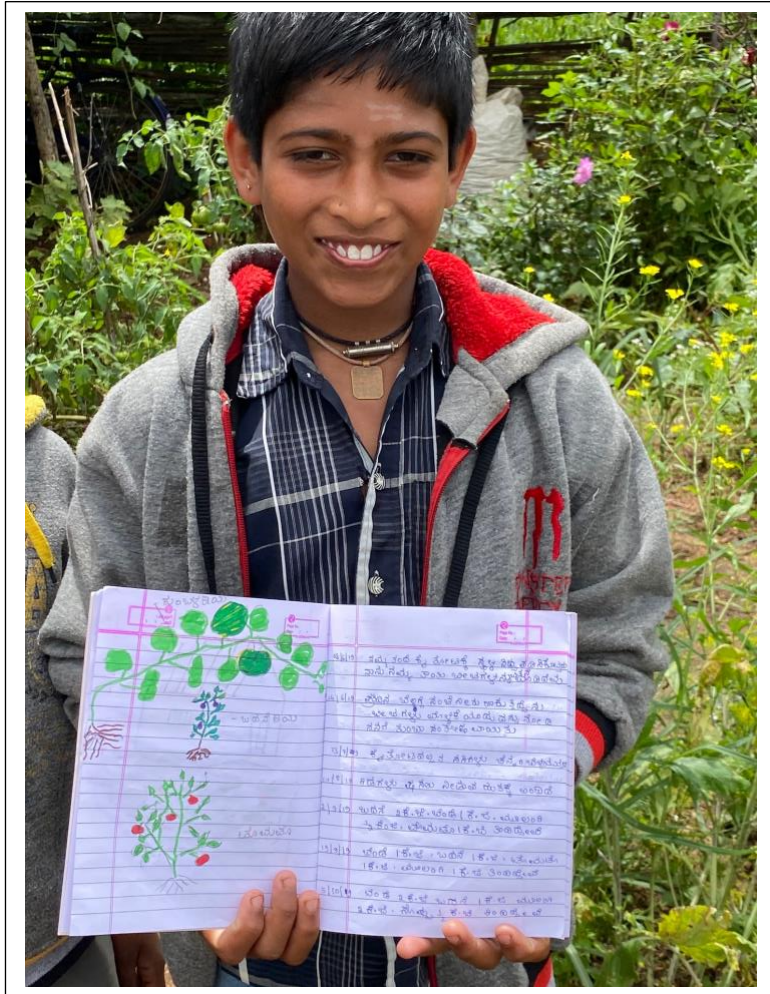


Anisha

Annual Report for Year Four of Anisha's Kitchen Garden Project
(2019/2020) - Date April 6, 2020

“Agricultural Sustainability Through Children's Kitchen Gardens
in Rural Chamarajnagar District, Karnataka State, India”



Report Prepared for the Guru Krupa Foundation, the Paull Family Foundation,
the NUE (Northern German Foundation for Ecology and Development), all Contributing
Susila Dharma Organizations and Other Private Donors

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On May 31, 2020, Anisha will complete the fourth year of its four-year project entitled: “AGRICULTURAL SUSTAINABILITY THROUGH CHILDREN’S KITCHEN GARDENS IN RURAL CHAMARAJNAGAR DISTRICT, KARNATAKA STATE, INDIA.”

Anisha has been able to complete the four years of Phase One of its Kitchen Garden Project (KGP) primarily through the generosity and continuing funding of its major donor, the Guru Krupa Foundation (GKF). Without its sustained and dedicated support over these past four years, the KGP would not have become a reality. In its fourth year, the project has received the vital support of the Paull Family Foundation, and the NUE Foundation. These two donors provided the funds necessary to complete Year Four of the KGP. Many Susila Dharma organizations have supported Anisha’s KGP work, along with the Helmer Family and other private donors. Deepest thanks to every member of the Anisha family of donors!

This Annual Report will contain information specific to Year Four of the KGP. After the conclusion of the Kitchen Garden Project at the end of May, 2020, we will complete this Report with a wrap-up of Year 4 and an overview of all four years of the KGP. The overview will be an attempt to summarize the long-term benefits brought to the children and families Anisha has so faithfully served with its KGP, and also looking at areas that can be developed and expanded in the future. Valli and Rajan intend to continue serving the local communities it has been working with for many years to come.

