



Solidaridad

GOOD FARMING-GOOD FOOD-GOOD HEALTH

NEWSLETTER

JANUARY 2024 / ISSUE NO.-37



Netherlands Enterprise Agency



EAST-WEST SEED
INTERNATIONAL





NEWSLETTER

FROM THE DESK OF PROGRAMME COORDINATOR

Dear Readers,



Welcome to the January edition of the Good Farming-Good Food-Good Health Newsletter. With the beginning of new year, we are excited to announce a significant expansion of our programme to encompass an even broader scope: Good Health. Over the years, our initiative has diligently worked towards promoting sustainable farming practices and ensuring access to nutritious food for all. Now, we're excited to take a step further by integrating health-focused initiatives into our mission.

In this edition, we are delighted to share with you our journey of growth and evolution as we embark on this new chapter. From highlighting success stories to introducing innovative strategies, we aim to showcase the synergies between farming, food and health emphasizing the interconnectedness of these vital aspects of our lives.

We proudly inaugurated January with a vibrant Participation Mela, held in conjunction with the esteemed collaboration of MP Tourism. January unfolds with a dedicated focus on enhancing agricultural practices, particularly in the realm of Rabi crop cultivation. Recognizing the pivotal significance of this season in our agricultural calendar, we are committed to propagate and disseminate of good agricultural practices. Through targeted initiatives, workshops, and demonstrations, we endeavor to equip farmers with the requisite knowledge and tools to optimize their yields, mitigate risks, and develop sustainability in Rabi crop cultivation.

Join us into the transformative journey of integrating Good Health into our existing Good Farming - Good Food programme, reaffirming our commitment to holistic well-being for individuals, communities and the planet.

Happy Reading!

Regards,

Dr. Suresh Motwani



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Sustainable Food and Nutrition Security & Transforming Smallholders' Livelihood in Madhya Pradesh



NEWSLETTER



Activities on Demonstration Plots - Mustard

Mustard is a vital oilseed crop cultivated globally for its oil-rich seeds and nutritious greens. Around 170 demonstration plots are set up in project areas of Good Farming-Good Food-Good Health. To optimize mustard yield and quality, innovative management practices are essential. Month January witnessed 60 to 80 percent humidity consequently, Aphid infestation observed. Aphid infestation usually occurs at the time of flowering and Pod formation. Thus, farmers were advices to adopt integrated pest management like application of Neem Oil, installation of yellow card, foliar spray of NPK191919 etc. in case of severe infestation Chemical systematic insecticide Imidacloprid.



1. Neem Oil Application:

Neem oil, derived from the neem tree (*Azadirachta indica*), offers a natural and eco-friendly solution to various agricultural challenges:

- **Pest Management:** Neem oil acts as a potent insecticide and repellent, disrupting the feeding and breeding of pests such as aphids, flea beetles, and caterpillars that commonly afflict mustard crops.
- **Disease Suppression:** Its antifungal properties help combat diseases like Alternaria blight and downy mildew, safeguarding mustard plants from foliar and stem infections.
- **Growth Promotion:** Neem oil contains beneficial compounds that stimulate plant growth, enhancing nutrient absorption, root development, and overall vigor.



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...Activities on Demonstration Plots

2. Yellow Sticky Card Installation:

Yellow sticky cards serve as valuable tools for monitoring and controlling insect pests in mustard fields:

- **Pest Surveillance:** By attracting and trapping flying insects, yellow cards provide insights into pest population dynamics, helping farmers identify potential threats early.
- **Decision Support:** Monitoring pest levels on sticky cards aid in making informed pest management decisions, including the timing and intensity of interventions.
- **Integrated Pest Management (IPM):** Yellow sticky cards complement IPM strategies by facilitating targeted interventions while minimizing reliance on synthetic pesticides, promoting ecological balance.

