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By

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Built pools of 1.0+ lakh Resource Persons

Facilitated Learning – 50,000+ individuals, groups; Visioning 100+ LPRD organizations; 25+ large LPRD project plans

Published Resources and Livelihoods; Livelihoods Lens; Livelihoods on Ground

Mentors Akshara Livelihoods, discusses TRUE Livelihoods-LEAP Framework, and Value-chains; edits 'livelihoods' e-magazine, info-portal

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**Dedicated to coexisting ourselves,  
All the beings flowing together**

**Let us go towards**

**Truth**

**Light**

**Liberation**

**and therefore bliss**

## Preface

Yoga'kshemam'.

Atmayogam and Viswakshemam. Viswaatmayogam and Antahkshemam.

Being. Consciousness. Aananda. Satchidaanada. Amrita. Understanding, attention and care, and action for the innermost and for the Universe.

Yoga'kshemam's are classified into five volumes.

Volume I: Yogakshemam 1 to 127 - November 2007 to May 2018

Volume II: Yogakshemam 128 to 171 - June 2018 to September 2020

Volume III: Yogakshemam 172 to 280 - October 2020 to December 2022

Volume IV: Yogakshemam 281 to 335 - January to 31 March 2023

Volume V: Yogakshemam 336 to 536 - 3 April 2024 to 31 January 2025

Yoga'kshemam's are presented together here celebrating the union of the innermost within and the outermost without.

Thanks to the yoga of Yoga'kshemam', Books came my way. Events came my way. Discussions came my way. Experience came my way. And they became part of Yoga'kshemam's of understanding, realization, and articulation.

Yoga'kshemam' is a play of the innermost, reflecting and sharing the transition within to without and back. In life, living, livelihood, leveraging, leading, learning and love. Being useful now with whole of us, body, mind, heart, and soul. With sarvendiyas. Maybe this is life, ending in joining the universe, the Krsna. If we are in sync, we dance with the tune of the cosmic flute; we play the instruments to the cosmic dance; we are in raas; and we are in Kurukshetra. It is possible. Innermost and outermost cannot be out of sync. If they want, they can be one, become one, any time. If only we live truly. If only we lead ourselves. If only we lose ourselves in learning. If only we love life, all life fully. If only we work together with more and more. If only we surrender to the innermost within. If only we become one with the universe. If we reflect, plan, practice, reflect, plan, practice and so on. If we read, listen, see, feel, think, be with nature and life, write and articulate what is coming to you from deep within. If we meditate. If we go silent deep into ourselves up to the innermost within. If we stretch out fully up to the outermost within. We are there. Krsna confirms.

Love is the essence of our being. We cannot be life without loving. We cannot be life without learning. We cannot be life without leading. We cannot be life without being useful. Being useful is the celebration of life, love, leadership, and learning. This is existence transcending survival. This is active existence. This is active co-existence, in sync with the infinite intelligence of the Universe. We are blessed beings.

Let us love. All life. Let us unlearn and learn. Let us live, learn, love, lead and be led. Let us join in the world of Yoga, to experience and practice Aatmayoga. And let us celebrate.

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### 336. Connect intimate

It is not fine to believe all data we receive as facts. It is important we check facts. Fact checking matters and helps. Quick reactions without checking would not help. This should be supplemented with thinking fast and thinking slow on the checked reality, data, information, patterns, trends, correlations, possibilities, options and choices.

Nirmala Seetharaman says she cannot contest because she does not have funds for the same. Is she confirming poor cannot contest? Surely, most of us cannot think of contesting.

Will dashboards help us to achieve our ends, and goals? What about actions, processes, and efforts? Governance, Integrity, Committed time, and energy resources?

Who approaches whom? Social enterprises, non-profits, and community collectives to financiers, schemes, philanthropies, or financiers, schemes, philanthropies to social enterprises, non-profits, and community collectives? Are we realizing the dreams of resource providers? Or are we seeking resources for our activities? Or is it a hybrid, mapping each other? Isn't this more like it?

We may communicate, send text-picture-video, say-talk-express. Do we connect, engage, and converse? With the relevant? Meaningfully, and satisfactorily? Technology notwithstanding. This is our biological need, syncing breathing patterns, heart rates, neural entrainment et al. Can we super-communicate? Being authentic, listening more, asking more curious nudging questions, deep questions, transcending into feelings and thinking. In the bucket of conversation – emotional, transactional, or social. Our tone communicates our emotions, may not be consciously. Our body communicates. Our postures, gestures, looks, and breath communicate. Our hearts, and minds communicate. Our brains are hardwired for super-communication. We just need a little practice every day over several days. 1000 days? Can we practise conversations, and super-communication conversations?

Being positive is fine. Unrealistic, and false optimism is not fine. Regardless of evidence, loud-clear warnings, and logic. We need to be careful about cognitive distortions. We need to be careful about 'being hopeful' when the possibilities are bleak. Near impossible. At least we need to have a straw to latch on to. A reason to exist, hope, put faith, offer promise, and learn-earn-give-love. To coexist. Let us visualize our ends with current realities in the background, ladders appreciated, snakes taken note of. Can we set our results and timelines accordingly? Without compromises. In rigour, quality, and ethical fibre. Can we be optimistically conservative, and conservatively optimistic? We promise. Can we promise less and deliver more? Can we hurry up slowly to restructure, reorganize ourselves, our teams, our organizations, nudge by nudge? Can we acknowledge and get ready for potential, unforeseen risks, hurdles, constraints, and failures? Can we unlearn and learn? Can we move towards greater well-being?

Why are we surviving as a species? Intellectual, emotional, and spiritual capacity. Definitely not just because of our physical capacity. Women have more emotional, and psychological stamina. Superior and more sophisticated. With multidexterity. With higher ability to make difficult decisions. With higher human need sensitivity, human nature understanding and innate intuitional senses. Yes, every person has two sides – masculine, and feminine. In a man, masculine is dominant, and in a woman, it is the feminine. Feminine resides in man; and masculine resides in woman. Can we harness feminine in us, masculine in us, and in a blended way? Can we remain, become nurturers, preservers, and destroyers? Can we analyze, synthesize, and bring synergies? Can we extract to nurture? Can we nurture the handover better?

Yes, we can. If we coexist, converse flowing in nature. In the flow of N. In yogayoga for 7L.

030424

### 337. Hasten slowly

Reminder after reminder that time is running out.

If we think we know then we cannot get the insights further. We need to be humble to accept the fact that we do not know much; whatever we seem to know may not be right; we have doubts; exceptions to the patterns are possible et al. Our intelligence, whatever be the level of IQ, cannot guarantee us having complete data, information, knowledge, and wisdom. Facts and evidences presented before us, many a time, are not able to take our beliefs, ideas out of us. Accurate understanding of reality around us may be useful. We also want to go with the perceptions of the 'world' around us. We want to fit in the 'world' around us, bond with others, their approval of us. If these are in conflict, we prefer to go with the 'society'. We end up going with factually false socially accurate beliefs, ideas; we go with relationships.

This also means if we want to influence to change their heart and mind, facts and evidences may not be enough. We need relationships and friendships. We need to win them as persons, then we can influence them to see more facts, evidences, patterns, etc., so that they change heart and mind. We need to coexist, share togetherness, space, materials, touch et al before we share facts. Radical shift of stance may not work. Nudge will. If we agree 98%, taking to 99% is possible. We need to work on our friends first. Others follow suit in due course. It is important that we have literature - books, blogs, stories, songs, videos, and pictures so on. They are non-threatening and do not make us defensive. Conversations and debates between opposite paradigms may not lead us anywhere. We need these amongst our friends. Silence on bad ideas, false beliefs is enough to let them die. We do not have to explain they are bad, wrong. We need to repeat, reiterate, nuance, paraphrase, improvise good ideas, fact-based conclusions. Then they survive, live, and thrive. Recurrence matters the most.

Can we be natural? Can we live in harmony with nature? Can we consume N-way? Can we farm N-way? Can we talk N? Can we show N? Can we be curious and explore N? Can we connect, engage, and converse on N? Can we be kind first? Can we be humble first? We can become right later. Can we partner, collaborate, and share? Can we integrate all of us into us? into our universe. Can we coexist, stay, live, and work together? Can we be friends? Can we share books? Can we share notes? Can we share time, energy, resources, senses, hearts, minds, and souls? Can we be kind?

Can we relax clean, end the day clean? Can we have trust and courage to coexist, with all our guards down? Can we be open, with no secrets? Can we be 'naked'? Can we give relaxed and less hurried us to our world? Can we give time, energy, attention, trust, hope, and faith? Can we give our full throttled energy to those 10-15 relationships that made us mutually, reciprocally? Can we make up and make out? Let us revive if they become dormant. Few more nudges. Write, mail, call, visit, bump in, refer, mention, and look around. Can we catch up, keep catching up, care, invest? Can we meet our spatial, physical,

emotional, intellectual, and spiritual needs? Let us stretch, but in comfort. Air, water, diet, emotion, laughter, entertainment, read-write-analytic, dress, shelter, safety, spending time-energy, relationships, work, team, and network.

Can we continue to be curious, explore with all 5-6-7 senses; know ourselves, individually, collectively; flow towards our ends, together; be persistent, not giving up. Lifelong. Even if we fail. Even if we struggle. Even if we are slow, become slow. Can we?

Can we connect with the ground up – geographies, organizations, enterprises, teams, and partners across?

Yes, we can. If we coexist, connecting-flowing together in nature. In the flow of N. In sangamayoga for 7L.

050424

### 338. Fourth wave

Supreme Court expands the scope of Article 14 and 21 to include 'right against the adverse effects of climate change'. This includes right to clean environment. Article 21 – right to life and personal liberty. Article 14 – equality. Natural farming, agroecology, regenerative agriculture, address these adverse effects. Thus, this right includes farmers switching to natural, and consumers going natural. State needs to facilitate moving towards this right.

Agriculture is growing at 4% per year. Livestock share is about 40%, horticulture 30%, and fisheries 6%. We have a cereal surplus. Diversification; unfallowing; more cropping intensity, land equivalent ratio, and yields are possible. Costs can come down. Incomes can more than double up.

Can we be direct, brief but clear in our expectations, conclusions, opinions, and values? Can we discuss and argue the philosophy, framework(s) and logic of the same, when and where required? Can we be impatient with agreed day-to-day tasks and be patient with processes, efforts, and results? Can we be conscious of limits of what we know and what we do not know, and be willing to get and appreciate true answers?

Can we invest on working towards addressing root causes, and systems changes, rather than the symptoms? In the champions who are on to this agenda? Clear causal relationship to effort and result is rare and unclear. Linearity may not work. Can we specify, commission and deliver outcomes? Are they not the just tasks, processes, structural-architectural elements, institutions, and champions? Do we understand the needs and conditions of change, customization, collectivization, amplification of voices and agency of the marginalized? We say, discuss, conclude complexity, but end-up in support to linearity, and silos. Can we see clear 'two tongues' in us, and move out to one? Can we invest in solution leaders in complete trust? Let us take time to zero in on these authentic, non-fraud champions, achieve shared understanding on their pathways and leave them to go ahead. Can we just invest and support fully, 100%? If we discover they are not authentic, let us dump them and we move on. Let us not count. Let us see the patterns, trends, and changes. Let us give them the free hand. Let us travel with them in thinking, articulation, manoeuvring dynamics and actions. Can we?

