

# NEWSLETTER

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Lok Sanjh  
Foundation  
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## Contents:

- Farmer Field School with Wheat Growers in North Punjab
- Lok Sanjh Wins 2<sup>nd</sup> Position in Agricultural Exhibition during Spring Festival of University of Agriculture Faisalabad
- Farmers' Training and Distribution of Vegetable Seedlings to Empower Women to Secure Family Food
- Lok Sanjh Supported Farming Communities in Planting Fruit Trees to Combat Climate Change, Improve Surrounding Environment and Providing Healthy Nutrition
- Farmers' Training for Growing Fruit Trees on Farms to Benefit from Agroforestry
- Trainings on Innovative Technologies in Goat Farming
- Farmers Festival in Chakwal
- Health Camp in Government High School Mehru Peelo, Chakwal
- Poverty Alleviation: Goats Distributed among Female Farmers in North Punjab
- Empowering Rural Women by Boosting Skills in Goat Management



## Farmer Field School with Wheat Growers in North Punjab

Farmer field schools (FFS) are a common approach used to transfer specialist knowledge, promote skills and empower farmers around the world. FFS are implemented by facilitators using participatory "discovery-based" learning based on adult education principles. Many different implementing bodies have been involved. Field schools have a range of objectives, including tackling overuse of pesticides and other harmful practices, improving agricultural and environmental outcomes, and empowering disadvantaged farmers such as women. The objectives of the FFS with wheat growers were:

- To observe effects of farmer field schools on final outcomes such as yields of wheat crop, net revenues and farmer empowerment.
- To introduce effects of farmer field schools on intermediate outcomes such as knowledge and adoption of improved practices (e.g. reduced use of pesticides).
- To study the effects on outcomes for non-participating neighbouring farmers living in the same communities as FFS farmers.



The FFS were held in 8 villages namely Majhia, Choi, and Jeendhar in NP-1 (Fateh Jang) region and Dhoke Kuka, Dhoke Maira, Dhoke Ladhial, Dabri and Dhoke Nadir of NP-2 (Chakwal region). Sessions of FFS were held starting from the month of January throughout the wheat crop maturity. Farmers were briefed about the importance of wheat seed varieties Galaxy 2013, Faisalabad 2008, Punjab 2011, Pakistan2013, and NARC 2013 which were recommended by the research institutes, land preparation, wheat sowing methods, farmers' experience, need assessment of the targeted farmers etc. Eligible interventions were those identified as "farmer field schools," regardless of the design or implementation, including FFS programmes providing training in IPM and other techniques. Topics combining FFS with other intervention components, such as input or marketing support, were also included. Comparisons eligible for the effectiveness review were farmers who received no intervention, or access to agricultural extension services from another source, including IPM (or equivalent) training.

The results of FFS provided evidence that FFS were effective in improving intermediate and final outcomes among farmers participating in the training. Although this study reported on outcomes, this finding was consistent across the theory of change – farmers appear to learn as a result of training, they adopted simple practices such as reduced pesticide use in the case of IPM, and they experienced improvements in outcomes such as yields and revenues.



## Lok Sanjh Wins 2<sup>nd</sup> Position in Agricultural Exhibition during Spring Festival of University of Agriculture Faisalabad

Lok Sanjh Team represented the organization by exhibiting a stall in the agricultural exhibition during spring festival of the University of Agriculture Faisalabad from 29th February 2016 to 5<sup>th</sup> March, 2016. As per the decision of judges, LSF secured 2<sup>nd</sup> position in the agricultural exhibition. It was a great honor as large number of organizations, universities, research institutes and corporate sector participated in this festival from all over Pakistan.



## Farmers' Training and Distribution of Vegetable Seedlings to Empower Women to Secure Family Food

Lok Sanjh works with the most marginalized and vulnerable women farmers to build their capacity to implement and maintain their kitchen gardens and that helps to improve their family food security and nutrition. In Rural areas, food insecurity directly affects women and children due to low income and unavailability of nutritious food to them. Due to which female farmers face many health issues and insufficient nutrition. To overcome these issues, and to empower female headed households of sample villages of North Punjab (Chakwal), Lok Sanjh arranged a kitchen gardening training in Barani Agriculture Research Institute (BARI), Chakwal in January 2016. The female horticulturist gave practical training for sowing summer vegetables while focusing on soil preparation, care of seedlings, irrigation techniques, preparation of manure from tree leaves & cow dung, and how to control pests and insects with bio-pesticides.

