

Anisha

Annual Report for Year Three of Anisha's Kitchen Garden Project
(2018/2019)

"Agricultural Sustainability through Children's Kitchen Gardens in
Rural Chamarajnagar District, Karnataka State, India



(Children eating lunch made with organic vegetables grown in their school's Kitchen Garden Project garden)

Report Prepared for Guru Krupa Foundation
and Other Project Donors

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On May 31, 2019, Anisha will complete the third year of its four-year project entitled "AGRICULTURAL SUSTAINABILITY THROUGH CHILDREN'S KITCHEN GARDENS IN RURAL CHAMARAJNAGAR DISTRICT, KARNATAKA STATE,

INDIA". Anisha's major donor for its Kitchen Garden Project has been the Guru Krupa Foundation with its total grants to date of \$30,000.00. Other donors this year have included various Susila Dharma national organizations (SD USA, SD Britain, SD Norway, SD Netherlands, SD Germany, SD New Zealand, SD Australia, and SD Japan), as well as the Susila Dharma International Association. Private donors have included the George Helmer family in the United States. This document is the Annual Report for Year Three of Anisha's Kitchen Garden Project (2018/2019). Again, it is with great pleasure that we submit this Annual Report for the third year of the Kitchen Garden Project.

Basics of the Project

A full outline of the basics of the Kitchen Garden Project are available in previous annual reports, or from the GKF Grant Administrator. Please feel free to request this information.

What Has Been Achieved in Year Three of the Kitchen Garden Project

In the face of another year of increasing water shortages, Anisha has continued to meet and exceed all but one of the measurable objectives that it has used to assess its success over the years. The yields this year were excellent again, with students meeting or exceeding all yield goals set for them by our measurable objectives (see below). 59% of all participating students doubled the target production goal.

At Anisha, there was good rain in April and May of 2018, but after June there was no rain until late August. After August, there has been very little rain. Luckily for the Kitchen Garden Project, water shortages typically have a greater negative impact on large scale agriculture, and kitchen gardening is less affected. This is due to waste water reuse and other strategies that students are taught in the KGP. This is why kitchen gardening is such a vitally important piece of the survival skills toolkit in areas significantly impacted by the effects of drought and climate change.

This year, 189 new seventh graders were baselined into the Kitchen Garden Project and given a pre-instruction organic kitchen gardening general knowledge test as well as an attitude survey. The 1,047 returning participants were not baselined again or given knowledge or attitude scales. After baselining, all 23 participating schools had orientations that were adjusted to adapt to the particular circumstances of each school, with both new and returning students included in the instructional sessions. This made a total of 1,236 participating students for year 3 of the KGP, which exceeds the target of at least 1,200 participating students by the third year.

Anisha again investigated the question of economic security status improvement as a result of participating in the KGP. Field workers interviewed 951 parents out of its 1,236 participating families using the Family Income Improvement Survey that is discussed below. This means that twice as many parents were interviewed this year as compared to last, and the results of this systematic survey were quite impressive. To an overwhelming degree these parents reported that the KGP has been very important in helping their family achieve a greater degree of economic security. Anisha also gathered some interesting information on the sale of vegetables and how families spent some of the surplus funds generated by being part of the KGP.

Data collection based on new student pre- and post-test scores on general knowledge of organic farming/kitchen garden theory and practices, as well as attitudes about these topics has again shown success levels at all targeted achievement levels or higher. Students do learn the KGP curriculum, and they show more positive attitudes about the program as a result of participating. 75 teachers familiar with the program from the last 2 years reported such high attitude scores on a pre-test this year that a post-test was not given.

