



National Young Professionals Development Program (NYPDP)

MANAGE-University Alliance for Advancing Agricultural Extension and Advisory Services

Reflections That Cultivate Tomorrow's Agricultural Extension



Beyond crops and communication, Extension is the bridge that grows resilience, innovation, and empowerment

Ms. Sakthi Swarooba A

Participated in the MANAGE-NYPDP at MANAGE Hyderabad during December 22-27, 2025.

 **Sakthi Swarooba Achuthan**

Key Learnings

Day 1: The first day significantly reshaped my perception of Agricultural Extension. Initially, I viewed it as the dissemination of agricultural technologies to farmers. However, the sessions revealed that extension is a people-centered discipline focused on transformation, empowerment, and meaningful engagement. Observing the functioning of MANAGE further reinforced this understanding. The day emphasized the importance of self-awareness in identifying strengths and navigating diverse and evolving career opportunities within the field.

Day 2 : The second day highlighted the importance of continuous learning and adaptability in a rapidly changing agricultural context. It became clear that extension professionals must be willing to unlearn outdated approaches and embrace new perspectives to remain relevant. The discussions also redefined the purpose of research, emphasizing that its true value lies in addressing real world problems faced by farmers rather than merely producing academic outputs.

Day 3: Day three focused on enhancing research competencies and understanding their global significance. The sessions connected theoretical concepts with practical applications, introducing various tools and methods used in extension research. This exposure broadened my understanding of how research can be applied across different contexts, from local communities to global platforms

Day 4: The fourth day provided valuable exposure to real-world extension practices, effectively bridging the gap between theory and field realities. Through practical exercises such as Focus Group Discussions and interaction with field experiences, I gained hands-on understanding of participatory research methods. This experience highlighted the importance of engaging directly with stakeholders to capture authentic insights.

Day 5: The final day brought a comprehensive understanding of how extension research connects with policy and decision-making processes. It highlighted that the ultimate goal of extension is to influence policies and contribute to sustainable development. Discussions emphasized that career growth depends more on skills and competencies than on job titles. The programme concluded with reflections that encouraged us to apply their learning in real-world contexts, leaving me motivated and committed to making meaningful contributions in the field of Agricultural Extension

Training Experience

Looking back on those five days, I can still feel the energy and it was packed with real engagement and ideas. Every session felt perfectly crafted, like the organizers knew exactly how to mix heavy concepts with hands on activities. One minute we had been unpacking big theories on extension models, the next we had been break into small groups for role-plays or quick case studies from real farms. It never felt like sitting through lectures it pulled me right in and made me as a part of the learning. Even the breaks were purposeful, with informal chats over tea that sparked even more insights.

Change in Perspective



Before NYPDP, my view of extension was very narrow, like it was just a checklist of routine jobs like to train farmers, demo new seeds, write reports and to repeat them. I didn't see the bigger picture. But this program flipped that completely. Now I see it as this lively, breathing field that's constantly adapting to new challenges like climate change, tech, and market shifts. It's really about empowering people and giving farmers the tools, knowledge, and confidence to take control of their futures.

Training Environment

The training environment at MANAGE was highly conducive to learning, combining professionalism with a welcoming and supportive atmosphere. From the very beginning day, the campus reflected a sense of purpose, organization, and positive energy.

The balance between discipline and approachability created a space where i could remain focused while also feeling comfortable to actively engage. The encouragement from facilitators fostered open interaction, allowing participants to freely express ideas, clarify doubts, and participate in discussions without hesitation.



What I Appreciate



A defining strength of the programme was its emphasis on encouraging independent thinking and self-reflection rather than prescribing fixed career pathways. The sessions motivated us to critically evaluate our strengths, identify areas for improvement, and remain adaptable in a rapidly changing agricultural landscape. Insights shared by faculty and experts highlighted that professional growth is not linear, but shaped by continuous learning and openness to new opportunities. This approach made the experience deeply transformative, shifting my mindset from simply acquiring knowledge to actively shaping my own professional journey with clarity and confidence.

Networking

One of the most valuable aspects of the programme was the peer learning broadened my perspective and helped me understand Agricultural Extension from multiple dimensions. The diversity in experiences and viewpoints created a collaborative learning environment, building confidence and fostering a sense of shared purpose. These connections have not only enriched my learning but also established a professional network that continues to support and guide future growth.



Most Significant Takeaway

The “One Job” concept taught by Saravanan Raj was the main takeaway from the programme. The most significant takeaway from this programme is the realisation that Agricultural Extension is a dynamic and impactful discipline with the potential to drive agricultural and rural development.



To contribute meaningfully, it is essential to continuously enhance practical skills, expand perspectives beyond local contexts, and align efforts with emerging global challenges such as sustainability and climate resilience. Success in this field is not determined by job titles alone, but by adaptability, commitment, and a strong internal motivation to create meaningful change.

Action plan

Building on the insights gained from this programme, I plan to take the following steps:

- Actively engage with national and international Agricultural Extension networks to expand exposure and collaboration
- Align my research focus with relevant and impactful areas addressing real-world agricultural challenges
- Continuously upgrade my skills through digital tools, training programmes, and certification courses
- Develop practical competencies such as communication, policy writing, and programme implementation
- Share knowledge and experiences with peers and fellow students to promote awareness and understanding of the discipline

Overall Reflection

The MANAGE NYPDP programme was far more than a conventional training experience it was a truly enriching and transformative journey. It broadened my perspective, strengthened my confidence, and deepened my commitment to Agricultural Extension. At the same time, the programme was so thoughtfully designed and effectively delivered that there is very little to suggest for improvement. Overall, it stands as a complete and inspiring learning experience that has left a lasting impact on my academic and professional journey.

My MANAGE NYPDP Journey

The NYPDP journey has provided me with clarity, confidence for my future. It helped me understand my current position within the discipline and the areas where I need to grow. More importantly, it transformed my perception of Agricultural Extension from a subject of study into a meaningful career pathway dedicated to empowering farmers, strengthening agricultural systems, and contributing to societal development. I now move forward with renewed motivation and a stronger sense of purpose.



Ms. Sakthi Swarooba A
Msc (Agricultural Extension Education)
Tamil Nadu Agricultural University,
Coimbatore, Tamil Nadu
swaroobaachu.2002@gmail.com

MANAGE - Center for Agricultural Extension Innovations, Reforms and Agripreneurship (MANAGE- CAEIRA)
National Institute of Agricultural Extension Management (MANAGE)
Rajendranagar, Hyderabad- 500 030, INDIA
<https://www.manage.gov.in/caeira/caeira.asp>