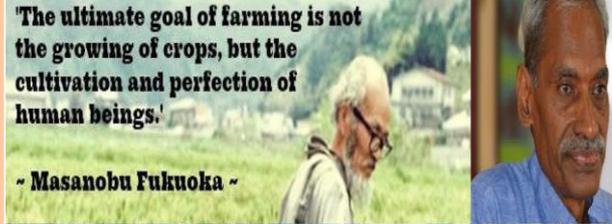


mission to create  
**HEALTHY**  
**HAPPY**  
**HARMONIOUS**  
**WORLD**



**Natural Farming** **Farmer's Handbook**

This handbook is useful for every farmer who would like to start natural farming (pure Organic) or current practitioners of such methods. It can be used as a reference guide to achieve best results and get into the track with practical learning.



**Centre for Sustainable Development,  
 Manavata University  
 for Humanity (UFH)**

Compiled by Srinivasa Alluri & team  
**Viswa Manavata Samstha,**  
[www.manavata.org](http://www.manavata.org)

# Welcome to Manavata University!

*Think big! Open your mind to the ultimate truth! Excel with true knowledge from nature!*

## Righteousness

*Where there is righteousness in the heart  
There is beauty in the character.  
When there is beauty in the character,  
there is harmony in the home.  
When there is harmony in the home.  
There is an order in the nation.  
When there is order in the nation,  
There is peace in the world.*

**Righteousness = protect trees + protect family + protect society + protect  
all beings + protect environment**

**Thank you for taking steps towards building Healthy World!**



**Farmers' Handbook for the young practitioners of Natural farming**

**Acknowledgement**

Firstly I bow to almighty! I bow to my mother Smt Varalakshmi and father Sri Bapineedu who gave me birth and showed me right path towards righteousness. They gave me all the opportunities to learn about nature, farming, food, real education, health, yoga, spirituality, humanity and all required life skills.

Every day they used to feed us with fresh from our farms and backyard. Used to spare first food for birds and animals, serve some to poor and then eat fresh food at home, no outside processed food or pickles.

Feeding cows and getting milk is another set of work of my father, which I used to involve regularly with him. Many trees they have grown at home and farm including Sapota, Gova, Sitaphal, Ramaphal, Mango, palm trees and many others which covers all the seasons. We used to eat lot of fresh seasonal fruits. Thanks to my grandparents, who are very hardworking and caring for children. They used care for us a lot. Most of the time I used to work with my grandfather who is very hardworking and used use bulls for cart for farming, learnt many techniques and hardworking nature from him. Thanks to my village Lolla which has provided such an abundant and beautiful nature, fresh air, ponds, green fields, crops and rivers. Thanks to some of my villagers who have supported my mission to promote chemical free farming and humanity.

Worked together with my father in the farm from my childhood, got a great experiences of farming for first 20 years of my life. I continued farming along with my studies until I complete my Masters in Computer Applications. While studying electronics degree and information technology as I am very much interested in science & technology, I also used to spend some time for farming and study about innovation in farming to help my father to make his work easier.

I bow to my beloved Gurus and spiritual Masters Sri Swami Vivekananda, Sri Ramakrishna, Sri Ramana Maharshi, Sri Adishankaracharya, Lord Buddha, Sri Patanjali Maharshi and other great spiritual masters who are always with me to drive me in right path.

I thank Sri Subhash Palekar ji, Zero budget natural farming (ZBNF) guru who have inspired with his work towards natural farming. In this area, my thanks also goes to Sri Satishkumar (disciple of Vinobha bhawe), Sri MCV Prasad garu, Ramarao master and other true practitioners and protectors of mother nature, from whom I could learn some of the key principles of nature and plants including medicinal plants.

My thanks also goes to some of the organic farmers, agriculturists during my cycling in Hungary, Germany and Japan.

Last but not least, I thank all my beloved sisters and brothers of Manavata family who have been supporting and consistently working with me with unconditional love to spread natural farming, humanity and healthy living.

It is my duty to take such a loving nature to next generation and help for sustainable development. As current generation is so ignorant and won't understand the true wealth of nature and they see and count everything in money. Let us educate all our children to understand this truth and true spirit if nature.

Thank you  
**Srinivasa Alluri**

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## Introduction

Manavata is a consciousness within every human being. When we are conscious about all beings and you can live with empathy according to law of nature. In general many people do not worry about others these days due to selfish and greedy attitude. Very people may be real humane, however it is our responsibility to continue practice of Manavata in every step of our life. It needs great leaders of their own to spread humanity by living as an example and their silent work can inspire others towards dharma! When it comes to food, most of the things you get in the market with huge chemicals and pesticides who have already killed several beings and grabbed grains by force. This kind of violent food is causing violent thinking and illness in people's life. In day to day life we must take care of ourselves, our children, our parents, our society and nature as duty. As part of it food is also to be considered.

How can we change this situation with rabid amount of urbanization happening and agriculture is neglected, now corporate companies are doing mass production with less price and more chemicals, processing with lots of toxic preservatives. Whatever is our current situation, we should think about this and come forward to learn and practice natural farming, even in your back yard. Grow more plants start helping nature. Know more about plants and nature. Know more about the biodiversity. Importance of other beings in our life! We can't live properly without them. We must protect every insect and plant.

## Why we need Natural farming?

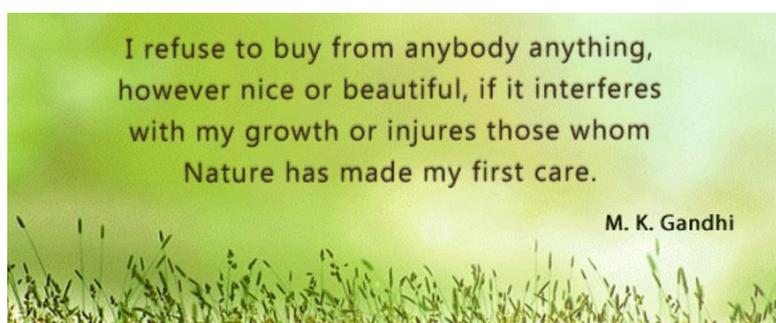
As you might have already experiencing impact of chemical farming, which is polluting everything and approximately 70% of world pollution is coming from the agriculture and food industry. Polluting all our natural resources such as

- Air, Water
- Soil (making soil completely dead)
- Plants, Animals
- Human beings

So you do not know what is there in your food. Food testing is not great in this world, so enforcement and laws are not able to control over usage of chemicals. Only way is to produce our food by ourselves, not buying factory foods, buy locally produced and encourage more natural farmers. Let us take oath like Gandhiji to save ourselves and nature.

