

Annual Report of **ANISHA**



**For the period
January 2019 to December 2019**

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Introduction

ANISHA is working since 2006 in Martalli Panchayat, Kollegal Taluk, Chamarajnar District, Karnataka state, India. Anisha's aim is to improve the living conditions of small and marginal farmers through sustainable organic farming and strengthening their access to better quality food. Anisha believes that enhancing their food and nutritional security is critical to achieving sustainable development goals. At present, 252 farmers are continuing to practice organic farming and some more farmers have started implementing organic farming methods in their farms. A small number of farmers with water source are producing organic vegetables and selling it locally. 326 landless women are continuing organic home gardens and have produced 11,443 kgs of vegetables during the year. The self-help groups, both men and women are active and their savings and credit activities are continuing. Anisha's seed bank has conserved 321 varieties of native seeds, and about 75% of these varieties have multiplied at Anisha's Resource Center in 2019.

Organic kitchen garden was started in the year 2016 in 23 schools reaching 800 students of Martalli, Ponnachi and MM Hills Panchyath. Several awareness programs were designed and implemented in the targeted schools. This process enabled us to extend the implementation of organic kitchen garden to many students, teachers and schools. This project is in its fourth year and has reached 1426 students' garden from 23 schools. Anisha's team connects with the students and parents by visiting every household in all the targeted areas. Anisha's aim is to encourage more students to implement organic kitchen garden in their homes.

In addition to these 23 schools, Anisha has also introduced organic vegetable garden to 18 more schools in Hanur Educational Block reaching 700 students. Along with organic kitchen garden, Anisha also educates children on related subjects, such as nature and environment, ecology and farming, importance of native seeds, eco club, and so on. A total of 2126 students from 41 schools have implemented organic kitchen garden. A majority of these students had saved seeds for next season from their own gardens. Interestingly, the native seed has spread to more than 3500 families. Every student has given seeds to at least five members who are not part of the kitchen garden program. So, the reach of native seeds was more than expected.

When the concept of kitchen garden was introduced in the schools, teachers showed more interest to grow vegetables in the school premises. The program had an immediate benefit as government schools who otherwise had to purchase vegetables from the market for their free mid-day meal program, could get quality and substantial quantity of vegetables from their own school gardens. The program made a big impact in the region and it is ongoing successfully.

During the year, 50 students were supported to continue their High School education. The numbers are 18 students from 8th Grade, 11 students from 9th Grade and 21

students from 10th Grade. All these students successfully moved to the next Grades. These children are from landless families or where women had to lead the families while men have migrated in search of work. Some of the students who completed 10th Grade are continuing their Pre-University education (+ 2 years after Grade 10) in Martalli and some went to nearest City, Mysore and Kollegal.

The number of visitors to Anisha Resource Centre has increased in 2019. Close to 620 members had visited Anisha Resource Centre. There were individual farmers, farmers' groups, social work students, women's self-help groups, school students, exposure tours, buyers of native seeds and others interested in organic farming.

1. Organic farming

At present, 252 farmers are continuing organic farming and more new farmers have started implementing organic farming methods in their farms. One farmer is producing organic vegetables and selling it locally. The farming activities this year were carried out on time and the standing crops were good. Unfortunately, due to incessant rains, harvest was delayed and as a result the standing crops fell and started sprouting. So many farmers lost their yield and could not get their expected quantity of produce. Periodically, we meet farmers to share, discuss and update information on organic farming.

2. Kitchen Garden Program for landless families

For many years landless families are part of our kitchen garden program and have participated in most of our training programs. These families have established kitchen gardens near their homes and grow vegetables throughout the year for their self-consumption. During summer, due to scarcity of water they grow few vegetables and during monsoons they have full-fledged vegetable gardens. The men from these families work in mines and visit their families every three or four months. As a result, most of the women from these families have to lead the family, take care of their children and old parents. During agricultural seasons, these women also go out for farm work earning Rs.250/day. However, farm work is not regular and the wages are paid after 3-4 months or even after harvests.

The kitchen garden benefits them by decreasing their household expenses and at the same time they get access to healthy and nutritious vegetables. On an average, each household consumes 34 kgs of different varieties of vegetables such as okra, ridge gourd, pumpkin, bottle gourd, butter sponge, brinjal, cluster bean; climbing bean, and much more. During the year, 326 landless families produced 11,443 kgs of vegetables saving a sum of Rs.3,84,390 which averages to Rs.1,179 for one family in a year.

