



Solidaridad

GOOD FARMING-GOOD FOOD

NEWSLETTER

December, 2022 | Issue No. 24



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Netherlands Enterprise Agency



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Message from the Programme Coordinator



Welcome to the “Good Farming-Good Food” monthly Newsletter. The month December began with the celebration of “The World Soil Day” on 5th December. On this Occasion, a week-long celebration organised at villages to make our farmers well aware on Soil conservation and Soil health. We celebrated National Farmer’s Day on 23rd December across the programme area, this given us an opportunity to felicitate our farmers for their contribution to the Society.

Wheat, Gram and Mustard are the major Rabi crops grown in programme area. Various intercultural operations and irrigation scheduling has been carried out for wheat crop, as it is critical for moisture management. With the arrival of flowers in Mustard crop “Nipping” process suggested to farmers, to allowing the branches grow.

Winter fruits are loaded with abundant nutritious content that enhances the immunity. Our team during their households visit and meetings not only enlightened the rural families on consumption of Soy food, but also about the seasonal fruits available locally.

This Newsletter put a spotlight on more such activities taken up under “Good Farming-Good Food” programme.

Best wishes to all of you for the New Year. Enjoy Reading...

Dr. Suresh Motwani

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KRISHI CHOUPAL - Meeting on Agriculture

<p>Training on Awareness training on Soil Health, Soil Fertility and Crop Productivity</p> <p>मृदा स्वास्थ्य, मृदा उर्वरता और फसल उत्पादकता पर जागरूकता प्रशिक्षण</p> <p> A week long celebration (1st to 7th December)</p> <p>Online Training Session Organized by Smart Agri Knowledge & Information Hub</p> <p>Date : 02 December, 2022 (Friday) Time : 3:00 to 4.30 PM</p> 	<p>Training on Discussion on the Use and Benefits of Organic Products in Rabi Crops</p> <p>रबी फसलों में जैविक उत्पादों के उपयोग एवं फायदों पर चर्चा</p> 
<p>HOW TO JOIN ? Click on the link below after installing Google Meet https://meet.google.com/ycp-bzjw-mpq?hs=224 For More Information Please contact Ms. Namrita Bhanweria : 9644195248, Mr. Anil Khare : 7089501837</p>	<p>Online Training Session Organized by SMART AGRICULTURE KNOWLEDGE AND INFORMATION HUB</p> <p>On 16th Dec 2022 (Friday) Time : 3:00 to 4:30 PM</p> <p>HOW TO JOIN ? Click on the link below after installing Google Meet https://meet.google.com/eei-wrsg-xxd?hs=224 FOR MORE INFORMATION PLEASE CONTACT Ms. Namrita Bhanweria : 9644195248, Mr. Anil Khare : 7089501837</p>

"Krishi Choupal" is an online platform for farmers to obtain timely information and knowledge on Good Agriculture Practices (GAPs). Through this platform we are able to directly connect with our programme farmers online and sharing all agricultural related knowledge and guidance/support for field activities. This Month there have been 02 "Krishi Chaupal" organised covering following issues:

1. Awareness training on Soil Health, Soil Fertility and Crop Productivity, and
2. Discussion on the Use and Benefits of Organic Products in Rabi Crops.

Celebration of The World Soil Day and “A Week-long Celebration”





Solidaridad in collaboration with ICAR-IISS celebrated World Soil Day on 5th December 2022 at the ICAR-IISS campus by organizing a joint programme and panel discussion on "Regenerative agriculture for enhancing soil health". The panel discussion was participated by scientists, subject experts, progressive farmers, and representatives from industry. Dr. Suresh Motwani, General Manager, Solidaridad, stressed on the importance of regenerative agriculture in maintaining soil health and sustainability. He highlighted the ongoing activities of Solidaridad toward regenerative agriculture and stated how by utilizing the available resources at the farm level can a farmer practice regenerative agriculture system with no additional financial burden. He mentioned about the benefits of bio-fertilizers, and bio pesticides; which can be prepared by the farmer at the farm level. On the occasion of World Soil Day, "A Week long Celebration" has also been celebrated in the villages.

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Good Agriculture Practices (GAPs) by Women Farmers

Intensive awareness drives have encouraged our women farmers to get associated with Good Agriculture Practices. Let's see the video and get a glimpse of how our ground team is giving training on preparation of Jeevamtir, a kind of liquid organic manure which is an excellent source of natural carbon and biomass that contains macro and micro nutrients required by crops. In comparison to other forms of manures, Jeevamrut has proven to be more effective and can be used along with other manures.



[To see more such impact videos. Click Here](#)

National Farmer's Day- An occasion to felicitate farmers





Solidaridad, dedicatedly stands with the farmers, especially with the smallholders community envision to connect them with sustainable livelihood through leveraging technologies and other logistics support. In India "The National Farmer's Day" is celebrated on 23rd December. Like previous years, this year also "The National Farmer's Day" has been celebrated with the felicitation of farmers community of our programme areas.



