



# Integral Institute of Agricultural Science & Technology (IIAST)

## Integral University, Lucknow

### Brief report on Awareness Campaign on Health and wellness of farmers and Animal health awareness in the village Bhakhamau by IIAST, Lucknow

On 26th April 2023, the Integral Institute of Agricultural Science & Technology (IIAST), Department of Agriculture, Integral University, Lucknow, arranged an "Awareness Campaign." As part of this campaign, students pursuing B. Sc. (Hons.) Agriculture, accompanied by their activity coordinators Dr. Faria Fatima (Associate Professor) and Dr. Pankaj Gupta (Assistant Professor), visited the village of Bhakhamau in Lucknow, Uttar Pradesh. The event was assisted by Faisal Kirmani and Sooraj Awasthi, Lab Instructors at IIAST.

The extension activity had specific emphasis on various topics like "*Animal health Awareness*" and "*Awareness of Milk Adulteration and its Control*" by Dr. Pankaj Gupta and "*Health and wellness of Farmers*" by Dr. Faria Fatima. Dr. Faria Fatima explained occupational diseases among farmers and explained that there should be strict regulations and standards to ensure the safety of farmers while working in the fields. Providing protective equipment, the pesticide industries or by free distribution of the equipment by the government, such as masks, gloves, and goggles, helps to reduce exposure to harmful substances, pesticides, or environmental hazards. Promoting safe working practices and training programs to minimize the risk of injuries and accidents must be prioritized amongst farmers which aligns with *SDG 3 (good health and well-being)*. Improvement in the overall infrastructure in rural areas by focusing on the availability of clean water, sanitation facilities, and electricity by the government reduces health risks. Access to clean water is crucial for hygiene and agricultural purposes, while sanitation facilities are essential for maintaining good health.

Dr Pankaj explained about various animal diseases and their preventive as well as curative measures. Promoting animal health awareness contributes to achieving SDG 3 by ensuring the well-being of animals, preventing the spread of zoonotic diseases, preserving biodiversity, and maintaining the delicate balance between human and animal health. It is well acknowledged that Animal diseases cause huge losses to livestock farmers. Prevention of many diseases is possible by protecting the animals by prophylactic and strategic vaccination. "Prevention is better than Cure" is an age old proverb which proves its worth by routine vaccinating. Vaccination is done at a specific age and at a definite time interval against specific disease(s) using vaccines to give optimal protection to the animals. Preferably deworming should be ensured at least 2-3 week in advance before vaccinating. Vaccination schedule may vary depending on the prevalence of disease. In the next theme "Awareness on Milk Adulteration and its Control", Dr. Gupta highlighted the grave issues of adulteration in milk and other allied milk products. Adulteration in milk has been a cause of concern for both the Government and the Dairy Industry. The detergent in milk can cause food poisoning and other gastrointestinal complications. The market value of such products is also comprisable.

During the session, farmers acquired diverse knowledge about their health and well-being and acknowledged the occupational hazards they encountered. They recognized the importance of preventive and curative measures to uphold good health. The farmers expressed positive feedback concerning the issue of milk adulteration and gained insights into curative measures for various livestock diseases. The Awareness campaign was observed under the guidance of Prof. Mohd Haris Siddiqui, Dean, Faculty of Agricultural Science and Technology and Prof. Saba Siddiqui, Head, Department of Agriculture, IIAST. The campaign, organized through collaborative efforts of coordinators, instructors, and students, proved to be a successful endeavor.

### Glimpse of the awareness campaign

