



Solidaridad

Issue no. 25

January 2023

GOOD FARMING – GOOD FOOD

NEWSLETTER



Netherlands Enterprise Agency



Solidaridad





Message from the programme coordinator



Dear Esteemed Readers!

Welcome to the Good Farming-Good Food Newsletter of month January 2023. New Year 2023 begins with new hopes and spirit. Our commitment for sustainable agriculture growth and nutrition is more momentous in New Year.

Let's begin with the agriculture interventions. Wheat, Mustard and Gram are the major crops in 05 programme Districts. Crops have started gaining momentum in the current rabi season. The crop has completed its vegetative growth stage and, flowering seems to be occurred. The month January experienced a climate transition as rainfall received in the month. Extreme cold weather and frost forecast raised the concerned of the farmers, but timely advisory and handholding support given by our subject experts and field functionaries helped the farmers to cope with the situation up to a large extent.

Good Farming-Good Food is committed to a world that people live a healthier life. In continuation of our nutrition intervention, the year began with health resolutions where our team and communities came together, expressed their determination towards leading a healthy life. There has been community mobilisation, trainings, household survey, meetings and workshops conducted for farmers entailing Soy and Nutrition enriched diet.

This January, India celebrated its 74th Republic Day- Solidaridad team of District Sehore mark this day by displaying 'Drone technique in agriculture' in tableau with department of agriculture and awarded first prize by District administration.

This Newsletter has brought many more such activities taken up for uplifting of farming community.

Happy Reading!

Dr. Suresh Motwani

Krishi Choupal (Online meeting on agriculture)

Training on
Frost Protection in Rabi Crops And Pest Management in Present Scenario
रबी फसलों में पाला से बचाव एवं वर्तमान परिदृश्य में कीट प्रबंधन



Online Training Session
Organized by
SMART AGRI KNOWLEDGE
AND INFORMATION HUB

ON
**6th Jan, 2023
(Friday)**
3:00 to 4:30 pm

For More Information
PLEASE CONTACT
Ms. Namrita Bhanweria
9644195248
Mr. Anil Khare
7089501837

HOW TO JOIN ?
Click on the link below after installing Google Meet
<https://meet.google.com/ehi-wrya-nab?hs=224>

Training on
Good Agricultural practices in Mustard Cultivation
सरसों उत्पादन की बेहतर कृषि क्रियाएं



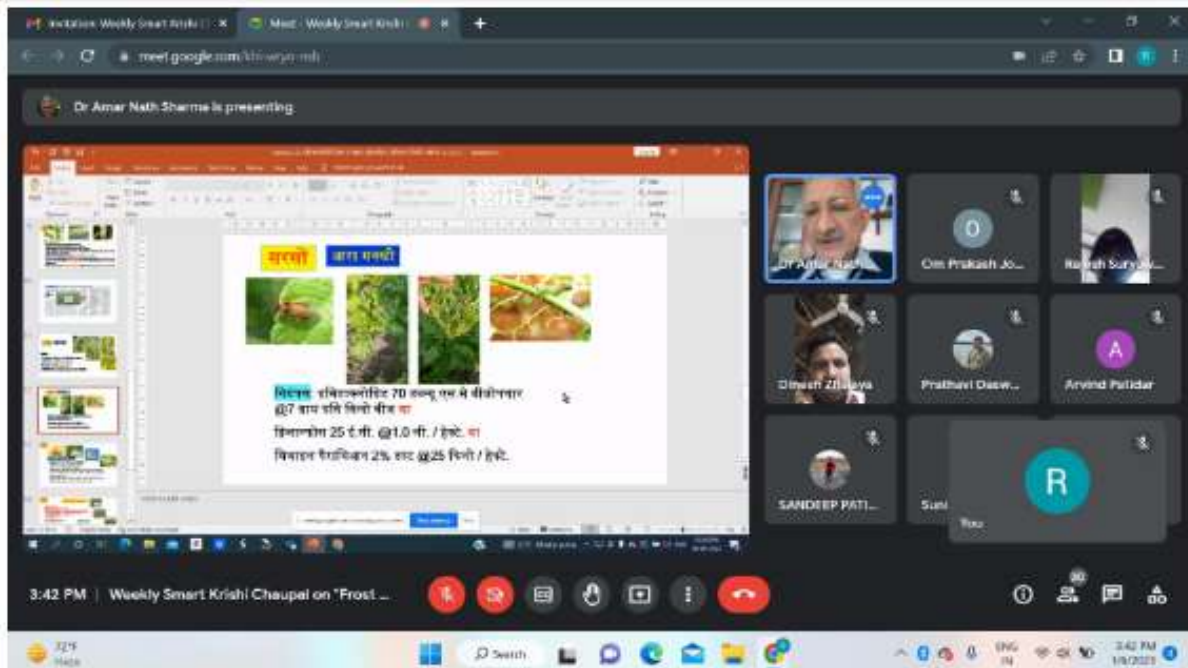
Online Training Session
Organized by
Smart Agri Knowledge and
Information Hub

