

## Nutrition Gardern Utraj Project

Indrashil Kakaba and Kalabudh Public charitable trust run by Cadila Pharmaceuticals' Ltd collaboration with IIT Guwahati strat project of Nutrition Garden develop in Adopted village Utraj and Klam. Its project Main Aim is this utraj village's anganwadis children's improves her Health and decrease illness of children.

### Phase one :

In this Project when start we have decide that Grampanchayat Utraj is proving 0.5 to 01 acer soil plot near utraj village. There for we have taken different place's soil sample and check the micronutrient of soil like NPK and other contain. After soil test result we found that soil is OK for Nutrigardern. We have start the soil preparation work on Aug-2023 . after complete the soil preparation like cow dig mix up with soil and make bad prepared for sapling, we have first time planted vegetable's like Mung,fenugreek,okara,gawar,spanich,chickpeas etc. But unfortunately all seeds are gone fail due to some reason, only 30 % seeds are spout out like Mung and fenugreek. After we have take another try and again make applied manure and make the Bads again and planted vegetable crops like Mung beans,okara,gawar,spinach,coriander,and fenugreek all plant are sprouting in the nutria garden But its less quantity.

### Phase Two:-

Finaly we are discuss and visit Nutrigarden utraj with KVK scientist of agronomy and and He suggested that as per soil sample test result your soil is good but unfortunaly you have add other soil that's way your vegetable crops are not grow as per your requirement . in the End of November -23 we have remove the addition soil and again make the soil preparation like add cow dig manure and make the beds. Planted sapling of vegetables like Fenugreek, Mung bean, Green flatbean, long flate bean, tuvar,chickpeas,and spinach,coriander. This time we have apply before plant of vegetable's plant organic treatment to protect seeds from fungus. After 7 days all the vegetable plant are spout out in the Nutrition Garden. When we have harvest after 15 to 18 days of Fenugreek and give the angnwadis children. The anganwadi

worker make MUTHIYA of Fenugreek. Second week we have give spanich and he make Bred or PARATHA, and Muthiya. Feedback is that all the children are eat happly accept the meal and consume happly. Also we have give the spinach in Hospital canteen around 20 to 25 kg and make Spinach item( Sabji) for staff and hospital patient its are eating and give positive feedback.