

Capacity Building and Livelihood Promotion for SHGs and Farmers through Wild Food Plants (WFPs)

Project Overview

Under the DEST-awarded project focused on **wild food plants (WFPs)**, Self-Help Groups (SHGs), local sellers, and farmers were systematically trained in domestication, value addition, and marketing of both raw and processed WFPs. The primary goal was to improve livelihoods while ensuring sustainable agricultural practices.

Capacity Building Initiatives

- **Training and Awareness Programs:** We conducted targeted training sessions for SHGs, Mahila Mandals, and farmers. These programs covered cultivation techniques, value addition processes, and effective marketing strategies for WFPs. The comprehensive training aimed at empowering local communities to diversify income sources by integrating WFPs into their agricultural practices.
- **Distribution of Resources:** To facilitate the adoption of sustainable practices, seeds, planting materials, and relevant study materials—including books, brochures, and pamphlets—were distributed to participants. This ensured that they had the necessary tools and knowledge to implement what they learned.
- **Public Awareness:** Over 200 articles were published in prominent newspapers such as *The Tribune*, *Amar Ujala*, *Dainik Jagran*, and *Divya Himachal*, both in Hindi and English, to raise mass awareness on the significance of WFPs. The articles highlighted the potential of these plants for health, nutrition, and local economies.

Livelihood Promotion and Market Linkages

- **Value Addition and Product Development:** SHGs were equipped with innovative recipes for creating marketable, value-added products from WFPs, such as jams, pickles, and herbal teas. This not only enhanced the commercial value of the produce but also opened up new market opportunities.
- **Fairs and Exhibitions:** SHGs were encouraged and supported to participate in regional fairs and exhibitions, providing them with a platform to sell their products and enhance their visibility to a wider audience.
- **Infrastructure and Machinery Support:** In collaboration with NGOs and government agencies, essential machinery such as leaf plate-making and knitting machines were provided to SHGs. This expanded their production capabilities and opened avenues for additional income-generating activities.

Media and Outreach

A series of videos documenting the training sessions and awareness programs were uploaded to Dr. Tara Sen Thakur's YouTube channel. The videos are available under the playlist "Capacity Building and Awareness Program," providing valuable learning material and further promoting the significance of WFPs.

Conclusion

This initiative not only empowered local communities by providing them with the knowledge and tools for sustainable agriculture but also facilitated economic growth through value addition and market access for wild food plants. The project's multifaceted approach helped create a more resilient and self-sustaining rural economy.

Proof of Implementation on YouTube Channel

As part of the DEST-awarded project on wild food plants, several training sessions and awareness programs were documented and shared publicly to extend the outreach beyond in-person participants. These videos were uploaded to **Dr. Tara Sen Thakur's YouTube channel** under the playlists titled "Capacity Building and Awareness Program." The videos serve as proof of the project's successful implementation and cover the following aspects:

- **Training Sessions:** Videos provide a comprehensive view of the training programs conducted with SHGs, local sellers, and farmers. These sessions focus on the cultivation, value addition, and marketing strategies for wild food plants. The footage captures interactive learning, practical demonstrations, and hands-on activities conducted during the workshops.
- **Awareness Programs:** In these videos, experts discuss the importance of wild food plants for nutrition, health, and sustainability. The content also highlights how the local communities can leverage these plants to create marketable products and improve their livelihoods.
- **Community Engagement:** The uploaded videos include testimonials from participants, reflecting the impact of the training programs on their knowledge and skills. The community's involvement and enthusiasm for adopting the practices are visible through the interviews and discussions.

These publicly accessible videos not only validate the work done under the project but also act as a resource for others interested in replicating the model in their regions. They stand as transparent documentation of the project's objectives, methods, and outcomes.

Awareness Programs by various Modes:



Raising Awareness: Educating farmers and locals on the importance and value of their native wild plants.



Wild Food Plants Awareness Program: Empowering Mahila Mandal Group with knowledge on local wild food resources.



Empowering Local Sellers: Promoting the sale of wild food plants for sustainable livelihoods.



Promoting Traditional Foods & Wild Herbs: Empowering local sellers to add value to wild food plants for a sustainable future



Awareness & distribution of plants to students of GSSS Pandol



Awareness for healthy food to NSS students of GSS Schol Nanawa



Awareness to General Public at Poshan Pakhwada at Mandi



Awareness Program: Educating GSSS Sadayana students on the importance of wild food plants and sustainable practices.



Promoting Wild Food Plants: Distributing informative books at the Eat Right Fair at SPU to raise awareness



Wild Food Plants Photo Frames Donated at Himachal Darshan Photo Art Gallery



Awareness Program for SHGs of Dhuhan Devi: Promoting wild food plants and sustainability.



Distribution of Plants to Locals



Workshop for SHGs of Different District at Joginder Nagar on Wild Medicinal Plants



Showcasing Wild and Local Products: Exhibition at the Fair for community engagement.



Books Distribution & Awareness: Promoting value addition in traditional food to SHGs at Seri Manch.



Distribution of Books to Local Food Seller at Seri Manch


DEPARTMENT OF PLANT SCIENCES
SCHOOL OF LIFE SCIENCES
CENTRAL UNIVERSITY OF HIMACHAL PRADESH
SHAHPUR CAMPUS, DISTT. KANGRA (H.P.)


