



Solidaridad

GOOD FARMING – GOOD FOOD

NEWSLETTER

GOOD FARMING – GOOD FOOD

Month – November 2022

Issue No. - 23





Message from Programme Coordinator

Welcome to the "Good Farming-Good Food" monthly Newsletter. Wheat is the largest cultivated Rabi crop of Madhya Pradesh, which occupies the highest area. In view of importance of wheat crop in Agro-economic of the State, Solidaridad is all prepared to facilitate farmers to obtain maximum gain from wheat crop. Front-line demonstrations (FLDs) of wheat crop have been setup in Programme Districts with an adoption of Good Agriculture Practices (GAPs). There are few FLDs of Gram crop also. Regular online and offline trainings have also been scheduled throughout the month to give a handholding to farmers for Rabi Crop. Our team paid a regular visit to farmers field in order to address their issues related to farming.

The impacts of "Good Farming- Good Food" Programme are reflecting on rural households now. There is a massive transformation in their food habit. They have now included Soy food in their regular diet. Experiences of our grassroots team and beneficiaries are well captured in the Newsletter.

Happy Reading!

Dr. Suresh Motwani
Programme Coordinator



Front-line Demonstration Plots (FLDs)

Front-line Demonstration Plots play a very important role in showcasing other adjoining farmers the advantages of scientifically adopted Good Agriculture Practices over the other traditional practices they have been adopted. FLDs have critical importance to improve crop yield and productivity of Crop.



Madhya Pradesh is the biggest producer of Wheat Crop. It occupies the highest area under Rabi crops. There are 107 Front-line Demonstration plots of wheat crop established in 05 Project Districts. This year, 100 demonstration plots of Mustard Crop have also been set up in 02 project Districts (Ujjain and Agar Malwa). Farmers are given handholding and agriculture inputs on these FLDs comprised of land preparations, selection of seed variety, sowing method, irrigation schedule, pest management, bio-fertilizer etc.



Selection of seed variety and seed Treatment before sowing of Rabi Crop



Pusa Tejas variety of wheat seed have been provided to farmers followed by seed treatment process for a better cultivation. Seed treatment mainly includes PSM, Trichoderma and Azotobacter.



Regular trainings and sensitisation programme have been organized for farmers focusing on seed sowing technique, scheduling of irrigation, thinning and toping of Mustard crop, use of fertilizer etc. These trainings were not confined upto a classroom, rather team reached fields to make the farmers learn in more practical ways.



Amritpani has an important role in organic farming in boosting agricultural productivity as well as quality in an eco-friendly way. Application of Amritpani in agriculture is an age-old practice to achieve high as well as sustainable agricultural production. Farmers associated with Solidaridad are not only encouraged to use Amritpani in their farming but also learn to prepare it.



Vermicompost is a method of preparing enriched bio-fertilizer with the use of earth worms and agriculture wastes. Vermicompost is stable, fine granule organic manure, which enriches soil quality and sustain its fertility for a long period of time. Farmers associated with Solidaridad have been facilitated to set up vermicompost unit with all inputs needed.

Yellow Trap and Pheromone Trap



Yellow Trap and Pheromone trap are used in crops to prevent them getting ruined due to outbreak of insects. They are highly effective, non-toxic and easy to use.

Impact on the field



Mr. Babulal Malviya is one of the farmers associated with Solidaridad. He has been consistently following the advices given to him on Good Agriculture Practices and obtaining a good result. Let's hear his experience on recently grown wheat crop.

KRISHI CHOUPAL

Online Meeting (Agriculture)

Training on
Good agricultural practices in Wheat, Gram and Mustard
गेहूँ, चना और सरसों में बेहतर कृषि क्रियाएँ

Date : 4th Nov, 2022
(Friday)
Time : 3:00 to 4:30 pm

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/nydv-zpp-7ru-224>

For more information please contact

Mr. Namita Bhanawala
9644295248

Mr. Anil Khare
7089501837

Training on
Good Agriculture Practices in Onion and Garlic
प्याज एवं लहसुन में बेहतर कृषि क्रियाएँ

Date : 11th Nov, 2022
(Friday)
Time : 3:30 to 5:00 pm

Online Training Session Organized by
Smart Agri Knowledge and Information Hub

Click on the link below after installing Google Meet
<https://meet.google.com/nydv-zpp-7ru-224>

For more information please contact

Mr. Anil Khare - 7089501837

Ms. Namita Bhanawala - 9644295248

Training on
Insect and Disease Management in Rabi Crops
रबी फसलों में कीट एवं रोग प्रबंधन

Online Training Session
Organized by
Soil & Resource Centre
Bhopal

Date
29th Nov, 2022
(Friday)

Time
3:00 to 4:30 PM



How to Join ?

Click on the link below after installing Google Meet

<https://meet.google.com/nydv-zpp-7ru-224>

For More Information Please Contact

Namita Bhanawala - 9644295248
Anil Khare - 7089501837

Online Meeting - Krishi Chaupal (Agriculture Meeting)

A wide variety of issues on Rabi Season Crops covered during the online meetings focused on Good Agriculture Practices. Farmers joined these meetings online and learnt best practices on agriculture on following themes:

1. Good Agriculture Practices in Wheat, Gram and Mustard.
2. Good Agriculture Practices in Onion and Garlic
3. Insect and Disease management in Rabi Crop.



