

Status of Research and Development of Sahajkrishi and Future Strategies

G.D. Pareek and Virendra Singh*

Former National Sahaja Agriculture Coordinator, Sahajayoga National Trust, New Delhi and Joint Director, Department of Agriculture, Jaipur, (Email: gdpareek@yahoo.com); *Former Professor, CSK Himachal Pradesh Agricultural University, Palampur, HP, India (Email: virendrasingh.sbt@gmail.com) (Website: www.sahajkrishi.in)

About Sahajayoga

Her Holiness Shri Mataji Nirmala Devi introduced the concept of “Sahaja Yoga” in the year 1970 for providing a method of rebirth to the human beings (self realization), as described in various ancient scriptures and saints like Patanjali, Adi Shankaracharya, Shri Guru Nanak and Kabirdas. The subtle chakra system in human beings has already been described in Indian ancient spirituality and the same has been incorporated in Sahaja Yoga with broader and enhanced descriptions. Sahaja Yoga is a spiritual procedure, which facilitates to feel all pervading vibrations called Chaitanya of ‘Primordial divine power’ or “Adishakti”. When this all pervading power under the blessings of Shri Mataji gets connected with its own form, i.e. “Kundalini”, sitting in dormant condition in the sacrum bone of a human being, this power starts flowing from the human body in the form of vibrations (2). Besides spiritual ascent, scientific studies have found the beneficial effects of Sahajayoga on the human health, animals and plants and over all ecosystem etc. Sahajayoga is now practiced in overall 120 countries.

About Shri Mataji Nirmala Devi

Mrs. Nirmala Srivastava (March 21, 1923-February 23, 2011), also known as “Shri Mataji Nirmala Devi” or only Shri Mataji, Founder of “Sahajayoga” was born in Chindwara, Madhya Pradesh, India. Like her parents, she was involved in the struggle for Indian independence. Shri Mataji married Sh. Chandrika Prasad Srivastava, a high-ranking Indian civil servant, who later on served the then Prime Minister late Lal Bahadur Shastri, as Joint Secretary, and honoured with “Padma Vibhushan” by Government of India for his dedicated service to the nation. Shri Mataji, an incarnation of Adisakhti “Goddess Durga” opened her “Sahasrar” through awakening of Kundalini divine power on 5th May 1970 and established “Sahajayoga” for the mass self-realization of common man, who are truth seekers. She travelled more than 120 countries, gave self-realization to millions of people globally. Medical research by various institutes globally has proved her techniques of “Sahaja yoga meditation” highly effective in improvement of health conditions of men or women, who practice her simple techniques of meditation. Sahajayoga meditation has also been found to be highly effective in improving the crop yield as studied by many research organizations (1).

Science of Sahajkrishi

The vibrations (Param Chaitanya) are generated in human body during Sahaja Yoga meditation due to awakening of divine energy “Kundalini” in Sacrum bone and can be felt as cool breeze on palms and limbic area of head. Sahajayoga meditation helps in self realization through Kundalini awakening by cleansing of plexuses (chakra) of body. Besides improving human health, they also affect all other living beings, animals, plants, earth, water and environment. Vibrated plants remain greener, more vital and show significant lead in their growth over the non-vibrated plants, as researched by Dr. Hamid Mehrani-Mylany, Austria (11) and Lyudmila Tkachenko, Dr. of Chemistry, Kiev University, Ukraine (16). There is a improvement of chemical quality and

temperature lowering effect on water, improving its absorption by the roots of plants (4), hence their better growth and quality of fruits/grains etc. (Dr. Hamid Mylany, 1986). Therefore, we can use these vibrations to improve the productivity and quality of agriculture, horticulture, forestry, medicinal plants, vegetables, floriculture, fisheries, vermi-compost and dairy etc., leading to improving the economic conditions of the farmers.

Early studies on effect on crops at Rahuri Agriculture University

At Rahuri Agriculture University in Maharashtra, in cotton, boll weight increased by 42% (from 3.5 to 5 g), in vibrated Bajra, ear head size increased by 6.5%, weight of 100 grains increased by 39.2% as compared to non-vibrated plants. In vibrated maize, the cob size increased by 7.6% (from 15.4 to 16.6) and weight increased by 29.1% as compared to control. In vibrated chavali, pod size increased by 25% (from 16 cm to 20 cm) and weight increased by 80%, as compared to non-vibrated plants. Experiments were also conducted on the effect of Sahaja yoga meditation vibrations on the growth of body weight of turkey birds, used for the egg production. The body weight taken twice improved in turkey birds 80-100% higher than the control (In Kulkarni *et al.*, 2015).

