

'Yoga'kshemam

Corona, India continues to peak. Infections/Deaths - 22(2.6)M/800 (50)K. Yet to slow down. Russia announces a vaccine. More vaccines are on the anvil. Yet we are still figuring out coping with it. Our mantra remains - Distance, Mask, Wash, Immunity Nutrition, WFA.

As Brooke Jarvis commented, skin is increasingly seen as a "complex, diverse ecosystem. Bathing was less frequent a couple of 100 years ago, except in India and China. Soap was an innovation, may be 100+ years ago. People had to be persuaded to use soap. Body odour came into the picture. Separate soaps for body, face, hair came in. Conditioners, Moisturizers came in. We may not need all of these.

Hamblin experimented to get an understanding that our skin functions as a living permeable dynamic interface that connects to a complex diverse ecosystem. Soap may disrupt the natural balance of the microorganisms with the skin. It appears that we have moved from too little of hygiene to too much of it. It is important to think hygiene as a matter of health and balance with skin's microbiome, thousands of species of bacterium, fungi, viruses and mites. Skin outer cells last no longer than a month and we shed a million cells a day. It is more important to better our habitats, and diets, to better our bodies.

While soap is better than a sanitizer, we still need to rethink on 20 second scrubbing with soap and so often.

My friend Dr MBV Prasad writes, our body has inherent capacity to maintain the balance and adjust any deviations arising from within or without. When this is not sufficient, disease manifests in the body. When the host factors and optimal treatment take upper hand, the disease will be cured.

Whenever the body identifies a hostile virus, bacteria or fungus, it immediately tries to mop it up and protect the body against the invading microorganisms. Memory is built into the immune system that it can react much faster and more efficiently if it encounters the same organism again later. If the microorganism is strong and new, it becomes difficult to control it. Likewise, formation of new cells and destruction of aged cells is a continuous process in the body. Body has the capacity to identify the abnormal cells and remove them as and when they form. Only when this mechanism fails for a variety of reasons, some of these cells manifest as cancers. The body continuously tries to repair itself as needed. When the wear and tear is more in a particular body area diseases manifest.

The host factors - age, body weight, smoking, alcohol and any existing diseases like diabetes; and appropriate treatment at appropriate time tilt the balance in favour of the patient. If disease factor is low and host factor is strong, we may not even develop disease or may have a minor illness which does not require any treatment. When the disease factor is strong and host factor is

weak, treatment is required, based on the imbalance.

Therefore, let us try to improve the host factors – staying fit, with regular exercise, avoiding substance abuse, not being overweight, taking care of any existing diseases, and keeping the mind positive.

New National Education Policy requires our attention. We need to be going deep into it and support it getting finetuned so that it benefits all, all children in general, and the children of poor, vulnerable, marginalized, disadvantaged. The pursuit of Jnaana, Pragyaa and Satya by and for all. We need to be careful: Ensure equal opportunities for education to all at various levels. Ensure positive discrimination for the deprived. Ensure affordability. Ensure meaningful, decent and remunerative employment-engagement. Ensure realizing one's innate potential as fully as possible.

National Coalition of Natural Farming, a movement, begins to roll slowly. It has to learn and adapt a lot from the earlier and existing movements – bhakti, feminism, swaadhyay, youth, collectives-cooperatives, self-help, et al. It is important that the institutional architecture like AMUL-NDBB-IRMA, SHG-VO-SRLMs-NRLM-NIRD-SIRDs-TTCs-RPs come up in a big way. Augment variety and numbers in the architecture. Centred around inspired volunteers and supporters. Passionate. Based on truth and realization.

G Muralidhar

Literature. Examples. Evidences. Stories. Songs. Plays. Videos. Films. Proverbs. Quotes. Messages. Charismatic leaders, ambassadors, influencers.

From various walks. Including MS Swaminathan. Endorsing and reinforcing the core values – hope, faith, promise and love – for people, planet.

The people working for these need to be treated well, served well, mentored well, with what, how and why. Immersion. Induction. Demonstration. Role Models. Professional and Personal lives co-exist and feed each other. Cannot separate the two. Secured personal lives guarantee exceptional and excellent professional lives. For being with the movement 24x7. For influencing all those who matter into the movement. For taking the responsibility with higher order diligence. Quality. Ownership. Accountability at the level of the heart, mind and soul. Take time to Trust and Trust without doubt. Till we get cheated.

Discipline has to be demonstrated. Even in Movements. Time Discipline brings all other discipline. Can we also be 'to the point' in our communications? Always ready with 'elevator' pitch? No compromise on quality and hygiene at all levels?

Let us remember this movement is the work of God, People, Planet, Universe; for God, People, Planet, Universe; and by God, People, Planet, Universe. Let us be there.

