

CHINTAN INDIA REPORT
Year: 2021-22, 22-23, 23-24, 24-25

DEODAR PROJECT :

I. Brief Proposal

People's Empowerment through Eco-health and Local Knowledge

Background

Uttarakhand state was created just a decade back and one of the objectives behind its creation was the belief that a separate state would ensure its specific development needs. Efforts are still going on to integrate local knowledge and practices into the development strategies and plans of the state.

It's being realized more and more now, that People friendly and People centred policies are crucial to gradually transform this nutrition deficient state into nutrition rich state (which it was several decades ago). Present policies are undermining and thereby replacing local strengths and are leading to further decline and erosion of diversity in all forms.

In fact severe food and nutritional insecurity situation prevailing in the country and worldwide is said to be having its roots mostly in soaring food prices, reduction in land availability for agriculture, agriculture turning economic unviable and environmentally unsustainable, increased migration, loss of livelihood and employment opportunities.

Traditional knowledge system and practices have played a very crucial role in the survival of people in the remote, difficult conditions of living, and keeping them healthy, particularly in the environmentally fragile and ecologically vulnerable areas, such as in mountains.

A. Local/ Traditional Knowledge Systems and Health

The communities ensured (still do in the remote areas), food and nutrition security through their knowledge of the environment, bio diversity of the crops and forests, medicinal and nutritional value in domesticated and wild plants, livestock management and sustainable natural resources management.

With Uttarakhand being mostly rainfed area, and with rainfall pattern becoming highly erratic lately due to changes in weather pattern, green /organic farming is much better, being water efficient, sturdy, it is more suited to marginal, erratic rainfalls.

Livelihood of people living in Uttaranchal depends on the biodiversity of the region. Forests, rivers, fields, animals and peoples lives are bound in an intricate web of relationships as shown below:

Human health and well-being of people even in the hills is not only dependent on ecosystems but is also an important outcome of effective ecosystem management. Forests, rivers, fields, animals and peoples lives are bound in an intricate web of relationship.

Agriculture

Agriculture is the mainstay of the economy in the hills and is dependent in varying degrees on “human adaptation mechanisms” people have evolved over the years. These got evolved to overcome the challenges and difficulties posed by nature especially in the remote, inaccessible, difficult conditions of living.

Not surprisingly, the region boasts of a very rich body of knowledge in the form of tremendous variety of different grains, crops, seeds, and many unique agricultural practices.

Likewise, Mandua is another highly valuable millet, in terms of nutritive value- it has amino acid methionine which is lacking in the diets of majority of Indians surviving on starchy staples. It is considered richest in calcium content, about 10 times more than rice and wheat.

Uttarakhand alone had approx. 3000 varieties of paddy to boast of, just 6 decades back.

These crops and varieties also had huge medicinal value to keep people healthy and even address some of the diseases.

Apart from contributing to the health of animals and human beings, local traditional crops and systems helped maintain environmental health as well. Some of the traditional crops such as mandua (finger millet), ramdana etc. have long, strong and sturdy roots and thereby bind the soil together, prevent soil erosion, land slides. Some of them provide support to creepers, turn the soil nitrogen rich through nodules in their roots. Moreover, these can be harvested at different times and they thereby ensure availability of food continuously for few months. This was also an insurance against sharp fluctuations in temperature and other weather conditions.

Forestry

People's lives, livelihood and health is intricately linked to different forest produce and these include fodder, pasture, timber, firewood, leaf litter (for animal bedding), roots and tubers, and medicinal herbs.

Non-cultivated plants, crabs, snails etc. would not just add to the nutritional security but have even helped people survive droughts and famines.

Good, healthy, productive forest, according to people is the one comprising mixed broad leaved species such as oak, rhododendron, kafal, uttis and variety of other species. Water availability in the water sources , such as naula (natural underground water springs), gadhera (stream) is also related to availability of broad leaved species. Communities have evolved ingenious management strategies (mostly based on local knowledge systems and skills) in Forest Panchayats (locally called van panchayats) for their sustainable use and management. Reserved Forests, under the forest department control, largely comprises chir or pine and it has a good commercial value but very low social use.

