

## Case Study Report

1

### 1. **Name of the Beneficiary/Group – Mr. Sohan Singh Meena**

**Name of the Village– Mai, Panchayet- Moorik**

**Background (Issue/Problem)** - He belongs to a poor family. In his house there were a small empty ground but he could not use it any way. His income was not enough to take care of his family. Sometimes he used to take yesterday's meal for lack of money to buy fresh vegetables and lack of proper knowledge about nutritional status/impact of taking unhealthy food.

#### **Causes behind –**

Because of poor economic condition he was not able to buy fresh vegetables from the market. Lack of proper knowledge he could not use the empty field outside his house.

#### **Strategy Followed to Address the Issue/Problem–**

When SPECTRA started its activities in the area, Sohen Singh was provided knowledge related to kitchen garden, nutritious food, and healthy life style. During this session he was provided knowledge over profit in doing kitchen garden.

#### **What Change (Measurable) came into the life of Beneficiary/Group-**

After taking help from farmers (who started with the technical support from Spectra) he started to do kitchen gardening in the empty unusable field. There he plucked- Brinjal, Bottle Gourd, Bitter Gourd, Pomegranate, Papaya, Banana trees. All of them these foods are very nutritious for health. Now he doesn't have to spend money on these vegetables and his family members also take fresh vegetables.

#### **Learning's/Challenges–**

He did not have proper knowledge/information about the importance of taking healthy and proper meal every day. After taking training he learned about kitchen gardening, through the CBOs meeting he knows about different Govt. schemes, livelihood enhancement through kitchen garden and also uses it for living a healthy life.

Sohan Singh faced different challenges when he decided to start kitchen Garden in his house and use the empty land. Some of his neighbors told him that it will be more cost effective and land will be wasted. But neglecting all of these he decided to do kitchen Garden which results very effective for him.

#### **Beneficiary/ Group Comments on the Intervention Imparted–**

According to Sohan Singh- "Beacause of poor economic condition I was not able to arrange regular proper meal for my family, lack of proper food they were becoming weak day by day- but I could not understand the reason of their illness. Also I was not in that condition to go to the doctor. After meeting with the project team I got to know about nutrition, importance of nutritious food, kitchen garden. Now I have started kitchen garden and gradually it started to give effective results."



**During Intervention**



**After Intervention**