IJFANS INTERNATIONAL JOURNAL OF FOOD AND NUTRITIONAL SCIENCES
ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Reviving the Lost Legacy of Traditional Foods in Padder (Jammu and Kashmir, UT): A Pathway to Health, Sustainability, and Cultural Heritage

Dr. Mohd Amir, Ruchika Raina
PhD Scholar and Lecturer (Contractual)
Doctoral and ICSSR Fellow, Central University of Kashmir

Abstract: The study examines the possibilities of the traditional food practices of Padder, a region in Jammu and Kashmir, as nutrient-dense, sustainable substitutes for contemporary hybrid crops. The study uses comparative approach to the number of traditional foods with other regions of Indian subcontinent, emphasizing their health benefits, which include blood sugar regulation, and digestive assistance. Moreover, stories from the local population explores the beliefs such as the help of traditional foods in the recovery of a cancer patient who regularly ate buckwheat cake and the stamina of fasting women who were fed Bajar Bang, lend credence to the findings. The study reasonably explores the environmental benefits of conventional agricultural practices, which reduce greenhouse gas emissions because they are organic, drought-tolerant, and free of dangerous fertilizers and pesticides.

Keywords: Traditional Foods, Padder Region, Sustainability, Nutritional Benefits, Cultural Heritage, Indigenous Crops

Introduction

A fascinating window into the rich agricultural legacy that has supported its communities for centuries is provided by the traditional eating customs of Padder, a remote and picturesque area tucked away in the mountains of Jammu and Kashmir, India. These customs exhibit a model of sustainability and wellness that is becoming more and more uncommon in today's globalized world, and they are intricately entwined with the natural environment, cultural traditions, and social structures of the area. Modern agricultural techniques that strive to maximize efficiency and productivity have taken center stage in the global food scene in recent years. These practices often rely heavily on high-yield hybrid crops, chemical fertilizers, pesticides, and extensive irrigation systems. They have been successful in increasing food production to satisfy the expanding needs of a growing population, but they have also been responsible for a number of health and environmental problems. The overuse of chemical inputs has exacerbated climate change by causing soil erosion, water contamination, and a sharp rise in greenhouse gas emissions. Furthermore, a rise in non-communicable diseases like diabetes, obesity, and cardiovascular ailments has been connected to the dietary shift toward refined and processed foods made from these hybrid crops.

On the other hand, Padder's traditional food systems provide a ray of hope, providing a sustainable substitute based on nutritional diversity and ecological balance. Buckwheat, finger millet, barley, amaranthus, and maize are among the native crops grown in this area; they require little outside

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

assistance because they are inherently resistant to pests and drought. These crops contribute to food security and resilience in the face of environmental challenges since they flourish in Padder's harsh climate.One of the best examples of Padder's traditional culinary knowledge is buckwheat cake, or Thotha as it is known locally. This nutrient-dense meal, which comes from Fagopyrum esculentum, is renowned for having a full protein profile that includes all nine essential amino acids required for human health. In addition to helping with digestion and relieving constipation, the high fiber content has long been utilized in Padder to promote cancer healing. Anecdotal evidence from nearby communities describes how adding Thotha to their meals significantly improved the health of people with cancer.

Another mainstay of Padder's traditional culinary repertoire is finger millet, which is referred to locally as Kodra or Koda. With its low glycemic index and high iron content, Kodra ki Roti is a slow-digesting dish that helps control blood sugar levels, making it a great nutritional option for people with diabetes and those trying to control their weight. Padder's eating of Kodra ki Roti demonstrates a thorough comprehension of the connection between nutrition and the avoidance of chronic illnesses.

Phimar, a classic barley-based meal made with ghee and honey, is renowned for its ability to regulate temperature and provide moisture. It is frequently suggested for those with jaundice and other liver conditions, underscoring the traditional foods of Padder's therapeutic value.When taken with curd or satu, amaranthus, also known as lyie, gives long-lasting energy, which is essential for the industrious Padder people who frequently perform labor-intensive tasks. Eating Lyie during the day is a customary practice that keeps people full and energized amid their rigorous schedules.

The use of traditional ghee prepared from the milk of Chuari, an animal bred from yak and cow, is arguably one of the most fascinating aspects of Padder's culinary culture. A mainstay in the native cuisine, this ghee is renowned for its nutritional value and purity. The method of making ghee from Chuari's milk, which only produces roughly two kilograms every milking, highlights the careful attention to detail and work required to uphold this long-standing custom. In addition to being a good source of fat, ghee is a staple of Padder cuisine and is frequently utilized in religious ceremonies and holiday cooking.In Padder, the importance of traditional meals for preserving health and wellbeing is ingrained in the daily routines and collective memory of its people.