We change our ways with breakthrough cognitive, computational, memory, transactional, exchange, economic, social, cultural, and behavioural infratech. When we got fire. When we got agri'culture'. When we got language. When we got 'God'. When we got atheist Buddha. When we got writing, and printing. Recording. Audio-video-cinema. Automation. Industry. Atomization of material, energy, and time. Aggregation. Kingdoms, Communism, and Democracy. Phone, mobile, smartphone, tablet, laptop, and internet. Artificial, digital way is one such. N-way is another such. This is wave four. It seeks being, living, farming, and consuming in sync with nature; local food, nutrition; handing over agency to people,

agency to women, agency to marginalized; communities taking charge; small enterprises and collectives; fair share; primacy of participation; pay back, give back; servant leadership; consensus building; apprenticeship; nurturing; rewarding the services equitably; and inclusion, equity. Can we welcome, cope with, facilitate, and mentor wave four? Can we serve w4? Can we build a w4 movement? Can we? Else w3 crunch would crush us.

Can we love ourselves, our worlds, and our universes? Can we live, lead, link, learn, and love?

Yes, we can. If we coexist, flowing together in nature. In the flow of N. In urmiyoga for 7L.

070424

### 339. Attention magic

Agency of women is not independent of the agency of farmers. In identity, solidarity, knowledge, well-being, food, farm, bazaar, and sarkaar. For fair share, and equity.

All or most women go through menopause, maybe at 45-50. Many men go through a progressive andropause during 40-70. Declining testosterone levels and libido, losing muscle mass, acquiring fat and weight, stiffness, greying hair, fatigue and low energy levels, increasing difficulty in focusing, irritability, and itching. It is useful to increase the intake of fruits, vegetables, dairy items, eggs, fish, and meat. Exercise, cycling, walking, and sleeping. Meditation, Conversations. Intimacy.

Small habits, consistent and persistent, lead to big results over time. Can we add a habit – complementary – to the existing habit, can we pair habits? Can we add cues and triggers for new desired habits to force ourselves into them? Can we make these new habits attractive? Can we tell all that we are getting into these habits? Can we nudge ourselves into systems of new and additional habits we desire?

Can we get rid of our toxicities, and toxic associates? Toxic associates destroy our progress towards results, systems and culture. No mercy here, please. We cannot wait and watch toxicity spreading. Long ropes are not for toxicities. Persons with zero evidence, not involved seriously in the present, outdated-muddled opinions, vindictive, parrots, data only et al are all can be toxic. We need to be careful and cautious. If established as toxic, we need to show them the door or we need to find one and go. There is no reason for us to get stressed. We can then easily manage our journey of anxieties, anxious thoughts and emotions. Can we?

We live, on an average, 1000 moons. 4000 weeks. Can we go the happiness way – satisfied, connected with purpose, grateful for the life we have and lives we are in touch – at least after we exhaust 75% of them? Can we be usefully joyous? Can we watch and live nature, nature's daily wonders and magic? Can we be with children, music, songs, dances, pictures, stories, arts-crafts, and books? Can we converse with our souls? Can we slow down? Can we really make choices?

Are we leaders, servants or leaders? Are we useful? Are we empathetic in the present, listening without assuming? Are we meeting and connecting one-on-one? Can we embrace and pursue changes? Can we mentor others? Can we entertain and harmonize diversity, diverse thoughts, actions, diverse backgrounds, and age groups?

Are we having stamina, energy, time for life, and living life fully, usefully? Enthusiasm, charm, drive, grace, infectious hope, and faith. Can we care for ourselves for this? Can we stay engaged passionately? Can we have an energetic and intelligent company? Can we be grateful every day, and every moment? Can we be the inspiration, motivation, and attention magic? 1000 billion dollar per year advertisements seek our attention, in the

age of decreasing attention spans. Currently, it is 6-7 seconds. And many of us try to keep switching our attention, focusing. Attention deficits cause loss in critical thinking and learning. Meditation, practising passionate action with detached concentration, reduced switching between tasks during agreed slots/packets of time and energy, at least for deep work, digital-distraction minimalism, and co-working relationships help. Can we do it? Practice? Can we?

Yes, we can. If we coexist, flowing together usefully in nature. In the flow of N. In avadhaanayoga for 7L.

100424

## 340. Change orchestration

Manifestos are being released. Congress's Nyay Patra is out. BJP will do it in a day or two. NDA and INDIA – will they release their common programmes? Will they be disseminated? Will they reach the voters? Will the voters care to know? Will there be any guarantees that they would be done? Will the voters' votes be based on these?

Will we get targeted support to build the agency of the poor-vulnerable-marginalized? Will we have gurukulams for all children? Will we have scientific temper in our curriculums? Will we have a library in every habitation/panchayat? Can our senior citizens get decent amounts of pension? Will we have universal healthcare? Primary medicare? Will we have cash transfers to families so that absolute abject poverty need not be endured? Will we have decent minimum wages to all who work? Will we have freedom to live, express, associate, and access our rights? Will we have work engagement for all who are willing to work? Will we have unstinted support for N-living, farming, and value-chains? Will we have more small, smaller governance units – states (50), districts (1000), blocks (10,000), and panchayats (500,000)? Will we have more inclusion, increased equity, justice, and support for diversity? Will we have support for decentralized local governance, localization, customization, collectivization, and communitization in as many aspects as possible? Will we have second/third generation reforms? Will we be free, free from fear, free from poverty, free from suffering, free from ignorance, free from lies, free from chaos and confusion, and free from darkness?

Can we really see change? Exponential change. Systems change. Can we be the change makers, and orchestrators? Can we connect dots, partners, ecosystems, efforts, resources, infra and nudge them forward? Can we be with them? Can we support, help, and enable them? Can we flow, journey and travel with them? In the first place, can we discover them? Can we nurture them?

We are urbanizing fast. In 25 years, we will be 80% urban. The urban load on the ground is increasing to sink the cities. The estimate is that the material weight is higher than the weight of all living things in the urban areas. We need to have less material, lighter materials, less partitions, and less doors. Can we?

Can we have our external eyes and ears? Mentors offer these to see our complete reality. Can we prepare well and be ready to have our mentors? Can we also be mentors to the ready mentees? Can we?

Can we be kind? It helps us. Can we take charge of our lives? Meaningful, useful, and fulfilling lives. Can we gain agency in our lives, purposes, relationships, learning and all related aspects? Can we know and work on our ladders, and work around our snakes? Can we be curious enough to know what is happening around us? Can we live in the now, while we pursue our ends, without being attached to the means and not even the ends?

Ends can change. Means change inevitably. Can we recognize and detach from ego trips? Can we meditate, reflect and be mindful about our body, thoughts, feelings, words, and actions? For presence, stillness, clarity, and peace. Can we be in nature? In sync with nature. Simply. Can we accept and surrender to the universe of present and possibilities? Can we care for ourselves? Can we release ourselves from secrets? Can we forgive, and grieve without holding ourselves? Let us transcend our hurts, fears, anxieties, shames, and guilts. Can we stop overthinking? Can we trust our deeper intuitions? We are here to live. Can we have hope, faith; offer promise, love; and coexist cherishing each moment?

Yes, we can. If we flow together usefully in nature's symphony. In the flow of N. In parinaamayoga for 7L.

120424

### 341. In the flow

INC, BJP Manifestos: Nyay Patra, Sankalp Patra. Other parties may release their manifestos soon. Common Programmes of NDA, and INDIA are still awaited.

Is our GDP growing at 8%? Are we achieving doubling of incomes? Only a GDP growing at 14-15% would double the incomes and average per capita in 5 years. Are we going to get this growth rate? If equitable growth is not happening, then we need higher growth rate or more years. The growth itself will not happen without accumulation of results with a smaller portion of the population. 1% families have 20%+ income, and 40%+ wealth of the country. 80%+ of the unemployed are youth. 65%+ school leavers, 30%+ graduates are unemployed. Who will give them jobs? Who will make them self-employed or entrepreneurs with decent incomes?

Highest 10% get incomes of Rs.20,000+ per month. This is a troubling low figure. 60%+ people need a public food system ration. This is a troubling high figure. Can we move into earning and living, rather than living off capital? Can we see ecosystems against pooling/accumulating capital by not-so-legal, or ethical ways? Can we tax the super-rich, maybe the top 1000, or 10,000 of them? Can we invest in knowledge-skills-resources for half of India on priority? Can we invest in universal health, education, and minimum wages for all? Can we have 'transfers' for the decent living standards of the poor? Can we decentralize and devolve to local governments really, and fully? Can we really support the agency of the poor, vulnerable, marginalized and women?

Are we fine with working from home, hybrid, and flexi-times? This is the confirmed preference for the younger half of the workforce in jobs, and/or the gig workers. Remote work and collaborative work patterns; we need to learn and cope with.

Data for all is a long way to go. Data of all is a huge privacy and misuse/abuse risk. Can we use simulated data? In the volumes as near to the size of our populations? Representative samples would work. Will AI tools, systems can go in a simulation way? If yes, modellers and simulators matter in the emerging future. Are we getting ready?

We are leaders. Leaders need not be extroverts. Ideal leaders are invisible catalysts, inspirers, role models, vision usherers, boundary setters, and value custodians. A thinking introvert may be better than a vocal extrovert. Most of us are competent, conscientious people and we do not need management, we need vision, and direction. As we age, we start valuing little things – time, sleep, diet, walk, conversations, entertainment et al. Critically, 'simple', and 'humble' become the end. Can we see this?

Can we learn when to delegate and when to take things into our hands? We can let go of what we can do with very minor oversight effort. We need to have strategic lenses to quickly learn new areas which we do not know. Can we acquire these lenses? Strategy, Integration, Systems, and Scale lenses. Depth versus breadth. In all this, time, energy, and

efforts matter. Can we master these? Can we have key associates to manage these? So that we are more in the leading domain, rather than in the managing domain.

When are we walking? In the hills, valleys, forests, on the coasts, and on the river banks? River parikramas? Going around the rivers, lakes, and seas? Seeing their play. Going into people across? 10,000 hours. Can we?

Yes, we can. If we flow together usefully in nature's company. In the flow of N. In samsiddhiyoga for 7L.

140424

## 342. Hand-in-hand

Ram Navami. Rama's Birthday, Marriage Day, followed by coronation. First Ramanavami after Ayodhya Rama's Temple has been up. At Bhadrachalam, Telangana bureaucratic head, because of election code, offered 'new clothes and gifts to Rama and Sita. For those interested: Ayodhya Rama is Vasishtha Gotra, and Sita is Gouthami Gotra. On the other hand, at Bhadrachalam, it is Vaikuntha Rama, and the Gotras of Rama and Sita are therefore, Achyuta and Soubhagya.

Sri Lankaabhimanya, Gandhi of Sri Lanka, Dr AT Ariyaratne, Sri Lanka Sarvodaya Sramdaan Movement founder, 92, achieved nirvaana. Suffering exists, it has causes, it can be ended, through right view, intention, speech, action, livelihoods, efforts, mindfulness and concentration (eightfold pathways). He concludes: "Truth, Economics is part and parcel of life and living that includes social and spiritual being. I cannot awaken myself unless I help awaken others."

We become more digital as we move on, for inclusion, efficiency, and security without compromising privacy. Multi-modal biometrics, Artificial Intelligence would prevail. Can Natural Farming enter conversational, and generative AI?

Let us always be ready to answer these 12 questions – our story, trajectory, causes and effects; toughest problems, challenges, and situations we have been in; our ethical dilemmas, and how we navigated; top achievements; problems discovered and tackled; how we juggled multiple responsibilities; how we responded to the missed deadlines; strengths; weaknesses; how we dealt with difficult colleagues; vision-purpose-values, ends being pursued; and changes within we are working on. Can we? Can we reflect and write a diary? Can we have notes to ourselves?

