



H.H Shri Mataji Nirmala Devi Sahaja Yoga Trust

Regd. at New Delhi Under Trust Act 1882 vide Regd. No. 2463 date 04.04.2005

Rajasthan Branch

All State Coordinators

Jai Shree Mataji

Action Plan Sahaj Krishi Mission Year 2021 is enclosed and requested to make Agriculture Coordinators at block level and village level after making State Coordinator, Agriculture Coordinator at Agriculture and District level in each state.

- 1) Sahaj agriculture booklets and videos of all the states have been prepared and sent in Hindi / English. Please study these and prepare a strategy for promotion of Sahaj Krishi program, such as Jan Jagruti Abhiyan, Krishak Samti, Sahaj Krishi Demonstration, Sahaj Agriculture Seminar, Sahaj Agriculture Camp, Sahaj Krishi Mela, Sahaj Krishi Picnic, Sahaj Krishi Symposium, Sahaj Program Workshop, Sahaj Chetna Yatra. Sahaj Krishi Demo, Farmer's Day Krishi Mahotsav.
- 2) Sahaj Agriculture website www.sahajkrishi.org Exhibition, technical literature, posters, leaflets, speaker, videos and technical literature are available in Hindi / English, download as per requirement.
- 3) You should prepare and implement the public awareness program of Sahaja Yoga and Sahaj agriculture at the state, district, block and village levels at your convenience. Guidelines for program implementation are attached - In each state, make sure to organize 5 to 5 programs at the district, block level, and 2 to 2 at the village level.
- 4) Sahaja Yoga publicity material, literature video should be released only after the approval of the State Publicity Committee. Earlier, they used to make videos of their own free will and uploaded it to YouTube. Technically meaningful, objective complete videos should be released.
- 5) All the State Coordinators are requested to translate and print the Sahaj Krishi Booklet in the local language and send it to all District / Block Coordinators for publicity. In May-June, Sahaja Yoga and Sahaj Agriculture can be taken as public program campaigns. Later, kharif crops like maize, millet, jowar, soybean, cotton, sesame, moong, moth, chaula etc. can be sown.

Guidelines for Sahaja Yoga and Sahaj Krishi Jan Jagran Program in the village-

- (A) Necessary materials - portable mike, standi, Shree Mataji photo, cloth dari (2), pen drive, Ganesh bhajan, Sahaja Yoga and Sahaj agricultural literature flex etc.
- B) Team 3-4 Sahajyogi and Sahajyogini required. Guidelines for public awakening to the rural community (program should be kept for one to one and a half hours)



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- (1) Contact the influential person of the village like- Sarpanch, head teacher and explain the purpose of coming to the village and choosing the appropriate place for meditation.
- (2) When selecting a place, keep in mind that the common place - choose government building, do not use the residence of any such person.
- (3) All the sahaji should jointly visit the village, distribute the literature of Sahaja Yoga and Sahaj agriculture and convey the message through the mike, explaining the purpose of coming to the village residents. (1 hour program) is being done, in which you can get good production by using Param Chaitanya in agriculture and animal husbandry by improving your health. (This program is completely free.)
- (4) Two Sahajyogis should make seating arrangements, chant Ganesh bhajans, ask farmers for seeds and water samples for practical demo.
- (5) While giving self-realization to all, explain brief information about Mother, Three Nadis, Chakras information, balance process- (15:20 minutes.)
- (6) For Sahaj Krishi techniques, first keep one sample of seeds and water at the feet of the Mother, keep the second sample in a plastic bag. Give information about the use of Sahaj Agricultural, agro-technology research work and on the fields. Later, ask the experiences of the farmers about the vibrated seeds and water placed in front of the Mother. Also, take the opinion of farmers on Non-vibrated seeds and water in plastic bags, tell the difference of Chaitanya (15:20 minutes)
- (7) Explain how to meditate at home.
- (8) Explain how to do Sahaj agriculture in the field. Use vibrated seed and water in one field and Non-vibrated seed and water in another field.
- (9) Follow-up work, note the list of farmers and mobile number in the meeting.
- (10) Request and other suggestions for setting up rural centers.

With respect

Yours faithfully

Jagpal Singh

National Trustee,

Uttarakhand, Himachal Pradesh, Haryana and President National Sahaj Krishi Program (Sahaj Agriculture Mission)

Mobile - 91 63 97 90 5625

Enclosed - Sahaj Agriculture Booklet

CC - Advisory Committee Member Sahaja Yoga / Sahaja Agriculture Mission

Sahaja Yoga Dhyana Kendra & Educational Institute, Mandir Marg, Sector - 9 Mansarovar, Jaipur (Rajasthan) - Mob.: 9414023986

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Action Plan Year 2021

Sahaj Krishi Mission

S. No.	Name of State/ Union Territory	Districts	Blocks	Villages	Sahaj Krishi Workshop	Demos	Public Awareness Camps
1	Andhra Pradesh	13	662	28123	13	100	200
2	Arunachal Pradesh	22	60	3649	25	70	100
3	Assam	34	213	26247	34	100	100
4	Bihar	38	534	45113	38	100	100
5	Chhattisgarh	28	146	20308	28	100	100
6	Goa	2	12	359	2	10	10
7	Gujarat	33	248	18544	33	100	100
8	Haryana	22	139	6955	22	100	100
9	Himachal Pradesh	12	80	19831	12	50	100
10	Jammu and Kashmir	20	96	6652	20	50	50
11	Jharkhand	24	262	32615	24	100	100
12	Karnataka	30	226	29483	31	100	100
13	Madhya Pradesh	52	313	55392	52	100	100
14	Madhya Pradesh	34	351	47722	36	100	100
15	Manipur	8	27	2391	16	30	100
16	Meghalaya	11	46	6023	11	30	50
17	Nagaland	11	74	1315	12	30	30
18	Mizoram	8	26	817	8	10	10
19	Odisha	30	314	51352	30	100	100
20	Punjab	22	110	12729	22	100	100
21	Rajasthan	33	352	41353	33	100	100
22	Sikkim	4	32	452	4	10	10
23	Tamil Nadu	38	434	16317	38	100	100
24	Tripura	8	58	870	8	10	50
25	Uttar Pradesh	75	592	107440	75	500	400
26	Uttarakhand	13	95	16805	13	100	100
27	West Bengal	22	342	40783	23	100	100
28	Telangana	32	542		33	100	100
29	Andaman and Nicobar	3	9	547		-	
30	Chandigarh	1	3	24	1	3	20
31	Daman and Diu	2	2	23		-	
32	Lakshwadeep	1	7	24		-	
33	Delhi	11	34	165	10	5	
34	Pondicherry	4	3	92		-	
35	Ladakh	2	4	-		-	
	Total	703	6448	640515	707	2508	2730