

## FAMILY FARMING THROUGH VEGETABLE GARDENS

We can proudly say that the project was actually a strong step to create a positive movement among the rural women to enable them to cultivate the insecticide free vegetables at least in small quantity in their own house with the entire family support.

Every body was hearing about the after effects of insecticide treated vegetables. But the rural women were actually helpless. By providing them with timely awareness classes on cultivation of organic vegetables in different seasons, distributing vegetable seeds, seedlings, organic fertilizers etc were really catalysts to promote their knowledge in action.

They become able to convert this vegetable cultivation as their lively hood even though in small amounts.

There was an attitude change among youth house wives and their family members towards vegetable cultivation.

Successful kitchen gardens were established in 100 houses. Some of the members are about to cultivate the vegetables in large scale manner out of the inspiration they got from the project. During the awareness class they were free to interact with the experts and to visit the fields of the successful farmers. All these increased their enthusiasm and inspired them well thereby increased their knowledge.