Outline of the Paper

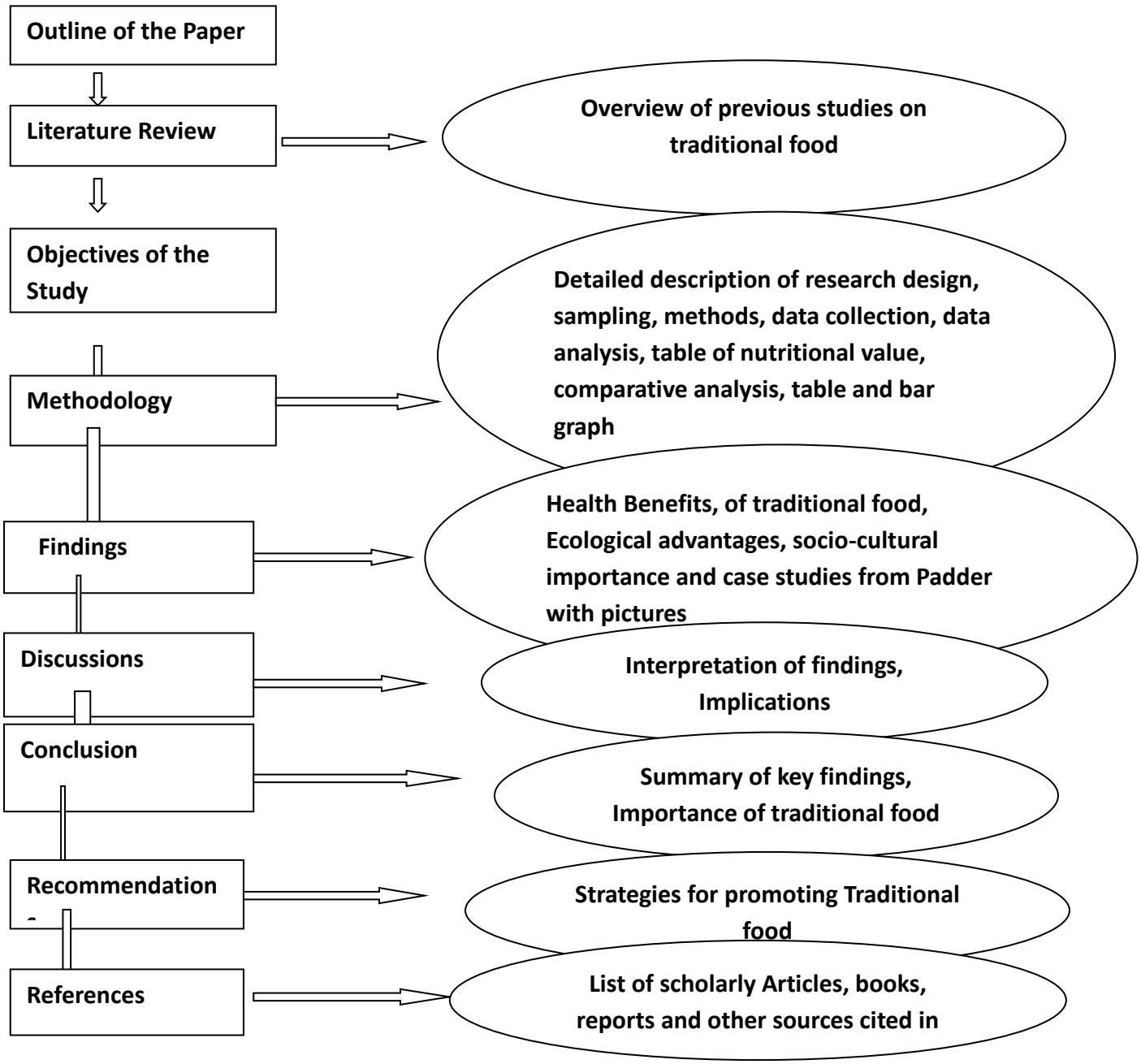
The study uses a combination of qualitative and quantitative techniques, such as nutritional assessments, in-person observations at food festivals, and interviews with locals. In addition to highlighting the pressing need to return to these lost traditions for the sake of health and the environment, the research supports sustainable diets and is in line with global movements supported by institutions such as the UN. In the larger framework of global food security and climate resilience, a comparison with traditional meals from other areas highlights the distinctive value of Padder's cuisine.The importance of protecting this intangible cultural legacy is

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

emphasized in the paper's conclusion, which offers helpful suggestions for integrating these ancient meals into contemporary diets and policy. With the goal of influencing dietary preferences, agricultural regulations, and international sustainability practices, this thorough investigation aims to offer a strong theoretical and practical foundation for the resuscitation and incorporation of traditional foods.