Achievements of Year Four of the Kitchen Garden Project

Readers of these reports will be familiar with the key elements and calendar that together constitute the KGP’s yearly round of events. As in other years, Year Four began on June 1, and will continue through May 31 of this current year. In June, 190 new 7th graders were brought into the KGP and baseline information was gathered on each one of them, bringing the total of

participating students up to 1,426. These new students were oriented to the program at all of the 23 participating schools, and training/demonstration gardens were planted at 15 schools (several less than last year due to construction projects creating obstacles, etc.). All orientations and training/demonstration gardening sessions were done by Anisha's experienced team of resource teachers, Rajan and Manu, while Project Director and Anisha founder Valli Khrishnaswamy, did baselining and other administrative tasks. Organically grown native seeds were given out to all new students and the remaining cohort of returning students who needed them. Due to little rainfall during June, July, and August, many students delayed planting their seeds until heavy rain came in September. Garden yields not only caught up with those of the last two years, but exceeded them as the year has gone on. 200 fruit and other tree saplings were given out to new students this year. Three Environmental Camps were attended by 103 students in October. Two members of the Susila Dharma Team visited Anisha in November and held meetings with Anisha staff, visited many school gardens and student gardens at home, met with parents and students in several meetings to listen to their feedback on the program, etc. Readers are invited to refer back to the mid-year report prepared for donors in December of 2019 after the Susila Dharma Team visit. It contains more details on all of these events and activities.

Since the visit by the Team in October, Anisha has continued to provide garden monitoring and support for all of its participating students by its highly trained staff of field workers, as well as completing several large events. In place of a science fair this year, Anisha celebrated "World Soil Day" on December 5, 2019. 62 students from Madeshwara High School and Ponnachi Government Higher Primary School gathered at Madeshwara High School for a full day of activities designed to increase awareness of the importance of soil in their lives. The students wrote for 60 minutes on "Our Responsibility of Soil Conservation and Why and How" and produced many very interesting essays. Prizes were awarded to 12 students for "best" essays. Students created paintings using mixtures of termite hill soil, ash, turmeric, and cow dung. Student soil samples from home were on display also. Students enjoyed the activities and increased their knowledge and appreciation of soil in their daily lives.

Anisha also conducted its Regional Workshop on Dec. 28, 2020 for 94 students from all of its 23 schools and four program grade levels. It provided an opportunity for highly motivated students to share their gardening experiences with each other and learn ways to deal with any problems they may be having with their gardens. Students divided into four groups to create and present a short play on one of 4 kitchen garden related topics. The plays demonstrated the importance of the material they are learning through the KGP for general health and environmental issues. The day ended with an interesting video on pollination and its role in agriculture.

January, February, and March have been busy months for Anisha as all of its regular duties of garden monitoring, yield estimation, distribution of seeds needed for replanting of gardens, seed collection by students, etc., have been going on, as well as data collection and computerization by the office staff for all four measurable objectives of the KGP. Details of this data collection are reported in the Measurable Objectives of the Program section of the Annual Report below. These figures show that Anisha has achieved the target goals for all of its stated objectives, and exceeded them in several important ways. There were only two minor exceptions, and these exceptions produced scores that are only slightly under the stated target of 80%.

Measurable Objectives of the Program

It is through its year-long process of data collection that Anisha is able to demonstrate its effectiveness each year in meeting the measurable objectives that it set four years ago. Under often very difficult conditions, students and Anisha staff continue to collect this data throughout the program. Students record vegetable amounts produced, as well as the number of varieties, and the seeds that they are able to collect from the produce they grow in their gardens. This information is recorded by field workers during monitoring visits, and reported to the Anisha office staff. This data allows Anisha to estimate the value of all vegetables grown based on market value, and allows Anisha to determine an approximate cash value accruing to each participating family by growing their kitchen garden. Levels of knowledge among new participating students regarding the theory, importance, and practice of organic kitchen

gardening are measured by pre and post-tests, as well as their attitudes concerning these topics. Below is an examination of results documented for each measurable objective.

Our Four Measurable Objectives

1. To improve the nutritional food security of participating students and their families. 80% of all participating students (approximately 1400 participating students for Year 4/80% = 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.

As stated last year, this is the most basic but probably the most important of all of the objectives. It shows that Anisha's goal of empowering hundreds of students and their families to change their lives by being able to grow their own nutritious organic food from native seeds that they learn to collect and sow themselves in the future has become a reality in Anisha's area due to the Kitchen Garden Project. Putting this tool in the hands of young students is particularly important in Anisha's area because of the lack of resources and material support available to help students break out of the cycle of poverty and deprivation that mark their daily lives and define the trajectory of their futures.