While women interact most with the forest, the formal control of forests is almost exclusively with men, even in the van panchayats.

1. Need for the Project

Local knowledge systems in the hills are still very strong and time tested. In the recent disaster which struck the hills in June 2013, areas with these systems still intact , suffered the least (in terms of impact on agriculture, forest, energy, livelihood and other daily needs) and could cope with the aftermath of disaster much better while those which were dependent for their day to day needs on the market (food, fertilisers, pesticides, milk and dairy products, feed for the animals and also for selling their produce, milk) and other external agencies , suffered the most.

Agriculture based on organic methods, mixed cropping practices (has been amply proved through studies as well) , forest comprising broad leaved mixed species ,has proven to be much more resilient to these disasters and makes the community more resilient to adverse impacts of changing weather pattern .

Systems based on rich Biological and Cultural diversity, have proved to be extremely beneficial in building climate resilient and sustainable communities (mentioned in the above paragraphs) As such we need to devise ways and strategies to revive the local healthy system and strengthen them with the judicious amalgamation of the local and modern concepts and systems. This coupled with training and skill up gradation of the people can put them in a situation which can help them :

Have improved health conditions

Ensure food and nutrition security

Reduce the incidents of disaster (at a small scale-in their areas), impact of disaster and make them more climate resilient.

In such a situation, it becomes imperative to protect, strengthen and promote the healthy inheritance (intellectual, cultural and biological) handed down the generations.

In the hills we need to have a development policy which takes the vulnerability of the region into consideration along with its traditional systems , culture and environmental conditions while designing it.

We are working with the ultimate objective to make the communities as self- reliant and self-sufficient as possible strengthening their local resources and knowledge system with judicious

amalgamation of local and modern systems, making it environmentally sustainable and economically viable

Therefore it is imperative that work and interventions happen to :

To reduce the incidents of disaster

To reduce the impacts of disaster

Reduce the time to recover and respond quickly from disasters

Make people more climate resilient

2. Interventions in following sectors are required:

Energy – alternate renewable sources of energy- water power, solar energy, smokeless chulhas, biomass based energy generation, watermills (grain grinding, oil spillers, electricity generation)

Agriculture- organic methods, diversified farming – first for own consumption and then the surplus for the market

Forest- density and composition: broad leaved , biomass supplying , slope stabilizing species

Disaster preparedness and disaster mitigation trainings and workshops

Promotive and Preventive Health care

The **long term objectives** of the project are as follows:

Improvement in the eco health situation of the community especially women and the marginalized in remote rural areas through improved health , sustainably managed natural resources, dignified rural livelihoods

Women’s empowerment and greater access and control over resources for strengthening climate resilience

Ensuring food and nutrition security and sovereignty

Immediate objectives of the programme are as follows:

Developing disaster preparedness, mitigation and management model for coping with the disaster better, reducing the impact of the disaster ,address emergency needs in a sustainable manner and cope.

Strengthen local systems to address food , energy and health needs

Sustainable natural resource management –forest, land and water

Leadership development of local population

Approach

The Eco system approach to health or the ‘ecohealth’ approach would explore holistic links between ecosystems and human health and thereby identify pathways for more sustainable interventions through trans disciplinary approach in socio, economic, physical and biological environments to bring about an improvement in the human health and well being while simultaneously maintaining a healthy ecosystem.

Eco health approach to

Community based organisations

Community based planning

Gender and social equity

Awareness generation

Capacity/skill building

Documentation and research

Community level advocacy

Holistic and integrated view point

Participatory

Judicious amalgamation of local and modern techniques

Values

Transparency

Respect for healthy local knowledge systems and practices

Participatory approach

Equality and equity

Enriching rather than extractive

Sustainability

Strategy

To build up the capacity of the local community to achieve the above mentioned objective we intend doing two level workshops

Training of trainers- people from Bheerapani, Tola and Gehna would be participating

Community level trainings- Trainers from Bheerapani, Gehna and Tola would train the local people in Bangapani area.