**Simple life style** and healthy food habits which everyone can start now to help yourself and nature. Be like humane, be natural and simple.

Natural farming is essential for everyone and for sustainable development. It encompasses life style too.



Farmers must shift from their current chemical farming to natural farming or permaculture. You may call it as organic, be conscious about using this word, these days market has misleading people with unnatural methods, still it is dangerous for health of human and soil. It is still not

protecting biodiversity with their expensive way of producing compost with unnatural earth warms produced by factories / labs, which cannot do the same job as normal earth warm. Repetitive job of producing tons of compost also expensive. We must help soil to gain its own fertility with natural methods so that we don't need to use any external composts.

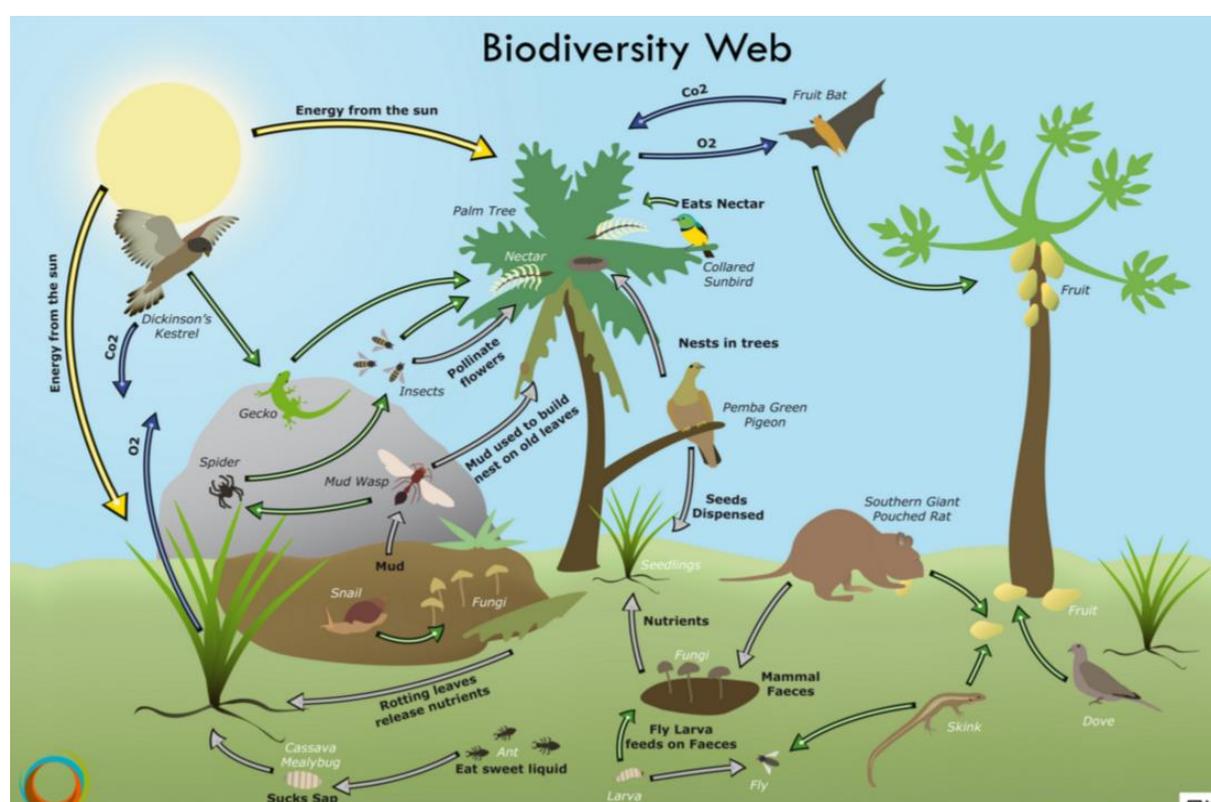
That is how our Padma Sri Subhash Palekar ji who has done a great work in this field with his research and inventions with ZBNF and training farmers across India. This is really inspirational work like one straw revelation of Masanobu Fukuoka of Japan.

Let us get into subject:

Here our cycle of duty: but many people are just missing basic duty at individual level:

### **Bio-diversity:**

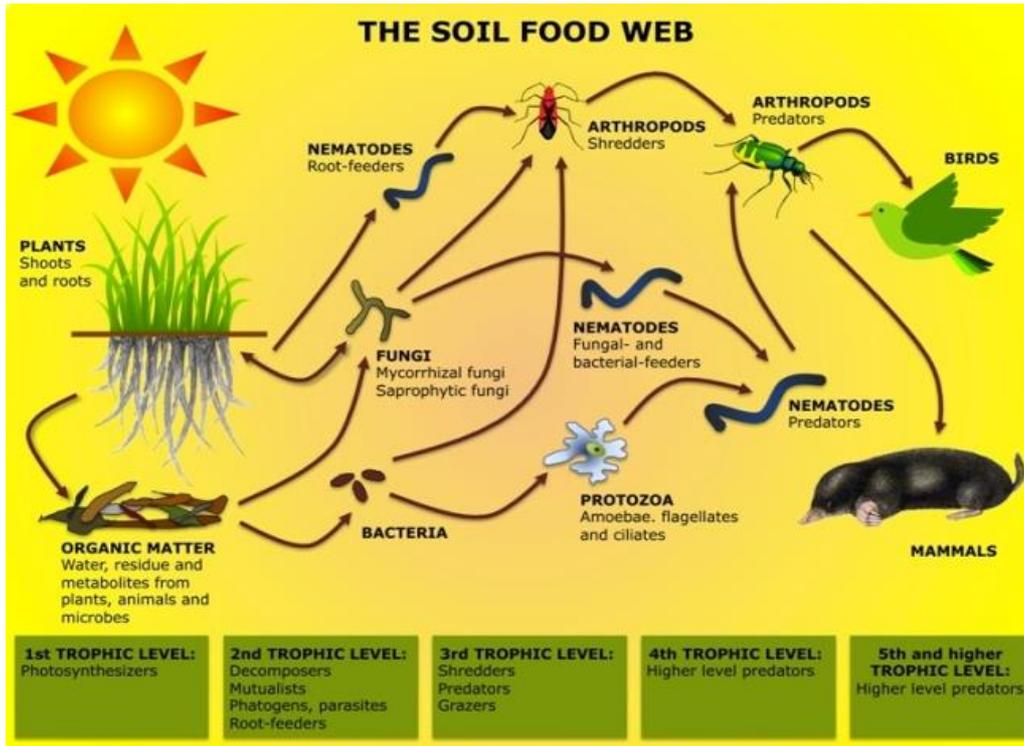
To start with let us understand biodiversity and our relationship with nature. I know we all have studied this in our school, however not practiced in day to day life. Following picture bountifully explains for our better understanding.