Table showing varieties of vegetables grown by the families in 2019

SL No.	Vegetable	Total quantities produced by 326 families	Market price (INR)	Total (INR)
1	Bitter gourd	120	40	4,800
2	Bottle guard	6320	30	189,600
3	Brinjal	62	40	2,480
4	Cluster bean	32	40	1,280
5	Field bean	860	40	34,400
6	Greens	25	30	750
7	Ladies finger	341	40	13,640
8	Moringa	581	20	11,620
9	Pumpkin	560	20	11,200
10	Radish	180	30	5,400
11	Ridge gourd	450	50	22,500
12	Snake gourd	512	60	30,720
13	Sponge gourd	420	40	16,800
14	Tomato	980	40	39,200
	Total	11,443		384,390

Case Study 2 - Impact of Kitchen Garden program

Vasantha, a resident of Konekere village

Vasantha and Raju are married and have two little children. Vasantha lives in Konekere village and her husband works in mines in the neighboring state of Tamil Nadu and his daily earning is Rs.400/-.

For the past two years, Vasantha is raising kitchen garden near her house and is proud to show it to us. She had planted brinjal, tomato, field bean, pumpkin, bottle gourd, ridge gourd, flowers, and much more. She has fenced her garden to protect it from the livestock. The garden is well maintained and she takes extra care to protect the plants from pests. She humbly says that during the year she was able to save a minimum of Rs.1900 on vegetables since she gets them from her own garden. She has used this savings for buying new clothes for her children. She has preserved the seeds and is happily sharing with her neighbors.

List showing the different types of vegetables Vasantha and her family were able to consume in the past 8 months from her garden and the related savings.

*14 kgs Brinjal, 17 kgs Tomato, 13 kgs Field bean
16 kgs Pumpkin, 7 kgs Bottle gourd, 3 kgs Ridge gourd 70 kgs in Total Rs. 1900 saved.*

Vasantha in her home Garden



Vegetables dried for seeds



3. Self-help Groups (SHG)

There are 5 groups 3 Women's Self-help Groups with 30 members and 2 farmers with 20 members. Both the groups hold monthly meetings to carry out savings and credit. The members normally take loans during agricultural season to pay for ploughing and farm workers. Since most of the men have migrated to mines, women depend on SHGs for their immediate financial needs and take loans to meet their expenses. Apart from savings and credit activities, they also grow vegetables regularly to address the nutritional security of their families.



Women Self Help Groups

4. Kitchen Garden with Tribal Communities

The kitchen garden program is implemented in 3 tribal villages of Martalli Panchayat. This year, about 158 families are in the kitchen garden program. Most of these families have preserved seeds for next season. So, we distributed seeds only to new families. Their gardens are monitored by Anisha team. Around 3-9 varieties of vegetables like tomato, brinjal, pumpkin, bottle gourd, sponge gourd, okra, French bean, amaranth and rajagire were grown. 158 families produced a total of 7399 kgs of vegetables. On an average, each family produced 46 kgs of vegetables. Normally, for these families, it is not a routine to consume vegetables, but now they are very eager to produce and consume more quantities of organic vegetables.

**Quantity of vegetables produced by tribal communities
And money saved**

SL. No.	Vegetable varieties	Quantity of vegetables grown (Kgs)	Cost of vegetables per kg (INR)	Money saved in (INR)
1	Tomato	236	40	9440
2	Brinjal	648	40	25920
3	Pumpkin	2965	20	59300
4	Bottle gourd	1798	30	53940
5	Sponge gourd	326	40	13040
6	Okra	1032	40	41280
7	French bean	136	40	5440
8	Amaranth	160	30	4800
9	Rajagire	98	30	2940
	Total	7399		216,100

Case Study 1 - Impact of Tribal Kitchen Garden program

Kempamma, of Elachikere village.

I am married to Miniraju and together we have three children. My husband works in mines, and I work as agriculture coolie during agriculture season. I am into Anisha's kitchen garden program for the past 3 years. We have a very small piece of land near my house and I am growing varieties of vegetables such as snake gourd, pumpkin, bottle gourd, brinjal, and tomato. I am not buying vegetables from shops since the time I started this kitchen garden. This year, just in 7 months, I harvested about 46 kgs of fresh, organic and nutritious vegetables. Some vegetables that are in excess will be left to ripe in the plant and the seeds are preserved for next season. I was able to save up to Rs.1800/- for seven months. I will continue to grow the kitchen garden to provide vegetables for my family throughout the year.



5. Seed conservation and multiplication

Seed conservation and multiplication are the two most important activities of Anisha. At present, 321 varieties of native seeds are conserved by Anisha. 245 varieties of these were high in demand, so these were multiplied and conserved. One acre of land was used for seed production. Unfortunately, much of these seeds were lost due to incessant rains and we could reap a very small quantity for our seed bank.



