

Newsletter



GOOD FARMING – GOOD FOOD



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Sustainable Food and Nutrition Security and Transforming Smallholder's Livelihood

Solidaridad Regional Expertise Centre



Solidaridad





FROM THE DESK OF PROGRAMME COORDINATOR



Greetings to our esteemed readers!

The month of September celebrated as National Nutrition Month, with a vision to spread awareness about nutrition and good health. Initiatives have been taken up by the Solidaridad nutritional team to motivate people with a series of awareness programmes focusing on incorporate nutritional food in daily diet and inculcating a healthy way of life.

IN THE MONTH OF SEPTEMBER, THE CROP OF SOYBEAN HAD ENTERED INTO FLOWERING AND POD INITIATION STAGE AND ATTAINED ITS FULL DEVELOPMENT BY MONTH END

A healthy society can be envisaged only when each section of the society meets the benchmark of nutrition. Solidaridad with the support of its stakeholders, has designed and implemented nutrition activities keeping in view not to left out any section be it infants, toddlers, adolescents, pregnant women or lactating women. Awareness programmes became more effective with a vast range of activities like exhibitions, sensitization, competitions, demonstrations, culinary activities, fair etc.

A well-planned activity sheet has been prepared and circulated to District nutrition experts also keeping in mind a proper involvement of Mid-day meal cooks and Anganwadi workers for a successful completion of Nutrition month.

This year a major emphasis is given on students for their participation in nutrition activities that are well quoted in this newsletter. The initiation of weekly series of Krishi Choupal/Nutrition Choupal (online training platform) by our subject experts has created a wave of awareness and sensitization which has been profoundly appreciated by the farmers, ground team and entrepreneurs. The programme has found its greatest support with an acceptance by the farming community and determined assistance by the stakeholders. We would continue to update our readers on the different activities of our Good Farming - Good Food project through our monthly Newsletter.

Wishing good health and prosperity to all our readers.

Thank You
Dr. Suresh Motwani



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A dedicated team of extension experts is formed who collected the relevant information/observation from the field on a weekly basis. The compiled data analyzed by technical experts. Based on the data analysis, the localized advisories are generated for each of the Farmer Field School. We are also in-process to set-up a cadre of trained rural extension experts who facilitates the extension and field advisory and extension support to the targeted farmers.

Solidaridad consistently worked with farmers and mobilized them under the concept of FFS (Farmer Field School). Formation of FFS is the core of our intervention which is a hub of knowledge sharing and a solution for collective discussion and practical demonstration. The FFS has been provided with a training calendar that provides an understanding of the entire Package of Practices or Good Agricultural Practices like Land Preparations, Sowing Practices, INM, IPM, Harvesting and Post harvesting Practices.



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Activities carried out in front line demonstration

Solidaridad is promoting sustainable agriculture in Soy integrated farming system in the State Madhya Pradesh and implemented frontline demonstrations on farmers' field for adoption of research emanated technologies involving good agricultural practices(GAPs) aiming at promotion of sustainable and climate smart agriculture.

- The Front line demonstration is meant to showcase other adjoining farmers the relative advantage of Good Agricultural Practices over traditional production practices. It includes adoption of scientifically recommended practices which the farmers are not adopting but has a critical importance to improve crop yield and productivity
- Total 289 demo plots across project areas visited by the field team to monitor the plant growth, status of disease management and discussion with the beneficiary about its observations and concern. Team Solidaridad provided all information regarding farmer issues whenever required by physical as well as virtual mode



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Poshan Maah (Nutrition Month)-A holistic approach to nutrition

Month September is very significant in terms of Nutrition as Poshan Maah (Nutrition Month) is celebrated during this month. In order to ensure community mobilization and reinforce people's participation, every year, the month of September is celebrated as POSHAN Maah (Nutrition Month). This year, Poshan Maah celebrated with key focus on "Mahila aur Swasthya (Women and Health)" and "Bacha aur Shiksha (Child and Education)". Poshan Maah serves as a platform to bring focus to the discourse of nutrition and good health.

A detailed calendar has also been designed to regulate nutrition related activities throughout the month, considering nutritional requirement of different groups viz. new born babies, adolescence, students, pregnant woman and lactating women etc. Stakeholders like Self-help groups, Anganwadi workers and School management have also been motivated to participate in the nutrition activities while being a part of this programme.

Solidaridad team have mobilized women all across the target places to make them aware about Health and Nutrition with the focus on nutrition requirement of children of age group 0-6 years, adolescence, Pregnant and Lactating women. They were taught the recipes prepared with Take Home Ration they get from Anganwadi Center. Pregnant and Lactating women were enlightened on nutrient value of green vegetable and pulses. Culinary activities have been organized with Self-help groups responsible to cook Mid-day Meal at schools, major focus was given on inclusion of Soy food in Mid-day meal...



