**Machan Farming: A New Path of Growth**

**Name:** Sabita Singh  
**Husband:** Ganesh Singh  
**Village:** Gitilata  
**Panchayat:** Tentla  
**Block:** Potka  
**District:** East Singhbhum

Sabita Singh, a resident of Gitilata village, is an inspiring example of how training and small initiatives can bring about meaningful change in rural livelihoods. Her husband, Ganesh Singh, works as a laborer in the village. However, Sabita decided to take a step forward and contribute to her family’s well-being in a more sustainable way.

As an active member of the Bhumij Kisan Club Samiti, formed under the initiative of Samekit Jan Vikas Kendra, she took part in agricultural training provided by the Samekit Jan Vikas Kendra. Empowered with new knowledge, she established a kitchen garden at home. This small yet impactful step began yielding fresh vegetables for daily consumption, resulting in monthly savings of Rs. 500 to 600 on vegetables alone.

In January 2023, Sabita further enhanced her skills by undergoing training in machan farming from Samekit Jan Vikas Kendra. She set up a machan (vertical trellis structure) using rope, bamboo, and wooden pegs across 30 decimals of land, where she cultivated jhingi (ridge gourd) and karela (bitter gourd).

Despite challenges posed by extreme heat, she managed a commendable yield — 170 kg of jhingi and 90 kg of karela, both sold at Rs. 40 per kg, earning her a total of Rs. 10,400.

Encouraged by this success, Sabita is now planning to plant barbadhi (sponge gourd) and bitter gourd in the upcoming Kharif season on the same machan structure.