Awareness Programmes





November is the month when the temperature begins to drop and winter marks its presence. It's time to ready up kitchen gardens with fall season vegetable. Also, farmers have Soybean in their stock well graded and ready to sell them out in market. Along with group meetings with rural women our grassroots team did an intensive household visits, identified the possible suitable places to grow Nutrition/Kitchen Garden, provided them vegetable seeds and facilitated them in sowing.

Impact on the field

Solidaridad's efforts on Health and Nutrition have started reflecting on the fields now. Let's hear the experience of our Para worker Mrs. Urmila from District Ujjain who is telling us how women of her village are processing Soybean at their home only and making it an integral part of their diet. Also, one of the beneficiaries Mrs. Tara from District Ujjain is telling us her journey of adopting Soybean as a part of her family's diet.





श्रीमती तारा पण्ड्या
चकया उज्जैन (M.P.)

To see more such impact videos click the link below
<https://www.goodfarminggoodfood.org/video-gallery.php>

Mrs. Seema is one of the fortunate beneficiaries of Good Farming- Good Food who has set up a Nutrition Garden in backyard of her house with the help of Solidaridad.



श्रीमती सीमा
गाँव छडावद, उज्जैन

Better use of Platforms for awareness



Team Solidaridad made an active presence in Saas-Bahu Sammelan (Mother-in-Law & Mother-in-Law conference) organised by Department of Health, Madhya Pradesh at Block Phanda District Bhopal. The programme was dedicated to women health. Solidaridad utilized this platform to make rural women aware on use of Soybean, Iron rich food and menstrual health and hygiene under Good Farming-Good Food programme. At the end of the programme Sanitary Napkins were distributed to participants.

Women heading towards entrepreneurship





Solidaridad is giving all handholding to women who have taken a step ahead to brighten up their future. In this series a 05-day Entrepreneurship-Cum-Skill development programme organised by Solidaridad at Bilkisganj District Sehore and District Dewas on Amla (Indian Gooseberry) processing and its value addition. Around 40 women in each programme participated where they learnt to process Amla and other fruits and thereby making candies, jams, beverages with it. Women were also trained on packaging and marketing of these products to take a lead towards entrepreneurship. Participants were given a "DO IT YOURSELF" session where they themselves processed and made various eatables with Amla.

ONLINE POSHAN CHOUPAL

Meetings on Health and Nutrition



Solidaridad

GOOD FARMING – GOOD FOOD

Nutrition Choupal

On 05 November, 2022 (Saturday)
(4:00 to 5:30 PM)

Importance of Herbs and Nutritional Diet for Improved Immunity In Winter Season
सर्दी के मौसम में इम्युनिटी बढ़ाने के लिए जड़ी-बूटियों और पोषाहार का महत्व

पोषण विशेषज्ञ

डॉ. रजिमा झा
संस्थागत आयुर्वेद चिकित्सा अतिथि

Agenda

- Importance of Health immunity and its role in healthy life
- Types and use of domestic herbs to boost immunity
- Types of Nutrient and its sources to strengthen human immunity of all age groups

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

Ms. Lipy Bhargava- 7489805772 nidhi.karoliya@solidaridadnetwork.org
Ms. Kanchan Pal - 6267118140 sandhya.choukiker@solidaridadnetwork.org

Solidaridad

GOOD FARMING – GOOD FOOD

Nutrition Choupal

On 26/11/2022, Saturday
(4:00 to 5:30 PM)

Health Effect of Cold and Winter for the Infants (0-5 years) and How to Protect them with Healthy Diet
शिशुओं (0-5 वर्ष) के लिए, ठंड और सर्दी का स्वास्थ्य पर प्रभाव एवं स्वस्थ आहार द्वारा रक्षण

Expert

Dr. Vinita Mewada
State Nutrition Consultant
National Health Mission
Govt. of Madhya Pradesh

Agenda

- Health effect of Cold and Winter for infants and new borne babies
- Vulnerability of Malnourished children during winter
- Healthy dietary practices for children during winter season
- Protective care and precaution for the children during winter season

Click on the link below after installing Google Meet
<https://meet.google.com/omn-feqx-view>

For more information

Ms. Lipy Bhargava- 7489805772
Ms. Kanchan Pal - 6267118140
nidhi.karoliya@solidaridadnetwork.org
sandhya.choukiker@solidaridadnetwork.org

With the arrival of Winter Season, along with clothing a special attention must be paid on consumption of healthy food. Online meetings (02) have been organised under Good Farming - Good Food covering the issues "Importance of Herbs and Nutritional diet for improved immunity in Winter Season". and "Factors effecting the health of Children aged 0-5 Years in winter season". Dr. Rashmi Jha, Retd. Ayurvedic Medical Officer and a dietician were the special invitees who addressed our women farmers and Nutrition team through virtual platform. Such online sessions give rural women an ease to connect with Health & Nutrition activities with their mobile phones.



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

