

A Woman's Determination: Transforming a Family Farm

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Farmer's details

Name: Amarjeet Kaur

Age: 53

Village: Bajheri

Background

Amarjeet Kaur, a 53-year-old woman from Bajheri village of Punjab (fig 1) is an inspiring example of determination and resilience in agriculture. Her farming journey began at the age of 47 when her family faced a difficult situation due to her husband's serious medical issues. Ravendar kumar a husband of Amarjeet kaur is a daily based farmer who got a serious disease when her husband's health got worsened when he was 65 and after that the doctor suggested him a complete bedrest. Before her husband's health deteriorated, the family practised conventional farming on their 11.5 acres of land. They mainly cultivated wheat, rice, and sugarcane. However, when her husband's illness became worse, Amarjeet Kaur decided to step forward and took responsibility for the farm. Initially, she worked partially in the fields while managing household responsibilities. Her two sons supported her and together they continued the farming activities.



Fig 1

Diversified Farming Practices

With time, Amarjeet Kaur began to observe the challenges of relying only on traditional crops like wheat, rice, and sugarcane. To improve the productivity and income of the farm, she gradually introduced the Integrated Farming System (IFS) on her land. This approach helped her diversify farming and use the resources of the farm more efficiently. Under the integrated system, Amarjeet Kaur started growing a variety of vegetables along with the traditional crops. (fig 2) The vegetables are sold regularly to shops in the village and at the Kharar mandi. This change helped the family generate a daily and sustainable income, unlike earlier, when they had to wait for seasonal crop harvests.

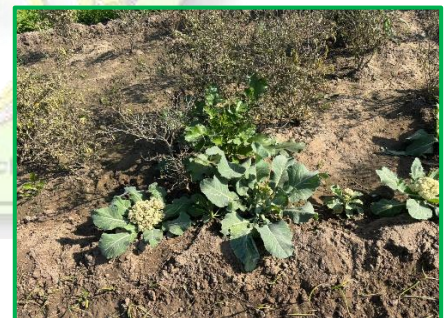


Fig 2

Work Expansion

To further increase their earnings, Amarjeet Kaur also started preparing homemade pickles from the vegetables grown on her farm. These pickles became an additional source of side income for the family. In addition to crop cultivation, the family also kept two cows, mainly for milk used in their household.(fig 3) This small livestock component is also a part of their

integrated farming approach. Today, Amarjeet Kaur's dedication and innovative thinking have significantly improved the condition and productivity of their farm. Despite facing personal and family challenges, she successfully transformed their traditional farming system into a more diversified and sustainable model. Her story stands as a powerful example of how courage, hard work, and smart farming practices can change lives and inspire other farmers, especially women in rural communities.

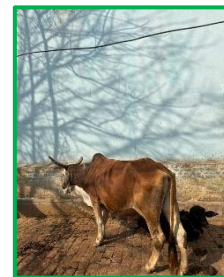


Fig 3

Her Achievements

- Become Family supporter
- Adopted crop diversification beyond wheat, rice and Sugarcane.
- Established a successful side income.
- Adopted Integrated Farming System.

Message to Farmers

- Never Give Up in Difficult Times: Even when her husband's health worsened, she did not abandon the farm. Instead, she stepped forward and took responsibility. Her courage shows that challenges can become opportunities.
- Adopt Integrated Farming System (IFS): Moving beyond only wheat, rice, and sugarcane, she introduced vegetables and livestock as part of an integrated farming system. This diversification reduced risk and improved overall farm productivity.
- Diversification Brings Regular Income: By growing vegetables and selling them locally and in the mandi, she ensured daily and steady income instead of depending only on seasonal crops.
- Value Addition Increases Profit: Making pickles from home-grown vegetables added another source of income. This teaches farmers the importance of processing and value addition.
- Women Can Lead in Agriculture: Her story encourages rural women to participate actively in farming.