

A PHOTOGRAPHIC REPORT OF THE KABONGEZO TRAINING WHICH TOOK PLACE AT
CHOSEN FARM KABONGEZO KIKANDWA, MITYANA DISTRICT, UGANDA

FROM 25TH TO 31ST MARCH 2019.

TOPICS COVERED WERE AS FOLLOWS:

- Garbage disposal
- Organic gardening including compost manures, plant teas liquid manures, soil and water conservation methods, including contour farming and stabilising the soil using citronella hedge rows as one of the multipurpose plants.
- Artemisia growing and use
- Production of Ginger and eucalyptus tinctures
- Moringa cultivation and use plus making of Moringa juice
- Production of herbal Vaseline
- Production of soya milk and feeding on soya milk.
- Production of bagiya and crisps
- Integrated pest and disease management
- Banana establishment and management
- Simple technologies including tippy tap, Ecosan compost toilet, charcoal fridge, solar drier, solar oven, SODIS, and fuel saving stoves
- Vegetable gardening including sack mound and kitchen gardens
- Medicinal plant identification, where people shared a lot of experiences and learn a lot from others using locally available plants.
- Treating malaria using Artemisia and other medicinal plants
- Treating other common diseases like diarrhoea, skin infections and joint pains.
- Making ORS solution, medicinal charcoal, diarrhoea tea, medicinal oils and ointments.
- Production of cough mixtures and syrups
- Healing massage and related exercises as part of alternative medicine
- Introduction to grain amaranth, making amaranth pops and porridge
- Family life education and interactions
- Production of washing bar soap, herbal and liquid soap.
- Production of a black stone for snake bites
- Practical use of good nutrition throughout the course
- Code of conduct

Note: All the above-mentioned topics were covered both practically and theoretically.



Group photo



Everyone is participating in making bagiya and crisps.



Andrew Kyambadde showed the District Chairman and his team around the farm and spoke about banana management and intercropping system that can be practiced with proper spacing. The District Chairman then presented certificates to the trainees.



After I taught about the values of different medicinal plants, children also gave a song about the dangers of cutting useful medicinal trees/plants.



These are the medicinal plants that were taken to Kabongezo for teaching, giving out to participants and to establish a demonstration garden for the Discover Kabongezo Centre.



Teaching participants different plants and how to raise and manage them in the nursey.

Andrew and George are enjoying artemisia tea.



Trainees participate equally in all practical sessions, peeling Irish potatoes for crisps and bagiya.



Also demonstrating different healing exercises, (alternative medicine), including healing massage. For the first time we had a woman as a patient. She was really sick; we were not only teaching but were treating her seriously. She improved rapidly!



Discover trainers' team. Our friend and former trainee Nabende Stephen in the middle with grew hair came to visit us from Sironko just for encouragement! He attended Vumbula training in Mpugwe last year. He told us that he has planted 10 acres of warburgia trees and mucuna!

Participants happily packing cough syrup they have made and tested.



Group work in making medicinal oils and ointments.

One group made skincare ointment and another made rheumatism ointment.

Compiled by:

Rehema Namyalo

Senior trainer and organiser

Vumbula Masaka centre

Contact : 0772493186 / 0702493186

Email : r_namyalo@yahoo.com

For God and my Discover!