

Assessment of the food security and diversity of Sahariya Community in Baran district of Rajasthan : A study of marginal farmers

Presented by: Rajeshwari Yadav

Roll no : 639

INTRODUCTION :

Sahariyas are one of the primitive tribes of Baran district of Rajasthan. Sahariyas are mainly marginal farmers. Marginal farmers are those who cultivate upto 1 hectare of land. Deaths of children from Sharaiya Community due to malnutrition brought the focus of development agencies to life style and dietary practices of Sharaiya Community. Earlier traditional crops were eaten and cultivated by them. But change in climatic conditions, dietary pattern, draughts and famine, PDS supply(by govt.) lead to a shift from indigenous food.s

RATIONALE- During the famine and draught of 2002, 44 deaths happened in this single community due to hunger and consumption of poisonous food. This tribe became infamous for malnutrition and hunger deaths. Since food adequacy and diversity are essential elements to prevent malnutrition, this study was conceptualized to understand their present food basket.

RESEARCH QUESTION – What is the status of food adequacy and diversity of sahariyas in Baran district?

OBJECTIVES :

- 1-To examine the diversity in food practices
- 2-To gather the perspective of sahariya on the adequacy and diversity of food supplied by PDS
- 3-To identify the reasons behind the current status of

METHODOLOGY :

STUDY TYPE-Observational Descriptive .
STUDY AREA- Shahbad block of Baran district of Rajasthan.
SAMPLE SIZE: 30
SAMPLING METHOD: non probability sampling
DATA COLLECTION TECHNIQUE-Face to face interview
DATA COLLECTION TOOL- Semi structured questionnaire, face to face interview, FGD, in **depth**

To identify the reasons behind the current status of food adequacy and diversity.

scanty rainfall, water crisis and extremes of weather becomes one of the leading reason. “ barsat hi nahi h ,poora poora chomasa bas 20-25 din hi barse hai, kya hi ugae us-mee”There is no artificial canal or other sources of irrigation. Due to these the diversity from the diet took an exit. Indigenous crops such as *jwar ,bajra, red wheat* are now neither grown nor consumed. Jungle is now a barren land.” jungle mein to kuch bhi na bacho”

Perspective of sahariya on the adequacy and diversity of food supplied by PDS

the adequacy of food by PDS the common response was 35kgs of wheat ,pulses, sugar 1unit/person ,oil is provided by PDS every month to households. Average household has 9-12 members. “*kaha didi, bas daal roti mile hai , aur jungle mein kuch na bacho hai koi fal fruit na dhare* ”“*pehle to hum aise raali khawe, bajra makka khaave humare jodo m jaan rhe ab to sab bas daal gehu ki roti khaat rhe* “. the wheat is consumed within 12-15 days.“ *12-15 din chal jaat hai baki hum kharred let hai*” About pulses maximum respondent said “*daal to badia deve, kabhi arhar to kabhi massor, mong, chana sab tarah ki deve hai aur poora mahina chale hai*”. Pulses provided are of different variety. Shariyas now eat thrice a day and the food plate has wheat chappati and pulses. The adequacy is there but diversity is reduced

There has been drastic change in consumption of food over last two decades. Jawar and bajra were the two dominating crops in the earlier times but now they have been replaced by wheat. Oil of sesame and Alsi(flax seed) were majorly consumed cooking oil. Now instead of them refined oil is used(distributed by PDS)



Recommendations

The government should promote and distribute of indigenous crops in PDS SUPPLY

S. No	Food grain consumed earlier	Rich in
1.	Millet	Protein, dietary fiber, vitamin B, manganese, carbohydrate
2.	Sorghum	Magnesium, iron, copper, calcium, phosphorous, potassium, protein, vitamins like niacin, riboflavin and thiamin
3	Maize	Phosphorous, magnesium, manganese, zinc, copper, iron and selenium, fibre and protein
4.	Soyabean	Molybdenum, copper,omega 3 fatty acids, vitamin B2, vitamin K and potassium
5	Corn	Antioxidants, carotenoids, many vitamins,iron
6.	Rice	Carbohydrate, fat, magnesium, selenium, iron, folic acid
7.	Red wheat	A superfood
8.	Flax seed oil	Omega 3 fatty acid
9.	Sesame oil	Linoleic acid, palmitic acid, copper, manganese
10.	Peanut oil	Vitamin E, phytosterol, monosaturated fat like leic acid

Food grain consumed now	Rich in
Wheat	Gluten, antioxidants, fiber, iron, vitamin B6, niacin, thiamine