

Developing a Culture of Sustainable Consumption and Lifestyle through Organic Production and Consumption in the State of Rajasthan (ProOrganic-II)

SYNTHESIS REPORT

Organic Clubs & Gardens in Schools



Children and Organic Consumption

Changing Patterns of Food Habit

This is a fact now that our children are increasingly becoming overweight or obese. Certain sporadic surveys conducted in different parts of India over the past decade suggest that 2.9-14.3 percent children in the country could be obese and 1.5-24 percent overweight. The problem has particularly assumed a public health concern in urban areas. In one of the studies, the result shows that 30 percent of children living in urban areas are obese or overweight. In another study published in the Indian Journal of Public Health, experts say 33 percent of children studying in affluent schools are obese or overweight. Childhood obesity is a matter of serious concern because children, who are overweight or obese, grow up to be overweight or obese adults. Besides, child-hood obesity is also a forerunner of metabolic syndrome, poor physical health, respiratory problems and non-communicable diseases (NCDs) like hypertension and glucose intolerance (type-II diabetes). NCDs typically occur later in life. Till three decades ago, they were not a pediatrician's concern. But they are now beginning to appear among children, the experts opine.

Why Organic Food Is the Best for Children?

Looking to this alarming situation of obesity and changing food habits, consuming organic food, specially for children is very healthful, even more people are looking for where organic food is available. These foods are full of nutrients and free from harmful substances that threaten the life. There are things that really differ between organic and non-organic food. Organic food contains many times more nutrients compared to non-organic food. Children need a lot of nutrients such as vitamins and minerals for maximum growth. Thus, the only way is to give them a variety of organic food. Besides being loaded with nutrients, organic foods also have a very good taste that children will love. It can trigger the child liking these food and vegetables.

Why the Need of Awareness among Children?

Looking at the above changing pattern of eating habits of children, there is drastic need to shift towards organic and create awareness among children about hazardous effects of chemical-based products and benefits of organic farming and products. In rural areas, children can easily talk to their farmer parents about the hazardous effects of chemical farming and adopt organic farming. In government schools, mid-day meal is being provided to upper primary level children under a government sponsored scheme. If organic gardens are developed in these schools and the vegetables are used for mid-day meal for the children, then we can address the problem of malnutrition in the children

through that. So, this particular issue carries an importance and hence was put in the main agenda of activities of 2017-21 phase.

This unique activity started in the 2018-19 period to bring the campaign of organic farming to the level of children and to target them, schools are suited to be the best platform. To inculcate the culture of organic farming and consumption among children, school administrators were convinced to establish clubs of select school students, preferably higher, classes and through them create organic gardens in the school campus itself.

After the first successful phase last year, this activity has promoted enthusiasm among young consumers, who have proved themselves as young stakeholders in our intervention with whom we could inculcate a culture of sustainable consumption and contribute towards safe and sustainable food systems. Eighteen new school clubs and an equal number of organic gardens (two in each district) are the means of verification of this particular activity along with synthesis reports, names of club members and media reports. Like two years back, schools of Deoli in Sawai Madhopur and Mundia Ramsar in Jaipur have been repeated this year also as model schools. These two schools were awarded as the best performing schools of 2018-19.

The details of activities of 2019-20 phase is as under:

List of Schools Targeted in the Year 2018-19

S. N.	Name of the School	District
1.	Maa Sharda Girls Hostel, Mangrop	Bhilwara
2.	Maa Sharda Girls Shelter Home, Sarana	Bhilwara
3.	Govt. Upper Primary School, Deoli	Sawai Madhopur
4.	St. Pauls English Sr. Sec. School	Sawai Madhopur
5.	Govt. Upper Primary School, Gadiya Mehar	Jhalawar
6.	Govt. Girls Sr. Sec School, Asnawar	Jhalawar
7.	Aadarsh Vidhya Mandir, Lalsot	Dausa
8.	Aadarsh Vidhya Mandir, Dausa	Dausa
9.	Govt. Primary School, Pherniyo Ka Guda	Udaipur
10.	Govt. Sr. Sec. School, Thoor	Udaipur
11.	Govt. Bheemrao Ambedkar Hostel, Belwa	Jodhpur
12.	Shaheed E AzamBhagatsingh Sec. School, Chakhoo	Jodhpur

