

preparation is often neglected while documenting the Traditional knowledge in fisheries sector. Their ITKs can be related to the household chores and nutritional value of various dishes. This paper tries to document the indigenous traditional recipes collected from fisherwomen of Kerala, under the ESSO-INCOIS funded project on 'Indigenous Traditional Knowledge (ITKs) in marine fisheries sector of Kerala: Analysis and Documentation' that was carried out in collaboration with Vijnana Bharati, New Delhi. Traditionally prepared fish recipes were documented from 23 women from various districts of coastal Kerala. The fisherwomen have knowledge about nutritional and medicinal values of certain fishes and this are incorporated in their daily diet. For instance, women do not feed children with mackerel during summer as they believe that it can also cause allergic reactions. *Cynoglossus* spp. locally known as 'nangu' is cleaned, covered in banana leaf and kept in fire place. It is popularly referred as 'nangu vaatiyath' and is given to ladies soon after delivery as it is believed to heal the internal and external wounds quickly. Some of the typical recipes included *Meenada*, *chaala kothappikkal*, *choraku curry*, *koonthal vara*, *neymeen mappas*, *meenitta cheeni* are some of the fish delicacies prepared in the household of fisherfolk. It is important to identify, document and validate such information to act as repositories for future studies on nutrition and diets.

#### GAF PO 05

### Women in inland capture fisheries in Kerala: An assessment

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Women in fisheries value chains are generally thought to be active in the post-harvest sector. Catching or harvesting fish, whether from inland or marine waters is considered to be a male preserve. Only men have been portrayed as fishing. However evidence shows that women have been traditionally involved in fishing especially subsistence fishing for meeting household food requirements. This activity is more wide spread in shallow waters along beaches and in inland water bodies of various types like rivers, backwaters, lakes, estuaries, *kol* lands, ponds etc. This particular study was exploratory in nature to find out how women actually were engaged in fishing activity and to the extent possible to arrive at a figure on how many women were actually engaged in fish harvesting. The areas covered were Pallithode, Varapuzha, Edavankkad and Kuzhippili in Ernakulam district. Considering that the women harvesting fish were scattered and it was an unorganized activity, the study results are discussed as case studies. Constraints are also briefly discussed.

#### GAF PO 06

### Rural women participation in pre and post-harvest operations of stake net (estuarine set bag) along Aroor fishing village, Alappuzha, Kerala

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Women play a major role in stake net operations in Kerala. Stake net is a conical bag net (non-selective gear) set in