

## **Capacity Building of Community Hunger Fighters**

### **2<sup>nd</sup> Residential Training in Wardha**

During the 1<sup>st</sup> residential workshop for training Community Hunger Fighters (CHF), topics related to nutrition and balanced diet were covered. In continuation, 2<sup>nd</sup> training was conducted to help the participants to understand linking agriculture to nutrition and entitlements.

#### **Objectives**

1. To help participants share their experiences of the earlier workshop on nutrition and how it has helped them in their daily lives.
2. To help them reflect on how they had been taking decisions on crop cultivation and how they would like to do it now.
3. To help them undertake crop planning for the forthcoming season and for the entire year balancing household nutritional and economic needs.
4. To help them identify further training needs and the entitlements that they wish to seek and present it before the authorities for further discussion.

#### **Participants**

8 CHF's who attended the 1<sup>st</sup> training and 4 new participants attended the one day training. Details are given in Annex 1.

#### **Duration of workshop**

Two day training was held on 20 and 21<sup>st</sup> December 2016 at Yatri Nivas, Sevagram, Wardha District, Maharashtra.

#### **Day 1**

##### **I. Introduction and sharing of experience from 1<sup>st</sup> training**

The workshop started with introducing of the participants as there were new participants. The experiences and lessons learnt from the first training programme were shared by the participants. The CHF's shared that they have started taking balanced diet and taking 3 to 4 meal pattern. Summary of I training was done in order to update the new participants.

Some of experiences that were shared were

- ✓ “Before the training I use to have one meal in a day, Now I started taking 3 to 4 meals a day” – Goutham
- ✓ “After the training I started taking 3 to 4 meals a day and so I gained 3 kgs in 2 months” – Fakir Chand
- ✓ “I started drinking water as soon as I get up early morning” – Sandhya

## II. Linking agriculture to Nutrition

The participants were divided into the four groups. Each group was given a soil type and were asked to plan agricultural planning throughout the year, for both rainfed and irrigated land. The following are groups: Group 1: Black Soil; Group 2: Medium soil – red soil; Group 3: Sandy and rock soil; Group 4: Kitchen garden: vegetables and fruits that can be grown in home garden throughout the year were asked to be planned.

The following tables shows the season wise and land wise crops grown.

### Group 1 Black Soil

Rainfed	Irrigated
Red Gram, Green Gram, ladies finger*, jowar, Soybean, Maize, Mango, Cow pea  Fodder, Cotton	Wheat, red gram, soy bean, orange, sugarcane, pomegranate, Bengal gram, Small space: coriander, amaranthus, fenugreek leaves, spinach, brinjal, green chillies, onion, tomato, papaya, guava, mango, drumstick, cow pea  Cotton Bullocks Dug Well

\*Ladies finger-For household consumption

### Food Groups grown throughout the year

Cereals	Jowar, Maize, wheat
Pulses	Red gram, green gram, soy bean, cow pea, Bengal gram
Vegetables	Ladies finger, brinjal, coriander, amaranthus, fenugreek leaves, spinach, moringa
Fruits	Mango, orange, pomegranate, papaya, guava

### Discussion

1. Sweet potato can be cultivated
2. Since animal attack cause damage to the field, on the borders, animal repellent plants can be grown
3. 4 food groups is possible from black soil, both irrigated and rainfed
4. Oilseeds can also be cultivated

### Group 2 Medium –red soil

Rainfed	Irrigated
<p>Main Field: Green gram, Black gram, Soy bean, Red gram, Custard apple,</p> <p>Cotton</p>	<p>Main field: green gram, black gram, soy bean, Jowar, custard apple, ram seethapal, red gram, beans</p> <p>Small land: spinach, fenugreek, coriander, tomato, brinjal, ladies finger, cluster beans, green chillies, cucumber, pumpkin, bottle gourd, amaranthus, gogu, carrot, radish, beetroot, broad bean</p> <p>Cotton Fodder Dug Well</p>

### Food Groups grown throughout the year

Cereals	Jowar
Pulses	Green gram, black gram, red gram, Soy bean,
Vegetables	Beans, spinach, fenugreek leaves, coriander, tomato, brinjal, ladies finger, cluster beans, cucumber, pumpkin, bottle gourd, amaranthus, gogu, carrot, radish, beetroot, broad bean