### **Understand Soil:**

Soil is not just mud, it is combination of millions of microorganisms with huge amount of living beings. It is very important to understand soil first before understanding the complete picture of nature. When you use pesticides and toxic chemicals to remove virus or any insects which are attaching your crop, you must remember that you are in a way killing huge amount positive insects & bacteria within the soil, finally making soil as dead a soil. This is cruel way of doing farming and damaging environment and health. In this way world can't sustain longer and people can't gain health even with high-tech health care systems.

Following picture explains clearly it clearly which anyone can easily understand.



**Cycle of Dharma:**

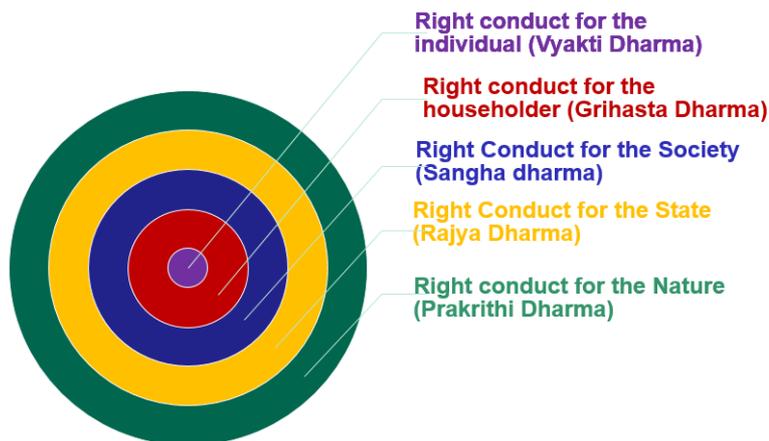
Before we go further it is important to understand what is our duty as a human being? Following picture shows the cycle of Dharma, out duties at different levels.



**Humanity is Our Identity**

**Dharma levels:**

Individual, Family, Society, State and Universe



www.manavata.org

**Real Spirituality and Humanity?**

Going to religious places such as temples, churches, mosques etc, performing rituals, prayers etc is only for your satisfaction and peace of mind. But real spirituality is ability to see God in every being, all over nature and entire universe. And respecting and worshiping all beings, trees, rivers and leading life without causing any harm to nature with high sensitivity. Ability to feel pain of others and understand nature in its own reality. Ability to listen and feel nature in every step of life. When you are able to feel

this, you can understand the biodiversity well and give the equal importance and caring trees, insects, animals, birds and microorganisms. That is real spirituality and humanity when you are able to understand nature practically and respect it.

***“The whole world is full of the Lord. Open your eyes and see Him.***

***Who serves Jiva, serves God indeed” Swami Vivekananda***

As long as we require someone else to make us happy, we are slaves.

### Pledge for Mother Nature:

I take pledge to practice following actions regularly with my own will and determination by thoughts, words and deeds:

- I will follow human values and natural laws
- I treat all as my brothers and sisters, I love all and serve all beings
- I will practice natural and simple life style
- I will grow food naturally, buy locally and live ecofriendly.
- I will not buy anything which is damaging nature
- I will not use toxic chemicals on soil or on my body

Human Values life:

Everyone must take pledge to follow basic values in day to day life as follows:

Honesty, non-violence, non-stealing, non-receiving or not expecting any free gifts from anyone, kindness, goodness, self-lessness = work or surrendering self for the welfare of all beings.

## What is Natural Farming?

Cultivating and producing food naturally and help soil to regain it's glory with proven methods such as ZBNF, do-nothing farming, biodynamic farming, natural organic farming, permaculture etc.

## What is ZBNF?

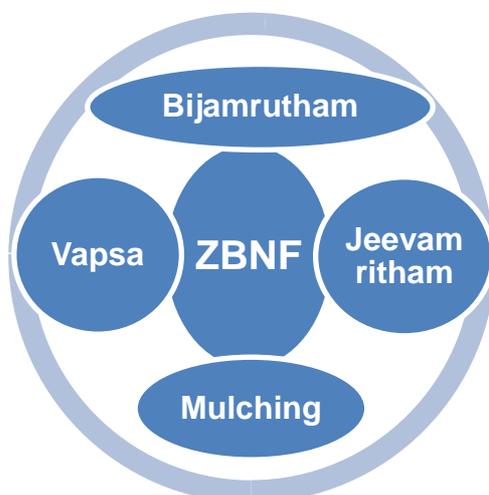
Zero budget Natural farming is an innovative approach to bring cultivation to level of do nothing farming. Its scientific methods are according to law of nature and will bring biodiversity naturally over the period of time even for dead soils.

### *How it works? 4 Wheels of ZBNF:*

ZBNF has got simple 4 wheel chariot for its journey. Those four wheels are 4 principles or practices during farming.

Every soil is gold. All we need to do is follow these 4 principles to bring its glory and fertility back, which is spoiled by chemical farming in past several years.

Bijamrutha, Jeevamrutha, Waapsa and Mulching:



## Bijamrita

### How to Prepare Bijamrita

Take 20 liter Water, 5 Kg Local Cow Dung, 5 liter Local Cow Urine, 50 Gram Lime & Handful soil from the bund of the farm.

Take 5 Kg Local Cow Dung in a cloth and bound it by tape. Hang this in the 20 Liter water up to 12 hours.

