



## **Access to food security knowledge**

The Women University of Azad Jammu and Kashmir (WUAJ&K), Bagh, is committed to promoting food security, sustainable agriculture, and community well-being through education, outreach, and research-based initiatives. In alignment with SDG 2 (Zero Hunger) and the university's mission to empower women and local communities through knowledge and technology transfer, several activities were conducted to enhance public awareness and develop practical skills among students, staff, and local farmers.

### **a) Seminar on Health, Nutrition, and Food Security**

The university organized an awareness seminar to provide participants with a comprehensive understanding of food security, healthy eating, and sustainable nutrition practices. Experts highlighted the importance of balanced diets and sustainable food systems in ensuring community well-being ([Annex I](#)).

### **b) Awareness Session on Safe Drinking Water, Sanitation, and Hygiene**

Sessions were held to promote public health awareness focusing on the role of clean water, proper sanitation, and hygiene in food safety and nutrition. Participants were guided on safe food handling and water purification methods for sustainable health outcomes ([Annex II](#)).

### **c) Seminars on Kitchen Gardening**

Multiple seminars were conducted within the university to promote the concept of kitchen gardening among students and staff. The sessions emphasized home-based vegetable cultivation for self-sufficiency, food quality improvement, and sustainable living ([Annex III](#)).

### **d) Practical Demonstration on Vegetable Cultivation**

Faculty and experts conducted hands-on demonstrations on vegetable cultivation, teaching practical methods for soil preparation, seed selection, pest management, and organic fertilizer use ([Annex IV](#)).

### **e) Training Sessions in Other Institutions**

To expand outreach, university representatives provided training sessions at other educational and community institutions on kitchen gardening and food security, ensuring a broader regional impact ([Annex V](#)).





**f) Participation in Agricultural Exhibitions and Shows**

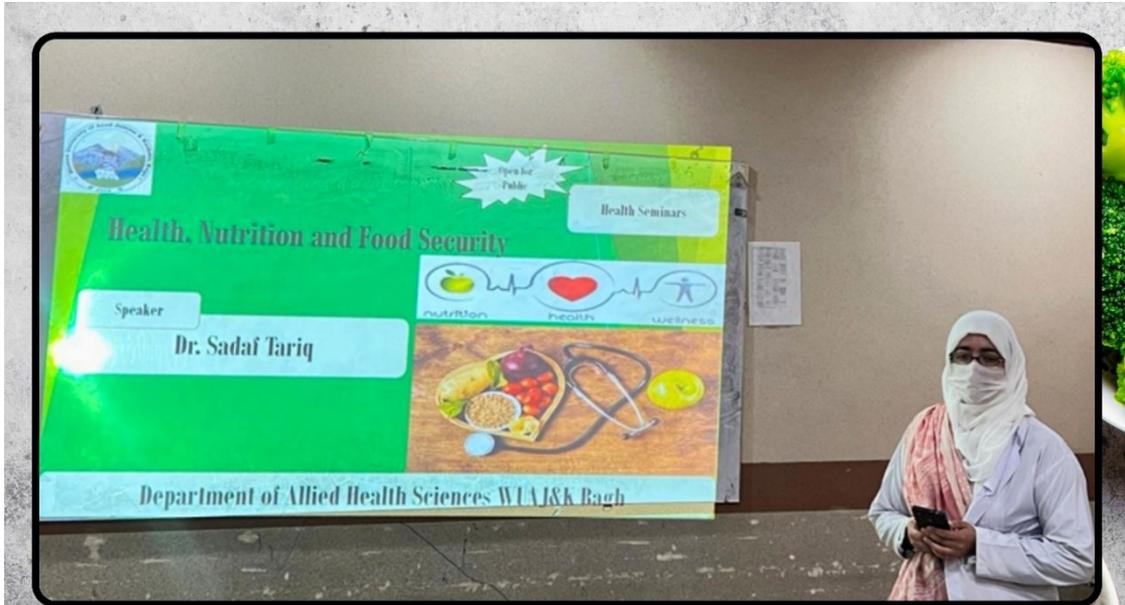
University faculty and staff actively participated in local agricultural shows to motivate farmers and share knowledge about sustainable agricultural practices and food production technologies (Annex VI).

**g) Post-Training Engagement with Vegetable Farmers**

Continuous engagement was maintained with trained farmers through follow-up visits and communication to monitor progress and ensure sustainable implementation. These interactions encouraged farmers to adopt better practices for producing healthy and fresh vegetables (Annex VII).



Annex I



**Seminar on Health, Nutrition, and Food Security**

**18 March, 2024**



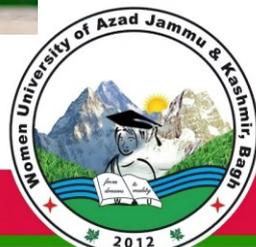
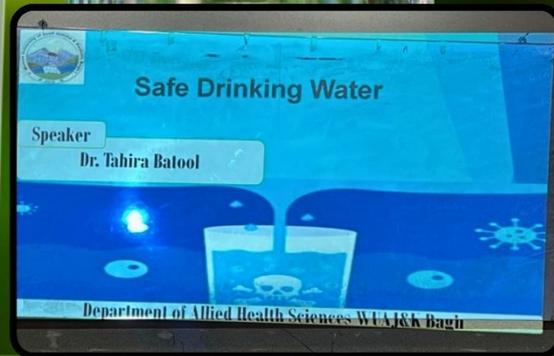
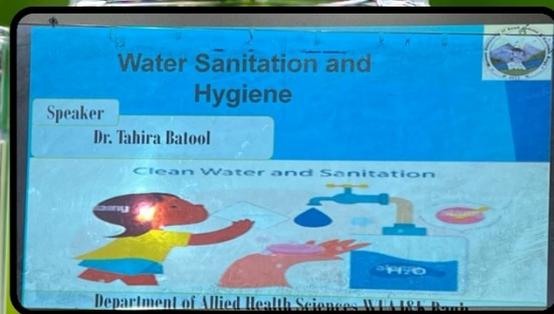