The Key Elements of the Anisha Kitchen Garden Project

1. Baseline Information Collection/General Knowledge Pre-Test/Attitude Pre-Program Questionnaire (For new seventh grade students each year)
2. Student Orientation Trainings (for all participating students)
3. Practical Demonstration Garden Trainings
4. Seed Distribution/Garden Plantings
5. Parent Trainings (done during garden monitoring sessions)
6. Student Native Seed Collection
7. Environmental Camps (3 each year)
8. Regional Workshop (1 each year)
9. Reforestation (only done if rainfall level is adequate)
10. Ongoing Monitoring of Student Gardens
11. Kitchen Garden Contest Prizes
12. Progress Reports to Donors

The Kitchen Garden Project unfolds over the period of a year and includes upwards of 12 major components or key elements that are tied to the agricultural calendar. As more students are added each year to the cohort of participating students, more experienced students begin to operate more independently and creatively. They are still members of the project even after moving out of the 10th grade level. They still receive the benefits of monitoring

and mentoring, although not on a basis as intensive as the new students. These continuing students often serve as mentors for younger family members and neighbors who are especially interested in their kitchen garden. The KGP has a strong “family” feel about it as the village becomes more imbued with kitchen garden practices.

During year three, the first four components of the KGP were completed by the end of August, 2018. These components included the collection of baseline information and completion of pre-general knowledge and pre-attitudinal assessments of basic organic/kitchen garden farming information and practice for all new students (189 seventh graders), as well as orientation sessions and



Orientation Session



demonstration garden trainings for all participating students (1,236) at participating school sites with native seed distribution to students for planting at home. As discussed above, rainfall during Year 3 was delayed until August, causing some delay in planting. Despite this brief delay, yields for the year were at or above target levels.

After gardens were planted, Anisha’s field workers began the monitoring of gardens that goes on all throughout the year. New students receive at least one and usually two monitoring sessions a month, while continuing students probably need fewer. This is where the four KGP field workers, themselves under Valli’s guidance and supervision, provide such an important component of the program. Students are not left on their own to “sink or swim” with

Practical Garden Trainings

their gardens. They are provided with a notebook and pen and taught how to keep careful notes on vegetable yields, seed saving information, and other important details such as gardening anecdotes and hand-drawn pictures of their garden. On garden visits, the field workers provide problem solving strategies and encouragement. They transfer yield and seed saving information to logs that are kept at Anisha for later computerization. Without this vital ongoing support, garden production levels would more than likely be quite disappointing.



Field Workers Monitoring Student Gardens

Anisha conducted three Environmental Camps and one Regional Camp for Year 3. Each of the KGP's three participating panchayats held one of the Environmental Camps this year geared to extending the involvement and learning of pre-selected students - one for 35 students at Anisha's Resource Center, another for 30 students at Ponnachi Government Higher Primary School,



and one for 18 students at M. M. Hills, Government Higher Primary School. Various activities included student sharing about their gardens and offering encouragement for those having problems, detailed instruction on seed saving, strategies for dealing with insects and other pests, terrace gardening, tie-in with wider environmental issues, etc. Various forms of instruction were

Environmental Camp

used, including hands on activities, and documentary films. The Regional Workshop for 51 highly-motivated children was held in December at the Anisha Resource Center. Students from all three panchayats were mixed together to share their common interest in kitchen gardening. They worked in small groups that then reported to the entire group about such topics as seed collecting, pest control, the value of school gardens for lunches, medicinal plants, composting pits and plastic recycling, pride in school gardens, monkey and chicken problems, etc. Developing student identity as kitchen gardeners is an important goal of the Regional Workshop. It is hoped that activities such as a shared nature walk on Anisha's "eco-friendly" campus and viewing of films such as one about the life of organic farmers in India will build a sense of solidarity among the youth in the project. Feedback from children was very interesting. Jessie, a ninth grade student at St. Charles Rural High School said "Today I was not interested to come to Anisha, but after coming here I was so happy. I learnt lot of things at Anisha and was so happy to see different vegetable." Jenifer, a seventh grade student from Suluvadi Village Government Higher Primary School said "After reaching Anisha, I felt very happy. I was happy to share our school garden to other children's."