3. NPK 19-19-19 Foliar Spray:

Foliar application of NPK 19-19-19 fertilizer offers a convenient means of supplying essential nutrients directly to mustard plants:

- **Nutrient Uptake Efficiency:** Foliar spraying ensures efficient nutrient uptake by bypassing soil nutrient availability constraints, delivering NPK elements (Nitrogen, Phosphorus, Potassium) directly to plant tissues for rapid absorption.
- **Stress Alleviation:** NPK 19-19-19 foliar spray fortifies mustard plants against abiotic stressors such as drought, salinity, and nutrient deficiencies, promoting resilience and sustained growth.
- **Yield Enhancement:** Optimal nutrient supply fosters robust vegetative growth, flower development, and seed formation, culminating in improved mustard yield and oil quality.



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...Activities on Demonstration Plots



Wheat

In January due to frost situation caused a climatic abnormality and it affected the grain filling stage in wheat crop. Although in demonstration plots, we have provided PUSA Tejas seed variety- it has performed well even in poor weather conditions. In response to frost challenges, the implementation of supplementary irrigation and NPK foliar spray in wheat demo plots offers a proactive approach to mitigate frost damage and optimize crop productivity.

Supplementary Irrigation in Frost Situations:

Frost events pose a significant threat to wheat crops, particularly during vulnerable growth stages such as grain filling and flowering. Supplementary irrigation serves as a crucial management strategy to alleviate frost-induced stress and maintain crop health:

- ✓ **Frost Protection:** Water application before anticipated frost events helps raise the crop temperature, reducing the risk of frost damage by creating a protective barrier around wheat plants.
- ✓ **Frost Recovery:** In cases where frost damage occurs, timely irrigation aids in the recovery process by providing moisture to facilitate new growth and minimize yield losses.
- ✓ **Yield Preservation:** Supplementary irrigation during frost events preserve yield potential by safeguarding wheat plants from the effects of freezing temperatures, ensuring optimal grain development and quality.



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NEWSLETTER

GOOD FOOD



TRAININGS & MEETINGS

Good Food Good Farming and Good Health (GFGFGH) initiative of Solidaridad mainly focuses on interventions of good agricultural practices in farming and incorporation of healthy and nutritional food in the routine meals of farmers with minimum cost. The field nutrition team and nutri-sakhis conducted training and workshops in the marked villages of the Nutrition Program. The workshops mainly focused on teaching farmers various recipes made of soya and moringa. The team also taught the participants about how to process soyabean to make it fit for consumption.

Along with training and workshops, the nutrition field team also conducted various meetings with farmers and their families about developing Poshan Vatika – a nutrition garden in their farms and home, so that they can eat healthy and profit by selling the surplus yield. An inspection of the existing Poshan Vatika was also done and discussions were held with the farmers on better management of the existing Poshan Vatika. The meetings also focused on creating awareness about the benefits of consuming Soyabean.



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NEWSLETTER

**SUCCESS
STORY**

**WOMEN
EMPOWERMENT**



Rajni, a simple housewife supports her family by selling soy products

The most important thing for a woman is not being afraid to take a chance. Given the right opportunity and availing it at the right time is an important factor for women especially in the rural areas. Unlike urban areas, women in rural India get less opportunities to explore professionally. Their determination and will to work along with their responsibilities is an appreciable attempt.

For Rajni Jaiswal, a woman residing in the remote village of Mungawali, Sehore district, Madhya Pradesh, opportunity came to her out of her own will to contribute in some way for her family. Rajni, an homemaker turned businesswoman has come a long way. Her father-in-law ran a small utility shop from their residence to provide basic supplies to the remote neighbourhood.

When the nutrition team met Rajni, she was suffering from knee pain and weakness and her father – in- law’s shop did not sell any items made of Soya. “After meeting Rajni, she was complaining of constant headaches and joint pains,” Sandhya Choukiker, Programme Manager, said.

“I had joint pains and always felt drowsy. I was low on immunity and was very tired all the time. Despite I had complete meals on most days, I got tired very easily,” she complained.

The nutrition team told her about the benefits of consuming soy and drumstick leaves. She convinced her mother-in-law to start using soy in the routine meals. “Initially, my family was adamant on not using soy as a routine item in the meals. My mother-in-law said soy is meant for extracting oil only and we cannot use it in our meals. But then I demonstrated her the right method of processing it and made her a soy nuts. She liked them and from then on, soy become a routine item and a dominant item in our meals,” she recalls.



