod, Kannur, Kozhikode, Malapuram, Thrissur, Ernakulam, Kottayam, Alappuzha, Kollam & Thiruvananthapuram. As a result, the fisherwomen were able to create their own groups and have succeeded in running in good manner. These are:-

### Successfully Running Self Help Groups in Kerala

<table>
<thead>
<tr>
<th>No.</th>
<th>Group Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Diya Activity Group, Kottungal</td>
<td>Thiruvananthapuram</td>
</tr>
<tr>
<td>2.</td>
<td>S.P.M Activity Group, Adimalathura</td>
<td>Thiruvananthapuram</td>
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<td>3.</td>
<td>Samudra Activity Group, Adimalathura</td>
<td>Thiruvananthapuram</td>
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<td>4.</td>
<td>St.George Activity Group, Poovar</td>
<td>Thiruvananthapuram</td>
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<td>5.</td>
<td>Matsya House Activity Group, Poovar</td>
<td>Thiruvananthapuram</td>
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<td>6.</td>
<td>Athbuthamatha Activity Group, Poovar</td>
<td>Thiruvananthapuram</td>
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<td>7.</td>
<td>Jyothish Activity Group, Karimkulam</td>
<td>Thiruvananthapuram</td>
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<td>8.</td>
<td>Theeramythri Activity Group, Ambalathamala</td>
<td>Thiruvananthapuram</td>
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<tr>
<td>9.</td>
<td>Matha Activity Group, Adimalathura</td>
<td>Thiruvananthapuram</td>
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<td>10.</td>
<td>FPM Activity Group, Adimalathura</td>
<td>Thiruvananthapuram</td>
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<tr>
<td>11.</td>
<td>Diya Activity Group, Adimalathura</td>
<td>Thiruvananthapuram</td>
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<tr>
<td>12.</td>
<td>Maria A Group, Kollam</td>
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<tr>
<td>13.</td>
<td>Chaithanya A Group, Kollam</td>
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<td>14.</td>
<td>Anna Activity Group, Kollam</td>
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<td>15.</td>
<td>Nanma Activity Group, Kollam</td>
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<td>16.</td>
<td>Alphonsamma Activity Group, Kollam</td>
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<td>17.</td>
<td>Krupa Activity Group, Kollam</td>
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<td>18.</td>
<td>Navajyothi Activity Group, Kollam</td>
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<td>19.</td>
<td>Theeralakshmi Activity Group, Kollam</td>
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<td>Dhakshina Activity Group, Kollam</td>
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<td>22.</td>
<td>Sreebhadra Activity Group, Kollam</td>
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<td>23.</td>
<td>Karmala Matha Activity Group, Kollam</td>
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<td>24.</td>
<td>Jahoba Nissy Activity Group, Kollam</td>
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<td>25.</td>
<td>Vismaya Activity Group Nayarambalam, Ernakulam</td>
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<td>26.</td>
<td>Kripa Activity Group, Nayarambalam, Ernakulam</td>
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<td>27.</td>
<td>Sreha Activity Group, Nayarambalam, Ernakulam</td>
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<td>Chaithanya Activity Group, Nayarambalam, Ernakulam</td>
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<td>Sowparnika Activity Group, Nayarambalam, Ernakulam</td>
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<td>Aiswarya Activity Group, Ezhikkara, Ernakulam</td>
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<td>Matsyakanyaka Activity Group, Ezhikkara, Ernakulam</td>
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<td>Pratheeksha Activity Group, Ezhikkara, Ernakulam</td>
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<td>Kayaloram Activity Group, Vadakkekara, Ernakulam</td>
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<td>Sandra Activity Group, Vadakkekara, Ernakulam</td>
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<td>38.</td>
<td>Theeram Activity Group, Vadakkekara, Ernakulam</td>
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<td>39.</td>
<td>Deepam Activity Group, Vadakkekara, Ernakulam</td>
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<tr>
<td>40.</td>
<td>Snehabheepam Activity Group, Vadakkekara, Ernakulam</td>
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<tr>
<td>41.</td>
<td>Samudra Activity Group, Vadakkekara, Ernakulam</td>
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</tr>
<tr>
<td>42.</td>
<td>Seethal Activity Group, Varappuzha, Ernakulam</td>
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</tbody>
</table>
Fisherwomen training under the sponsorship of Society for Assistance of Fisherwomen (SAF) in various districts of Kerala

