



**Name : Ashwini Arun Pethe**  
Village : Borgaon (Gondi),  
Block: Karanja, District: Wardha  
Age : 11 years  
Class : Five  
Caste : Kalar (OBC)  
Family size : 6 (4 adults, 2 children)

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## A calendar with nutrition messages

Under the Farming System for Nutrition study, M. S. Swaminathan Research Foundation organized various programmes, like National Nutrition Week, World Food Day and Global Handwashing Day in the Borgaon Gondi and also other villages. Through these programmes awareness was created among school children. A drawing competition was organized on various topics like personal hygiene, environment cleaning, importance of use of toilet, importance of fruits and vegetables in diet, iodized salt, vitamin A and C, anemia, safe drinking water, importance of hand washing, balanced diet and nutrition garden and school children drew pictures on these topics.

School students from Borgaon, Susund, Saheli, Heti and Bitpur drew pictures and M. S. Swaminathan Research Foundation printed a calendar with selected pictures (Nutrition Calendar). I also participated in the drawing competition and drew a picture on vitamin C rich foods. I was very happy to see my picture in the calendar. These calendars were distributed to each household, gram panchyat, school and anganwadi center. This calendar is not like regular calendars; there are messages with the pictures drawn by us and health related and other important days for example 7th April: World Health day, 1-7th September: National Nutrition Week, 15th October: Global Hand Washing Day, 16th October: World Food Day, etc. are given in it. I thought the calendar is informative for villagers; those who cannot read can see the pictures and understand. People come to know

about various days and start practicing good health habits.

I have benefited greatly from the calendar. Before eating daily, I wash my hands with soap; cut my nails regularly. My parents bring vegetables from the farm and my mother cuts vegetables after washing them and then cooks. We consume lemon daily with meals. I like lemon, carrot, radish, beetroot and tomato. I know that "consumption of lemon is good for digestion and it helps absorption of nutrients in blood". I take meals 4 times in a day so I don't fall sick. I read and follow the information in the calendar and also tell others. The calendar given by the Foundation is very useful for the village community.