Date : 20th Jan, 2023
(Friday)
Time : 3:00 to 4:30 pm

Click on the link below after installing Google Meet
<https://meet.google.com/esh-tyo-rwe?hs=224>

For more information please contact

Mr. Anil Khare: 7089501837 Ms. Namrita Bhanweria: 9644195248



Krishi Choupals organized every month for the farmers of programme area. These meetings are generally presided by agriculture expert. It's a participatory approach where farmers not only gain knowledge on agriculture issues also get the solutions to the queries in a single platform. Wheat, Mustard and Gram are the dominant Rabi crops in 05 programme districts under Good Farming-Good Food. So, this month Krishi Choupals were focused on Protection of Rabi Crops and Good agriculture practices to gain optimum production.

1. Frost Protection in rabi crops and pest management in present scenario.
2. Good Agriculture Practices in Mustard Cultivation.

Frost and climate advisory

कृषको हेतु सम-सामयिक सलाह : रबी की फसलों का शीत/पाले से बचाव

दिनांक : 18 जनवरी 2023

पाला कब पड़ता है ?

अत्यधिक सर्दी होने पर, आसमान साफ हो एवं हवा का चलना बंद हो एवं रात्रि का तापक्रम अत्यधिक कम हो जाये (5 डिग्री से.ग्रे. से कम होने पर)

पाले से पौधे में आंतरिक प्रक्रिया ?

कोशिकाओं में उपस्थित पानी का सबसे पहले अंतरकोशिकीय स्थान पर इकट्ठा होता है एवं कोशिकाओं में निर्जलीकरण होना शुरू हो जाता है एवं अंतरकोशिकीय जल जमकर ठोस रूप में परिवर्तित हो जाता है जिससे आयतन में वृद्धि होती है एवं कोशिकाओं की दीवार पर दबाव , कोशिकाएँ का फटना जिससे पौधों का धीरे-धीरे सूखना शुरू हो जाता है। कोमल टहनियों का पहले नष्ट होती है अधिकतम दुष्प्रभाव पत्तियों व फूलों पर अधपके फलों का सिकुड़ना, पत्तियों का विकास रोधित, बालियों में दाने नहीं बनते। पाले से प्रभावित फसलों का हरा रंग समाप्त हो जाता है तथा पौधों का रंग सफेद सा दिखाई देने लगता है। पौधों में लगी पत्तियाँ, फूल एवं फल सब सूख जाते हैं।

पाला पड़ने की संभावना होने पर फसल सुरक्षा के लिये

1. फसल में हल्की सिंचाई करें।
2. रात्रि में अपशिष्ट पदार्थों को जलाकर धुआँ पैदा कर जमीन की गर्मी बनाये रखें।
3. इंटरकल्चर कर जड़ों पर मिट्टी चढ़ाये मल्लिचंग करे।
4. निम्न लिखित रसायन का प्रयोग 800 से 1000 लीटर पानी में मिलाकर छिड़काव करें।
 - 1 मिली गन्धक (घुलनशील सल्फर) / लीटर पानी (0.1%) या
 - डाई मिथायल सल्फो ऑक्साइड @ 75-100 ग्राम/हेक्टेयर या
 - थायो यूरिया @ 500 पी.पी.एम. (आधा ग्राम/लीटर) या
 - ग्लूकोज @ 1 किलोग्राम / हेक्टेयर।

स्मार्ट एग्री प्रोजेक्ट के अंतर्गत खेती संबंधित समसामयिक सलाह के लिए **7065005054** पर मिस कॉल करें एवं उपयोगी सलाह प्राप्त करें

अधिक जानकारी के लिए संपर्क करें



श्री अनिल खरे

8251071818

With the forecast of freezing temperatures during mid of January and frost anticipation in crops. Weather-based advisories released for farmers on prevention of crops from to ill-effect of frost and extreme cold weather.

