



# STRIDES

September 2023 Volume 3, Issue 8



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# STRIDES

AROEHAN's Monthly Newsletter

Volume 3, Issue 8 September 2023

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# A Record-Breaking Win At The Wild Vegetables Festival



**Wild** edible vegetables or plants have a significant role to play in the sustenance of tribal people residing in forest areas. Even in difficult times such as drought and famine, wild edible plants are known to be readily available for consumption.

Such wild species are recognised in the same way as cultivated species and they play a vital role in resolving the world's numerous food problems.



The tribal areas of Palghar district are home to several such wild species which serve as an important source of nutrition and livelihood for the local tribes.

A taluka Level Wild Vegetable Festival Competition was organised by AROEHAN in Jawhar. AROEHAN has organised similar events under the programme 'National Nutrition Month' - POSHAN MAAH, with the main goal of reducing malnutrition in mind.









The first place went to Sonali Mahila Sahat Gat of Kalidhond who presented a massive total of 155 recipes made of various wild vegetables.

More than 500 people visited the exhibition including students from schools and colleges to acquire knowledge about wild vegetables.

J.S.W. representative Santosh Mahajan, head of the Millet Programme Foundation Ganpat Bhaskar and director of the Kharonda Farmers Producers Association were also present at the festival.





# Keeping the Earth Green for the Generations by Planting Trees



**I**n collaboration with the K Corp foundation, AROEHAN is planting close to 1,500 trees in the Kasa area of Dahanu block.

A tree-planting drive was conducted on September 2, 2023, in the Kasa hamlet of Kinhavali, a remote village in the Dahanu block. 26 team members from the K Corp foundation participated in the event along with AROEHAN's activists.





The orientation was held at Bandhghar, where AROEHAN's progress so far in the Dahanu block was discussed.

Volunteers dug pits for about 60-65 orchard plantations in three farmlands owned by locals of the village. In addition to increasing the green cover, the objective of this initiative was also to give these families access to fruit-bearing trees.

The campaign aimed to plant fruit saplings on the farms of expectant and lactating women so they could improve their nutrition and earn additional income by selling the fruits they had harvested.





Four volunteers from K Corp and the AROEHAN team went to Kinhavali, Bejpada, after the tree plantation.

The K Corp team met the family of a low birth weight (LBW) child who only weighed 1.4 kg two days after birth, but had gained more than 4 kg within four months through AROEHAN's interventions.

The AROEHAN team's effort to guide parents with underweight children and the mother and grandmother's efforts in following these guidelines was appreciated by the K Corp team. The team expressed their gratitude for the opportunity to participate and appreciated the hard work of the AROEHAN team in the field.



# Empowering SHGs through Marketing Training



**AROEHAN** organised a marketing workshop for women from Self-Help Groups from Sakharwadi, Sadakwadi, Shirasgaon, Adoshi and Sonarwadi.

The workshop was facilitated by a business management expert Deepa Raut. **AROEHAN** activists Ganesh Madiwal, Akshay Baisane, Shantaram Bhore and Sanjay Baraf helped manage the programme.



At the workshop, Ms. Raut gave information about marketing, packaging, presentation of the manufacturer, branding, properties of goods, communication and medium of registration for extending the market.

As per the Ministry of Micro, Small & Medium Enterprises (MSME), Women entrepreneurs covered under special categories, including tribal communities, are entitled to 35% subsidies for projects set up in rural areas. Besides this, the facilitator also focused on the self-evaluation of manufacturers with a SWOT Analysis and talked about using social media platforms like



Facebook, Instagram and WhatsApp for marketing. Ms. Deepa further explained the importance of product registration through FSSAI to increase market value and ensure food safety which helps in extending marketing in urban areas.





Mankombu Sambasivan Swaminathan (MS Swaminathan), legendary agricultural scientist and father of India's 'Green Revolution,' died at the age of 98 in Chennai on September 28, 2023. His groundbreaking work in developing high-yielding varieties of wheat and rice, particularly during the 1960s and 1970s, is considered the cornerstone of the Green Revolution in India.

The agricultural scientist developed a comprehensive set of reforms through his Swaminathan Commission Report to enable farmers to have sustained and equitable access to water. The report covers findings and recommendations related to agricultural productivity, farmer competitiveness, employment, food security, irrigation, credit and insurance.

During his tenure, he tabled a bill for the recognition of women farmers in India. Swaminathan's report on neutron radiation in agriculture, released in 1966 at an International Atomic Energy Agency (IAEA) meeting in the United States, is described as "epoch-making" by Rudy Rabbinge. His study was significant to food irradiation processes in the world. The global leader of the Green Revolution leaves behind a legacy that has forever altered the landscape of Indian agriculture and global food security.