Anisha's Regional Workshop for Year Three

After the initial late summer planting of gardens, a second and sometimes third planting has taken place this year in many of the student gardens. The rhythm of the project continues as monitoring, data collection, and computerization at Anisha's Resource Center goes forward. As students progress in the program, they receive recurring instruction in seed collection. As they become more proficient, the seed saving component becomes more and more crucial. Anisha is



Student Seed Collection

counting on improving seed-saving skill levels to provide stability to family



kitchen gardening in its area. Future gardens are being fostered right now as each child learns how to carefully preserve his/her own native seeds for the coming year, a process that can be quite challenging. Anisha is working hard to reduce the need for the expensive purchase of hybrid seeds locally that are only good for one year's planting.

Prizes for best gardens as determined by the Anisha staff were recently given out for Year 3 and winning students received a much-desired backpack.

Prizes of Backpacks Awarded for Best Gardens

Again this year, the lack of adequate rainfall caused the cancellation of the Reforestation (tree planting) component of the program. Anisha would very much like to conduct reforestation next year but they know that the lack of plentiful rainfall prohibits this high-water-usage activity.

Measurable Objectives of the Program

Reporting on the measurable objectives of the program is the core of the Annual Report. It is through examining the data collection information that students and staff at Anisha work so hard to accumulate that the picture emerges of how effective Anisha is in producing tangible results for its participants. We have used the same basic objectives over the first three years of the project (with some minor adaptations) and the addition of the family income objective last year. Although some of this information is repetitious, it should be reported on each year because it is our best way to evaluate the KGP.

Our Four Measurable Objectives

To improve the nutritional food security of participating students and their families. 80% of all participating students (approximately 1200) will plant and maintain a kitchen garden at their home for five to six months of the year over the four-year course of the project, with possible second plantings each year

when possible. 80% of all gardens will produce a total of 10-15 kgs. (22-33 lbs.) of vegetables and contain five to ten different varieties of vegetables. 80% of all participating students will successfully save at least five varieties of local organic seeds.

The most basic part of this objective is perhaps the simplest - have at least 80% of all participating students over the last 3 years actually planted a garden this



year and maintained it at home for 5 - 6 months? If that is so, the KGP has accomplished something truly important. The data this year shows that 1,236 students are participating and that there are 1,112 students growing gardens at home. This is 90% of all participating students this year. This is resulting in excellent yields with 1,003, or over 81% of these students, meeting or exceeding the goal of 10-15

kgs. (22-33 lbs), and 729, or 59%, doubling the yield goal. 80% of students grew 5-10 or more varieties of vegetables in their gardens and 961 students (77% of all participating students) saved between 5-10 varieties of native seeds from their yield, both up from 72% last year. It is so exciting to see that 90% of all participating students have planted gardens and that 59% of all participating students doubled the target yield even in a water shortage period. There was a big increase over last year for students growing a wide range of vegetable varieties and collecting native seeds from their produce. Again, growing a wide range of vegetables and successful seed collections are of tremendous importance in promoting overall nutrition and in ensuring low to no-cost future gardens.



Sample Student Kitchen Gardens

Measurable Objective No. 1

Vegetable Production and Seed Saving - Year Three (2018/2019)