Malappuram

Thrissur

Ernakulam

Kollam

Thiruvananthapuram

Kozhikode

Kollam

Kannur
Training in Efficient Utilisation of Fisheries Resources

Marine Fishes

The fishing community is still unaware of the hygienic handling & processing techniques which can enable them to obtain better price even from the low value and largely available fishes. In this situation NIFPHATT has given “Need based training” to the fishing community in hygienic handling, pre-processing, preservation techniques & development of various value added products. These training programmes gave an orientation to the trainees that “one can only add value to a fish and cannot add or improve its quality” and this can be achieved by proper handling from the initial stage, i.e from on board fishing vessel. Processing and value addition of sashimi grade tuna has gained much more importance as it fetches more in the international market which is an impetus to the fishermen community and fishing industry. Now, this Institute is providing training on “on-board handling” as well as “in-house handling & processing” with the grant in aid by NFDB. The training in sashimi tuna processing is being imparted in the chilled fish processing plant at Vizag unit of NIFPHATT for the beneficiaries in and around Andhra & Odisha coasts and for other southern states and Lakshadweep, in Kochi.

Preparing Sashimi Loins

Sashimi products from Tuna
Bivalves

Bivalves form a major molluscan fishery in Kerala. Among bivalves, mussels, oysters and clams are the major varieties. Edible bivalves are gaining more acceptance in households and restaurants. Development of various value added products from edible bivalves and its proper handling will fetch more income to the local people.

Oyster

NIFPHATT was consortium partner of the Project “A value chain on high value shellfish from mariculture system” with CMFRI as the consortium leader, under the National Agricultural Innovation Project (NAIP). This institute has played an effective role in achieving the avowed objectives of the Institute by developing various value added products from farmed oyster (Crassostrea madrasensis) and imparted training on value added product development to fisherwomen from Self Help Groups at Moothakunnam area, Kerala.

Clam

Yellow clam (Paphia malabarica) fishery is one of the major shellfish fisheries in the Ashtamudi Lake in Kollam, Kerala. The Quilon Social Service Society (QSSS) is an NGO doing commendable work among the fishermen communities in Kollam. Training on post harvest handling, shucking, product development and its complete utilization was imparted through them. The consultancy for the design and layout of the processing centre was offered by
Mussels (Perna Sp.) are delicious and a very good source of protein, carbohydrates, vitamins and minerals with a proven market value. Preparation of value added products from mussels is considered important for generating more income in the coastal sector. NIFPHATT under the sponsorship of Brackishwater Fish Farmers Development Agency (BFFDA), Ernakulam and Agency for Development of Aquaculture (ADAK), Kerala has trained fisherwomen from Ernakulam district in hygienic preparation of value added products from green mussel. Eight different types of value added products were prepared from green mussel during the training programme. NIFPHATT. In addition, the fisherwomen are being continuously trained for technical skill upgradation and development of other value added clam products by NIFPHATT.
Cephalopods

Oceanic Squid

NIFPHATT had associated itself with another Project of National Agricultural Innovation Project (NAIP) “Utilization strategy for Oceanic Squid in Arabian Sea- A value chain approach”. Several ready to serve Oceanic squid (Sthenoteuthis oualaniensis) products were developed. Training programmes on value added product development from oceanic squid were conducted for the Fisherwomen from various cooperative societies & Self Help Groups.

