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UNSDG3- Good Health and Well Being  
Sowing Smiles  
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“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.”

-Chinese Proverb

### Identifying the mission

To enhance the nourishment and improve their health and wellbeing.

### The primary concern, Our reason to choose this topic

Being a part of Shrimad Rajchandra Divine Touch we often go for camps, known as Spiritual Touch Retreats, to Gujarat in the Dharampur District. On one of the days of the retreat we had visited a charitable hospital called SR Hospital where the doctors explained to us the situation of the people in the region when we realized that many of the infants were in the NICU. Seeing the condition of these children we were heartbroken. We had never seen situations so tragic ever before and were really moved that we wanted bring about a change. What struck us the most was that Good Health and Well Being is a right of Humanity which they currently lack,



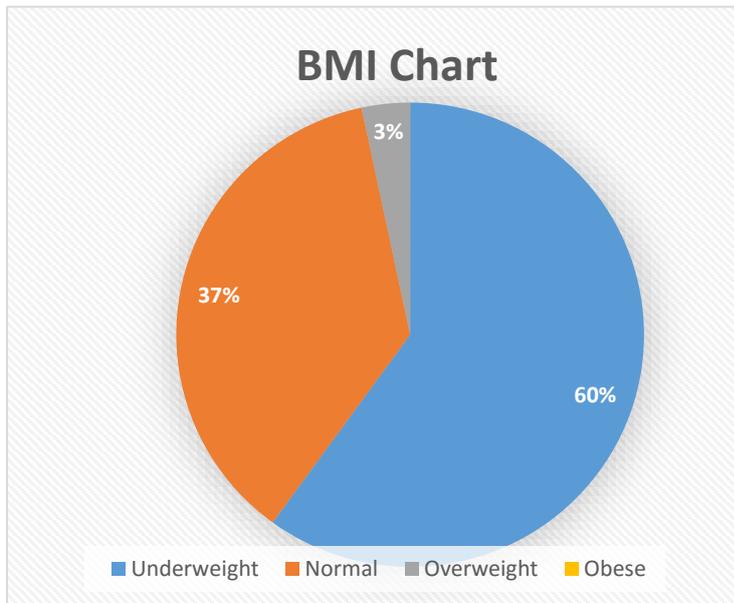
After extensive research on the lifestyle of the people we understood that the reason for the malnourishment of the people of the Karanjveri District in Gujarat was the primary rice diet.

We decided to implement the idea of sustainable, organic and eco-friendly kitchen gardening and increasing nutritional awareness by providing them with the basic needs for a wholesome diet.

### Government Schemes

Even though the government’s mid-day meals along with several other schemes help around 8,50,000 children in Gujarat today, these schemes aren’t sufficient for their requirements. Other schemes run by the government such as BalSakhaYojana, MukhyamantriAmrutam and RogiKalyanSamiti unfortunately predominantly are at the curative level then at the preventive.

The rice based diet of the people provides them with a significant proportion of nutrients like calcium, vitamins and mineral for growth however it is not sufficient.



#### The extent of the problem

As the pie chart suggests the majority of the people surveyed (By SRLC) were underweight which shows their low nutritional levels. It shows that the physical work they carry out requires much more energy than they consume. This is mainly because they consume a low nutrient rich diet which does not promote muscle development and good health. They also lack in Proteins, vitamins, minerals, fibres and antioxidants

The survey also suggests that the hemoglobin of these citizens is below the required levels. Poor hemoglobin levels depict the insufficient iron and vitamin C along with folic acids, which are essential for the growth of an individual. Most of the people's levels weren't in the required range of 14-18gm/dl for men and 12-16gm/dl for woman.

According to a research by CSS based in Surat up to 94% children in the region are malnourished.



#### Ruling out nutritional supplements

Providing them with nutritional tablets might be seen as an easy way out however unlike our idea it is not sustainable, logistically easy, cost-effective and does not create the desired multiplier effect. Moreover fresh fruits provide micro nutrition and vitamins which are only naturally produced and cannot be incorporated within tablets. Fruits and vegetables also contain naturally

occurring substances called phytochemicals, which may help protect you against cancer, heart disease, diabetes and high blood pressure. Many are also good sources of antioxidants and provide essential fibers and fulfill the required energy intake.

### Our solution to the challenge



We decided to effectively use their land space by helping them create a customized kitchen garden based on their nutritional needs.

This entire project will be self-sustainable as we plan to be the initiators of this process after which the locals can form a seed bank where they deposit certain seeds every harvest, and these seeds can be used to help other people in the nearby communities in the future.