Using a combination of historical accounts, nutritional analysis, and first-hand reports from local people, this research article attempts to describe and examine Padder's traditional eating practices. In order to support a return to indigenous food systems as a workable answer to today's health and environmental issues, this study compares the environmental sustainability and health benefits of these traditional foods with those of contemporary hybrid crops.In light of the environmental catastrophe and worldwide nutritional standardization, this research will add to a larger conversation about the value of conserving and reviving regional culinary traditions by thoroughly examining Padder's traditional eating customs. The results will serve as a call to action for policymakers, medical experts, and the international community to support and promote sustainable, culturally-rooted food systems in addition to highlighting the possible health and ecological benefits of Padder's traditional foods.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023



Literature Review

Asma , Nazish , Madiha (2022) conducted a study on Cultural Food Tradition in Kashmir. This study describes the ingredients of several traditional dinners that are shown in the study. Rogan Josh, Dum Olav, Modur Pulao, Goshtaba, Yakhni Lamb Curry, Lyader Tschaman, Kashmiri Muji Gaad, Kahva, Shab Deg, Matschgand, Butter Tea, Thenthuk, Sheermal, Nadir Monji, and Kashmiri drinks, including pink tea, are among the well-known dishes that are evidently featured in the study. Furthermore, the study demonstrates that Kashmir is a foodie's paradise, not just due to its natural beauty but also its cuisine, with many of the recipes showcasing the signature of a Kashmiri pandit in addition to Mughal and Arab influences. The report makes a point of highlighting Kashmir's cultural heritage.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Musheerul, Yaqoob (2021) conducted a study on Food and culture: Cultural patterns related to food by indigenous communities in Kashmir – A Western Himalayan region. Information was gathered using semi-structured questionnaires, and the data was analyzed using PAST software utilizing principal component analysis and two-way cluster analysis. In the Kashmir Valley, 75 edible species are employed in traditional meals, according to the study. These species were divided into the following groups: fruits (N=12), vegetables (N=27), fish (N=5), birds (N=12), animals (N=6), and spices (N=13). Fruit was the primary component used in plants, followed by seeds and leaves. The study will help preserve traditional gastronomic knowledge in the Kashmir valley and was the first comprehensive investigation of the flora and fauna used in various dishes in the cultural events of various ethnic groups.

Aneesa Farooq (2022) conducted a study on Traditional Food, Health, and Activities of Indigenous People: The Gujjar-Bakarwal of Jammu and Kashmir. Six families of Indigenous Gujjar-Bakarwals, comprising two men and eight women, were interviewed in their local community. Over the course of a week, the interview was finished. The study discovered that the Gujjar-Bakarwals' food system is closely tied to their land, which is linked to their physical and traditional activities as well as their means of subsistence. The community members' health and well-being are supported by the traditional food and the ecosystem's integrity.

Rehana, Touseef and Jeelani (2020) conducted a study on Ethinic fermented food and beverages of India. It discusses the ethnic fermented food and beverages of every region in the sub-continent. It offers thorough information on the laws and concerns about food safety pertaining to fermented food items. It covers the commercial and scientific facets of the foods and drinks available on the world market. According to the study, India's diverse ethnic groups have historically produced over 350 different kinds of fermented foods and beverages, including alcoholic, milk, vegetable, bamboo, legume, meat, fish, and cereal-based beverages. These include foods that are familiar, uncommon, and less familiar. While the bulk of alcoholic beverages have been made for the past 6,000 years using dry starter culture and the "back-sloping" process, the majority of ethnic fermented foods are naturally fermented.

Chinky Sangral (2015) conducted a study on Changes in Cropping Pattern and Crop Diversification in Jammu and Kashmir. The data has been used out from the secondary sources and has been collected from government official records, valid records of the state government, Directorate of Economics and Statistics, Jammu and Kashmir, Department of Financial commissioner revenue, Jammu and Kashmir, various published reports, books, journals, yearbooks-statistical digest. The study discovered that whereas other food crops had a declining trend over the study period, the area planted to fruits and vegetables grew. The process of development has shown a pattern of moving away from food grains and toward non-food grains, which suggests a growing propensity for crop diversification. While the area planted to rice has fluctuated, the amount planted to wheat and maize has increased within crop groupings such as cereals.