Farmed Fishes

Rajiv Gandhi Centre for Aquaculture (RGCA), the research and development wing of MPEDA (Marine Products Export Development Authority) has initiated the sea cage farming for cultivable fishes like cobia & tilapia. Sea farming being a costly and intensive aquaculture activity, the products need to fetch high value in the market. NIFPHATT is focussing on this aspect and has taken up the task of development, test marketing and popularization of these varieties and has developed various ready to cook and ready to eat products for the first time in India with a motto of 0% wastage.
Freshwater fishes

Inland fisheries has now assumed much importance than marine fisheries in India. Freshwater fishes like Catla, Rohu, Mrigal and Giant Freshwater prawn are abundantly available in Elluru (Kolleru lake) of Andhra Pradesh and also in Kerala. Effective utilization of these resources which particularly mean “high value returns” helps the people who depend largely on these resources for their livelihood. All these reasons encouraged NIFPHATT to produce different value added products from fresh water fishes. In addition to this NIFPHATT as its mission to lend a helping hand to the fisherwomen community, imparted training on “Value added product development from freshwater fishes”. Fisherwomen from Andhra Pradesh and Kerala sponsored by Fisheries Department of Andhra Pradesh and Society for Assistance for Fisherwomen (SAF) & Matsyafed, Kerala, respectively were benefited by the training programme. The training programme was organized to tap its potential in the field of value added product development.

Demonstration to trainees

Pre processing of prawns

Fish pickle preparation
Under the assistance of Tsunami Emergency Assistance Project (TEAP) and Tsunami Rehabilitation Programme (TRP), this institute had taken up a Project titled “Training of Master Resource Persons” with the main objective of providing skill upgradation in fish processing to fisherwomen in the Tsunami affected nine coastal districts of Kerala for securing a livelihood.

During the first phase of the programme, extensive inhouse training was imparted in the production of diversified value added fishery products deploying easily assimilable rural appropriate technologies to 25 (5 Team Leaders and 20 Master Trainers) Master resource persons selected from the Tsunami affected coastal districts of Alappuzha, Ernakulam and Thrissur. During the training, around 45 value added fishery products were developed by the trainees. 75 fisherwomen were trained.

The training programme enabled the fisherwomen in establishing micro units in their own areas with the resources available which provided them with sizable earnings.
As per the request from the Fisheries Department of Andhra Pradesh, a team of officials from NIFPHATT visited Elluru and Kolleru lakes and conducted training programmes for two batches in the development of various value added products by utilizing freshwater fishes like Catla, Rohu, Mrigal and Giant freshwater prawn which are abundantly available in Kolleru lake.

A total of 53 fisherwomen from different self help groups selected by Fisheries Department of Andhra Pradesh, were benefited by this programme. After the training programme, a project report for establishing micro unit to produce value added products was prepared by NIFPHATT and presented to Fisheries Department of Andhra Pradesh.
Training to Fisherwomen under National Agricultural Technology Project (NATP)

Under World bank funded National Agricultural Technology Project, a research scheme on “Value added product and byproduct development from low cost fish and processing waste from fish and shell fish” was implemented during the year 2001-04. Several value added products were developed and semi commercial level production was conducted for various products like Baits, Anchovies, Ballistid fillets, cutlets from filefish, curry products from Tuna, Sardine and Mackerel in retortable pouches. Under the project “Training on Value added product development”, was imparted to 598 fisherwomen from coastal areas of Kerala, Odisha and Andhra Pradesh sponsored by their respective state fisheries departments.

Training to Fisherwomen under National Agricultural Innovation Project (NAIP)

Under the National Agricultural Innovation Project (NAIP), NIFPHATT had trained fisherwomen in fish handling, processing, preservation, value added product development and marketing. Training programmes on value added product development from Oyster meat and Oceanic Squid were conducted by NIFPHATT.
Employment generation for fisherfolks through Self Help Groups

NIFPHATT’s potential in the training sector has been utilized by several agencies and this organization has played a vital role in this area of employment generation. The details of such training carried out by NIFPHATT during the past 14 years are enlisted. The agencies involved for the gender development training programmes for fisherwomen on rural appropriate technology are shown in page no.36

This training programme has given thrust on the following aspects:

(a) Basic principles of hygienic fish handling.