Can we be a leader? Can we help in liberating our colleagues? Can we give credit? Can we collaborate? Can we nurture? Can we share our visions? Can we empower? Can we coach? Can we take accountability? Can we inspire? Can we seek excellence? Can we connect? At a human, and personal level? Can we recognize talent? Can we help in harnessing the potential? Can we be relentless pursuers? Even the resources are extremely limited. Can we demonstrate hope, faith, promise, and love? Can we coexist? Can we follow? Can we be mentees? Can we serve? Can we lead? Can we choose to lead?

Can we collectivise? For N-way. Can we support collectives? Collectives with voluntary and open membership, democratic governance, autonomous management offer identity, solidarity and improvements in well-being, by gearing up to meeting their common economic, social and cultural needs and aspirations. Can we work with these collectives

to become or have enterprises? Can we nurture individual enterprises? Rather than them becoming slaves by taking up jobs.

Isn't it time we remain useful to all those who want us? With a portfolio of multiple and various ways. Can we design an N-way changemakers and leaders cohort? Local, national, and global. Can we start and run it? In 2024. Can we? First, can we understand the social issues, ourselves and the journey we want to follow? Can we get/have a broad idea of the diverse landscape(s) of challenges, and the shared understanding of the conceptual and experiential base for the journey towards the solution(s)? Can we narrow down to the destination(s) and the roads, ways, means, and vehicles that take us there? Can we be apprentices? Can we get immersed, exposed, and inducted into these pathways of our journeys? Can we start the journey then, with all the preparation? With mentors, mentees, hand-in-hand. Can we?

Yes, we can. If we flow pooled up together in nature's company. In the flow of N. In ganayoga for 7L.

170424

### 343. Ten, ninety

How big a home do we need? An all-purpose one-room? A studio apartment? A 1000 sq ft flat, or a 3000 sq ft villa? A half-acre place for our full team to stay in? A caravan, or a mobile house? Multiple small houses across?

Are climate models putting an excess of burden on the Global South? Are diversity, equity and inclusion compromised? With more than 50% of the land in farming, can we see climate work without farming becoming natural?

Most of us are migrants, pushed or pulled. Temporary, ad hoc, long-term, or permanent. For informal or formal work. Unemployment, and underemployment are very high, even if we migrate. The wages are not commensurate. Jobs are low quality. Dignity is being compromised. Do we have decent work, employment and decent wages as the agenda in the political discourse? Do we get access to low-cost, affordable, and dignified housing, free/no-cost healthcare, ration et al when we migrate? Isn't ration a national right, an entitlement? Safe workplaces? Physically, emotionally, and socially. Enforceable work contracts/agreements? What do the increasing numbers of gig workers, platform workers, and paid volunteers have? Will the e-shram work? Will the right to work work?

Cumulative GDP may excite us to say we will be number 3 soon. But, per capita GDP is a better indicator. We have a long way to go. If we can achieve a 10% growth rate in the per capita GDP, we can double the incomes of the poor, vulnerable and the marginalized in 7 years. At 5%, it takes 14 years. The only way to do it faster is through equitable distribution of incomes and wealth. Are we ready as a country for this? Political will?

Do we have a strategic thinking mindset in us? Big picture, bird's view; long-term vision, view; and wider connecting the dots. Do we have a deeper understanding, an intricate worm's view? Do we invest in bird's view and worm's view simultaneously? Do we have the Excel play, word art, presentation decks, video clips appreciating these views, and designing the algorithms for making the next but long-term ends? Can we see how means stack up towards ends, in various pathways, complementary, supplementary, and alternative? Can we build our knowledge-tools-skills-resources for these means?

Do we lead from the front or the rear? Can we do either one, depending on the need and circumstances? Can we follow, withdrawing from leading, as required? Can we juggle amongst these, follow, front-lead, and rear lead? If we lead from the front, can we ensure that the team is not disengaged, strategically, tactically, and operationally, as we move faster, far ahead? Can we identify the next leader(s) and handover the team, if we are not

able to slow down? Then, can we go to the rear? Can we be in the background, become invisible, in due course? Are we not in the business of building the agency of the people at large, and our teams that work with them?

Can we transcend personal? Can we develop thick skin? Can we get freedom by realizing that no one thinks about us? Can we stop worrying about the feedback from non-doers? Can we listen to 90%, rather than the exceptional 10%? Can we invest in improving ourselves for lifelong un-learning-learning, and achieve mastery? 10000 hours now? Can we persist, persevere, unperturbed, and undisturbed despite innumerable 'no's from the world? We try 100, 1 gets clicked. Let us not lose the plot in the 99. One will take us forward. Therefore, can we transcend to thick skin? Can we keep trying?

Yes, we can. If we keep flowing despite flow challenges? In the flow of N. In garudapeelikayoga for 7L.

190424

### 344. Strategic instinct

3 types/levels of biodiversity include: genetic, species and ecosystem. Plant genetic diversity has decreased by 75%. Local varieties have been lost badly. Species-rich habitats are more adaptable, more productive, more resistant to erosion, and have longer growing seasons. Arguably, we are facing a mass-extinction time. The danger of failing food systems is imminent. A local area's multiple micro ecosystems are coming down drastically. Reversing biodiversity failure leads to diverse macro-micro nutritious foods.

Ecosystem Carbon Credits must accrue to farmers. Their value needs to be commensurate with the service provided by the farm families. Through Verra standards, Gold standards or the emerging standards in India. 1500-2500 INR/ha at current level is far below the level at which they have to be pegged. Maybe, this is 10 times better. VM0042 – for agriculture – is the relevant methodology under Verra. Without yield penalties, reduction in GreenHouse Gases emissions, carbon sequestration, reduced fertilizer usage, zero/minimal tillage, and reduced water use, contribute to farming CO<sub>2</sub>e. Prevention of crop residue burning helps. One ton CO<sub>2</sub>e is one carbon credit. 4-10 Credits are easily possible per ha., in a 365-day green cover multi-layered multiple cropping. With trees and animals incorporated, this could go up further. If we can get 50% of this amount, we can advance NF faster, more viral. If something is legally banned, or something has already become a common practice, this cannot attract carbon farming under VM0042. Are they saying as NF gets adopted by 20-30% or more, NF cannot attract carbon farming? Do certain practices go out of carbon farming? Are they saying tribal and dryland areas may not attract carbon farming to its full potential as they are low-intensity agriculture already? Remote sensing satellite data helps. It is possible to have variations in local areas. Going for small area projects may be more remunerative to farmers.

Are we saying Carbon Credits are not long-term revenue sources for farmers under the current standards?

Poor, vulnerable, and marginalized (PVM) now, and in future, should also live, work, study, and play with basic facilities and in a healthy environment. Climate crises notwithstanding. Climate justice fights with hope, faith, promise, love, and coexistence, offering resilience, living, life, and future for PVM. This includes just transitions – with a better planet for the NextGen; fair, inclusive for the current PVM; with decent workspaces for all. Most developed countries have to bring down their per capita emissions in a big

way. India may try not to increase its emissions. Offsets outside, greenwashing is not OK. Luxury emissions have to go or at least come down. Survival emissions is another matter.

We may miss competent, and talented people. We cannot miss idiocy, mediocrity and toxicity. Can we stop the forward march of the wrong people? Can we retain the trust and morale of the right and neutral? Can we stop these unnecessary triggers of frustration? Can we stop losing trusted teams, and right talents? More results do not come from more efforts of the same kind. Can we add more sastra in our armoury? Can we continue to practise, but with an increasing portfolio? Can we be strategic and have exposure to a variety of situations, functions, levels, people, and tests? Can we demonstrate that we are strategic – idea, conversion, proactive, drive, and stamina? Can we show the progress on the roadmap towards vision, system, approach and ends? In data, and processes. In our being. In our hearts, minds, and souls. In our celebrations. Can we?

Can we identify the concerned, and relevant influencers? To them, can we pitch? Tell a story or stories that answer all Ws and H – Who, What, Where, When, Why and How? With data crisp and concise. Can we?

Yes, we can. If we keep flowing to stay afloat and survive in N? In the flow of N. In urvimitrayoga for 7L.

210424

### 345. Tasks in order

World Books. Copyrights. Strasbourg, World Book Capital of 2024. Can we read, write, and take notes?

263,000 Panchayats. 73rd Amendment to Constitution, 1992. For their self-governance, decentralization and self-reliance. Can we build the agency of Panchayats? For public services. Livelihoods. Sustainable inclusive development. Ease of living. Ease of doing business. Can we build the agency of citizens to govern the panchayats?

Elections move. To Phase 2. NDA campaigns step up. Maybe intelligence sources are telling it is not doing well; or they are being more cautious, and do not want to take it lightly.

We are an essential self-employed and enterprise country. We are in it because we are in the family enterprise; we got pushed into it; we liked it and started it; we are there casually; or we have no other way. 90%+ of us are called wage workers, piece workers, gig workers, and not called entrepreneurs. Technically, we should be. We take risks. We seize opportunities. We meet demands and needs. What is missing – mindset, passion, and drive? Enterprise model, business model or plan? Making, and exercising choice? Reaching out? Perseverance despite all odds? Network, and partners? Pitch? Exciting, inspiring, and satisfying? Human, social, and spiritual connection? Multi-talent, and capacity team? Appropriate abilities, intents, and agency? Towards peaking? Body language in sync? Goodwill and branding? Entrepreneurial mindfulness, reflection, and mediation? Right people around?

Apart from commensurate pay for work, we want interesting and decent work; we want appreciation, recognition, and reward for good, excellent, and extraordinary work; we want to be included in what is happening around. Can we celebrate our little achievements? Can we have deeper connections? Can we have thriving informal collaborations? Can we have a cohesive and purposive team culture? Can we keep fighting on the ways, means and nuances, and still be together? Can we continue to be with the shared purpose, vision and values? All of us – teams, colleagues, co-opted volunteers, advisers, board members, communities, well-wishers, friends, guides and philosophers. We have destinations. We have vehicles. Roads? Can we develop pathways, and roadmaps? Can we influence laying roads, tracks, seaways, airways, and knowledge ways?

Do work, and life go hand-in-hand? Work to live, and live to work? Can we be useful? Can we be free, and peaceful? We are not multi-taskers. We do one task after the other. Maybe with change every second, minute, hour, day, week, month, season, and year? Can we focus on that 'little period' of the activity? Can we be generalists, with high mastery of at least one item? Can we do our work with our pace, and terms? Can we read, discuss, write, keep quiet, think, and reflect? Can we dedicate a few minutes a day alone for meditation, reflection, and solitude? Can we apologize if an error happens by omission, commission, or otherwise? Can we be polite even if we are right? Can we appreciate that 'common' person sees the obvious better than the experts, professionals, and the experienced? Can we see through false and fake urgency that does not lead to meaningful usefulness? All work cannot be urgent. Can we see the important, and prioritize? Can we declutter spaces, works, and ideas?

Yes, we can. If we keep flowing to live, and work in N? In the flow of N. In gathiyoga for 7L.

240424

### 346. Stressless tension

Tata Institute of Social Sciences moves into the hands of Ministry of Education, Government of India. Prof DP Singh is the new and first Chancellor, for the next five years.

Will we increase the budgets of the poor, vulnerable and marginalised? If 90% families in the country earn less than Rs. 25,000 per month, can we have at least a 45% budget dedicated to meet their needs and improve their well-being directly?