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Making Profits



Rajni now uses soy flour with wheat flour and makes soy namkeen and laddu for her family. She also makes parathas made of Moringa leaves (drumstick leaves). Over the time, she has stopped complaining about her headaches and fatigue.

For Rajni and her family, soy not only gave her health benefits, but she also started spreading a word in her neighborhood and started selling soy items in her father-in-law's shop.

“As we continued the consumption of soy in our routine meals, my family also felt the importance of spreading this information among our neighbors,” she said.

This is where, Rajni got an opportunity to bring her dreams into reality. “I started making soya namkeen, soya laddu and soya kurkure in my house and began selling them in my neighborhood. Initially, I used to distribute Soya Kurkure to the children in the neighborhood and I used to tell them about the benefits of consuming soya,” she said.

“I would insist children to taste it and then pack few grams of soy namkeen and soy nuts for them to take home. I gradually started getting small orders for the same and earned money out of it,” Rajni added.

Now, Rajni sells soy chunks and other products related to soy from her shop and supports in her family income.



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INGREDIENTS: (FOR 4 PEOPLE)

- Whole Soybeans - 10 grams / 1.5 tablespoons
- Matki (Moth Beans) - 25 grams / 2 tablespoons
- Whole Green Gram (Moong) - 25 grams / 2 tablespoons
- Desi Chana (Chickpeas) - 25 grams / 2 tablespoons
- 1 Tomato (medium-sized) - 70 grams
- 1 Onion (medium-sized) - 70 grams
- Oil - 10 milliliters
- Salt to taste
- Chat Masala to taste

PROCEDURE:

- ✓ Soak the whole soybeans in clean water for 10-12 hours. Also, soak whole green gram, matki, and chickpeas in water.
- ✓ After soaking, remove the soybeans, whole green gram, matki, and chickpeas from water. Tie them separately in muslin cloth or cotton cloth and keep them separate for 2 days, ensuring that they remain moist.
- ✓ Once sprouted, boil the soybeans for 10 minutes.
- ✓ Mix the boiled sprouted soybeans with the sprouted whole green gram, matki, and chickpeas.
- ✓ In a pan, heat oil and add a pinch of cumin seeds. Cook the sprouted grains in the hot oil.
- ✓ Add finely chopped onions, tomatoes, salt, and chat masala according to taste.

Note: The term "matki" refers to moth beans, and "moong" refers to whole green gram. The recipe encourages the use of sprouted and nutritious ingredients.

Nutrition Value 2.3

Ingredients	Grams	Calories	Protein	Fat(gm)	Iron(mg)
Soyabean	10	43	4.3	2	1
Matki	25	83	10	0.2	2.3
Whole green Gram (Moong)	25	84	6	-	1
Desi Chickpeas	25	90	4.2	-	1
Oil	10	90	-	10	-
Tomatoes	70	3.6	0.2	-	-
Onion	70	35	-	-	-
Total	--	428.6	24.5	12.2	5.3



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NEWSLETTER

GOOD HEALTH

IMPACT STORY

From Fragile to Flourishing : Good Farming- Good Food - Good Health transformed Riyanshi's life

Riyanshi Chauhan's laughter echoed through the air. She goes to school, she is dancing, playing sports like other children of her age group do. Riyanshi, a 07 year old girl residing in village Budasa, District Dewas of Madhya Pradesh is now blessed with a life a child deserves. When Riyanshi was 2-3 years old her parents noticed her growth was not normal. She appeared smaller and weaker than most children of her age. Her skin was pale and her energy levels were low. But due to lack of awareness her parents didn't address the issue seriously and her situation remained same in successive years.



The journey of Riyanshi's transformation started from April 2023 when Riyanshi's mother Dhapur Chauhan reached the Anganwadi Center of Village Budasa. After a primary checkup Anganwadi worker informed her that Riyanshi was under weight.

Good Farming-Good Food-Good Health team who works closely with Anganwadi Center took the responsibility of transforming her life. "In Riyanshi's case, first we analysed the possible causes of her malnourishment, we found that there was not a substantial gap between the birth of Riyanshi and her sister, thus she didn't receive breastmilk and a proper care during the initial years of life," says Sangeeta Kushwah, ANM.