*In Memoriam*  
**Dr. MS Swaminathan**



# AROEHAN

## in NEWS

### लोकसत्ता लोकमान्य लोकशक्ती

## आदिवासी उत्थानाचे 'आरोहन'

पालघर जिल्ह्यात कुपोषणामुळे होणाऱ्या बालमृत्यूच्या समस्यांचा अभ्यास केल्यानंतर निर्मला निकेतन समाजकार्य महाविद्यालयातील प्रा. अंजली कानिटकर आणि डॉ. हेलन जोसेफ यांनी 'आरोहन'चे काम सुरु केले. आदिवासी उत्थानाचे हे कार्य १५ वर्षांपासून सुरु आहे.

पालघर जिल्ह्याच्या मोखाडा तालुक्यात कुपोषणामुळे बालमृत्यू होत असल्याच्या बातम्या २००५ आणि २००६ या वर्षांत येत होत्या. त्याची दखल घेऊन मुंबईतील निर्मला निकेतन समाजकार्य महाविद्यालयातील प्रा. अंजली कानिटकर आणि डॉ. हेलन जोसेफ यांच्या पुढाकाराने दुर्गम भागात होणाऱ्या बालमृत्यूमागील कारणे शोधून त्यावर उपाययोजना सुचवण्यासाठी एक प्रकल्प हाती घेण्यात आला. 'अॅक्शन रिलेटेड टू द ऑर्गनायझेशन ऑफ एन्चूकेशन, हेल्थ अँड न्यूट्रिशन' (ए.आर.ओ.एच.एन - आरोहन) या नावाने कामाची सुरुवात झाली. रोजगारासाठी होणारे स्थलांतर, कुपोषण तसेच आरोग्य व्यवस्थेतील कुटीमुळे बालमृत्यू होत असल्याचे अभ्यासकर्त्यांना आढळले. या समस्या सोडवायच्या तर तातडीने काही टोस करण्याची गरज त्यांना वाटली. त्यांनी उपाययोजना करण्यास सुरुवात केली. २०१४ मध्ये 'आरोहन'ची नोंदणी सामाजिक संस्था म्हणून करण्यात आली. डॉ. हेलन जोसेफ, अंजली कानिटकर आणि त्यांचे नऊ सहकारी संस्थेचे काम पुढे नेत आहेत.



### संस्थेपर्यंत कसे जाल?

एसटी बस किंवा खासगी वाहनाद्वारे संस्थेच्या जवळ येथील मॉॅडेल, सिल्हारा रोड या कार्यालयात पोहोचता येते. मुंबई - अहमदाबाद महामार्गावरील मनोर मस्तरान नावा येथून नाशिककडे जाणाऱ्या रस्त्यावर जवळ लागते.

### धनादेश या नावाने काढावा

AROEHAN

(८०जी सवलतपात्र आहे.)



उद्योग सुरु करून उपजीविकेसाठी होणाऱ्या

प्रयोगशाळा उभा साहाय्य केले आहे.

ग्रामीण भागातील नागरिकांना शहरी भागांची माहिती मिळत कार्यालयातील कामकाज सुरू आणि पाहणी दूर आयोजित करण्यासाठी आणि पंचायतरा देण्यासाठी संस्थेने उपक्रमही सुरू केले.

काही मार्गामध्ये ग्रामस्थ ग्रामविकास आगखडे तयार केली आहे. मोखाडा तालुका कार्यक्रम आयोजित करून शिक्षकांच्या सद्यस्थितीत लोकप्रतिनिधी आणि शासकीय परस्परसंबंध घडवून आणण्या आणि प्रशासनातील दरी कमी करत आहे. तसेच नव्या शासकीय योजनांची माहिती घेण्यासाठी कामदपत्रांची पुरवठा पुरवठा करण्यासाठी संस्थेने जनजागृती केली आहे. पालघर जिल्ह्यातील १२ ग्रामपंचायतींना 'आदर्श स्वायत्त

कुपोषण, बालमृत्यू, मातामृत्यू आणि

ग्रामशेती कायदा

One of Maharashtra's widely-circulated Marathi dailies, Loksatta, recently published a piece on **AROEHAN**, focussing on its continuous work in Palghar district. In its detailed article, it wrote that **AROEHAN** majorly tackles the challenge of migration for livelihood in the tribal areas of Palghar.

This organisation is trying to create entrepreneurship among small landholders, landless tribal women and farm laborers by



providing them with rice threshing machines, oil mills, acid dryers and agricultural implements.

At the same time, the organisation has also started activities in some villages with the aim of curbing migration for livelihood by starting agri-processing industries.

