



Events for local farmers and food producers

The Women University of Azad Jammu and Kashmir (WUAJ&K), Bagh actively engaged with local farmers and food producers throughout 2024 by organizing community-oriented events focused on food security, sustainable agriculture, and improved food production practices. As the university is located in a remote hilly region, most local farmers are not well educated or fully aware of modern and sustainable farming technologies. Therefore, **these initiatives were specifically designed to empower farmers through practical demonstrations, training sessions, and continuous engagement**, enabling them to adopt improved cultivation methods and enhance local food sustainability and community well-being. The key events and activities are provided below:

a) Practical Demonstration on Vegetable Cultivation

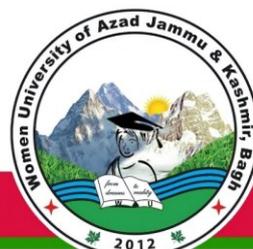
Hands-on field demonstrations were conducted to train local farmers in sustainable vegetable cultivation techniques. Sessions covered soil preparation, organic fertilizer application, irrigation methods, pest management, and seasonal crop selection. Farmers gained practical skills to enhance crop yield and improve food quality. [\(Annex I\)](#)

b) Training Sessions in Other Institutions on Kitchen Gardening and Food Security

University faculty delivered specialized training programs at local agricultural and educational institutions to extend outreach beyond campus. These sessions focused on kitchen gardening, home-based vegetable production, and the importance of food security in rural households. The initiative reached a wide group of farmers and small-scale producers. [\(Annex II\)](#)

c) Post-Training Contact and Follow-Up with Vegetable Farmers

The university maintained active engagement with farmers who received prior training. Follow-up visits and communication were carried out to assess progress, provide technical advice, and ensure adoption of sustainable farming practices. This continuous support helped farmers produce healthy, fresh vegetables for local markets. [\(Annex III\)](#)





d) Participation in Agricultural Exhibitions and Farmers' Shows

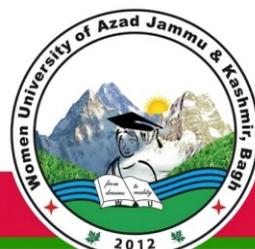
Faculty and students of WUAJ&K participated in regional agricultural exhibitions to share research-based knowledge, demonstrate sustainable technologies, and motivate farmers to adopt eco-friendly and cost-effective farming practices. [\(Annex IV\)](#)

e) Seminar on Health, Nutrition, and Food Security

Although conducted at the university, this seminar included participation from local farmers and food producers. It focused on creating awareness about the interconnection between nutrition, sustainable agriculture, and food security, emphasizing the need for responsible food production and consumption at the community level. [\(Annex V\)](#)

Outcomes

- Strengthened collaboration between university experts and local farmers.
- Enhanced farmers' skills in sustainable and organic vegetable cultivation.
- Promoted food security and self-sufficiency through kitchen gardening.
- Encouraged environmentally responsible and health-focused food production.
- Contributed directly to SDG 2 (Zero Hunger) and SDG 12 (Responsible Consumption and Production).



