

ASSESSMENT OF THE FOOD SECURITY AND DIVERSITY OF SAHARIYA IN BARAN DISTRICT OF RAJASTHAN; A STUDY OF MARGINAL FARMERS



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.

OBJECTIVES

- To examine the diversity in food practices
- To gather the perception of Sahariya's on the adequacy and diversity of PDS.
- To provide suggestions for food security and diversity

METHODOLOGY

STUDY TYPE-Descriptive cross-sectional study.

STUDY AREA- Shahbad block of Baran district of Rajasthan.

SAMPLING METHOD- Random 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.

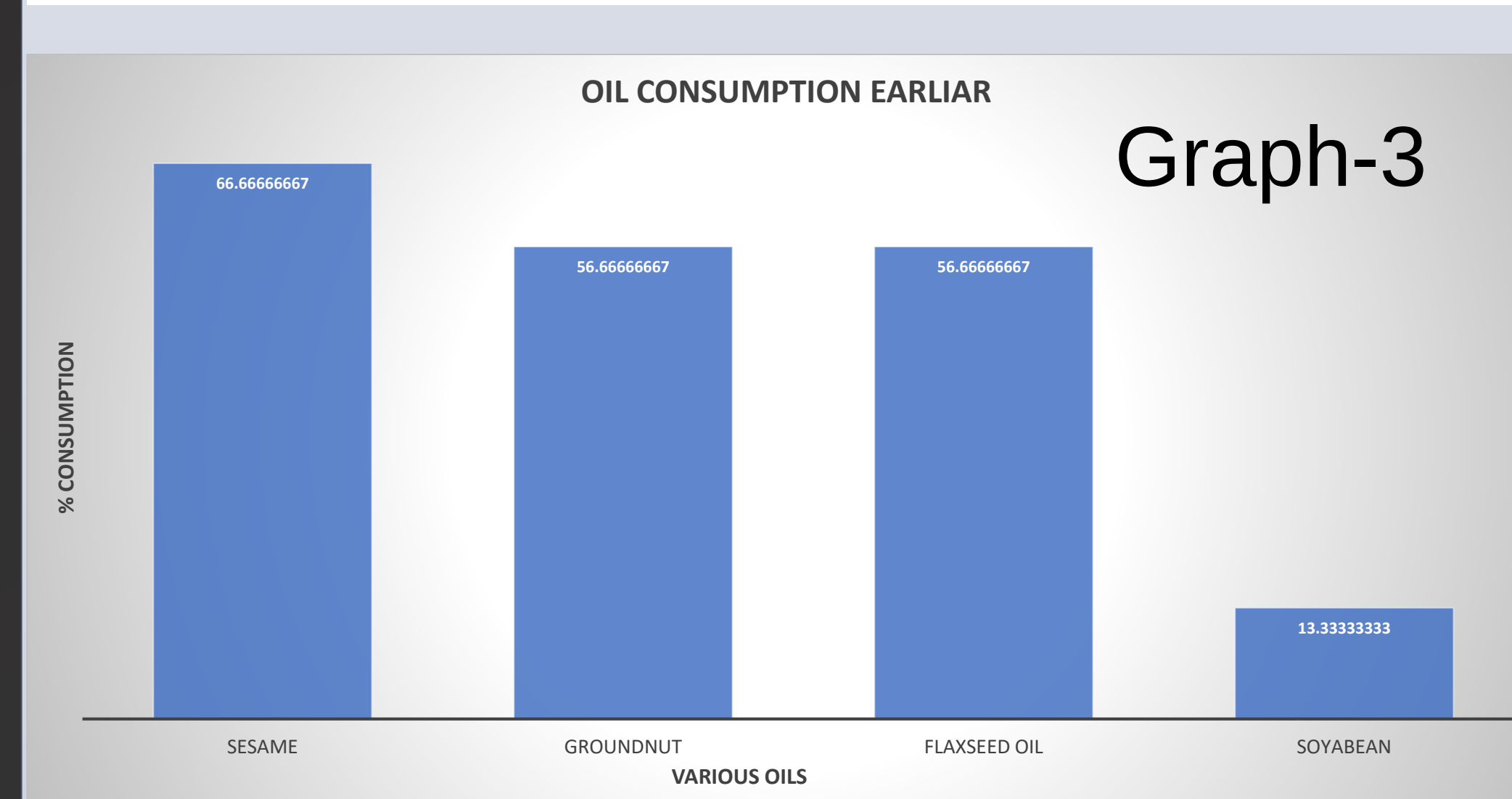
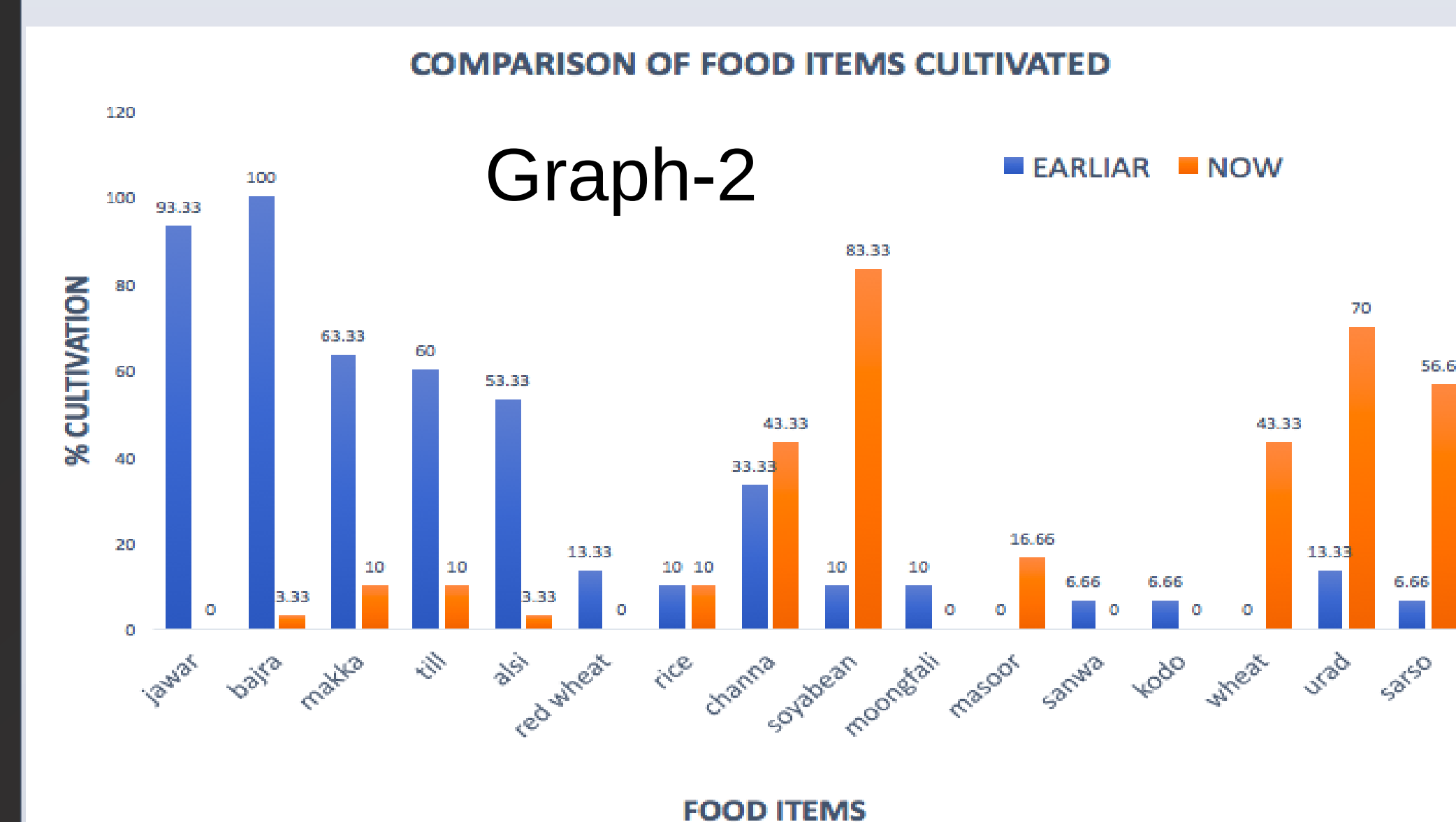
DATA COLLECTION TECHNIQUE-Face to face interview