Good Farming-Good Food-Good Health team asked her mother to regularly attend the meetings they organize in the village. Team took a serious cognizant to this case and suggested Riyanshi's mother to include Soy food in her diet with inclusion of Moringa, seasonal fruits and vegetable in daily diet. "We motivated Dhapur to attend the culinary activities we organize at village level, there she got to know about several Soy recipes. We also prepared a diet chart for Riyanshi," says Lipy Bhargava Nutrition Expert. Nutri Sakhi Sangeeta Atteda says- "I made a regular visit to Riyanshi's family and keep them informed about seasonal fruits and vegetables. I even connected Riyanshi's mother with market she buys soy chunks from."

"We have around 1 acre of land and we grow soybean also, but were not aware of nutrition benefits of Soybean. Now we keep a portion of soybean for household use. After attending the training given by Nutri Sakhi, I started adding 01 kg soy flour in 10 kg wheat flour. I have also learnt some soy recipes through culinary trainings. I started making soy recipes like soy chunks curry and soy chunks rice, to my surprise Riyanshi and her sisters like the taste of soy food." – Dhapur Chauhan, Riyanshi Mother.



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...From Fragile to Flourishing: Good Farming- Good Food-Good Health transformed Riyanshi's life



As days turned into weeks and weeks into months, Riyanshi's health began to improve. Three months ago (in September 2023) Riyanshi weight was 11 kg, in a span of 03 months in November 2023 she weighed 15 kg. Also, her hemoglobin level increased from 8 to 10 g/dl. Her cheeks regained their rosy hue, and her eyes sparkled with newfound energy. With a healthy body and mind, Riyanshi's confidence soared, and she excelled in her studies like never before.

Mr. Vijay Patidar, Riyanshi's School Principal, Maa Sharda Balvidya Mandir says that- There has been a great change in Riyanshi's academic performance. Earlier, she was absent 5-7 days in a month, now she is regular and performing well both in studies and extra curriculum activities."

Mr. Patidar thanked the Good Farming- Good Food team and urged to conduct nutrition activities in his school also.

The Anganwadi center also played a crucial role in Riyanshi's transformation. They provided her with regular health check-ups and nutritious meals, ensuring that she received the essential nutrients needed for her growth and development.

Riyanshi's journey from malnourished to healthy became an inspiration for the entire village. Families started adopting the practices promoted by the Good Farming-Good Food team and Anganwadi center, leading to a significant reduction in malnutrition among children.



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NEWSLETTER

**TRAININGS
AND WORKSHOPS**



Capacity building workshop for farmers by Solidaridad in coordination with SIAET and Patanjali

Solidaridad Bhopal organized a day-long capacity building workshop for farmers at the Smart Agri Hub, Bhopal on January 24, 2024. The event saw participation of farmers from Bhopal and Sehore districts of Madhya Pradesh. The programme mainly provided a comprehensive understanding about various techniques like soil testing, demonstrations of soil testing machines, effective market linkages, FPO compliances, value chain & business development of the FPOs.

The programme commenced with an introductory session conducted by Mr. Manish Surve and Ms Mili Ghosh from Solidaridad. They explained the functioning of Solidaridad towards FPOs and Agri-entrepreneurs along with an overview of Bharatkhand Consortium. This was followed by a session by Shri. K P Aharwal, Director SIAET who addressed the session on how FPOs are using technologies to transform themselves into Agri-Entrepreneurs. They also shared some success stories of farmers and FPO's.



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NEWSLETTER

...Capacity building workshop for farmers by Solidaridad in coordination with SIAET and Patanjali

The next session was conducted by Dr. Vedpriya Arya (Head, Patanjali Herbal Research Division) on an overview of how Patanjali is working as an NRO (National Resource organization) under the Ministry of Rural Development. She then introduced everyone with the training, technologies and programmes that are held by their institution in the area of Agriculture and promoting FPOs, SHGs, Cluster federation and more. The next session was a demonstration on soil testing kit Dharti Ka Doctor by Dr. Anamika Rana where she demonstrated features of the DKD-Kit and conducted a proper soil test along with the farmer Mr. Shri Ram (Farmer). She also gave a brief introduction of Pesti-Guard device which helps in detecting the presence of pesticides in different food commodities.