A survey of the district's lavender growers and an examination of secondary data on lavender production were part of the research technique. Because of the Doda District's ideal climate and soil type, the study concluded that lavender farming had great potential there. Lack of knowledge,

inadequate infrastructure, and restricted market accessibility are the farmers' biggest problems. According to the report, farmers should get financial help, market connections, and training and awareness initiatives from the government and other stakeholders.

Preeti Dogra (2019) conducted a study on Problem of Food Adulteration: A Study in Jammu City. A review of several stories from regional newspapers, journals, magazines, and food blogs served as the foundation for the study. Surveys about consumer awareness of the issue of food adulteration, its consequences, detection techniques, and the function of the legal system in resolving complaints were used to gather the data. According to the study, the majority of individuals are concerned about their hygiene and health, act sensibly when making purchases, and are aware of the term "food adulteration" and its negative health implications.

FAO (2020) stressed that traditional food systems are crucial for sustainable development, supplying different crops that flourish in marginal settings without requiring substantial inputs.

According to Kuhnlein and Receveur (2021), traditional diets lower the risk of chronic diseases including diabetes and cardiovascular problems since they are nutrient-dense and culturally appropriate.

these crops meet climate resilience goals by using 30–40% less water than hybrid cultivars. Popkin (2022) links the global increase in obesity and other lifestyle disorders to the breakdown of traditional diets. Evidence from African nations, where a switch from traditional grains to processed foods has had a detrimental effect on biodiversity and health, supports this conclusion. This study highlights the universal relevance of Padder's traditional culinary culture by placing it in a larger context and incorporating lessons from international traditions.

In order to address global food security, the Food and Agriculture Organization (FAO) emphasizes the significance of millets. Millets and organic foods are used in many Indian regional cuisines, however there is no record of these practices in isolated areas like Padder.

Objectives of the study

1. To describe the traditional meals of the Padder area together with their special health advantages.

2. To evaluate these traditional meals nutritional worth in relation to contemporary hybrid crops.

3. To investigate the historical background and cultural relevance of Padder's traditional meals.

4. To evaluate the ecological advantages and sustainability of growing traditional crops in Padder.

5. To promote the resuscitation and marketing of traditional foods as a way to improve environmental sustainability, food security, and health.

Research Methodology

Research Design: This ethnographic study combines qualitative research methods, including observations, interviews, and document analysis, to explore the traditional food practices of Padder. The data collection tools involved in the study were;

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Observations: Detailed field notes were taken during the food fest and village visits. Field visits were conducted in villages such as Atoli, Gulabgarh, Kabban, and Sohal to observe the cultivation, preparation, and consumption of traditional foods.

Interviews: Semi-structured interviews with audio recordings ensured accuracy. Discussions with Assistant Professor Khel Raj (Geography) and Assistant Professor Chering Durjee (Education) provided academic insights.

Nutritional Analysis: Samples of traditional foods were analyzed for macro and micronutrient content in collaboration with a local food laboratory.

Photographic Documentation: High-resolution images captured food preparation and cultivation practices.

Anecdotal Evidence: Stories of individuals who benefited from traditional foods were documented, emphasizing their health and cultural significance.

Sampling method and number: A purposive sampling technique was used to identify key informants, including farmers, elderly villagers, and local food artisans. A total of 50 respondents were interviewed, including; 20 farmers (ages 30–60) from Atoli, Sohal, and Gulabgarh, 10 elders (ages 65–85) with extensive knowledge of traditional food practices, 10 women involved in traditional food preparation and 10 students from Government Degree College Padder, who participated in the food fest.

Data Analysis: Thematic analysis was conducted to identify recurring themes related to health benefits, sustainability, and cultural significance. Quantitative data, such as nutritional content and crop yield comparisons, were presented using statistical tools.

