

Project 'Developing a Culture of Sustainable Consumption and Lifestyle Through Promoting Organic Consumption and Production and Adopting Sustainable Consumption Practices by Engaging Consumers in the State of Rajasthan, India' (ProScop)'

Synthesis Report

Organic Clubs & Gardens in Schools



A Green Smile Towards Nature and Healthy Food

Children and Organic Consumption

Changing Patterns of Food Habit

It is a fact now that children are increasingly becoming overweight or obese. Many sporadic surveys conducted in different parts of India over the past decade suggest that 2.9 percent of children in this country could be obese and 1.5-2.4 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 serious concern because children who are overweight or obese grow up to be overweight or obese adults. Besides, childhood obesity is a forerunner of metabolic syndromes, 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 paediatrician's concern, but they are now beginning to appear among children.

Why Organic Food is the Best for Children?

Considering this alarming obesity and changing food habits, consuming organic food, especially for children, is healthy. Even more, people are looking for where organic food is available. These foods are full of nutrients and free from harmful substances threatening life. 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 various organic foods. Besides being loaded with nutrients, organic foods have a delicious taste that children will love.

Why the Need for Awareness among Children?

Looking at the above changing pattern of children's eating habits, there is a drastic need to shift towards organic and create awareness among children about the hazardous effects of chemical-based products and the benefits of organic farming and products. In rural areas, children can easily talk to their farmer parents about the harmful effects of chemical agriculture and adopt organic farming. The mid-day meal is provided to upper primary-level children in government schools under a government-sponsored scheme. If organic gardens are developed in these schools, and the vegetables are used for mid-day meals for the children, then we can address the children's malnutrition problem. This issue must be implemented in the organic village model in 2023.

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 teach the

culture of organic farming and consumption among children, school administrators established clubs of select school students, preferably higher, classes and created organic gardens on the school campus through them.

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.

Phase ProScop 2022-26

After nearly a decade, the project was split into two parts: ProOrganic and SCP. ProOrganic aimed to establish model organic villages, while in selected model villages, organic gardens were developed in schools.

Methodology

Selection of Schools

At the beginning of the year, all the district consultants were asked to select the schools with proper land availability, water facilities, fencing and the willingness of the school staff members to develop an organic garden. All the district consultants were advised to convince the school authorities about this initiative and later decided to form a club consisting of 20-25 senior school children.

Introductory Meetings

We organised meetings in every school to develop organic gardens. Before that, school management designated a proper place for an organic garden.

Under the guidance of the school principal, the school management in charge first developed a club and 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 and staff to develop school organic gardens. Children were taught how to do growing, weeding, seed sowing and caring for plants.

We organised meetings in each school to sensitise and familiarise them with the practice of organic farming in the garden. Students were divided into different groups and assigned to work in the garden.

Distribution of Inputs

Seeds and plant saplings, along with garden tools like a hand hoe, weed remover, khurpi, water

pipe, and scissors, were provided to schools for the development of organic gardens. With the information gathered from technical sessions, field activities were done in the field by students as members of the club. The district consultants were responsible for fencing off specific areas as needed.

Evaluation Meetings

During the latter part of activities, when the organic gardens started taking shape, evaluation meetings in each school were organised. These meetings aimed to sort out any gardening-related issues with the club members and school authorities. For this, a format was developed to rank gardens. This process also evaluated the school's overall performance in maintaining the garden through appropriate scoring, according to the marks obtained during the evaluation.

List of Schools Targeted in the Year 2022-23

S. No.	District	Block	School name	Inception Meeting	Evaluation Meeting
1	Jaipur	Govindgarh	Govt. Upper Primary School, Baad Devthala	13/7/23	25/8/23
2	Dausa	Lalsot	Govt. Upper Primary School, Thaloj	19/7/23	21/9/23
3	Sawai Madhopur	Bonli	Govt. Upper Primary School, Aalooda	31/8/23	20/9/23
4	Kota	Laadpura	Govt. Upper Primary School, Ghaghtana	25/7/23	15/9/23
5	Jhalawar	Jhalrapatan	Govt. Upper Primary School, Semli Gokul	20/7/23	29/8/23
6	Bhilwara	Mandalgarh	Govt. Upper Primary School, Hingonia	26/7/23	13/9/23
7	Chittorgarh	Chittorgarh	Govt. Upper Primary School, Sukhwada	11/8/23	25/9/23
8	Pratapgarh	Pratapgarh	Govt. Upper Primary School, Mahudia	12/7/23	26/9/23
9	Banswara	Banswara	Govt. Upper Primary School, Udpura	11/7/23	6/9/23
10	Udaipur	Sarada	Govt. Upper Primary School, Babarmal	7/8/23	27/8/23
11	Dungarpur	Aspur	Govt. Upper Primary School, Nai Basti	2/9/23	27/9/23
12	Jodhpur	Osian	Govt. Upper Primary School, Kerla Nagar	14/7/23	20/9/23

Overall Evaluation of the Activity

As reported above, before the start of the meetings, an evaluation format was developed to rank the gardens. In every evaluation, team members discussed the betterment of gardens with teachers and students. The team first observed and checked the register of club members regarding the number of children participating in the gardening process daily. It was also noted how much time and how many 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 was sufficient and proper for gardening purposes. Besides, the team also evaluated whether there are appropriate arrangements for watering the plants and whether the garden area requires adequate fencing to protect the plants from stray animals. The team also reviewed what plants have been grown in the garden within the evaluation. In the assessment, it was observed that many schools preferred to grow vegetables and fewer fruit plants. Some schools 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 before the start of gardening. The school authorities were asked to buy additional tools depending on 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 expressed their satisfaction.

