

# Revolutionary Yogic Agriculture



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**Abstract**— India's main occupation and economy is based on agriculture. Large section of population of India is involved in some or the other form of agriculture or products related to agriculture. Agriculture plays an prominent impact on the Gross Domestic Product (GDP) growth of India which in turn reflects on service sector and manufacturing sector relating to consumers goods and services. Per-capita holding of land of large section of Indian population is less than two acres, and there lively-hood depends on it. Since the holding of land is in such small proportion, modern means of agriculture and technology cannot be introduced or adopted. Thereby it has a impact on earning and livelihood of people in rural areas as the productivity from these lands is not at par due to non-implementation of modern means of technology in agriculture. Deteriorating condition of soil and quality of land is also a factor which is affecting productivity. Excessive use of chemical fertilizers and pesticides to achieve greater volume of growth is the main cause of deteriorating soil conditions and quality. The vegetables and food grains are losing their nutritional value due to use of harmful chemical fertilizers and pesticides as it is having adverse effects on human body due to their consumption. The fear-some diseases in form of cancer, diabetic, blood pressure, stomach related problems, adverse effects on children's, food poisoning, skin problem, effects on mental and physical changes, hormonal changes etc are largely related to intake and consumption of contaminated or nutrition less food or product. Due to consumption and side-effects of these harmful adulterated food products on human body, the World Health Organisation has issued a warning and awareness programmes highlighting the effects of these contaminated and unhygienic food. When one says 'Health is Wealth' and to sustain and maintain health, human beings needs to consume healthy and hygienic food. A reform in form of Yogic Organic farming is what should be introduced in agricultural practices. This article lays down the benefits and valuable significance of Yogic Organic farming.

**Index terms:** agro-ecology, zero budget farming, sustainable agriculture, renewable energy, green revolution, recycling means of agriculture, environment, effective governance, and water management.

## I. INTRODUCTION

India has the capacity to be self sufficient as well as feed other nations when it comes to production of food and food

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product. But the area of land for cultivation of agricultural products is affected and depleting with ever increasing land demand for development of commercial and housing activities to meet the requirement of ever increasing population. Every year land availability for cultivation is decreased at a phenomenal scale. Along with this availability of potable water for fulfilling agricultural needs and requirement is also facing enormous challenges. Lack of awareness regarding modern innovative agriculture techniques is also observed throughout India. Agricultural reforms and intensive research in field of modern agricultural technique suitable to Indian farmers and Indian conditions will be able to overcome the hurdles faced by Indian farmers.[1] This will increase productivity and will make farmers self-sufficient. Indian agriculture is facing a crisis situation as there is no research or reforms implemented by government authorities for sustainable farming and to meet the requirement of the society. Mechanism for proper utilisation of potable water for consumption for people as well as for agriculture should be the basic aim of government. Every year surface water and ground water is decreasing at an alarming rate which in turn is affecting agriculture and its productivity.[2] On top of it effects of global warming in form of unpredictable climatic conditions and uneven and untimely distribution of monsoon rains is affecting agricultural productivity. Problems like scarcity of rain or excessive rainfall is the reason behind destruction of standing crops. Introduction of farmers to higher value and sustainable crops will increase the productivity for agricultural sector.[3]

Agricultural productivity in India is largely based on external sources such as availability of rain, irrigation and canal irrigation system. A new concept agro-ecology[4] which is widely followed and adopted Worldwide is self-contained farming. In this method natural resources such as water, with combination of live-stock is utilised to its fullest capacity by means of recycling and re-energising to cultivate or sustain agricultural production. Along with this, a combination and integration of crops and live -stock's are used together by understanding their inter-dependability and thereby complementing each other by using organic means of farming for better productivity. Organic fertilizers and compost are used for energising soil to achieve utmost quality and productivity.[5] Agro-ecology is a revolutionary innovative concept which combines research, science, knowledge, traditional practices, climatic conditions, traditions, community practices, soil quality etc. and thereby adopting farming practices in accordance to locations and availability of resources.[6]

## Revolutionary Yogic Agriculture

A green revolution[7] was introduced in India during 1960's where modern means and equipments were introduced in the farming process, means such as machines, tractors, fertilizers, pesticides, weedicides along with high yield variety seeds (HYS). The effect of this green revolution was visibly noticed as it increased the productivity of land, and

crops substantially.[8] India witnessed a bumper production or output in agricultural products to such extent that, the country was self-sufficient in achieving and fulfilling its demand for food products, whereby less dependability on imports of products related to agriculture. As this modern chemical fertilizers, pesticides and weedicides were extensively used in the farming process for obtaining higher yield had its own side-effects where by the natural nutrients of these lands or soil were immensely affected.[9] The quality of these lands to sustain growth on its own had nearly diminished. On the other hand the agricultural products, fruits, vegetables, seeds, food-grains and crops obtained through this kind of land and soil were harmful for human consumption as these leads to horrific diseases.