Trainings in Tola and Gehna would be followed by community based plans

Judicious amalgamation of local and modern concepts and systems

Strengthening of Local Self Governance bodies (Panchayats)

ADVANTAGES of this strategy

Leadership building of local people

Improved training skills , capacity building and understanding on the issues , of local people

Disaster preparedness in three different areas

Programs of sustainable agriculture, food and nutrition security and other related issues in

Broad Activities

1. Community based organisations

Constitution and strengthening of CBO's

Community based needs assessment and planning in the area of agriculture, energy, disaster and natural resources

Assessing the eco health situation

2. Awareness generation and Capacity building

Capacity building workshops on MNREGA, sustainable agriculture, health, and food nutrition security, dai practices and their skill upgradation and other aspects of eco health.

Exposure trips to areas for demonstration on sustainable agriculture, health care systems

Trainings and capacity building workshops on different aspects of disaster mitigation, management and preparedness.

3. Protecting, Strengthening and Promoting local knowledge systems and practices

Walking expedition (shod yatra) on seed and food sovereignty and self reliant local systems especially in the context of disaster.

Health camps

Creation and management of community seed bank

Adoption of ecologically sustainable, economically viable and socially equitable practices in areas connected with eco health (agriculture, water, forest, health , livestock, energy)

3. Research and Documentation

Research and Study : climate change , experimental farm, health and nutrition survey, innovation survey, baseline , TKP survey , MCH survey

Development of Educational material

Development of Dissemination material

Participatory Documentation of diversity existing in agriculture, livestock, forestry and health practices

4. Networking

Liasoning with Govt agencies and departments

Interface with govt officials

Festivals – Seed, Traditional food,

5. Advocacy for mainstreaming of above mentioned issues in Policy, Programme and Practice

Liasoning, Networking with the Govt departments, civil society groups and organisations

Assessment of Food security instruments and other govt schemes in various sectors- ICDS, PDS, Aanganwadi, water and irrigation department

Block and district level officers- agriculture, food security

State level officials

Through:

Meetings, workshops, seminars and conferences
Preparation and dissemination of education material

GEOGRAPHICAL AREA:

- a. Almora and Nainital District -Tola area, Quiti area, Gehna area
- b. Udham Singh nagar district (through other organisations-Mahila kalyan samite, Dineshpur)
- c. Online

TEAM : Diwan, Kalawati, Amravati, Reetu, Dr Satyen and few other volunteers.

II. BRIEF ACTIVITY REPORT

YEAR: 2021-22

Issue :Agriculture- food and nutrition security

A. Development of Nutrition literature material

- Discussion on Outline of the Book, Chapters and various aspects of Nutrition with Dr Satyen
- Discussion particularly in the context of women and children
- Going through the literature available from different sources
- Online research of literature
- Documentation of the material chapter wise in English
- Review by Dr Satyen of the material from medical perspective and suggestions incorporated
- Translation of the chapters in Hindi

B. Technical support to Community Radio Programme on Nutrition based on traditional food for women and children in the Himalaya supported by University of East Anglia and Cambridge University

- Discussion on separate programmes on different issues under Nutrition
- Discussion with Dr Satyen integrating medical perspective
- Discussion and audio recording with Dr Satyen and perspective included in three of the six total programmes aired for almost a month by Kumaon Vani , the community radio reaching out to many districts across Uttarakhand
- Airing of the radio programme of the folk theatre conducted showing 2 plays with community in Gehna Village on the same issue

Issue: Health

C. Creating a virtual Help line group in India 'Healing hearts'(May 2021- Aug 2021) for exchanges on prevailing issues relating to COVID-19 especially during the dire circumstances of COVID second wave (April 2021-Oct 2021)

-virtual scientific meetings in UK on understanding various issues relating to COVID-viruses, disease, symptoms, cure etc etc

-Personal health meeting each Sunday from May 2021- Aug 2021: "Corona ki Jung 19 Chintan ke Sang"

-Helpline by Chintan Doctors led by Dr Satyen

These sessions were attended by frontline health workers, rural community practitioners,

-Himachal Pradesh online virtual discussion (2 sessions of one hour each) organised by Centre for health and social justice, New Delhi with Ekal Nari Sangthan (single women association) across different districts with participants reaching over 100 to 150.

