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INTRODUCTION

- The Sahariya tribes are one of the primitive tribes, they are inhabitants of Baran district of Rajasthan. Total population of Sahariya tribe is 79,312, majority (93%) of them are inhabitants of Kishanganj and Shahabad block of Baran district.
- Marginal farmers are those who cultivate up to 1 hectare (as owner or as tenant or share)
- Sahariyas were badly affected in drought and famine of 2002. around 44 Sahariyas lost their life due to hunger and consumption of poisonous substances. The hunting-gathering Sahariyas have survived on minor forest produce and a kind of shifting agriculture.
- The indigenous food system they used to thrive on was nutritious and economical, also they hold various commercial, medicinal and traditional values.
- Food security comprises of 4 keys i.e. Accessibility, Affordability, Availability and utilization of food

OBJECTIVES

- To examine the diversity in food practices
- To gather the perception of Sahariya's on the adequacy and diversity of PDS.
- To identify the reason behind the current status of food security and diversity

RATIONALE

The food diversity and food security are the essential elements to prevent malnutrition. Since Sahariya has seen a lot of deaths due to malnutrition in 2002 famine, so this study aims to understand their present food basket as an adequate and diverse diet is necessary for a healthy well-being.

METHODOLOGY

STUDY TYPE- Descriptive cross-sectional study.

STUDY AREA- Shahbad block of Baran district of Rajasthan.

SAMPLING METHOD- Convenience Sampling Method

SAMPLE SIZE- 30

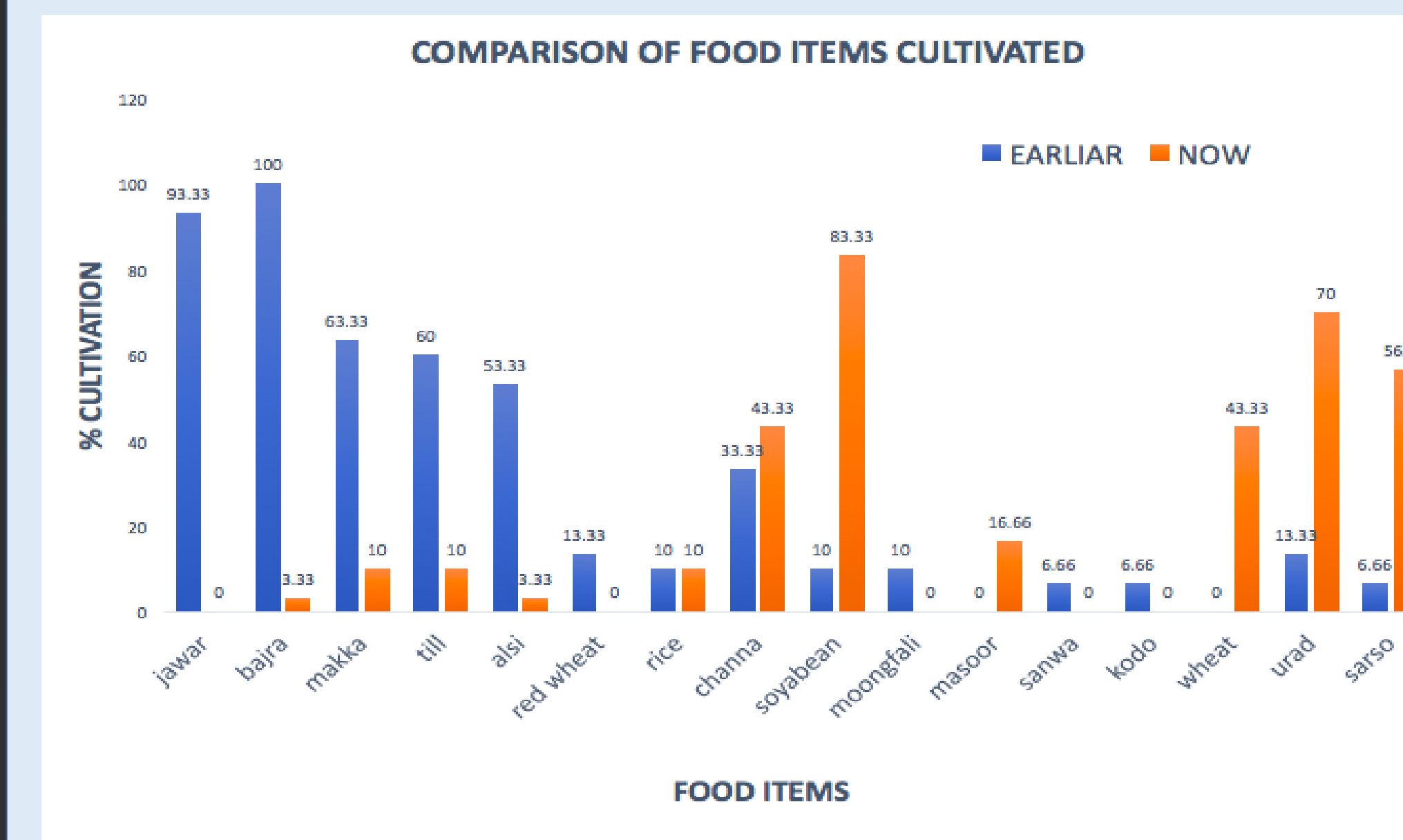
SELECTION CRITERIA- A total of 30 marginal farmers were chosen from age group between (45-55yrs). The individuals selected were having knowledge of cultivation pattern of both earlier (2 decades) and current times.