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Nutrition Month 2022 (1st to 30th September)

Themes:-

1. Women and Health
2. Children and Education- Poshan bhi, Padhai bhi
3. Gender Sensitive Water Conservation and Management
4. Traditional Foods for Women and Children in Tribal Areas



The month-long events organized by Solidaridad with its partners have been witnessed intensive activities across the target 05 Districts of Madhya Pradesh at the ground level, with major attractions such as,

- Recipe competitions have been organized to highlight the locally available nutritious food for pregnant and lactating women and spread the message of holistic nutrition to ensure a healthier future for women and children.
- Women have been enlightened to include Soy food in their diet.
- Sessions on knowledge, attitude and breast feeding practices for postnatal mothers.



Nutrition awareness became easier to spread with the involvement of Anganwadi workers. Anganwadi centers provide an integrated package of services including supplementary nutrition, basic health care and pre- school education. Not only do they have a direct contact with beneficiary group but they also keep their health records. Solidaridad team have had a series of meetings with anganwadi workers and trained them on how Soy products can be an integral part of children's daily diet.



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Empowering Women...

KHAHLIAAN KISAN PRODUCER COMPANY



Solidaridad with support of ICAR-CIAE, a Women Resource Centre has been inaugurated at Bilkisganj District Sehore. This initiative will help women entrepreneur to grow economically as well as to develop their nutritional skills that will help community in nutrition aspects too. It will be made possible through the machines, which shall help them to bake soy cookies, soy cake and many more recipes from soy. The ceremony was enlightened by our esteemed guest who shared their views on Khahliaan Kisan Producer company and the change it can bring in community and an opportunity to grow in gender equality.

FPO named Khahliaan Kisan Producer Company has been inaugurated on 15th September 2022 in the presence of District Collector.



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Empowering Women...

RAKSHIKA MAHILA KISAN PRODUCER COMPANY

“Rakshika Mahila Kisan Producer Company Limited” has been formed at Berasia block of District Bhopal , the word “Rakshika” Means the one who protects. The FPO has approximately 500 members. The members or shareholders of this company are largely members of Self-Help Groups (SHG) formed in target villages and facilitated by MPSRLM. These members have come together for collective marketing and realizing good prices for their produce under the farmer producer company aforementioned.

The FPO largely aims to develop value addition in soy food processed and prepared by women SHGs and enabling them to have access to better market. Recently the FPO has established a small scale semi-automatic soy food processing machines to prepare soy milk, tofu etc. They have planned to sale these soy products in the local market as well as they will be supplying it in the MDM schools.



In this month BODs of Rakshika FPO successfully sold 27 kg of Tofu in the market



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Empowering Women...

SAMARTH KISAN PRODUCER COMPANY



Samarth Kisan Producer Company organized an Annual general meeting, this meeting generally includes electing a board of directors, making important decisions regarding the company, and informing the members of previous and future activities. At this meeting, the shareholders and partners may receive copies of the company's accounts, review fiscal information for the past year, and ask any questions regarding the directions the business will take in the future.

At the annual general meeting, CEO of the organization presides over the meeting and has given an overall status of the organization. The shareholder were given a complete information regarding the overall performance which includes their profit/ loss status.



Exhibition of Soy food

Solidaridad Para workers and Nutri Sakhis set up a stall in Samarth Kisan Company in which they exhibited desserts made with soya flour and rice flour. Total cost incurred on making of desserts was ₹ 600 while they get a sum of ₹ 850 on their selling. Villagers from nearby villages visited the stall and highly appreciated the sweets and showed their interest to make it at their home too.



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WEEKLY CHOUPAL

Weekly Krishi Choupal

“Weekly *Krishi Choupal*” is an online platform for farmers to obtain timely information and knowledge on Good Agriculture Practices (GAPs) for sustainable soybean-based farming system in Madhya Pradesh. Through this platform we are able to directly connect with our programme farmers online for sharing all agricultural related knowledge and guidance/support for field activities. The foremost purpose of the *Krishi Choupal* is to inform and empower the farmers on sustainable agriculture methods, subsequently improving agricultural productivity and quality of life of the farmers.