(b) Its influence on keeping the quality as well as the marketability of a fishery product.

(c) Imparting easily assimilable, locally relevant and economically viable technologies.

The trainees gained confidence to form Self Help Groups and initiated production of value added fishery products to face the competitions in the market and to earn maximum profit with the available resources. The various innovative products developed by the trainees are: Fish samosa, Fish roll, Fish finger, Fish cutlet and Fish pickle.
Fisherwomen Training at NIFPHATT Vizag Unit

Vizag unit of NIFPHATT was set up in 1989 and in due course became fully equipped in all respects for its activities on the Beach Road near the fishing harbour complex in Visakhapatnam. This unit of NIFPHATT has succeeded in making its presence felt in the east coast region by way of rural development programmes towards the upliftment of social status of the fisherwomen groups with the association of user agencies like Integrated Coastal Zone Management Programme (ICZMP), Odisha, United Nations Development Programme-Kakinada, National Fisheries Development Board (NFDB), Hyderabad, East Godavari Riverine Estuarine Ecosystem (EGREE) Kakinada and other fisherwomen co-operative societies of Andhra Pradesh & Odisha coasts.

Training on Value Added Product Development from Low cost Fish

Trainees from Sri Ganga Gowri primary fisherwomen Co-operative society and Co-operative societies of Srikakulam and Pedajalaripetta, Vishakhapatnam and Self Help Groups sponsored by Navanirman Trust, Narasimpatnam, Andhra Pradesh were the beneficiaries of this programme.
Integrated Coastal Zone Management Programme (ICZMP), Odisha and NIFPHATT together conducted a training programme on Value Added Product Development & Cold Chain Marketing at NIFPHATT Vizag unit for the Self Help Groups of Balugaon and Ganjam districts of Odisha. 129 fisherfolks and SHG’s were given hands on training on personal hygiene, fish handling, dressing, salting, drying, preparation of various value added products and its packaging technology and cold chain marketing.

In tune with the policy of the Government of India, efforts are being taken to promote the export of considerable quantity of tuna in chilled form in place of the frozen tuna which likely is to fetch more revenue. As a subsequent step, a chilled tuna processing plant with all statutory facilities was set up at the Vasakhapatnam Unit of NIFPHATT with the financial assistance of National Fisheries Development Board. MPEDA has also extended its help to the fishermen in converting many of their fishing vessels to tuna long liners. Apart from all these infrastructure facilities, the main area which demands utmost care and concern is the maintenance of the prime quality of tuna intact during its landing onboard the vessel and further processing. There are stringent handling protocols to keep fish in extremely fresh form and this institute with its commitment towards the upliftment of the underprivileged fishing community, conducted extensive training programmes for the fisherfolks of Odisha and Andhra Pradesh mainly dwelling on the process of making them aware of these fish handling protocols so as to enable them to handle the fish in the proper manner maintaining the freshness and quality of fish while its landing and further processing.
East Godavari River Estuarine Ecosystem (EGREE), Kakinada, Andhra Pradesh through United Nations Development Programme and NIFPHATT provided training on fisheries post-harvest technology and value addition to the fisherwomen from Kakinada region. A short term training on Value added product development and hygienic handling of fish was conducted at Vizag unit for 52 fisherwomen from Kakinada during the year 2012 and 2013 respectively.
<table>
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<tr>
<th>Sl No.</th>
<th>Name of the Society/ Sponsors</th>
<th>From</th>
<th>To</th>
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<th>Female</th>
<th>Total</th>
<th>Trainee days</th>
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**TOTAL** | 34 | 428 | 462 | 1574 |
The Kerala State Co-operative Federation for Fisheries Development (Matsyafed) leased out a 40 acre fish farm from the Department of Fisheries, Kerala with the intention of developing it into an aqua tourism project, along with the seafood kitchen, boating and fishing facilities.

