


**Biodata of Young Innovative Women Farmer to be rewarded in the National Seminar on
“Extension Education Strategies for Digital Agriculture: Experiences & Sustainable
Pathways” at OUAT, Bhubaneswar during 20-22 June, 2025**

Name and Address	: Name : Sadhana Barik Village : Champamal GP : Birnursingpur Block : Harbhanga Family Members : 5 Land holding : 5 acres Linkage with KVK since:																			
Telephone /Mobile Number	: 8260852960																			
Category of farmers	: Small farm women.																			
Enterprise taken up	: Smt. Sadhana Barik a smallholder farm woman from Boudh district, Odisha, owned 5 acres of rainfed land. Traditionally dependent on mono-cropping of paddy and high-cost chemical inputs, she faced declining yields, poor income, and rising debt. With support from Krishi Vigyan Kendra (KVK), Boudh, she adopted Integrated Natural Farming along with millet-based cropping and seasonal vegetable cultivation using locally prepared bio-inputs like Jeevamrut, Beejamrut, Handikhwata, Neemastra, Agneyastra and Green manuring techniques. Simultaneously, she diversified a portion of her land to traditional and high-yielding millet varieties such as finger millet and little millet to enhance nutrition, resilience, and market value.																			
Innovation (describe in max. 20 words)	: Integrated natural farming with millet-based cropping system using bio-inputs, intercropping, and market linkage for sustainable income and nutrition																			
KVK intervention/service s provided to the farmers through training (FLD, OFT, Extn. Activities)	: With the increasing demand for chemical-free food and the growing cost of chemical inputs, the importance of natural farming has become more pronounced, especially in tribal and rainfed regions like Boudh district. Recognizing the opportunity, KVK, Boudh initiated a systematic intervention to train and empower farm women and SHGs in the preparation and commercialization of indigenous bio-inputs like Jeevamrut, Handikhata, Neemastra, and Agneyastra. KVK Boudh's systematic intervention through training, method demonstration, and awareness programmes have led to significant awareness, adoption, and entrepreneurship development in bio-input production. This approach aligns with national goals of natural farming, soil health rejuvenation, and doubling farmers' income. KVK intervention and farmer innovations have led to the adoption of diversified cropping systems integrating paddy, pulses (mung, kulatha), vegetables, and nutri-cereals like finger millet (mandia) under low external input-based natural farming practices.																			
Profit generated	: <table><tr><th>Crop</th><th>Amount (Rs.)</th></tr><tr><td>Bio inputs</td><td>Rs. 1,75,000/-</td></tr><tr><td>Vegetables cultivation(natural farming)</td><td>Rs. 75,000/-</td></tr><tr><td>Millet based cropping</td><td>Rs. 30,000/-</td></tr><tr><td>Mung</td><td>Rs. 27,000/-</td></tr><tr><td>Goat rearing (10goats)</td><td>Rs. 35,000/-</td></tr><tr><td>Cow rearing (3 nos.)</td><td>Rs. 27,650/-</td></tr><tr><td>Backyard Poultry (50 birds)</td><td>Rs. 40,000/-</td></tr><tr><td>Total</td><td>Rs. 4,09,650/-</td></tr></table>	Crop	Amount (Rs.)	Bio inputs	Rs. 1,75,000/-	Vegetables cultivation(natural farming)	Rs. 75,000/-	Millet based cropping	Rs. 30,000/-	Mung	Rs. 27,000/-	Goat rearing (10goats)	Rs. 35,000/-	Cow rearing (3 nos.)	Rs. 27,650/-	Backyard Poultry (50 birds)	Rs. 40,000/-	Total	Rs. 4,09,650/-	
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Employment generated	:	This model supports continuous employment for one adult woman or shared employment for multiple family members, reducing migration and dependence on casual wage labor.The enterprise now generates regular part-time employment for 3 women, engaged in weekly preparation of Jeevamrut, Neemastra, and Handikhata, Line sowing, Local sale of vegetables and millets,nursery management, transplanting, pest control (natural inputs), and harvesting and marketing through SHGs, making ragi flour.																		
Socio-economic upliftment with data	:	Shift from subsistence to a profitable, low-cost farming system. Earned more income than previous mono-cropping system.Regular home consumption of millets, vegetables, pulses → improved family nutrition. She manages bio-input units, seed saving, and marketing. Joined SHG under Mission Shakti; now trains others SHG members on natural farming and working as a Krushi Mitra and from last year she became a master trainer for adoption of natural farming in the district.																		
Any other information	:	