Three weekly Krishi choupal(s) have been organized wherein farmers of cluster area joined and learnt some fruitful information on following themes,

- Unfruiting Problem and IPM in Soybean
- Use of Drone Technology in Plant Protection and Current Scenario
- Effects of excessive rain in soybean and preventive measures

Harvesting of Soybean and Pre Harvesting Preparation
सोयाबीन में कटाई एवं कटाई पूर्व तैयारी

Online Training Session
 Organized by
SMART AGRI KNOWLEDGE AND INFORMATION HUB

Date: 16th Sep, 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/ccahjqu-mtn>
 For more information please contact
 Ms. Namrita Bhanweria : 9644195248, Mr. Anil Khare : 7089501837

Dr Amar Nath is presenting

Dr Amar Nath

VINOD

You

78 others

सामान्यतः नाम	शुद्ध प्रतिशत	सारा प्रति
कपास/सोयाबीन	30 प्रतिशत	24%
कपास/सोयाबीन	70 प्रतिशत	3000 ग्र
सोयाबीन/सोयाबीन	30 प्रतिशत	1,000 ग्र
सोयाबीन/सोयाबीन	30 प्रतिशत	275-450 ग्र
सोयाबीन/सोयाबीन	30 प्रतिशत	1,000 ग्र
सोयाबीन/सोयाबीन	30 प्रतिशत	1,000 ग्र
सोयाबीन/सोयाबीन	30 प्रतिशत	1-2 ग्र
सोयाबीन/सोयाबीन	30 प्रतिशत	1-3,25 ग्र
सोयाबीन/सोयाबीन	30 प्रतिशत	0.5-0.75 ग्र
सोयाबीन/सोयाबीन	30 प्रतिशत	3.25 ग्र

Dr Amar Nath is presenting

Dr Amar Nath

You

80 others



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WEEKLY CHOUPAL

Poshan Choupal

“Poshan Choupal” is an online platform for women farmers to get timely information and knowledge on good health and nutrition. The sessions are conducted by nutrition experts who share their expertise and guide the rural women and adolescent girls on good health, nutrition, good hygiene practices and ways to fight malnutrition. The weekly online training sessions discuss in detail the daily nutritional requirements for a family and the proper nutrition intake that a family should follow.

This month choupal was organized on Importance of Micro nutrient supplement for infants and the role of family. The session was taken by Nutrition Expert Ms. Anjali Sarwate, Instructor for Health and Nutrition MLTC (ICDS Supervisor, Training Centre) Bal Niketan Sangh, Indore. She thoroughly explain the Meaning of Micronutrients and its Health importance for infants, Source of micro nutrient and how to incorporate it in diet of young children, Need and importance of Family support during course of feeding to the young child. at the end of the session participant asked their doubts and found a helpful reply for Nutrition Expert.

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NUTRITION CHOUPAL

Importance of Micronutrient as a nutrient supplement for infants and the role of family
 शिशुओं के संपूरक आहार में, सूक्ष्म पोषक तत्वों का महत्व और परिवार की भूमिका

Date : 3rd Sep, 2022 (Saturday)
 Time : 4:00 to 5:30 pm

NUTRITION EXPERT
 Ms. Anjali Sarwate
 Instructor for Health and Nutrition
 MLTC (ICDS Supervisor, Training Centre)
 Bal Niketan Sangh, Indore

Agenda

1. Meaning of Micronutrients and its Health importance for infants.
2. Source of micro nutrient and How to incorporate it in diet of young children.
3. Need and importance of Family support during course of feeding to the young child.

Click on the link below after installing Google Meet
<https://meet.google.com/vae-vnag-vhn>

For More Information Please Contact
 Ms. Kanchan Pal : 6267118140
 Ms. Lipy Bhaigava : 7489805772

nidhi.karoliya@solidaridadnetwork.org
sandhya.chouhal@solidaridadnetwork.org

Meet - Importance of Mic...
<https://meet.google.com/vae-vnag-vhn>

Anjali Sarwate is presenting

शिशुओं के लिए पोषक तत्व पूरक के रूप में सूक्ष्म पोषक तत्व का महत्व और परिवार की भूमिका

Participants: Anjali Sarwate, Chetna Pathak, Maya Mahiya, Manoj Sharma, Kiran Mahiya, Deepa Mewada, Radha Radha s..., 11 others.

4:19 PM | Importance of Micronutrients as a Nutr...



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SPECIAL HIGHLIGHTS

Rangoli competition and Drawing competition organized at Sanskar Middle School, village Dhabla Kelwadi, participated by 25 students, depicted their nutritional knowledge in their creatives. They were made aware about nutrition and they brought cooked nutritional food made with soy chunks from their home.



Nutrition month brought some excited turns when children participated in quiz competition organized to assaying their nutrition knowledge. Students answered the questions related to health and nutrition. At the end winners have been rewarded with prizes too.

In meetings with Anganwadi and Asha workers, importance of nutrition month discussed thoroughly. They were advised to use soybean and the ways it can be included in daily diet. Pregnant and lactating women were addressed on importance of good diet and breastfeeding.



