

Exploring the Benefit of Indigenous Foods to Create Economic Sustainability and Combat Malnutrition

Sanctioned on: 18th January 2019

MOU signed (Research & Innovative Component): 12th April 2019

Project Duration: 4 months

Project Overview

Research
Component
(completed)

Innovative
Component
(pending)

Beneficiaries Eligibility Criteria

- Youth belonging to Scheduled Tribe category
- Age group: 18 years to 35 years. It could also include housewife's and tribal adults, who seek career opportunities (request to increase to 45 years of age)
- Minimum Qualification: 8th Standard and above
- No. of beneficiaries proposed: 60 participants a year.
- Total number of beneficiaries covered – 200.(Number of students covered per course-30)

Research Component

Baseline
Survey

Syllabus
Development

Baseline Survey

Conducted amongst 200 tribal youth residing in and around Karazgaon, Talasari taluka

Objectives Achieved

1. Assessment of the tribal youth (n = 200) for their existing knowledge, attitude and practices towards the proposed course topics and their preferences towards the proposed courses.
2. Evaluation of Household Dietary Diversity Score and Individual Dietary Diversity Score with Anthropometry Assessment of the tribal youth and to provide nutrition counseling to the tribal youth. (n = 100)
3. Assessment of the kitchen HACCP (hazard analysis critical control point) and nutrition and hygiene KAP among Ashramshalla cooks and kitchen helper's (4 ashramshallas, n = 20) vis-a-vis a nutrition education program.
4. Kitchen HACCP (hazard analysis critical control point) was assessed with a view of creating a guideline for the course with a view to consider employment as cooks and kitchen helpers within Ashramshallas in the community.
5. Development of food composition using indigenous vegetables and to analyze the shelf life of the products (5 products). Sensory evaluation of the developed product was conducted among tribal youth. (n = 50)

Results from the Baseline Survey for the Objective 1

Basic Nutrition, Commercial Food Production

- 169 participants believed that food affects health.
- 149 participants were more likely to advocate consumption and preparation of nutritious food at their house.
- 75 participants wish to have a career as cook or kitchen helper

Geriatric Home Care Assistant

- 145 participants showed positive response to having a career as home-care assistants for elderly.
- Increased likelihood towards working as a elderly care assistant (n=152) was observed with added interest in learning first aid skills (n= 197).

Kitchen Gardening

- All participants agreed that having kitchen garden is more cost effective than buying from market.
- 170 participants would use the produce for their own health rather than selling in market.

Results from the Baseline Survey for the Objective 1

Mother, Infant & Young Child Feeding (MIYCF)

- 198 participants were of the opinion that a child should be exclusively breast fed for 6 months.
- Less awareness observed on knowledge about breastfeeding techniques.
- 179 participants were keen on a career in Govt./ NGO agencies in the nutrition and health field.

Basic Banking & Accounting ; Entrepreneurship Marketing & Sales

- 184 participants were likely to manage their family's finance based on knowledge gained about basics of accounting and banking.
- 193 participants were interested in being employed or taking up a job somewhere than being self-employed or setting up their own business.

Basic Counselling, Communication & Soft Skills.

- 191 participants were interested in developing basic communication and personality skills required to help their careers and believed that to excel in life, they require confidence within themselves (n=189).

Results from the Baseline Survey for Objective 2

- ❑ The average dietary diversity scores (both Household Dietary Diversity Score and Individual Dietary Diversity Scores) were observed to be low.
- ❑ Based on nutritional assessment, poor intake of vitamin A, C, zinc, magnesium and Lack of vitamin D rich sources in the diet was observed.



Results from the Baseline Survey for Objective 3

- ☐ Low knowledge on hygiene and sanitation and nutrition.
- ☐ Garbage dumped behind the premises and burned.
- ☐ Daily housekeeping cleanliness is not forwarded as per the expectations among the staff.
- ☐ A dire need for nutrition education program for kitchen cooks and co-helpers to improve their knowledge on hygiene, sanitation and nutrition education.



Results from the Baseline Survey for Objective 5

- ❑ Baked products such as - Ambadi Mathri, Kuradu sticks, nal bhaaji sev, kartoli chips, bamboo pickle were prepared to increase consumption of these indigenous vegetables as snacks.
- ❑ Sensory evaluation showed good acceptability of these products amongst the Gnanajyoti college students
- ❑ 89 students – partially interested in trying out such new recipes



Course Development

Certificate course on “**Community Resource Entrepreneurship Development**”

Objective

- Development of a multi-faceted course to train the tribal youth in different areas of work within their community.

Course Components

- Basic Nutrition and Cooking.
- Geriatric and Home-care assistants
- Mother, Infant and Young Child Feeding (MIYCF) Training.
- Commercial food production, Health and Hygiene.
- Kitchen Gardening, Entrepreneurship.
- Basic Counseling, Communication, and Soft skills.
- Basic Banking and Accounting.
- Entrepreneurship, Marketing, Communication and Sales

Who Developed & Validated the course contents?

Eminent Faculty at Nirmala Niketan – M.Sc. PhD, from the field of Nutrition, Human Development, Textile & Fashion Technology & Community Resource Management along with Professionals from Accounting & Finance;
MBBS, IBCLC – Paediatrician; Nursing Professor; Project Leader, Ex Head Nurse & Principal at Hinduja Nursing College, etc.

Course Components	Developed By	Validated By
1. Basic Nutrition and Cooking	Ms. Aarti Jain, Ms. Rima Ved	Dr Anuradha Mitra
2. Mother, Infant and Young Child Feeding (MIYCF) Training	Ms. Rima Ved, Ms. Mary Colaco, Dr. Ela Dedhia	Dr Rupal Dalal
3. Geriatric and Home-care Assistant	Mrs. Seema Sane, Ms. Mary Colaco, Dr. Ela Dedhia	Dr Archana Sangle
4. Commercial food production, Health and Hygiene	Mr. Satyen Dasondi, Mrs. Meher Dasondi	Mr. Hoshang Velati
5. Kitchen Gardening, Entrepreneurship	Dr Priti Joshi, Gnanajyoti College.	Sahayak Trust
6. Entrepreneurship, Marketing, Communication and Sales	Mrs. Sunita Jaiswal	Mrs. Roopa Rao
7. Basic Counseling, Communication, and Soft skills	Dr Kamini Rege	Mrs. Shailaja Mulay
8. Basic Banking and Accounting	Ms. Erica Lobo	Mr. Prashant Patil

Employment Opportunities

