



Newsletter

March, 2023 | Issue no. 27



Kingdom of the Netherlands



Message from the Programme Coordinator

Dear Readers,



Welcome to the March edition of "Good Farming-Good Food" monthly Newsletter. Month March is significant for us. The month started with a week-long celebration of international women's day and on the day of final celebration, these women farmers joined us through an online platform. It was an opportunity for us to acknowledge the achievements and contributions of women farmers in making agriculture a growing sector. We also utilised the platform for trainings and meetings on various subjects related to upliftment of women farmers.

The month also witnessed the celebration of World Water Day with our adherence to opt for water efficient technology in agriculture. This season, the agriculture system is under a transition - from harvesting of wheat and mustard to seeding and planting of summer vegetables & pulses, farmers are well facilitated in operating each stage of a crop cycle.

This newsletter covers more such activities carried out under Good Farming-Good Food programme in the month.

Happy Reading

CELEBRATIONS





International Women's Day is an opportunity to honoring the social, economic, cultural, and political accomplishments of women. Making best out of this occasion, we organised a week-long celebration for our female farmers in the project areas. There were series of trainings and meetings for our female farmers covering wide variety of issues such as Financial Literacy, Pest Management Practices and Good Agricultural Practices and many more. The objective was to make them aware towards advantages of opting sustainable agriculture practices and to develop an understanding towards their individuality as woman farmer.

During each day of celebration more-n-more women farmers started participating in the activities. Be it training of preparing bio-manure at Agar Malwa, learn with fun in Dewas or brainstorming session on gender equality in Ujjain, women farmers are making the best use of these platforms for marking an equal space in the society.

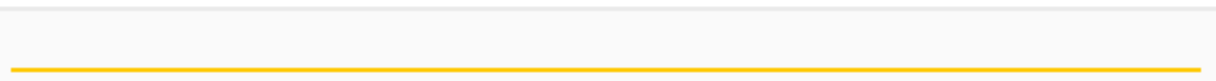




This year International Women's Day is marked under the theme DigitAll: Innovation and Technology for gender equality. Thus, the occasion was determined to be celebrated using digital platform. Under Good Farming- Good Food programme, Solidaridad celebrated International Women's Day where women farmers, knowledge partners, government officials and Solidaridad team joined the event online.

Dr. Suresh Motwani, General Manager SOLIDARIDAD started the event addressing the participants, where he stressed upon putting more efforts to bring rural women in main stream of the society and believed on power of unity for this cause. Women farmers shared- how their farming and nutritional experiences have changed after being associated with Good Farming- Good Food programme.

Officials from Knowledge Partner Organisations- Krishi Vigyan Kendra, Department of Women's and Child Development, Ministry/ Department of Agriculture participated the event and appreciated the endeavour Solidaridad is making in transforming life of women farmers.





World Water Day 2023 is about accelerating change to solve the water crisis. Towards saving water we promote model demo plots showcasing water efficient technology like drip irrigation, mulching, sprinkler etc. and encouraging farmers to adopt these water efficient techniques to ensure a better tomorrow in context of availability of water.



Places where Rabi crops have reached the harvesting stage, yield assessment of the crop has been taken place prior to harvesting so as to know the production estimation using an empirical formula. Estimating crop yield by using pre-estimated test weight is one of the easiest and quickest methods which can be used in a number of situations and farm conditions. By using a sampling frame, count number of pods in one meter square area at least in 5-7 times within a plot whose yield is to be determined and get average number of heads/pods per meter square area. Similarly, count the number of grains in 20-25 heads/pods and take the average.

**KRISHI
CHAUPAL(S)**

Online meeting and
training on Agriculture

Training on
Methods of preparing organic manure & its benefits
जैविक खाद बनाने की पारंपरिक विधियाँ एवं उनसे होने वाले लाभ





**Online Training Session Organized by
Smart Agri Knowledge and Information Hub**

HOW TO JOIN ?

