



# St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

Research, Innovation and Incubation cell (2020-21)

One day National Seminar on: Organic Farming and Human Health

Organized by-Department of Science

**Date:** [15-02-2021]

**Duration:** [One Day]

### Introduction:

The one-day national seminar on "Organic Farming and Human Health" was held with the aim of promoting awareness and understanding of the impact of organic farming on human health. The seminar brought together experts, researchers, farmers, policymakers, and enthusiasts in the field of organic farming to discuss the latest developments, challenges, and benefits associated with organic farming practices. The event facilitated knowledge sharing, networking, and collaboration among stakeholders to promote sustainable agriculture and improve human health.

### Key Highlights:

#### Inaugural Session:

The seminar commenced with an inaugural session, where distinguished guests and experts delivered speeches emphasizing the importance of organic farming in promoting human health. They highlighted the adverse effects of conventional farming practices, such as the use of synthetic pesticides and fertilizers, on human health and the environment. The need to shift towards organic farming methods was emphasized.

#### Scientific Sessions:

The scientific sessions of the seminar featured presentations and discussions on various topics related to organic farming and human health. Some key areas covered during the sessions were:

#### 1. Health Benefits of Organic Food:

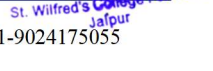
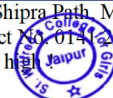
Researchers and experts presented scientific evidence regarding the health benefits of consuming organic food. They highlighted that organic produce tends to contain fewer pesticide residues, higher levels of essential nutrients, and a better balance of omega-3 and omega-6 fatty acids, contributing to improved overall health and reduced risk of chronic diseases.

#### 2. Organic Farming Techniques and Practices:

The seminar provided a platform to share best practices and innovative techniques in organic farming. Presenters discussed topics such as crop rotation, composting, natural pest control, and soil health management. The sessions emphasized the importance of biodiversity conservation, sustainable water management, and the use of organic fertilizers in maintaining healthy ecosystems.

#### 3. Organic Certification and Standards:

Experts shed light on organic certification processes and standards. They discussed the importance of establishing and maintaining organic standards to ensure the credibility and authenticity of





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organic products in the market. The discussions focused on the challenges faced by organic farmers in obtaining certification and the role of regulatory bodies in promoting organic farming.

## Panel Discussion:

A panel discussion brought together experts from academia, organic farming organizations, and government bodies. The panelists discussed policy measures, financial incentives, and support systems needed to promote organic farming on a national scale. They explored strategies for encouraging farmers to transition from conventional to organic farming, while addressing concerns related to market demand, access to organic inputs, and training.

## Conclusion:

The one-day national seminar on "Organic Farming and Human Health" provided an important platform for knowledge exchange and collaboration among stakeholders involved in the organic farming sector. The event highlighted the significant benefits of organic farming practices on human health, the environment, and biodiversity conservation. It also addressed the challenges faced by farmers in transitioning to organic farming and proposed solutions at the policy and regulatory levels. The seminar served as a catalyst for promoting sustainable agriculture practices and encouraging the adoption of organic farming techniques for the betterment of human health and the overall well-being of society.



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