Take one liter water and add 50 gm lime in it, let it stable for a night.

Then next morning, squeeze this bundle of the cow dung in that water thrice continuously, so that all essence of cow dung will accumulate in that water.

Then add a handful of soil in that water solution and stir it well.

Then add 5 liter Deshi cow urine or human urine in that solution & add the lime water and stir it well.

Now Bijamrita is ready to treat the seeds.

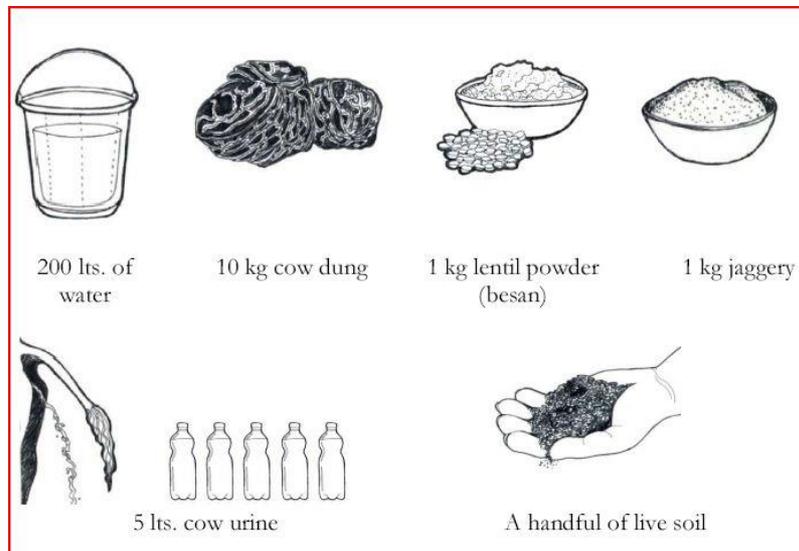
### How to use Bijamrita

Add Bijamrita on the spread seeds of any crops, treat these seeds well by hands, dry it well and use for sowing.

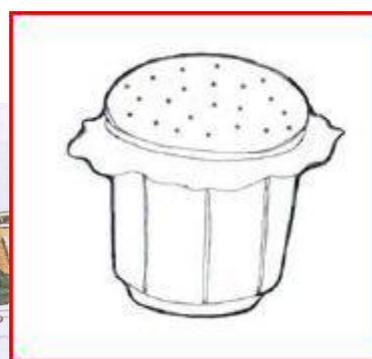
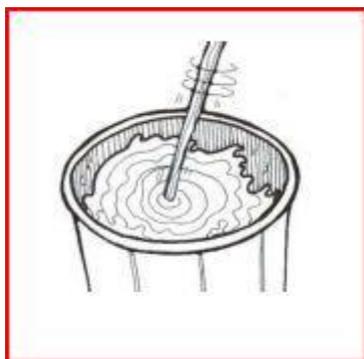


**Jeevamruta:**

**How to Prepare Jiwamrita:**



Add 10 kg cow dung, 5 lts. of cow urine, 1 kg black jaggery, 1kg lentil powder, handful of soil in 200 lts. of water. First lentil powder and jaggery are mixed and then cow dung is added.



Then stir the solution well & keep it to ferment for 48 hours in the shadow. Now Jiwamrita is ready for application.

Keep the solution for 2 to 7 days in the shade or fermentation. The lid should be kept loose or should have holes for gases to escape.

## Jiwamrita Application

Apply the Jiwamrita to the crops with each Irrigation water OR directly to the crops.



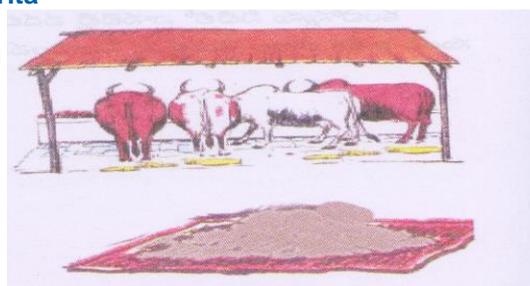
## Jiwamrita Spray

Spray 10% filtered Jiwamrita on the crops.



## Ghan-Jiwamrita

Take 100 Kg Local Cow Dung, 2 Kg Jaggery, 2 Kg Pulses flour, Handful soil from the bund. Then mix it well by adding small amount of Cow Urine. Then spread it & keep it in the shadow for drying. Afterwards make its powder by hand & apply to the crops in the proportion of 100 Kg FYM & 10 Kg Ghan-Jiwamrita



## Mulching:

Then we apply Jiwamrita to the soil, we add 500 crore micro-organisms to the soil. All these are beneficial effective microbes. Our soil is saturated with all the nutrients. But these are in the non-available form to the roots of the plants. These micro-organisms convert these non-available form nutrients into available form, when we add Jiwamrita to the soil. These micro-organisms available all the nutrients (Nitrogen, Phosphate, Potash, Iron, Sulphur, Calcium etc) to the roots of the plant. After applying Jiwamrita to the soil, the local earthworms start their work. These earthworms bring the nutrients from 15 feet deeper soil to the upper surface and get available to the roots. How the trees from the forest get all these nutrients? These local earthworms and other insects do this work. These uncountable micro-organisms, insects and earthworms work only when they have a favorable definite microclimate i.e. 25 to 32 °C temperature, 65 to 72 % moisture and darkness, warmth and deception in the soil. When we much mulch the soil, this microclimate is created automatically.

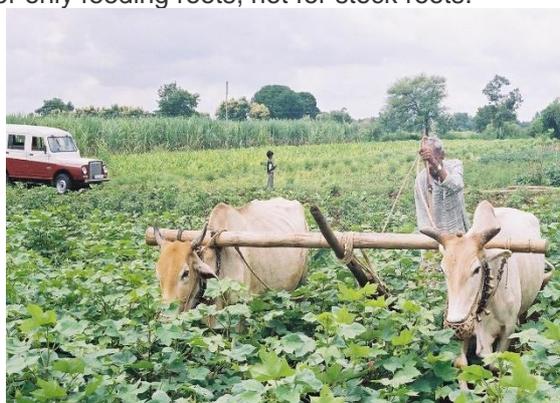
There are three types of Mulching -

## Natural Farming Handbook

- A. Soil Mulching.
- B. Straw Mulching.
- C. Live Mulching.

