

SUCCESS STORY (NARI)

Title: Empowering Household Nutrition and Income Security through Nutrition Garden

Details of Beneficiary

Name: Vimla Devi

Age: 47 Years

Education: 8th Pass

Land Holding: 6 Bighas

Size of Family: Large Family (7 Members)

Address: Chhota Dalati, Khutahri, Rajmahal, Sahibganj, Jharkhand

Size of Nutrition Garden:200 Square Meter

Crops Grown in Nutrition Garden

Kharif:

Spinach, Tomato, Coriander, Red Greens, Green Vegetables, Brinjal, Bottle Gourd, Chilli

Rabi:

Radish, Carrot, Pea, Tomato, Coriander, Spinach, Beetroot, French Beans, Green Chilli

Summer:

Pumpkin, Bitter Gourd, Lady's Finger, Brinjal, Sponge Gourd, Cucumber, Mint

Growing Condition:

Organic / Natural Farming

Production and Consumption of Nutrition Garden Crops

S.No	Name of Crops	Varieties	Area Grown (sqm)	Production (kg)	Consumption (kg)	Sell of Produce (kg)	Income from Sale (₹)
1	Tomato	Pusa Rubi	35	35	20	15	750
2	Spinach	All Green	20	18	12	0	0
3	Radish	Pusa Chetki	25	28	18	0	0
4	Bitter Gourd	Pusa do Mausami	30	24	18	0	0
5	Cucumber	Himani	40	30	25	5	150
6	Brinjal	Ulhas	50	42	25	17	850

Total Income from Sale: ₹1750

Success Point

Before establishing the nutrition garden, the family depended mainly on market-purchased vegetables, resulting in higher household expenditure and irregular availability of fresh vegetables.

After adopting the nutrition garden, Vimla Devi successfully ensured year-round availability of fresh and chemical-free vegetables for her family. The surplus produce was sold in the local market, generating additional income of approximately ₹1750

The nutrition garden improved family nutrition, reduced monthly vegetable expenses, and encouraged neighbouring households to adopt similar practices.

Feedback

Vimla Devi expressed satisfaction with the nutrition garden initiative. She shared that it has significantly improved household nutrition security and provided extra income. She is motivated to expand the garden further and include more seasonal vegetables.

Photographs



Nutri garden of Vimla Devi

