

MONTH
MAY2023



Solidaridad

GOOD FARMING-GOOD FOOD

ISSUE NO
29

NEWSLETTER



Ministry of Agriculture
Government of India



EAST-WEST SEED
INTERNATIONAL



VIPPY



NBHM
ICAR



Acti
Go to



From the desk of programme coordinator

Dear Readers

Welcome to the “Good Farming-Good Food” monthly Newsletter. Soybean is the major Kharif crop in five districts covered under the programme. In view of arrival of Kharif season our team is ready to support farmers to ensure a successful and productive Soybean farming. Thus, trainings and sensitization of farmers have been taken place in several part of the project area focusing on selection of demo plots, land preparations, seed selection and sowing techniques etc. It’s worth mentioning here that each of the practices are aligning with practices of regenerative agriculture to achieve sustainability in farming.

Nutrition team working under the Good Farming-Good Food programme gathered in Bhopal for a workshop and capacity building programme. During the event we revisit the team's goals and objectives to ensure everyone is on the same page. Discussed progress made toward these goals, challenges faced, and potential solutions or adjustments required. Team's enthusiasm post capacity building programme is remarkable.

This newsletter has brought many more activities from this month. We will keep you updated with our activities through upcoming newsletters.

Enjoy Reading!
Dr. Suresh Motwani

Act
Go t

SUSTAINABLE AGRICULTURE



The month witnessed a series of training programme organised for farmers in project areas. These training programmes aim to enhance farmers' knowledge and skills, introduce them to innovative techniques, and help them adopt best practices for better agricultural outcomes. By equipping farmers with new skills and knowledge, these training initiatives contribute to the overall improvement of agricultural practices, productivity, and sustainability. Training covers topics such as selection of Soybean demo plots, seed selection, crop rotation, planting techniques, nutrient management, integrated pest management (IPM), and weed control. Farmers learn about the appropriate use of fertilizers, pesticides and herbicides while minimizing their negative effects on the environment and human health. Trainings are often a combination of theoretical sessions, hands-on demonstrations, field visits, and interactive discussions to enhance practical understanding and application of the learned practices. In view of coming Kharif season, farmers are advised to change the seed variety this year.



Vermi compost, has the potential to positively transform the farming experience. Vermicompost aligns with the principles of sustainable and regenerative agriculture. By incorporating vermicompost into their farming systems, farmers contribute to the conservation of soil resources, reduce environmental pollution, and support biodiversity. Vermicomposting is a circular practice that closes the nutrient loop and promotes a more balanced and resilient agricultural ecosystem. Under the programme farmers are encouraged to adopt vermicompost and facilitated with vermicompost kit. Team makes a regular visit to the vermicompost unit and enlighten the farmers on best utilization of vermicompost.

HEALTH & NUTRITION



Netherlands Consulate Agency



Solidaridad



GOOD FARMING – GOOD FOOD

20th May, 2023
(Saturday)
12.30 to 2.00 PM

पोषण चौपाल
POSHAN CHOU PAL

Salutary effect of healthy food and fruits intake on mental and physical well-being

स्वस्थ भोजन और फलों के सेवन का मानसिक और शारीरिक स्वास्थ्य पर
लाभकारी प्रभाव



Nutrition Expert
Ms. Samrah Akhatar Hussain
(Clinical Dietitian)



Agenda

1. Foods that promote relaxation and help keep oneself calm
2. How to prepare meal plan and not to eat same food on repeat
3. Benefits of eating together as a family
4. How to Eat Healthy on a budget
5. Healthy food choices to reduce overeating



How to Join ?

Click on the link below after installing Google Meet
<https://meet.google.com/kkr-unga-fcp>



Contact us for more details...



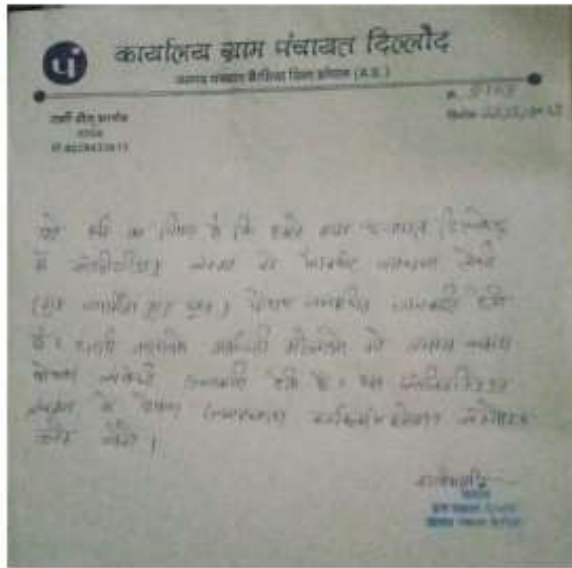
Ms. Lipy Bhargva - 7489805772
Ms. Kanchan Pal - 6267118140
Ms. Shivkumari Patel - 9340689418