A staff working on preserving the seeds at Anisha's Seed Bank

5. Program with School Students

a) Agricultural Sustainability through Children's Organic Kitchen Garden

The Children's Organic Kitchen Garden Program was started in 2016 in 23 schools with 800 students of Ponnachi, MM Hills and Martalli Panchayats. This is the fourth year of the project and has reached 1426 school students. *(A detailed report prepared by Marilyn Shrink of SD USA 2019 is attached)*

Based on the success of our organic kitchen garden program in these four years, the taluk level education officers requested Anisha to extend it to more schools in the region. The taluk education officers learnt about our kitchen garden program by interacting with students, teachers and school head masters. As a result, in addition to the 23 schools, we have initiated the program to 18 more schools involving 700 students of Hanur Block, Chamarajnagar District, Karnataka State. With the limited resources, we could extend it only to 18 schools. Implementation was in different stages, such as orientation, training and demonstration at the schools and finally setting up the school gardens within the school campus. Seeds were distributed to schools and students. The students' gardens were monitored by Anisha team.

Different stages of setting up a kitchen garden
In Government Higher Primary School, Kurati Hosur Village



These 18 schools have produced a total of 1234 kgs of vegetables from their school garden and have used it for their mid-day meal program (free lunch provided at school). These 700 students have in turn started their own kitchen gardens near their homes and have produced and consumed a total of 22686 kgs of fresh and nutritious organic vegetables. On an average, each student's family has consumed 32 kgs of vegetables. In six months, total savings from these families were Rs.787,190.

**Table showing Vegetables grown and the corresponding savings
by students of 18 Schools in the first year – June 2019 to December 2019**

Sl. No.	Varieties name	Quantities grown in the first year (June'19 to Dec'19)	Price per kg (INR)	Total (INR)
1	Okra	1865	40	74600
2	Brinjal	1623	40	64920
3	Amaranth	725	30	21750
4	Pumpkin	3636	20	72720
5	Radish	1742	30	52260
6	Tomato	1637	40	65480
7	Ridge Gourd	3942	50	197100
8	Bottle gourd	4814	30	144420
9	Climber bean	1280	40	51200
10	Moringa	707	20	14140
11	Ivy gourd	715	40	28600
	Total	22686		Rs.787,190

**Table showing quantities of vegetables produced at school sites
Of
Hanur Block in the First Year from June 2019 to December 2019**

Sl. No	School Name	Village Name	Vegetables produced (Kgs)
1	Govt Higher Primary School	Dhantalli	44.0
2	Govt Higher Primary School	Kuratti Hosur Colony	107.0
3	Govt Higher Primary School	KVN Doddi	39.0
4	Govt Higher Primary School	Hoogyam	73.0
5	RC High Primary School	Jallipalya	29.0
6	Govt High School	Minya	99.5
7	Govt Higher Primary School	Sahebara Doddi	45.5
8	Govt High School	Kempaina Doddi	78.5
9	Govt High School	Ellemala	65.5
10	Govt Higher Primary School	Gopinatham	76.0
11	Govt High School	Gopinatham	126.5
12	St. Thomas Rural High school	Thomayar Palya	47.0
13	Govt High School	Kuratti Hosur	63.0
14	Govt Higher Primary School	Halaguru	62.0
15	Govt Higher Primary School	Halagu mole	154.0
16	Govt Higher Primary School	Minya	15.0
17	Govt High School	Kudalur	17.0
18	Govt Lower Primary School	Alambadi	92.5
		Total	1234.0

The primary aim of Organic Kitchen Garden Program is helping the families to recognize the impact of malnutrition among children and their families and guide them to overcome it with healthy food from their own backyard. The secondary aim is to involve children in growing and consuming organic food while educating them on the adverse impacts of chemical fertilizers and pesticides on our soil and environment.

b) Educational Support Program

During the academic year 2019-2020, Anisha supported 50 students to pursue their education after 8th grade. In the region where Anisha works, many students drop out after 8th grade due to lack of financial support from their families. Anisha is addressing this for quite some years. This year 50 students - 8th graders (18), 9th graders (11), and 10th graders (21) - were financially supported to continue their education further. Apart from this, Anisha has also supplied notebooks to elementary and middle school students.

In April, an 8-day Nature Camp was jointly organized by Anisha, Amritha Bhoomi and Mysore Amature Nature Center. Total 35 students participated in this camp. Our sponsored students also participated in it and had different experience.