The table below shows that of the 1,426 participating students this year, 1,361 students planted a garden at home this year and are maintaining it throughout the growing season. This is a figure of 95% of all participating students, up from 90% last year. 88% of all gardens planted (a total of 1,256) produced vegetables at or above the target level of 10-15 kgs., exceeding last year's figure of 81%. 680, or close to half of all gardens (47%) doubled the yield goal by producing above 25 kgs of vegetables.

An important target contained in Measurable Objective No. 1 is the number of varieties of vegetables grown in the gardens. This is important because

before the KGP began, many families were limiting their vegetable consumption to one or two varieties of purchased vegetables, and thus losing the benefit of having a wide range of vegetables in their diet. That is why the KGP monitors the number of varieties of vegetables produced in the gardens. The target goal is between five to ten different vegetable varieties. This year, 1,113 gardens, or 78% of all gardens, contained between 5-15 vegetable varieties, just short of the 80% goal achieved last year.

Seed saving is such an important part of the KGP's impact on the future. It is a skill that Anisha has worked hard to develop among its KGP participants. This year, 1,270 students (89%) managed to save some seed varieties, but only 1,100 (77%) met the target goal of saving seed varieties (5 through Above 10).

Measurable Objective No.1 Vegetable Production and Seed Saving - Year Four (2019/2020)																		
SL No	No. of Participating students	Vegetable production level							Number of varieties of vegetables grown					Number of seed varieties saved				
		0 kg	1-9 kgs	10-15 kgs	16-20 kgs	21-25 kgs	Above 25 kgs	Total	0-2	3-4	5-10	11-15	Total	1-4	5-7	8-10	Above 10	Total
1	78	2	5	5	9	6	51	78	2	12	63	1	78	26	29	16	2	73
2	50	0	2	3	3	12	30	50	0	2	2	46	50	2	6	38	1	47
3	32	0	1	0	2	14	15	32	0		28	4	32	6	15	2		23
4	51	0	0	5	4	1	41	51	0	9	3	39	51	2	39	9		50
5	35		0	1	3	2	29	35		1	2	32	35	1	6	28		35
6	52	2	2	4	4	9	31	52	2	20	30	0	52	2	20	27		49
7	103	8	12	11	9	7	56	103	20	26	46	11	103	28	42	18	1	89
8	125	0	7	19	14	39	46	125	0	15	83	27	125	18	79	21	5	123
9	55	5	4	1	3	9	33	55	8	5	36	6	55	5	40	3	1	49
10	52	0	1	2	2	16	31	52	0	3	43	6	52	1	46	2		49
11	40	0	1	3	4	26	6	40	0	11	28	1	40	2	33	1		36
12	74	7	9	8	6	5	39	74	7	22	42	3	74	13	42	16		71
13	72	2	3	6	6	16	39	72	2	5	55	10	72	8	52	4	2	66
14	83	3	7	9	9	14	41	83	3	15	53	12	83	1	62	14	1	78
15	144	12	9	33	14	6	70	144	16	25	82	21	144	8	78	32	3	121
16	33	3	2	3	3	2	20	33	4	10	18	1	33	14	17	4		35
17	46	7	7	6	2	12	12	46	13	5	26	2	46	5	15	12		32
18	22	6	1	5	2	2	6	22	6	0	14	2	22	3	13	1		17
19	69	4	6	25	3	12	19	69	9	5	33	22	69	1	47	3	3	54
20	73	1	7	24	6	18	17	73	0	8	32	33	73	6	39	1	2	48
21	97	3	14	16	11	7	46	97	9	6	34	48	97	12	68	6		86
22	6	0	1	5	0	0	0	6	0	3	3	0	6	2	3	0		5
23	34	0	4	9	5	14	2	34	0	4	28	2	34	4	30	0		34
	1426	65	105	203	124	249	680	1426	101	212	784	329	1426	170	821	258	21	1270

Number of Participating Students (Ss) Year 4 = 1,426; 80%; of 1426 = 1,140

Vegetable Production Level

No. of Ss growing gardens (all non-zero kgs. production levels) = 1,361 (over 95% of all participating Ss)

No. of Ss at or exceeding target goal (pink columns) = 1,256 Ss (over 88% of all participating Ss)

No. of Ss doubling target goal (above 25 kgs) = 680 (47%+ of all Participating Ss)

Number of Vegetable Varieties Grown

No. of Ss growing 5-15 varieties of vegetables (green columns) = 1,113 (over 78% of all participating Ss)

No. of Seed Varieties Saved

No. of Ss that collected 5-10 and above varieties of seeds (blue columns) = 1,100 (over 77% of all participating Ss)

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).