After Training session in BARI, Seedlings of seasonal vegetables (bitter gourd, Gourd, Tinda Gourd, Chillies and Tomato) were distributed to the registered farmers of villages in Chakwal project area. This material support has been provided to the beneficiaries to develop Kitchen Gardens of 3-5 Merla plot size.



## Lok Sanjh Supported Farming Communities in Planting Fruit Trees to Combat Climate Change, Improve Surrounding Environment and Providing Healthy Nutrition

Fruit farming, growing of fruit crops is primarily for use as human food. There is always room for improvement in climatic adaptability, in insect and disease resistance, and in the solution of special horticultural problems. Lok has been active over the years to planting fruitful trees and plants to alleviate hunger, combat climate change, strengthen communities, and improve the surrounding air, soil, and water. Lok Sanjh's programs are at the forefront of a movement towards sustainability by strategically donating orchards where the harvest will best serve communities for generations, at places such as public schools, low-income rural households in various project regions.

Lok Sanjh's groundbreaking work has influenced government, research institutes, and rural households to plant more fruit trees on their farming lands and within homes. Fruit trees heal the environment by cleaning the air, improving soil quality, preventing erosion, creating animal habitat, sustaining valuable water sources, and providing healthy nutrition.

Lok Sanjh organized training in the first week of March for planting Fruit Trees at household and orchard level in collaboration with National Agricultural Research Center (NARC) by a Horticulturist in Village Lassa of North Punjab-1 (Fateh Jang) region. In this training 50 women farmers participated. After the training session, selected 50 women beneficiaries were given free fruit plants to grow in their households or farms.



## Farmers' Training for Growing Fruit Trees on Farms to Benefit from Agroforestry

Growing fruit trees alongside crops can have many benefits. In this training, farmers were told about how keeping fruit-trees on the farm can change their lives. Farmers of rain-fed areas began planting trees on their farms after following an awareness programme on agroforestry in their communities by Lok Sanjh. Agroforestry is an incredible climate-smart intervention. It involves planting trees, around the farm or between crops. While the immediate costs may be high, and the time to reap the benefits may seem long, the wait does pay off. Interspersing crop plantations with trees can lead to better ecological diversity, improve soil quality and reduce erosion, offer additional income opportunities and provide firewood and animal fodder. Rural communities often rely on forests for firewood and often spend considerable amounts of time collecting it.

The impact of climate change on agriculture means that farmers have to think of new ways to adapt to changing weather patterns and fluctuating crop yields, or face the prospect of uncertainty and losses. The Climate-Smart Agriculture project initiated by the Lok Sanjh on Climate Smart Agriculture and Food Security aims to enable farmers to cope with climatic stresses through a package of strategic interventions, each customized to the local environment and based on the community's needs. In three project areas, Lok Sanjh has initiated the climate-smart interventions model in North Punjab project areas (Fateh Jang & Chakwal) and Azad Jammu & Kashmir.

In the second week of March, Lok Sanjh organized training on growing fruit plants in collaboration with Barani Agricultural Research Institute (BARI), Chakwal. In this training, rural woman leaders are being especially trained to increase their awareness about options that can accelerate adaptation. In these particular training 40 farmers from 10 villages of Chakwal received training about plantation of fruit trees. In training, farmers got the knowledge and skills about growing fruit trees inside crops and orchards. The training also included practical demonstration in the field.

Disseminating value-added agro-trainings are helping to reach farmers even beyond the core villages. Rural participatory trainings are being used to upscale the activities throughout. Lok Sanjh has the further advantage of directing financial and technical resources toward the rural forestry sector without many of the constraints. Farmers need technical support from research institutes and NGOs and Lok Sanjh has implemented Crop diversification through these trainings. Later on, farmers of project villages were provided with free fruit plants.

## Farmers' Training for Growing Fruit Trees on Farms to Benefit from Agroforestry



PIONEER IN ORGANIC AGRICULTURE

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## Trainings on Innovative Technologies in Goat Farming

Lok Sanjh Foundation in collaboration with Directorate of Livestock and Dairy Development, Punjab organized two capacity building training on "Goat Rearing" in villages of Fateh Jang, in which 30 women farmers from each village participated. The programme included lectures and exposure visit. Trainers highlighted that Goats are known as "poor man's cow" because of their small size, having good capacity of producing milk and goats are among the main meat-producing animals. Due to its good economic prospects, goat



rearing under intensive and semi-intensive system for domestic production has been gaining momentum for the past couple of years.

