

UPAVAN plan

Example of 7 fortnights

	AGRI				AGRI-NUT	AGRI-NUT+PLA
Month	Topic	Agriculture practice	NSA pathway and practice	Rationale	Topic	Topic
15 Sep 2017	Carrot	Seed treatment and planting	PRODUCE FOOD Women in 1000-day period and children consume carrots	<ul style="list-style-type: none"> Carrot grown in this season, in kitchen gardens (the last video). Carrots are nutrient rich. At this time of year, women are engaged in paddy harvesting and weeding so carrots are a good crop to promote because they are not labour intensive 	Nutrition during pregnancy and lactation	5 th PLA meeting in which groups prioritise and vote on the problems that they would like to address.
5 Oct 2017	Cowpea	Combatting cowpea diseases (jau poka and sahebi poka)	PRODUCE FOOD Women in 1000-day period and children consume cowpea	<ul style="list-style-type: none"> Cow pea is protein rich and the only pulse that is commonly grown in this area. Cowpea is grown at this time, mainly in kitchen gardens. Farmers struggle with cowpea diseases - Oct is the right time to address this. 	Cow pea	Cow pea
25 Oct 2017	Composting	Digging the pit, and the key ingredients required for composting	DO NO HARM Hand-washing and environmental safety during composting	<ul style="list-style-type: none"> Composting is important at this time of year for future planting in the next year. 	Adding one extra snack between lunch and dinner	6 th PLA meeting in which map locally available resources
10 Nov 2017	Paddy drying and storage	Ways to store paddy and detect fungus	REDUCE WORK Women are involved in decisions about labour sharing for harvesting by	<ul style="list-style-type: none"> Appropriate time of year for drying paddy Farmers experience post-harvest 	Paddy drying and storage	Paddy drying and storage

			pregnant and lactating women.	losses due to fungus		
25 Nov 2017	Spending decisions	All NSA	<p>MAKE DECISIONS</p> <p>Women are involved in decisions about how much rice to consume, sell, process (for value addition), and save for seeds. Women are involved in decisions about using income for nutrition</p>	<ul style="list-style-type: none"> Budget planning is important at this time of year because rice has just been harvested, and there are many festivals. 	Spending decisions	Spending decisions
10 Dec 2017	Oyster mushroom cultivation		<p>MAKE DECISIONS</p> <p>Joint decision-making around how to spend income for nutrition (with emphasis on what should be bought)</p>	<ul style="list-style-type: none"> Topic demanded by community. Straw is easily available to build a mushroom bed; other inputs are cheap. Good for income (not particularly nutrient-rich), around 100-120 Rs/kg. There is a high market demand. Cheap inputs. Easy for women to do herself, whilst taking care of children. Helps with the income flow shortages in January. 	Overcoming concerns about eating less during pregnancy (fear of having a large baby, eating down, fasting, restriction, morning sickness, feeling full)	7 th PLA meeting in which groups understand the causes and effects of two prioritized problems
26 Dec 2017	Cultivation of different species of Amaranthus	Planting and spacing techniques	<p>PRODUCE FOOD</p> <p>Consume Amaranthus year-round</p>	<ul style="list-style-type: none"> Topic demanded by community. Appropriate time of year, during food and income flow shortages 	Cultivation of different species of Amaranthus	Cultivation of different species of Amaranthus