@ These sessions comprised virtual role play teaching done by Dr Satyen depicting different ways of monitoring and assessing seriousness of conditions of COVID with its monitoring at home and identifying 'khatre ki ghanti' when the person will need to be taken to the hospital.

D. 2 pdf and 2 professional quality videos were developed on creating awareness on prevention, vaccination, and dispelling common misconceptions about COVID and shared online with people. PDF's were also converted into posters and used by grassroots organisations for awareness campaigns.

E. Medical Kit development

- Discussion and design of rural Himalayan medical monitoring kit (25 in number)- *Chintan: Swasthya Samagri for Govt frontline health workers.*
- These comprised monitoring instruments such as pulse oximeter, BP instrument, Thermometer along with first aid and common medication in a useful backpack
- Donations were invited to develop these kits
- These were distributed through educational trainings on basic health care by Dr Satyen in different districts in Kumaon. These training programmes were/are being organised through discussions and permission of Govt Health Department wherever possible.

F. Extension of assistance to people affected by COVID through grassroots organisation such as MKS (Mahila Kalyan Samiti), Udham Singh Nagar. This help in the form of Ration kits, Warm cloth kit, Community kitchen etc was extended during 2021-22. This involved tribal and other marginalised communities staying in remote villages in the Terai area of Udham Singh nagar.

YEAR: 2022-23

Issue :Agriculture- food and nutrition security

A. Development of Nutrition, Traditional crops/uncultivated varieties based 5 Posters partially supported by University of East Anglia and Cambridge University

- Developing and compiling draft material for Posters on 5 different subjects related to Nutrition Feb 2022
- Deciding the lay out of Posters: Mar 2022
- Developing charts with material : Apr 2022

- Sharing of the charts for inputs with health workers, field co-ordinators, Development practitioners, Medical practitioner (Chintan) and common village women and men-May 2022
- Technical support from Dr Satyen for two days
- Travelling and Detailed sharing with the printer for printing and constant follow up
- Visiting the Printer again for proof reading and review of the first draft of the posters. Double checking the material of the posters from various sources
- Getting the Posters printed
- Organise the collection and transportation of the posters

B. Advocacy of the Nutrition based on Traditional crops and uncultivated varieties with District ICDS office, DM etc.

- Meeting with the DM Almora for sharing nutrition related outcomes of the study on Traditional food items. Dr Satyen elaborated on the medicinal aspects with the DM :May/June 2022
- Meetings with officials and sharing the posters, literacy material: Sept 2022
- Invitation to be a resource person at a hybrid workshop on Nutrition and tradition food, using the posters, with AWW's of Hawalbagh district physically present and AWC's of all the other 12 blocks of the Almora district: Sept 2022
- Invitation to the Nutrition workshop Livelihood fair organised at District level by ICDS district office , attended by AWW's of all the ...blocks of the district - Dec 2022
- Meetings with the DM and sharing the posters Dec 2023
- Attending the Livelihood fair for sharing the Posters on Nutrition:Dec 2023

C. Development of an Alternate Menu for the beneficiaries (pregnant women, lactating mothers, children upto 0-6 years) comprising food items based on local, traditional crops and uncultivated varieties

- Compilation of the then food items distributed through ICDS to the beneficiaries, dietary criteria and available finances
- Assessing/calculating the nutritive value of the food items using nutritive value of individual items from confirmed sources
- Exploring food items based on local crops/uncultivated varieties, their recipes available/ possible and assessing their nutritive value
- Finalising alternate food items as part of Alternate menu for beneficiaries
- Sharing and recommending the Alternate menu with the district authorities through meetings and emails.

