

Brief report on Nutrion Garden Training Programme

Sundarban Climate Adaptation

Implemented by DRCSC

Supported by Sign of Hope (SoH) & BMZ

Venue: Debichak, Dk. Mahendrapur & Dk. Gobindapur villages.

Date: 21/5/18 - 27/5/18

Introduction: DRCSC is implementing a project titled “Sunderban Climate Adaptation” with support from Sign of Hope (SoH) and BMZ, Germany in 8 villages of Ramganga Gram Panchayat, Patharpratima Block, South 24 Pgs District of West Bengal. The overall objective of this project is to regenerate and protect the endangered flora and fauna of the Sundarbans in a sustainable manner and focus on reforestation and empowerment of the local population with regard to resource management and positive management strategies, thus contributing to the improved resilience of the target group in the face of natural disasters. Within the course of implementation of the activities and based on the primary information form participatory exercises, the necessity arises from the vulnerable, poor households to orient and capacitate them for availing year round nutritious vegetables from their own space and thus organizing themselves for adapting to dismal climatic changes and thus giving a better future. In this regard a **two day training programme for developing nutrition garden** was organized in **3 target villages** where nearly **364 group members** participated from **29 groups**.

Objective of the programme: The purpose of this training programme is to orient the group members on sustainable kitchen gardening concepts, its different techniques, use of space and year round availability of nutritious vegetables etc. which will lead to develop self sufficiency, availability of nutritious food and overall improvement of the area.

Day 1:

Discussion:

The programme started with introduction among all the participants. After that sharing of objectives has been done. The purpose is well explained with the group members present. In the present scenario of various problems faced by the villagers in this region, there is need of having own source of food with less labour and low input cost. The importance of promoting kitchen garden through which nutritious crops will



be available is the ultimate solution to cope with different hazards. There is scope of utilizing optimum space in the households for cultivating vegetables for own consumption and also conservation of indigenous seeds for sustainable manner, thus motivates the villagers to continue gardening.

Regarding any intervention, an organized effort through group formation in the villages is necessary. So in the beginning idea was shared on the purpose of group formation. The purpose is as follows;

- Improve savings in the family
- Improve the financial condition of the family

- Increase the group based organized effort for dealing any kind of issues
- Accessing various entitlements.
- Developing self-confidence.



Following that, discussion was done on rules & regulations of groups;

- ❖ Follow the Panchasutra (regular meetings, regular savings, regular inter-lending, timely repayment and up to date books of accounts)
- ❖ Regularly attending the meeting
- ❖ Provide assistance in social development work.

Next, the activities of groups are shared;

- Administrative: Regular contact with Gram Panchayat, BDO, Bank and NGO
- Social: Raise voice against and prevent early marriage incidents. Facilitate more MGNREGS (100 days guaranteed job). Provide help to others in their crisis.
- Economical: Regular transaction with Banks. Planning for betterment of financial resources.

After that discussion was done on concepts of Nutrition. Resource person explained on the importance of balanced diet in daily life and proportion of Carbohydrate, Protein, Fat, Vitamins and Minerals in regular food basket of the families. Discussion was done on malnutrition cycle and how lack of nutritious food affects the pregnant mother and thereby has an effect on new born children is also shared. The malnourished children will become weak and have lack in skills and abilities and thus cannot be able to earn livelihood and in a cycle will be unable to feed his/her family which in-turn affect the next generation.

Following that symptom of malnourishment is discussed like; slow rate of growth, thin bodies especially hands and legs, blurry skin, brownish hair etc. Importance was given on maintaining proper hygiene, taking care of new born babies regarding breastfeeding and nutrition education.



After discussion, techniques of preparing nutrition garden are explained among the participants. Handholding demonstration was given on Bed preparation. As the area resembles clayey soil, so the bed should be 6 ft length with 3 ft breadth and 1 ft height. In between beds a space of 9 inch should be there for drainage of water. The beds should be protected from direct sunrays and for that it should be covered with dry leaves or plants.

Day 2:

Discussion:

The second day started with recapitulation from the last day. Participants shared their learning from the previous day discussed issues and want to know more about the coping mechanisms for protecting their agricultural lands.

Discussion was initiated on importance and purpose of nutrition garden. Cultivation of 5-6 types of crops including fruit and leafy vegetables, tubers, legumes, spices and medicinal herbs is required for providing year round nutritious and healthy foods. The dependency on external market will be not required and availability of chemical & poison free vegetables is very much necessary for leading a healthy life. The extra produce from the garden after meeting the consumption needs should be sold in the market for getting income.