How do we pull and keep farmers into complete natural farming juggernaut? Bombarding with NF knowledge, successes, benefits, etc. – text, pictures, videos, stories, songs, endorsements et al, daily twice and more; local demonstrations, exposure; avenues for learning over 3-4 years with week-long classes every month, apprenticeship ex-situ, diligent follow-up, handholding, troubleshooting, culminating in certification et al; in-situ apprenticeship with master coming to the site, 4-5 days a month for 2-3 years; 50 farmer field school sessions to learn and practice in own fields, with troubleshooting cadre and support around; intense cadre/lead farmer pushing and pulling 10-20 interested to join the journey; peer pressure from community groups with saptasutra traceability, accountability. All multiple tracks working in tandem. Chemical-free, nutrition-health as a trigger. Fairshare of the consumer rupee as a trigger. Potential eco-credits realization as a trigger. Consumer demand subsidy as a trigger. Reduced need for fertilizers through pre-monsoon dry sowing as a trigger.

Equity gives dignity; dignity gives self-esteem; self-esteem gives us community; community in turn enhances dignity by discovering latent individual and collective abilities, intents; community seeks spaces and gives agency for them and for individual members. Can we move from being observers, analysers, etc. to engaging insiders? With our mind, heart and soul. Can we see living, farming, and weaving as ways of life, for us, that offer the joys of being there? Can we see inherent inconsistencies in the value, norms, principles at idiosyncratic and co-variant levels and work on governance that accommodates these inconsistencies?

Just in case, we use AC, the advisory says, we should be keeping AC temperatures above 26 deg, and fans could be ON at slow speed. At temperatures lower than this, our body can set in a process, hypothermia, affecting our blood circulation.

Can we save ourselves from the trap of our affordability? Nature cannot afford it. Can we coat the roofs with reflective materials? Can we protect the walls with sheds so that direct sunlight does not hit them? Can we have more trees around, and on top? Can we move into rural, tribal areas, and hills? Can we add more 365-day green natural farming fields, with trees? Can we consume chemical-free, local, and diverse seasonal foods? Can we live in a 'culture' of simplicity, humility, with simple minimal needs?

Can we keep doing the right things? Even if it is not easy, near impossible. Can we unlearn and learn to know what, how and why, to do using tools and skills, to be, and to live? To lead, to link, and to coexist.

Chronic stress is bad but short-term moderate stress, tension can be negative only if we believe that it is. If we are friends with stress, stress helps us. It correlates with lower risk of death; improves performance; strengthens immune system; makes us more social; improves learning; improves memory; and connects with instincts. Can we remain unfazed by stress? Can we believe stress does not affect us? Stress is a destresser.

Yes, we can. If we coexist, co-flow in N? In the flow of N. In gurutvayoga for 7L.

260424

### 347. Resources paying back

Can Yogakshemam reach once a day in the next 18 months? Can we have a 'life' podcast a week, a conversation a day, a cohort a quarter? X twice a day? Picture a day? Video clip a day? Blog/vlog? Can we listen to 1000 changemakers in the next 1000 days? Can we dedicate 10,000 hours into unlearning and learning? A 7L book a quarter? A team of partners, partner institutions? A portfolio of activities? An N1000, and an N1M? Emerging, evolving agenda, schedule, team, and process flow over the next 5,000 hours/3 lakh minutes. Capitals need to be sourced. Arrows need to be worked. Contexts are ripe. N is calling. Can we resist any longer?

Can we write our story, linked to our culture, values and ends? Can we give our trajectory and journey? Can we discuss our experience, results and lessons along the way? Can we present our structure, architecture, HR, and governance? Our relationship with our community? Theory of change, approach, and its evolution? Plans, expected results, and milestones? What about after the project? Sustainability? Activities, human capacities and partners, financial costs-resources, and timelines? Excel sheets. Risks, Monitoring, Evaluation, Impact assessment and learning activities/plans?

Our concept notes, proposal outlines and detailed project notes should have these. Writing these is an investment we must make. Data and facts have to be embedded. Any evidence of the possibility of the vision has to be incorporated. The proposal needs to transcend emotions. It should flow logically and be customised. It should argue about how we are equipped, or how we are getting ready for the future, rather than harping on the past. A short executive summary should be a part. A slide deck helps. A video clip or two, a link to a functioning website/portal, a profile/brochure, an impact document, an annual report, links to studies, independent studies – maybe all in one folder – are looked forward to. Can we do this well? Can we learn to do this well?

Can we hire potential, on priority, urgently, rather than the privileged elite? Can we let progression of the volunteers, community cadre into professional roles as quickly as possible? Can we communitize? Can we nurture agency? Can we simplify and reduce the number of rules, bureaucracy, and inspire the potential to be IN, and grow?

Can we invest and maximise talent, and return on talent? Can we reduce the skill gap for the roles of our HR? Can we reduce the will gap, to engage in the work? Can we reduce the time gap, to increase their value-addition to the work? Else we lose them, or mediocrity sets in. We lose results. We lose quality, efficiency and effectiveness. Talent Big Picture – #s, levels, skills, capabilities; Potential productivity; Reporting lines; Digital role; in-house existing and new blood hybrid; diversity. Can we be ready to revise job requirements on the go, while recruiting? Can we encourage adaptive learning and cope with the job needs? Can we invest in skilling and building capacities particularly on-the-job skills, leadership skills, and soft skills? Can we also certify their learning? Can we also have performance rewards and penalties? Can we reduce the layers of hierarchy? Can we fix the 3-4 point stretch goal description of the work for each one of us? Can we value the leadership agenda being pursued? Can we offer agility, data-time analytics, offsetting meeting overload, and accountability processes in our HR systems?

Can we think about the systems, strategy, scale, integration, and communication? Being inside them, doing changes.

Yes, we can. If we coexist, co-work and co-flow in N? In tandem. In the flow of N. In tattvamasiyoga for 7L.

280424

### 348. Owning the change

May Day. Let the workers unite for the betterment of this world. Telugu great poet of the century, Sri Sri, confirmed: new world was calling; The wheels of the world chariot are coming; amrt kaal is ahead.

Can we pool up 100+ top class development professionals wedded to, committed to, conversant with working, farming and living in harmony with nature? To support visioning, strategizing, planning, structuring, and architecturing, systems change; capacitating, building agencies of the marginalized; implementing, handholding, troubleshooting, and providing technical support; mobilizing communities – producers, consumers and value-adders, communitizing, collectivising, platformizing, and starting-strengthening individual-collective enterprises; augmenting fairshare to producers in the value-chains and ecosystem credits; adopting appropriate technologies; documenting, policy advocacy, changing curriculums, articulating theory of change for the new paradigm, showcasing, communicating strategically and raising resources – people-partner-project time, energy, expertise, and funds; building champions and mentoring HR et al. Can we pool up 1000+ best practitioners in these endeavours and make them available to N-ways?

Can we invest in building best-in-the-class ‘teams’ for this? Each one with Rs. 100 Crore, over the next 1000 days – 3 years, to begin with. For India, and outside. With Community entities, brands, Large support units, Civil Society networks, digital platforms, research-academic-learning forums-coalitions-consortiums-partnerships, think tanks, Government programmes-missions, International collaborators, CSRs, philanthropies, funds, et al.

Centralization, Data-based algorithms take us away from the humanness of our lives. Data statistics – probabilities, averages, and correlations take us away from the human stories, idiosyncrasies, situations, and circumstances. Nuances and individual differences that define our lives and existence give way. Over time, these algorithms, programmes, and codes can reinforce stereotypes, perpetuate status quo systems, and inequalities. Bounded rationality, due to limited data, biases, and complex time pressures, nudges us

to work with approximated trends. These trends influence our choices and behaviour. Extracted personal data lets predicting behaviour, and influencing it subtly. We become algorithmic slaves, in some sense. Our intimate selves become data points. We succumb to manipulated behaviour, swayed democratic processes, and threatened social fabric. We lose to deeper fakes, augmented 'realities'. Facts may become casualty, with no means, wherewithal, or abilities confirmed.

If we are willing, are sure, data intelligence would grow to become more nuance friendly, drawn from lived/living experience(s). It will be a help to all of us, with increased data agency for each one of us, with more democracy, more data, analytics, nuanced patterns-trends, simulations, and trials.

Can we do things that matter, even if some are not willing? For usefulness, impact, and making the difference this world seeks. Humanity in harmony with nature. Thriving chemical-free food systems that sustain life.

Can we take responsibility for shaping what happens next with us, within our means? Can we accept blame, even if we have just been a small little contributor to the situation? Can we take charge of change(s)? Being an insider. Can we?

Yes, we can. If we coexist, own our flow in N? In the flow of N. In swaamyayoga for 7L. 300424

### 349. Effective useful teams

Can we improve, augment and enhance the systems, thinking at the individual, family and community level? Will the Government do this? Will the business/market do this? Will civil society do this? Will the intermediary support organizers, enterprises, groups and facilitators do this? Can we be the bridge between the resource providers and the communities? Can we find the stories and narratives that take them through thorough systems thinking? Can we offer them the tools and skills for understanding these systems appreciating interrelationships and interconnections? How do we take this out of 'theoretical' labels? Can we take forward this thinking in simple words, with on-the-ground local examples? How do we break the do 'a', and 'b' would happen, so on and so forth?

Linearity is not working. It does not work. People – capacitated, skilled, mapped – Activities – Results – may not fructify. Nuances, invisible constraints, culture, virtuous-vicious cycle portfolios, and multiple dependencies-factors – all these come in the way or accelerate the results. Can we get/have patient grants – extendable tenures, timelines, play within and across the budget lines and change the activities as we progress? Can we allow the play of bird's-eye view, and the worm's view? Can we see the play of partnership, collaboration and coexistence adding up? Capabilities, experiences, resources, knowledge et al.

Can we give our time and energy if we see 'potential' and 'possibility' in people, in partners and in teams? Even if the numbers are less, the potential future impact could be immense. We have time, energy, knowledge-skills and funds with us. Can we manage them well? Can we move away from linearity? Can we transcend recycling? Can we be circular? Sustainable, endless. As trustees of NextGen.

Are our boards functional to their potential and ability? Offering a Vision, Strategy, Knowledge-expertise-insights, Resources and Linkages? Can we stop them from being dysfunctional? Almost dysfunctional. Rubber stamps? Team runs the show, and the board cheers, endorses or not bothered and passive. Micromanagers? The Board runs the show. Team is passive but assisting the board. Balkanized? Each member looking at their interested bit. No coherence. No integrated view. Hybrids of these variations? Can we get a diverse board? Can we get the loyalty of the Board to the organization, vision-mission?

Can we ensure the Board members do not boss around the staff? Can we ensure that they participate actively? Can we listen? Can we make them 'behave'? Can we stop them from being narrowly focused only on select items?

Can we ask our people to move on when they are coming in the way of the work progress? Even if they are our seniors. When their contributions are diminishing. When their energy levels and time commitments are dwindling in the present. When the 'past' dominates, instead of the present and the future. When they are partisan. How do we restructure our teams to become efficient and effective without losing the minimum redundancy required. Can we make them cost-effective and future-proof? Can we hire future leaders and work with them to grow? Can we reduce top heaviness? Can we reduce layers of hierarchy, simultaneously? Can we have associates, rather than assistants? Accountable proactive leaders, rather than managers? Proactive competent professionals, rather than parrots, slaves? Instruments of symphony, rather than cacophony? Masters, Shared visionaries, Value custodians, Mental Modellers, Team-learners-workers, Systems thinkers et al rather than people who keep saying yes to the commander?

Can we make our teams useful to the Universe? Can we be useful?

Yes, we can. If we coexist in useful flows in N? In the flow of N. In saamarthyayoga for 7L.