This year, Anisha's field workers interviewed 1,155 parents of the 1,426 participating students, using the Family Income Improvement Survey. 884 parents reported a great deal of improvement in their family's financial situation, 268 reported some improvement, and only three reported no improvement as a result of growing their home kitchen gardens. Similar to last year, this is just short of 100% respondents at goal for this objective, with a ratio of at least 3:1 of parents reporting significant financial improvement as opposed to some benefit.

Data collection figures for the total number of vegetables grown in the KGP to date is approximately 62,642.1 kgs. The table below gives the estimated market value for each variety, with a total value of INR 20,77,844.00 or USD \$29,683.00 using an exchange rate of 70:1. This is an average cost savings of \$20.82 to every participating family over the course of Year Four of the KGP to

the present time. 420 parents reported that they have spent the savings for school uniforms, 510 parents used it for household materials, 214 families used the cost savings for extra clothes for festivals. Two parents paid school fees while two parents purchased a bicycle for their children.

**Number of kgs of Vegetables Produced by Students from 23 Participating Schools
Year Four (2019-2020)**

	Year Three (2018-2019)	Student Grown Vegetables from 23 schools (KGs)	Price per kg of vegetable in INR	Total in INR
1	Beans	852.5	60	51150
2	Beetroot	96.25	40	3850
3	Bitter gourd	1469	40	58760
4	Bottle guard	17964.5	30	538935
5	Brinjal	3986	40	159440
6	Carrot	66	60	3960
7	Chilli	1210	50	60500
8	Cluster bean	1632	40	65280
9	Field bean	2016.35	40	80654
10	Greens	963.5	30	28905
11	Ladies finger	2680.5	40	107220
13	Moringa	581	20	11620
14	Pumpkin	19365	20	387300
15	Radish	1820	30	54600
16	Ridge gourd	4965	50	248250
17	Small onion	647.5	180	116550
18	Snake gourd	389.5	60	23370
19	Sponge gourd	1035	40	41400
20	Ivy gourd	56.5	40	2260
21	Tomato	846	40	33840
	Total	62642.1		2077844

Total in USD (exchange rate of 70:1) = \$29,683; average Year Four savings = \$20.82 per family

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 pretest 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.

All 190 new students this year were given a pre-test concerning their basic knowledge of relevant information on organic farming/kitchen gardening concepts. The 117 lowest scorers were identified. Recently these same students were given the identical post-test to see if they have increased their relevant basic knowledge. As you can see from the chart, all but two of these 117 scored at 70% correct responses or higher on the post-test. Anisha more than exceeded its target of 80% of the 50 lowest scoring students coming in at 70% correct score or higher on their post-test (close to 100%).

	No. of new students Year 4	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
Total	190	12	30	35	40	117	0	0	0	0	0	2	10	22	46	37	117

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.

Anisha has successfully demonstrated that attitudes of students new to the program change dramatically over the course of their KGP participation. Students engaged in the program develop very positive attitudes on the five questions below supplied by Anisha that touch on many aspects of the benefits of organic kitchen gardening and its potential to improve student/family lives. Anisha's data collection for this objective is based on the total number of possible responses to the five questions, rather than on the number of students

scoring at a certain level. It still shows us that of the 950 possible responses on the pre-program questionnaire, 387 or 38% were negative or unsure responses, with 62 favorable +. On the post-program questionnaire, responses by the 178 lowest original responders, all 890 possible responses were favorable or highly favorable on all five questions, resulting in 100% favorable/highly favorable attitudes in new participating students this year. Positive attitudes by program participants reinforced by family support based on tangible results adds up to youth that will be inclined to hold on to the skills and practices they learned from Anisha as they move into adulthood. They are likely to keep doing what works, and to pass it on in their family and community in the future. Anisha did not feel the need to assess teacher attitudes again this year because the teaching staff has remained the same for the past several years, and the support from these teachers has grown over the years, indicating a very positive attitude among experienced teaching staffs.

**Students Attitude Responses
Year Four 2019-2020 – 190 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 your family.	66	80	38	6	190
2. Organic farming practice / kitchen garden are very important for our health.	60	68	42	20	190
3. Organic farming practice / kitchen garden is very important and they could help our village income.	62	40	65	23	190
4. Do you want to continue organic kitchen garden.	60	47	41	42	190
5. Do you save money by doing organic kitchen garden.	61	49	54	26	190

Totals 309 284 240 117 950
 (Total Possible Responses=950 for all Ss 309 + 284 = 593 or 62% of all responses favorable +

