



# GURUPURNIMA EDITION

An Initiative by Art of living Permaculture



Gurudev Sri Sri Ravi Shankar, decided to convert a part of the Art of living International Ashram in Bangalore, into a food forest to set an example, as these 7 acres of land was a mountainous rock devoid of any soil. In 2013, the work commenced. Swales were dug for water harvesting, garden beds were raised, fruit trees were grown all in accordance to permaculture principles. In just 90 days, the results were visible, the beds were full of plants, fruit trees had started to root and grow well. In just next 3-4 years, this 7 acres of land was transformed into an abundant food forest.

In 2017, there was a visitor from Bali Indonesia, who was a Permaculture consultant and had designed many permaculture farms across the world. He was just astonished to see our art of living Permaculture farm, and was not ready to believe that this farm is just 4 years old farm, that too built on rocks. He said this type of transformation can only happen after 8-9 years. It is not possible in just 4 years.

**It is possible only through Guru Grace.**

"Gurur Brahma Gurur Vishnu  
Gurur Devo Maheshwarah  
Guru Saakshaata Parabrahma  
Tasmai Shri Guruve Namah"

A Guru's very existence in life  
grants you the impossible

*Gurudev Sri Sri Ravi Shankar*



## TOP NEWS

### CLIMATE CHANGE: IS IT TOO LATE?

Globally, we are witnessing severe impact of climate change, with extreme weather events becoming more frequent and intense. In India, El Nino is known to have impacted the southwest monsoon, responsible for around 75% of the country's rainfall and extreme variations in temperatures. As we have already observed in the last few months, Temperatures are suddenly changing which is harmful for human health as well as for the all the flora and fauna. Even though the average rainfall remains the same, variability within the season may sometimes be harmful to farmers as it creates situations where they either do not receive enough water or get too much water when it is not required.

So, is it too late to prevent climate change?

How as an individual I can contribute to prevent it?

Industrial Agriculture is both a victim and a contributor to climate change. It nearly produces one-quarter of global greenhouse gas emissions.

A potential Antidote is Permaculture to Monoculture and climate change. Permaculture aims to care for the Earth by emulating how healthy natural ecosystems function rather than trying to fight or control Nature.

Our Art of living Permaculture farm is a great example, where you witness a resilient and a biodiverse food forest on a land which was once a rock.

This resilient farm has survived without a single damage to even smallest of its plants in an extreme flood situation due to excessive rains in Bangalore last year.

## PERMACULTURE: A SUSTAINABLE SOLUTION TO CLIMATE CHANGE

# IMPACT OF OUR WORKSHOPS

KNOW YOUR NETWORK OF PERMAFOLKS



**Trained**

**900** Permaculture Beginners

**140** Permaculture and Beyond

## Varied Participants Background

Engineering & IT Professionals, Medical Professionals, Bankers, Managers, Yoga instructors, Company Secretary, Home makers, Scientists, Lifestyle Mentors, Retired Professionals, Artists, etc.

## Practice

**1000+** Acres of land holding

**70** Practitioners on farm-land

**24** Model farms

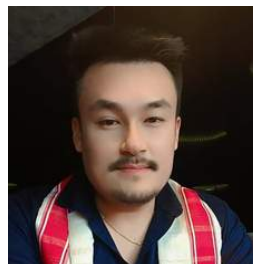
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## EXPERIENCES SHARED



In this Program, everything related to agriculture, ecology has been explained in great detail. There is an urgent need to take this knowledge to our kids in schools.

**Varsha Pandey, Bihar, Permaculture & Beyond May Batch**



A beautiful and enriching course. I am feeling so confident to implement all the learnings in my farm. I feel everyone should do this course.

**Loken, Arunachal Pradesh, Permaculture Retreat April Batch**



The program gave information that is far more than expected and I learnt so much. Waiting to implement the learnings and make my farm more sustainable.

**Isha Singhal, Bangalore Permaculture & Beyond May Batch.**



# VISITORS TO OUR FARM

## ENGINEERING AND TECHNOLOGY STUDENTS ON OUR FARM

### >>> ABOUT THE VISIT

In June 2023, a group of around 30-40 students from Amrita Institute of Technology visited our Permaculture farm at the Art of Living International Center Bangalore as part of their educational exposure tour.

Most of them were from villages and from farming families, but they had no plans to do farming or even contribute towards agriculture related activities.

### >>> WHAT WE DISCUSSED?

It was great to motivate them to get into farming with all the pride and courage to feed the whole world.

If engineers from core disciplines can do jobs on Finance, Management, Services etc., I am sure they can also contribute well towards agriculture and make our economy grow.

Let us come back to villages and do not forget the skill of farming!

Join us in our journey in creating sustainable regenerative agro-forests all around the world and lead life - A Permaculture Way!