Ms. Piyusha Mantri (CS), conducted a session on Legal Compliances of FPOs in which she gave a brief overview of day-to-day compliance need for ease in business. She shared the legal advisories related to ROC-Compliance, Event based Compliance, Allotment of shares, Income tax returns, MSME, GST and many more.

The concluding session of Mr. Manish Surve, Solidaridad explained about the User Fee model to the participants. He gave an idea about functioning of self-sustainable enterprise model in Madhya Pradesh, weather stations, Agro- advisories and other beneficiary activities held for upliftment and strengthening of FPOs, Stake-holders and farmers. The evening concluded with an open discussion with the participants where the experts answered questions posed by them.



NEWSLETTER

Government Girls College, Sehore

January observed a series of workshops on Soya processing organized in the marked districts under the nutrition programme of Solidaridad's Good Farming Good Food Good Health initiative. The training and workshops were organized for MDM cooks, college students and women farmers.

"Our major goal of running the nutrition programme is spreading awareness about the consumption of nutritious food, especially among women and children, and Soya is a major component of nutrition. Organizing workshops and training programmes majorly serve this purpose, and Solidaridad will continue to organize them from time to time for better outreach," Dr. Suresh Motwani, Program Coordinator, said.



A one month culinary workshop was organized at the Government Girls College, Sehore, Madhya Pradesh for students of the home science department on Bakery and Confectionary Products & Soya Food Products. The workshop commenced on January 08, 2024 and saw participation of approximately 150 participants.

"The workshop was conducted by the local women members of the nutrition programme under the guidance of the field team. The basic agenda behind conducting the workshop by local women members of the team was to motivate them and encourage them to hold culinary workshops like these at a local level as well," Nutrition Program Incharge, Sandhya Choukiker said.

The workshop mainly included training on processing of Soya to make it fit for consumption, making soya laddu and biscuits.



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NEWSLETTER

MDM Cook Training, Dewas



A day-long training session was organized at the Training Center of Divasa Agro Farmers Producer Company Tonk Khurd, in the Tonk district, Devas Cluster, Madhya Pradesh. A total of 17 Mid-Day-Meal (MDM) cooks participated in the training. The objective of the training was to provide knowledge to MDM cooks through a small booklet on improving the nutritional quality of mid-day meals.

The training mainly focused on improving techniques to preserve food items, cleanliness and cooking. The training also covered the nutritional elements in food items, providing information on soybeans and food products made from soybeans. The participants were taught how to prepare soybean pulao.

The training also held discussions on making slight modifications to the weekly menu by incorporating some food items or adjusting the preparation methods to make meals more nutritious and flavorful. The importance of using fruits and vegetables according to the season and planting a nutrition garden was discussed. In the concluding session, all MDM cooks were provided with modules and certificates.

MDM Cook Training Agar-Malwa



A one-day training program was conducted by the nutrition team of Solidaridad under the Good Farming Good Food initiative in Agar-Malwa district of Madhya Pradesh. The training began with a nutrition awareness song and saw participation of Mid-Day Meal cooks from 40 villages of the district. The training was conducted in the presence of Harsimranpreet Kaur, CEO of the District Panchayat, Agra-Malwa. The training, conducted by Solidaridad, aimed at raising awareness about the health benefits of food items made from soybean, such as soy chunks, soy flour, soy lentils, and other products like soy milk.



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NEWSLETTER

...MDM Cook Training Agar-Malwa



The training mainly focused on teaching dishes of high nutritional value with minimal cost. Different cooking methods to maintain quality were also demonstrated. During the training, soybean-based dishes were prepared to showcase the health benefits and to instruct on the methods of incorporating soy products into the daily diet. To further support the initiative, nutrition booklets were distributed to 21-gram kitchens during the training.

The CEO of the District Panchayat discussed and addressed the concerns of the kitchens, and solutions were provided. Trainers Sandhya Chaukikar and Kanchan Pal led discussions on nutrition and dietary habits, incorporating daily life examples.

