

## Promoting a healthy life by through Parisar Poshan Baug

Bharti Jagan Chaudhary, a resident of Bhangaon taluka of Shegaon district of Buldhana, was always critical of Akola, Jalgaon, Khandesh, for his treatment. The reason was that the number of their HB stopped after 4 and Bharti Tai was tired of taking medicines and pills for the medicines, so the family members had given up hope.

That is why they joined the savings group and came to the monthly meeting regularly. In addition to the monthly savings in the group, other issues were discussed in which the development nutrition gardens, which were implemented by the development assistance institution, were included. The women who had been linked earlier in this program were benefiting from their experience, so that Bharti Tai felt eager about it and decided to set up a nutrition area in her home and expressed her desire.

Bharti Tai, who attended the gathering, organized the gathering workshop organized by the organization's workers through the organization's workers, then realized the cost incurred in the effort to increase their HB.

He created a place in the organization's guidance and planted seedlings and seeds planted in the past by cultivating it, in which he emphasized the green leafy vegetables, specially they organized the sewage properly in their premises garden. Within a span of 2 months, they started receiving fresh vegetables such as spinach, shampoo and fenugreek from the Nutrition Garden, which regularly included them in their diet. In time, they became aware that their discomfort was diminished. After about a year, when he checked his HB, he found that 5 Varun went up to 9 and he is on his HB 11.

While discussing with them, they say that due to the guidance from time to time, I am very busy today and the neighbourhood nutrition garden preserves an estimated cost of 40 thousand rupees for my treatment. Bhangaon is in very remote area and the facilities for transit turn are very low, hence this type of situation can be overcome mainly due to drought. Today, in Bharti Tai village, other women are encouraged to tell their experiences in the field of Nutrition Gardens. They are very happy about their success and they also help them in this.