At the request from Matsyafed, NIFPHATT provided their women crew in-house, hands on training in hygienic handling, processing, marketing, and group business management.

Now the project has bloomed into an attractive tourist centre with fishing, entertainment, mangrove, fish & bird gazing, variety ethnic food etc. Large number of people visit the place everyday.

Theeramythri seafood restaurant run by Souparnika Activity Group, Nayarambalam, Ernakulam

SHG’s serving the fishmeal to the customers
Some motivated women from Thiruvananthapuram

‘S.P.M. Activity Group’
Adimalathura, Thiruvananthapuram
Preparation of variety of delicacies from fish is going on ...

‘Diya Activity Group’
Kottungal, Thiruvananthapuram
Development of new value added hygienic products and its distribution through retail outlets.

‘St. George Activity Group’
Poovar, Thiruvananthapuram
Palatable dishes being prepared and taken to the consumers through seafood kitchen.
The spirited women from Ernakulam

Vismaya Activity Group
Nayarambalam, Ernakulam

Official of NIFPHATT in interaction with the group to assimilate their present status.

Sowparnika Activity Group,
Nayarambalam, Ernakulam

Members of SHGs have set up seafood restaurant to market fishery products as part of Aqua tourism Project.

Kripa Activity Group
Nayarambalam, Ernakulam

Women engaged in peeling work for private entrepreneurs.
Marketing channels through Melas & Exhibitions

Agraha Activity Group
Ernakulam

Seafood court launched by women Self Help Group in “International Aqua Show” at Ernakulam.

Theeramthri Activity Group,
Ernakulam

Variety of delectable fishery product are in display at fairs/exhibitions sponsored by SAF, organized by State Fisheries Department, Kerala.

Sneha Activity Group
Nayarambalam, Ernakulam

A well established SHG’s operating a seafood restaurant.
Products developed during the training programmes

(1) From Marine Fishes (Tuna, Lizard fish, Jew fish, Sardine, Mackerel)
1. Battered and Breaded anchovies
2. Battered and Breaded Ballistid fillets
3. Cutlets from Tuna, Lizard fish, Pink Perch
4. Fish ball from Jew fish, Lizard fish, Pink Perch.
5. Tuna curry in retortable pouches.
6. Sardine curry in retortable pouches
7. Mackerel curry in retortable pouches.
8. Fish Pickle (with vegetable / sweet & sour)

(2) From Farmed fishes (Cobia)
1. Cutlets
2. Cobia smoked & canned
3. Rolls
4. Fingers
5. Canned Cobia curry
6. IQF skin on cobia steak
7. Pickle
8. Skewered Cobia

(3) From Bivalves

(3.1) From Mussel
1. Battered and breaded Mussel
2. Soup
3. Cutlet
4. Curry
5. Roast
6. Pickles (Sweet & Sour)
7. Pickle with vegetables
8. Canned & smoked

(3.3) From Clams
1. IQF Clam meat
2. Cold smoked clam meat
3. Cutlet
4. Pickle
5. Battered & Breaded Clam
6. Smoked Clam

(3) From Oyster
1. IQF Oyster meat
2. Frozen Oyster Curry
3. Frozen Oyster Soup
4. Frozen Oyster Rasam
5. Canned Oyster curry
6. Battered and Breaded Oyster
7. Cold Smoked Oyster meat
8. Cold Smoked Oyster shell on
9. Pickle