### A. Soil Mulching (Cultivation)

There are three purposes of the cultivation. To circulate the air in the soil, to stop the raindrops to flow and to conserve them in the soil and to control the weeds. Because, the oxygen is essential to the roots and micro-organisms in the soil. Conserved rain water storage is essential for the growth of the crops and the stoppage of the rainwater flow to restrict the topsoil erosion. Weeds are to be controlled to stop the competition of the weeds with the crops for water vapour and sunlight. Not for food. Because mother soil is 'Annapurna'. In the nature, there is no any competition for food in between any two plants. If, it is the truth that, the aeration and soil moisture is essential for the roots and soil micro-organisms, then, the cultivation should be practiced in that soil layer, in which, these feeding roots and micro-organisms are active. In which layer these roots and soil biota are active? They are active in the top most 4.5 to 6 inch (10 to 15 cm) topsoil layer. So, the cultivation of the soil should be practiced in only this 10 to 15 cm layer. Bellow this layer, there are stock roots, not feeding roots! Air and moisture is essential for only feeding roots, not for stock roots.



### B. Straw Mulching (Cultivation)

In Hemanta Ritu, the seeds become matured. At the same time, the leaves start to mature totally. The green leaves now start to change in pale yellow and then whitish yellow colour. During this colour changing process, the tap roots and secondary godown roots lift up the four nutrients i.e. nitrogen, phosphate, potash and magnesium from the yellowish leaves and deposit them in to their godown (Godown roots). But, rest of the nutrients remains in the leaves. Why the roots lift these nutrients from the leaves and deposit in the godown roots? There is reason. Please, understand one thing, that nature never does any thing without purpose and preplan. Nature wants to supply these four prominent nutrients to the ratoons in next generation by this uplifting and depositing in the godown roots. This cover of dried straw biomass of the previous plants or crops is called straw mulching. By this straw mulching cover, the nature has achieved so many targets. First, the seeds are covered by this straw mulching to save from birds, insects and animals. Second, the microclimate is created to activate the micro-organisms and local earthworms. Third, the favorable condition is created to decompose the godown roots and to prepare the humas stock in the soil for future new crop generation as a reserve bank. Fourth, the soil moisture is conserved in the soil and transpiration of soil moisture is restricted for the continuous soil micro-organisms utilization. Fifth, the humas saturated soil particles and soil biota in the upper most 10 cm layer of soil surface are saved from the severe heat waves of sunlight in Grishma Ritu (summer), from cold winds in Winter Ritu and from heavy stormy rain drops of pre-monsoon and monsoon raindrops; which spring forward with the dreary demon speed of 7 meter (30 feet) per second on the soil!



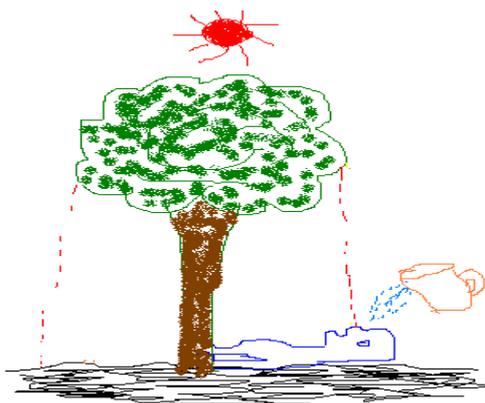
C. Live Mulching (Symbiotic Intercrops & Mixed Crops)

Live mulching means that intercrops and mixed crops, which give the symbiosis to the host main crop. In the nature there is a symbiosis. All vegetation is a whole family and each member plant is dependent to other plant. In forest, you will see that, there is a five-layer system. Big tree, medium tree, bush, grasses and layer of fallen dried leaves on the surface of land. All five layers are dependent upon each other. Grasses are growing in the shadow of bush or shrub. Shrubs are growing in the shadow of medium tree. Medium tree is growing in the shadow of big tree. All are living. If they are living without any family disputes, without any debates, it is the symptom of symbiosis. Nature has managed all vegetation family members in two groups. Those like shadow and those do not like shadow. The grass family monocot crops like paddy, wheat, Juar, sugarcane, Bajra, Ragi, Maize, millets and monocot grasses do not like shadow. They like full sunlight. They can grow in highest intensity of sunlight also. But, spices crops do not like straight sunlight. They want shadow or low intensity of sunlight. Some fruit trees like Grapes, Pomegranate, Orange group, Banana, Sapota, Mango, Areca nut, Betel nut, Cardamom, Nutmeg, Clove tree, Coffee and other do not like full sunlight. They live and grow in low intensity of sunlight. The mixed crop pattern of Monocot in Dicot & Dicot in Monocot helps to supply the essential elements to the crops. The Dicot supplies Nitrogen by means of nitrogen fixing bacteria & Monocot supplies other elements like Potash, Phosphate, Sulphur etc.



### **Waaphasa:**

In Veda's water is defined as a life of the soil. If there is Waaphasa in the soil, the water is life. If there is no Waaphasa in the soil, water is death of the plant and soil biota. Waaphasa is that microclimate in the soil, by which the soil organisms and roots can live freely with availability of sufficient air and essential moisture in the soil. In one sentence, shortly, the Waaphasa means the mixture of 50 % air and 50 % water vapours in the cavities between two soil particles. Why water vapour ? Why not water ? Because, any root takes the molecules of water vapour. 92 % microorganisms and 88 to 95 % root hairs are working in the upper most 10 cm surface soil. So, the air must be circulating in this surface layer and vapour molecule must be available in this 10cm surface layer. When this will happen? When, we give water outside the canopy of the plant. When you give water outside the canopy of the plant i.e. outside the shadow of the plant at 12 O' clock, then only Waaphasa will be maintained. The roots that take water are situated at the outer canopy.



### *Pest control and Management*

We can use natural remedies for pest control and pest management by using following liquids which we can prepare ourselves with available leaves along with cow wastes.

Neemastram

#### **How to Prepare Neemastra (Neem Missile)**

Take 100 liter Water.



Add 5 liter Local Cow Urine in it.



Add 5 Kg Local Cow Dung in it.