020524

### 350. Life associates

Good laughter, genuine smile. Humour. Warmth. Trust. Brightened minds, hearts, souls, and relationships all around. With our light heart, sense of humour. Can this be nurtured to create contagious genuine smiles, laughs? Can we take humour into learning; connections, and relationships; bringing the best in our lives? Can we indulge in laughter, a minute/hour, 15 minutes/day? Can we have endless smiles on our faces?

Value-chain – pre-production to production to delivery to the end-user/consumer – can this information be digitized? Can digitization optimize the portfolio of activities, processes, leading to higher returns to producer, consumer, service providers and other players in the value-chain? Can it reduce timelines; drudgery; redundancies; costs, and food miles? Can it improve efficiencies; transparency, traceability, and visibility of the origin, trackability of the flow in the value-chain, value-addition? Can it increase the share of the consumer rupee? Fairshare. Can it reduce the stages, back and forth movements between the producer and consumer? Can it help in optimal production, value-addition et al? Can it minimize negative impact on the environment and augment positive impacts? How do we cope with or address the other side of digital? Digital divide/literacy, exclusion, unequal access, data privacy-security, transition to new skills – new roles, favourable digital ecosystems. Can we take our Poor-vulnerable-marginalized (PVM) farm, farmworker families, and consumer families on this journey, along with natural farming, living transitions? With equity, fairness, realizing potential possibilities. Can we embrace and be ready to use digital to our advantage?

Leading, mentoring, managing, and coaching in the world of intense, interpersonal dynamics take us beyond tasks, outputs, and costs. To impacts, emotions, beliefs, expectations, ambitions, motivations, perceptions, relationships, and egos. To relentless scrutiny, anger of disappointments, and resistance in navigating forward. It is not always 'demonstration'. It can be quiet motion in pathways. Can we hybridize? Can we be on an unlearning, learning journey through lots of mistakes, hopefully not very costly, some success experiences, insights firsthand, vicarious, and others' experiences? Can we be on the journey of leading, following?

Can we eat proteins? At least 0.8 gram/kg body weight. Milk proteins are one of the best. Complex carbohydrates in place of simple carbohydrates as much as possible. To this, can we add a regular break from 'consumption'? Fasting. Of course, water needs to be consumed in abundance.

Can we be productive, rather than being busy? Emotionally intelligent. Only 36% are using this intelligence effectively. Can we do this? Can we demonstrate – Self-motivation; listening, open, and receptive; calm under pressure, stress, and setbacks; transparent; clear vision, articulation; giving and taking feedback, concerns, criticism, and perspectives; network; teamwork; and clearing misunderstandings?

Can we continue to pursue relentlessly, even if now we do not have resources – people, partners, projects, and philanthropists? They would manifest as we pursue, persist, and tenaciously persist. Paradigm shift. On scale. Deep, Up. Big or small. Systems change. Behavioural transformation. What do we pursue: Model(s) of high quality, or Scale, even if we get some elements on board. Ashram, Vishwam, or both.

Can we fight, continue to fight, with our near and dear, ‘friends’ without losing love, relationship, and friendship? Without the fear of losing. Can we continue to interact? Can we continue to transact? Can we continue to give and take? Can we continue to supplement and complement? Can we continue to grace one another? Can we continue to think, articulate, do in tandem, and in sync? Can we get more into this zone?

Yes, we can. If we coexist, join hands to flow together in N? In the flow of N. In vayasyayoga for 7L.

040524

### 351. Pursue unturning every stone

Polls: Phase 3 campaign ended. It is now Phase 4, 5, and 6. Massive gatherings for the leaders. YouTube speeches with millions following for all the star leaders. Will they turn into votes for their parties? Will the slogans win them seats?

We have formal associations in millions in India. Some functional, some so-so and some non-functional. 17 lakh companies, 3 lakh limited liability partnerships, 8 lakh cooperative societies, with 30 Crore members. There are 30 different sectors a la: agriculture, agro-processing, sugar, sericulture, dairy, fisheries, livestock, poultry, jute, crafts, handlooms, labour, transport, tourism, education, consumer, credit, urban credit, housing, miscellaneous, multi-purpose, women welfare, social welfare, tribal, Dalit, cultural, etc. There are registered firms, informal/unregistered shops, and enterprises. Self-Help Groups. All of these are for businesses and services. Then, we have societies, clubs, sports associations, Non-Government Organizations, Self-Help community collectives, etc. Together, the associations/enterprises exceed population.

We have to move fast on seeding Natural Farming inside and outside the country. 150 Million farm families, 150+ Million hectares in India. Can we do this in the next 20+ years of Amrt kaal? From the current 2% to 100%, or say 80% farm families, farmworker families; and 1% to 80% land. Only viral efforts would get us there. Will the large-scale NF seeders go into 150 agro-climatic zones across the country and do the trick? 1 village each, 1 cluster each or 1 block each. 1-2 champion best practitioners in each of the seeding villages.  $150 \times 2 \times 5 \times 2 = 3000$  of them. And they work for 5 years each, 200-250 days a year. 5-6 Crore INR a zone, or a 1000 Crore INR seeding budget in the country. Will State Rural Livelihoods Missions hold the same? Will the upscaling funds flow through them for scaling from seeding? NMNF Budgets, NRLM funds raised. Will the budgets go up? PM PRANAM – does it give funds for NF? Will the philanthropists step up funding? Flexi, evolving budget-based funding. Will the media rise? Will the research entities rise? Will the researchers, top-class, demonstrate evidence? Will the schools rise? Will the curriculums change? Will the states and the nation make policies in favour of NF? Can we make models in various farming situations? Can we nurture modellers to become champion nurturers? Can we have local enterprises offering fairshare to the producers?

Migrate, or not to migrate? Push, Pull. Isn't migration in our blood, DNA? When are we going to have a visa-regime for free movement of any citizen of this planet? We had this situation earlier. In the last 200 years, these regimes have come to restrict mobility.

Shouldn't we do the opposite? Foreign remittances are a critical source of income for many families, villages, areas, and countries. Do we really need a passport? If yes, can't it be given on birth, rather than as a separate document for travel, and applied specifically? Do we need so many identity cards and registrations – PAN, Aadhaar, Voter, etc.? Can't they be one? Doesn't this planet belong to all people? Why do some have more rights? Can they take more responsibilities? Can we have global inclusion, can we see migration, cross-border migration, as a reality, and real opportunity?

If we stay long at a place, aren't the vested interests accumulating for us, with us? Can we change work, team, place, portfolio, and organization? Can we take long-offs? Can we have robust systems of performance, management, and leadership? Can we identify and stop paying the non-existent, non-working people? Can we see and stop traceable fake results, fake bills? Can we persist with hope, faith, promise, love, and coexistence?

Yes, we can. If we coexist, flowing together hand-in-hand in N? In the flow of N. In parivrajakayoga for 7L

.060524

## 352. Flow offerings

What is the good way forward for assessing the interventions? Randomized control trials may be insufficient; may not be right. In the beginning vs now, they may not be sufficient. Treatment vs control may not be sufficient. Are we heading towards mixed methods – drawing and guessing attribution and contribution? Qualitative and quantitative changes. Triggers and effects.

Gurudev, Viswakavi, Rabindranath Tagore – Gitanjali. 103 small song offerings get Nobel. Probably the first time a poet got a Nobel. Can we reach and lose in the innermost? Can the innermost do the needful?

“You have made me endless...At the immortal touch of your hands, my little heart loses its limits in joy and gives birth to utterance ineffable...I ask for a moment’s indulgence to sit by your side...you keep company with the poorest, lowliest, lost [can I keep company with you?]...tattered, stained ...in toil and in sweat... but this meeting is not yet...my eyes have seen, my ears have heard... perfect sweetness has blossomed in the depth of my own heart....gates are open.. do not pass by like a dream...why do I ever miss... whose breath touches my sleep...my debts are large, my failures great, my shame secret and heavy, yet....I lose sight of my true being....

Your love is greater... you keep me free... your love still waits for my love....I may feel you on every side, come to you in everything, and offer you my love every moment.. I may be bound by your will and your purpose is carried out... where the mind is led forward into ever-widening thought and action – into that heaven of freedom, let my country awake.....

Give me the strength to surrender my strength to your will with love... my precious sleep only waits for the touch to vanish; my closed eyes would open their lids only to the light of the smile.... I bitterly wept and wished that I had had the heart to give you my all....You have taken me as your partner, for endless play of your delight, for shaping my life with your will...your love loses itself in the love of your lover, to see the perfect union...let all the strains of joy mingle ....my heart has touched your feet....when I kiss your face to make you smile, I understand ...I may never lose the bliss of the touch of the one in the play of many.....you give yourself to me in love and then feel your own entire sweetness in

me....with the tune of you and me, all the air is vibrant, and all ages pass with the hiding and seeking of you and me....

The innermost one awakens my being with deep hidden touches ...at whose touch I forget myself....in many a rapture of joy and of sorrow...time is endless in your hands.. you know how to wait... feeling that I have no time to lose, I hasten in fear, yet I the end I discover there is time, and you are waiting with all smiles... you reward me with your grace...all that I am, that I have, that I hope and all my love have ever flowed towards you in depth of secrecy, one final glance from your eyes, my life will be ever yours own....

I have got my leave, I am ready for my journey, with empty hands, expectant heart, with harp of my life, tuning to the notes of forever...you sit there smiling...let all my songs gather together their diverse strains into a single current and flow to a sea of silence in one salutation to you....”

Can the innermost take charge? Can the universe conspire? Can we journey around servicing, being useful?

Yes, we can. If we coexist, co-think, co-act and flow in N? In krsnaanjalijoga for 7L.

080524

### 353. Geo-nurturing mothers

How do the enterprises and entrepreneurs make money – by serving the needs of the clients. Right? Some win and some lose in meeting the needs. From the short term, to the long run. They remain competitive providing the most appropriate solution, whatever it costs with a decent mark up if the clients pay, cutting costs – material – maybe at the cost of the environment, automating-mechanising technology to reduce human involvement, human. It may be by way of cutting quality, or paying lower wages/remuneration; and/or by simply charging more because ‘there is no alternative/ captive situation’. If all of this is happening to a section of the economy, it may be fine.

If it is happening across the economy, broadly, we reach lower wages to employees, and mounting underemployment and unemployment levels. Production-Consumption crises manifest. Ecosystems would be in jeopardy. Economy collapses. The way out, is regulation for fair competition; for fair pricing, and fair sharing of consumer rupee; for just wages, remunerations, and fee; for preserving and enhancing ecosystems for the future. The State offers regulation and invests in creating ‘maahol’. This makes it the biggest spender in the economy. It needs to garner resources, mostly from taxes – direct and indirect. Are we taxing enough? Can we tax the ones who are making supernormal surpluses at our cost? At the cost of being ‘not fair’, in pricing, paying wages, treating our environment, our ecosystems, and our individual and collective well-being, rights and entitlements? Why not? Can the Governments get courage and freedom to do so?

Amidst scorching heat, some heavy thunder showers, across. Dubai included.

Maatrdevo bhava. Mothers, thanks a lot for being there. Gracing all that they pervade. Women are fiercely independent while ‘appearing’ to be dependent. Men appear to be independent while being terribly dependent. Men’s independence is a façade. Women’s independence is real. A nurturer par excellence. Caretaker. Multi-tasker, even at the micro-level, managing energy, time – minutes, seconds. Intelligent persistent problem solver, never giving up. Emotional, Social, and Spiritual Master. Sensitively empathetic, resilient, all-forgiving and liberating lover. Tenacious, self-controlled, sleeplessness, physical pain, and ill-health notwithstanding. Maatrdevo bhava.

