



AAHAR SE UPCHAAR
FOUNDATION



PRIME MINISTER
Award
For Excellence in Public
Administration 2022

**BIO
DIVERSITY
CITY**

SANVARDHAN
VOCAL FOR LOCAL

FLOURISHING FARMERS • NOURISHING TOMORROW

Aahar Se Upchaar Foundation:

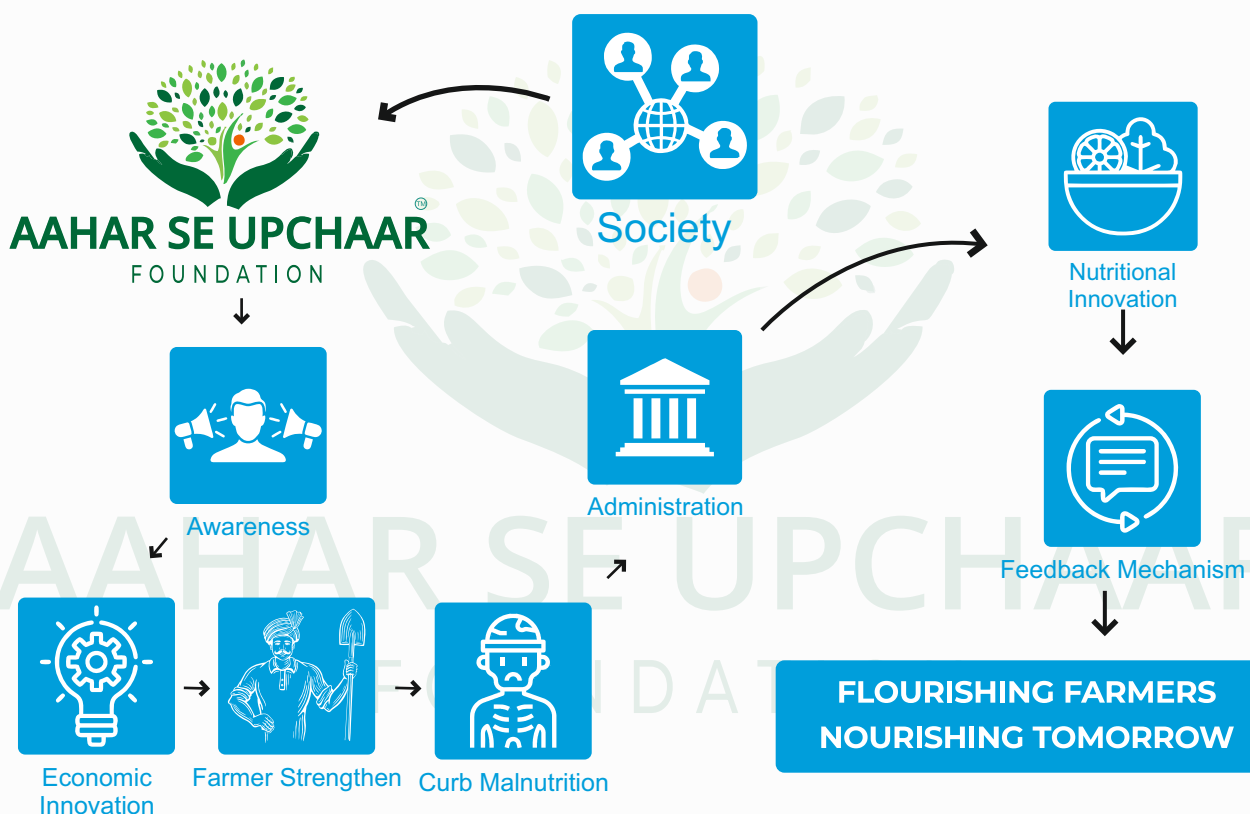
Our journey began with the Rampur Krishak FPC, where we focused on empowering farmers through organic farming practices & developed Millet based Nutritional enriched Poshan kit specifically for malnourish-impacted children, anaemic girls, pregnant & lactating mother. This initiative was recognized with the prestigious Prime Minister Award 2022. Building on this vision of creating a sustainable and healthier future, we established the Aahar Se Upchaar Foundation to broaden our social footprint impact and continue making a positive difference in the lives of those who need it most.

