

## Pulses for food and nutrition security

M.S. Swaminathan Research Foundation is working in our village from 2013. They provided seeds like green gram, black gram, wheat, gram, red gram and linseed for cultivation on farms and vegetables like spinach, fenugreek, amaranths, shepu, coriander, chilly, tomato, brinjal, beetroot, radish, carrot, sweet potato, onion, green sorrel, ladies finger, cluster bean, cow pea etc. to grow in nutrition gardens. They started a community nutrition garden in our village, provided poultry, fodder saplings for animal food, tested blood, height, weight of adolescent girls and provided information on balanced diet and health.

I have benefited from all this information. The area under green gram, black gram, red gram and



sorghum in the village in 2017 is higher compared to earlier years. Under the guidance of the Foundation my father is doing mixed cropping of red gram, green gram, black gram, sesame as intercrop with cotton. We got good yield in 2017: 15 kg green gram, 8 kg black gram, 3kg sesame and 5 kg red gram; so pulse consumption has increased in our diet. The consumption of vegetables has also increased. Different pulses, vegetables, eggs, roots and tubers etc. have come into our diet after the Foundation started working in the villages.

In 2016, a programme was organized to observe International Year of Pulses. A pulses recipe competition for adolescent girls was organized in the village and there were participants from Saheli, Bitpur, Susund, Heti and Bargaon Gondri villages. Various recipes were prepared from pulses and I came to know many new recipes. I prepared tender red gram kachori and other girls prepared green gram, red gram and bengal gram wada.

The School Head Master, Sarpanch and Anganwadi Worker in Saheli judged the competition; ASHA worker, Anganwadi workers from other villages, village community and Foundation staff attended the programme. There were talks on the importance of pulses in the diet. We learnt that pulses are a good source of protein and important for our growth. We also learnt about other essential nutrients. We were encouraged by the prizes distributed. In our house, we now consume both more quantity and types of pulses. Pulses should be included in our daily diet in all seasons and not just in summer as they are very important for good health.



**Name : Samiksha Rajesh Kale**

Village: Saheli,

Block: Arvi, District: Wardha

Age : 16 years

Class : 10

Caste : Wani (OBC)

Family size : 4 (2 adults, 2 adolescent girls)

Written by **Anjali Barace,**

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