13.	Major Natwar Singh Govt. Sr. Sec. School	Chittorgarh
14.	Govt. Sr. Sec. School, Eral	Chittorgarh
15.	Govt. Sr. Sec. School, Baseda	Pratapgarh
16.	Govt. Sr. Sec. School, Chandoli	Pratapgarh
17.	Govt. Sr. Sec. School Dewri	Kota
18.	Govt. Sr. Sec. School, Rangpur	Kota
19.	St. Paul's Mar Thoma School, Mundiya Ramsar	Jaipur
20.	Sarvodaya Sr. Sec. School, Sanganer	Jaipur

List of Schools Where Organic Gardens Were Initiated in the Year 2019-20

S. N.	Name of the School	District
1.	Govt. Girls Hostel, Brahmano ki Saredi	Bhilwara
2.	Govt. Sr. Sec. School, Kotadi	Bhilwara
3.	Govt. Upper Primary School, Deoli	Sawai Madhopur
4.	Govt. Sanskrit Primary School, Dunda	Sawai Madhopur
5.	Govt. Upper Primary School, Lakhakhedi	Jhalawar
6.	Kasturba Awasiya Govt. Girls Sec School, Asnawar	Jhalawar
7.	Govt. Primary School, Village :Khatwa,Lalsot	Dausa
8.	Govt. Upper Primary School, Sher Singh Rajawas	Dausa
9.	Govt. Sr. Sec. School, Tulsidas Ji ki Sarai, Girwa Block	Udaipur
10.	Govt. Sr. Sec. School, Jogi ka Talab, Girwa Block	Udaipur
11.	Govt. Bheemrao Ambedkar Hostel, Chamoo	Jodhpur
12.	Central School, Tiwari	Jodhpur
13.	Govt. Sanskrit Primary School, Khardi Bawdi	Chittorgarh
14.	Govt. Sr. Sec. School, Netawalgarh Pachli	Chittorgarh
15.	Govt. Sr. Sec. School, Karunda, Choti Sadri	Pratapgarh
16.	Govt. Sr. Sec. School, Bambora, Choti Sadri	Pratapgarh
17.	Govt. Sr. Sec. School Sogriya, Ladpura	Kota
18.	Govt. Sr. Sec. School, Candrasen, Ladpura	Kota
19.	St. Paul's Mar Thoma School, Mundiya Ramsar	Jaipur
20.	Govt. Sr. Sec. School, Mohanpura, Prathvi Singh	Jaipur

Implementation of Various Activities under the Intervention

- **Introductory Meetings**

For implementation of the activity, introductory meetings were organized in every school for the organic gardens. The project team first convinced the school authorities about this initiative and later decided to form a club consisting of 20-25 senior school children of the school. The concerned school management incharge, who under the guidance of school principal first developed a club and for that selected 30-35 children of senior classes, preferably from the science faculty. The project team, agricultural experts and district partners then held introductory meetings for club members along with staff to develop organic garden in the schools. Children were taught on how to do growing, weeding, seed sowing and caring of plants. Meetings were organized in each school to sensitize and familiarize them with the practice of organic farming in the garden. Students were divided into different groups and given the responsibility of work in the garden. Prior to that, school management also designated a proper place for organic garden.

- **Distribution of Inputs**

Required inputs for developing organic garden, some garden tools in the form of hand hoe, weed remover, *khurpi*, water pipe, scissor etc. and seeds and plants saplings were distributed to schools. With the information gathered from technical sessions, field activities were done in the field by students as member of club. Fencing of selected area, where required, was done by the partners.

- **Evaluation Meetings**

Under the latter part of activities, when the organic gardens got started taking shape, evaluation meetings in each school were organized. The purpose of these meetings was to sort out any gardening related issues with the club members and school authorities. For this, an evaluation format was developed to provide ranking of gardens. This process also evaluated the overall performance of the school in terms of maintaining the garden by way of appropriate scoring. According to the marks obtained during the evaluation, two gardens were selected for the best prize in the year 2018-19. The prizes for best organic garden were distributed during the stakeholder consultation of that year.

- **Overall Evaluation of the Activity**

As reported in the above para, prior to the start of the meetings, an evaluation format was developed to do the ranking of the gardens. In every evaluation, team members discussed with teachers and students for the betterment of gardens.

The team first observed and checked the register of club members regarding the number of children taking part in gardening process on day today basis. It was also noted that as to how much time and how many of the school management committee members are giving in organic gardening along with students as observers.

The project team also viewed, whether the area assigned for gardening is sufficient enough and proper for gardening purposes. Besides, the team also evaluated as to whether there are proper arrangements for watering the plants and whether, the garden area requires proper fencing to protect the plants from stray animals.

