

# WOMEN EMPOWERMENT THROUGH REGENERATIVE AGRICULTURE

Uttar Pradesh & Punjab



Impact Assessment Report  
**Implemented by: Naandi Foundation**  
Project Year FY-22 and FY-23

Supported by

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Submitted by

 **chrysalis**  
SERVICES

# Project Highlights:

## Need for the project:



Women contribute significantly to farm land labour.



They have minimal land ownership.



They do not have access to credit facility.



They have low access to market for selling their produce.



They do not have access to the money earned from agriculture.

Shravasti ranks as the fourth most backward district in India. the district has the potential to leverage its abundant natural resources—such as waterways, fertile soil, and mild weather—to improve livelihoods through regenerative agriculture practices.

Decades of monocropping and excessive chemical use in Punjab's wheat and paddy cultivation have severely degraded the soil and depleted groundwater levels, jeopardizing agricultural sustainability. Embracing regenerative agricultural practices offers a path to rejuvenate the land.



## Objective

To enable women farmers to use regenerative agriculture practices to improve soil fertility and increase productivity, ensuring food and nutrition security for their families, along with enhanced income levels. The strategy was to establish regenerative agriculture (RA) hubs which served as farmer resource centres for training women farmers in regenerative agriculture practices, development of household-based “Good Food Corners” and production of carbon rich compost.



## Implementing partner

Naandi Foundation



## Geography

Punjab- Moga  
and Tarn Taran.  
Uttar Pradesh -  
Shravasti



# Activities



Establishing  
Regenerative  
Hubs and model  
farms  
(FY- 22).



Training women  
Farmers (FY-22  
-3500, FY-23-  
15500) for  
regenerative  
agriculture.



Production of  
compost and  
bio-inputs.  
(FY-22, FY23).



Promoting Good  
Food Corners.  
(FY-22, FY-23).



Engaging 150  
Hariyali  
Associates for  
providing hand  
on support and  
guidance.  
(FY-22, FY-23).



# Approach and Methodology

## Approach



## Methodology

Stakeholder		Tool
Women Farmers	→	Quantitative Survey
Women Farmers		Focused Group Discussions
Mixed Group	→	
Hariyali Associates		Key Informant Interviews
Community Leaders		
Project Head (Head and Coordinators)	→	

# Findings and Analysis

## 98%

of respondents expressed that Regenerative Agricultural Hubs created awareness about regenerative agriculture and its techniques.



## 100%

of respondent's women who created Good Food Corners mentioned that they gained a sense of ownership and recognition through managing Good Food Corners in both project states.

## Good Food Corners



FY-22, 87% of the respondents created good food corners in Punjab, and 79% of respondents created Good Food Corners in Uttar Pradesh. 100% of respondents from FY-23 (Punjab and Uttar Pradesh) created Good Food Corners in their homes. These respondents still continue to grow vegetables in these Good Food Corners.





In Punjab project areas, **78% (FY-22)** respondents and **85% (FY-23)** respondents reported monthly savings of Rs 1800-Rs 3000, due to reduced input costs per month.



In Uttar Pradesh project areas, **70% (FY-22)** respondents and **66% (FY-23)** of respondents reported a saving of Rs 2000-Rs 4000 due to reduced input costs per month.



Focus Group Discussion respondents revealed that **adopting regenerative practices, particularly mixed cropping, led to higher yields, fresher vegetables** for 2-3 days, larger sizes, and quicker cooking times, enhancing yield and income.



Focused Group Discussion respondents revealed decrease in allergy cases among children in their community, attributing this to regular visits to their Good Food Corners for supplies.



Respondents and Hariyali Associates, during Key Informant Interviews, informed that they have observed softer, more fertile soil, which lead to better crop taste. This indicate the positive impact of the project on ecosystem.



# REECIS



## Relevance

The project directly addresses the adverse effects of traditional agriculture, emphasising the necessity for a transition to regenerative practices. It highlights the environmental and health issues stemming from non-organic farming, especially in chemically reliant regions.



## Effectiveness

Majority of respondents created Good Food Corners after the training. 98% of respondents acknowledged the increased awareness about their understanding of regenerative agriculture and majority of surveyed respondents tried to implement Good Food Corner, indicating the initiative's effectiveness in disseminating knowledge and fostering behavioural change.



## Efficiency

The project effectively reduces input costs and maximizes output through regenerative farming methods, including the use of compost, C-100, and natural fungicides. Efficiently managed Hubs produce 1000-1500 tonnes of compost annually, distributing 50 kg to each Good Food Corner, thereby promoting sustainable agriculture.



## Coherence

The project aligns with national efforts like the National Mission on Natural Farming (NMNF), which promotes chemical-free and natural farming. Additionally, it supports the Swachh Bharat Mission by turning waste into compost, highlighting its commitment to eco-friendly practices and waste reduction.



## Impact

The study reveals positive impacts on various aspects, including crop quality and quantity, women's empowerment, savings, and health. For instance, respondents expressed increased savings, improved crop quality and yield, and enhanced health outcomes, with decreased cases of allergies and stomach issues. These benefits are highly impactful post-COVID-19.



## Sustainability

Adopting regenerative agriculture practices and creating Good Food Corners enhanced the project's sustainability. Beneficiaries highlighted improved soil health and decreased reliance on chemical inputs, which can contribute to the overall sustainability of agricultural practices.

# Alignment with Sustainable Development Goals

Goal	Activities of the Project	Target
	<ul style="list-style-type: none"> <li>Enhancing organic produce quality and quantity.</li> <li>Promoting Regenerative Agriculture for food security.</li> </ul>	 
	<ul style="list-style-type: none"> <li>Promoting consumption of healthier, organic vegetables.</li> <li>Educating on the harmful effects of chemicals.</li> </ul>	 
	<ul style="list-style-type: none"> <li>Empowering women through employment in agriculture.</li> <li>Training women in regenerative agriculture practices.</li> </ul>	
	<ul style="list-style-type: none"> <li>Improving soil health and biodiversity.</li> <li>Promoting eco-friendly pest control.</li> <li>Implementing regenerative farming practices.</li> </ul>	 

## Journey to Organic Prosperity



*Veer Pal is from Taran Taran. At first, she needed to figure out how to try new farming methods she learned from a regenerative hub. But after some encouragement from the Hariyali team, she began growing vegetables in a small 20x20 area called Good Food Corner. She grew many good vegetables, and many people wanted to sample her organic produce.*

*During the discussion, she stated that earlier she used to sell chemical products at a set price in the market. Now, she sells many organic vegetables like carrots, cauliflower and potato in her shop at better price and earns ~Rs.2000 more per month. This extra money has given her financial independence.*

**- Veer Pal**

## Transformed Wasteland into a Thriving Good Food Corner



*Harjeet Kaur attended a Regenerative Agriculture training session and learned about the harmful effects of pesticides. Inspired, she got her entire family involved in adopting these practices. She expressed concern about how pesticides and chemicals harm the land. Lacking personal farmland, she transformed a neglected area in front of her house into a flourishing Good Food Corner. Her husband, Sukhvinder Singh, supported her enthusiastically, encouraging the whole family to participate. Together, they grew vegetables like beetroot, cabbage, and radish, created a C-100 pit, and even used old boxes to grow figs and guava on their rooftop. During a conversation, his brother mentioned that their three fruit trees hadn't produced fruit for two years until Harjeet introduced compost and bio-inputs, which led to noticeable results within six months. Now, Harjeet is seen as a source of inspiration by her family and the entire village. Harjeet is also working as a Hariyali Associate in Tarn Taran Hub.*

**- Harjeet Kaur**



**Thank You**