



Food Security for Improving the Livelihood of Rural People

Nar Kumar Chuwan

Ph.D. Scholar, Central Department of Rural Development, Tribhuvan University, Kathmandu, Nepal
Email: narkumar.makalu@gmail.com

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Abstract— This paper highlights different ways of agriculture farming emphasizing food security in order to improve the livelihood of rural people in Nepal as a fundamental aspect of rural development. It also reviews briefly the methods of farming going on in Nepal and also provides different types of impacts it has. It's been found that a more dependent population is just engaged the agriculture for their households' needs only and they are required to be motivated to engage in intensive agriculture. As all the regions of Nepal are having their own scheme of production, not much attention is given to food security. Food security programs incorporating local skills and agriculture inputs for higher productivity are important in order to improve the livelihood of rural people. The growing urgency of organic products can minimize the gaps between rural and urban areas from health, economic and socio-cultural perspectives.

Keywords— Agriculture, organic production, food security programs, rural development.

I. INTRODUCTION

Nepal is an agricultural economy-based country. Inside the nation, the data has shown that 60.4% population is dependent on agriculture with a GDP contribution of 25.8% (Economic Survey, 2021). Most of the activities within all the land areas are touched by farming activities. The gained natural structure's beauty inside all these regions must be in intimate relation with the farming system all year round. From all the three geographical regions: Mountains, Hilly, and Tarai; the cropping, harvesting, and production are done in accordance to the agriculture's per time basis every year. The cultural technique of doing agriculture system depends upon the concerned society's terminology in Nepal. Differences within different groups farming methods are also letting for the production and storing of produced items. For more good production in the name of storing food items, within farming systems, the innovational terminology is needed. This part will support increasing the production part.

II. METHODOLOGY AND PURPOSE

In this paper, a review of literature and works has been conducted about the food security status in rural areas. Methodologically, secondary sources of the information from the documents published by the Government sector, Central Bureau of Statistics (CBS), and others are taken. The main purpose of this paper is to carry out a review on the improvement of the livelihood of rural people through the food security system.

III. RESULT AND DISCUSSION

a. Rural areas and Agriculture Pattern

Rural Development is a subset of the broader term "Development". The word rural development connotes the overall development of rural areas with a view to improving the quality of life of rural people. According to Robert Chambers (1983), "Rural Development is a strategy to enable a specific group of people, poor rural women, and men, to gain for themselves and their children more of what they want and need". Out of 460 rural municipalities (GoN, 2015), mostly all the rural areas are

very much attractive for doing good agricultural production.

The rural areas of each 7 provinces are rich in their own content with good agricultural land settings. 460 rural municipalities (GoN, 2015) are having their own unique agriculture activities needed for their local areas and nation development. Contents of wonderful seeds, seedlings, fodders, livestock, and fishery’s section are the good ones needed for required and surplus agricultural production. Organized and planned steps for food security of each and every rural area’s population will support more production of agricultural food materials.

For this, there has to be a change in the ongoing subsistence farming system towards intensive farming and commercial farming systems. Upon improvement firstly the pre-caring, pre-production, and post-production items within the agriculture sector must be started. As the data has shown that 60.4% population is dependent on agriculture with a GDP contribution of 25.8% (Economic Survey, 2021). In order to increase production, the agricultural diversity and varied climates must be having good parallel movement.

The villages of Nepal are still dominantly practicing a more traditional system of farming in comparison to urban and semi-urban areas followed by road networks. There must be an innovative change in this type of farming method considering the climate pattern, types of soil, and other geophysical factors. For this, firstly the technical section must be floored within rural areas by knowledge sharing through the workers of agriculture information center. Then only technically agricultural farming activities must be moving in by the hands of the skilled rural population. For this, the organic agriculture section must be taken in hand for making the surplus production needed for preserving the agriculture productions.

b. Rural areas and organic agriculture

In rural areas, it’s been found in some areas, organic farming is going on. The scientific model of organic agriculture production pattern is very much similar to the techniques needed for intensive or commercial farming. The utilization of gained natural prospects of some of the organic products will give a qualitative foundation towards

food having scheme. Some of the organic products within some places of Nepal are shown in the following table 1;

Table 1: Organic products in different places of Nepal

Places	Organic Products
Bajura	Sea buckthorn juice
	Olive oil
Dolpa,	Apples
Humla	Beans
Ilam	Organic tea
Jumla	Beans
	Walnut
	Marsi rice
Manang	Apples
	Buckwheat
Mustang	Apples
Sankhuwasabha	Cardamom
	Orange
Western Tarai	Lentils

Source: MoALD, 2019

Besides these places’ organic products, other places also produce organic products in Nepal. Furthermore, more jobs; locally or on a wage basis are under creation through organic agriculture. Meanwhile, they are more labor-intensive in nature. But, less use of pesticides and chemical fertilizer in this type of production is a good aspect of production from a health point of view. The produced agriculture productions are basically for self-use only rather than rural market flow. Not that much care towards the production of a high quantity of food items within short gaps is visible. Except some groups i.e. farmers are also having difficulties having food year-round. The youths and active people must be attentive toward the food cultivation, harvest, and securing phase. So that this type of method could also help retain youths in the farming profession. In order to harness the joint potential of this type of active group and organic agriculture we need to include the following programs;