Can we be slow to create paradigm shifts, exponential massive deeper changes? Can we hurry up slowly? Life changes. Behaviour, lifestyle changes. Climate changes. Milestones. Can we increase the racers, rather than increasing our race speed? Can we find multiple kinds of racers who race on their own? Can we have racer generators? If we move slowly, we can look at models, racing tracks. With justice, equity, rights, and agency embedded. We can pause, reflect, and process in fine-tuning the architecture, ecosystems, structures, tracks, and vehicles. And the racers do not add up but multiply. We move slowly arithmetically, reflecting, processing challenges, failures, processes, feelings et al, and learning; and rush geometrically, with 'greened' models. From 2-5 to 6-25 to 125 to 625 and so on. For 150M NF farm and farmworker families in 20 years, we need to go 2025: 0.1M Modeler Mothers; 2030: 1M; 2035: 5M; 2040: 25M; 2045: 125M.

We need time to speed up. It costs, requires human, partner and financial resources. We cannot anticipate how much beforehand. Can we tolerate this pupa time? We should. Kindly bear with us. Simply, silently. With genuine and graceful smiles spreading unconditionally, without measures. Can we?

Yes, we can. If we coexist, work with feminine in us. For flow in N? In maatrkrpayoga for 7L.

100524

### 354. Joyous portfolios

We have 80% India with mobiles. 50% India with internet use. Digital is part of our daily life – apps, webs, and social media – water, food, groceries, travel, goods deliveries, entertainment, music, news, payments-receipts, reading, learning, language translations, messaging, word meanings, dashboards, tracking, geo-tagging, geo-fencing, satellite data, technical support, research, surveys et al.

Can we coexist with or in nature in harmony? Living, farming. With oceans, seas, rivers, streams, forests, lakes, et al. Really? In urbanization? Can we appreciate, recognize and safeguard the rights of nature, living beings, and local communities? When planet earth has exceeded 6/9 planetary boundaries – spaces for humanity to operate safely. Earth is hotting up: 100 billion work hours are being lost to heat, for example.

Can we turn the direction backwards to virtuous, regenerative living, farming? Can we maximize the photo-harvesting by 365-day, multi-layered multiple cropping on the arable land of the country? 60% of Indian landmass is arable. Can we seed natural farming everywhere in this world, duly customized, adapted, in the next decade or two? Can we improve human-animal-plant-soil-planet health? Can we postpone the ‘extinction’ by a century or two? Can we cool the planet? Can we improve the climate resilience of the crops? Can we improve the food-nutrition-health security of the 10 billion people? Can we improve the well-being of the farm, farmworker, farm service provider families and value-chain players?

Can we discuss, argue, dialogue, question-respond, inquire, and analyse? Can we observe, experiment, try, and pilot? Can we listen to the ground? Questions, reactions. We agree plants have life, emotions, feelings and so on. Now, intense experiments are confirming: Leaves pick up the sounds of chewing caterpillars and mount appropriate chemical defences; Flowers sweeten their nectar when they sense pollinators flying by; Flowers and bees sense one another through ever shifting electrical fields; plants seem to use memory to adjust their growth and even minute-by-minute presentation of pollen. Plants demonstrate intelligence. Plants sense, remember and make decisions throughout their

bodies. Plants are in constant touch with their allies – microbes. Can we see, appreciate and work based on this appreciation? Can we?

Only wishful thinking, however deep and intense, does not deliver. It does not matter. Thoughts have to flow into Actions, and Actions have to flow into Results. Then, this flow architecture causes incredible performance. Can we build this architecture, infrastructure, and matrix up?

Human brain is the most sophisticated object, instrument, and tool in the universe. Billions of connections, circuits, and flows. Single, dual, and multiple inter-cell connections. Neural, blood. Can we understand it fully? One brain. Emotions, Intelligence, Perceptions, Memory, Behaviour, Habits, Thoughts, Instincts, Temptations, and Insights. Can we understand the microbiomes fully? Can we understand the universe fully?

Metabolism dysfunction causes death 93% of times. Health is a functioning metabolism. Low fasting sugar; low cholesterol; lower triglycerides; normal blood pressure; and waistline. Diet, exercise, and happiness – a choice, a state of mind, a sense of purpose, and strong relationships – take/keep us there. Gratitude, mindfulness, generosity, kindness, forgiving, and usefulness are the tools for a ‘happiness’ journey. Can we be hybrid happiness entrepreneurs, mentors, and leaders? We are entrepreneurs by birth, by default. We lose this niche as we grow old. Can we have a ‘happiness’ entrepreneurial portfolio – risky but cross-supportive items, teams?

Yes, we can. If we coexist, flow towards an end. For flow in N? In aanandayoga for 7L. 120524

### 355. Possibility agency

If we want India to be an USD 5 Trillion economy, farming-food systems have to be at least USD 1 Trillion, 20%. What will take us there? We need a framework that includes natural farming prominently. Local food systems, local enterprises. We need a National Farming-Food-Fibre Council mandated with this agenda and framework. We need good investments into research and learning. 1-2% of Farm-Food GDP. We need more research-evidence-knowledge-learning-advocacy-scaling support institutions, academies, and universities. We may need to reorient, repurpose existing council(s). We need repurposing of all subsidies in the sector. Fair Carbon-Eco credits have to be channelled to farm families. A ministerial taskforce/mission involving all ministries dealing with the sector is a must. Budget for natural farming mission has to be made. Unfallowing of lands have to be front ended. Communitizing the entire effort with agency in the hands of the communities, led by women. Collectivization, collective action. Fairshares to producers. Can this be part of the first 100-day plan announcement, of the new Government coming in June?

Artificial intelligence is becoming a new integral part of our life, living. AI increases our pace of absorption of the essence. It can take notes and extract summaries. It sifts the large flows of information, data that are hitting, assaulting us. It distils, curates, categorizes, and analyses. It matches the patterns. It contextualizes. Will it not have biases? Will it not get corrupted? Can it be impartial? How do we cope with it, and adapt ourselves for this? How do we tame it for use to us? It is becoming generative – emulating and augmenting creative work, manipulating language and knowledge, and keep getting smarter? This AI may require strict regulation. Its abuse can have implications across – education, health, food systems, defence, economy, incomes, expenditures, entertainment, lifestyles, knowledge, skills, employment, livelihoods, enterprises, wealth, inclusion, equity et al. It can reduce some jobs, and increase new jobs. Can we have, as a result, equitable ownership of this AI and universe? We can have augmented productive workers and service providers in the economy coexisting with non-workers, care workers and volunteers in harmony with dedication towards nature. Can we see and work for realizing this future?

Some of us might be in meetings, online calls, workshops, teamwork, etc., more than 50% of our work time. And these are increasing. Are they meaningful, direction giving, energizing? Solidarity, ideation, collaboration, and celebration? We need homework, animators for each purposive 'convening'. Multiple formats combined. Rhythms, signature tunes. Open spaces within. Reflection, silence spaces. Breaks. With next steps always incorporated.

As we are coexisters, can we learn to flow with our coexisters? Children, youth, elderly, experienced, wise and not-so-wise, leaders-followers, arrogant-gracious, ambitious, angels, kind, weak, hardworking, virtuous, et al. Struggle is a flow. Commitment is a flow. School helps us to flow. Vision, dreams help in flowing. Hope, trust, and faith help. Our opinions matter for our flow. Potential, possibilities, agency matter in our flow. Flow does not stop with attaining X age, achieving Y results, and so on and so forth. Can we coexist and flow? Can we let go of the past, present and latch on to the new possible flows? Even if it is hard. Even if it appears near impossible. For significant, paradigm shift flows. Can we?

Yes, we can. If we let go, coexist, flow. Towards meaningful possibilities. In N? In naamamayoga for 7L.

140524

### 356. Truthful articulations

Now, it is the Gates Foundation soon. Pivotal Ventures may become another large global philanthropy with USD 12.5 Billion endowment. New consortiums and coalitions of philanthropies in the making!

India is 56% farmland; 20% forests. Not counting the 'green' outside of these two. We are seeing the disappearance of diverse trees on a massive scale, even in a short time, say the last 3-4 years. Mostly because of changed land use, cultivation practices, including irrigation. Block plantations, mostly mono, may be increasing. It is not climate change adaptation and mitigation.

We are sure we consume more than what we need on many dimensions. Many items. Day-in and day-out. We waste. We throw it away. We stack in the corner. Racks are filled with items which we do not use or rarely use. Can we reduce natural resource consumption? Fossil fuels? Can we reduce footprint in the environment? Food miles? Can we recycle? Reuse?

Do we know how to teach? Participatorily? Practice-centric. Can we have stories, songs, videos, pictures, exercises, games, cases, challenges, practice of tools-skills, homeworks, individual-group works, teaching by the students, river flows, interactive lectures, tests-quizzes, role plays, simulations, pre-reading, post-references, writing, puzzles, creative-casual-routine and exams? Can we combine, hybridize?

Most of us want stories that feed our biases. We do not want our biases challenged. Then, how do we craft stories of truth to get some traction? Do we really want reports of truth that serve the public, which provide the public good? Can they take us to our time, energy, and resource investments that make our collective lives our planet better, with reduced insecurity, disease, and eased poverty-vulnerability-marginalization? Can they reduce inequity? Can they include us in managing our destinies and destinies of next gen? Can we have more trends covered, rather than events? Can we cover the issues with both opinions dispassionately, truthfully, but humanely? In simple words, language.

Transcending language, word play to numbers. Basic economics. Value-chains. Culture. Spirituality. Wars, unrest et al get covered. What about suicides, drugs, alcohol, smoking, etc.? Public service quality? Education, schooling? Food, nutrition, health, and hospitals? Climate crisis, action? Failures, unfulfilled promises? Social responsibilities? Justice?

How do we care for our well-being? Coping with stress, recovering from setbacks, having satisfying relationships, safe and supportive work ecosystem-hygiene, being productive. Can we be in harmony with ourselves? Can we be resilient? Can we be in sync with our teams? Can we question our assumptions, beliefs, and values? Can we listen? Can we be in the present? Can we have spaces of being and working together? Can we have well-articulated and shared vision, values, results, and approaches? And refreshed often one-to-one, in small teams et al. Can we?

Can we improve our lifestyles? Can we improve our diets? Reduced processed foods. Reduced fats, sugar, and salt. Increased access to nutrients, micronutrients. Variety, diversity in foods. Plenty of vegetables, legumes, proteins, and amino acids. Fruits, nuts included. Milk products. Lots of water. Significantly reduced carbohydrates and cereals. Being active with some regular exercises. Can we try? Why not?

Yes, we can. If we try, practice, coexist, and flow. Towards our 360 deg well-being. In N? In sowakayoga for 7L.

160524

### 357. Coexistential portfolio

Repaired and resurrected, 'Manthan', has received a red-carpet world premiere, at the Cannes' Film Festival this year, after 48 years of its making. Probably the first crowd funded movie about 5 lakh dairy farmers of Gujarat i.e. AMUL's farmers. Shyam Benegal directed the film, with Girish Karnad, Smita Patil, Naseeruddin Shah, Amrish Puri, Kulbhushan Kharbanda, and Mohan Agashe in key roles. 45 days of shooting. Broadly restricted to one location. We were inducted in with the Manthan show. We used Manthan to induct many development workers across the country. In millions by now in India and outside. Can we use the film medium to take development agenda forward? Not just documentaries. Can we crowd fund them? Can Natural farming, living do this?

