

# TRANSFORMING LIVES



Focus - Sustainable Agriculture

## The Art of Living Propels a Powerful Shift Toward Sustainable Agriculture

In a transformative effort to reshape India's agricultural landscape, a strong collaboration between The Art of Living Social Projects, Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ), key Indian ministries, and NABARD is propelling a nationwide shift toward sustainable farming practices. This project focuses on advancing agroecological techniques in Karnataka, Madhya Pradesh, and Assam, with a particular emphasis on elevating women in agriculture - a cause deeply aligned with The Art of Living Social Projects' commitment to agricultural sustainability and women's leadership in rural development.

### Encouraging Women Leaders in Agriculture

A key element of the Agroecological Transformation Processes in India (SuATI) project is the training of women leaders in agriculture. Over 4,000 Krishi Sakhis (women farmers) have already been enabled with knowledge in natural farming, transforming not just their farming practices, but their roles as change agents in their communities. These women are fostering eco-friendly practices, inspiring local progress, and becoming pillars of positive change in rural India. A key element of the Agroecological Transformation Processes in India (SuATI) project is the training of women leaders in agriculture. Over 4,000 Krishi Sakhis (women farmers) have already been enabled with knowledge in natural farming, transforming not just their farming practices, but their roles as change agents in their communities. These women are fostering eco-friendly practices, inspiring local progress, and becoming pillars of positive change in rural India.



“Agriculture is the backbone of human existence. For any civilisation to prosper, agriculture has to be healthy and sustainable. We need to get our focus back on agriculture which is the primary industry. Our Earth has plenty for everyone. We only have to manage its resources well.”

- Gurudev Sri Sri Ravi Shankar

## Expanding Reach: Training Cluster Coordinators

To further amplify this impact, 140 Cluster Coordinators will receive specialised training to expand the adoption of agroecological practices through Women's Self-Help Groups (SHGs). The Art of Living Social Projects' holistic approach enhances this initiative by incorporating Sudarshan Kriya, a powerful breathing technique known for its benefits in stress management and emotional resilience. This unique combination of practical farming knowledge and emotional well-being ensures that the Krishi Sakhis are not only skilled in sustainable agriculture but also geared to lead, mentor, and inspire others in their communities.



Inauguration ceremony at the Art of Living International center

## Intensive Training for Cluster Coordinators

The first batch of 40 Cluster Coordinators recently completed an intensive training session at The Art of Living International Center in Bengaluru. The organisation, renowned for its sustainability and climate action initiatives, provided these coordinators with the tools, knowledge, and inspiration needed to promote natural farming in rural areas. Equipped with essential skills and inspired to lead change, these supervisors are now ready to promote climate-resilient farming practices across the region. Collaborating closely with an empowering network of Krishi Sakhis, they are set to ignite a self-sustaining agricultural revolution contributing to rural resurgence.



Training took place at the Art of Living International Center, Bangalore



Training sessions for the cluster coordinators



## Reshaping Rural Development through Women

The SuATI project demonstrates the transformative power of women-led, localised initiatives in driving meaningful change in rural India. By uplifting women farmers, the project not only advances agroecology but also strengthens rural resilience and enhances food security. Through the collaboration of The Art of Living Social Projects, GIZ, and Karnataka-SRLM, a future is being paved where women will play a pivotal role in transforming India's agricultural landscape, reshaping the very fabric of rural development. Armed with knowledge and leadership skills, Krishi Sakhis will transform agriculture from the ground up - creating a ripple effect that will resonate throughout their communities for generations to come.

By promoting eco-friendly farming practices and providing essential training to rural communities, The Art of Living is addressing challenges of food security and environmental sustainability. The organisation places a special emphasis on women's leadership, offering them the skills and resources to drive change, creating a ripple effect that contributes to the social and economic upliftment of entire communities.



## Ecosystem Restoration: Guttahalli-Palar River Basin

In the Guttahalli Hills of the Palar River Basin, 30,000 saplings of over 20 diverse native tree species have been planted across 60 hectares of Gomala lands, constituting part of the expansive 70+ hectares.

This initiative is geared towards bolstering green cover on previously barren lands and promoting groundwater recharge.

The Palar Rejuvenation Project has brought a once-dry river back to life

## The Japanese Miyawaki Method

The Miyawaki method, led by Japanese botanist Akira Miyawaki, rapidly creates urban forests compared to natural forests which need several years to mature. Native plants are densely planted, optimising sunlight for vertical growth. This approach achieves denser growth, faster development, and becomes maintenance free within 3 years.



Numerous walkways have been established within The Art of Living Center in Bengaluru, employing the Miyawaki method. Strolling through these lush forests provides a deeply satisfying experience for the soul.