A initiative made by India in July 2019 Finance Budget to propose and introduce Zero Budget Natural Farming (ZBNF).[10] The basic aim is to make farming affordable and to decrease the overall cost involved, and also to provide hygienic and healthy agricultural products to the people. This can be achieved by introducing and implementing all naturally obtained products and by-product of plants and animals for agricultural productivity. Product such as organic pesticides, organic compost, organic fertilizers, cow-urine, etc. to be used in the farming process as it is cost-effective and is freely available. The products obtained by this natural farming will be free from harmful and destructive side effects of chemical fertilizers and pesticide.[11]

### II. METHODOLOGY

The research work done in this study is doctrinal in nature and is qualitative research. The doctrinal research methodology, which is used in this paper, includes various legal principles and concepts of all kinds such as legal statutes, commentaries, articles, etc. The researcher has also studied various perception or theory like agro-ecology, organic farming, green revolution, yogic sustainable farming etc. Thus the paper includes qualitative research of various national and international books, and journals on the same topic.

The researcher would like to draw everyone's attention regarding the short-comings faced in the Indian agricultural sector. When elaborated one has to take into consideration the utmost importance or aim to maximise the productivity or output per unit of land available for farming. Productivity to be achieved in such a way that, the quality and the nutrients of land are maintained by adopting safe means of farming in ways such as using organic fertilizers and pesticides with modern technologies of farming so that, organic and healthy food and food products are available for pro bono publico i.e. for the welfare of the society. As farming largely depends on availability of potable water, water as a precious commodity should be used with caution so that, the water resources are adequately utilised for farming, industrial consumption as

well as for all living things. Efforts must be made or should be taken to encourage safe water practices as well as to promote afforestation or reforestation by plantation-drives. This practices should be introduce, inculcated or initiated throughout all schools so that, the valuable importance of preserving nature and natural resources is understood from early childhood.

Innovative farming practices should be readily available and encouraged and should be within the reach of every Indian farmer.[12] This innovative benefits should reach people even of the most remote regions or in tribal areas and these people should be benefited and also be a part of proper agricultural practices. The fair right price for all agricultural products should be available to people of every section of society so that, poverty is abolished and human rights are protected and guaranteed.[13] The government of India should make an efforts and take initiative to bridge the gap and bring together people from every section of society. So that, upliftment in living standard of people is universally observed.

Various land reforms were introduced by the government at central as well as state level in form of land laws so that, equal distribution of land could be achieved among the people. The aim of this land laws was with a view to achieve social justice in the society.[14] Land law in form of Zamindari Abolition Act, Abolition of the intermediaries, Urban Land Ceiling Act, Land Acquisition Act, Tenancy Reform Act, Law relating to Gramdan and Bhoodan. Bombay Prevention of Fragmentation and Consolidation of Holdings Act, 1948, the Punjab Holdings ( Consolidation and Holding) Act 1953, the MP Land Revenue Code, 1959, the Jammu and Kashmir Consolidation Holdings Act 1960 etc. These law were inserted in the Ninth Schedule of the Constitution of India, so that it cannot be challenged in court of law. Even the 93rd Amendment of the Constitution has enumerated in 11th Schedule under Article 243G which has given democratic decentralization of power to panchayats.[15]

The sole purpose of these laws are the betterment of rural farming communities.

### III.RESULTS & FINDINGS

Human beings are always inspired by the findings and knowledge left behind by our ancestors in form of history, Vedas, Puranas, Upanishads etc. We can obtain great results and benefits if these traditional practices were to be applied in our daily life. Proven and tasted facts from past is what someone can take reference and combined it with modern knowledge, research, technology for the betterment of human man-kind. The end result of this combination of modern know-how with traditional practices have resulted in enormous success rate in the field of agriculture and farming. Our ancestors had realised that, human beings are directly or indirectly are dependent on agriculture or product related to agriculture in form of food, shelter, clothing, health etc. to sustain life.