Crush 5 Kg of Neem Leaves & add this Neem pulp in this water.

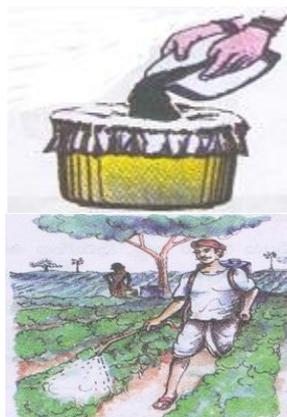


Let this solution to ferment for 24 Hrs.

Stir this solution twice a day by any stick.



Filter this by cloth.



Spray this Neemastra as it is on the plants for sucking pests & Mealy Bug.

### Brahmastra

#### How to Prepare Bramhastra (Bramha Missile)

Take a pot.



Add 10 liter Local Cow Urine in it.



Crush 3 Kg of Neem Leaves & add this Neem pulp in this water.



			
Neem	Custard Apple	Guava	Lantana Camella
			
Papaya	White Dhatura	Pomegranate	

Then Add 2 Kg pulps of Sitafal (Custard apple) leaves, 2 Kg pulps of Papaya leaves, 2 Kg Pomegranate leaves pulp, 2 Kg of Guava (Jam, Peru) leaves pulps, 2 Kg Lantana Camella leaves pulp & 2 Kg White Dhatura leaves Pulp in it. (Use Lantana Camella and Dhatura leaves if available)

Then boil this solution for 5 times.



Filter this by cloth.  
Let this solution to ferment for 24 Hrs.



Spray this medicine on the trees to control all the sucking pests, pod borer, fruit borer etc. For spraying take this medicine Bramhastra 2 liter in the 100 liter water.



**Agniastra:**

**How to Prepare Agniastra (Agni Missile)**

Take a pot.



Add 10 liter Local Cow Urine in it.



Then add 1 Kg Tobacco by crushing it in the Urine.



Crush 500 gram of Green Chili & add it in Urine. Crush 500 Gram Local Garlic & add it in the Urine.

Add 5 Kg Neem leaves pulp.



Then boil this solution well 5 times continuously.  
Let this solution to ferment for 24 Hrs.



Filter this by cloth.



Spray this medicine Agniastra on the pest like  
Leaf Roller, Stem Borer, Fruit borer, Pod borer.



### ***Weed Management***

Don't worry too much about weed. Let it come and go, don't spend too much time or money on removing weed. But be clever to cover the soil with multilevel crops. So that there is no chance to weed to come up as there is no sun light or space left for them.

Example, redgram, green gram or some creeper beans can be sowed together in lines. So that sunlight also can be used properly.

### ***Soil Preparation***

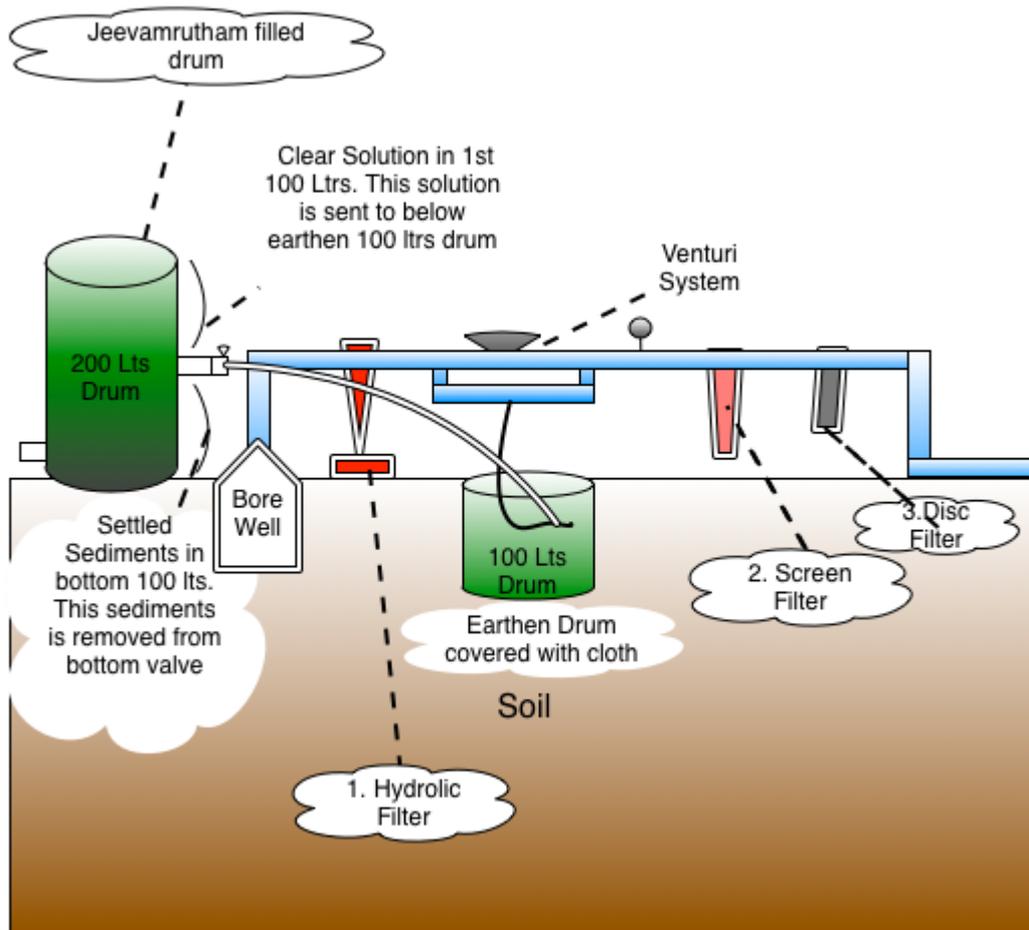
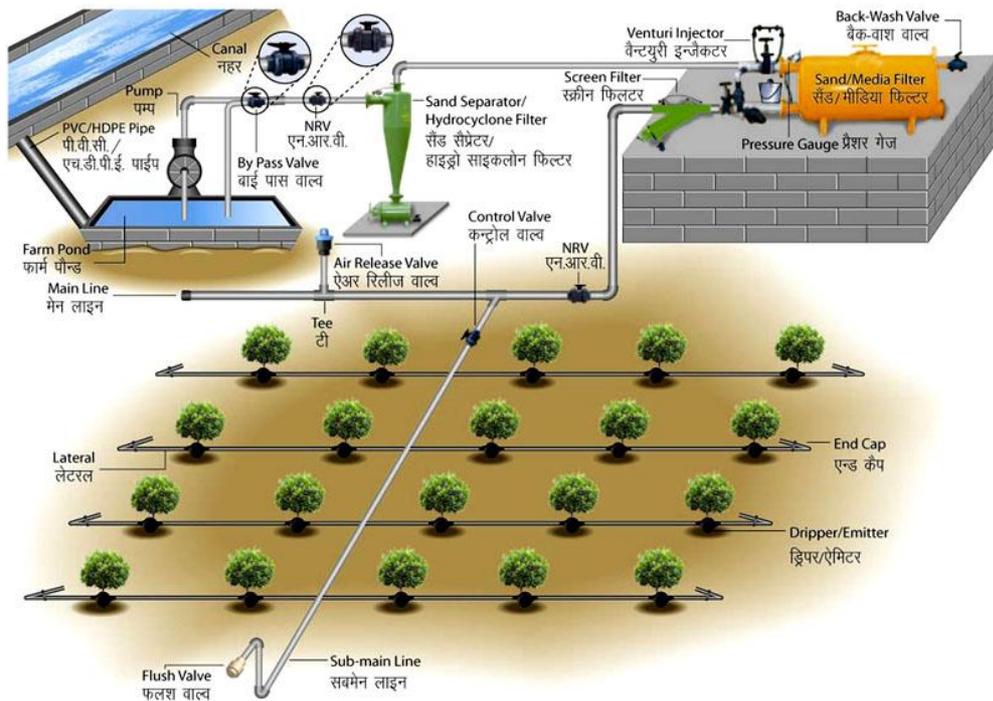
Ploughing and tilling land should be kept minimum to avoid disturbance to the earth worms and microorganism. It is better to avoid tractor ploughing and use manual / ox tilling which is much eco friendly, no damage to the creatures in the soil. With ox ploughing the yielding will be better and weed will be lesser comparative to tractor ploughing. Fukuvoka and other masters of natural farming, never suggested any special preparation of land for crop, but used to sow seeds just before completion of the other crop. Whatever comes that will become compost and next crop will be initiated before the one crop is getting over. This way farmer gets maximum profits and soil get much richer. This is also called as "do nothing farming". But initial 2 years of transformation, farmers may not be able to adopt this method as it is difficult for them to have bigger step. So manual ploughing can be used for land preparation before crop.