National Projects on Sahajkrishi

Following the encouraging results of field experiments of 2011 in Maharashtra, the 2nd phase of experiments was launched at national level involving universities, scientists and farmers in 10 states of India. Under the second phase of project, 15,000 farmers were introduced to Sahaja agriculture in the country.

Research Findings: Research studies conducted at various universities reported improvement in crop yield. Maharana Pratap University of Agriculture & Technology, Udaipur, the experiment on effect of vibration on the yield of ground nut during 2002 gave 73% higher yield over control plot. RARS LAAM Guntur, Andhra Pradesh (Dr. Adinarayana Sr.Scientist) showed improvement in vibrated Black Gram: Pods Per Plant in Vibrated plant: 22 Pods, non-vibrated plant:16 Pods and total yield 0.510 Kgs in vibrated and 0.245 kgs in non-vibrated plant. At N.D. University of Agriculture & Technology, Faizabad, UP (Dr. Vinod Kumar, Scientist), during rabi season of 2013-14 at Crop Research Station at Ghaghrahat, Bahraich, UP, an increase in grain yield of wheat with sahaj + 100% RDF of NPK was 43, 27.8 and 13.8% over Non-sahaj + 75% RDF, sahaj + 75% RDF and Non-sahaj + 100% RDF of NPK alone respectively. Overall, there was an increase of 29% in yield of vibrated rice field over the control field. At G.B.P.U.A.T, Pantnagar, Uttarakhand, (Dr. H. R. Jaiswal) found that the pumpkin was 2.5-3.0 feet taller than the 2 feet in the control. He also got very positive results in tomato, ladyfinger, roses and chrysanthemum.

Studies at ICAR Institutes: On being presentation of Sahaj Krishi work by a team of Sahajayoga National Trust in Krishi Bhavan, New Delhi on 20th May 2015, the then DG, ICAR, New Delhi kindly granted permission for conducting Sahaj Krishi Experiments for validation at 10 National Research Centres (NRC) spread over 3 states viz. Maharashtra, Rajasthan and Andhra Pradesh (Telangana). At NRC, OG, Rajgurunagar, Pune, Maharashtra, in 2015 (Dr. Kuruppaiah), the observations after 65 days of planting on 20 plants found 10.7% higher plant height in vibrated plants than non-vibrated plants on onion. There were 8.5% more leaves in vibrated plants than non-vibrated plants. In Garlic plants, there was 20% higher germination rate in vibrated

over non-vibrated seeds. The observations after 90 days of dibbling found 18.9% higher plant height and 14.9% more leaves in vibrated plants than non-vibrated plants (In Pareek and Singh, 2020).

At NRC, Grapes, Manjri, Pune, Maharashtra, under supervision of Dr. Som Kuwar and Dr. Saha (2015), there was a 33.2% higher above ground height and 61.4% more leaves in vibrated plants than non-vibrated plants. The plant vigour was 31.6% more in vibrated plants than non-vibrated plants. At National Research Centre, Pomegranate, Solapur, Maharashtra (Dr. Singh and Dr. Jyotsna Sharma), the effect of vibrated water on management of pomegranate bacterial blight was studied. The survival rate of cuttings in vibrated treatment showed an increase of 6.68 %. At Indian Institute of Oil Seeds Research (IIOR), Hyderabad, (Dr. S N Sudhakar Babu and team) worked on the effect of vibration on the growth of Castor (DCH-519) and Sunflower (KBSH-53) on 3rd Aug 2015; all treated seeds (vibrated) had shown a promising trend of germination and growth. At Central Arid Zone Research Institute (CAZRI), Jodhpur, Rajasthan, Dr. A K Sharma (2015) found upto 42.9% higher yield in vibrated plants of Moong crop than the non-vibrated plants (In Pareek and Singh, 2020).