Seminar on "Wild Edible Tubers of North Western Himalayan Region"
 Organized by
Himalayan Life Science Society & Vaidya Sanstha Club



Speaker
Dr. Tara Devi Sen
 Assistant Professor (Botany)
 Sardar Vallabhbhai Patel
 Cluster University, Mandi



Venue: Seminar Hall
Date: 09/03/2022
Time: 01:00- 02:00 PM



Special Guest
Dr. Sunil Kumar
 Associate Professor &
 Head Department of Animal
 Sciences

Coordination: Dr. Divya V Nair, Assistant Professor, Department of Plant Sciences
 Communication Secretary: Kirti Bains & Poojita Sharma

Online Awareness Programs: Educating communities on wild food plants and sustainable practices



आयुष विद्यापीठ देह दुग्धा

सोकभाएवुंद ज्ञान मगा -3

जंगली फलों, जड़ी बूटियों से स्वास्थ्य एवं आय पर चर्चा



प्रो. डा० तारा सेन
 सरदार पटेल विश्वविद्यालय, मंडी

हिमालीय जड़ी बूटियां आय एवं स्वास्थ्य

सोमवार 11 जुलाई 2022
शाम 6 बजे से



साक्षात्कारकर्ता
डॉ अरुण चन्द्रन
 क्षेत्रीय निदेशक



क्षेत्रीय एवं समता केंद्र उत्तर भारत-1,
 राष्ट्रीय औषध पादप बोर्ड, आयुष मंत्रालय
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Awareness Programs through Virtual Mode



Promotion of Wild Food Plants Through Media

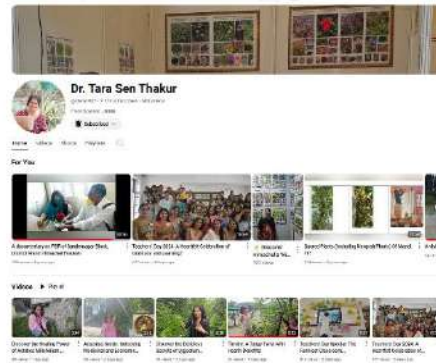


Promotion of Wild Food Plants Through DD Shimla



Explore Dr. Tara Sen Thakur's work on Himalayan Wild Food Plants. Website: Himalayan Wild Food Plants

Link: [2020 – Himalayan Wild Food Plants](#)



Watch Dr. Tara Sen Thakur's informative videos on wild food and sustainability. YouTube Channel: Dr. Tara Sen Thakur

Link: [\(1772\) Dr. Tara Sen Thakur - YouTube](#)

Success Stories of Gohar and Mandi Block:

Gohar Block	Mandi Block
  <p data-bbox="204 1003 703 1077">One Day Awareness cum Training for Local Farmers at Gohar</p>	  <p data-bbox="786 1111 1374 1256">Workshop for Sadar Block Women Farmers: In collaboration with RCFC, NMPB, training on cultivation, value addition, and marketing of medicinal plants.</p>
	 <p data-bbox="786 1581 1382 1688">Wild Food Plants Awareness: Educating local farmers in Mandi on benefits and sustainable practices</p> 

Awareness Program for SHGs of Mandi



Distribution of Books and Promotion of Wild Local Plants to Local Sellers at Mandi



Promotion and awareness for healthy food in International Shivratri Fair of Mandi.HP



Plantation with SHGs and Mahila Mandal of Gohar Block



Distribution of Books to SHGs of Mandi at Seri Manch to value- add wild medicinal plants in their food products



Empowering Women: Rise-Up Foundation provides a food processing machine to Gohar SHGs on Women's Day 2024, boosting entrepreneurship and self-reliance



Distribution of Planting Materials to Farmers of Mandi





Leaf Plate Making Machine Donated to Sakar Society for Differently Aabled Persons Sunder Nagar by Rise-up Mandi

Knitting Machine Given to SHGs of Gohar by Rise up Foundation



Selling of Wild Food and Local Items by SHGs of Mandi at National Seminar at Shimla



Selling of Local Products by SHGs of Mandi at National Exhibition/ Fair



Selling of Treditional Products at Exhibition



Promoting Mushroom Cultivation: Educating Gohar school students to enhance their livelihood and career opportunities through SHGs.



Exhibition of Wild Food Items(Processed & Value added) during a conference on sustainable livelihood promotion.



Plants Distribution for Padhiun Mahila Mandal, Mandi, H.P.

Patient Products/ Recipes:

Recipe for Value added Sepu-badi: (With addition of *Kalanchoe pinnata* & *Euphorbia hirta*).

Herbal Noodles: Recipe for Herbal Noodles with addition of Ashwagandha, Shatavari and Giloy



अश्वगंधा, शतावरी, गिलोय से तैयार नूडल्स का पेटेंट करवांगी प्रो तारा

अश्वगंधा, शतावरी और गिलोय पाउडर से तैयार पोषिक नूडल्स और अतिरिक्त अपने आहार को बचपन से ही खाए जा रहे हैं। इनके अलावा प्रो. तारा सेन ने इन गिलोय को न केवल तैयार किया है। बल्कि इनके पेटेंट के लिए आवेदन भी कर दिया है।

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आयुर्वेदिक नूडल्स खाओ, बीमारी दूर भगाओ

आयुर्वेदिक नूडल्स खाओ, बीमारी दूर भगाओ। नूडल्स को सिर्फ एक खाद्य पदार्थ के रूप में नहीं देखें, बल्कि इसे एक आयुर्वेदिक चिकित्सा उपकरण के रूप में देखें।

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Herbal Pasta: Recipe for Value added Pasta (With addition of (Tinospora cordifolia & Euphorbia hirta)



Ravina

Principal
Vallabh Govt. College Mandi H.P.