DATA COLLECTION TOOL- Semi structured questionnaire

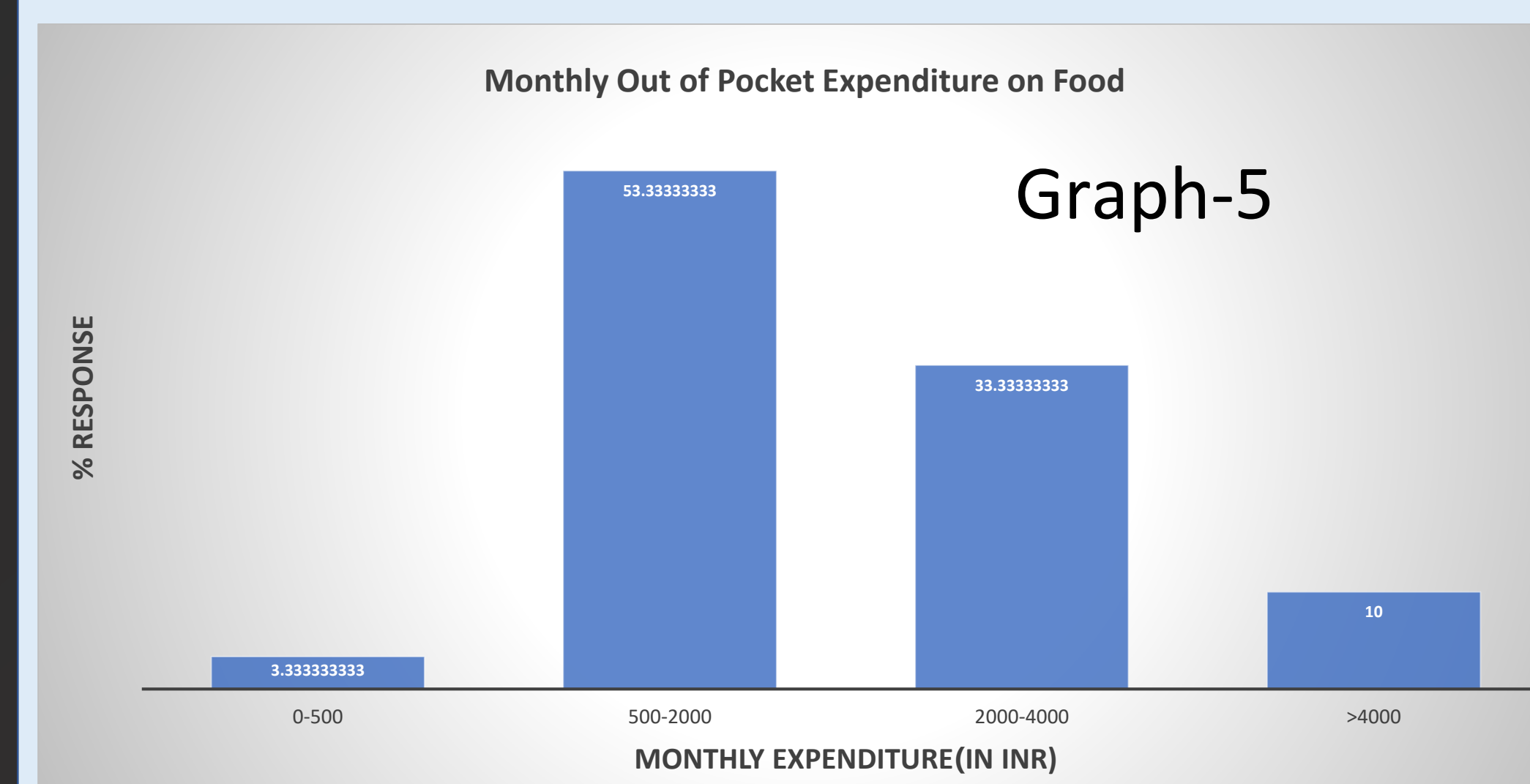
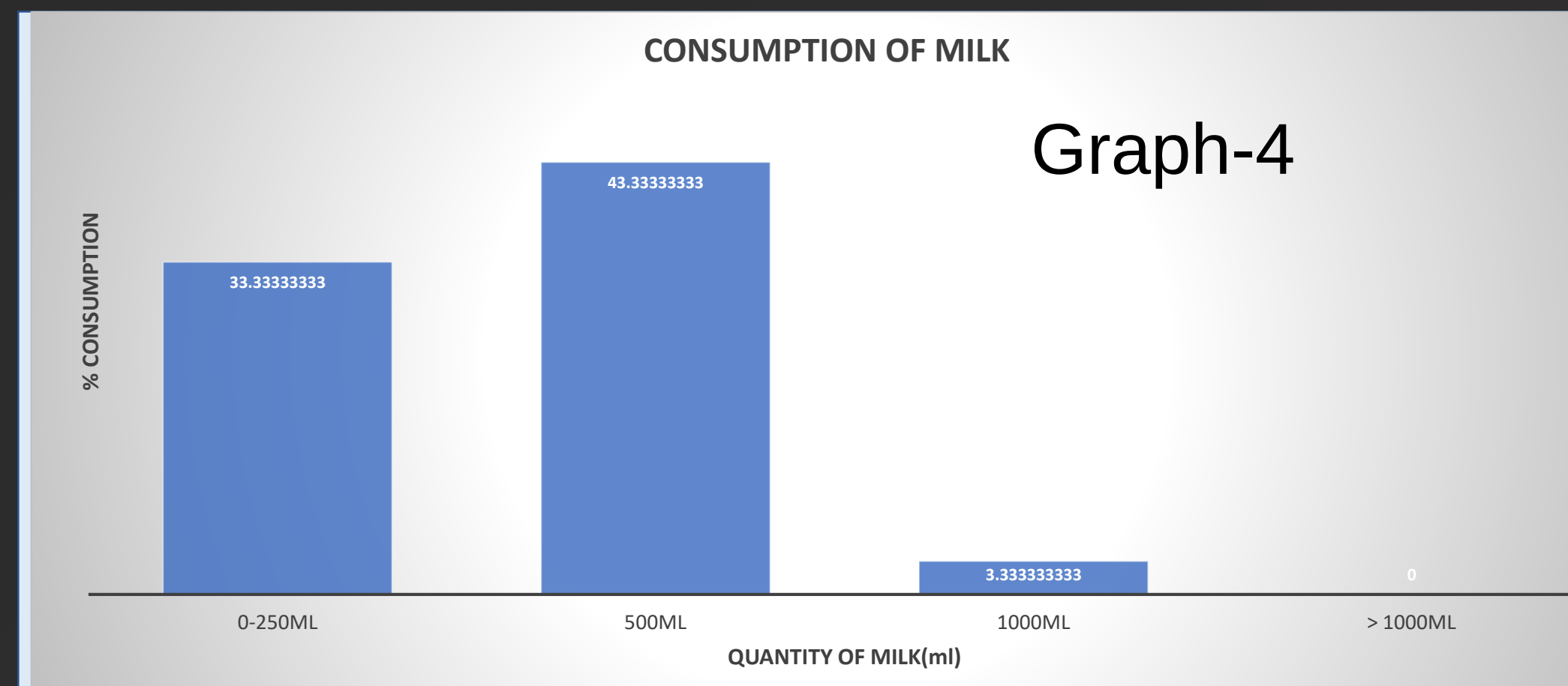
RATIONALE