Training and capacity building of farmers – Through FFS and personal meetings



Helping farmers attaining sustainable agriculture is central to Good Farming-Good Food programme. Achieving that mission starts with building the capacity of farmers on the ground to adopt more sustainable practices. The Farmer Field Schools (FFS) is a proven and effective way in dissemination of modern technologies and knowledge among farmers towards adoption of Good Agriculture Practices (GAPs). One Farmer Field School covers around 20-25 lead farmers and 500 fellow farmers. A technical expert deployed for technical knowledge support in FFS. This month around 49 FFS trainings have been conducted in programme area. Farmers during their trainings in farm schools observe and compare two plots- one plot follows local conventional methods while the other is used to experiment with what could be considered “best practices”, which we call Front line demonstrations (FLDs).

Along with FFS there is a social relations and knowledge sharing practices with farmers follows by GFGF team. It gives them an opportunity of person-to-person contact between the rural people and the extension professionals. These methods are very effective in teaching new skills and creating goodwill between farmers and the extension professionals.

Training of Agri Entrepreneurs



A training of Agri Entrepreneurs organised in Bhopal on 6th January. There were 30 Agri Entrepreneurs related to custom hiring services in project villages of Sehore and Bhopal participated and discussed user fee model, role of Agri entrepreneurs in Solidaridad supported FPO. Dr. Dwivedi, Chief Technology Officer of CIAE Bhopal shared details of scheme related to custom hiring center and shared brief details on new equipment useful in particular area.

Republic day tableau parade - Drone technology in Agriculture awarded with first prize



Drone display with tableau during R-Parade

Solidaridad jointly with Department of Agriculture of District Sehore, Madhya Pradesh participated in tableau display on Republic Day Parade, which awarded with the first prize declared by District administration. Solidaridad gave a live demonstration of Drone technology using in agriculture in tableau display.

Digital technology such as artificial technology, Internet of Things (IoT), drones etc. have immense potential to stimulate the agriculture sector.

HEALTH & NUTRITION

New Year started with healthy resolutions



What else is more precious than a good health. Investment in health is not just restricted to health and hygiene but something as basic as nutrition. A healthy body that wards off diseases thus reducing a burden on our health care system. Preventive healthcare is therefore of particular importance. With the beginning of New Year, our Nutrition team get to the mission of mobilizing farmers, women beneficiaries and even children of different age group- enlightened them on value of good health and inspiring them to take a New Year resolution of obeying healthy habits and consumption of nutritious food and making other people joining them to shape a healthy community.

Poshan Chaupal (Online Meeting on Health and Nutrition)

GOOD FARMING – GOOD FOOD

POSHAN CHOUPAL
पोषण चौपाल

Importance of Soy Enriched Food, Fruits and Vegetables Intake to Improve Health Outcome of Malnourished Children
कुपोषित बच्चों के स्वास्थ्य परिणामों में सुधार के लिए सोया युक्त खाद्य पदार्थों, फलों और सब्जियों के सेवन का महत्व

7th January, 2023 (Saturday)
12:30 to 2:00 PM

Nutrition Expert
Ms. Shushma Patidar
Icds Supervisor
Phanda, Bhopal

Agenda

- Meaning of malnourishment among children and its symptoms
- Nutrition Rehabilitation Centre (NRC) and its services to treat severely malnourished children
- Healthy Dietary Practices for children to protect and prevent occurrence of malnourishment

Click on the link below after installing Google Meet
<https://meet.google.com/epm-cvnx-tdu>
For More Information Please Contact

Ms. Ljy Bhargava- 7489805772
Ms. Kanchari Pal - 6267118140

GOOD FARMING – GOOD FOOD

POSHAN CHOUPAL
पोषण चौपाल

Importance of Nutritional Diet for Expecting Mother in Initial 1000 Days i.e. from Time of Conception till the Two Years Age of New Borne Baby
गुरुआती 1000 दिनों में पानी गर्भपात के समय से नवजात शिशु के दो साल की उम्र तक गर्भवती माँ के लिए पोषण आहार का महत्व

21st Jan, 2023 Saturday
(12.30 to 2.00 PM)

Expert
Ms. Jaidesh Joseph
CDPO Bakhurd
Dewa
(New Mother Trainer)

Agenda

- ✓ Critical importance of one thousand days for women's health and her nutritional needs
- ✓ Role of necessary clinical services and family support for child and women care
- ✓ Additional dietary needs and supplementary nutrition for mother and child in initial 1000 days to keep them healthy.