Awareness Programme on Soy Food

Soybean is a powerhouse of nutrition and is a great source of plant-based protein. The most amazing thing about soybeans are that they are versatile and can be consumed in various ways such as soy flour, soy protein, tofu, soy milk, soy sauce, and many more. Good Farming-Good Food programme encourages rural households to inculcate the goodness of Soy in their diet. Our ground team conducts meetings and visits households on regular basis, telling them the health benefits of Soy. The endeavour for Health and Nutrition extended its limit to reach out all-possible ways of attaining good health with the consumption of indigenous seasonal food. Establishment of Kitchen/Nutrition Garden is one such example which rural households have adopted at large.



Training of Women entrepreneurs on Amla Processing and Its Value Addition





Solidaridad is giving all handholding to women who have decided to step ahead to brighten up their future.

In a collaboration with AYUSH Department M.P, Solidaridad organised a 5-day Entrepreneurship-cum-Skill Development Training Programme on Amla (India Gooseberry) Processing and its Value Addition from 08 to 12 December 2022 at Siddhpur Training Resource Center District Sehore, Madhya Pradesh. The objective of the training is to connect women farmers with entrepreneurship and self-employment.

Around 40 women farmers participated in the training programme where they learnt to process Amla and other fruits thereby making Candies, Jams, Pickles, Beverages with it. Women are also trained on packaging and marketing of these products to take a lead towards entrepreneurship. Apart from Amla, women participants also learnt to process other fruits/vegetable such as Guava, Garlic, Tomato etc. produced in the area.

Skill Development Training on Soy Based Processed Food Products



A 05-Day Training on Soy Based Processed Food Products organised at ICAR-CIAE (Indian Council for Agriculture Research-Central Institute of Agriculture Engineering) Bhopal from 5 to 9, December 2022. There were 15 women farmers associated with Khalihan Farmer Producer Organisation supported by Solidaridad participated in this training programme and learnt to make Soy Nutribar, Soy Laddu and Multi Grain Biscuits. It is worth mentioning here that, with the support of Solidaridad, Khalihan Farmer Producer Organisation has already obtained the license from ICAR-CIAE to make Soy Nutribar, Soy Laddu, Multi Grain Biscuits. To facilitate these women entrepreneurs, Soy Food Products Processing machines have been setup by Solidaridad at resource center, where these trained women farmers make products and sell them in the market or at their own shop and attaining financial capabilities.

In collaboration with knowledge partner- Training of MDM Cook






Under the Good Farming- Good Food programme, a training session has been conducted by Solidaridad at Zilla Panchayat Bhopal on 13th December 2022 for Mid-Day Meal cooks under the PM Poshan scheme (previously known as the MDM scheme). The training was attended by the MDM cooks and master trainers from selected villages of Phanda Block, Bhopal District. The objective of the training programme was to raise awareness about the importance of soy and vegetables in daily food intake for promoting good health among women and school going children and demonstrate the preparations of selected food items including soy and vegetables for the participants. About 28 participants took part in the programme. The technical session was initiated by our nutrition expert wherein the importance of Soy as an excellent protein and iron source was explained to the participants. The participants were deliberated on the options for including soy food items (chunks, flour) in the existing MDM menu at no additional cost.

Poshan Chaupal (Meeting on Nutrition)





GOOD FARMING – GOOD FOOD


POSHAN CHOUPAL

पोषण चौपाल

10th DECEMBER, 2022
(Saturday)
12.30 to 2.00 PM

Importance of Nutritious Diet for Women's Health and its Comparative Advantages Over Supplements

पूरक आहार की तुलना में महिलाओं के अच्छे स्वास्थ्य के लिए पौष्टिक आहार का महत्व और लाभ



Nutrition Expert
Ms. Tazeen Sultan
IAPEN Treasure and Dietitian
Consultant
Central Hospital Bhopal

Agenda

- *Meaning and importance of Nutritious Diet and dietary recommendation for women*
- *Necessity and schedule of Complementary nutrition for women of different age group*
- *Requirement of Supplementary Nutrition and its schedule with mainstream diet.*

Click on the link below after installing Google Meet
<https://meet.google.com/ase-zaqt-onp>

For more details contact us

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Eating healthy foods gives far greater benefits than opting for supplements and eating poorly. An online session organised for women beneficiaries under Good Farming-Good Food on "Importance of Nutritious Diet for Women's Health and its comparative advantages over Supplements" on 10th December 2022. Nutrition Expert enlightened the participants on importance of nutritious diet and on what condition one should opt for supplements. "Poshan Chaupal" is an online platform for women farmers to get timely information and knowledge on good health and nutrition. The sessions are conducted by nutrition experts who share their expertise and guide the rural women on good health and nutrition.

IMPACT ON THE FIELD

Awareness drives on Soy food are bring about changes in food habits

With the help of intensive awareness drive under Good Farming-Good Food Programme at rural areas, use of Soy products is highly prevalent in Rural Households. In interactions with our ground team and beneficiaries it is quite evident that households have developed an understanding on nutritional value of Soy and consuming it in various forms.

Nutri Sakhi Smt. Kalpana Rathore from the Village Jassakhedi of District Agar Malwa is telling us how has she raised awareness among the rural households specially the women members on nutritional value of Soy.

Also, a beneficiary Smt. Kavita Solanki from the same village is sharing her experience on making Soy food a part of regular diet of her family.



[To see more such Impact Videos, click here.....](#)



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Good Farming – Good Food

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