### Group 3 Sandy Rocky Soil

Rainfed	Irrigated
<p>Red gram, Sorghum, maize, soy bean</p> <p>Cotton</p>	<p>Wheat, Bengal gram, fenugreek, tomato, chilli, ladies finger, spinach, beetroot, carrot, radish, cauliflower, cow pea, coriander, cluster bean, lemon, papaya, guava, drumstick, mango, amla</p> <p>Poultry, goat, cow</p> <p>Vermi-compost pit</p>

### Food Groups grown throughout the year

Cereals	Sorghum, Wheat, Maize
Pulses	Red gram, Bengal gram, Soy bean
Vegetables	Fenugreek leaves, tomato, chillies, ladies finger, spinach, beetroot, carrot, radish, cauliflower, cow pea, coriander, cluster beans, drumstick

Fruits	Lemon, Papaya, Guava, Mango, Amla
Animal Foods	Poultry, goat, milk and egg

### Discussion

1. Other group members said that beetroot and carrot cannot be grown in red soil. This was discussed and concluded that it can be grown if proper agricultural practices were followed

### Group 4: Kitchen garden

Rainfed	Irrigated
Cow pea, pumpkin, bitter gourd, ladies finger, tomato, green chilli, beans, cluster bean	Spinach, fenugreek, dil seed, beetroot, radish, carrot, rajgeera, onion, coriander, green chilli, drumstick, amaranthus, lemon, custard apple, curry leaves, guava and agathi
Sweet Potato	

### Food Groups grown throughout the year

Vegetables	pumpkin, bitter gourd, ladies finger, tomato, green chilli, beans, cluster bean, spinach, fenugreek, dil seed leaves, beetroot, radish, carrot, rajgeera, onion, coriander, drumstick, amaranthus, curry leaves, agathi, sweet potato, cow pea leaves and pods
Fruits	lemon, custard apple, guava

From the above activity, it is clear that about 4 to 5 food groups can be grown in black soil, red soil and sandy rocky soil throughout the year. From kitchen garden, all types of vegetables and 3 types of fruits can be obtained throughout the year.

It is possible to cultivation of **4 to 5 food groups** land having different types of soil and fruits and vegetables from kitchen garden throughout a year.

### III. Entitlements

The following agriculture officers visited the training:

1. Mr. D. S. Rathod , Agriculture Assistant, State Agriculture Office, Wardha
2. Mr. Vinod Joshi, Agriculture Assistant, State Agriculture Office, Wardha
3. Mr. B. D. Yesankar, Block Agriculture Officer, State Agriculture Office, Wardha

The following points were discussed by AO:

1. Soil testing scheme
  - 100 percent subsidy.

- Soil testing and recommendation of organic fertilizers, micronutrients regarding soil health.
  - Soil health card distribution.
  - Programme in collaboration with ATMA.
2. Organic farming
  3. Crop insurance scheme
    - Scheme for cotton crops.
    - Rs 237/- should paid at National Insurance Company.
    - Small or marginal farmers get 75 percent subsidy in insurance payment.
  4. National Food Security
    - Family get ration of 5kg wheat, Rice 2 kg.
  5. Dall Mill project
    - Rs. 50 to 1.50 lakh subsidy
    - Group consisting more than 10 people can get subsidy.
  6. Bed maker scheme
    - Get 100% subsidy.
  7. Gopinath Munde Accidental Insurance scheme
    - Scheme is for accident or accidental death during work. In accident like snake bite, death due lighting, injured by animal are included.
    - Getting benefit on accident 1 lakh and on death 2 lakh.
    - For claiming: post-mortem report, nominee certificate are needed.
  8. Agriculture tools and implement Bank
    - Tractor, plough, cultivator, hoe etc get under MIDC.
    - Rs 100000/- subsidies (for SC/NT).
  9. Flower Cultivation scheme
    - For 1 hector land Rs. 12000/- is provided as subsidy.
    - Turmeric is covered under the scheme.

**Mr. S. Y. Bamnote, Agriculture Officer, Zilla Parishad, Wardha**

1. Farm pond scheme
  - 100 percent subsidy
  - Length, breadth and height should be 20x20x3 meter.
  - Maximum subsidy Rs. 23094/- per farm pond.
2. Irrigation well
  - 100 percent subsidy
  - Maximum limit Rs. 100000/-
  - Subsidy on HDP pipe, 1 pipe at Rs. 300/ person for 30 pipe.
3. National Horticulture mission
  - Scheme is for small and marginal farmers. Less than 1 hector farmer are benefited.

- Scheme is for fruits plant cultivation i. e. mango, orange, lime, custard apple
- Rs 70000/- subsidy under scheme
- Subsidy period is three years.

