Abstract: Agriculture and allied activities continue to be a key sector of the economy of Jharkhand. A large section of the population living in villages depends on agriculture and associated activities for their food, livelihood, employment and incomes. The agricultural sector in Jharkhand is characterized by small net sown area, large arable waste, low irrigation coverage and small size land holding resulting in high dependence on monsoon, low diversification, low cropping intensity and low production and productivity. Women are underrepresented in the formal economy but women do a major chunk of the agricultural work as unpaid household work. On this background the study was planned and conducted. The study entitled “Livelihood Promoting Activities of Women Farmers in Palamu District of Jharkhand” was done under the organization named Society for promotion of wastelands Development, Ranchi with the objectives viz.1. to find out the socio-economic status of women farmers. 2. to study about the farming techniques of women farmers . 3. to recommend the measures for increasing livelihood of women farmers. Palamu district was selected as study area. Two blocks i.e. Satbarwa and Daltonganj Sadar:25 respondents from Satbarwa and 25 from Daltonganj Sadar were selected randomly, making sample size of 50 respondents. Primary data were collected through semi-structured schedule and secondary data were collected from different published sources including websites. The result revealed that in the study area most of the women farmers (60%) belong to the age group of 18-45. Maximum numbers of women farmers (52%) were illiterate. The populations of women farmers were dominated by ST category (38%), SC (32%), OBC (26%), General (4%) respectively. 70 percent of the women farmers belong to marginal land holding category. Majority of women farmers (60%) had Kachha house. About 64 percent of respondents were using hand pumps as a source of drinking water including own hand pumps, government hand pumps respectively followed by 34 percent women farmers dependent on community as well as own well. 68 percent of women farmers had own toilets but around 32 percent have no any facilities of sanitaons. About 64 percent women farmers were engaged in cultivation. Vegetable cultivation, animal husbandry and collection of NTFP (Non Timber Forest produce) are other sources of livelihood for most of the women farmers. SRI, SWI, SPI were the techniques in practice for cultivation of crops paddy, wheat, pulses respectively. Women farmers were also making organic fertilizers and pesticides like Vermicompost, Matka khad, Beejamrit, Neemastra, Jivamrit, Panch gavya etc. Instead of illiteracy, poverty, small land holding, inadequate water harvesting sources as well as irrigation facilities both traditional and advance agricultural techniques i.e SRI, SPI, SWI, were in practice, along with this organic inputs were being used by women farmers in this area. Agriculture with animal husbandry, poultry, apiculture, mushroom cultivation can be good approach for livelihood promotion. Use of drought resistant, short duration seed of crops, plastic culture, drip irrigation, development of water harvesting techniques, sources and identification of markets for getting better price of produces can be the major effective factors for livelihood promotion through agriculture.