D. Technical support in development of draft Module for capacity building of AWW's, community members , federation members, on Nutrition based on traditional food items, comparative analysis etc by Dr Satyen

- Deciding on different sessions and the topics
- Preparing draft literature for the sessions

Issue : Forest and Natural resource management

- A. Evaluation with Amravati on the impact of Chintan support in forest related activities**
- B. Live Discussion with audiences of Kumaon Vani for half an hour addressing their queries on different aspects of Nutrition shared earlier through community radio programme on Kumaon Vani**

Technical support in the capacity building workshop with AWW's of Bhaisiyachana block in Almora district on Nutrition as part of KAP survey supported by University of East Anglia and Cambridge University

Van panchayat sangharsh morcha meeting in Kathgodam to discuss Forest Rights Act and Van Panchayat.

Diwan and Amravati participated in this event -11th and 12th Dec 2022
Amravati was elected to be the member of the Kumaon committee on Van panchayats

- C. Developed questionnaire to assess Knowledge/Attitude and Practices with technical guidance from the University
- Developed a draft module for workshop
- Conducted the workshop

Issue : Health

In 2022-23, health awareness workshops have been held in Champawat, Nainital and Pithoragarh district with frontline health workers

Issue : Land rights

Discussion on Land rights and women with women and men in Quti Beena organised by Diwan with copy of reformed Uttarakhand land rights :March 2023. We initiated the movement on adding wife's name in the land holding with husband in his legal land holding as part of awareness on land rights and gender. This was done to mark women's day celebration.

Drafting RTI for gathering important information from the Tehsil, Almora on reformed Land Laws- June 2022

Visiting Tehsil Almora for submitting the RTI -June 2022

Visiting Almora to meet Tehsildar twice gather more information as the information shared by Tehsil in response was incomplete. Nov 2022

Our perspective / advocacy is more to include diverse local produce for nutrition security and for promoting local agri production which is on a decline for various reasons..especially to replicate the model that already exists in Uttarakhand with very successful positive outcomes

Issue: Natural Resource Management: Water

A. Water study (2022-23)-PANI project

A detailed water study survey was designed and implemented to understand the situation of water scenario in Quti -Beena and surrounding villages : Oct 2022

Data was compiled and shared with the community in two meetings. Nov 2022

YEAR : 2023-24

Issue : Health

In 2023- 24 Health awareness workshops were held in Almora districts at two places (Bhaisiyachana and Ranikhet area)

Except for Udham Singh Nagar, workshops have been held in the other 3 districts.

Issue : Food and Nutrition security (Advocacy)

Visit to the DM to discuss Alternate Menu (Oct 2023)

A detailed discussion was carried out with the DM on possibilities

Visit to INHERE to do seed bank workshop with organisation team members and community leaders

As an important outcome of the Convention at Dehradun, signature campaign was initiated by various organisations to request the Govt to support integration of local healthy traditional food in place of fortified rice and wheat, as was ordered by the State govt, recently (June 2023). Chintan India led the campaign. At least 4 organisations have already sent their signature campaign to be submitted to respective DM in the district and eventually to the CM, Uttarakhand.

Detailed and long discussions were held with community in Tola area to evaluate the land situation for community donation for development of seed bank
Subsequent discussions were also held with govt officials -Patwari, DM etc to explore such possibility

Issue : Land Rights

A follow up was done on the RTI and subsequent discussions were carried out with the community.

Visit to Tehsil Almora to discuss land policy amendments with Govt officials

Discussion with Diwan on discussion with the community to take this forward. Diwan would lead the entry of the name in joint holder ship in khata khatauni.

Issue: Forest and Natural resources

Plan and strategy was developed with Amravati and other women leaders in Gehna on Van panchayat upcoming elections

Followup was done closely with her and the team

Issue : Water and natural resources

a. Visit to Chirag organisation area to discuss and understand Naula recharge project.

b. Guidance to US University student on water recharge interventions by Lakshmi Ashram

Water study first check out visit to meet and discuss with Maya in Jhupal Chaura area

Visit to Lod village, Lakshmi Ashram to discuss and understand spring recharge programme.