All of us are making a difference to our world, in our own ways. Further, we could radically change the future by making some tiny changes now, in the present. Can we connect with more, with a smile? Can we converse? Can we compliment, thank? Can we be kind? Can we say kind things behind their backs? Can we stop fearing the end, the death? Can we meditate, reflect? A pulse in the eternity, a drop, an atom, an angel, a mentor, a contagious influencer, and a flow?

Some of us are brilliant, smart, diligent, and hardworking. Most of us are not. It is worsening by the day. Integrity is often compromised. Courage deficit is mounting. Public opinion is manufactured, without necessary rational thought, deep knowledge, authentic experience and sharp intellect. Shared values are diminishing. Means are becoming a casualty. Leadership is coming down to vehicles for personal good alone rather than the greater collective good, or hybrid personal-collective good. Intellectual honesty is no longer a cherished value. Leaders emerge from winning power structures, manipulations, and deal makings. Wrongly. Not for moral fibre, genius, talent, generosity, potential, and possibilities. Liberal thought leaders succumb to illiberalism. Stagnation. Crises. Can we prevent this slide? Can we build a movement against this?

When 1% earn INR million a year, 10% earn INR 300,000 a year, 90% are earning less than INR 300,000 a year. Indian per capita is about INR 200,000. For the 90%, the per

capita income may be 50% of this figure. Is it good enough? Does it meet the basics of survival, living and life essentials? Can we increase this? Can we take it to INR 300,000 in the next 10-15 years for 90%?

How do we go and improve ourselves, create our own brands, our legacy? Can we simplify? Can we understand business, meeting the needs, solving the problems, being accessible and useful to the needy? Can we be outstanding result-givers, articulators? Can we update our vision with current possibilities and challenges? Can we become ready to work on and deliver the vision? Can we sync our insides and our outsides?

Last year in India, 50,000 leadership positions were offered and filled, of which maybe 5% are in the development domain. At least 50 high-end leaders are on the verge of change at any point of time. We trust they are working with a meaningful and useful agenda. For our work, can we build a portfolio, rather than a singular focused activity? Can we diversify our activities, our products and services, our people teams, and our resources? Can we invest in compliance, diligence, transparency, and accountability? We need to be so good that they cannot ignore us. Can we?

Yes, we can. If we lead, follow, coexist, and flow. With intent, agency. In N? In sanghachchatwayoga for 7L.

180524

### 358. Laughing more

Informal, gossip, rumour opinions, opinion polls, and exit assessments are making rounds. Highly mixed projections. Democracy is all about people taking charge of their lives and destinies. Meeting their needs. Facilitating work to build a society for each one of us. This would mean changing, and refining our governance, governing institutions, laws, regulations, and traditions-customs-culture deeply. Not superficially, not at the edges, margins. Inclusion. Loving ourselves. With dignity worth intact and enhanced. Participatory, reciprocatory.

We know all of us are equal. Can we and our democracy prevent some from being more equal? If we love ourselves, all of us, we can. Thus, democracy is a portfolio of works of love. We summon all our souls to these works of love. Animating. Towards the needy, people in the margins, people excluded, with their particular set of needs. Each marginal community with its own set of needs. The benefits flow more outward. Practices change, systems redesigned. If love rules, if authentic love rules, there will be no over-policing; no imposing restrictions not just; no burdening; no discrimination; no neglect; no inaccessibility to health-education facilities; no wastage; no wrong investments et al. We stop perpetuating ongoing harm. We harness our potential. We see abundance all across all around. We prioritize community well-being. We see safety, protection, care, and service; justice; a proactive response to disasters, accidents, challenges, and crises. in time. We honour community voice, wisdom, and leadership. Can we critically reflect, and transition to more democracy, a democracy of love? Can we work for works of love?

We have 40% women graduates, only 20% in the workforce. Pays are 20% less for women. Only 20% of women are in leadership teams, boards, etc. Are we still discouraging professional work roles for women? And, encouraging them to be on family and household duties? Consciously, unconsciously. Cultural constraints, safety concerns, inflexible work hours. The need for achieving 50% or more is underscored by many. The good news is that the % is increasing. But slowly. Can we hasten it?

Dominating is part of our DNA. Through power, muscle, wealth, status, position, beauty, knowledge et al. These items, data/knowledge, make us arrogant. We become blind. We

know what we know is little. What we do not know is infinite. Many a time what we know becomes a barrier in knowing, and learning. Our timeline is a dot. We are a dot in our world. No logic affords us to be arrogant. Can we overcome or handle our attitude, behaviour, and DNA of dominance, arrogance? To be humble, open, and serve.

Data alone cannot engage people. Stories engage. Videos, pictures, and prints matter. Annual reports help. If well-designed. If human, life impacts included. With journey case studies, personal stories, visuals, infographics, and speaking data. Simple, clear. Financial and results – success-fail – transparency. The theory of change and the story of change go hand-in-hand. Can we have these? Personal, Project, Team, and Organizational. Can we write and share? Can we engage?

Can we engage ourselves to generate courses of action that change existing situations into preferred ones? Can we offer agency to each one of us for this? With competencies, willingness, discipline, concentration, patience, and practice. With space available. Greatness comes from character, thoughts, words, and deeds. Diligent pushing forward, for generations more. Beyond just the next 5 years, just winning event, contest, and poll.

Happiness is contagious. It multiplies with interactions, sharing, connecting, caring, and giving. Happiness is collective. Just by coming, and being together, we become happy. Together, we laugh 5 times more. Can we?

Yes, we can. If we coexist, co-flow. With agency. In N? In sahayoga for 7L.

200524

### 359. Workflows together

Natural farming, living, and well-being in harmony with nature is a mahodyamam in the making. This movement is led by practitioners for inducting more and more practitioners. Producers, service providers, entrepreneurs, enterprise workers, supply chain workers, and consumers. These are in the front. The willing movement workers become interns via successful immersion and induction. Interns graduate through apprenticeships into fellows, executives, and leaders, to be available to take the NF Movement forward in AP, India, and the World. Can we be them? Can we have more of them?

Vande Jagadgurum Buddham.

Buddha, the awakened, enlightened Siddhartha, is a wandering ascetic, monk. Achieved parinirvana – final release from conditioned existence. Meditation – with food, breath, and mind control, leads to appreciating the path(s) to liberation. With this appreciation, Buddha transcended his teachers Alara and Udaka. We are a dependent, impermanent non-self dot. A logical, emotional, spiritual label to an interconnected set of cells. We miss this essential point. Therefore, duhkha, suffering exists, with a cause, and with an end, with a path that leads to this end. Everything – physical or mental – is impermanent; and can cause suffering. This path is ashthang path – right view-understanding; right sankalp-resolve including being harmless, ahimsa and refraining from ill will to any being – thought, aspiration, motivation; right speech – abstaining from lying, divisive, abusive, idle talk, and truthful, reliable, pleasing; right behavioural conduct-action – abstaining from violence, killing, stealing, deceiving, misconduct; and right livelihoods – just, non-violent; right effort – will, mind, heart, and body in sync; right mindfulness; right samaadhi beginning with dhyaana. Can we get on this path? Buddham saranam gachchaami. Dharmam saranam gachchaami. Sangham saranam gachchaami. With all our six senses – eye, ear, nose, tongue, body, and mind – sight, sound, odour, taste, touch, and thoughts-words-chetana. With five aggregates – forms, images, sensations, perceptions, mental formations, and consciousness.

Sangha has a 'handbook' – the concept, precepts, essential do's and don'ts. Sangha travels and takes the movement forward. Sangha prepares unlearning-learning teachers, and facilitators to take charge. Sangha meets regularly and frequently, discusses, analyses, reflects, and communicates; consumes in harmony with nature; sweats; farms; shares; prepares for being ready; works together; supports each other; keeps records; tells stories; runs enterprises; sings hope, faith, promise, love, and coexistence; reiterates being together. Sanghachchatvam. Can't we have one bowl and three robes?

Do we need to name a successor? Can the dispensation after us find the successor regime on its own? Can we not just keep working with our co-workers, with all the support we can give? Can't they find ways forward on their own? Can't they build their teams and co-workers? In the same vein, do we need to force fit sustainability and legacy? If an intervention makes sense, ways-how is established, will it not be maintained post-intervention? Won't it go viral? Only the triggers for interventions may be required. Can we strategize, and seed these triggers? Apart from establishing the intervention(s).

Do we know ourselves? Are we travelling, and learning enough? Are we wealthy enough? Are we healthy enough? Are we stubborn enough? Are we tolerating enough? Are we humble? Are we wise? Can we invest in ourselves to know ourselves, to build ourselves, and be custodians of Sangha values, and NextGen resources?

Yes, we can. If we coexist, co-work, co-flow. With concomitant idiosyncrasies. In N? In chetanayoga for 7L.

220524

### 360. Investing right

Polls progress: It is final – Phase 7 campaign time now. The mandate is getting sealed. Polling is more than 60%, 2-3% more than 2019 polls. BJP-NDA appears edging in with about 300 out of 543 seats. South including Goa, Puducherry, Lakshadweep, and A&N islands may not give more than 30; West and Central including DDD – 75; North-west – 20; Gangetic North including Delhi – 75; East including tribal belt – 40; North-east including Assam, Sikkim – 15; almost certain totalling – 255, and 45 may be additional, here and there.

In the states' assembly elections, it could be 2 out of 4 states for NDA. Keeping the guesstimates, opinions, and exit polls aside, we await the final mandate on 4 June.

Can we help, support, nurture, and mentor our next generation to realize their full potential, possibilities, dreams, and aspirations? Can we encourage them to explore various interests and activities as early as possible? Just, fair experiences to discover their passion, talent, and usefulness. Can we celebrate their efforts and achievements, so that they pursue their dreams? Can we inspire them towards these? Can we give them safe spaces to fail, to learn, and to go forward to persist? Can we be role models for them? Can we prepare them to be resilient, faster? Can we give them the tools and build their mindset for the same?

Let us become aware of ourselves. Our vision – what we want to be, what we want to have, and what we want to achieve. Our reason for existence. Our reality. Our emotions, inner and outer strengths, ladders, inner and outer weaknesses, constraints, obstacles, and snakes. Our drives. Let us understand ourselves. Our beliefs, values. 365 degree feedback. Our identity, pehchaan. Sense of self, principles, uniqueness, boundaries, and limitations. Let us use our talent, knowledge, experiences, skills, tools, and resources. Improve our abilities and agency. Let us achieve our full potential. See the potential and possibilities. Work towards them. Unlearning, learning, investing in, taking risks, calculated risks. Seek

mentors. Let us live well and be useful to the world. Physical, mental, emotional, and spiritual well-being. With self-care, and meaningful relationships. Overall satisfied with following life purpose, and vision of usefulness. Let us have an actionable agenda and plans. Contingent plans too. Let us revisit ends, visions, dreams, and aspirations as we progress and know more. Let us be with the means, with the flows. Can we?

Will Artificial Intelligence work for us? Can we learn to use it for our own good? Coding skills, soft skills, learning agility, cross-collaborating ability, and foundational AI theory knowledge. Ethical AI use. Are we moving towards: Literacy, 3R literacy, STEM literacy, digital literacy, and AI literacy? Can we take this to the world inclusively, fairly, and justly? Can we add domain literacy with an AI lens, and vice-versa? Can we run AI literacy classes for all of us right away, and right in the schools?

Can we live in nature? Can we live sustainably? Eco-friendly? Can we make systems, policies, and economics in favour of this?

Where do the ultra-wealthy individuals, and foundations invest? Should they invest in large development organizations with track records? For their expertise, leadership, scale, and impact. Or should they look at bolder approaches, smaller organizations, network organizations, or hybrid, along with large organizations with track records? It is important to identify them early, support their growth, and amplify their work. If their work, and commitment in systems change, deepening, broadening ecosystem(s). Can we do this?