Sustainable Yogic Agricultural (SYA) practices is an innovative and revolutionary farming technique implemented and promoted by Rural Development Wing Rajyoga Education and Research Foundation, a branch of the Brahma Kumaris Ishwariya Vishwa Vidhyalaya.[16] Scientific research of India, Indian Council of Agriculture Research

(ICAR) and the Union agricultural ministry are also promoting benefit of yogic farming. Sustainable Yogic

Agriculture provide guidelines for farming practices which is a combination of naturally obtained organic products and by-products with modern technology and spiritual mind power and feelings. Human mind and soul is in itself a powerful tool or device which has the power or capacity to bring in necessary or derived changes to environment and things around itself by inner mind power. The result of this mind power has achieved great result in making necessary positive alterations in farming practices. Sustainable Yogic Agriculture is implementation of positive mind vibration at every stage of farming process from cultivating land, seed preparations, sowing, harvesting and storage.[17]

Mind power by giving positive vibrations is used to charge and prepare the soil, seeds, organic fertilizers and pesticides including water for utmost productivity and quality. A combination of the above with modern technology and traditional farming practices have achieved great results. Even the fertilisers and pesticides involved in this form of agricultural practices is organic in nature and no chemical fertilisers or pesticides are used. The resulting output of these positive practices have seen great results related to size, taste, quantity, quality, of products obtained through the practice of sustainable yogic agriculture. The food prepared from this fields is more tastier as well as healthy and is full of required nutrients which human body requires. Thus consuming this healthy food and food products will protect human body from the ill-effects and diseases caused by consuming adulterated or contaminated food products used in commercial farming.[18]

#### IV. RESULTS AND DISCUSSION

Higher yield with higher nutritional values was visibly recorded and observed in crops when they were channelized and exposed to positive and pure vibrations generated by human mind. Farmers were benefited as the cost of expenditure through yogic agriculture was less and on the other hand the resulting yield of the crop was substantially high with higher quality. Research was conducted by Agricultural University of Gujarat and Rural Development Wing[19] for in-depth study and to obtain impact of sustainable yogic agricultural practices on the productivity of various crops. After the impressive and successful results of yogic agriculture, other Universities all over India started adopting, implementing and conducting research on their own. Some of the feedback of research and results are higher germination in seeds, healthier root systems, enhancement in soil quality, dropage of pest infestation, increase in nutritional value, increase in life sustainability of crops and vegetables, colour, size, appearance and taste was impressive and enhanced. Some farmers in India have adopted yogic

agriculture system as it was cost effective along with higher yield and productivity. At present many other countries such as South Africa, Greece, Italy along with other countries are doing research and experimenting the viability of this yogic agriculture technique.[20]

#### V. CONCLUSION

The spiritual and divine power of human-beings is limit-less. Through mediation and positive vibrations this power is to be channelized in the process of farming where in desired positive results and quality in crops can be obtained. Thus it is a unique form of farming that combines thought based meditative practices with methods of organic agriculture. Added benefits are implemented in farming process as organic materials such as organic fertilisers and compost, organic pesticides with combination of modern technology is involved resulting of which is healthy and quality output of crops for human consumption. The awareness of crops obtained through organic and yogic agriculture is a wide spread phenomenon throughout all countries. As benefits of these crops and products obtained through natural process of farming have positive and beneficial results to human beings. Through this farming practices earth, environment, and natural resources such as water, trees, rivers, mountains etc is protected from harmful ill-effects and contamination caused because of commercial farming. These positive approach every mankind should adopt to save our planet earth from disastrous effects and laid down a path for our future generation which will have healthy atmosphere and green environment, with clean water and positive agricultural practices. This process of organic yogic farming is also the objective of the present government. The Union Finance Minister Nirmala Sitharaman in 2019 Budget announced the adoption of 'zero budget farming' system which is so called by the Food and Agriculture Organisation of the United Nations. The aim of this project is to obtain cost effective farming practices which will save farmers from heavy debts in form of loans as debt resulted in committing suicide by farmers and restraining them from using chemical fertilisers.

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