

Case-Study:

Mai Azizan – Celebrating Vegetable Sowing



Mai Azizan is a 69 year old widow of late Muhammad Sajan. She lives in village Jawan Khan Burirro, district Jacobabad along with her family of 7 members.

Lack of income generation led the family to food insecurity hence; Azizan took an initiative to contact OSDI and requested to be nominated as a beneficiary of our Kitchen Garden Project (K.G).

Upon selection she was provided with 8 vegetable seeds to sow in her backyard which was left as a barren space and pesticides to keep the vegetables save from insects and parasites. Azizan worked hard to prepare the land and made channels for irrigation then planted the vegetable seeds.

In a few weeks time fresh vegetables started to bloom in her Kitchen Garden and she was able to avail healthy and nutritious vegetables for her family. She not only managed to have a sufficient quality for self-consumption but also gave these vegetables as souvenirs to her neighbors and friends. Her daily saving raised upto PKR 100 – PKR 150.

She is highly thankful to OSDI for supporting her to grow fresh vegetables in her home.