



Name : Ghasamani Dalei

Village : Banuaguda,

Block : Boipariguda, District: Koraput

Age : 42 years

Caste : Mali (OBC)

Occupation : Farmer (1.6 acres)

Family Size : 6 (4 adults, 2 children)

Written by **Susanta Kumar Mishra**,
Project Assistant, FSN study under LANSAs.



Our Health is in our Hands

In 2013, the M. S. Swaminathan Research Foundation (MSSRF) demonstrated different crop trials on farmers' fields in our village under the LANSAs project. I have engaged with the interventions on improved cultivation of finger millet, intercropping of maize and pigeon pea and orange flesh sweet potato cultivation along with nutrition garden and fish farming since 2014 and benefited from it. Nutrition awareness is an integral part of the project; my village community nominated me and three others to undergo training on aspects of food and nutrition and be a resource person for others. There were two residential trainings at MSSRF regional centre, Jeypore; one on importance of balanced diet and nutrition and the second on leveraging agriculture for nutrition.

I learnt so many things, like the importance of eating green leafy vegetables to deal with anaemia, that eating crab and small fish will reduce joint pain. Also, orange coloured vegetables (carrot, red pumpkin, orange flesh sweet potato, ripe papaya) are rich in vitamin A and eating them will keep our eyesight good. I came to know about drinking water before morning tea, as well as importance of washing hands and personal hygiene. I also got to know that one should include a fruit in the daily diet (whether it be guava, mango, papaya, apple, banana or orange). I am now aware about cultivation of food crops as per the land type and retaining the produce primarily for home consumption. I have 1.6 acres of land where I cultivate

rice, finger millet, green gram, black gram, pigeon pea, maize, and vegetables. What I learned at the trainings, I am now sharing with the people from my village and with 15 other neighbouring villages through block and state level meetings. I always say one thing: "Our health is in our hands." This year (2018), one of the NGOs - Agragamee, invited me to attend the women convention on 'Agriculture, Food & Nutrition' and gave me an opportunity to share my experience on food and nutrition with women participants from 20 districts of Odisha.