On average, schools rated excellent or very good received 4-5 ratings. A couple of schools scored less than 4, but they were allowed to prove their performance by revisiting these schools.

Conclusion

The initiative had a positive impact on the mindset of both teachers and students. Successful development of gardens and cultivation of organic products has piqued the interest of students in learning about and growing organic produce. Government schools should take the lead in adopting organic gardens in their premises. This program will be sustained in the upcoming years and implemented in all government schools.

All these developments in the last two to three years have provided a base for all organic farmers of the state and set a direction for both organic and chemical farming farmers. CUTS perceive all these as positive developments within the project, which helps create an enabling environment and an excellent platform to work.

Glimpses & Media Coverage



बच्चों ने ली जैविक पोषण वाटिका की जानकारी



@ कांठल की आवाज

बन्शीलाल धार
छोटीसादड़ी
महुडिया में कट्स
केंद्र द्वारा स्वीडि
नेचर बेसन के स
प्रोस्कोप परियोज
राजकीय उच्च
महुडिया में जैव
एवं चाल क्लब
बच्चों के साथ

ने बच्चों को विक उत्पादों के फायदों

आदर्श जैविक ग्राम घटना में समुदाय प्रबंधित बीज प्रणाली एवं जैविक उद्यान विकसित करने के लिये मूल्यांकन बैठके सम्पन्न

कोटा कट्स इंटरनेशनल जयपुर स्वीडिश सोसायटी फॉर नेचर कंजर्वेशन के तत्वाधान में राम कृष्ण शिक्षण संस्थान भद्राना कोटा द्वारा राजस्थान में उपभोगताओं की भागीदारी सुनिश्चित करते हुए सतत उपभोग की गतिविधियों



वह रामकृष्ण शिक्षण संस्थान पर निर्देशन गमिल रहा है जिसके प्राथमिक जैविक किसान पर्यावरण प्रेमी द्वारा

शुद्ध सब्जियों के किचन गार्डन अपनाने पर जोर, गार्डन का किया मूल्यांकन

भास्कर न्यूज़ | सामोद/इटवा भोपली

ग्राम बाह देवथला के चारणवास मर्म पर राजकीय उच्च प्राथमिक विद्यालय में शुक्रवार को किचन गार्डन को लेकर सभी बच्चों के साथ मिलकर मूल्यांकन किया गया।



स्वीडिश सोसायटी कंजर्वेशन एंड कंज्यूमर ग्रुप सोसायटी कट्स जयपुर सहयोग से अवैयरेनेस ट्रे मोटिवेशन फॉर एकरा संस्था जगमालपुरा के ड गार्डन मूल्यांकन में आयोजन किया गया। क उपस्थित विनोद शर्मा किचन गार्डन का मूल् गया। किचन गार्डन के

अलूदा स्कूल में जैविक उद्यान मूल्यांकन की बैठक, बच्चों ने गार्डन में उगाई जैविक सब्जियों को उपयोगी बताया

भास्कर न्यूज़ | वीली

कट्स इंटरनेशनल जयपुर एवं स्वीडिश सोसायटी फॉर नेचर कंजर्वेशन के संयुक्त तत्वाधान में राजकीय उच्च प्राथमिक विद्यालय अलूदा में जैविक उद्यान मूल्यांकन बैठक का आयोजन किया गया। स्कूल में स्टाफ एवं बच्चों ने गार्डन स्थापित किया। इसमें जितनी भी सब्जियां लगाई गईं, वे सभी अंकुरित होकर स्वस्थ पौधे के रूप में विकसित हुईं। इनको देखकर बच्चों के चेहरे खिल उठे। सभी बच्चों ने कहा कि हम घर पर जाकर भी छोटी-छोटी क्यारियों में



अपने घर में होने वाली सब्जी घर लगाएँ और इस संदेश को सब रिश्तेदारों व मिलने वालों को भी

विद्यालय में जैविक उद्यान का किया अवलोकन

"पाटन एक्सप्रेस दे."

झालावाड़। सेमली गोकुल गाव सामाजिक विकास संस्थान एवं कट्स इंटरनेशनल जयपुर के द्वारा ऑर्गेनिक परियोजना के तहत कसित किए गए जैविक गार्डन सामुदायिक बीज बैंक अवलोकन या गया। संस्थान के सचिव राम चौधरी ने जैविक उद्यान अवलोकन के दौरान बताया कि लय में जैविक उद्यान विकसित

परिवार वालो को बताएंगे। जिससे उनके माता पिता भी खेती में इस विधि को अपनाएंगे। दूसरा मुख्य उद्देश्य उस जैविक उद्यान से उत्पादित सब्जियों को मिड डे मील में शामिल करना है जिससे बच्चों को रासायनिक और जैविक उत्पादों के स्वाद के बारे जानकारी मिलेगी।

प्रधानाध्यापक श्रीमती हेमलता यादव लालचंद ने बताया कि यहां का मीनस बना चुका है (कायकता) बांध साथ

जैविक किचन गार्डन को लेकर बैठक

बांसवाड़ा। कट्स इंटरनेशनल द्वारा चलाई जा रही प्रोस्कोप परियोजना के तहत मंगलवार को राजकीय प्राथमिक विद्यालय शंकरपुरा, सेनावासा में जैविक किचन गार्डन एवं बाल क्लब गठित करने के लिए शुभारंभ बैठक हुई। इस अवसर पर कट्स के कार्यक्रम अधिकारी मदनलाल

उद्देश्य की विभाग के सोलंकी ने की लगाने की के बारे में अवसर पर केन्द्र के उदयलाल मन्त कुमार श्वरी भट्ट

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