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Lok Sanjh Management visited Indigenous Hydroponic System of PMAS-AAUR

LSF Management team visited Pir Mehr Ali Shah Arid Agriculture University Rawalpindi (PMAS-AAUR) indigenous Hydroponic System at Rawat.

While visiting, they suggested spreading the 21st century agriculture to farmer level. Dr Shahid Zia appreciated consistent hard work of university to convert this very expensive technology to the adoptable level of our farming community. His emphasis on water concern to save Pakistan agriculture was appreciated by the vice chancellor and he promised to give full co-operation from university.

Earlier, PMAS-AAUR Vice Chancellor, Prof. Dr. Rai Niaz Ahmad briefed the guests that Agriculture Hydroponics is latest technique to produce safe, nutritious, delicious and high quality vegetables. Hydroponics products have enormous nutritional value and taste fresh because they are grown in healthy environment, he added. He said that a conventional farmer gets 5-6 tonnes yield of vegetables from per acre of land while a progressive farmer can yield 12-15 tonnes through tunnel farming. He further stated that Arid

University is yielding 300 tonnes per acre at this Rawat farms through hydroponic system.





Lok Sanjh Foundation Inaugurated the project on Youth empowerment and support program



On 17 May 2016, Lok Sanjh organized an inauguration ceremony of the project in Government High School Neela. In this ceremony, Dr Gulam Murtaza (Executive District Education Officer) was the chief guest. Selected students (550) of various schools along with their Headmasters and senior teachers participated in this event.

Participating schools administration and teachers commented that they will ensure best participation in LSF project activities and will contribute best in all the programs.



Seminar on Saemaul Undong and its lessons for escape from Rural Poverty in Pakistan

Dr. Shahid Zia expressed his views while speaking at the seminar on Saemaul Undong (New Village Movement) and its lessons for escape from Rural Poverty in Pakistan" on May 20, 2016 at Pir Mehr Ali Shah Arid Agriculture University Rawalpindi (PMAS-AAUR).



On the occasion, Ambassador of Republic of Korea (South Korea) Song Jong Hwan, PMAS-AAUR Vice Chancellor Prof. Dr. Rai Niaz Ahmad, faculty members and a large number of students were also present.

Dr. Zia said that Saemaul Undong movement in South Korea transformed its rural economy and Pakistan can learn lessons from it to boost up its own rural economy. Country has huge rural population and needs to develop its rural areas to bring them at par with the urban centers of the country.

LSF Visit to University of Agriculture, Faisalabad

Executive Director Lok Sanjh visited University of Agriculture Faisalabad in May. In meeting, she stressed that there is a need of capacity building programmes to promote sustainable agriculture and urged the young scientists to come up with innovative solutions to the issues



being faced by nation in current scenario. She appreciated the efforts of the University being made regarding latest techniques of agriculture to make barren lands productive.

In a meeting, it was also decided that University of Agriculture and Lok Sanjh will work together and Lok Sanjh will set up an office on the main campus.



Forum on Small Farmers Access to Resources and Knowledge: Issues and Options

On May 31st, 2016, Lok Sanjh Foundation in collaboration with PMAS Arid Agriculture University, Rawalpindi organized a forum about the issues and options for small farmers of Pakistan. ED Lok Sanjh and Prof. Dr. Rai Niaz Ahmad, Vice Chancellor PMAS University were the guests of honor at this occasion.

Executive Director Lok participants of this that small farmers of be supported, trained, skills will be developed Korea Capacity Building Agriculture and Technology (KOICA raised their voices for markets, less prices for input costs and no local level.

Prof. Dr. Rai Niaz management for communities with the initiating collaboration small farmers. He farmers that bring your with the support of Lok university and get University will certify with its stamp and will and farmers will get price for their University will also provide guidance to the regard.

Towards the end of Forum, ED -LSF announced two scholarships for the students of PMAS Arid Agriculture University to work on Sisal crop. She thanked students, faculty, farmers, researchers and civil society for their active participation in this forum.



Sanjh welcomed the forum and informed Potohar region will educated and their jointly at the Pak-Center for Livestock Center). Farmers the lack of access to wheat grain, high extension facilities at

thanked LSF connecting farming university and for the benefit of offered to small organic vegetables Sanjh to the registered. those vegetables sell at higher rate better premium vegetables. impart trainings and farmers in this

Country Manager ICARDA Visits LSF Centre and Farming Community in Fateh Jang

Country Manager ICARDA Dr. Abdul Majid visited the Lok Sanjh's Center for Skills Development and Demonstration (CSDD), Fateh Jang on 26 May 2016. Executive Director Lok Sanjh welcomed and briefed the honorable visitor that the livelihood projects are aimed at poverty alleviation for vulnerable and marginalized communities.

Sewing Center - A Livelihood Initiative for Women

Dr. Abdul Majid first of all visited sewing center. In a bid to enhance livelihoods opportunities for women in North Punjab, Lok Sanjh is sponsoring Livelihood Support and Promotion of Small Community Infrastructure Program which has imparted sewing skills trainings to women of Fateh Jang and Chakwal. This demand was highlighted by communities in three-year village development plan, which aimed at assessing opportunities and resources that could be tapped to bring improvement in their quality of life. During eight months training, the women learned how to operate sewing machines, stitching and cutting of ladies and gents' dresses, preparation of fancy dresses, school uniforms. This center has been successful in imparting vocational and skills trainings over sewing machines and other instruments like how to weave fabric on hand looms.



