



SUCCESS STORY

SOWING SEEDS OF SUCCESS:

Mrs. Qamar Gul's Journey with the Vegetable Value Chain

Mrs. Qamar Gul, a 47-year-old farmer and leader of the Khurshid Group in the vegetable section, has proven that resilience, hard work, and access to the right resources can transform lives. Living in Bish Kapa Afghanistan with her husband and ten children, seven daughters and three sons, ranging from ages 5 to 25, Qamar Gul's story reflects the power of community-driven programs like those initiated by NSDO under the AWARE project.

CHALLENGES BEFORE CHANGE

For years, Qamar Gul and her family struggled to make ends meet. With six hectares of land, they cultivated potatoes and mung beans. Unfortunately, these crops produced yields only once a year, leaving their income far from sufficient to cover the family's daily needs and school expenses.

"We often had to borrow from relatives just to get by," Qamar Gul recalls. "It was difficult to see our children's education and our family's future in jeopardy."



JOINING THE VEGETABLE VALUE CHAIN

The turning point came when NSDO selected Qamar Gul to join their vegetable value chain program. The program introduced her to technical and scientific methods of farming, financial literacy, and life skills training. These tools empowered her to make the most of her land and overcome the limitations she had faced for years.

"The training taught us what vegetables to grow for higher yields and how to utilize our land multiple times a year through crop rotation," she explains.

Additionally, NSDO provided hybrid seeds for tomatoes, eggplants, cucumbers, garlic, onions, and more, which significantly improved the quality and quantity of her produce. The program also included childcare support during training sessions, allowing participants like Qamar Gul to focus fully on learning.

TRANSFORMATIVE RESULTS

The impact of these interventions has been life changing. With increased yields and better income, Qamar Gul was able to:

- Expand her land holdings: She purchased two additional hectares, increasing her farmland to eight hectares.
- Invest in livestock: She bought three sheep for 22,000 AFN, which have since appreciated in value to 33,000 AFN.
- Strengthen her financial literacy: Thanks to the training, she now manages her income and expenses effectively, ensuring sustainable growth for her family and business.

"This was the dream I always had," she shares proudly. "Now, we are not just surviving; we are thriving as one of the local businesses in our village."

A MESSAGE OF HOPE AND GRATITUDE

Qamar Gul credits NSDO for turning her vision into reality and enabling her to become a role model in her community.

"To other women, I say: create opportunities for yourself through hard work and determination. With the right support and training, you can achieve anything."

She extends her heartfelt thanks to NSDO and the project's donors, whose support has uplifted countless women and families.

CONCLUSION

Mrs. Qamar Gul's journey from financial hardship to entrepreneurial success demonstrates the profound impact of the AWARE project's vegetable value chain initiative. By equipping women with the knowledge, resources, and confidence to optimize their potential, NSDO has catalyzed sustainable change in communities.

This success story is a compelling example of why continued investment in such programs is vital. Mrs. Qamar Gul's transformation is not just her own, it is a beacon of hope for other women striving to build better futures for their families.