DATA COLLECTION TECHNIQUE- Face to face interview

DATA COLLECTION TOOL- Semi structured questionnaire, face to face interview, FGD, in depth interview

Keywords: Indigenous food, climate change, food security, marginal farmers, Sahariya community

FINDINGS



Food items	Biological Name	Common Name	Nutritional Quality
Sorghum	Sorghum controversum	Jwar	Calcium, zinc, sodium
Pearl millet	Pennisetum glaucum	Bajra	Unsaturated fats, carotene, iron, potassium
Soya bean	Glycine max	Soyabean	Protein, Omega-6
Red wheat	Triticum durum	Lal gehu, Jungali gehu	Omega-3 fatty acid, Omega-6 fatty acid, Calcium, Iron, Dietary fibres, Super food
Corn	Zea mays	Mecca	Antioxidants, Carotenoids, rich in minerals and vitamins, rich source of Magnesium and Iron
Wheat/	Triticum Aestivum	gehu	Rich source of Dietary fiber, protein, manganese, phosphorus
Rice	Oryza sativa	chawal	Magnesium, phosphorus, selenium, folic acid
Bengal gram	Cicer arietinum	channa	Iron, calcium, fiber
Kodo millet	Paspalum scrobiculatum	kodo	Vitamin-B, manganese, phosphorus
Sesame	Sesamum indicum	Til	Calcium, magnesium, vitamin B-6, potassium, fiber
Black gram	Vigna mungo	urad	Protein, calcium, iron, magnesium
Groundnut	Arachis hypogaea	moongfali	Monounsaturated and polyunsaturated fatty acid, fiber
Mustard	Brassica nigra	sarso	Antioxidants, high in fibers, vit -k, vit C
flaxseed	Linum usitatissimum	alsi	Omega-3, antioxidants,

CONCLUSION

Though PDS has ensured that there is food on their plate but their diet is not diverse enough to prevent them from adverse conditions, deficiencies and diseases. And due to climate change they have been forced to work as a NREGA worker and as daily wages labourers.

SUGGESTIONS

- The Government should construct artificial water reservoirs which will help in rain water harvesting and this water can later be used for irrigation of crops.
- The Government should promote their indigenous agricultural products in national and international markets which will provide impetus to grow and empower them.
- Though government has been able to resolve the issue of food security by providing food through various PDS, but it is still insufficient in fulfilling the nutritional needs of the people as it is not a sustainable solution, instead a self-dependent mechanism/model needs to be thought of.