Nutritional Values

The quantity of vital elements that a food contains, including proteins, vitamins, minerals, fats, carbs, and fiber, is referred to as its nutritional value. These nutrients are essential for preserving health, promoting bodily processes, and averting illnesses. Complete proteins, vital amino acids, dietary fiber, and a variety of micronutrients that are good for digestion, energy levels, and general health are all found in Padder's traditional dishes, which are renowned for their excellent nutritional value.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

(Table-1) - Nutritional Value of Padder's Traditional Foods

Food Items	Calories	Protein (g)	Fiber (g)	Key micronutrients
Buckwheat cake	343	13.2	10.2	Magnesium, zinc, B-vitamin
Finger Millet Bread	336	7.3	19.1	Calcium ,Iron
Traditional Gee	876	0.0	0.0	Omega-3, vitamin in k2
Barley (Phimar)	354	12.5	17.3	Selenium, manganese, B-vitamins
Amaranthus (lyie)	371	13.6	6.7	Iron, Magnesium, calcium
Maize Bread (Kokdi)	377	9.4	4.6	Vitamin A, B-Vitamins, Potassium
Red Rice (Panhyar dhan)	362	7.0	2.0	Magnesium, Zinc, Iron
Chenopodium (Bajar Bang)	368	14.2	5.3	Calcium, potassium, Magnesium
Wheat Roti (Manday)	340	11.0	2.6	Iron, B-Vitamins
Fox tail Millet (Cheid)	355	12.3	8.0	Calcium, Iron, Magnesium

The table-1 summarizes the key nutritional information for each traditional food item.

Comparative Analysis

Padder's traditional foods share similarities with other regional diets in India and abroad;
Millet-Based Foods: Padder's Buckwheat cake and finger millet bread are staples with high fiber and protein content whereas Rajasthan's Pearl millet bread (Bajra Roti) provides similar nutritional benefits and is valued for its drought-resistant properties. In Rajasthan people eat this in winters. In western Rajasthan people consume bajra roti throughout the year as it provides them with

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

strength and energy to endure extreme weather conditions. (Interacted and verified by native of Rajasthan Assistant Professor Yamini Solanki).

Barley Dishes: Padder's Phimar is a barley-based dish consumed during winter for warmth and hydration. Whereas Tibet's Tsampa, a roasted barley flour dish, serves as a primary energy source for high-altitude populations.

Traditional Ghee: Padder's traditional ghee comes from Chuari milk, it is rich in Omega-3 fatty acids whereas Himalaya's Yak ghee, known for its high nutrient density, plays a similar role in local diets.

These comparisons highlight the universal applicability of traditional diets in promoting health and sustainability.

Health benefits

Traditional foods from Padder have been shown to improve immunity, assist digestion, control blood sugar, supply vital nutrients, and have disease-preventive qualities. These foods can help lower the risk of chronic diseases including diabetes, heart disease, and cancer since they are rich in nutrients, high in fiber, and contain antioxidants. Because of their organic and natural farming practices, they also help with weight management and general physical wellness.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Table-2: Health Benefits of Padder's Traditional Foods

Food Items	Health benefits	Ecological Impact
Buckwheat cake	Anti-cancer, digestive health benefits	Grown without fertilizer
Finger Millet Bread	Regulates blood sugar, high in calcium	Requires minimal water
Barley dish	Supports hydration and liver health	Resistant to pests
Traditional Gee	Boosts immunity , rich in omega-3 fatty acids	Produced from low yield Chuari milk
Amaranthus (Lyie)	Energy booster, sustains energy throughout the day	Grows in poor soil, reduces dependency on chemical fertilizers, supports sustainable agriculture
Maize Roti (Kokdi ki Roti)	Energy provider, promotes general health	Low water requirement, supports soil structure, resilient to environmental stress
Red Rice (Panhyar Dhan)	Carbohydrate-rich, good energy source	Cultivated traditionally, maintains biodiversity, requires less water compared to hybrid varieties
Foxtail Millet (Cheid)	Good for health, cooling effect, aids digestion	Drought-resistant, requires minimal water, supports traditional agricultural practices
Jaw Barley Drink (Soom Rass)	Heart health, improves blood circulation	Grown organically, supports soil conservation, low environmental impact

Table-2 outlines the various health benefits associated with traditional foods from Padder, emphasizing their role in promoting digestion, boosting immunity, managing chronic conditions, and supporting overall health.