Hands on training of Mid-day meal cook on preparations of soy laddus and how soy can be made a part of food they cook according to the menu. Addition of soy in food results a low cost yet nutritious food.



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SPECIAL HIGHLIGHTS

International Nutrition Conclave

Solidaridad jointly planned to organize a Nutritional conclave with ICAR CIAE on 16th September 2022. The objective of the international nutritional conclave is promoting the Women Entrepreneurship opportunities in processing of Improved Nutrition. We are providing the Product licenses to the women farmers on different Nutritional product.

The conclave is aiming to contribute towards reduced malnutrition of rural groups in Madhya Pradesh, particularly women and children and also contribute towards the agricultural growth and resilience of smallholders, Diversification of crop for sustainable production of medicinal and aromatic plants, aware the farmers about medicinal values of crop, which further contributes to increased food and nutrition security and promote the women entrepreneurship in Rural areas to strengthen the women farmers.

The overall goal of the conclave would be to promote a sustainable agri-value chain and improve the livelihood and quality of life of small and marginal farmers (with special focus to women farmers). Solidaridad is working with women farmers on many interventions such as capacity building, skill development, set up herbal home garden, Kitchen Garden, women friendly tools and promote women farmers for entrepreneurship. We organized different trainings on different modules to ease their work.



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SPECIAL HIGHLIGHTS



A Conference on “Soy food processing, Potential and Utilization avenues”

A Conference on “Soy food processing, Potential and Utilization avenues” organized by Joint collaboration of U.S. Soybean Export Council (USSEC), USSOY delivery solutions and Solidaridad at Bhopal on 23 September 2022. The objectives of the Conference were to explore how Soy products can make a substantial space in Indian households, its marketing and packaging and business opportunities associated with soy products. The conference was participated by dignitaries from USSEC, US Soy Export Council, SFPWA (Soy food promotion and Welfare association) and Solidaridad, officials from different Departments of Government of India and Government of Madhya Pradesh, Education institute, Research organization and prominent Nutritionist and Business analysts. Ground level team of Solidaridad engaged in soy processing also participated in the Conference.



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PEOPLE WHO ARE BRINGING CHANGE

A small step can bring a big change in someone's life. Solidaridad has proved this fact well. In our endeavor to make agriculture a profitable business, Solidaridad is identifying farmers and individually addressing their concerns related to all aspects of farming.

Rahul Singh is one such farmer whose life took a flip after being a part of Solidaridad. Rahul is a young farmer residing in Village Tilwadi of District Ujjain. He is a marginal farmer having 05 acre farmlands and the only breadwinner of his family of 06 members. Farming is the main source income of his family. He used to grow conventional crops on his farm, as this is what he had been witnessing since his childhood. But the path had not been smooth for him. Problem of high cost and less profit in farming has grown up with time. Consequently, Rahul and his family had started facing economic issues.



Once, Rahul got an opportunity to attend a meeting based on agriculture organized by Solidaridad in his village. This meeting indeed has turned up as a big turning point for him. Rahul shared his points of concerned with agriculture experts of Solidaridad.

Agriculture experts critically analyzed his problem and suggested him to opt for a better agriculture technique comprised of changing crop, regular soil testing, germination test, seed treatment and right distance between seeds grown. He has also advised to use bio-manure in place of chemical fertilizer. Being a marginal farmer, he was advised to grow vegetable on his farmlands. Rahul took expert's advice seriously and started following the steps he has asked to taken. First, he went for soil testing, then chose vegetable seeds carefully. He decided to grow ladyfingers on 01 acre of his farm land. This time, instead of chemical fertilizer he used bio manure



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...PEOPLE WHO ARE BRINGING CHANGE

suggested by agriculture expert like Panch Patti Kadha, Matka Khadd, Kanda Pani, Neem Satt, Coconut Chatni, heap Nadep etc. which he had prepared with the help of resources available at village itself. Consequently, the expenses on chemical fertilizers and medicines were reduced by 50 percent.

Rahul's trust on Solidaridad was not in vain. He obtained a substantial production of vegetable in a very first crop, that he has been able to sold vegetable worth Rs. 2000 to 3500 every day for straight 75 days in the vegetable market of Tehsil Tarana. He has earned around Rs. 1,80,000 with this crop and is continue to be. Seeing his success, other farmers of his village also encouraged to go for vegetable crops.

Rahul on his success cheerfully expressed that "Earlier I and my family members had a lot of problems in obtaining livelihood and agriculture was not producing desired profits to us. Now, being a part of Solidaridad organization, our financial condition has improved. Now we get green vegetables at home itself and my family has got to eat good and organic vegetables, which helps to keep diseases at bay. Now I am earning enough money to send my children to school regularly and I am also able to pay good attention to their health and education".

CONTACT US

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