nidhi.karoliya@solidaridadnetwork.org
sandhya.choukiker@solidaridadnetwork.org

Healthy foods and fruits are packed with essential nutrients such as vitamins, minerals, fiber, and antioxidants. These nutrients are crucial for maintaining proper bodily functions, supporting the immune system, and promoting optimal growth and development.

The Nutrition Chaupal (Online Nutrition Meeting) organised on 20th May 2023 has brought many such information for rural households. Being a Clinical Dietician, Ms. Samrah Akhtar shared a deep insight on how healthy foods and fruits provide a steady supply of energy due to their balanced composition of macronutrients (carbohydrates, proteins, and fats) and micronutrients. They also contribute to mental well-being by supporting brain health and providing essential nutrients for cognitive function.

Letters of appreciation from the Head of Village Council



It's always rewarding when our hard work and dedication pay off. The impact of Health and Nutrition programme under Good Farming-Good Food programme is reaching far, both at the individual and community levels. The outcomes of the Good Farming- Good Food programme are well reflected with appreciation letters we received from the Head of Village Council (Sarpanch) in District Agar-Malwa. Sarpanchs, in their letters they appreciated the positive outcomes of the Good Farming-Good Food programme that includes access to resources and support, increased awareness and education, strengthened community bonds, and a greater overall well-being of rural households.



A Capacity Building Programme has been organised for nutrition team of Good Farming-Good Food Programme from 29 April-01 May 2023 at Bhopal to give them an opportunity to communicate and discuss ongoing works, knowledge sharing, addressing issues or concerns and plannings for a better outcome. There were around 37 participants from project areas of Madhya Pradesh comprised of 05 Districts- Bhopal, Sehore, Dewas, Ujjain and Agar-Malwa. There were many fun and learn activities for a better engagement of participants and to retain information easily.

Nutrition team under Good Farming-Good Food programme working at the grassroots level are the major workforce driving the programme successfully. This event was an effort to engage nutrition team and foster a sense of teamwork and collaboration in them.

PEOPLE WHO ARE BRINGING CHANGE



Ms. Kanchan Pal- A Nutrition expert from District Agar-Malwa has taken a step ahead and did something out of the box for the rural community. Ms. Kanchan recently distributed around 24 saplings of moringa plant to the families having malnourished children and anemic women. She also distributed saplings to Anganwadi Centers, Self- help groups and to public representatives. On the question of what motivated her for this endeavour she says- "Moringa has numerous health benefits. Its leaves and pods can be consumed as a dietary supplement or incorporated into meals to provide a natural source of essential nutrients. Under Good Farming-Good Food programme we aware and motivate rural households to opt for healthy food, consumption of moringa can certainly add an extra nutrition to their diet. Even District administration of Agar-Malwa is putting an emphasis on moringa plantation at large."

Kanchan has always been passionate about health and wellness of rural households, particularly when it came to nutrition. She strongly believes that proper nutrition played a crucial role in overall well-being and wanted to make a difference in people's lives by promoting healthy eating habits. She adds- "This breed of moringa thrives in 06 months, thus villagers shall be able to consume its leaves and pods after 06 six months".

More power to Kanchan!



World has recognised the power of better nutrition. Nutrition Garden is of great importance for ensuring nutritive diet. The garden not only ensures the nutrition of the family but also positively utilises the labour, land and free time of the family as well as improves the financial condition of the family. They can grow different seasonal varieties utilising organic manures and production methods. Our nutrition team continues to inspire community to opt for nutrition garden. The results are evident now.

During nutrition awareness meetings our nutrition team are getting feedback from beneficiaries on outcomes of nutrition garden. Beneficiaries are overwhelmed with the benefits of nutrition garden as they not only getting an additional source of income also ensuring a nutritional diet for their families.

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

