

PROMOTING GREEN PRACTICES THROUGH ORGANIC FARMING

In a world increasingly dominated by commercial farming and chemical-based agriculture, Sasikala stands as a beacon of sustainability, rooted deeply in organic farming traditions. Coming from a family of dedicated organic farmers, her story is one of passion, resilience, and a deep respect for nature.

Sasikala's journey into organic farming was not a mere career choice but a continuation of a family legacy. "I grew up watching my parents and grandparents work closely with nature," she shares. "For us, farming is not just about growing crops; it is about nurturing the land that sustains us."

Unlike many who switch to organic farming later in life, Sasikala never had to unlearn chemical-based farming methods. Her family has adhered to traditional, natural practices for generations. "We never saw the need for artificial fertilizers or pesticides. The land gives back when you treat it with care and patience," she says with conviction.

While organic farming is often romanticized, Sasikala is candid about the struggles involved. "It takes time for the soil to adjust, and yields might be lower initially. But in the long run, it pays off—not just in terms of produce but also in the health of the land and those who consume the food." She highlights the financial and physical challenges, particularly in the face of unpredictable weather patterns.

"Sometimes, organic farmers are at a disadvantage because our methods take longer. But I believe that quality should always come before quantity," she asserts. She stresses the importance of patience and consistency, explaining how natural composting, crop rotation, and biodiversity in farming have kept her soil fertile over the years.

To tackle these challenges, Sasikala and her family employ sustainable techniques like companion planting, where certain crops are grown together to deter pests naturally. She also uses cow dung and compost as organic fertilizers to enrich the soil. "Nature has all the answers; we just need to observe and understand how to work with it rather than against it."

Sasikala believes in the power of collective knowledge. "Farming is not an isolated activity. It's a community effort," she says. She actively participates in farmer networks where traditional wisdom is exchanged, and new techniques are discussed.

One of the strongest pillars of support in Sasikala's journey has been her mentor, Kumari, a well-respected figure in the local farming community. Kumari has guided Sasikala through challenges, offering wisdom drawn from years of experience in organic farming. "Kumari has been there for me every step of the way. Whenever I face difficulties, she is the first



person I turn to," Sasikala shares.

Kumari is known for her expertise in sustainable agriculture and has built a name in the region for her pioneering work. Her mentorship has played a crucial role in shaping Sasikala's approach to farming. "She taught me that organic farming is not just about avoiding chemicals; it is about understanding the land, respecting it, and working with nature," Sasikala adds.

One of her key initiatives is educating younger farmers about organic methods. "Many young people are hesitant to take up farming because they think it's not profitable. But when they see the long-

term benefits, some of them reconsider." She conducts small workshops and shares her experiences, proving that organic farming can be both sustainable and rewarding.

Beyond producing healthy food, Sasikala emphasizes the environmental impact of organic farming. "We are not just growing crops; we are preserving biodiversity, conserving water, and reducing carbon footprints." She talks about how organic farming helps restore soil health, prevents water contamination, and promotes a balanced ecosystem.

"When I see birds, bees, and earthworms thriving in my fields, I know I am doing something right," she says. For her, success is not measured in profits alone but in the harmony between humans and nature.

Sasikala emphasizes the crucial link between organic farming, human health, and environmental sustainability. She warns against the overuse of chemical pesticides, which not only degrade soil health but also pose significant health risks to consumers. "The food we eat should nourish us, not harm us. Organic produce is free from harmful chemicals, making it

safer and more nutritious."

Sasikala has a simple yet powerful message for those considering organic farming: "Start small, but start now. The soil needs time to heal, and so do we. Organic farming is not just about food—it's about a way of life." She encourages farmers to stay committed despite the challenges and to seek support from communities that share the same vision.

Her journey is a testament to the power of persistence, tradition, and respect for nature. As the demand for organic produce grows, farmers like Sasikala remind us of the importance of sustainable practices, ensuring that future generations inherit not just fertile land but a thriving ecosystem.

In an era where commercial agriculture and chemical farming practices prevail, Sasikala emerges as a symbol of sustainability, deeply entrenched in the principles of organic farming. Hailing from a lineage of committed organic farmers, her narrative is characterized by passion, resilience, and profound reverence for the environment.

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