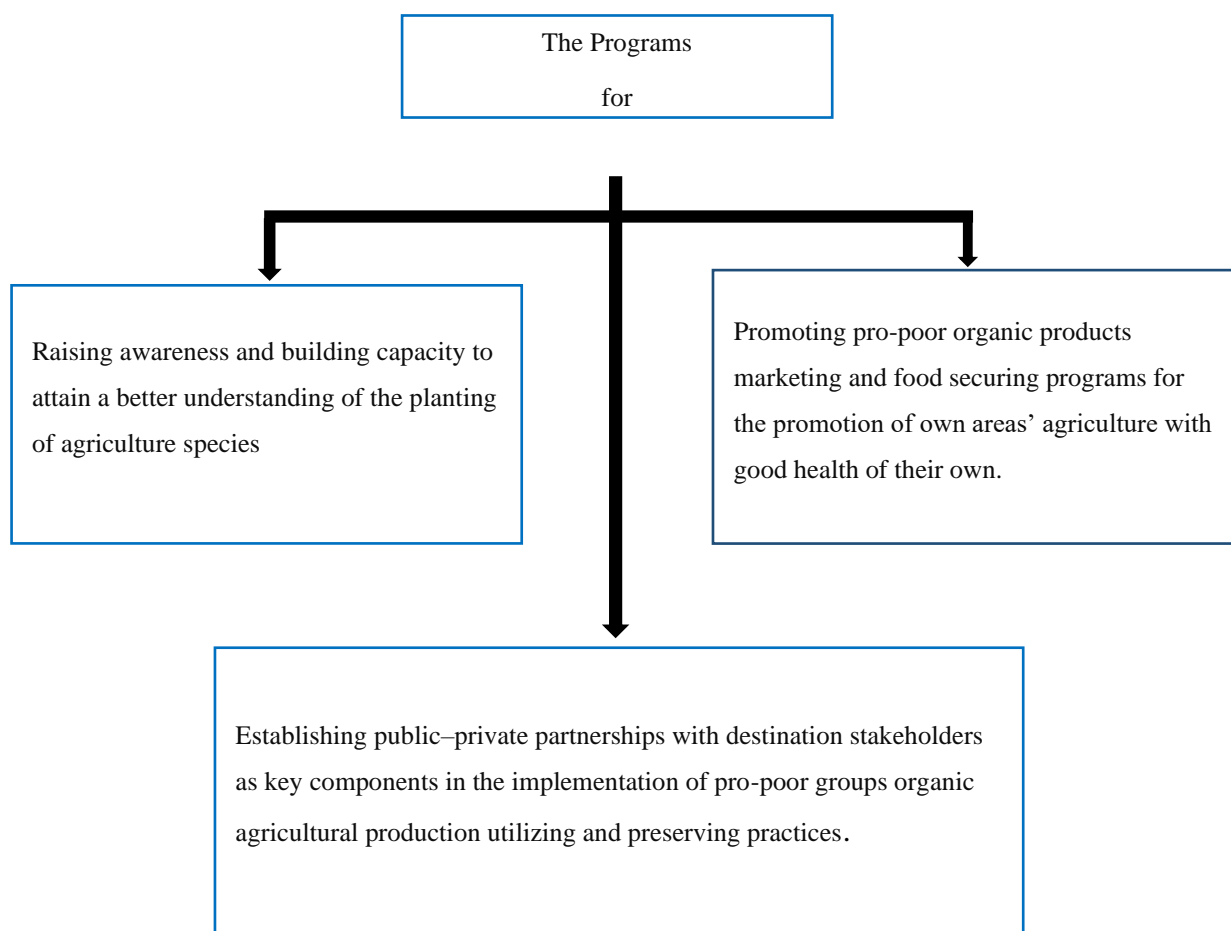


Fig.1: Programs between Active Groups and Organic Agriculture

A notable advantage of food security will be achieved by the use of the mentioned points in the figure. Other ways of difficulties faced for the economic activity portion will be combated in some manner from the good food security. Small-scale local enterprises will motivate people to utilize their raw materials for agricultural production. This part will play an important role in the direct economic linkage between skilled rural people and supplied agricultural items through the small-scale enterprises in some more developed areas.

c. Agricultural production situation

The production situation refers to the ideas launched by the locals within their agricultural lands. Nowadays, most people are in need of hygiene organic agriculture products for keeping their health safe, the body active, and good immune. This can lead to a change in the traditional system of farming to the intensive one. For this, firstly, the innovative activities within agriculture are to be implemented by the locals themselves with agenda-wise support from the agriculture information center. This will obviously help the active population basically youths for

increasing agriculture production which will lead towards good preservation of indigenous crops as well as assist in securing a food security system at a local level. The rate of contribution of different agricultural crops will increase and no people from any place in Nepal have to worry about having and preserving food. During the year 2021, some agricultural crops have shared their production according to the date expressed in table 2;