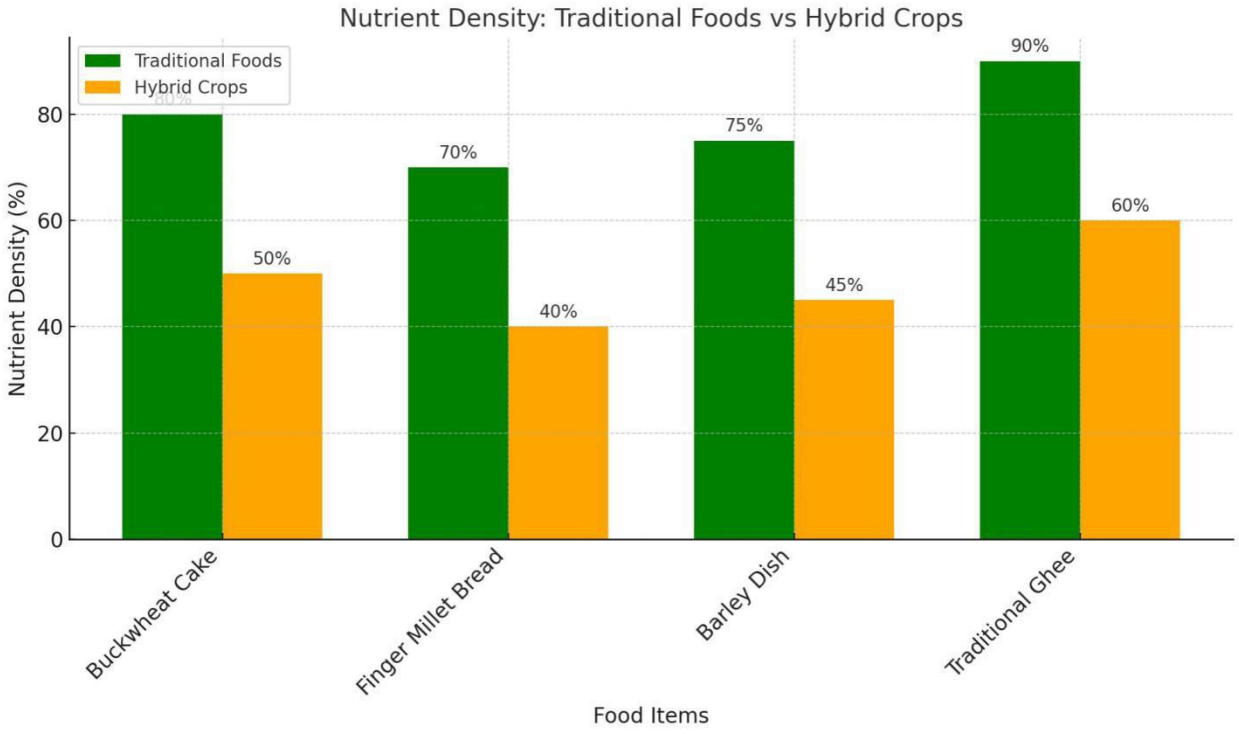
Nutritional density

Compared to hybrid crops, Padder's traditional meals have a better nutritional density and are higher in vital components. These meals improve general health and well-being by offering complete proteins, necessary amino acids, vitamins, minerals, and fiber. This bar graph illustrates how traditional meals have a higher nutrient density than hybrid crops.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

It unequivocally demonstrates how traditional meals like barley stew, finger millet bread, buckwheat cake, and traditional ghee are more nutritious than their hybrid equivalents.

Bar Graph-1: Nutritional Density of Traditional Foods Compared to Hybrid Crops



The bar graph-1 clearly illustrates the superior nutritional density of Padder's traditional foods in comparison to hybrid crops, emphasizing their health benefits and ecological sustainability.

Findings

Buckwheat Cake (Thotha)

Health Benefits: Contains all 9 essential amino acids, making it a complete protein source. Rich in fiber, it aids digestion and prevents constipation. Buckwheat is also anti-cancer.

Anecdotal Story: A man from Gulabgarh, diagnosed with cancer, began incorporating Thotha into his diet after hearing about its benefits from villagers. Over time, his health improved significantly, and he credits this traditional food for his recovery.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Figure 1 : Buckwheat Cake (Thotha)

Finger Millet Bread (Kodra ki Roti)

Health Benefits: Rich in iron, it helps maintain blood sugar levels due to its low glycemic index. It promotes slow digestion and prolonged energy release.

Figure 2: Finger Millet Bread (Kodra ki Roti)

Barley Dish (Phimar)

Health Benefits: A mix of barley with ghee and honey keeps the body hydrated, regulates temperature, and supports liver health.

Anecdotal Story: A woman from Kabban shared how this dish helped her recover from jaundice. Consuming Phimar regularly restored her energy and health.