(4) From Freshwater Fishes (Rohu, Catla, Mrigal) & Prawn

4.1) Indian Major Carps
1. Cutlet
2. Ball
3. Finger
4. Pickle
5. Curry
6. Steaks

4.2) From Prawn
1. Dried prawn with spices
2. Prawn chutney powder
3. Prawn Pickle
4. Battered and Breaded Prawn Finger
(5) From Cephalopod (Squid)
1. IQF Squid tubes
2. IQF Squid strips
3. IQF Squid rings
4. Frozen Squid curry
5. Canned Squid curry
6. Canned Squid pieces in squid ink sauce
7. Squid pickle
8. Stuffed Squid (Battered & Breaded)
### ABBREVIATIONS

<table>
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<tr>
<th>Abbreviation</th>
<th>Description</th>
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<td>SHG's-K</td>
<td>Self Help Groups</td>
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<tr>
<td>LDCL</td>
<td>Lakshadweep Development Corporation Ltd.</td>
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<td>Matsd</td>
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<td>BFFDA</td>
<td>Brackish Water Fish Farmers Development Agency, Kerala</td>
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<td>Co-S-Jal</td>
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<td>ADAK</td>
<td>Agency for Development of Aquaculture, Kerala</td>
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<td>KRP</td>
<td>Kolleru Lake Restoration Programme</td>
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<td>SAF</td>
<td>Society for Assistance for Fisherwomen, Kerala</td>
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<td>SIFFS</td>
<td>South Indian Federation of Fishermen Societies</td>
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<td>NNT</td>
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<td>ATMA</td>
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<td>QSSS</td>
<td>Quilon Social Service Society, Kollam, Kerala</td>
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<td>KFWFD</td>
<td>Kerala Fishermen Welfare Fund Board</td>
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<td>TRP</td>
<td>Tsunami Rehabilitation Programme</td>
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<td>UNDP</td>
<td>United Nations Development Programme</td>
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<td>National Fisheries Development Board</td>
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### NUMBER OF BENEFICIARIES AND USER AGENCIES

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<td><strong>Total</strong></td>
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NIFPHATT’s linkage with user agencies

- Department of Fisheries, Odisha
- Integrated Coastal Zone Management Programme (ICZMP), Odisha
- United Nation Development Programme (GOI-UNDP-GEE Project), Andhra Pradesh
- Lakshadweep Development Corporation Ltd. (LDCL), Lakshadweep
- Department of Fisheries, Tamil Nadu
- Fishermen Co-operative Society, Srikakulam, Andhra Pradesh
- Fisheries Dept., Tsunami Emergency Assistance Programme (TEAP), Govt. of Kerala
- Fishermen Co-operative Society, Jalaripet, Andhra Pradesh
- National Fisheries Development Board (NFDB), Hyderabad
- Self Help Groups, Andhra Pradesh
- Self Help Groups, Odisha
- Fisheries Co-operative Society, Visakhapatnam, Andhra Pradesh
- Self Help Groups, Kerala
- Quilon Social Service Society, Kollam (QSSS), Kerala
- Society for Assistance for Fisherwomen (SAF), Kerala
- Agriculture Technology Management Agency, (ATMA), Kerala
- South Indian Federation of Fishermen Societies (SIFFS), Kerala
- Agency for Development of Agriculture (ADAK), Kerala
- Kerala Fishermen Welfare Fund Board, Kerala
- Department of Fisheries, Kerala
- Brackish Water Fish Farmers Development Agency (BFFDA), Kerala
- Matsyafed, Kerala
We are aware that we have initiated something of great import to nation in general and fisheries sector in particular. Hence we have started sure-footed beginnings in specific areas in a few states- with easily identifiable avocations.

Now we propose to widen our coverage to more states, more communities with more locality specific, community needed relevant women empowerment programmes. For this we propose the following furtherance programme.

In the forthcoming years, NIFPHATT envisages to focus on the inter institutional mutually beneficial interaction with National and International user agencies for the empowerment of women in fishing community.

A self contained and fully operational mobile training unit will be highly supportive for reaching out directly to the needy community at any remote area within short notices. Only the basic raw material and potable water need to be provided at the training site.