#### **Feed soil:**

It is always better to sow seeds like janumu and jeeluga to make land rich with humus and nitrogen. Leave this crop at least 90 days until the plants are come to mature stage so that fiber of the plant is rich in nutrition for soil.

### ***Automating Jeevamrutha filter and supply:***

Following are some of the ideas to automate Jeevamrutham supply to plants via drip irrigation. This method saves lot of man power costs and makes easy to supply Jeevamrutham as per defined schedules.





## About Manavata

Manavata University is a Non-Profit Institution as part of MANAVATA (Viswa Manavata Samstha), an international charitable organization registered in India, UK and USA working for the cause of humanity with a mission of creating a healthy, happy and harmonious (3H) world. Manavata also hold special consultative status in ECOSOC in UN.

### Vision

- To help individuals to practice and live with humanity
- To create and promote goodness, righteousness and human values
- To make the world sustainable with practice of law of nature.

### Manavata Mission and My Duty:

Purpose of my life is to protect righteousness!

My life goal is to protect humanity / dharma/righteousness! And make this earth a beautiful place to live where every human being live with humanity. This needs lot of transformation from current way of human life, where people are simply increasing their luxuries, comforts and consuming natural resources without considering future or present living beings who are suffering and many species are disappearing.

Everyone must be educated such a way that they behave like humans, live sensibly, simply without disturbing lives of other beings. Education must give right knowledge and right practice to live with honesty and lead right livelihood. We want that education, where we can get control over the senses and our mind to lead simple life. We want that education, where we use our life sensibly and for good purpose without wasting time on destruction of our own health or anything. We want such education we use our time constructively where we can think big without narrow, selfish mind which thinks about their own luxuries.

We need such education where we work responsibly, do our duty with dedication and commitment.. Currently many people are not taking responsibility, parent is not doing their duty, teacher is not doing their duty, doctor is not really thinking about patient, they just treat symptoms rather than patient.. farmers blindly follow driving for selfish profit making corporates and fertilizer companies. This is making world much worse. Employee or worker not doing their duty properly, some has to monitor them..

So we need much more transformation from grass root level. Self-transformation, social transformation and environmental transformation.

Education must include Self transformation: every parent and teacher must live like an example human being with such a commitment.

## How to Live Healthy:

### **Purify life:**

Purify yourself first, world is bound to be purified!

So first self-transformation should happen.. how it will happen and how to purify ourselves with right practices?

10 TYPES OF SHUDDHIS/ PURIFICATIONS:

1. Body gets purified... by WATER & EXERCISE
2. Breath gets purified... by PRAANAAYAM
3. Mind gets purified... by MEDITATION
4. Intellect gets purified...by KNOWLEDGE
5. Memory gets purified... by MANAN & CHINTAN
6. Ego gets purified... by SEVA (SERVICE)
7. Self gets purified... by SILENCE (MAUN)
8. Food gets purified... by POSITIVE THOUGHTS WHILE COOKING & EATING
9. Wealth gets purified... by GIVING/DONATING
10. Feelings gets purified... by LOVE

Improving Power of discrimination and self-control is real education:

As Swami Vivekananda said, “*Anything that makes weak - physically, intellectually and spiritually, reject it as **poison**.*” One must use Viveka (i.e power of discrimination) to follow the right path.

### **Health Practice:**

As part of 3H mission, Manavata has structured workable model for children to adopt quickly and easily in a step by step manner.

This syllabus as part of MAHE 3 levels of courses covers holistic health in step by step approach. However parents also need to learn and pickup these key actions time to time to support positive change in children.