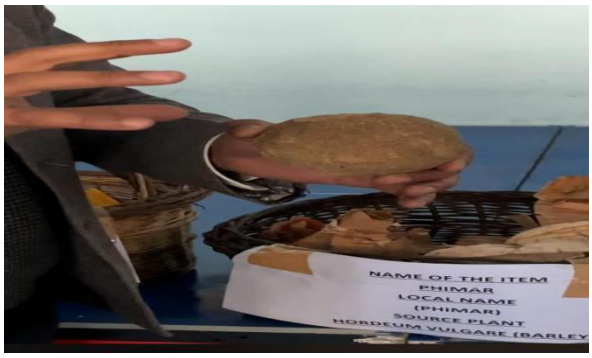


Figure 3: Barley Dish (Phimar)

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Amaranthus Dish (Lyie)

Health Benefits: Provides energy and keeps individuals full throughout the day.

Anecdotal Story: Farmers in Padder traditionally consumed Lyie with curd during lunch, sustaining them through long working hours.

Figure 4: Amaranthus Dish (Lyie)

Maize Bread (Kokdi ki Roti)

Health Benefits: A rich source of energy and nutrients, maize bread is a staple for many households in Padder.

Figure 5: Maize Bread (Kokdi ki Roti)

Red Rice (Panhyar Dhan)

Health Benefits: High in carbohydrates, red rice is a natural energy booster.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Figure 6: Red Rice (Panhyar Dhan)

Bajar Bang

Health Benefits: Protein-rich and fibrous, it provides sustained energy during fasting.

Anecdotal Story: Women in Padder consume Bajar Bang during religious fasts, enabling them to remain energetic throughout the day.

Figure 7: Bajar Bang

Traditional Ghee

Health Benefits: Derived from the milk of Chuari (a crossbreed of yak and cow), it is pure and nutritious.

Anecdotal Story: A farmer in Sohal shared how his family has relied on Chuari ghee for generations. Despite its low milk yield (2 kg/day), the ghee's purity and taste make it a prized commodity.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Figure 8: Traditional Ghee

Foxtail Millet (Cheid)

Health Benefits: Known for its cooling properties, it is consumed with curd for digestive health.

Figure 9: Foxtail Millet (Cheid)

Discussions

The results highlight the important ecological and health advantages of Padder's traditional cuisine. These foods are a great asset in modern dietary and agricultural practices because they are high in vital nutrients, devoid of dangerous chemicals, and environmentally friendly. The revival of ancient diets provides a workable answer to contemporary environmental and health issues and is consistent with international initiatives to support organic farming and slow down climate change.

Health Benefits

Traditional Padder dishes like finger millet roti and buckwheat cake are high in vital vitamins and minerals and offer full proteins. These foods' high fiber content helps with digestion, blood sugar regulation, and constipation prevention. Buckwheat's anti-cancer qualities and barley's benefits for liver support highlight their potential in illness prevention. The example of a cancer patient from a Padder village who had notable health gains after adding traditional foods like buckwheat cake to his diet provides anecdotal evidence from locals that these foods have therapeutic benefits.

Cultural Significance and Sustainability

In addition to being more nutrient-dense, Padder's traditional foods have cultural significance. They are produced utilizing techniques that have been handed down through the ages, conserving the agricultural legacy of the area. Compared to contemporary farming methods, these techniques are more sustainable because they require less water and natural fertilizers. Crops like foxtail millet and amaranthus require less water and resources to grow, which lessens their impact on the environment and increases biodiversity.

These foods have a significant ecological impact. In contrast to high-yielding hybrid varieties that need chemical pesticides and fertilizers, which increase greenhouse gas emissions, Padder's traditional crops are grown organically, negating the need for such inputs. This method provides a

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

paradigm for sustainable agriculture by promoting soil health, conserving water, and reducing the effects of climate change.

Comparative Analysis

Padder's traditional foods are more resilient to environmental stress and drought than hybrid crops that are typically grown in other areas. The hybrid cultivars, for example, have a high water demand and a heavy reliance on synthetic fertilizers, which degrades the soil and raises carbon emissions. Padder's traditional crops, on the other hand, represent an agricultural model that can be duplicated in other arid and semi-arid places because they grow well in less rich soils and need few outside inputs.

Implications for Global Food Security

It is impossible to overestimate the significance of Padder's traditional cuisine on a global scale. Adoption of such sustainable and health-promoting farming practices can provide workable solutions as the globe struggles with issues like food insecurity and the negative effects of climate change. These traditional foods' excellent nutritional value and environmental advantages strongly support their inclusion in international debates on the reform of food systems.

Conclusion

This paper advances knowledge of Padder's traditional eating habits as a blueprint for environmentally friendly and health-conscious living. The results highlight their potential to prevent lifestyle diseases, high nutritional value, and ecological sustainability. Resilience stories, like the one about a cancer survivor who benefited from buckwheat cake, highlight their life-changing power. Their applicability is increased by comparative analysis, which connects regional customs to global issues of food security and health.