## WHEN ARE YOU VISITING US?

Contact for scheduling your visit :

[permafolks.volunteer@gmail.com](mailto:permafolks.volunteer@gmail.com)



# PERMACULTURE IN LIMELIGHT

CONFERENCES WHERE WE SPOKE

## GI-YSRI CONFERENCE 2023, 31ST MAY -2ND JUNE 2023.

The Global Indian Young Scientists Research and Innovation (GI-YSRI) conference was organized at the National Agricultural Science Complex, Indian Council of Agriculture Research (IARI) Delhi which comes under - Indian Council of Agriculture Research (ICAR), Ministry of Agriculture India. Proud to Announce that our Art of living Permaculture story was very-well received and appreciated by the dignitaries.

Mr. Binay ji has also attended WALMI conference at Dharwad Karnataka and Swaraja conference.

## CONFERENCE

Mr. Binay Kumar ji at the Global Indian Scientist and Technocrats Forum, GIST Meet 2023 and Global Indian Young Scientists and Research and Innovation GI-YSRI Conference 2023, 31st May - 2nd June 2023.





# INDIGENOUS FOOD RECIPE

BY NISHA AGARWALA FROM KOLKATA

She owns a permaculture terrace garden, growing almost all her vegetables and fruits there.

## ➤➤➤ INGREDIENTS FOR PURNIMA SAAG AND PUMPKIN CURRY

250 g Purnima Saag  
200g Pumpkin  
2 medium size onions  
2 dry chillies  
1/2 tsp kalajira/kalonji/nigella seeds  
1tbsp mustard oil  
salt to taste

## ➤➤➤ COOKING METHOD

Pluck the leaves and tender shoots, and chop it coarsely.  
Wash the Purnima Saag.  
Peel and chop the pumpkin into 1/2inch cubes.  
Peel and chop the onions and green chilli.  
Heat the oil in kadhai/pan. Add kalajira, whole red chilli, green chilli and onion.  
Saute for a few mins till the onions become tender.  
Add the pumpkin cubes and continue to saute till the pumpkin becomes tender.  
Add the chopped purnima leaves and salt.  
After mixing everything, properly cover it with lid. Cook on low flame till pumpkin and leaves are done.  
Your sabzi is ready for serving.  
You can have it either with rice or wheat/millet chapati.

## PUNARNAVA/PURNIMA/KHAPRI/GANDHAPURNI SAAG

This plant comes up as a weed. I used to throw it away. After a little research, I came to know about its nutrition value.

It is also used as an ayurvedic medicine, beneficial for heart health, lungs, kidney function and reduce edema.



DO LET US KNOW IF YOU MAKE/ENJOY THIS RECIPE.

YOUR STORIES, IDEAS, ARTICLES CAN ALSO FEATURE HERE, PLEASE CONTACT US.

# KNOW ABOUT OUR WORKSHOPS

## »»» HGHC-HOME GROWN HOME COOKED

If you are a Beginner to the Permaculture then this a great place to start. Here we take you through basics of agriculture, introduce you to the ill-effects of chemical based industrial agriculture and introduce you to Permaculture way of growing, which can be done with limited resources in your home or on your farm in a sustainable and chemical-free way. Moreover, it will teach you a way of living a sustainable life with zero waste which will provide you a unique experience as done by our 900+ participants.

## »»» PERMACULTURE AND BEYOND

Permaculture and Beyond is an advance course on Permaculture specially designed for individuals who aspire to dive deep into permaculture and sustainable living. This course is taken by expert Permaculturist from the Art of Living International Center Bangalore and covers variety of topics like Air, Water, Earth, Cow, Agro-forestry and Plant health. Along with theory classes, this course consists of easily understandable demonstrations and assignments for providing hands-on experience.

## UPCOMING PROGRAMS

**Home Grown Home Cooked  
(An Online Permaculture for Beginners)  
5th, 6th & 12th Aug  
2023**

## »»» PERMACULTURE RETREAT

Permaculture Retreat is a 9 days residential program in the Art of Living International Center Bangalore. It is a combination of Home Grown Home cooked and Permaculture and Beyond along with providing an on farm training. In this course you will also experience our unique meditation programs which will take your learnings to the next level.

Home Cooked

n for Beginners

& Beyond

Permaculture Program

Scan QR



For Register

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## Home Grown - Home Cooked

Permaculture session for Beginners



## Permaculture & Beyond

The Advanced Permaculture Program



With  
BINAY KUMAR JI

Scan QR



For Register

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**GURUDEV  
ON HIS  
B'DAY  
HAS TOLD  
ALL OF US  
TO PLANT  
TREES  
EVEN IF  
IT IS A  
SMALL  
PLANT IN  
A SMALL  
POT**