

Report

Exposure visit to M. S. Swaminathan Farm School, Takarkheda, Wardha

Date: December 12, 2017

The M S Swaminathan Farm School in Takarkheda in Arvi taluka is managed by Lahanuji Maharaj (LM) Sansthan. A team of about forty farm men and women from the villages under the LANSAs Farming System for Nutrition (FSN) study and MSSRF staff went on an exposure visit to the centre as a part of capacity strengthening activity. The programme schedule is in the annex.

Objectives of exposure visit:

1. Knowledge sharing on organic farming
2. Visit model Nutrition Garden
3. Understand operation of Bio-gas plant
4. Visit vermi compost unit

Resource persons

- Ashok Pawade, Dy. Director, Rajmata Jijau Mother and Child Health Nutrition Mission, Govt. of Maharashtra, Mumbai.
- Lalita Astakar, Supervisor ICDS, Arvi Block.

Activities

- **ICDS / Anganwadi Center**

Visit started from Anganwadi center near the campus of LM Sansthan. Village women and Megha Kamble, ICDS worker from Heti dialogued with Anganwadi worker, helper and Supervisor.



Anganwadi Nutrition Garden

Village women observing anganwadi

The Anganwadi centre is well maintained and also gets support from the Sansthan. They maintain a nutrition garden. Harvested vegetables are used in the meals cooked and served at the centre. Anganwadi worker focused on children's academic development. It was good learning experience for our anganwadi worker and village women.



Orientation to Participants

The Session started with lighting of the lamp by Kaushal Borje and Ms. Usha Kaurati from the group. Rupal Wagh explained objective of the team's visit and conducted the session. Ashok Pawade delivered lecture on 'Women and children health and Nutrition' and Nutrition Garden.

Inauguration of session

Pawade's talk covered the following topics:

- Health and diet of women.
- Importance of balanced diet
- Balanced diet for pregnant and lactating women
- Nutrients and related deficiency
- Nutrition and health of children.
- Menstrual health of adolescent girls.



Pawade explaining nutrition garden design with the help of ppt



Lalitha Astakar addressing the gathering

Lalita Astakar address on

- Nutrition and balanced diet
- Importance of Nutrients
- Nutrition garden for household nutrition

Nutrition Garden

Nutrition garden design is in *Gagama/surymandal* pattern. They grow leafy vegetables and other vegetables and papaya among fruit plants. Creepers of cucumber, bitter gourd, ridge gourd etc. are grown on the fencing. Nutrition garden produce is supplied for use in the mid day meal cooked at the ICDS center. The Nutrition garden is supported by Reliance Foundation.



Nutrition Garden

Cattle shed unit (*Gorakshan*)

- Donated, gifted, injured, helpless cattle are in the cattle shed.
- Lahanuji Maharaj Sansthan takes care of the cattle
- They have 40 bullock pairs and provide to needy farmers on rent of Rs.1000/- per year.
- The milk produced is sold.



Ashok Pawade showing processed cattle feed

Ashok Pawade showing biogas plant and measurement of available gas

Three bio-gas plants are there. Available cattle dung is used in bio-gas plant. The biogas is used for cooking and electricity. Food is cooked for visitors and *Sansthan* staff on biogas.



Bio-gas plant

Waste of biogas is used for making vermi compost and vermi wash. The vermi compost and vermi wash is sold to visitors and other people.



Participants observing vermi compost unit and vermi compost

Participants from FSN villages

S. N.	Village	No. of participants
1.	Saheli	9
2.	Bitpur	9
3.	Susund	10
4.	Heti	4
5.	Borgaon Gondi	7
	Total	39

Participating Community Resource Persons (CRPs) and village volunteers:

S. N.	Name of participants	Village
1.	Suvarna Chamlate	Saheli
2.	Sheetal Nehare	Saheli
3.	Surekha Uike	Bitpur
4.	Rupali Warthi	Susund
5.	Hema Madavi	Borgaon Gondi
6.	Fakirchand Khandate	Saheli
7.	Gautam Yesankar	Susund Heti
8.	Sudhir Kumare	Borgaon Gondi

Participating staff:

S. N.	Name of participants	Designation
1.	Rupal Wagh	Research Associate, MSSRF, Wardha
2.	Anjali Baraee	Project Assistant, MSSRF, Wardha
3.	Vikas Meshram	Project Assistant, MSSRF, Wardha

Annex

Programme schedule

	Activities
8.30 - 9.30 am	Travel to FSN villages
9.30 – 10.30 am	Gathered people from villages
10.30 - 12.00 pm	Travel to Takarkheda
12.00 – 12.15 pm	Introduction with Mr. Ashok Pawade
12.15 – 12.45 pm	Darshan of Lahauji Maharaj
12.45 – 1.30 pm	Lunch
1.30 – 2.00 pm	Visit to Anganwadi
2. 00 to 3.30 pm	Orientation by Mr. Ashok Pawade and Ms. Lalita Asatkar
3.30 – 5.00 pm	Visit to various units
5.00 pm	Return journey to FSN villages
5.30 – 6.00 pm	Tea break at Arvi
6.00 – 7.00 pm	Reach FSN villages
7.30 – 8.30 pm	Reach Wardha

Reported by: Rupal Wagh