Students' Post Program Attitude Scores

Questions	a)Strongly agree	b)Agree	c) Disagree	d) Not Sure	Lowest Negative response
Is organic kitchen garden helps your family.	116	62	0	0	178
2. Organic farming practice / kitchen garden are very important for our health Organic Farming	130	48	0	0	178
3. Organic farming practice / kitchen garden is very important and they could help our village income.	136	42	0	0	178
4. Do you want to continue organic kitchen garden?	162	16	0	0	178
5. Do you save money by doing organic kitchen garden?	158	20	0	0	178
Totals	702	188	0	0	890

(Total Responses = 890 for original lowest 178 Ss) 702 + 188 = 890 or 100% of all responses = favorable +

Summary of Anisha's Other Activities

Anisha is continuing its full round of activities in addition to the KGP. They continue to offer support to the over 1,600 local farmers who have been trained in organic farming principles and practices over the years. Approximately 252 of these farmers are using primarily organic methods on their farms, while most of the others are using limited organic methodology. Approximately 326 landless families are doing kitchen gardens as a result of previous trainings. Seven self-help groups are continuing with support from Anisha (four for farmers and three women's groups) meeting in the villages monthly.

Anisha's Seed Multiplication Project (its native seed bank) is continuing, and at present contains more than 325 varieties of seeds. Its four acres of farmland are primarily used to provide seeds to replenish its seed bank.

The tribal kitchen garden project supports 140 families in two remote villages in growing kitchen gardens. With the help of private donor Mr. George Helmer, approximately 700 new students were added in a new initiative to increase kitchen gardening in more remote areas.

The Educational Support Program for 50 highly-motivated post-seventh grade students in particular need was continued with funding from SD USA. Students who might otherwise drop out of formal educational settings, continue their school careers through the support and encouragement of Anisha.

Anisha continues to offer its summer environmental camps for Karnataka State students to develop environmental awareness by providing a residential camp experience for these students at Anisha.

Financial Report

Anisha has continued its record keeping as reported for the first three years of the KGP. As in previous years, Valli is using the same system of saving all receipts and tracking them by hand in two ledgers. 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.

The total budget for year four of the KGP is \$29,746.00. In addition to the yearly grant from the Guru Krupa Foundation of \$10,000, a large gift of \$10,000 was given by the Paull Family Foundation and \$5,274 was allocated from the NUE grant for Year 4 operations. The remainder of the funds came from our Susila Dharma network of supporters (SD USA, SD B, and SDIA, as well as some funds from Anisha itself. Total available funds for Year Four of the KGP were \$29,746.00. As of March 31, 2020, \$23,802.00 has been spent out of the

available funds. This leaves a balance of funds for the remaining 2 months of the KGP at \$3,444.00 after the \$2,500.00 travel budget funded by SD USA/SDIA for our visiting team this year is subtracted out of the \$5,944.00 remaining funds. Any surplus that results after KGP 1 expenditures will be applied to future programming by Anisha. The complete expenditure sheet for Year 4 will be included in the wrap-up report for Year 4/all four years of the KGP 1 coming in June of 2020.

Letter of Agreement - Guru Krupa Foundation and the Susila Dharma/Anisha Team

In awarding the Kitchen Garden Project grant to Anisha for Year Four of the KGP, the Guru Krupa Foundation requested that Anisha and Susila Dharma USA comply with 10 assumptions included in the Letter of Agreement for Year Four of the KGP. Our team believes that we have complied with all of the assumptions as stated in the letter. A passage has been submitted to SD USA that will be included in its upcoming Annual Report for 2019 describing Year Four of the KGP. This Annual Report will be forwarded to the GKF along with the wrap-up report for the Kitchen Garden Project in June of 2020. An article describing the Guru Krupa Foundation's grant of \$10,000.00 to Anisha for year four of the KGP is archived on our website (www.susiladharmausa.org) on the Anisha page, using the link "Read about it here", with a link on SD USA's website homepage to the article. There is also an accompanying link to the Guru Krupa Foundation's website (www.guru-krupa.org) on the SD USA website. SD USA would be proud to have a link included on the Guru Krupa Foundation's website to any article on our website related to the grant they awarded to Anisha.

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.

Year Four

During Year Four of the KGP, Anisha has continued 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 have been educated in organic kitchen gardening principles and practices that they will carry with them for the rest of their lives. In the face of the global corona virus pandemic, hundreds of students and families are in a safer position today due to their ability to grow free organic vegetables right at home, and to be able to continue those gardens into the future using the seeds that they have been taught to save throughout the course of the KGP 1 programming.

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 Four of Anisha's Kitchen Garden Project (2019/2020). Without this support, Anisha could not have continued its inspired work.

Backpack Award Day at School

