



## INNOVATIVE FARMING FOR GOLDEN ERA SUSTAINABLE YOGIC AGRICULTURE

Headquarter Office: ARDW Office, Pandav Bhawan, Mount Abu (Raj) | 75975-46732 | [ruralwing@bkivv.org](mailto:ruralwing@bkivv.org)

Chairperson Office: Brahma Kumaris, Jail Road, Mehsana (Guj) | 94284-59317 | [mehsana@bkivv.org](mailto:mehsana@bkivv.org)

**Websites:** [www.yogickheti.org](http://www.yogickheti.org) | [www.brahmakumaris.com](http://www.brahmakumaris.com)

AN INITIATIVE OF



BRAHMA KUMARIS

## Changing the Lives & Livelihoods of **Farmers**

Sustainable Yogic Agriculture is a project initiated by the Agriculture & Rural Development Wing of the Brahma Kumaris which **integrates thought based meditative practices with methods of organic farming**. A pioneering initiative in the area of spiritual farming involving Rajayoga meditation to enhance productivity of organic farming. About two thousand farmers throughout India are successfully practising yogic farming and helping in creating happy and resilient rural communities.

Sustainable Yogic Agriculture recognizes all elements of farming such as animals, birds, flying and crawling insects, micro-organisms, domestic seeds, vegetation, surrounding ecosystems and the natural elements thus following a bio-diverse system-wide approach. It includes understanding the self as a spiritual being, igniting the dormant positive inner energy of self and channelizing the energy of the mind through Rajayoga Meditation to empower all the five elements. This ancient technique is bringing success to the small holder agrarian communities. This ancient technique is helping small holder agrarian communities in bringing success to the Organic Farming.



## Objectives:

- Educate farmers about Innovative and organic methods of Agriculture
- Foster use of technology, knowledge and practices
- Promote ecological biodiversity
- Revolutionise the thought process through spirituality
- Increase sense of responsibility towards nature with spiritual conscience
- Integrate holistic ways of controlling degradation
- Awaken farmers on the role of Rajayoga Meditation in Agricultural Advancement



## Enlisted for Incentives to Farmers under:

Paramparagat Krishi Vikas Yojna a sub-component of Soil Health Management scheme under National Mission of Sustainable Agriculture.

## Practices of Yogic Farming:

- Application of Pure Positive Vibes
- Priming of seeds through Meditation
- Raising Flag
- Charging Five Elements of Nature
- Charging Crops through Meditation
- Use of Organic Manures
- Natural Pest Management
- Crop Rotation and Mixed Cropping
- Establishing Micro Environment
- Express gratitude to the God & Mother Nature
- Karma yoga

## Approach for Meditation & Benefits:

Specific thought based meditation practices are evolved to support each phase of crop growth cycle. Regular meditations are conducted to charge the five elements of nature and for priming seeds, sowing, irrigation, soil replenishment, microbial activity, disease and pest resilience etc., Positive power of thoughts created through Rajayoga Meditation has been found to play a vital role in transforming agriculture as well as farmers' health.

The Soul of this project lies in Sustainable practices contributing sustainable productivity and rural poverty eradication. Today, it is a matter of pride that Sustainable Yogic Agriculture project has brought a ray of hope to organic farmers. It has been considered as important tool in energizing the farmers' lives, rural women and rural youth.



## Sustainable Yogic Agriculture: By parameters of Science

To testify scientifically this wonderful technology many agricultural Universities and research centers have conducted test that has brought to light positive results.

### Sardar Krishinagar Dantiwada Agriculture University, Gujarat

Scientists here found that the germination of seeds enhanced upto 7% in Sustainable Yogic Farming. Yield of wheat increased by 25% at the end of four years while compared to the organic farming. The plot of Sustainable Yogic Farming also had more microbial activity in soil to its benefit. There has been improvement in the nutritional content as well.



Impact of Rajyoga Meditation

Treatment	Grain Yield (kg/ha)			
	2010-11	2011-12	2012-13	2013-14
Organic Farming	2990	3222	2442	3389
Yogic Farming	3748	3711	2714	3814
Chemical farming	4585	3899	3101	2886
CD (=0.05)	533.3	444.4	382.2	444.5
CV(%)	15.01	13.06	14.71	14.07

Comparative Grain yield of Wheat

### Govind Vallabh Pant Agriculture University & Technology, Uttarakhand

Dr. Sunita Pandey with her students did a seed research on Wheat & Chickpea. They found improved vigor properties as well as physiological properties such as the root length, Shoot length, growth vigour Index, Alpha Amylase Enzyme Activity, De-hydrogenous enzyme Activity in the case of seeds treated with Rajayoga Meditation was more compared to those treated with other techniques like Electro Magnetic Radiation.



Comparative study on Chickpea Seeds

### Conclusion of various research & Studies

Different findings indicate that meditation when added to organic farming leads to higher production. Improvement of soil microbial activity, germination levels, micronutrients are also observed. Yogic farming offers low-cost yield which benefits small and marginal farmers to a greater extent. Crop resilience to climate change and emotional well being of the farmers prove to be an added advantage.