Soya Processing Workshop for Students of Sant Hirdaram College, Bhopal at ANRC

Students of Sant Hirdaram Girls College visited the Agri-Nutrition Resource Center (ANRC) of Solidaridad Regional Center and participated in a day-long workshop on Soya processing. Students learned to make soy products using soybean processing and common household tools. Nidhi Karolia and Sandhya Chaukikar, conducted the training.



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NEWSLETTER

EVENTS

CELEBRATIONS

Republic Day Celebration



As we commemorate Republic Day, let us promise to uphold and honor our nation, by honoring our farmers, the backbone of our country. Solidaridad celebrated Republic Day on January 26, 2024, with great zeal and enthusiasm. The celebration marked flag hoisting ceremonies with farmers and other members of the Solidaridad Family.

KHARI EVENT

Welcoming New Year with Food and Festivity

The Good Farming Good Food Good Health initiative of Solidaridad promotes consumption of soy, a powerhouse of protein. The Nutrition Team conducts awareness activities in the project areas of Madhya Pradesh. In the wake of this, the nutrition team of Solidaridad participated in the Nav Varsh Sanskrutik Harit Mela, in Khari district Sehore in collaboration with the Madhya Pradesh Tourism Board.



Solidaridad in collaboration with MPT participated in fare to encourage, organize and enhance villagers to improve on the health and hygiene of the villages and the fair, thus aligning to the principals of "Swachh Bharat Mission", Good Farming Good Food program of Solidaridad.

The team counselled farmers and their families to consume Soya and had products made from soy which included soy laddu, soy and peanut chikki, soy bhel, soy bhajiye, healthy tikki. The fare was held on January 01, 2024.



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NEWSLETTER

KRISHI CHOUPAL

Krishi Choupal is an online training of farmers under which concurrent issues persisting to agriculture are addressed by agriculture experts of Solidaridad. This month, Krishi Choupal – was organized on the topics that catered to better use of bio fertilizers and regenerative practices that will help in increasing crop yields, thus benefitting farmers. The topics of Krishi Choupal included:

- 1.Importance of Vermicompost manure and water-soluble fertilizers in Agriculture
- 2.Importance of Crop diversification and benefits of protected cultivation
- 3.Effect of frost in Rabi Crops and Preventive Measures.

Importance of Vermicompost Manure and Water Soluble Fertilizers in Agriculture
 वर्मी कंपोस्ट खाद एवं जल विलेय उर्वरकों का कृषि में महत्व

ONLINE TRAINING SESSION ORGANIZED BY **Smart Agri Hub**



For More Information Please Contact
 Smart Agri Hub Helpline
 8251071818, 7669407747

12 JANUARY, 2024
 (Friday)
 Time : 3:00 to 4:30 pm

HOW TO JOIN ?
 Click on the link below after installing Google Meet
<http://meet.google.com/mmg-icug-tnf>

Importance of Crop Diversification and Benefits of Protected Cultivation
 फसल विविधीकरण का महत्व और संरक्षित खेती के लाभ



19 January, 2024 (Friday)
 Time : 3:00 to 4:30 pm

ONLINE TRAINING SESSION ORGANIZED BY **SMART AGRICULTURE HUB**

HOW TO JOIN ?
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 Smart Agri Hub Helpline
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Effect of frost in Rabi Crops and Preventive Measures
 रबी फसलों में पाला का प्रभाव एवं बचाव के उपाय



ONLINE TRAINING SESSION ORGANIZED BY **SMART AGRICULTURE HUB**

05 JANUARY, 2024
 (Friday)
 Time : 3:00 to 4:30 pm

For More Information Please Contact
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Contact us

AGRI NUTRITION RESOURCE CENTRE

Good Farming – Good Food - Good Health

Address: - Shreenath Kripa Apartment (GF), D-26, Kohefiza, Bhopal - 462001 (M.P.)

Contact no.- +91 7552548160, +918251071818

Website: - <https://www.goodfarminggoodfood.org/>

Email – suresh.motwani@solidaridadnetwork.org



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