Through the MGNREGA scheme, the organisation is making efforts to provide employment at the local level. **AROEHAN** has contributed to permanently preventing the migration of 200 citizens of Katkari pada (Particularly Vulnerable Tribes Groups) in the village Suryamal.

The article also mentioned that **AROEHAN** intends to create a

## **लोकसत्ता** लोकमान्य लोकशक्ती

### शाश्वत विकासासाठी अर्थबळाची गरज

(पान १ वरून) जलसंधारणाची कामे हाती घेतली. वाहून जाणारे पाणी अडवून जलसाठे निर्माण केले. आदिवासींना पाणी उपलब्ध करून दिले. संस्थेने आजवर २२० जलसंधारण प्रकल्प राबवले आहेत. त्यांचा उपयोग पिण्याच्या पाण्यासाठी आणि संरक्षक सिंचनासाठी होत आहे.

आदिवासींमध्ये आरोग्यविषयक जनजागृती करताना संस्था माता आणि बालकांच्या आरोग्याकडे विशेष लक्ष देत आहे. पोषण आहारासंदर्भात जनजागृती करीत कुपोषण कमी करण्याचे संस्थेचे प्रयत्न आहेत. कोरोना साथीच्या काळात संस्थेने ७० गावपाड्यांवर 'मजेशीर शाळा' हा उपक्रम राबवून आदिवासी विद्यार्थ्यांना शिक्षणाच्या प्रवाहात कायम ठेवण्याचे कार्य केले आहे.

आदिवासी पाडे, गावे स्वयंपूर्ण व्हावीत, उपजीविकेसाठी स्थलांतर करण्याची वेळ आदिवासी कुटुंबांवर येऊ नये, त्यांचा शाश्वत विकास व्हावा याकरिता संस्था 'आदिवासी विकास संसाधन केंद्र' उभारणार आहे. आदिवासींमध्ये कौशल्य विकास, क्षमतानिर्मिती, विकासासाठी विविध प्रयोगांचा अवलंब, तांत्रिक प्रशिक्षण, कृषी सुधारणा आणि आदिवासींना तंत्रज्ञानाचा वापर करण्याची संधी मिळण्यासाठी 'आदिवासी विकास संसाधन केंद्र' उभारणे आवश्यक आहे, असे संस्थेला वाटते. स्थानिक विकासासाठी प्रशिक्षित मनुष्यबळनिर्मिती हेही संस्थेचे एक उद्दिष्ट आहे. या संसाधन केंद्राच्या उभारणीसाठी नागरिकांकडून भरीव योगदानाची अपेक्षा आहे.



database for the local area through the use of water conservation and water management, modern agriculture-crop systems, creation of sustainable livelihood tools through the use of people-oriented technology, women and child health, nutrition, quality education, non-conventional energy generation and information technology.

We aim to start a centre for information, experimentation and training. Through this centre, the organisation plans to provide training to local tribal youth in technology usage and maintenance. This will enable the necessary technical support for development work made available at the local level.

This centre will also have a permanent display of cooperatives' products and there will be arrangements for their sale. **AROEHAN** believes that this centre will play an important role in the development of tribals. But the organisation needs society also to contribute to building this multi-purpose centre.

To read the article, click on the image:





# Student Cabinet Elections to Implant Democratic Thinking



In any given democracy, elections make a fundamental contribution to the governance of the country. People exercise their power to choose or change their leaders and elected representatives act on behalf of the people.

So, what precisely is the procedure for choosing the students/people's representatives? And exactly how does the voting procedure operate? The Education team of AROEHAN



organised the Bal Panchayat Election for Chief Minister and Deputy Chief Minister at the Ashram School in Mokhada to give a practical understanding of the process.

Students of classes 7th to 10th participated in the Bal Panchayat elections. As many as 36 candidates were in the fray for 9 ministerial posts such as Chief Minister, Deputy Chief Minister, Education Minister, Health Minister, Sports Minister, Sanitation Minister, Culture Minister, Discipline Minister and Administration Minister.

Ballot boxes were prepared by AROEHAN to carry out the voting process and students were guided to vote by secret ballot. Some students were given the identity cards of the Election





Officer, Security Officer and Police Officer and they helped facilitate the entire election process smoothly.

After the day-long polling, the votes in the ballot boxes were counted. In this, a student candidate Sagar Wagh was elected as the chief minister, he won 52 votes whereas Gayatri Navala, bagged 53 votes and became the Deputy Chief Minister. 161 students including 81 girls and 80 boys voted in this election and elected their school cabinet.

The students showed great enthusiasm as they were voting for the first time for the Bal Panchayat election. The Principal of Mokhada Ashram School thanked AROEHAN for demonstrating the democratic process at the school level.







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