School	No. of Participating Students	Vegetable Production Level							Number of Varieties of Veg. Grown					No. of Seed Varieties Saved			
		0 kgs	1-9 kgs	10-15 kgs	16-20 kgs	21-25 kgs	Above 25 kgs	Total	0 to 2	3 to 4	5 to 10	11 to 15	Total	1-4	5-7	8-10	Total
1	78	3	0	8	12	8	47	78	3	0	53	0	78	54	19	0	73
2	38	0	0	3	7	1	27	38	0	0	1	37	38	0	32	6	38
3	16	2	0	0	0	0	14	16	2	4	12	0	16	3	13	0	16
4	33	1	0	1	1	2	28	33	1	2	31	0	33	6	27	0	33
5	29	0	2	2	2	3	20	29	0	2	25	1	29	2	27	0	29
6	46	2	2	12	6	4	20	46	2	1	45	0	46	1	38	7	46
7	103	10	9	15	9	8	52	103	10	12	82	1	103	6	94	1	101
8	125	0	17	21	15	7	65	125	0	6	118	0	125	8	72	41	121
9	40	4	0	0	0	3	33	40	4	6	31	2	40	1	37	2	40
10	39	0	5	5	6	4	19	39	0	8	27	0	39	7	24	8	39
11	31	0	1	0	0	1	29	31	0	4	26	0	31	2	28	1	31
12	74	7	11	9	4	7	36	74	7	3	57	0	74	0	63	11	74
13	51	1	10	6	3	6	25	51	1	10	38	0	51	0	40	5	45
14	50	0	0	3	2	6	39	50	0	9	36	0	50	0	31	0	31
15	144	24	19	25	13	6	57	144	24	3	120	10	144	8	71	45	124
16	33	4	5	2	4	2	16	33	4	3	22	0	33	7	24	2	33
17	46	13	4	16	2	2	9	46	13	5	30	0	46	16	30	0	46
18	22	6	4	3	3	2	4	22	6	11	10	0	22	8	9	0	17
19	55	19	3	2	8	8	15	55	19	5	48	0	55	15	38	2	55
20	56	5	7	13	10	2	19	56	5	13	34	0	56	9	22	0	31
21	97	23	10	7	11	10	36	97	23	11	70	0	97	24	51	15	90
22	6	0	0	1	0	2	3	6	0	0	6	0	6	0	5	0	5
23	24	0	0	0	2	0	22	24	0	0	21	0	24	3	20	0	23
	1236	124	109	154	120	94	635	1236	124	118	943	51	1236	180	815	146	1141

Recap of Measurable Objective #1

No. of Participating Students Year 3 = 1,236; 80% of 1,236 = 989

Vegetable Production Level

No. of Students Growing Gardens = 1,112 (90% of All Participating Students)
(orange columns 1-9 kgs to above 25 kgs = 1,112)

No. of Students at or exceeding target goal = 1,003 (81% of All participating Students)
(orange columns 10-15 kgs to above 25 kgs = 1,003)

No. of Students doubling target goal = 729 (59% of All Participating Students)
(orange columns 21-25 kgs - above 25 kgs = 729)

Number of Vegetable Varieties Grown

No. of Students Growing 5-15 Varieties of Vegetables 994 (80% of All Participating Students)
(yellow columns 5-10 and 11-15 = 994)

Number of Seed Varieties Saved

No. of Students That Collected 5-10 varieties of seeds = 961 (77% of all participating students)
(pink columns 5-7 and 8-10 = 961)

2. To improve the economic security status of the students' families participating in the project. 50% of all of the participating students' families will demonstrate improved economic security status by responding that they have experienced at least "some improvement" in their financial situation by maintaining a kitchen garden at their home as a result of participating in the Anisha Kitchen Garden Project (based on the Family Income Improvement Survey).

As stated above, Anisha's field workers interviewed 951 parents out of its 1,236 participating families using the Family Income Improvement Survey. 649 parents reported a great deal of improvement in their family's financial situation, 301 reported some improvement, and only one reported no improvement, just short of 100% at goal. This is a ratio of 2:1 parents reporting significant financial improvement as opposed to some benefit. The estimated total value of the vegetables grown in the KGP to date is 1,207,469.00 INR, or approximately \$20,124.48 USD. This is an average of \$20.00 savings per participating family. In a local economy that often leaves residents with little or no cash to spend, this is a significant amount of money. 217 parents reported spending their savings on school uniforms, 363 spent it on household materials, 119 bought extra clothing for the family, and 252 spent it on other needs.