Case study - Abhishek, 10th Grade, St. Charles Rural High School

Abhishek, 10th Grader

My name is Abhishek. I am a 10th grade student in St. Charles Rural High School, Odaradoddi Village. I am the eldest son to my parents. My father passed away some years back. My mother works as agriculture coolie and earns Rs.250 a day whenever there is work. I have two younger brothers studying in the same school. We live in Godestnagar in an asbestos roofed house. We are landless and are surviving with the single earnings of my mother. She manages the family. Sometimes, my mother finds it very difficult to pay our school fees. Anisha has supported us and I am very thankful to Anisha for supporting for my education.



Abhishek's education is sponsored by Anisha. He met with an accident and had multiple fractures on his face. As the family is struggling with his mother's minimal income, she could not organize the required funds for his surgeries. Anisha stepped in at this difficult time and shared a part of his medical expenses. He was admitted in Mysore Hospital and underwent the required surgeries. He has recovered well and is back to school.

c) Students Exposure visit to Historical Places

On 26th January 2020, Anisha sponsored 20 children on an exposure tour to two historical places - Talakadu and Somanathapura. In Talakadu, the temples are covered with sand and it is said that the city was cursed by Queen Alamelamma. Talakadu lies near Cauvery river. The children played in the river and sand. They were excited to see the historic temples that they have only read in their text books till then.



Guide explaining the history of Talakadu



In front of Somanathpura Temple

6. Other activities: World Soil Day

The World Soil Day was celebrated on December 5th 2019 at Ponnachi Panchayath. This event was organized by Anisha, both Madeshwara High school and Government Higher Primary school, 62 students participated. It was a full day event. Students from both the schools gathered at Madeshwara High school campus. Two activities, Essay writing and painting were planned. The topic for essay writing was "Our responsibility towards soil conservation - why and how."

In the afternoon, students enjoyed painting using soil pigments. This is the first time they used soil for painting and they were very surprised to see the beautiful paintings they had created with soil. Prizes were awarded for the best essays.



Students painting with soil pigment



Students displaying their paintings

7. Anisha Resource Centre Development and Maintenance

The Resource Center's regular maintenance of land, solar panels, batteries, solar fencing, bore well, water pump, cows, building maintenance is ongoing problems/issues are attended immediately. The maintenance of solar fencing and bore well are recurring expenses.

In 2019, the dormitory was renovated, one small meeting room was converted to guest room, and a new open training hall was constructed.



Dormitory in 2012 before renovation



Dormitory in 2019 after renovation



New Meeting Hall



Meeting in session at the New Hall

8. Visitors to Anisha

Mr. Ramesh Kumar, Joint Director of Agriculture (Vigilance), Bangalore and Mr. Mahadev, Additional Director of Agriculture Department, Kollegal visited Anisha in June 2019.

Mr. Gangadar, Department of Studies in Social Work, University of Mysore along with a group of students doing their Masters in Social Work visited Anisha on an exposure tour in December 2019.

Mr. Mahadevaswamy, organizer of Soliga community, visited Anisha for a gaining knowledge on organic farming methods.



Joint Director (Vigilance), Assistant Director of Agriculture Department, and Valli

10. Conclusion

Overall, after many years, 2019 was favorable for farmers in the region and everyone was happy with good yields and reasonable price for their produce. The school kitchen garden project and native seeds reached to more than 3000 members in other districts and regions. The education department is supporting our work and without their cooperation we would not have achieved our goal to end hunger, achieve food security, improved nutrition, and promote sustainable agriculture.

We could accomplish all our planned activities such as organic farming, seed conservation and multiplication, school kitchen gardens and educational support program. Farmers, women, students and schools are saving native seeds, which is a good sign of taking forward organic farming and kitchen garden projects. In 2020, we are planning to extend our projects to neighboring Panchayaths and train many students.

11. A Note of Gratitude

We take this opportunity to thank all our supporters, who have been with us for several years. Without your continued support Anisha team could not have achieved all of this reported here. Our sincere thanks to one and all.

Support received from SD Nationals and Individuals

1. SD Germany: January 2019 to December 2019 for follow up programs of Organic farming.
2. George Helmer's family through Subud Woodstock supported Agricultural Sustainability through Children's Organic Kitchen Garden Project in 18 schools in Hanur block, Organic Kitchen Garden for tribal families, and women's program.
3. Guru Krupa Foundation supported the Agricultural Sustainability through Children's Organic Kitchen Garden Project.
4. SD USA: Educational support program for school children.
5. SD Britain, SDIA, SD USA, Paul's Family Fund supported Agricultural Sustainability through Children's Organic Kitchen Garden Project (partly).



THANK YOU!