Click on the link below after installing Google Meet

<https://meet.google.com/shr-ynie-qjs>

For more information please contact

-  Mr. Anil Khare - 7089501837
-  Ms. Namrita Bhanweria-9644195248
-  Ms. Preeti Felix - 9174449998

In the series of celebrating "International Women's Day- A Week-long celebration", an exclusive Online Krishi Chaupal (online meeting and training) is organised for the women farmers covering issues on preparing bio-manure and using it on farming. Around 1200 women farmers across the project area participated; participants put forward their queries regarding farming; Agri experts resolve their queries and guide them on Good Agriculture Practices.



Under the programme farmers are highly encouraged to opt organic fertilizer in order to ensure a better health of soil and availability of chemical free food. To promote organic manure Vermi Compost bags were distributed to farmers of District Sehore. On other hand farmers are also get solar trap installed at their farms to prevent crop from bugs' attack.



Under the programme we support farmers with multitude of crops considering the season and prevailing crop of region concerned. As the winter crops have reached the harvesting stage thus, farmers are ready to cultivate summer crops. We moved ahead to provide them a hand-holding for summer crops. In this series Green gram were distributed to farmers.

NUTRITION



Solidaridad

GOOD FARMING – GOOD FOOD

11th March, 2023
(Saturday)
12.30 to 2.00 PM

पोषण चौपाल
POSHAN CHAUPAL

Common Health Issues in Summer and Measures to Prevent it with Healthy Nutritional Diet
गर्मीयों में होने वाली सामान्य स्वास्थ्य समस्याएँ और स्वस्थ पौष्टिक आहार से इसे रोकने के उपाय

Nutrition Expert
Dr. Vaidhyan Amritshale
Physician Assistant
Jupiter hospitals, Indore

Agenda

- Key Precautions to be Adopted in Summer and Staying Away from Superstitious belief.
- Healthy Dietary Practices to be Adopted in Summer
- Avoiding Junk and Street Food in Summer

Click on the link below after installing Google Meet
<https://meet.google.com/cnu-wyqj-pps>

For more details contact us

Ms. Lipy Bhangra - 7489805772
Ms. Kanchan Pal - 6267118140

nidhi.karoliya@solidaridadnetwork.org
sandhya.chouhker@solidaridadnetwork.org

Solidaridad

GOOD FARMING – GOOD FOOD

25th March 2023
(Saturday)
12.30 to 2.00 PM

पोषण चौपाल
POSHAN CHAUPAL

Role of Nutritious Diet During Summer and Nutritional Care to be Observed During Course of Fasting
गर्मी के मौसम में उपवास के दौरान पौष्टिक आहार की भूमिका

Nutrition Expert
Ms. Barkasi Chourry
(Food Therapist)
Arbuthnot Hospital and
Research Centre, Indore

Agenda

- Avoid use of hot beverages and fried food
- Adoption of Balanced nutrition inclusive of Fruits, Cereal, Salad, Milk, Soy products and Water during course of fasting
- Health advisory on fasting for chronic patient of Diabetes and BP

How to Join ?

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<https://meet.google.com/ooq-nza-ftz>

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Fasting is an ancient practice found in most religions of the world. It is also considered an excellent form of training for the physical, moral and spiritual development of human. The Month March is significant in the context of many festivals/occasions are falling in this month when the devotees shall observe fasts. This month Nutrition Chaupal was dedicated to nutritional care during fasting and nutritional measures to be taken during summer season. The idea was to make our women farmers aware on taking care of their health while summer season is arriving and fasting during summer season can bring about severe health issues in case of negligence.



Mid-day meal cook play a crucial role in ensuring availability of healthy food for children. Thus, a great milestone can be achieved if Mid-day meal cook opt Soy as a part of student's menu. Under Good Farming-Good Food programme there have been many trainings organised for Mid-day meal cook and the outcomes are much visible when Soy food are served to students in their Mid day meal.

This month also one such training sessions organised for MDM cook of village Gunga participated by 10 MDM cooks. Training session comprised of culinary activities also.





Under the programme awareness activities carried constantly. Nutrition team prepared a detail visit plan in advance and carried out awareness activities throughout the month.

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

