

NUTRI-GARDEN: A WAY FROM FOOD PRODUCTION TO NUTRITIONAL SECURITY FOR TRIBAL COMMUNITY IN ALWAR DISTRICT (RAJASTHAN)

Suman Khandelwal, Poonam*, M.P. Yadav, S.C. Yadav, Vikas Kumar Arya, H. Mali and Dilip Singh

Krishi Vigyan Kendra, Navgaon (Alwar-1), Sri Karan Narendra Agriculture University (SKNAU), Jobner (Rajasthan)

Email: Poonam.prajapati.1402@gmail.com

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Abstract: Tribal communities have less awareness about nutritional food which lead to higher number of malnutrition people among them especially the tribal farm women. Tribal farm women have all the resources for cultivation but lack of knowledge make them vulnerable people for nutrition. Therefore, Krishi Vigyan Kendra, Navgaon (Alwar-I) trained tribal women and introduced them to the concept and establishment of nutri-gardens, also provided nutri garden vegetable kits along with fruit trees. The main objective of introducing the concept of nutri-gardens was to encourage tribal women to cultivate healthy food crops in their home backyards. The KVK Alwar-I conducted nutri garden FLD for promotion of vegetable and fruit consumption by the tribal community during 2018-19 to 2020-21. For this study, 150 tribal farm women were selected as respondent who had established and maintain nutri garden at their own place. It found that, training and demonstrations by KVK scientists on nutri garden model help to increase knowledge of respondents on every aspects of establishment of nutri gardens. In this model, The vegetables selected by taking care of balance nutrition for family and also getting a basket of food with diversity. Nutri garden has all types of vegetables from leafy vegetables to spices for covering all nutritional demand of tribal families. This research highlights that nutri garden can provide throughout year green and fresh vegetables to families. Thus we can say Nutri-Garden is an easiest way from food production to nutritional security for tribal family in the district.

Keywords: Nutri-Garden, Nutritional security, Tribal community, Crop diversity, Kitchen garden

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*Corresponding Author