Number of kgs of Vegetables Produced by Students from 23 Participating Schools Year Three (2018-2019)

	Vegetable Varieties	Student Grown Vegetables from 23 schools (in kgs)	Price per kg of Vegetable in INR	Total in INR
1	Raddish	1112.85	20	22257

2	Ladies finger	1522	30	45660
3	French bean	337.85	40	13514
4	Tomato	697.5	30	20925
5	Brinjal	2439.5	30	73185
6	Greens	503.65	20	10073
7	Sponge gourd	5502.6	30	165078
8	Bottle gourd	16366.5	20	327330
9	Pumpkin	18278	20	365560
10	Field Bean	2561.05	40	102442
11	Small onion	339	40	13560
12	Beans	324.25	40	12970
13	Chilli	581	30	17430
14	Bitter gourd	350	40	14000
15	Beetroot	21	30	630
16	Snake gourd	33.5	30	1005
17	Moringa	59.5	20	1190
18	Thondakai	23	20	460
19	Carrot	5	40	200
Total		51057.75		INR 1,207,469.00
				USD 20,124.48

Anisha gathered some interesting information on the sale of vegetables which would seem like an obvious option for families to add income to their budgets. Valli explained that families are developing more understanding and appreciation of the value of organic vegetables and that they are choosing to consume them within the family or to give them to their village neighbors rather than selling them. Very little income, an approximate total of \$100.00, was reported for the sale of vegetables.

3. To demonstrate basic knowledge over time of the general principles of sustainable organic farming and kitchen garden practices as well as ecological/environmental issues as provided in instruction by Anisha. All students new to the program this year (approximately 200) will be given a pre-test of relevant basic knowledge, and the 50 lowest scoring students will

complete a post-test on the same material towards the end of the year. At least 80% of these students (40 students) will demonstrate scores of 70% or higher on their post-test of basic knowledge.

For years three and four of the KGP, only the newly enrolled seventh graders each year will be given a baseline interview and a pre-general knowledge test of relevant information on organic farming/kitchen gardening concepts. This test assesses entering students' knowledge of the curriculum of the KGP. After completion of the program, they are given the identical test as a post-test and this gives an accurate picture of how well Anisha's resource teachers and other staff are succeeding in delivering theory and practical information to its participating students. There were 189 new students this year, and they were each given a 10 question test of their pre-program kitchen garden knowledge. Anisha went the "extra mile" and reported data on the 133 lowest scoring of the 189 students instead of the objective's required 50 students. These 133 students scored a total of between 1- 4 correct responses to the 10 questions, with half of these students scoring only 2 - 3 correctly. The post-test showed tremendous growth with all but 4 of these 133 students (129 students) scoring at or above target of 70% correct responses. Again, half of these 133 lowest scoring students scored at 90 - 100% on the post-knowledge test. As the reader can see, Anisha more than met its target of 80% of the 50 lowest scoring students coming in at the 70% correct score.

Measurable Objective No.3 – Students Pre- and Post-Program Knowledge Test

	No. of New Students Year 3	Pre-Program Test No. of Correct Responses					Post-Program Test No. of Correct Responses										
		1	2	3	4	Total	1	2	3	4	5	6	7	8	9	10	Total
Totals	189	17	35	33	48	133	0	0	0	0	0	4	44	19	23	43	133

4. To demonstrate increasingly favorable attitudes among participating students and teachers regarding sustainable organic farming, kitchen gardens and other ecological/ environmental issues as included in Anisha's Kitchen Garden Project. All students new to the program this year (approximately 200) and a sample of their teachers will be given pre- and post-program instruction questionnaires of attitudes as stated above. At least 80% of these students and teachers will report favorable to highly favorable attitudes towards these organic farming topics on post-instruction questionnaires.

As with general knowledge of pertinent KGP information, attitudes towards these topics was only assessed in the estimated 189 new participating students. Although easy to overlook, student and teacher attitudes toward the KGP can make or break the program as it moves towards year 4 and beyond. If students

feel positive about the program, they will value their gardens and naturally want to take care of them and work towards dissemination of this strategy throughout their villages and countryside communities. The pre-program attitude scale presented 5 statements to the students and they were asked if they strongly agree, agree, disagree, or are not sure about these 5 statements. The 5 statements are in the tables below.

