

Case Study Report

Name of the Village– Hajipur

Background (Issue/Problem) - Pooja belongs to a poor family. Her husband work as a labor, that is why he cannot stay to home regularly. Pooja does not go to the market regularly, that's why she cannot make fresh vegetables for her family and income was not enough to take care of the family. Sometimes she 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 she was not able to buy fresh vegetables from the market. Her husband also can't stays home regularly because of work.

Strategy Followed to Address the Issue/Problem– When SPECTRA started its activities in the area, Pooja was provided knowledge related to kitchen garden, nutritious food, and healthy life style. During this session she was provided knowledge over profit in doing kitchen garden.



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

After taking support from Spectra she started to do kitchen gardening in her house. There she plucked- Bottle Gourd, Chillis, Bottle Gourd. All of them these foods are very nutritious for health. Now she doesn't have to spend money on these vegetables and don't goes to market regularly, her family members also take fresh vegetables.

Learning's/Challenges–

She did not have proper knowledge/information about the importance of taking healthy and proper meal every day. After taking training she learned about kitchen gardening, livelihood enhancement through kitchen garden and also uses it for living a healthy life.

Beneficiary/ Group Comments on the Intervention Imparted–

According to Pooja- “Beacause of poor economic condition I was not able to bring fresh vegetables for my family, lack of proper food they were becoming weak day by day. My husband does not stay home



every time that I can go to market to buy fresh vegetables. After meeting with the project team I got to know about nutrition, importance of nutritious food, kitchen garden. I went to the health camp organized by project team members- there they checked my hemoglobin and provide me Iron tablet. Now I have started kitchen garden and gradually it started to give effective results.”