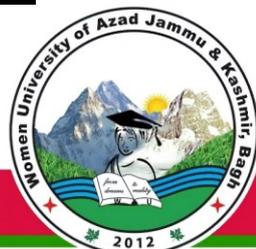


Annex I



Seminar and Demonstration on Vegetable Cultivation

05 November, 2024



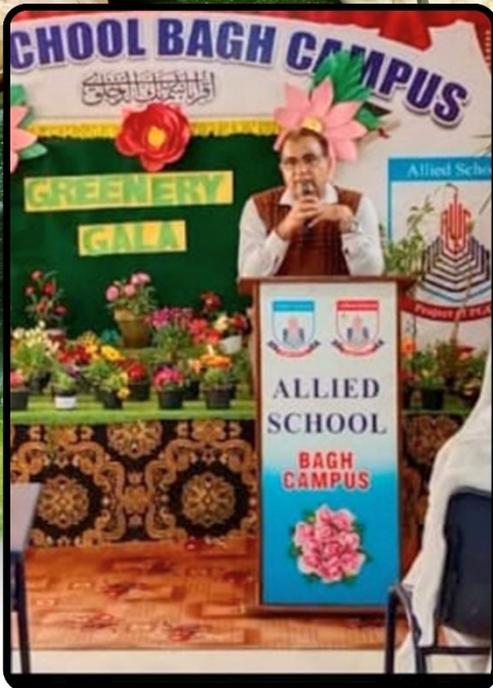


Annex II



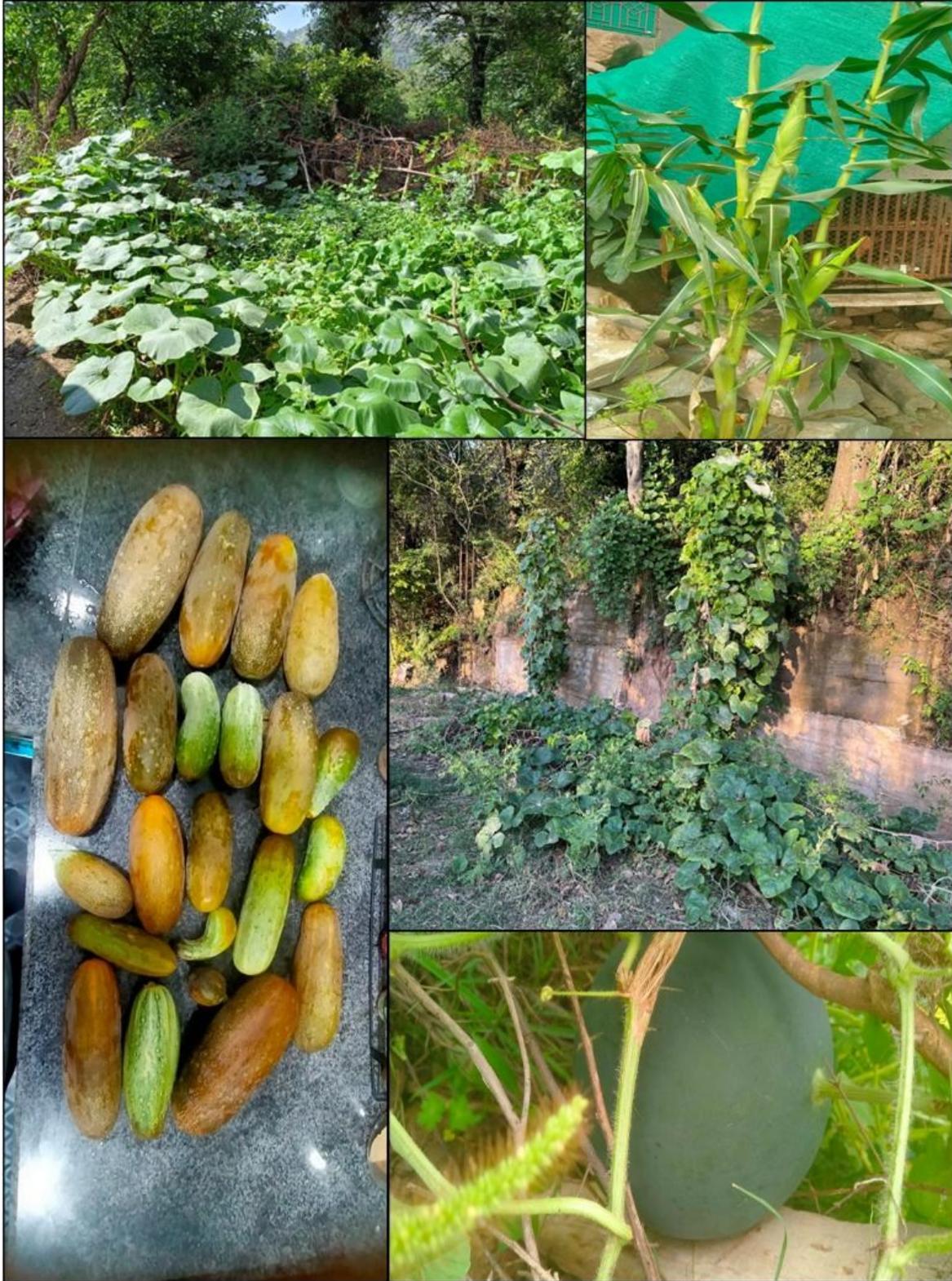
Training on Kitchen Gardening and Sustainability Habits at Allied School System Bagh

3-5 December, 2024





Annex III



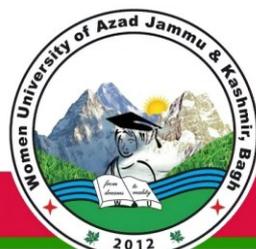


Annex IV



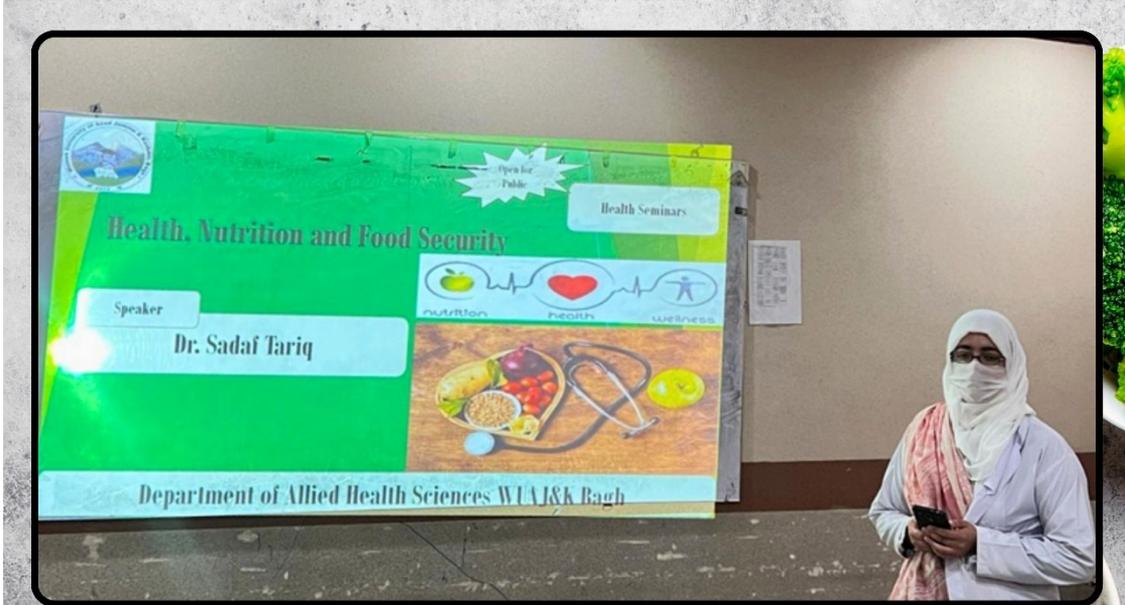
**Promoting Sustainable Livelihoods Through University Staff
Participation in Agricultural Shows**

19 October, 2024





Annex V



Seminar on Health, Nutrition, and Food Security

18 March, 2024