Data collection from Anisha on this objective reported the number of responses to each of the 5 questions across the 4 possible responses. On the pre-program test, 224 responses were either disagree or not sure, both negative or neutral attitudinal responses, out of a possible total of 945. On the post-test including the identical 5 statements, there were no disagree or not sure responses from any of the 104 lowest ranking students. Of these 104 of the previously negative/neutral students, all responses were either strongly agree or agree (520). This is a 100% positive attitudinal response by the 104 lowest responders on the post-test.

Student Attitude Responses Year Three (2018/2019) - 189 New Students

Students' Pre-Program Attitude Scores

Questions	a)Strongly Agree	b)Agree	c)Disagree	d)Not Sure	Total Responses
1. Is Organic Kitchen Garden helps children's family.	93	64	20	12	189
2. Organic farming practice/kitchen garden are very important for our health.	75	70	28	16	189
3. Do you want to tell your school children to do organic kitchen garden.	91	49	38	11	189
4. Do you notice any changes in children attitude by doing organic kitchen garden.	116	32	23	18	189
5. Is there any improvement in student's health.	94	37	32	26	189
No. of Responses	469	252	141	83	945
				141+83=224	

Students' Post-Program Attitude Scores

Questions	a)Strongly Agree	b)Agree	c)Disagree	d)Not Sure	Lowest Negative Responses
1. Is Organic Kitchen Garden helps children's family.	101	3	0	0	104
2. Organic farming practice/kitchen garden are very important for our health.	100	4	0	0	104

3. Do you want to tell your school children to do organic kitchen garden.	93	11	0	0	104
4. Do you notice any changes in children attitude by doing organic kitchen garden.	99	5	0	0	104
5. Is there any improvement in student's health.	91	13	0	0	104
	484	36	0	0	520
	484+36=520				

Anisha reported that almost all of the teachers they are working with this year in the KGP have also participated for the last two years. 75 teachers familiar with the program reported such high attitude scores on a pre-test this year that a post-test was not given. Out of 75 teachers and a possible 375 responses, only 2 were disagree or not sure. 373 strongly agreed or agreed. They have shown overwhelmingly support for the program this year. That is a marked change from the first year when teachers were often slow to warm up to the program. They often did not see the relevancy or importance of kitchen gardens. Today, teachers are often growing their own kitchen gardens at home as well as seeing the benefits accruing to their students through the program. In Valli's words: "All most all the teachers are involved in our program since three years so they have positive attitudes and are implementing garden in the schools and enjoying the benefits both teachers and students. Along with this the teachers are doing gardens at their homes and they take seeds from us."

Teachers' Pre-Program Attitudes
Year Three (2018/2019)

Questions	Strongly agree A	Agree B	Disagree C	Not sure D	Total Teachers
1. Is Organic Kitchen garden helps your family.	71	4	0	0	75
2. Organic farming practice/kitchen garden are very importance for our health	69	6	0	0	75
3. Do you want to tell your school children to do organic kitchen garden?	72	3	0	0	75
4. Do you notice any changes in children attitude by doing organic kitchen garden?	67	7	0	1	75
5. Is there any improvement in student's health?	58	16	0	1	75
Totals	337	36	0	2	375
	337+36=373				

Parents are also showing a very positive attitude toward the KGP. Anisha reports that they are “very happy, sharing seeds and vegetables with their neighbors. They are returning seeds to Anisha with big smile in their face.” In short, attitudes about Anisha’s work in promoting kitchen gardens has really had a very positive impact on students, teachers, and parents’ attitudes in the local villages and communities regarding the importance and relevance of kitchen gardening.