One addition to this architecture will be a self-reliant Research, Knowledge and Learning Centre. Women and Men Farmers in the lead. Towards natural life, living, livelihoods, farming, linkages, leadership, learning, love. Towards immunity, health, nutrition,

food security. Centres of Excellence in Farming, Farm-centric livelihoods, Value-chains. Farm to Plate. Models, Processes, Practices. Scaling Approaches. Learning Landscapes. Practitioner Fields. State-of-the-Art Laboratories. Learning Platforms. Standards. Testing. Resource Pools. Courses. Journals. Partnerships.

In India, In Global South. Everywhere on the Planet. Paradigm shifts towards farmer-consumer led research, knowledge, learning and extension. Innovation Hubs. Farming Plans. Participatory Field Learning Schools. Community Ownership, Tracking and Audit.

It begins with women as confirmed friends of natural farming.

Heart 2 Heart Talk with Masters (read: IRMANs) started off with Prof. R Rajagopalan in the spotlight, thanks to Leesa and her core team of volunteers – Jayapadma, Priya, Ruchi, Shilpa, Mythili et al. This will continue for several weeks from now – Sunday 1600 hrs. Raja, you are one of the important reasons why we are not less in the Development Leadership in this country. We are blessed.

Interdependence

15 August. 73 years of Independence to India. Interdependence. Prime Minister wished us from the ramparts of red fort. We thank for the freedom. For sure, we are inching for the identity, solidarity, capacity, rights, wellbeing and choices for all, everyone, of us. Our progress is impressive. Some of us are faster and some of us are slower. We have faith in our capacity and will.

We promise ourselves that we journey forward with more intensity and resolve. Of course we love ourselves. We lead ourselves to be free, to be independent, interdependent.

Let us lead ourselves with working with body, limbs, heart, mind, soul. This corona will not last. Some other corona may come. There are many crises. And many will come. Some are natural crises. Many are made by us. Let us be ready. Let us be with nature and together, we fight all crises before us. We need intense movements to be with N. A la freedom. And we need leaders. People's leaders. Development leaders. Systems leaders. Technology leaders. Spiritual leaders. Integrating leaders. Participation, Inclusion, Collectivization and Communitization leaders. Culture leaders and communicators. Leaders binding unity in diversity. Leaders celebrating diversity with central spine. Lifeforce leaders and awakens. Leaders of Global-National Movements at local levels.

We are a Krishi (enterprise, self-employment) centric. Our people are self-employed entrepreneurs mostly. This is in our blood. In our DNA. We need to rekindle this spirit, rooted in N. The youth, the women as trustees will make it. The elders will guide. Children will inherit to pass on to next generation. Enterprise with human face. With social face. In sync with nature. Sustainability and legacy for NextGen.

We give. We give with all our mite. We act in realization that we are connected and dependent amongst us. That is our strength. We work in circles and not in straight lines. As a circle, we raise

ourselves. Shorter to longer/larger. We as producers reach out to we as consumers as directly as possible. We lead local. We lead value-addition everywhere. We make for ourselves and surpluses we give, sell to others amongst us. We enhance our abilities and capacities for adding value everywhere. With equity. With decent incomes to all involved.

If we are protected against life, living, livelihoods and enterprise risks, we would be focused. If our health is cared for, our children's education is guaranteed, our minimal survival needs are cared for, we focus on 'our leadership' and we soar. As living is eased, livelihoods take precedence. If these become rights, entitlements and justiciable, we move on with linkages, leadership, learning and love. We move on to give.

If we get money easily for our work, then we put in our best. If we do not have to go for sourcing resources, we become resourceful. If we are cared for, we care.

Focus on PVM people, villages, areas is crucial for equitable prosperity and balanced development. Lest we lose peace. May be, we lose conscience. May be Consciousness.

It appears possible to increase incomes to our farmers, weavers, producers, service producers, provided they have integrated portfolios of value-added products and services. And reach out to the consumers as directly as possible. Collectivization and Communitization help. Infrastructure and Digital infrastructure help. Digital transactions and solutions are going to stay. Hybrid is the way.

Optical fibre networks, wifi everywhere is the expected norm, but with security. It should not lead us to surveillance and losing privacy.

Gender sensitivity matters and it needs to be demonstrated everywhere.

Celebrations and recognitions matter. Deserving needs to be recognized. PVNR, Kurien are in the list for Bharat Ratna. We cannot ignore recognizing them.

We will celebrate the Master Practitioners in our own way. We propose 'Development Practice: Conversations with Master Practitioners' soon.

Immediately now, we will be more field-centric. Enterprise-centric. N-centric. With Technology, Digital Technology supporting.

Let us get together and get going.

The way ahead is being servant leaders with Life, Nature and Universe. Leading happy. Being together. Leading together. In Field. In enterprises. With people. With N. with U. With Mastery. In systems. In teams. In giving. In sharing. In visioning. In learning. In practice. In pursuit. In 10000 hours. In emerging and being generous kind loving generalist integrator servant leader.

Let us lead N and N leads us.

Join us in the world of yoga - anyonyayoga for 7L. Krsna confirms N leads him and he leads N and N's leaders.

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