Quantitative Benefits	Qualitative Benefits
Crop Quality	Social Resilience
Nutritional Content	Improved Relationships
Crop Yield	De-Addiction
Shelf Life	Reduced anger & Depression
Trade Price at Market	Individual farmer Wellbeing



# Opinions of Agro-Scientists

*Dr. S. Ayyapan, Former DG, ICAR*

Innovative, Novel and Revolutionary application and methodology of Organic Agriculture with a simple technique of Rajayoga Meditation as free additional input by the farmers has produced outstanding and excellent results for pure and safe food, increasing production and productivity.

*Dr. SBS Tikka, Former DR, S.D.Agricultural University*

I am of the strong view that greater dissemination of this concept of Yogic Farming amongst farmers is required so that Indian farmer is benefitted by this approach. This concept of farming is novel and pious.

*Dr. R C Maheshwari, Former Vice Chancellor, SD Agricultural University*

Yogic Farming will not only prove beneficial in improving the yield of organic farming but also impart satvic tendencies in the people who consume such a produce.

*Dr. K N Rao, Retd. Chief Technical Advisor, FAO*

In view of qualitative and quantitative benefits to the farmers it is highly recommended that Yogic farming should be popularized as an improvised technique of organic farming.

*Dr. Subhash Gill, Principal Scientist, Directorate of Wheat Research, Karnal*

Experiment of Yogic farming on Rice-Wheat cropping system has been carried out since Rabi season 2011-12 at a farmer's field. This has not only resulted in better yield but has also created a healthy, pure and sustainable environment. This is the need of hour.

Comparative Research Data		
Method	Rice (Q/Hec)	Wheat (Q/Hec)
Yogic	43.61	20.55
Organic	33.79	16.63
Chemical	41.21	19.5

Source: Resource Management Unit, DWR, Karnal

# Experiences of Farmers

**Ashok Mali, Ambap, Kolhapur, Maharastra**

I tried this Yogic farming because everything was a struggle up to that point. Working on the farm was a struggle, managing the crops was a struggle. This practice changed me. Now my farm has become sacred. I started practicing Rajyoga meditation with organic farming. And the result is wonderful. I feel a connect with the mother land.

**Khodabhai, Amreli, Gujarat**

I want to continue the Indian tradition of farming rather to go for using chemicals. I cant think of anything better to do with my life than feed satvic food to the world, and help restore the traditions of this great Bharat. Its only India, would show to the world that something like yogic farming can gain such support.

**Mr. Kumar Pawar, Chipri, Maharashtra**

I came to know about Yogic farming in the year 2008. We have gone through an intensive training under the auspices of the Brahma Kumaris and I started an experiment on tomato crop. Will show their miraculous performance with the following data.

Nutrient	Yogic	Chemical	Cost/Profit	Yogic	Chemical
Fat	0.11%	0.20%	Net Cost/Acre	₹ 6020.00	₹ 26740.00
Protein	1.13%	0.74%	Gross Cost/Acre	₹ 13378.00	₹ 28147.00
Carb.	5.63%	4.15%	Total Crop /Acre	13667 Kg	15158 Kg
Energy	27.47 Kcal/100g	19.5 Kcal/100g	Market Value/Acre	₹ 77446.00	₹ 85895.00
Vit C	14.9mg/100g	6.05mg/100g	Profit / Acre	₹ 64068.00	₹ 57778.00

Results from tests conducted at National Agriculture & Food Analysis & Research Institute.



All India Farmers Empowerment Campaign, 2015-16



IARI, New Delhi: Inauguration of Conference at IARI.



Tribal Awareness Campaign, 2014



Participation in UN Climate change Conference.

## About the Organisation

### Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya

as an international socio-spiritual organization, affiliated as an NGO to the United Nations' Department of Public Information (DPI) with consultative status at United Nations' ECOSOC & UNICEF, Observer Member at UNEP, Observer status at UN Framework convention on Climate Change (UNFCCC). It is also offering services to varied sections of the society with its world-wide network in 110+ countries across the World.



Om Shanti Bhawan, Mount Abu

## Agriculture & Rural Development Wing (RERF)

The Agriculture and Rural Development Wing (ARDW) of the Rajyoga Education and Research Foundation (RERF) is working in partnership with Government institutions, NGOs and research institutions to empower thousands of farmers to reconsider methods of crop protection and to improve methods of agricultural production. ARDW aims to promote cleanliness, literacy, health-hygiene and self-reliance through value-based positive lifestyle, biodiversity and sustainable livelihoods in rural India. Also instrumental in the holistic development of rural India by empowering farmers, rural women and rural youth. ARDW promotes and popularizes universal human values in rural areas integrating various aspects such as Sustainable Yogic Agriculture, Gender equality, Rural Youth and Women Empowerment.