Extra KGP Programming at Anisha

During the visit of our Susila Dharma/Anisha team in late October/early November of 2018, Anisha scheduled an event that involved inviting students to their Resource Center to share with each other, staff, and visitors about their



kitchen gardens. It was wonderful to see these students pour into Anisha on the morning of Sunday, November 4, 2018. All of Anisha’s staff was there to facilitate the program and Valli led the discussion. Altogether there were 29 participating students who attended, 18 girls and 11 boys. They were a cross section of students ranging from new seventh graders

all the way up to tenth graders who will continue in the program next year as experienced members of the KGP. Again, the family nature of the project was obvious. Older students are looked up to and provide support for their younger peers as they begin their experience of kitchen gardening. Newer students shared the fact that having the older students guidance and input was very helpful. Across the boards, students were enthusiastic about their gardens and very



eager to participate in the planned activity of the day - drawing a picture of their own garden at home, or a mandala that represented their feelings about their garden. Aminah Hermann, a member of the SD USA team and an accomplished artist herself, shared her understanding of the mandala concept, and we were happy to see that several students opted to show their gardens in a more symbolic way.

After drawing their gardens, students wrote about them and also were given the opportunity to thank donors to the KGP. At the end of the session, students received tea and a cookie as well as a small gift of a notebook and marking pens. Then they were shown several of the video presentations that have been made about the KGP over the years of its operation. They were delighted to recognize themselves and friends, as well as teachers and family members.

Anisha continues to provide mentoring and support for particularly needy but motivated students who are in danger of having to leave school after seventh grade to take jobs in mining or to remain at home. This is a critically important function of Anisha in the local area, and of particular interest to this report because of the direct tie-in with the KGP. Most of the educational support students are also in the KGP and both programs work together to keep students in school as long as possible. With funding from Susila Dharma USA, this Educational Support Program provides basic school materials and clothing items for these at risk students, as well as serving as liaison between students, schools, and home.

Unfortunately, the science fair which has been so successful for the first two years of the KGP had to be cancelled this year. The school that they have traditionally worked with on the fair, St. Charles Rural High School in Oddaradoddi Village, was unable to host the fair this year due to the pressures of their educational program and state testing. When Anisha was notified, it was too late to shift to another venue for the fair. Anisha intends to do its science fair next year, and will make every effort to be sure that they have an appropriate school site lined up for the event.

Summary of Anisha's Other Activities

As a result of a large BMZ grant several years ago, Anisha has a wonderful agricultural Resource Center. Many of Anisha's activities go on in the Center, including its seed bank. Much of this work is a continuation of BMZ funded projects.

1600 local farmers have been trained in organic farming principles and practices. 232 have continued to farm primarily using organic methods, while

most of the others are using some organic methodology. Anisha is offering consultation to these farmers when requested.

375 families are growing kitchen gardens from previous trainings. Many of these are landless women raising children. They are given seeds if needed and offered consultation for their questions.

Seven self-help groups are continuing with Anisha's support. Four farmers' groups and three women's groups are continuing to meet in the villages on a monthly basis. An exposure tour was organized for these women's self-help groups at the 'Organic Mela', held this year in Chamarajnagar.

Anisha's Seed Multiplication Project (native seed bank) is continuing with the major support of Susila Dharma Britain. Anisha has several acres of land but only 4 acres are under cultivation for the purpose of growing seeds for their seed bank. At present, Anisha's seed bank contains 302 varieties of organic native seeds.

The tribal kitchen garden project supports 130 families in two remote villages to grow kitchen gardens. It is funded by private donor Mr. George Helmer.

Anisha hosted children from different parts of Karnataka State this year to participate in an introductory four-day residential camp on kitchen gardening. This was separate from the KGP.

Occasional classes are given to community members by Anisha on organic farming when requested

As described above, Anisha continues to provide educational support for highly-motivated post-seventh grade students in particular need through its Educational Support Program that is funded by SD USA.