This was primarily to understand the processes adopted to ensure equitable outcome sharing.

Discussions with the student, Katya and complete guidance to her for study, proposal, plan, sharing etc etc - for few months -Aug, Sept and Oct 2023 virtually

Water study guidance in the field to Katya -for full one month, Dr Satyen and Diwan also spends giving her an overview of the HIMALAYA

Guided the Implementation of the study in Someshwer area

Visit to Almora with Katya and Diwan where she studied naulas of the city

Meeting with PSI on zoom call with Katya

Discussion with Puran Bartwal (PSI) for water study in diwan's area , gave details to him for feasibility of the study

c. Water management training for team member

Ticket booking and course fee transfer to Pune for water course but then cancelling it due to Diwan's accident. Constant discussions with PUNE people for training course on water

Issue : ADVOCACY and humanitarian support on various issues

Mount valley development association appraisal work

Humanitarian support - Pankaj for his computer support- discussions with associated organisation
 Discussions on support to deserving candidates on nursing education. Follow up done

Year: 2024-25

ACTIVITY	Sector	ISSUE	TARGET GROUP	DETAILS	Outcome
GROUND WATER RECHARGE STUDY GUIDANCE IN SOMESHWER ARE FOR UNIVERSITY OF COLORADO	Water and Natural resources	NAULA RECHARGE using modern and traditional ways and methods	STUDENT, AND COMMUNITY (WOMEN AND MEN)	This Participatory Study with Gender and Social inclusive perspective involved an intervention carried out by Laxmi Ashram, Kausani with technical support of PSI, Dehradun	Study completed and Presentations made by the student at two International conference on the study

ACTIVITY	Sector	ISSUE	TARGET GROUP	DETAILS	Outcome
DISCUSSION WITH WOMEN INCLUDING WOMAN LEADER-AMRAVATI	Forestry and Natural resources	FOREST PANCHAYAT ELECTION AND MANAGEMEN T	WOMEN IN FOREST PANCHAYAT	Women have been informally looking after and managing forests for several decades but have not been part of the formal arrangement called van panchayat committee. This was to strategies together with women as to how to go about doing it- discussion with community by women's group, discussion with DM and other authorities and so on	A rough strategy was developed and put in place
VISIT TO NAINITAL WITH WOMEN TO MEET THE DM AND SUBMIT A RESOLUTION DEMANDING ELECTION IN FOR PAN	Forestry and Natural resources -Advocacy	FOREST PANCHAYAT ELECTION AND MANAGEMEN T	DM, NAINITAL	This involved visiting Nainital to meet the DM with the request to hold elections asap	DM assured elections as quickly as possible and asked Amravati to follow up with her. AMRAVATI GOT ELECTED AS A PANCH IN FOREST PANCHAYAT ELECTIONS... UNOPOSED

ACTIVITY	Sector	ISSUE	TARGET GROUP	DETAILS	Outcome
DISCUSSION WITH KALAWATI AND WOMEN IN TOLA ON STATUS OF SEEDS-seeds to be grown	Agriculture and Natural resources	TRADITIONAL SEED BANK	WOMEN IN TOLA	Traditional seed bank comprising various seeds of grains, vegetables, lentils, spices	Discussion on the availability of different seeds in the area and with women in the working area especially
ASSESSMENT OF ARRANGEMENT INCLUDING ROOMS , UTENSILS ETC	Agriculture and Natural resources	TRADITIONAL SEED BANK	Kalawati and other women	This comprised understanding and assessing the room for the seed bank and the arrangements there- Racks, Jars, etc	List was made together with a plan on the purchase of different items etc
DISCUSSIONS ON COLLECTION OF SEEDS AFTER RAINY SEASON HARVEST	Agriculture and Natural resources	TRADITIONAL SEED BANK	WOMEN IN TOLA, surrounding villages	Planning cultivation of next season crop including extra for seeds community level	A plan was made and put in place together with deciding the roles and responsibilities of different members
seed workshop	Agriculture and Natural resources	TRADITIONAL SEED BANK	WOMEN IN TOLA, surrounding villages	couldn't happen as women were busy till Dec 2024- this is to decide in a systematic manner how to manage the seed bank	to decide the management of the seed bank....yet to happen