How to Join ?
Click on the link below after installing Google Meet
<https://meet.google.com/mhx-bhi-ows>

For More Information Please Contact

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A platform for rural women to connect with health and nutrition activities. Issues covered this month are vital in Protection of marginalized population, rural population, children, feeding mothers.

- Importance of Soy enriched food, fruits and vegetables intake to improve health outcome of malnourished children-

It is an important factor to maintain immunity to keep diseases at bay, if not done on time, an unending cycle of undernutrition, infection, could be triggered lethal consequences. Undernutrition is the major cause of disease and death; it effects women and children in impoverished community. Nutritional food is the potent weapon to crush malnutrition.

- Importance of Nutritional Diet for expecting mother in initial 1000 days i.e., from time of conception till the 02 years of age of new borne baby-

Most of the brain development occurs in first two years of life. So, the period of pregnancy and further two years after the birth of the baby i.e., 1000 days are so important both in terms of cognitive, intellectual and social stimulation that child gets from the environment in which he/she growing up in order to foster optimal brain growth.

India celebrated its 74th Republic Day



On 26th January 2023, India celebrated its 74th Republic Day

Nutrition team mark and celebrated Republic Day being among the villagers. A large number of villagers have been mobilised to celebrate the occasion. Nutrition team well utilised the occasion to disseminate information about Good Farming-Good Food and spread awareness on Health and Nutrition. The message of Good Farming -Good Food is rapidly spreading among the villagers, which is evident with the way Soy foods have become a part of their regular diet.

Health and Nutrition Awareness activities



When people understand the risks of certain lifestyle choices, they know to start making changes. Our nutrition team on their meetings with communities and household visits, aware them on possible consequences of not eating nutritious food; can lead to succumb to serious diseases also can push them into extreme poverty. They make them understand that adopting a health habit is not inconceivable and not even exorbitant for the places where there are plenty of indigenous fruits and vegetable available along with the versatile crop "SOYBEAN". Team sensitized them on what it means to eat healthy foods, how affordable healthy eating can be and how to cook these good foods for themselves. In programme area team has facilitated rural households in growing kitchen garden in the space available at their home.

People who are bringing change - Mrs.Asha Bairagi



Mrs. Asha Bairagi in a Health and Nutrition meeting

Meet Mrs. Asha Bairagi. A rural women residing in village Fetehpur Mendhki of District Agar-Malwa, Madhya Pradesh. Around two months ago she was an ordinary name. What makes her extraordinary now, is her extra efforts she made to ensure sustainable food & nutrition security of the community. She joined Good Farming-Good Food Programme as Nutri Sakhi around two months ago, to carryout health and nutrition awareness activities in 04 villages.

Meeting more & more potential beneficiaries every day, she started focusing on different section of community as women, adolescence girls, school going children, Mid-Day Meal cook, SHG members and public representatives and disseminated information to them on attaining good health with nutritious food and importance of Soy food.

Her efforts are well reflected that in a span of 01 month she has done 318 household survey, which is the highest number of households survey done by a Nutri Sakhi in one month. Along with this, the Sarpanch of village Fetehpur Mendhki, Mrs. Manjubala is so motivated with the awareness sessions taken by Mrs. Asha that she decided to donate 5kg Soybean to Mid-Day Meal Cook of her village so as to make children of her village eating more healthy and nutritious food and lead a healthier life.

Visit of Netherland Delegates



Delegates from Solidaridad Netherlands visited Madhya Pradesh this month, where they got an insight of Good Farming-Good Food programme also. Team made a visit to Herbal gardens, Farmer producer organisation, Soy processing machine established at Khalihan FPO Sehore, Amla and Soy processing unit at Rakshika FPO Bhopal, demonstration plots of Wheat and Gram at programme area and many more areas where there are activities by Solidaridad for uplifting farming community.

The team have had interactions with farmers and beneficiaries who shared their experiences of being associated with Solidaridad programmes.

SOLIDARIDAD REGIONAL EXPERTISE CENTRE Good Farming – Good Food

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