Aahar Se Upchaar Foundation is dedicated to creating a sustainable future by empowering farmers, addressing malnutrition, promoting biodiversity, fostering gender equality, and supporting sustainable development practices.

we are committed to tackling one of the most pressing issues of our time: malnutrition. This silent crisis affects millions, leading to severe health complications and, in the worst cases, death. Our mission is clear—empower individuals, especially the most vulnerable, to reclaim their health and vitality through access to proper nutrition and sustainable agricultural practices. Simultaneously, we are committed to empowering farmers, the backbone of our food supply chain, ensuring they have the support and resources necessary to cultivate nutritious crops and sustain our communities.

But we can't do it alone. We need your support to make a real difference. Join us in our mission to make a tangible difference in the lives of those who need it most, forging a path towards a healthier, more equitable society for all.

Aahar Se Upchaar: Empowering Farmers & curb Malnutrition for a Sustainable future.



**SUSTAINABLE
DEVELOPMENT IN
SOCIETY**



Focused Areas:

1. Farmer Strengthening:

Provide advance training & modern agricultural techniques & sustainable farming practices to farmers to enhance their productivity & resilience.

Support small and marginal farmers for enhancing their income opportunities & market access.

2. Curbing Malnutrition:

Organically grown, developed & promote nutrition-rich crops, millets & Super food kit's. Conduct awareness campaigns on Malnutrition & nutritional intake.

Partner with public administration to ensure access to nutritious food for vulnerable populations.

3. Biodiversity Promotion:

Encourage the cultivation of diverse crops to maintain ecological balance. Protect and preserve native plant species & traditional farming methods. Advocate for the use of organic/chemical free farming practices to reduce environmental impact.

4. Gender Equality:

Empower women by providing equal opportunities & resources.

Conduct gender-sensitivity training & awareness programs.

Promote women's leadership & participation in agricultural decision-making processes.

5. Sustainable Development:

Integrate sustainable practices into all aspects of agricultural and community development.

Promote the use of renewable energy sources & eco-friendly technologies.

Collaborate with local, national, & international organizations to support sustainable initiatives.

Sanvardhan® Millet Super food kit

For Malnourished kids



Amritam® Natural Super food kit

For Lactating mother



Shakti® Millet Super Food Kit

For Anaemic Girls



Shristi® Millet Super Food Kit

For Pregnant women



Key Programs & Initiatives:

Farmer Training Programs: Advance Technical training on sustainable farming techniques and financial literacy for farmer empowerment.

Nutrition Awareness Campaign: Community Awareness programs to promote healthy eating habits.

Sustainable Development Partnerships: Collaborations with governmental and non-governmental organizations to promote sustainable agricultural practices and rural development.

Women Empowerment Projects: Training and support for women in agriculture to foster economic independence and leadership.

Biodiversity Projects: Initiatives to conserve local flora and fauna and support eco-friendly farming practices.

Our Achivements

In area of Malnutrition

- More then 1 Lakh SAM/MAM Malnourished Children & Anemic Girls,
Lactating & Pregnant Women came out of Malnourished category within 5-6 months.
- Result of Millets Poshan kit's are 93% to 94% & Recovery Tenure is 5 to 6 month.

In area of Agriculture

- Cluster farm cultivation area of diversified crops increased (from 0-1000 hec.)
& also water level, resulting in significant increase in local farmers income.
- Strengthen more then 100 FPO & 15,000 Farmers.
- Promote Organic as well as Millets farming.

Our Partner

Panchayati Raj Deptt. (U.P)

I.C.D.S.(U.P)

APEDA

KRIBHCO

Agriculture Deptt.(U.P)

Rampur krishak FPC & Others

SHG Group

Rampur Distt. Administration

Sambhal Distt. Administration

Moradabad Distt. Administration

Bulandshahr Distt. Administration

Farrukhabad Distt. Administration

Firozabad Distt. Administration

Kanpur dehat Distt. Administration



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