

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

streams and tidal waters. This is perhaps one of the fisheries in India having ownership for women also. Stationary bag nets and stakes (*Oonipadu*) were received by daughters as dowry. But nowadays inheritance is mainly through male lineage and passes on from father to son/daughter. This study attempts to categorise the activity of women into pre and post-harvest operations in stake net fishery along Aroor fishing village of Alappuzha district. Under the pre-harvest activities, women are engaged in preservative treatment of net by using indigenous technical knowledge. They prepare a decoction of tamarind seed/bark of 'Kalasu' (*Lamnea coromentilica*) / 'Panachikka' (*Diospyros malabarica*) etc, and immerse the net for 24 h, which they believe will improve the strength and longevity of netting materials. This treatment is repeated every two to three months. Another major activity is the involvement of women, post harvest, in sorting of fish which includes removal of debris, species and size wise segregation; drying and marketing of dried as well as fresh fish. Although women play a pivotal role in stake net fisheries, their participation is not recognized or it remains imperceptible and considered to have no real value.

**GAF PO 07**

### **Women in inland fish farming – supportive roles in the value chain**

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**B**eing one of the fastest-growing food sector in the world, aquaculture is expected to contribute more than 50 percent of total fish consumption by 2020. Although shrimp production is the main focus of this

sector, the development potential of aquaculture species is large which varies from region to region. In Kerala catfish, tilapia, crab, pearl spot production systems contribute to the inland fish production considerably. The vast inland water bodies are conducive for farming of certain commercially important fish species due to favourable environment and weather conditions. Owing to high level of investment and nature of work the aquaculture sector is often considered a male domain. There have been many relevant development projects and programs operational in Ernakulam district, Kerala which have led to gainful employment of fisherwomen. Women's role and participation is considered largely supportive in this domain. However this study from selected fish farming groups in Pizhala and Chendamangalam in the district proves that they are crucial in the chain and contribute from pond construction, fingerlings sorting, pond stocking, feeding, sex identification and fish harvest. It was more of a family enterprise with all members contributing and the earnings were around Rs.2.5 to 3 lakhs per annum. The defined roles and potential of women in inland fish farming sector have been discussed in this paper and the challenges faced by women which can be addressed through capacity building and R & D initiatives are outlined.