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.

FINDINGS



Presented By Amit Modi



Food items	Biological Name	Common Name	Nutritional Quality
Sorghum	Sorghum controversum	Jwar	Calcium ,zinc,sodium
Pearl millet	Pennisetum glaucum	Bajra	Unsaturated fats,earotine,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,foli c acid
Bengal gram	Cicer arietinum	channa	Iron,calcium,fiber
Kodo millet	Paspalum scrobiculatum	kodo	Vitamin-B,manganese,phosphorus
Sesame	Sesamum indicum	Till	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,

FGD, MAJOR OUTCOMES

- According to Sahariya PDS has ensured the food in their plate which is timely available.



- They used to bring Fruits and eatables from the forests such as. Batera,Kachri, Chareta, Mahua, Fang-chareta, Aachaar, Kumar, Khakoda, Tendu, Kakoon, Gond, Gwarai(like shakarkand), Razaan, Chani-Bajar, fumangsu, Chirangini, Kureda, barhaan, Bichota, which used to help them withstand harsh climatic conditions and bring about diversity in their diet.
- To deal with the adverse climatic conditions there has been a considerable occupational change of sahariya.
- There is lack of water for proper cultivation of crops.

SUGGESTIONS

Based on the in-depth discussion from a series of FGD's

- In order to prevent occupational changes the government can concept artificial water reservoirs for irrigation purposes.
- There is a need for a sustainable solution over PDS to ensure food diversity that is possible by shifting to their primary occupation i.e. production of indigenous crops.