Table 2: Status of Agricultural Crops Production

Name of Crops	Production
Food crops (cereal crops)	44.9%
Cash crops	14.7%
Vegetables	17.2%
Industrial crops	13.7%
Fruits	10.7%
Spice crops	8.0%

Source: MoALD, 2020

Due to the cause of Covid- 19 pandemic agricultural production has declined, however, after post-pandemic,the production situation has been gradually improving from the previous ones. Meanwhile, as a good aspect, the pandemic pressurized the local youths to engage in agriculture for two reasons mainly. First, local youths returned back to their hometowns considering rural regions are safer than urban ones. Secondly, since they started to be unemployed due to long months of lockdowns enforced by the government, they had to back to their hometowns and get engaged in agriculture. In this situation, some of the organizations have also supported the local youths for use of new techniques in the name of innovation in the field of farming by providing agriculture inputs such as using axe, dah, secateurs, tractors,and billhook (HTE, 2020). This part obviously helped increase food production and eventually food security. So the population having problems with their own agriculture production might feel relief and betterment upon the farming seedlings. It also controlled the rate of reduction of food production and help people to be focusedon food storage. It is supported for food security realizing its importance in own household, society, and nation.

d. Need of Food Security Program

It is known to all that in most of the areas (both rural and urban areas), the term food security is not well understood by people and is practically operationalized by the locals. Thus for sustaining the food security program within the rural areas and also implying towards the urban sector, some points have to be forwarded within the rural active population agriculture producers. The empowerment of local farmers can only sustain the food security programs. The active population that largely prefers to reside in urban areas is pessimistic about agriculture. The success of food security programs also depends upon how far local youths are driven towards the essence of food security and agriculture.This concept has the tremendous potential to attract investors in rural areas as well in terms of the operation of farmhouses and the agro-based industry as a profitable sector. For this, these are to be carried out by the same local active groups, and local offices relating to agriculture progress and societal development.

Table 3: Some Activities to be carried out by Local Active Groups

Activities to run by the agriculture producers
<ul style="list-style-type: none"> • Promotion of harmonious relation & understanding for food preservation
<ul style="list-style-type: none"> • Construction and utilization of cold storage by the locals
<ul style="list-style-type: none"> • Restoration of Culture upon food security doing portion
<ul style="list-style-type: none"> • Environmental preservation
<ul style="list-style-type: none"> • Community development

Source: computed by the Author

Good attention has to be given by the locals during and after the food storing process as well. This type of process will certainly lead the rural people towards a good amount of calorie full food consumption. It will certainly help to carry out otheragro-industry-based works that could support the increasing economy in a good way. For example, the organization ‘Al-Ameen’has also focused on the importance of distributing food baskets to displaced and vulnerable families ones. This organization Al-Ameen supports agricultural projects. Farmers are trained on agricultural best practices and are equipped with farming equipment (Al-Ameen, 2022). Also, another organization SCIAF, has done good activities for supporting the people with food items through a food security program. SCIAF addressed food insecurities through a range of supportive and sustainable agricultural activities. The program emphasized sustainable farming practices such as composting, use of animal manure, use of green manures, minimal tillage, crop diversification and rotation, use of open-pollinated varieties (OPV) seeds, and latterly agro-forestry. The programmer advocated sustainable practices over the unsustainable and damaging use of inorganic fertilizers, pesticides, and destructive practices such as the indiscriminate burning of crop residues (SCIAF, 2022). These types of supporting programs are very effective and useful from health, economic, and socio-cultural perspectives for any nation.

IV. CONCLUSION

Nepal has four hundred sixty rural municipal areas (GoN, 2015),which have high prospects of rural development by improving the livelihood of local people through agricultural development and food security programs.Food security programs driving toward agriculture development can establish a strong linkage with urban areas through

areas of the food supply segment. The trend of use of local seeds, saplings, and manure by local rural people with a bit of modernity will let the development process result-oriented and problem-solving in reality. As agriculture is Nepal's main economy, the best self-enrollment of rural people, returnees, and interested urban people within rural farming areas will let the agriculture sector develop especially in terms of food security, balanced organic food, and profitable farming. This type of scheme will be supporting for the minimization of unemployment of local people of the global south. For this, organized networks and economic interaction of all the rural groups in rural farmland areas are required to improve the livelihood of local people. In addition, good collaboration with urban centers is another important part of food security in rural regions. The agenda forwarded by ADS of MoALD in terms of food security and the rural livelihood of people will also be fulfilled if these sorts of steps are taken into consideration. Heading towards poverty reduction in Nepal too, good involvement of the economically active population in organic farming and intensive agriculture help to generate employment and promote entrepreneurship.

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