Within the evaluation, the team also reviewed as to what all plants have been grown in the garden. In the evaluation, it was observed that many schools preferred to grow vegetables and less fruit plants. There are very schools, which have grown other plants besides vegetables and fruits.

As suggested all the schools have displayed the organic garden information on the boundary walls of schools. Regarding the garden tool kit, all schools have purchased them prior to start of doing the gardening. The school authorities were asked to purchase additional tools depending upon their requirements and needs.

The team members and subject experts provided sufficient and helpful knowledge for gardening, for which, both the school management and the club members have expressed their satisfaction. Regarding the ratings, it was observed that on and average, 4 to 5 ratings were given to schools, which are either excellent or very good. There have been couple of schools, which scored less than 4 but later they were given an opportunity to prove their performance by way of revisist to these schools.

- **Conclusion**

The activity made an impact on the thinking of teachers and students both. Where gardens have been developed successfully and students have developed taste for organic products, they are interested to grow and use organic products and vegetables. Government schools can take their own initiative adopting organic garden in their schools. The activity will be continued in coming years. This type of activities should be implemented in all government schools.

An Achievement

Government Accrediting Organic Kitchen Gardens in Schools

The Government of India has also started recognizing the efforts of involving school children by way of issuing an official circular of 'School Nutrition (Kitchen) Guidelines (S N G)' https://mhrd.gov.in/sites/upload_files/mhrd/files/SNG_Guidelines_0.pdf stating instructions and guidelines to all state-level governments for escalating this initiative of Organic Kitchen Gardens and Organic Clubs setups within schools within their respective states. All these developments in the last two-three years have provided not only a base for all organic farmers of the state but also set a direction for both organic and chemical farming farmers of the state. CUTS perceives all these as positive developments within the project, which helps in creating an enabling environment and a proper platform to work.

Evaluation Form Format

(Filled up by Project Monitoring Team)

1. Name of the Team Member:
2. Day and Date:
3. School (Government/Private):
4. School (Upper Primary/Secondary/Senior Secondary);
5. Gram Panchayat:, Block:
District:
6. Project Partner:
7. Number of Children in Club and Number of Members of SMC (Check the Register)?
8. How much time is given by club members in the organic garden:
9. Area of Organic Garden:
10. Is the gardening system is proper?
11. Is the water system in the garden is appropriate?
12. Have the fruit plants have been planted in the garden? If yes, which ones?
13. Which vegetable are grown in the organic garden?
14. Have any other plants are being planted in the garden other than vegetable and fruit? If yes, which ones?

15. Is the information board displayed in the organic garden?

16. Have you bought a tool kit for organic garden and what inputs are provided in addition to the tool kit?

17. Any Plan/Suggestion by school administration for future of organic garden?

18. How many points would you like to give to the organic garden based on the evaluation?

- 5- Very Good
- 4- Good
- 3- Ordinary
- 2- Need improvement
- 1- Bad

Signature

Project team member of CUTS

Signature

Project Partner

Glimpses





Media Coverage

कट्स मानव विकास केन्द्र द्वारा विकसित जैविक किचन गार्डन की मूल्यांकन बैठक आयोजित



एनोन्स 20 नवंबर 2017 को कट्स मानव विकास केन्द्र द्वारा विकसित जैविक किचन गार्डन की मूल्यांकन बैठक आयोजित की गई।

स्कूल में जैविक कीचन गार्डन बना कर बच्चों को प्रेरित किया जायेगा

झांगवाड़ 24 बुलाई। कट्स संस्थान जयपुर एवं स्वीडिश सोसायटी पर नेचर कंजर्वेशन के सहयोग से खानपुर तहसील के रा.उच्च प्रा. विद्यालय लाखाखेडी में जैविक कीचन गार्डन तैयार करने के लिए स्कूल के बच्चों व अध्यापकों के साथ बैठक की गई।



संस्थान के सचिव नाथू राम चौधरी ने बताया कि जैविक खेती को बढ़ावा देने के लिए यह परियोजना राजस्थान के किसान को समझा सके। बच्चों का एक जैविक क्लब बना कर किचन गार्डन बनाने का प्रयत्न किया जायेगा।

ऑर्गेनिक क्लब गठित

उदयपुर. रासायनिक उर्वरकों और कीटनाशक दवाओं के बढ़ते उपभोग के चलते कैंसर, हार्टअटैक, ब्लड प्रेशर, किडनी, शुगर व अन्य बीमारियों के बढ़ते कारणों