Extension Services of Sahajkrishi: National Programme of Sahaja Agriculture Parchar and Parshar was launched under National Sahaja Agriculture Project by National Trust of Sahaja Yoga, which constituted a team of agriculture scientists and experienced workers under the Presidentship of Sh. Shrichand Chaudhary and Secretary Sh. G.D. Pareek in 2012, with an aim to upscale the expansion of Sahaja Agriculture in the country. Under the project more than 1,50,000 farmers have been introduced to Sahaja Yoga and Sahaja agriculture through the seminars, workshops, mutual contacts, rallies, chetana yatras, phone/emails etc. to bring momentum in the programme and nearly 15,000 copies of booklets and stickers, 2.5 lakh pamphlets and 4.5 to 5.0 quintals of high yielding vibrated seeds have so far been given away to the farmers, all over India. Several hundred programmes on exhibitions, trainings interaction meetings and workshops were organized for the policy makers, agriculture officials and farmers to popularize the Sahaja Agriculture in the country. Posters, training booklets and training materials were prepared and exhibitions on Sahaja agriculture were organized in Krishi melas.

National Seminars/Workshops on Sahajkrishi were organized to discuss research findings and train employees of various research organizations and progressive farmers etc. at Jaipur on 12.02.2012 (7), 28.04, 2013 (8), Chindwara on 19th-20th March 2012, meeting of Sahaja Agriculture held during the National Sahaja Yoga Seminar, 7-10th June 2012, Renuka Jheel, HP, at Jaipur on 14-15th November 2012 and Sahaj Krishi Workshop, Chindawada (MP) and 21st-22nd March 2015. Till 2013-14, 800 trainees of 10 states were trained in Sahajkrishi through National Seminars/Workshops. These trainees further introduced 3 lakh farmers to sahajkrishi through 367 training programmes like seminars, workshops, meetings, rallies, chetna yatras and social media etc. and 55000 copies of booklets, 2.5 lakh pamphlets, stickers and 5-6 quantal vibrated seeds and high yielding varieties were provided to farmers all over India. A comprehensive campaign on spreading Sahajkrishi “Gaon Ki Aur” was launched from 23.02.25 to 21.03.26, covering entire India (In Pareek and Singh, 2020).

The first major programme on Sahajagriculture in a foreign nation was organized as “*Sahaja Yoga and Productivity in Agriculture*” on 05.05.2015 at Expo, Milan, Italy, which was attended by delegates of 140 nations and Cabella, Italy during Krishna and Ganesh Puja on August 18-28, 2018, as presented by Sh. G.D. Pareek. Sahajayoga and SahajKrishi programmes were also held from 29.9.23 to 7.11.23 in Malasia, Indonesia, Thailand, Vietnam and Singapore as per vision and messages of Shri Mataji.

Impacts of Sahajkrishi on farmers

As a result of awareness creation through meetings, exhibitions, workshops and seminars etc. by the teams of Sahaja Agriculture Project, 2-3 lakh farmers in 16 states have adopted Sahaja Agriculture, particularly in the states of Maharashtra, Rajasthan, Gujarat and Andhra Pradesh, although efforts are on bring farmers on board in other states too. The farmers, who participated in the various programmes of exhibitions and trainings on Sahaja Agriculture have started growing crops as per guidelines of the sahajakrishi trainers. Many farmers have reported tremendous increase in growth and yield (14-50%) of several crops in the country. For examples, Sh. Vijay Patel (Chindwara) increased crop yield by 50-100% in maize and wheat, Sh. Satya Pal Singh (Saharanpur) increased 50% production in Basmati rice. Dr. Krishna Pal Singh (Phirsal, Baghpat) increased wheat production to 27.5 quintals/acre in vibrated field as compared to 19.5 quintals/acre in non-vibrated field. Sri.V.Subbarao, (Vill. Amujuru, Mandal. K. Gangavaram, E.Godawary) increased production in rice crop field by 70% and better aroma and good cooking quality in vibrated plot. Sh. Naresh Kumar Sahu increased yield in wheat crop to 14-15 quantals/bigah in vibrated crop as compared to control (8-9 quantals/bigah) in village Parolia, district Baran (Rajasthan). Sh. Chotu Lal Suman increased yield in poatato crop from 40-50 quantals/bigah to 80 quantals/bigah in village Arjunpura (Kota, Rajasthan). Farmers also have very encouraging experiences in animal husbandry. The health as well as milk production increased in milking animals. The Excellence Awards have been received by Sahaji progressive farmers from ICAR, New Delhi, Govt. of India, and governments of Rajasthan, Orissa, Maharastra and Madhaya Pradesh (In Pareek and Singh, 2020).