Financial Report

As reported in our preliminary report for year three of the KGP, dated December 20, 2018, our Susila Dharma team is in agreement that Anisha is keeping very accurate and detailed records of their receipts and expenditures for the Kitchen Garden Project. We believe that Anisha is operating in a financially prudent and transparent way.

Valli is using the same system of saving all receipts and tracking them by hand in two ledgers. The total budget for year three of the KGP is \$23,692.00. Total available funds for the KGP at the beginning of year three from the Guru Krupa Foundation and the SD nationals supporting Anisha for year three were

\$20,988.00. As of March 31, 2019, 10 months into the 12 month project, a total of \$18,256.00 USD has been spent (approximately 1,241,408 INR, using an exchange rate of \$1.00 = 68 INR). That leaves an operating budget of \$2,732.000 for the final two months of year three. Any surplus from year three funds will be reflected in the final budget for year four of the KGP.

Again this year, we examined Anisha's system of data collection. As with the first two years of the KGP, every participating student is maintaining an individual journal of their daily gardening activities as well as yield estimates of the various vegetable varieties they are growing and their estimation of seeds that they are saving. When the field workers visit the gardens, they record student yield/seed collection figures and report these to the documentarian at Anisha, who prepares this information for computerization. This data collection allows Anisha to get a good picture of how much produce the gardens are producing and how seed collection is progressing.

Awards and Honors for Anisha

Valli Krishnaswami, founder and director of Anisha, was honored on International Women's Day, March 8, 2019, with a very special award. The Vijayavani Newspaper and the Digvilaya Television network named Valli as one of its five winners of the "Women of the Year" award for 2019. The award was given on the basis of Valli's work for many years in the field of native seed conservation. Both the Chief Minister of Karnataka and the Mayor of Bangalore participated in the ceremony, and are in the picture with Valli below on her immediate left and right.



Letter of Agreement - Guru Krupa Foundation and the Susila Dharma Network

The Kitchen Garden Project has been blessed again this year to have had wonderful donor support. Our major donor has been The Guru Krupa Foundation based in New York state in the United States. This Foundation has continued to support Anisha's KGP at the \$10,000 level for all three years of its existence. We have also had great support from a large group of Susila Dharma National Organizations (as detailed on page one of this document), the Susila Dharma International Association, and private donors such as the George Helmer family.

In awarding the Kitchen Garden Project grant to Anisha, the Guru Krupa Foundation requested that Anisha and Susila Dharma USA comply with 10 assumptions included in the Letter of Agreement for Year Three of the KGP. Our team believes that we have complied with all of the assumptions as stated in the letter. Attached you will find the relevant portion of the rough draft of the SD USA Annual Report that includes a short description of the Guru Krupa Foundation's grant. (The final Annual Report for 2018 has not yet been completed. We will forward the completed copy to all of our donors when it is completed.)

An article describing the Guru Krupa Foundation's grant of \$10,000.00 to Anisha for year three of the KGP is archived on our website (www.susiladharmausa.org) on the Anisha page, using the link "Read about it here". There is also an accompanying link to the Guru Krupa Foundation's website.

If the Guru Krupa Foundation would like a more detailed review of information on our compliance with these assumptions, we will be happy to send it on.

Summation

Anisha is continuing to serve the local community in the Martalli area of Karnataka State in Southern India by working every day to place the tools of organic farming and kitchen gardening in the hands of its local residents. In the face of very limited resources and with significant obstacles presented by environmental and economic hurdles, participants in its Kitchen Garden Project and other programs are moving ahead in their lives and experiencing significant improvements in daily living. Hundreds of children are being educated in organic kitchen gardening principles and practices that they will carry with them for the rest of their lives.

It is with great pleasure and our deepest thanks that we submit this annual report to the Guru Krupa Foundation as well as all of the other donors that have supported year three of Anisha's Kitchen Garden Project (2018/2019). Without this support, Anisha could not continue its inspired work.



Kitchen Garden Participants at Martalli Government Higher Primary School