Annex II



**Seminars on Safe Drinking Water and Water, Sanitation, and Hygiene**

**11 April, 2024**



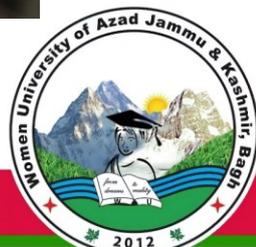


Annex III



**Kitchen Gardening Training**

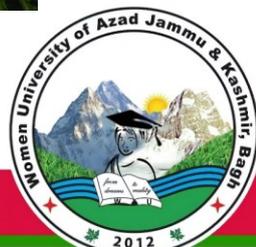
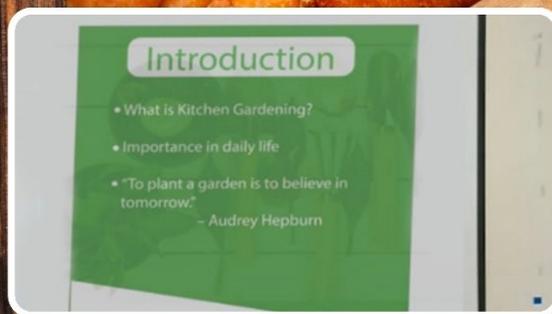
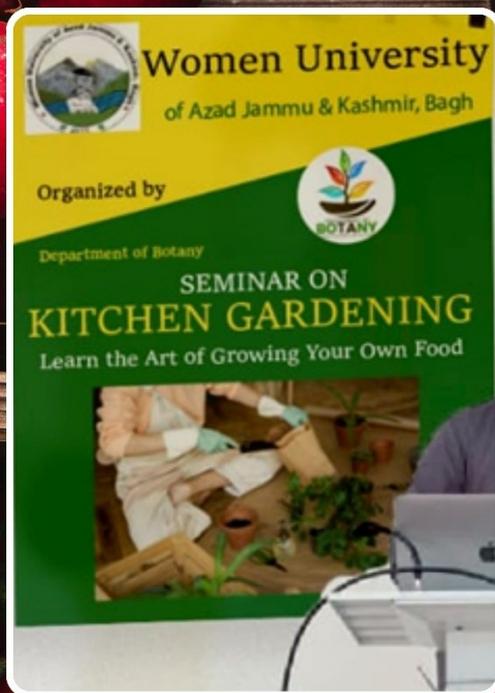
**November, 2024**





**Seminar on Kitchen gardening**

**04 November, 2024**



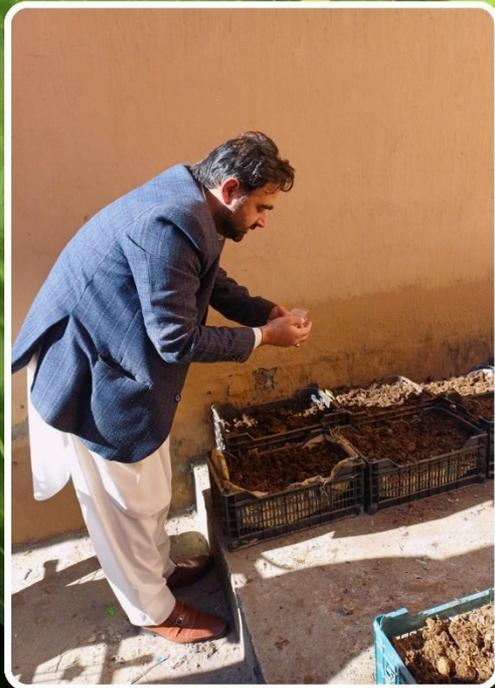


Annex IV



**Seminar and Demonstration on Vegetable Cultivation**

**05 November, 2024**



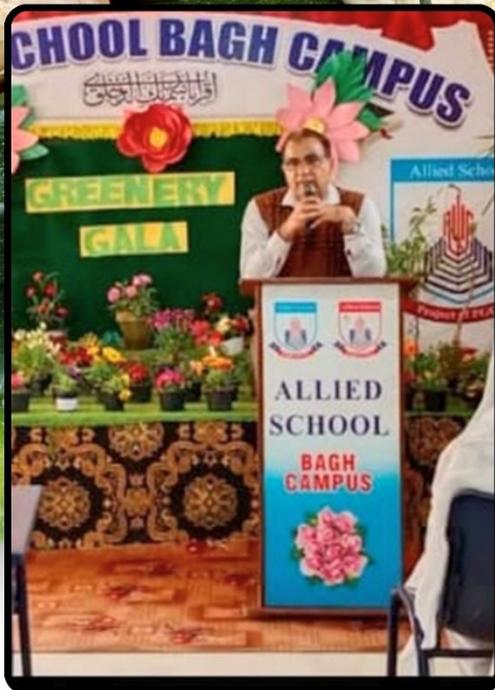


Annex V



**Training on Kitchen Gardening and Sustainability Habits at Allied School System Bagh**

**3-5 December, 2024**



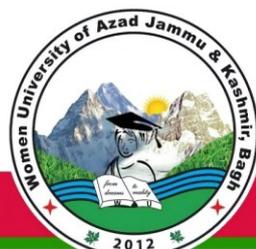


Annex VI



**Promoting Sustainable Livelihoods Through University Staff  
Participation in Agricultural Shows**

19 October, 2024





Annex VII