ACTIVITY	Sector	ISSUE	TARGET GROUP	DETAILS	Outcome
Visit to Govindpur seed bank on exposure trip	Agriculture and Natural resources	TRADITIONAL SEED BANK	WOMEN IN TOLA, surrounding villages	This is to primarily to get exposed to the attempts others have made in the same ecosystem. One of the team members was involved in the constitution and management of Govindpur seed bank	yet to happen
Organising Diwan's trip to Pune -AQWADAM on ground water management	Water and Natural resources	GROUND WATER MANAGEMENT	AQWADAM, PUNE	This is to get training -theory and practical : hands on understanding the ground water situation, water shed area and possible interventions	this was to know about the training, venue, dates etc and organising accordingly
Participation in GROUND WATER MANAGEMENT TRAINING at AQWADAM, PUNE	Water and Natural resources	GROUND WATER MANAGEMENT	AQWADAM, PUNE	It was a 15 day training in Pune	Participation by one of our team members
Discussion on few health related issues in GEHNA	Health	HEALTH -General	women in GEHNA area	Discussion with women and men on few health related issue,	Plan and arrangement was discussed

ACTIVITY	Sector	ISSUE	TARGET GROUP	DETAILS	Outcome
ORGANISED HEALTH awareness and Training Camp in which women, men and children attended	Health	HEALTH AWARENESS CAMP and treatment	women and men from Gehna and nearby areas	Diya Arya, a promising nursing student and Gaurav, a young boy doing graduation, also participated and assisted in the process. Several men and women attended the camp and awareness discussion	Many women and women from surrounding areas including Gehna turned up for advise on different health issues followed by Discussion on few health related issue,

III. Outcomes and Impact

1. Increased awareness amongst people on health and nutrition – local food is imp for their own health- have been eating , growing for the first time/after many years
 - a. People in Gehna have grown finger millets, kauni ,local lentils(gahat, bhat, arhar etc) after a long long time. Some of them have shared the seeds with other sin the village , as well as growing them again for their consumption. This is an area where things have disappeared many years ago.
 - b. People in Harinagar – almost 9-10 – have been distributed finger millets, barnyard millet, kauni , soyabean . These are is being grown after a long time
 - c. 36 dry land varieties of paddy would be in trial to see what all can grow there, subsequently spread these varieties in the area

2. Increased awareness on environmentally sustainable, and economically viable methods of preparation of bio fertilisers and bio pesticides- have started using these methods
3. Agro biodiversity has increased/increasing through seed collection, seed distribution, seed trials
4. Increased awareness on importance and relevance of local knowledge and its connection with agriculture, food, health
5. Ensured disaster relief measures carried out in a manner which ensured that
 - a. People didn't have to walk great distances to access relief measures(walked long difficult paths to reach them first)
 - b. Ensured food and other relief stock
 - c. Ensured that it reached the right and deserving person (went to their villages , discussed before and after the distribution, involved teachers, gram Pradhan and other respectable citizens)
 - d. Did health camps, made efforts for rehabilitation, did training on MNREGA as well as incorporated prog on MNREGA on relief operations.
6. Post disaster relief measures adopting holistic trans disciplinary approach a for reducing the possibility, preparedness and mitigation:
 - a. Workshops
 - b. Development of a module
 - c. Training of trainers

Disaster mitigation, preparedness workshop is basically to prepare the people in the event of disaster, reduce the possibility of disaster, and reduce the impact of disaster by equipping people with skills, knowledge and material so that they can take care of their day to day living

- Workshops
- Watermill

This is based on the literature available, evidence and experience during the disaster, before and after as well. Through MNREGA we tried to introduce schemes to repair their old paths as well. People were dependent for fertilisers, pesticides on the market and since connectivity got disturbed hence they couldn't grow things in time.