

Success Stories:

Amiko Devi Paswan

Amiko Devi Paswan is a 35 years old woman from a small village (Lohana, ward no 25) of Janakpur Sub-metropolitan City. She is a housewife and has got two sons and one daughter. The economic condition of her family is very poor. Her husband is the only person who earns money for the family. He works as a labor in construction sector and his monthly income is just NPR. 8,000. They have only 10 Dhur of land. Although, they are illiterate and have financial problem, they have sent their three children to school.



Before this project, she had a thought that the land which she had is very small and nothing can be done with it. So, instead of working in her own land she used to go to others' farm and work there in daily wages. Her mind was changed when she attended a sensitization workshop on Nutrition and Importance of Kitchen Gardening organized by Samjhauta Nepal. After attending the workshop she decided to use her land for kitchen gardening. For this, she felt she still need more knowledge and skill of kitchen gardening. Her desire was fulfilled when she attended a seven days training on Kitchen Gardening organized by Samjhauta Nepal.

Immediately after attending the training Amiko Devi started kitchen gardening on her land. She is known as the first woman among 111 women to start kitchen gardening after attending Kitchen Gardening training. In her kitchen garden she has grown spinach, tomatoes, potatoes and cauliflower. She says "Now I have realized that I can easily grow many types of vegetables even in a small area of land". She dumps her degradable wastes from the kitchen to make compost nearby her farm. She is happy that her this action has made her surroundings clean and beautiful. She has made a commitment that she will try her best not to use chemical fertilizers and pesticides. She says, "Previously, I used to throw degradable waste here and there around my house. May be due to this my children used to become sick frequently. Now I am sure that my children's health will improve soon". According to her, before, she used to spend much of her time in gossiping with other women but now she always remains busy in her kitchen garden. Likewise, instead of buying green vegetables from market she and her family are now eating green veggies grown in their own kitchen garden.



Amiko Devi is very happy now-a-days. She is happy that now she doesn't need to spend money to purchase vegetables every day. This money is her saving now. Most importantly, she has sold vegetables to her neighbors worth NPR 2,000. She says "Previously, I didn't have confidence that even such a small land can be utilized. But now, with some technical know-how of vegetable production and improved seeds, I am able to produce vegetables of different types. In coming days I want to grow off-seasonal vegetables and sell them in the market". Lastly, she said she is very thankful towards Samjhauta Nepal for giving her such training which has changed her way of life.

Asha Devi Paswan

Asha Devi Paswan is a 38 years old woman from Janakpur Sub-Metropolitan City of Dhanusha district. She has a joint family of seven members. She has got three children and all of them go to school. Her husband works as a labor and is the only person in the family to earn money.

In the name of property she only has 14 Dhur of land. Asha Devi and her family used to think that they couldn't do anything with such a small piece of land. So, the land used to remain barren most of the time. Her children used to play there. Sometimes she used to grow vegetables just for family consumption.

After learning technical skills to grow vegetables in kitchen garden from seven days training provided by Samjhauta Nepal, she started growing vegetables in her land. As a result, her barren land is now full of different types of vegetables. From the training she also learnt that dumping area to dump waste from the kitchen and other agricultural residue should be far from the house. She made dumping site in one of the corners of the kitchen garden. Before she used to use chemical fertilizer but from the training she learnt its affect on health. Now, she has stopped using chemical fertilizer in kitchen garden.

She says, "The learning from seven days Kitchen Gardening Training has increased my confidence. So, I have taken one kattha of land on lease to grow vegetables in a commercial way." Not only vegetables she has also planted mango and litchi saplings in her farm. She has a plan to do commercial farming of fruits and vegetables in upcoming years.



Chandra kala Devi Paswan



Chandra Kala Paswan is a 32 years old woman from Jankapur Sub-Metropolitan City. There are 11 members in her family. Her husband and two brothers in law are working in a gulf country as labor. She has four children and all of them go to school. She has 20 Dhur of land. According to her she used to plant only chilly and some seasonal vegetables in her land and that for consumption purpose only. Most of the time, she used to buy vegetables from the market as she didn't have any idea about kitchen gardening.

When she attended the sensitization workshop she became aware that the surrounding should be kept clean to become healthy. Likewise, animal waste should be utilized for making organic fertilizer. From that time onwards she is following the learning.

The seven days training on Kitchen Garden added more on her knowledge about kitchen gardening. She started preparing field as per what she learnt in the training. She is now able to sell vegetables in the market and haat bazaar. In two months, she has earned about four thousand rupees. She says, "Four thousand rupees is lot to me. I don't need to ask money with my husband for daily expenses of my house". She has a plan to take one kattha of land on lease to do commercial vegetable farming. She is very happy with her progress and for this she gave thanks to the project.