## Day 2.

### IV. Family Annual food requirement and yield from agriculture.

Participants were asked to go into the same groups as in Activity II and are requested to calculate the quantitative production for each crop and how much will it meet the annual dietary requirement for a family of five. Will there be still a deficit? If yes of what nutrients and how they will mobilize the same?

The following table on recommended level was provided for comparison and discussion:

Food Groups	RDA	Requirement for 5 member family (g)	75% of RDA
Pulses	70	350	250
Green leafy vegetables	100	500	400
Other vegetables	200	1000	750
Milk	250	1250 ml	1000 ml
Animal foods	100	500	400
Fruits	100	500	400
Fat	30	150	120

\*RDA for cereals was not provided as cereals were consumed in sufficient amounts

### Group 1 Black soil (From 1 acre land for a family of 5 adults)

Production by Food groups	Total Production (kg)	Home consumption (kg)	Sold in Market (kg)
Cereals (Wheat, Jowar, Maize)	725*	524	200
Pulses (Red gram, green gram, soy bean, bengal gram)	1340	195	1145
Vegetables (Greens- spinach, fenugreek, coriander)	150	50	100
Other vegetables (Brinjal, drumstick, green chillies, ladies finger, cow pea, tomato, onion, cluster bean)	650	202	448
Fruits (Orange, mango, guava, pomegranate, papaya)		whatever produced, is consumption	

\*quantity given is for - after disturbing to labours

Soy bean produced is not consumed due to its taste; it is sold in market to purchase other food items.

## Discussion

- Some of the participants said that the production shown above was not possible. Mr.Prashant, Coordinator, MSSRF intervened and explained that if proper planning on crop pattern was there, then it is possible to get the above mentioned production.
- Pulses was consumed less than the requirement
- Green leafy vegetables were not production and consumption was very less
- Fruits availability and consumption depend on seasons
- It will be possible to get diversified foods throughout the year only if there is proper irrigation facility

### Group 2: Medium red soil (from 5 acre for a family of 5 adults)

Production by Food groups	Total Production (quintal)	Home consumption (quintal)	Sold in Market (quintal)
Cereals (Wheat, jowar)	10 (2)	4	6
Pulses (Red gram, green gram, soy bean, bengal gram, black gram)	27 (5)	2	25
Vegetables (Pumpkin, cluster beans, cucumber, brinjal, ladies finger, cow pea, spinach, fenugreek, coriander, carrot, radish, onion, amaranthus, <i>ambadi</i> )	1 (20 kg)	50 kg	50
Fruits (Custard apple, guava, banana, orange, amla, <i>ram seethaphal</i> (bullock's heart), pomegranate)	27 (5)	1	26

Figures in parenthesis denotes production from 1 acre of land

## Discussion

- Fruits were more in group II than group I, but the vegetables were produced in lesser amount.
- Proper storage like sun drying can be followed to store the excess fruits
- Vegetables was also less
- Animal foods can be brought in

**Group 3: Sandy Rocky soil** (from 5 acre for a family of 5 adults)

Production by Food groups	Total Production (quintal)	Home consumption (quintal)	Sold in Market (quintal)
Cereals (Wheat, jowar, maize)	5	4	1
Pulses (Red gram, soy bean, bengal gram)	5q 50 kg	1.50	4
Green leafy vegetables (Spinach, fenugreek, coriander, agathi)	40 kg	20 kg	20 kg
Other Vegetables (Potato, cucumber, cow pea, cluster bean, drumstick, ladies finger, pumpkin, cabbage)	1	40 kg	60 kg
Root vegetables (Radish, Beetroot, carrot)	30 kg	10 kg	20 kg
Fruits (Mango, papaya, lemon, guava)	5q 30 kg	30 kg	5
Animal foods (from hen 10, goat 1, cow 2) – curd milk, meat and egg			
Curd	550	50	500 l
Milk	1550	50	1000 l
Egg	150 nos.	50 nos	100 nos
Meat	20 kg	1 kg	20 kg

**Discussion**

Protein food is excellent but will last for 2 months only

Fruits also will last for 2 months only

**Group 4: Kitchen Garden** (6 x 8 ft)

Production by Food groups	Total Production (kg)	Home consumption (kg)	Sold in Market (kg)
Vegetables (Spinach, fenugreek leaves, amaranthus, coriander)	11.50	11.50	
Other vegetables (Pumpkin, drumstick, agathi flowers, cow pea, cluster bean)	112.50	37	75.50
Root vegetables (Beet root, onion, radish, carrot, sweet potato)	10.50	10.50	
Fruits (Lemon, custard apple, guava, lemon)	<u>Nos.</u>	<u>Nos.</u>	<u>Nos.</u>
Lemon	150	50	100
Custard apple	30	30	-
Guava	70	40	30



## Discussion

- Vegetables from kitchen garden will last for 2 to 3 months
- Combination of land may help to cover 6 months
- Proper planning also will help to grow food throughout the year
- Landless – can grow climbers in roof top.