This includes:

- **Hygiene** and cleanliness (both internal and external)
- **Exercise**
- **Nutrition:** Healthy food
- **Follow Dinacharya (proper daily schedule)**

### **Ideal Daily Schedule for Healthy life**

*Regular and consistent time schedule is key to be efficient and successful. It is important to keep daily routine with an effective schedule to make life much more efficient, sustainable and easy. Following is an ideal schedule which can generally fit to working people and professionals to maintain good health, to prevent and cure any ailments. One can make it suitable to their convenience depending on their job or work schedule. On the whole it is important to change the life style gradually and consistently to achieve this ideal state which fits to nature’s cycle as this schedule is designed based on “law of nature” and with proven methods. Go slowly and make one change at a time with a strong will and sustainable practice. If you stick to a schedule you can save lot of time and do things very efficiently.*

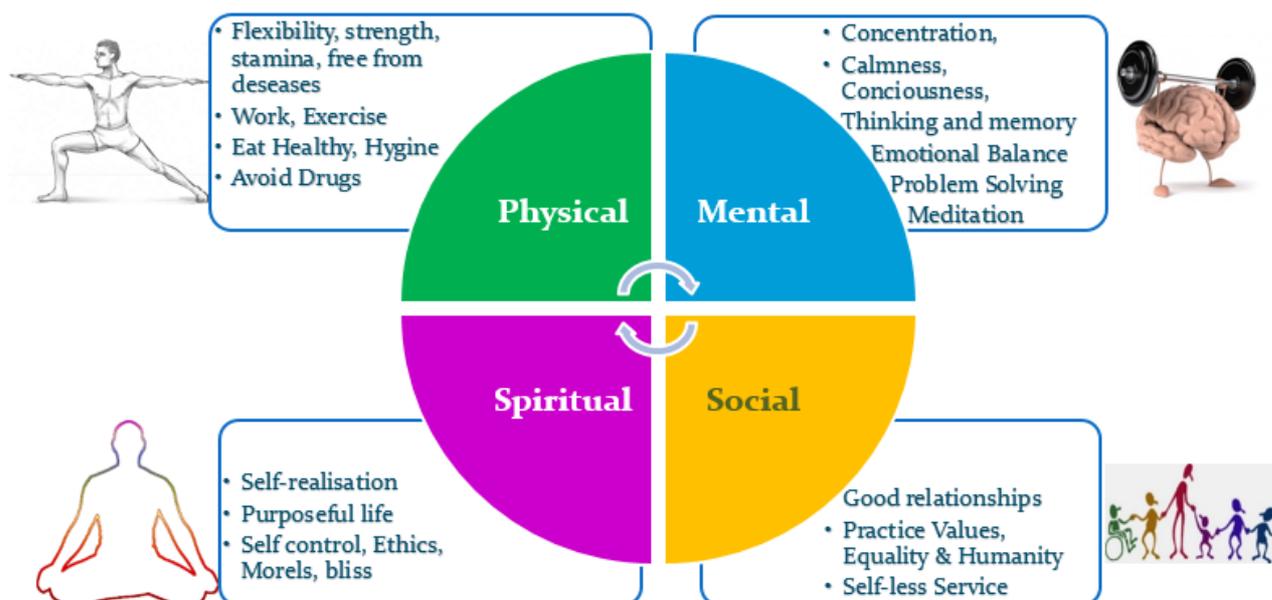


Activity	Time	Tasks
Wake up	between 4am and 6am	Early to raise is always key for holistic health
Clean up		drink 1.25 to 1.5 liters of water
		first round of ablution & bath
Exercise (Body and Mind)	1 hour	Yoga, Pranayam & meditation
Clean up		drink 1.25 to 1.5 liters of water
		second round of ablution
Breakfast	Before 8am	fresh juice (Lemon & honey) or have a fruit
	after 30 min	Sprouts, nuts & dates
	after 2 hours	drink 1 litre of water in installments
		stop drinking water 30 minutes before lunch
Lunch	between 12:30pm and 1:30pm	Greens (spinach / leaves) with dhal or any other whole grains along with brown rice or crushed wheat or roti
		don't drink water while eating
Snacks	between 4pm and 5pm	fresh fruits / Water
		if you feel hungry eat fresh fruits or dry fruits (no cooked food)
Cleaning	between 6pm and 7pm	drink 1 litre water
		Ablution
Dinner	before 7pm (better before sunset)	½ kg vegetables (steamed or fresh) with roti or crushed wheat. Avoid curd, instead try warm milk. Or Only fresh fruits dinner is best
Self-Study (meet with yourself)	30 min any time after dinner	Study of scriptures which give you guidance towards / spiritual / read an inspirational story for children (together with family)
Sleep	between 9:30pm and 10pm	A prayer or a few minutes of meditation will help for a pleasant sleep

Yoga Practice:

*"Through Practice comes Yoga! Through Yoga comes knowledge, Through knowledge love, and through love bliss!"* Many people consider Yoga as physical exercise, but it is much more and a holistic approach to lead purposeful and happy life.

The **happiness** is two-fold physical and mental. The mind is at peace when the body is sound or free from any disease. Yoga helps achieve this object. **Health** is made up of four aspects Physical, Mental, Social and Spiritual. Yoga helps to achieve holistic Health.



### Harmony:

**Key Principles of Success: Purity, patience and perseverance**

<b>Be Honest</b> <b>No Greed</b>	<b>Practice Tolerance and Love</b> <b>No Hatred</b>	<b>Contentment</b> <b>No Jealousy</b>	<b>Live with Humanity</b> <b>No Anger</b>
<b>Be self-controlled</b> <b>No Lust</b>	<b>Balance Life and Nature</b>	<b>Practice non-violence</b>	<b>Use little and Give more: Live Simple</b>

**One must win over 6 threats/Enemies in order to achieve true happiness:** Those are Lust /selfish desires, Anger, Greed, temptation, Pride and Jealous.

***Save the Earth and Be Healthy  
Thank you for your kind Support***

*Save Water: Every small step matters:*

*Philosophy of Service:*

Here is simple illustration of secrete of work and philosophy of service:

# Philosophy of Service



Refer volunteering opportunities and services on [www.manavata.org](http://www.manavata.org)

## Reference Books:

- Zero Budget Natural farming (Subhash Palekar)
- One straw revolution (Masanobu Fukuoka)