Pabitri Devi Paswan



"if anyone in the family falls sick, we cut the budget from our daily food to pay doctor's fees and purchase medicines."

"Our children are studying in government school free of cost. We wouldn't have been able to send them to school if we had to pay the school fee."

These two sayings are of Pabitri Devi Pawan, a 38 years old woman of Janakpur Sub-metropolitan city, ward no. 25. She has seven members in her family including her in laws, husband and her three children. She and her husband work as labor in others' farm on daily wages. They are able to eat when they get wages. Survival is very difficult for them.

According to her she is very poor as she only has a very small piece of land which is 3 dhur. The land is so small that it can be used only for kitchen gardening. However, due to the problem with time management she was unable to give time to kitchen gardening. The land used to remain barren most of the time. Sometimes her mother-in-law used to grow radish and coriander in the land.

She says, "I was changed completely when I attended Kitchen Gardening training organized by Samjhauta Nepal. I became very positive towards my land and started growing vegetables there. Now, I don't buy vegetables from market."

Actually due to the nature of her work which is daily wages she couldn't attend the Kitchen Gardening training organized by Samjhauta Nepal for the first lot of women. When she came to know that the training was very beneficial for the participants she decided to attend the same training in second lot. It is really very praiseworthy that a woman whose family was fully dependent on her earning from daily wages could attend the training regularly for seven days. It became possible only due to her strong will and interest to learn from the Kitchen Gardening Training.



After attending the training she started giving time to her kitchen garden. Right at this time she has cauliflower and coriander in her kitchen garden. She says she is using cow dung as fertilizer to avoid chemical

fertilizer. She has also made a small hole at one corner of the garden to make compost from household waste. Now, she and her family is very happy. When time allows her husband is also helping her in kitchen garden.

Punam Devi Sadha



Punam Devi Sadha became very happy when she earned Rs. 3000 from selling of vegetables which she produced in her own land. Though the amount was small, it was a big achievement for her.

She is a 30 years old woman from Jankapur Sub-metropolitan City. She has six members in her family including her in laws. She has only 10 Dhur of land. Since this area of land is not enough to feed her family she and her husband cultivate the land of other under Adhiya system. (Adhiya is a system under which the cultivator pays half of the produce to his landlord and keeps half for his own consumption.) Her own land used to remain barren as she and her husband couldn't give time. She says that due to different kinds of moths and diseases that used to attack her field every year she was in loss in terms of production and

thus was unable to repay the loan that they had taken for farming. She further said that she used to put lots of chemical pesticide in her farm.

Punam Devi didn't know that excessive use of chemical pesticide is harmful for health. Likewise, she didn't even think that she could make use of her own 10 Dhur of land for kitchen gardening purpose. According to her she learnt many things when she participated at the activities conducted by Samjhauta Nepal under the project "**Increasing the nutritional knowledge and kitchen gardening capacity of Musahar women through an awareness program and technical training in Lohana, Dhanusha, Nepal**". She says till now she never saw any government officer coming to her village to provide technical assistance to her community. It was Samjhauta Nepal that brought District Agriculture Officer and Technical Assistance of District Agriculture Office to her village. She is very happy with the knowledge that she received from this project. She is now known to importance of nutritional food for her family's health and also the kitchen gardening as a source of getting nutrition. She has committed not to use much chemical pesticide in her farm.

These days Punam Devi is busy in growing vegetables in her own land. She has also taken land on lease and doing vegetable cultivation in a commercial way. With the money she earned from the selling of vegetables, she paid back some amount of loan that she had taken for farming. In future, she has a plan to take more land on lease for vegetable cultivation. Her neighbors also come to her to ask about technique of kitchen gardening and she very happily is passing the knowledge to others.

Rampari Devi Paswan



Rampari Devi Paswan, a 35 years old woman is a mother of 4 children. She lives in Lohana village of Janakpur Sub-Metropolitan City. She has a joint family of 11 members. Rampari's husband and her two brothers-in-laws are working in gulf country as labor. To send three sons to gulf country the family has taken a big amount of loan. The earning of the sons are not enough to pay back the loan.

In order to meet daily expenses of the family Rampari has been running a small tea shop in the middle of the village. She also has 25 dhur of land but due to lack of time she was unable to give time to land. Sometimes the other members of the family used to produce some seasonal vegetables in the land.

After attending Kitchen Gardening Training organized by Samajhauta Nepal she decided to give time for kitchen gardening. Her kitchen garden is now full of seasonal vegetables. Now, her family is regularly eating vegetables from their own kitchen garden. She says she has not bought any vegetable from market for the last two months. She has been able to manage time for both, her shop and kitchen garden. In the morning and day time she is busy in her shop while in the evening she spends much of her time in her kitchen garden. The vegetables she grows in her kitchen garden are being sold via her tea shop.