



Name : Namdev Maroti Chamlate
Village : Saheli,
Block: Arvi, District: Wardha
Age : 50 years
Caste : Gowari (SBC)
Occupation : Farmer (3 acres rainfed)
Family size : 5 (adults)

Written by **Fakirchand Khandate**,
Village Volunteer,
FSN study under LANSA.



Farming System for Nutrition

I am engaged with the M S Swaminthan Research Foundation in Farming System for Nutrition (FSN) activities since 2016-17. I got seeds of Durga variety of red gram at 50 percent cost and sowed one kilogram in 3 acres as an intercrop with cotton. I got technical guidance by the Foundation staff and did weeding, harrowing and fertilizer application as recommended. I harvested 2 quintals of red gram. From this, I kept one quintal for household consumption and seed purpose and sold one quintal in the market for INR 10,000. The Durga variety is a short duration crop and gives good yield. Early harvest of the crop helps in getting a good market rate and the dal out of it, is tasty.

I also develop a nutrition garden in my backyard, in which I grow leafy vegetables, root and tubers and fruit plants. This has helped bringing diversity in the diet, increased consumption of vegetables, save INR 200 every month, save time and improve health. In early 2016, I got 15 poultry birds of Vanraj and Giriraj breed from the Foundation. I paid 50 per cent of the cost.

To carry forward work after the project ends, some people were selected for training as Community Resource Person (CRP). My daughter Suvarna was selected for this by village people at the gram sabha

meeting. She got training along with other selected CRPs on diet, nutrition and agriculture. After training, her diet has become more diverse, she follows meal timings, practices good habits in her personal life and her weight has increased. She learnt that a fruit should be consumed everyday and started doing so, besides consuming home grown eggs, vegetables and pulses.

She shares what she learnt in the training with other villagers, at the aganawadi center and in village meetings. I feel the LANSA project has benefited my family and my village people.