Recommendations

Encouragement of Customary Eating Habits

The national and local governments, as well as non-governmental organizations, should work together to encourage the production and consumption of traditional cuisine in Padder. Campaigns to raise awareness of these foods' ecological sustainability and health advantages could greatly increase their appeal both within and outside of local communities.

Integration with National Food Regulations

In order to increase nutritional security and support sustainable agriculture, national and regional food policy ought to incorporate Padder's indigenous foods. Farmers should be encouraged to grow these crops by policymakers through market access, technical assistance, and subsidies.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Documentation and Research

It is essential to conduct thorough research and record the nutritional characteristics, farming practices, and cultural value of Padder's traditional foods. Forming alliances with academic institutions can help to advance research that offers factual proof of the advantages for the environment and human health, which can then be utilized to guide practice and legislation.

Establishment of Regional Food Processing Facilities

By establishing food processing facilities in Padder, traditional foods can gain value and become more accessible and marketable. In order to generate jobs and strengthen the local economy, this can involve producing packaged traditional foods like buckwheat flour, millet treats, and beverages made from barley.

Including in School Nutrition Initiatives

To promote good eating habits from an early age, traditional Padder foods should be included in school nutrition programs. In addition to improving children's health, this would support and preserve traditional eating habits.

Encouragement of Organic Agriculture

More farmers may embrace sustainable practices if organic farming is supported by infrastructure development, financial aid, and training. Additionally, Padder's traditional goods may find new markets both domestically and abroad with organic certification, boosting local farmers' earnings.

Programs for Climate Resilience

Programs for climate resilience that aim to lessen the effects of climate change should include traditional Padder crops. These crops are excellent choices for growing in areas vulnerable to climate stress because of their innate tolerance to drought and little input needs.

Community-Based Projects

To encourage the production, promotion, and consumption of traditional foods, community-based programs like farmers' cooperatives, women's organizations, and regional NGOs ought to be reinforced. These communities can be extremely important for the preservation of cultural customs related to these cuisines, the sharing of knowledge, and the development of skills.

Food Fests and Cultural Festivals

Both residents and visitors can become more aware of and interested in traditional meals by hosting cultural festivals and culinary festivals. These gatherings can be used as venues to highlight the traditional dishes of Padder, their culinary techniques, and their cultural value.

ISSN PRINT 2319 1775 Online 2320 7876
 UGC CARE Listed (Group -I) Journal Volume 12, Iss 01, 2023

Making Use of Online Resources

Using social media and digital platforms can aid in educating a wider audience about Padder's traditional cuisine. Blogs, movies, and virtual tours are examples of internet material that can draw in global sustainability advocates and health-conscious consumers.

References

Khan Asma Saghir, Zulfiqar Nazish, Ali Asghar Madiha 2022 Cultural Food Tradition in Kashmir. Quest Journals Journal of Research in Humanities and Social Science, 10 (8), 144-150

Musheerul, Yaqoob 2021 Food and culture: Cultural patterns related to food by indigenous communities in Kashmir – A Western Himalayan region.Ethnobotany Research and Applications, 22,(44), 1-20

Aneesa Farooq 2022 Traditional Food, Health, and Activities of Indigenous People: The Gujjar-Bakarwal of Jammu and Kashmir. Language in India, 22 (6), 1930-2940

Rehana, Touseef and Jeelani (2020) Ethinic fermented food and beverages of India. Jyoti Prakash Tamang Springer, 981-15-1486

Sangral Chinky 2015 Changes in Cropping Pattern and Crop Diversification in Jammu and Kashmir. IOSR Journal Of Humanities And Social Science, 20 (4), 2279-0837

Preeti Dogra (2019) Problem of Food Adulteration: A Study in Jammu City. Quest Journals Journal of Research in Environmental and Earth Sciences, 5 (2), 64-67

FAO. (2020). The State of Food Security and Nutrition in the World.

Kuhnlein, H., & Receveur, O. (2021). Indigenous Peoples' Food Systems: The Many Dimensions of Culture, Diversity, and Environment.

Popkin, B. M., & Reardon, T. (2022). Traditional Diets vs. Processed Foods: Health Impacts Worldwide. Global Health Journal.

Interviews with villagers, farmers, and faculty at Government Degree College Padder.

Virtual documentary: Traditional Foods of Padder (Robinhood Competitive Classes YouTube Channel).