## The Art of Living's Pervasive Impact in Prisons



The skill development programs in prisons have given inmates a new ray of hope for a brighter life.

Over 3,50,000 prison inmates have benefitted from yoga, pranayama and meditation which has been implemented in over 100 prisons across India.

In Asia's largest prison, Tihar Jail, over 60,000 convicts and 130 prison staff have undergone these transformative programmes.

17 Skill Development Centres have been established within 28 prisons in India.

## WYLTP Impacts Women in Remote Areas

In regions spanning from Northeastern states to remote tribal areas, over 44,000 women have been equipped with transformative skills through the Women Youth Leadership Training Programme (WYLTP). These women, hailing from various backgrounds including North East, Border Villages, Tribal Areas, and beyond, are provided with specialised training in leadership & entrepreneurship. Armed with the tools & opportunities to make independent choices, they are fostering equality & creating inclusive environments within their communities.

Through WYLTP, these empowered women are not only gaining confidence & resilience but also igniting positive change & driving sustainable development in their respective regions.



WYLTP Programs have empowered women from rural areas with confidence, skill, and determination.

## Spearheading Municipal Waste Management with NDMC

In collaboration with the New Delhi Municipal Council, The Art of Living initiated a waste management programme to process 1,000 kg of organic wet waste daily into compost. This compost is utilised in natural farming to enhance soil quality and optimise crop growth without chemicals. The process involves segregating kitchen waste and filling it into 70 kg crates for further processing. Horticulture waste is then added to an organic waste converter machine to reduce moisture and increase organic carbon content. After curing for 10 to 15 days, an enzyme called Jag Pawani expedites the composting process.



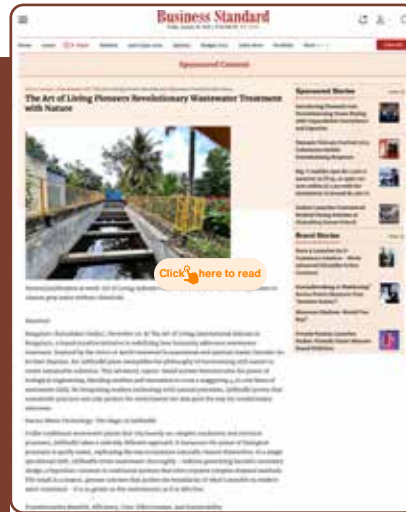
Under the 'Clean Delhi, Green Delhi' initiative, The Art of Living partnered with NDMC to install and run organic waste converter plants at selected locations in New Delhi, including Madhu Limaye Marg, Raja Bazar, Sangli Mess, and Bharti Nagar. Each plant can process up to 1,000 kg of wet waste at a time, converting it to compost for use by the Horticulture Department of India. This joint initiative aims to make NDMC's jurisdiction a zero-waste zone, recycling all green waste in a sustainable manner and aligning with the Smart City agenda for the national capital.



The Art of Living Instills Hope in Remote Areas with Free Education



The Art of Living Pioneers Revolutionary Wastewater Treatment with Nature



Empowering Youth through The Art of Living's Skill Development Programmes



## The Art of Living's Water Revolution in Maharashtra

Prasana Prabhu, Chairman of The Art of Living Social Projects, met Shri Sanjay Rathod, Maharashtra's Minister of Soil and Water Conservation, to highlight the transformative impact of The Art of Living Social Projects' water conservation initiatives in the state. These efforts have rejuvenated 33+ rivers and benefitted 22,75,000+ people. 56,000+ recharge structures were constructed, 2,90,00,000+ cubic metres desilted and 7,28,900 trees planted - bringing life changing relief to drought-prone regions, significantly boosting crop yields, and supporting thousands of farmers and communities in Maharashtra alone.



PRASANA PRABHU, CHAIRMAN, ART OF LIVING SOCIAL PROJECTS (CENTER) WITH SRI SANJAY RATHOD, MINISTER OF SOIL AND WATER CONSERVATION, MAHARASHTRA (RIGHT)



“Just as rice is purified by ghee, our body by Ayurveda, our intellect by knowledge, our emotions by Satsang, and our soul by meditation, similarly, our money is purified by charity.”

-Gurudev Sri Sri Ravi Shankar



## Gurudev's vision translates into action in two important ways:

Powerful personal development courses at the individual level and various large-scale social transformation projects at the community level. These projects go a long way in empowering our people and country in a sustainable manner.

## Dharma Sthambha Yojana (DSY)

Connects social service projects with socially conscious individuals to drive positive change. DSY effectively channels monetary contributions towards initiatives like Water Conservation, River Rejuvenation, Natural Farming Training, Education, Women Empowerment, Skill Training, Waste Management, Rural Development, and others. These initiatives go a long way in empowering our people and country in a sustainable manner.



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