During the second phase NIFPHATT will try to equip the beneficiaries further, who are already in this line of business for marketing their produce in a more organized and centralized manner under a uniform banner or brand. More interventions should be made possible so that their activities are reviewed periodically and correction, if required, made or newer technologies imparted or upgraded.

NIFPHATT is in the process of building up sufficient human resources for getting direct feedback of the activities of beneficiaries of the training programme and for the training on new technology keeping in pace with time through different agencies.

Majority of them are economically weak and make their livelihood on daily basis. Even though they are eager to get trained on post harvest technologies, loss of income for the training period is a major concern for them. Some means of compensating this loss will attract more into this stream.

Farmer’s hostel at the affordable rate at the training centre itself will ease their concern on accommodation, and this will catch the attention of more beneficiaries for the training programme.

In the coming days freshwater fish utilization will have more importance than marine fishes. This is because the growth and development of marine fishes are stagnated and also freshwater fishes has low value when compared to marine fishes and can generate better returns with effective utilization. On keeping these aspects, this Institute will mainly concentrate on the post harvest technology upgradation on freshwater fish and its transfer to rural community especially in interior areas.

A well established modern kitchen both at Vizag & Kochi unit will enable us to give training to more number of people in each batch. This will help to sign up more entrepreneurs in this field within a short time.

Yes, we do dream of practical women empowerment for the Nation!
NIFPHATT’s National Coverage of Fisherwomen Trainings

*Coloured Portion indicates coverage area*
Varied & Quality Sagar® Fishery Products from NIFPHATT

- Tuna in Oil
- Tuna in Brine
- Fish Wafer
- Ready to Serve Fish Curry
- Fish Cutlet
- Fish Pickle Sweet & Sour
- Fish Finger
- Fish Fillet
- Fish Steaks
- Fish Soup
- Fish Curry
- Fish Silage
Rendering Help for WOMEN SHGs

Successful self-help groups in Kerala

Marins A Group, Kollam
Chaitanya A Group, Kollam
Anna Activity Group, Kollam
Ninna Activity Group, Kollam
Alphonsamma Activity Group, Kollam
Krupa Activity Group, Kollam
Navejothi Activity Group, Kollam
Theeralakkshmi Activity Group, Kollam
Bhagya Lakshmi Activity Group, Kollam
DhICLES Activity Group, Kollam
Sreebhudes Activity Group, Kollam
Karmala Mata Activity Group, Kollam
Johela Nissy Activity Group, Kollam
Jularani Activity Group, Varakkakara, Ernakulam
Sagaram Activity Group, Varakkakara, Ernakulam
Kavaloram Activity Group, Varakkakara, Ernakulam
Theeram Activity Group, Varakkakara, Ernakulam
Sundam Activity Group, Varakkakara, Ernakulam
Deepam Activity Group, Varakkakara, Ernakulam
Seethal Activity Group, Varrapuzha, Ernakulam
Samudra Activity Group, Vazhakkulam, Ernakulam
Atiwaya Activity Group, Ethukara, Ernakulam
Amruthasree Activity Group, Ethukara, Ernakulam
Matsyalanyaka Activity Group, Ethukara, Ernakulam
Pratheeksha Activity Group, Ethukara, Ernakulam
Vismya Activity Group, Nayarambalam, Ernakulam
Kripa Activity Group, Nayarambalam, Ernakulam
Sheela Activity Group, Nayarambalam, Ernakulam
Chaitnya Activity Group, Nayarambalam, Ernakulam

Matha Activity Group, Adimalathura, Trivandrum
PPM Activity Group, Adimalathura, Trivandrum
Diya Activity Group, Adimalathura, Trivandrum
Mary Matha Activity Group, Adimalathura, Trivandrum
Purna Activity Group, Adimalathura, Trivandrum
Sanyoga Activity Group, Karavala, Trivandrum
Matyam Activity Group, Karavala, Trivandrum
Little Flower Activity Group, Karavala, Trivandrum