Lectures on present status and future prospects of goat farming, innovative techniques in goat breeding, improved goat rearing methods, housing management and bio-security measures, techniques in

feeding management to augment goat

productivity, health management techniques in goat and economics of goat farming were delivered in Hindko for the benefit of the participants. The participants were taken to a goat farm as part of the exposure visit, wherein the trainees were explained about rearing of goats on local traditional system and in integrated farming system.

While concluding the training, trainers explained in detail the growing significance of livestock contribution in agriculture sector and emphasized the importance of reducing production cost, preventive measures for disease control and insurance.



## Farmers Festival in Chakwal

Lok Sanjh Foundation and PMAS Arid Agriculture University Rawalpindi jointly organized a farmers' festival at Research Farm Koont during the first week of March. The event was attended by university management, directors, faculty members, students and more than 250 farmers from the project areas of Lok Sanjh Chakwal and Fateh Jang.

Vice Chancellor, PMAS-AAUR Prof. Dr. Rai Niaz in his welcome address said that Potohar area has great potential for agriculture and progress of the country can be made only by the development of agriculture sector. He stressed that there is dire need to adopt latest techniques on farm water management to make barren lands productive.



Dr. Shahid Zia, MD RBDC said that UAAR is taking keen interest in the development of higher education facilities to the youth living in far flung areas. He said Potohar area has high agricultural productivity due to the highly skilled farming community and hoped that



the proposed campus would help bridge the gap between modern farming and the ongoing agricultural practices. He appreciated University Model Research Farm having drip/sprinkler irrigation for orchards, tunnel farming, & rainwater harvesting which is an example for the farmers. He suggested the local farming community to adopt these new techniques in agriculture to get maximum output. He also appreciated the efforts and developments being made by the University for socio-economic uplift of the farming community with special emphasis on rain-fed agriculture in the country.

## Health Camp in Government High School Mehru Peelo, Chakwal

In Rural areas of Chakwal region, students belong to very poor working families and they suffer from a variety of preventable health issues which the family cannot afford to pay to have treated in local hospitals. Several times a year Lok Sanjh field staff organizes health camps and gives health check-ups to all the children by engaging professional medical doctors. In



March 2016, a medical team of LSF organized a health camp at Government High School Meru Peelu of Tehsil Chakwal for the children, women and old males. Total 80 patients which included women, children and elderly males benefitted from this health camp.

## Poverty Alleviation: Goats Distributed among Female Farmers in North Punjab

LSF distributed 33 goats among nine low-income poor women farmers as a step towards poverty alleviation. Speaking on the occasion, the ED Lok Sanjh said as many as 18 families had been given 69 goats in this phase of the project. She said such projects helped end hunger. "Pakistan is an agricultural country. Most of the population is dependent on agriculture." She said the project would also help promote the best breeds of goats to increase milk and meat production. Experts at the NARC and Punjab Livestock Directorate have been working with the Lok Sanjh team to provide vaccination, health care and breed development of goat breeds to the farming community. The livelihood project, initiated with the financial support of Brot (Bread for the World), will generate competition among the villagers who will be able to get more stocks of goats, cows and buffaloes on the basis of their performance. Addressing the occasion, Chief Guest acknowledged that the goat is considered as the cow of the poor farmer.



## Empowering Rural Women by Boosting Skills in Goat Management

In remote communities of Pakistan, dairy goats are mostly managed by women and, in many cases, are the largest source of income for poor farmers. Persistent changing climatic conditions reduced flock numbers, and recent attempts to restore flocks have been hampered by illness and death in young goats. LSF has led to the introduction of low cost technologies for dairy goat rearing that is contributing to improving food security and creating a direct income source for women in rural communities.

In Chakwal region, Lok Sanjh distributed 36 goats among nine women beneficiaries by distributing 4 goats per farmer. Cultural sensitivity was critical to the success of the program, and each intervention was preceded by discussions with women village leaders. After gaining approval, women were encouraged to form groups in order to participate in program activities. Prior to distribution, three trainings were organized and farmers' were strengthened through technical support and capacity-building activities. Women beneficiaries were led by women facilitators, who were identified from among the villagers. A unique and notable aspect of the project is the "pass on the gift" scheme, which encourages woman who receives four goats from the project to pass on one baby goat of each distributed goat as a gift to a new community member – the scheme provides an effective means of expanding the number of beneficiaries and of strengthening social bonds within the communities.



# Natural Remedies for Asthma Attacks



**Ginger**



**Honey**



**Garlic**



**Peppermint**



**Lemon**



**Turmeric**



**Figs**