Output of Sahaja Agriculture

1. Adoption of Sahaja Agriculture by 2-3 lakhs of farmers in over 16 states of the country. 2. Higher production of Agriculture 3. Better germination and growth of plants/crops 4. Yield of agricultural crops due to vibrations increased from 14.3% to 50%. 5. Protection against natural calamities and insects/pests 6. Improved quality of cattle feed to improve body weight & production 7. Improved health of cattle 8. Increased milk production and egg laying etc. 9. Improvement in body weight gain in birds 10. Improvement in egg laying capacity in birds.

Out Come of Sahaj Agriculture Project

1. Increased awareness about the importance of Sahaja Agriculture. 2. Sahaj Agriculture adopted by the farmers in majority of the states of the country. 3. Sahaja yoga spread in rural areas of the country due to adoption of Sahaja Agriculture. 4. Higher crop yield 5. Pollution Free agriculture produce. 6. Quality of produce improved in taste and Aroma 7. Reduced farmer's suicides in the affected states. 8. Great Demand for organic products 9. Free technology for all farmers 10. SAP can go with all traditional and new technology. 11. Spiritual growth, peace and harmony in the family and society. 12. A very simple and practically useful website, www.sahajkrishi.org both in Hindi and english has been launched to provide information on Sajaja Agriculture techniques, research/ experiments conducted and success stories, literature, exhibitions, trainings and extension services in India and other nations.

Future Strategies for R&D and Expansion of Sahajkrishi

1. Based on the scientific findings and experiences of farmers, it is recommended that Sahaja Agriculture is highly successful and zero budget farming system. 2. There is a further need to Agricultural Universities and

ICAR institutes for conducting the Sahaj Agricultural experiments for the validation. KVKs can demonstrate Sahajkrishi to the farmers. Further research by R&D institutions should cover the studies on the impact of Sahaj Agriculture techniques on the control of diseases and pests, quality of produce and Physiology and Genetics etc. of the crops. The techniques of Sahaja Agriculture should also be studied and practiced in the other allied areas like vermicompost, Horticulture, Forestry, medicinal plants, animal husbandry, poultry, fisheries and bee keeping etc. Sahaj Agriculture must also be expanded to other states like J&K, Ladakh, Punjab, Bengal and north-eastern states. Constitution of Sahaja Agriculture Committees at State, District and Block levels should be started for massive promotion of Sahaja Agriculture in all states. There should be preparation and distribution of Sahaja Agriculture literature, booklet, posters and pamphlets in simple local languages and Launching of Sahaja Agriculture programmes at state, district, block and village Panchayat levels. There is a need for distribution of Sahaja Agriculture literature and booklet etc. to policy makers, officials of Ministry of Agriculture and ICAR, officials and scientists of Agricultural, Horticulture and Forestry universities and their research Stations and Krishi Vigyan Kendra, officials of State departments of Agriculture, Horticulture and Forest, NGOs.

Action to be taken by Ministry of Agriculture

A provision of financial assistance of Rs. 30 crores to spread Sahajkrishi for all states to carry out following activities:

1. Capacity building by imparting training, national workshops and conferences, seminars etc. every year.
2. Constitution of sahajkrishi Committees at national, state, district and block levels.
3. Preparation and transmission of training materials to various states.
4. To continue research experiments and expansion of Sahajkrishi at various universities and ICAR institutes, research stations and KVKs etc.
5. To engage various universities and ICAR institutes to continue research and trainings.
6. Policy intervention at Government level at centre and state levels.
7. Publish the results of Sahajkrishi, Newsletter, popularization of success stories and make documentary films.
8. Developing digital global net work of Sahajkrishi experts.
9. Upscaling of Sahajkrishi through Department of Agriculture/Horticulture etc.
10. Inclusion of sahajkrishi in syllabus of schools and colleges.
11. Toll free services
12. To establish printing press for printing training materials.

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