The ideal nutrition garden should have following points:

- 1) **Living Fence:** The nutrition garden will have Drumstick, Sesbania etc in the fence which will protect the garden and give produce.
- 2) **Mix-cropping through bed:** The cultivation in the beds is done in a mixed fashion. Depending on the root depth, family, plant type etc. the crops are selected and planted in the bed. It helps to reduce the attack of pests & diseases. Further if any crop gets lost/damaged due to hazard, then food can be available from other crops.
- 3) **Multi-storey trellis:** The cultivation is done using minimum space, so that it can be optimally used. The plants according to their size, root depth etc. is cultivated and more produce from minimum space is get. The trellis should be placed in the North-western side of the garden, so that plants with different heights get the sunlight.
- 4) **Liquid Manure:** The manure is prepared with different micro-organisms which helps in the growth of the plants and prevents the attack of the pests & diseases. It is done with very minimal cost which is ideal for the household level nutrition garden. This liquid manure is prepared with droppings from cow, goat, hen etc. with leaves of weeds and other plants.



- 5) **Amritpani:** The manure is prepared with different micro-organisms which helps in the growth of the plants and prevents the attack of the pests & diseases. It is done with very



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minimal cost which is ideal for the household level nutrition garden. Amritpani is made with cow dung, cow urine, pulse flour and molasses.

- 6) **Compost:** The compost is prepared with green leaves & plant parts, dried leaves, cow dung, soil and water. It is very good source of beneficial micro-organisms which helps the soil fertile.



All these techniques were practically demonstrated among the participants. The women members from the groups actively lend their hands for learning and showed interest in practicing these techniques.



During the training, indigenous seeds of vegetables, leafy vegetables, tubers, root crops etc. were distributed for promoting and encouraging group members to cultivate. It was decided that the amount of seeds which was distributed should be return after harvesting of crops.

The feedbacks of the participants are overwhelming ad they express their thanks to be involved in this training. They assure of practicing nutrition garden through the learned techniques from the coming season and make other villagers convinced to join.

The training was ended with giving thanks to the participants and resource person.



Training Schedule:

Time	Topic	Methods	Materials
1st Day:			
11am to 11:30am	Introduction	Participatory	Plants, leaves, seeds
11:30am to 11:45am	Objective of training	Lecture	Flip Chart, Marker
11:45am to 1pm	Reason for group formation, Rules & regulations of groups	Lecture and interaction	Flip Chart, Marker
Lunch (1-2 pm)			
2 to 3pm	Concepts of Nutrition, causes and effects of malnutrition, symptoms of malnutrition etc.	Lecture and interaction	Flip Chart, Marker
3 to 4pm	Bed Preparation	Handholding & practical	Spade, Bucket
4 to 4:30pm	Feedback and evaluation of the day	Lecture and interaction	
2nd Day:			
11am to 11:30am	Feedback and recapitulation of previous day's session	Lecture and interaction	Flip Chart, Marker
11:30am to 11:45am	Concepts of Nutrition Garden and purpose of it		
11:45am to 1pm	Detail discussion on ideal nutrition garden; practical demonstration	Lecture and interaction & handholding	Flip Chart, Marker
Lunch (1-2pm)			
2 to 3pm	Seed Distribution	-	-
3 to 4pm	Practical demonstration on living fence, mix cropping, multi-storied farming, liquid manure, amritpani, compost etc.	Handholding & practical	Cow dung, pulse flour, molasses, cow urine, straw, leaves, earthen pot, soil & water.
4 to 4:30pm	Feedback from participants on last 2 days	Lecture and interaction	

List of participants in nutrition garden training:

Sl No	Village	Date	Group Name	No of Part.	Resource Person	Venue
1	Debicha k	21-22.05.18	Sandhyatara (12), Nayantara (12), Vorer Alo (6)	30	2	Archana Das's Courtyard
2		23-24.05.18	Vorer Alo (6), Joyee (11), Aranya (14)	33	4	Madhuri Sahoo's House
3		25-26.05.18	Joyee (3), Champa (14), Buti (14)	31	2	Panchami Das's House
4	Dk. Mahendrapur	21-22.05.18	Disha (12), Sundar (12), Loknath (12)	36	2	Tapan Paul's house
5		23-24.05.18	Ma Mati (12), Trisha (11), Jyoti (12)	35	2	Lata Giri's House

6		25-26.05.18	Sonarbangla (11), Swapna (12)	23	2	Volanath Jana's House
7	Dk. Gobindapur	21-22.05.18	Mou (11), Rupkatha (12), Dikhara Diganta (12)	33	2	ICDS Centre
8		23-24.05.18	Volanath (15), Sonali (15)	30	2	Gourhari Pradhan's house
9		25-26.05.18	Sradhanjali (14), Piali (14), Tarakaswar(11)	39	2	Saraswati Maity's House
10		24-25.05.18	Sabujsathi (14), Swarnalata (13)	27	2	Karuna Bera's House
11		26-27.05.18	Satadal (12), Sabujsathi (11)	23	2	Shibani Kamila's House