विद्यार्थियों को दी जैविक उद्यान की जानकारी



स्कूलों में जैविक खेती की जानकारी ले रहे छात्र

रासायनिक खादों से खेती की उर्वरता नष्ट : चतुर्वेदी

कोटा 22 जनवरी। खिले के कई स्कूलों में छात्रों ने जैविक खेती के प्रति रुचि प्रदर्शित करते हुए अपनी पढ़ाई के साथ इसमें स्कूलों छात्रों को जैविक खेती के प्रति जागरूक करने के प्रयास राम कृष्ण शिक्षण संस्था ने शुरू कर दिए हैं।



लॉर्ड कृष्णा सोनियार सैकण्ड्री स्कूल पुनम स्कूल राजकीय उच्च माध्यमिक विद्यालय सोमराया एवं राजकीय उच्च माध्यमिक विद्यालय चंदेसर में जैविक गार्डन अवलोकन व जागरूकता कार्यक्रम को संबोधित करते हुए कन्वेंशनर बुनिटी इन्द्र कट्स

अपनाया जाए। संस्था के मंत्री युधिष्ठिर चानसी ने बताया कि स्कूलों में बच्चों में जागरूकता के लिए मैदान में ही जैविक उद्यान विकसित कराया गया है। इसके लिए स्कूल के स्टाफ ने भी रुचि ली है।

पॉलीथीन को कचरे में जाने से रोके। रिट्रय, रीयूज और रिसाईकल ही इसका समाधान है। पॉलीथीन का कचरा जमीन में जाकर खेती की उर्वरता को नष्ट करता है और जल स्वोत्सों को खराब करता है।

ने बताया कि छात्रों ने जैविक उद्यान को देखेखे की जिम्मेदारी ले रखी है। युधिष्ठिर चानसी ने बताया कि कट्स इंटरनेशनल स्वीडिश सोसायटी पर नेचर कंजर्वेशन के तत्वावधान में जैविक गार्डनों का मूल्यांकन किया

समय में अपने घर पर होने वाली क सञ्ची का अधिक से अधिक योग जैविक खाद से तैयार कर-करनी चाहिए। साथ ही

ओ. पी. पारीक ने बताया कि अगर बगों इस कार्यक्रम को ध्यान से सुनेंगे एवं देखेंगे तो विभिन्न

छात्रों को जैविक खेती के बारे में जागरूक करने के लिए कार्यशाला का आयोजन

सीधा सवाल। छोटीसादड़ी। जयपुर से कट्स इंटरनेशनल संस्था के प्रोग्राम ऑफिसर राजदीप पारीक एक दिवसीय विजीट कट्स द्वारा प्रो- ऑर्गेनिक स्किम के तहत जैविक खेती को बढ़ावा देने के लिए सर्वप्रथम बम्बोरी गांव के राजकीय विद्यालय में ऑर्गेनिक किचन गार्डन के माध्यम से छात्रों को जैविक खेती के बारे में जागरूक करने के लिए कार्यशाला का आयोजन किया गया। जिसमें छात्रों को जैविक खेती के फायदों के बारे में बताया। साथ ही पारीक ने बताया की जैविक किचन गार्डन में उगाई गई सब्जियों का उपयोग छात्रों के मिड-डे- मील में किया जाएगा। इस दौरान संस्था के स्थानीय कार्यकर्ता राजपुरा के जैविक किसान बंशीलाल धाकड़ व अन्य जैविक किसान सीताराम धाकड़ बम्बोरी के मांगीलाल



जणवा गांव बिलोदा से भेरूलाल गाडरी, विजय गाडरी द्वारा जैविक खेती पर सार्थक चर्चा की गई। दुसरा नंबर चान्दोली स्कूल व इसी क्रम में कारुड स्कूल व चौथे क्रम में बसेड़ा स्कूल की जैविक किचन गार्डन की स्थिति अवलोकन कर बंशीलाल धाकड़ के द्वारा किए गए प्रयासों कि सराहना की।

साथ ही आवश्यक दिशा निर्देश किया। इस अवसर पर बम्बोरी व बसेड़ा स्कूल में छात्रों की क्लास ली व जैविक खेती की आवश्यकता व कट्स के उद्देश्य से छात्रों को अवगत कराया। और सभी चारों स्कूल में स्थानीय स्टाफसे सहयोग की आवश्यकता की बात कही।