ORGANIC CHANGE TO IMPROVE LIVLIHOOD:

SPECTRA is a voluntary, non-profit and non-government organization, registered under Rajasthan society's act 1958. Spectra organization is an NGO working in MP, Rajasthan and Haryana. SPECTRA has been working in the rural and interior pockets of Rajasthan to fulfil the educational and other social needs and requirements of the deprived rural population. The programme covered by SPECTRA includes agricultural improvement, education, rural industries for income generation, development of alternative energy sources and women development and awareness generation.

SPECTRA running Integrated Livelihood Development Project (ILDP) support of Letz Dream Foundation in Alwar district. This project implements in 5 panchayats of the Alwar district. The main objective of the project is increasing the income of poor and ultra-poor households.

This is a story about a family in village Hajipur. Almost 80% of the population of Hajipur is dependent on agriculture and the water level is about 300-350 feet in that region. When the spectra organization visited Hajipur village they were discussing improvement in agricultural activities, effective ways, new technological tools which may help in reducing labour work, more efficient methods and how to increase the yield, they came to hear from a woman named Manju Rani who is also a member of spectra organization's "spectra Manohar Self Help Group" from the past 10 months. This is a scheme presented by spectra organization and mainly focuses on the betterment and improving livelihood, economic conditions of a farmer.

Manju Rani is one of them and there are four more members including her in the family - Her husband (Rajesh), her son (Fatejit) and her father-in-law (Sumrat lal). Her family owns 3 bighas of land and mainly dependent on agriculture. The economic condition of her family was not good as the agricultural output is sufficient for them and then She discussed her problems with our organization. The organization suggested she do black wheat farming in her 1 bigha of land and explained to her the health and economic benefits of black wheat.

Black wheat has many health benefits and has many important nutrients and eating it also increases the body's immunity. Black wheat contains antioxidants, B vitamins, folic acid, selenium, magnesium, manganese, zinc, calcium, iron, copper, potassium, fibre and amino acids, which make this wheat rich in nutrients.it is more healthy and easily digestive than normal white wheat. It tastes like sharbati wheat and its selling price is also four times the normal wheat.

She and her family finally agreed to sow black wheat in her one bigha land, then the organization provided her 25 kg of seeds of Black wheat and also trained her for black wheat farming. Although the farmers stick to their traditional practices of farming the organization suggested she sow black wheat differently. She agreed to adopt the new way. After few months the crops were ready, she got the output of 10 quintals of black wheat

and the demand for this crop also raised because no one grows black wheat in that region. She also got 4 times more money as compared to normal wheat. Now from this black wheat Manju Rani is earning rupees 7 − 8thousands per quintal until then she was earning rupees 2 thousand per quintal by selling white quintal.

Mainly the agricultural families of Hajipur are leaned towards the older methods of farming but after the revolutionary act of Manju's family, more farmers are willing to go for black wheat farming. Today, a growing number of farmers are contacting SPECTRA to learn about black wheat farming and how to grow it. Many more women, like Manju, are now capable of managing their families' agricultural operations.

Manju Rani said that, **SPECTRA Organization help us, our agricultural condition was good as well as we are not aware about the BLACK WHEAT, SPECTRA organization aware about this after that we produce it. We will produce black wheat in every year. We and our whole family give a big thanks to SPECTRA Organization.**