## V Managing agricultural production

Participants were divided into two groups.

**Group 1** was given the following situation and were requested to enact a role play. There is a family consisting of a farmer, his wife and elderly parents of the farmer. The farmer also has a school going child. The agricultural season is approaching, show how the family plans cropping, how they mobilize seeds, fertilizer, pesticide and produce the crop.

The play starts with the family sitting together and discussing what to grow in their field in that particular. Pros and cons of growing each crop was discussed, eg jowar cannot be grown as birds will destroy the crop, pulses can be grown for both consumption and selling etc. Based on soil type, they decide to cultivate green gram. Instead of using labour, family members can work in field. The farmer and his father purchase seeds of jowar, green gram, and some fertilizers. They predict that it will rain in 2 days and sow green gram and jowar. After 45 days, they harvest green gram and threshing and winnowing was done. The yield was 60 kg from 1 kg of seed. They keep it for self consumption and decide to sell the remaining. Next season, they plan to cultivate jowar and pigeon pea. Five quintals of jowar was harvested and pigeon pea gets destroyed due to climate. So, the farmer asks his father to apply for schemes for dug well and purchase sprinklers as the land was in his father's name. But the father reply's his son to apply and the son asks his father to change land to his name then he will apply for schemes.

## Discussion

The participants shared that the same situation was seen at village level. In the play, while planning itself, water, bird problem, fertilizer problem approached. So each step has problem. Short term problems are seed rate, etc and long term problems are irrigation etc. It is necessary to know all the schemes related to agriculture.

**Group 2** was requested to enact a role play on the following situation. A severe cyclone has affected all the crops in the village. Show how all the farming households come together and decide how to tackle the situation? What do they do? Whom do they approach? How do they compensate the loss?

The farmer and his wife went to see sarpanch and explained that their crops got lost during cyclone. Sarpanch took them to Revenue Officer, explain the situation and arrange for

inspection. After inspection, The RO gives a letter which was sent to Agriculture Officer for crop insurance.

### **Discussion**

During discussion, the participants shared that in such a situation, they did not receive any compensation after AO came to inspection. It was suggested that if crop insurance was applied before hand, it will be easy for claiming. Other method other than crop insurance is cultivating climate resistant crops.

### **VI Future needs**

Following questions were asked to know the future needs of the participants at village level;

1. What are the agriculture entitlements that you would like to access?
2. What people's groups exist in your village? What kind of agricultural support do they provide? Can you get help?
3. What are your further training needs?
4. How can the concept of balanced diet be taken forward in the community?

Following were the reply given by the participants;

1. Crop insurance scheme, soil testing and irrigation
2. SHG are economical and they can support
3. Land preparation and technology training, crop diseases control and training on seed treatment
4. They want some support for the good quality seeds.

### **Follow up**

The discussion took place on the next day with LANSAs staff;

- Conducting the trainings requested at village level with the help of CHFs and government officials
- The representation from the community is very less
- Compensation can be given to the CHFs for the day they conduct and attended the training
- Programmes related to balanced diet and dietary diversity can be planned

**List of participants of 2<sup>nd</sup> Community Awareness training Programme**

<b>COMMUNITY NUTRITION AWARENESS TRAINING</b>						
<b>SL</b>	<b>NAME OF THE PARTICIPANTS</b>	<b>VILLAGE</b>	<b>AGE</b>	<b>SEX</b>	<b>CASTE</b>	<b>Particulars</b>
1	Fakira Khandate					
2	Sudhir Kumare					
3	Pawn D Kamble	Susund	22	M	SC	New
4	Gautam Yesankar					
5	Amol K Nahare	Vitpur		M	SBC	New
6	Sunil D Vikey	Saheli		M	ST	New
7	Shital Nehare	Saheli	23	F	SBC	
8	Hema Madavi	Borgoan	28	F	ST	
9	Sandhya Bhalavi	Susund	27	F	ST	
10	Rupali Warthi					
11	Suwarna Chamlate	Saheli	24	F	SBC	
12	Sarika Ramteke	Vitpur	26	F	SC	New