### Our Innovation

The innovation we bring to this project is based on four pillars

**Customization:** our entire project will be customized according to the needs of the villagers where regular surveys will be taken and the lack of nutrients will be identified by the nutritionist according to which the fruits or vegetables will be given. Levels of hemoglobin and calcium along with BMI levels will also be measured every few months to see progress and identify problems which can be solved.

**Education:** Through interactive sessions with the nutritionist we plan to provide the villagers with brief knowledge about a balanced sustainable diet and also give them knowledge about what all to consume. They being farmers won't require assistance in cultivation however nutritional needs will need to be addressed and the health benefits of this initiative will need to be informed about

**Organic:** We plan to give them non hybrid seeds that don't affect the soil in any way as well as allow maximum produce and don't ruin the quality of the soil as well as other seeds in the future. The crops will also be grown without any fertilizers and not affect the environment.

**Multipliers effective:** We plan to execute this through the multipliers effect where we create a committee of the locals (Panchayat) who are educated about the basic nutritional requirements of a healthy diet and can further pass down this knowledge to other families in the region. And as a

result our small effort will result in a large community of well-nourished citizens in the surroundings area.

### Our Community



### Fundamentals of Sowing Smiles

After considering the demographic factors and the nutritional needs of the people as well as our funding model we decided that we would like to provide the families with a variety of legumes, fruits and vegetables. We finalized the most important nutrients required and accordingly selected the seeds. We are planning on providing them with seeds for an approximate 160 square feet kitchen garden.

After carrying out the survey and looking at the medical history of the region in the few recent years we can conclude that the most required vegetables were lemongrass, tomatoes and bananas as the iron, vitamin C and calcium were found out to be the lowest and hence the demand for these seeds will be the highest

A few seeds we are planning on providing them with their nutritional needs.

Nutrient	Importance	Provided through
Vitamin C	Vitamin C is essential for maintaining a strong immune system. A potent antioxidant, vitamin C may help lower the risk of cancer	Lemon, Tomatoes, Tulsi, Drumsticks, Lemon Grass
Iron	Responsible for increasing hemoglobin levels	Lemon Grass
Vitamin K	Calcium is required for it is essential for maintaining a strong immune system and effective and strong bone growth	Tomatoes
Vitamin A	This is primarily because these vitamins and beta-carotene	Tomatoes, Banana, Tulsi,

	work as antioxidants to neutralize harmful free radicals in the blood. Free radicals in the blood stream are dangerous because it may lead to cell damage.	Lemon Grass
Potassium	They are effective in reducing cholesterol levels and lowering blood pressure.	Tomatoes, Bananas, Tulsi, Lemon Grass
Vitamin B	They are effective in reducing cholesterol levels and lowering blood pressure.	Tomatoes, Banana(B6), Drumsticks, Lemon Grass
Calcium	Essential for healthy bones. Calcium also protects the heart and arteries. It appears to lower the risk of cancer.	Banana, Drumsticks, Lemon Grass
Fiber	High Fiber can help against constipation, diarrhea and normalize bowel motility	Banana, Lemons



### Our Funding

After discussions with our mentors we decided that we could acquire these funds from corporates. We have also planned to work with certain NGOs to collect more funds who already look after the locals needs in these areas (SRLC). We are also planning on talking to Navdanya a seed bank who may provide with the required seeds and who may give us a helping hand while implementing our project through their unique methods. Other than the seeds we have designed our project to be self-sustainable and cost free.

The cost of the seeds requirement is minimal and the total expenditure would not exceed 20,000 Rs including the logistical and maintenance cost. The prices are according to Anand Nursery in Dharampur who we negotiated our prices with and received assurance that the following vegetables would grow in the region. We are also in stages to talk to the Grandson of Bhaskar Sabe known as the Gandhiji of Farming by renowned author Mr. Bharat Mansota

<u>Seed</u>	<u>Cost of one seed(Rs)</u>	<u>Total number of seeds required (50 Kitchen Gardens)</u>	<u>Total cost of seeds (Rs)</u>
<b>Tomatoes</b>	0.75	750	562.5
<b>Drumstick</b>	1.25	500	625
<b>Lemongrass</b>	1	400	400
<b>Lemon</b>	0.75	450	337.5
<b>Banana</b>	1	400	400
<b>Tulsi</b>	1.35	400	540

*The roots of all happiness is good health and through this initiative we plan to give back something to society for all that they have given us, hence this platform is not an opportunity but a duty we hope to fulfill.*

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Microsoft Office Word's Word Count – 1468 words