Dr. Majid thanked Lok Sanjh for successfully taking initiative for the livelihood of women. He announced two sewing machines for the best students of this center. His donation will add to the transformation in the lifestyle of the poor and marginalized women of Fateh Jang area.

After visiting the sewing center, Dr. Majid visited various models of interventions which are used for the training and capacity building of farming community. He visited the Kisan Open University's class on Agroforestry and asked questions to the male and female students. He was impressed with Lok Sanjh's efforts regarding capacity building and training of farmers.





Later, he visited other models those bring more awareness and prepare local communities to strengthen their skills to adopt biodiversity based ecological agriculture. He visited various interventions which included dry and liquid Composts for fertility, Tunnel farming for early vegetables, rural poultry keeping, Herbal Garden and Medicinal plants, Kitchen Gardening Plots, Desi Atta Chaki, Low cost water harvesting technologies, organic vegetable model, Rural Health Unit and Botanical Garden. He was very impressed with the work being carried out by the Lok Sanjh to change the lives of rural communities.



Afterwards, he had a meeting with farming communities of various villages in Dhoke Gaji. A small briefing about the livelihood work in the Fateh Jang area was given by the Executive Director LSF. Then he probed farming community by putting various questions to the women and men present in the meeting. He was so much impressed with the Livelihood project activities that he announced a cash award for the farming communities belonging to 5 villages at this occasion.



Human Appeal Visit to LSF Centre, Fatch Jang



PIONEER IN ORGANIC AGRICULTURAL



International Day for Biological Diversity celebrated at Pakistan Museum of Natural History

Lok Sanjh Foundation in coordination with Pakistan Museum of Natural History, Islamabad celebrated Biodiversity Day by taking part in an exhibition for Biological Diversity, 2016. The mega event was held on 2nd June, 2016 in the premises of Pakistan Museum of Natural History, Islamabad. Events included different stalls displayed by diverse organizations related to the theme of the year, expert panel discussion and technical session. Ambassador of Portugal H.E. Joao Sabido Costa was the Chief Guest on this number of students educational Rawalpindi and scientists, and people from attended the event.

In his speech the emphasized on from past faults and mitigate loss of otherwise it will be survival will be at risk.

The PSF Chairman said agenda of different national and international summits on Biodiversity is the same focusing same problems like clean water scarcity, climate change, biodiversity loss and food security etc. A Shield was awarded to Lok Sanjh team by the organizers.



Sabido Costa was the occasion. A large and teachers from institutions of Islamabad, environmentalists different walks of life

Chief Guest finding out lessons take urgent steps to biodiversity too late and our own



Staff Training on "Olive Plantation, Production & Processing"



LSF staff participated in one day training on "Olive Plantation, Production & Processing" organized by Pakistan Oilseed Development Board, (PODB) Ministry of National Food Security & Research Islamabad. Trainer (Senior Scientific Officer -PODB Turnab) introduced the importance of olive cultivation in Pakistan, preparation of seed and nursery, water requirements of olive plants, use of fertilizers, methods to plant olive orchard, varieties of olive, methods of oil extraction, insects and pests of olive and cure. This training also gave insight into value addition to olive products, e.g., pickles, jams etc. At the end, discussion was held on potential and constraints of olive cultivation and way forward. The emphasis was on promotion of olive cultivation on commercial scale in Pakistan. Certificates were distributed among the trainees by Managing Director of PODB.





Benefits of Cucumbers!



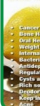
1. Relieves joint pain (arthritis/gout)
2. Reduces Cholesterol
3. Aids in Weightloss
4. Promotes Digestion
5. Prevents Headaches
6. Fights Cancer
7. Rehydrates & Re-mineralizes the body
8. High silica content for silky hair
9. Cures Diabetes
10. Controls blood pressure

10 Health Benefits of... Turnips



1. Rich in Minerals for Body Development
2. Lowers High Blood Pressure
3. Aids Digestion (Eaten Raw)
4. Alkaline - Purifies Body
5. High Quality Vitamin C
6. Lower Diabetes Risk
7. Detoxifies Blood
8. Cleans Teeth
9. Anti-Oxidants
10. Anti-Cancer

USES OF LEMON PEEL



Did you know?
Lemon peels contain as much as 5 to 10 times more vitamin than the juice, just peel!

- Cancer
- Skin Health
- Oral Health and Hygiene
- Weight loss
- Internal parasites and gut issues
- Bacterial infections and fungi
- Antidepressant
- Regulate blood pressure
- Cysts and tumors
- Rich source of vitamin C
- Digestive garbage removal
- Keeps insects out
- Aches

10 Health Benefits of... Peas



1. Prevents Stomach Cancer
2. Good Source of Protein
3. Regulates Blood Sugar
4. High in Micronutrients
5. Aids Liver Function
6. Immune Booster
7. Low Calories
8. High in fibre
9. High Energy
10. Anti-Aging

Spinach

1. Rich in Vitamins & Minerals
2. Regulates Blood Pressure
3. Boosts Immune System
4. Maintains Healthy Brain
5. Protects Digestion
6. Anti-Inflammatory
7. Anti-Oxidant Rich
8. Healthy Bones
9. Protects Skin
10. Anti-Cancer



Eggplant (Aubergine)



1. Lower Bad Cholesterol Absorption
2. Protects Heart and Arteries
3. Assist with Stomach Ulcers
4. Assist Nerve Conditions
5. Prevents Infections
6. High Fibre Content
7. Prevent Cancer
8. Low in Calories
9. Protects Brain
10. Cleans Blood