Yes, we can. If we are in a coexistence movement. Nextgen's. In N? In pratyarpanayoga for 7L.

240524

### 361. Tomorrow's work, life

Polls progress: The final phase of campaigning will end in 4 days. MLC elections for a graduates' seat will be held in Telangana tomorrow. We are getting ready to absorb the final mandate on 4 June, and its repercussions on our future. What changes come with the new regime in the next 5 years is the big question. India's current reality – 1.44 Billion Indians with a 3.7 Trillion USD Economy. 40% urban. The majority are younger than 25 years. Per capita income is about Rs. 2 lakh/year. 80% literacy. Life expectancy is 70 years. IMR 2.8%. The official unemployment rate is 10%. Underemployed 50%+. Poverty official 10%. Vulnerable proportion 50%+.

Can we move towards 'results', rather than inputs/activities? Can we move to change systems and processes for meta-fishing, fishing, rather than fish alone? We are just 3 Crore public employees – 2 per 100 people. Can we move to 5 per 100 in the next 20 years? Can we decentralize more – 50-60 states@1 state/2-3 Crore people, 1000-1500 districts@1 district/10 lakh people, 10000-15000 blocks/mandals@1 block/50,000 people, GPs@1 GP/2000 people? Can we increase accountability of the Government on the ground? Can we transfer rights, and responsibilities to local governments? Can we have directly recruited governance teams? Can we let the team leaders recruit, and choose their competent efficient management teams? Can we have more education-literacy, digital, AI volunteers? Food, nutrition, health, care volunteers?

AI tools are available to tell us whether we have taken text from AI. There are AI tools to humanize the text so taken so that it cannot be detected whether we have taken from AI. AI tools are coming up to say whether we have humanized the text. A cat and mouse of AI tools? Off-beat use of AI is fine. Pilots are fine. The real test is using it on a scale. AI could

be transformational. It could come in handy even in orthodox natural farming, extension, communitization, value-addition, consumption, nutrition, health, enterprises, value-chains, fair share, eco-credits et al. We need to invest in it. Can we?

Raising funds, and resources for social impact work, and work that matters to society, is not easy. It requires special efforts. Being strategic helps. The minimal scale helps. Networking helps. Promise, evidence of change helps. Can we raise resources – ideas, people, funds, and architecture?

Let us invest in unlearning-learning; mastering something useful; listening-articulating; easy living; living passionately; power of vulnerability, power of not knowing, power of introvert; achieving ambitious goals; perseverance; becoming a master, creative genius; body language in sync with articulation; better work, and happy life. There are TED talks on these that help. We can then start practicing. Can we invest time, energy, and practice?

Can we prepare the NextGen for the future? Can we equip them with the necessary knowledge, skills, tools, and resources for the same? To cope with and steer ahead in a rapidly changing volatile, uncertain, complex, and ambiguous VUCA world. Can we simulate the future to see trends, and patterns, and experience future possibilities? Can we care to move from degrees and resumes to behavioural competencies, skills, and acquaintance with tools? Can we offer experiential learning and real-world engagement? Can we offer the ability to acquire adaptable skills that can be used across different fields and industries? One estimate is that 65% of primary school students may do jobs that do not yet exist. They may look like – AI ethicists, climate change workers, natural farming facilitators, etc. Most of us work in jobs not directly linked to our degrees already. Many of the successful moved away from formal education-career paths. Let us remember we are an enterprise, entrepreneur, and self-employed country. We remain so. Can we?

Yes, we can if we coexist. Across ages. In N? In lokyoga for 7L.

260524

### 362. Slide in effort

Menstruation, period poverty is unfair, endable. Urgent. Can we make menstrual hygiene, sanitation right, universal? Can the products and facilities be free? Tax free? Can taboos, myths, stigma go away?

Hunger perpetuates poverty. 10% of the world is suffering from hunger, while 30%+ of food is being wasted. Nutritional hunger is a bigger crisis. Can we end this? Natural farming and food systems with agency of women locally is the way globally. Can we go Nature's way? Can we enter Carbon Markets, if we have real, measurable, traceable, independently verifiable possibilities? Are the markets remunerative, fair?

Bharat Ratna, Chacha, Jawaharlal Nehru, 135, rested 60 years ago, almost at my age. On the death of the first and serving Prime Minister, and External Affairs Minister, with 16+ years in office, Vajpayee mentioned: 'the light is out'. He hailed him as Bharat Mata's favourite prince, God Rama. My cousin, G Ramachandram, is considered the only scholar who holds a doctorate on Pandit Nehru. He authored the celebrated book 'Nehru's Idea of India'. Most of us are post-Nehru children. We grew up on the works of Modern India's Architect. I lived the best moments of my life in and on the banks of the Nagarajuna Sagar dam, a modern 'temple'. We grew up reading 'Glimpses of World History', 'Discovery of India', 'An Autobiography'. Listened to 'Tryst with Destiny'. I studied at NITW/RECW, started by him.

Legend NTR, Nandamuri Taraka Rama Rao, would have turned 101. NTR is the face we put to Rama and Krsna. He acted in 300+ films. He was the 3-time Chief Minister of combined Andhra Pradesh. He was the chair of National Front, with a considerable clout in governance at National level.

80% of the time, we choose the wrong managers, causing toxicity around us. Best performers leave. Low morale sets in. Costs rise. We need to reward internal 'good' first before we go out to hire. Can we?

Can we connect our insights across? Can we democratize knowledge, seriously? Can we listen first to the community of producers, consumers, and local service providers? Can we make the line shorter by drawing a longer line? AI may do all these and help us to be useful. It is also possible that AI will be abused to harass, trouble, and destroy us. How do we tame AI so that it remains useful, rather than becoming abusive. It can be a God or Shaitaan in the making. A thin line separates them, isn't it? Are we also moving from omniscient, omnipresent, all-powerful, merciful God, to all-knowing, present, everywhere Nation-state with all the powers, to AI? Are we moving from prayer to newspapers, channels, to surrendering to algorithms? Is it OK if our thoughts, feelings are visible to others? Is it OK if our every transaction, interaction is recorded, stored, available for replay? Is it OK if we are under surveillance of our deeds, words but of our thoughts, doubts, frustrations, desires and so on? Do we form and lose relationships? Or can we become truthful genuine social fabric? Can we prioritize and enforce empathy, the sanctity of human experience? Exciting, unsettling? Can we get ready for this new Kurukshetra? Of course, Krsna would win.

Can we start entrepreneurial journey in the third or fourth transition of life? Can we cope with needs-only mindset requirement? Can the family free us for this journey? Can we forego off-hours of the day, and off-days of the week, or the year? Can the entrepreneurial usefulness combine with our other needs of life including spirituality? Can we offer our time, energy, experience, expertise as a service, tool, product, course, and hybrid portfolio? Can we build teams, communities, subscriptions et al?

Yes, we can. If we coexist, co-work, and co-flow. In N? In krshiyoga for 7L.

280524

### 363. No exaggerated claims

Polls progress: Campaigns have ended. The last phase poll is on 1st June 2024. Exit polls are on 2nd June 2024. Results are on 4th June 2024. Meanwhile, as the electioneering ends, Modi has gone to Kanyakumari to meditate on the Vivekananda rock. Leaders started coming back, after their breaks after electioneering.

Will the new Government be of the poor, vulnerable, and marginalized, for the poor and by the poor? Will its plans and budgets be tailored to redefine their livelihoods, education, health, lives, well-being, and destinies? Will it be inclusive, equitable, and fair? Will it be sensitive and responsive? Will it be unto the last? Will it put the last first? Rather than blaming the past, will it be in the present and future? Will it be truthful, authentic, live the promise(s), go beyond rhetoric, and move towards a shared vision of amrt kaal? Will it be Krsnarajya, Ramarajya? Will it be participatory, decentralized governance, and government on the ground? Will we have 'nyay' delivered, and 'guarantees' offered in the next five years, or are we taken up the garden path? Will we continue with direct benefit transfers to the poor or all? Legal guarantee for the minimum income for each family? Legal guarantee for minimum support prices, fair remunerative prices for produce, service, and wage portfolio of the marginalized? Support for natural farming, food systems, living? Will we see the phasing out of artificial, undesirable, harmful subsidies? Will we stop double, multiple tongues? Will we speak no lies, no exaggerations, no propaganda?

Can we focus on governance, rather than 'slogans', symbols, etc.? Can we stop claiming that we are introducing our heroes now? Vivekananda, Tagore, Gandhi, Nehru, Patel, and so on. They are the Everests. We do not have to pat them. Instead, can we acknowledge them properly with the respect they deserve? Can we have curriculums that acknowledge this?

Soaring temperatures all over. Delhi 53°C. Many places have recorded maximum temperatures in the 50s.

Can we become entrepreneurs and work with pico, nano, micro, and ultra enterprises for services, produce, products, and value addition? Can we facilitate them? Can we pool them up, and integrate them? For surpluses to make a living. For steady cash flows, multiple sub-ventures, portfolio of tasks, and ideas. Servicing diverse custom needs of customers, taking risks, for resilience. Personal touch. Some 1-2 Crore of them are doing this. Can the political, bureaucratic, and business systems learn from these?

There are three categories of empathy – emotional – sharing, connecting; cognitive – getting into the shoes of the concerned to appreciate, and understand; compassionate – action, transcending understanding, sharing. Immersions, simulations, role plays, diverse experiences; observations, games-exercises, cause-effect analysis, critical thinking, reflection; problem-solving, solution, and action. Can we learn these three categories of empathy tools and skills? Can we mentor our mentees in these skills?

We needn't blame ourselves or our actions. It is always someone else. Something else. Can we start owning our thoughts, words, deeds, influences et al, and take responsibility with humility? If our houses are homes, we are happy and joyous. We are happy, joyous people by our nature. Unless we don't want to be happy. Only the joyous being makes the world joyous, and vice-versa. Our thoughts, and emotions – connected or unconnected with material reality around us – are the sources of suffering or joy within us. We are alive. We are doing our best. That is good enough for us to be joyous beings. We do not seek happiness or joy. The joy is already within us, we need to express it. We live in our expressions, articulations, emotions, smiles, and care. Living, and being useful is joy. Can we be joyous, and happy?

Yes, we can. If we coexist, co-flow. In N? In antharyoga for 7L.

300524

### 364. With fresh mandates

Polling ended. Modi's meditation ended. It was at the same spot where Vivekananda meditated. It was about the future of India by Vivekananda. He was referring to the all-pervading, all-knowing, all-powerful – who is s/he? The sum total of all souls. He concluded that we have to get rid of poverty and hunger. This work itself, with no reason, is worship. He called for tolerance. He called for accepting all religions as true. He reminded us of how we sheltered the persecuted and refugees from all nations. He confirmed – different streams having their sources in different paths, crooked or straight, all lead to 'him'. He confirmed – help and not fight; assimilation not destruction; harmony and peace, not dissension. Can we meditate and get this?

Exit polls announced. Average prediction of Exit polls is NDA/BJP – 360 – range: 281-415. My guesstimate, now revised, is 335, with BJP about 300. In Telangana. – TRS may not exceed 1. BJP and Congress – maybe 7-8 each. BJP may get a seat or two each in Kerala and Tamil Nadu. Karnataka, it can be 15-16 for BJP. Maharashtra, West Bengal – there is a tug of war. In UP – 60. BJP may lead in Odisha. J&K may not go the BJP way. However, Kharge thinks INDIA would make it. In the states – BJP may sweep Arunachal, Sikkim may go to Sikkim Krantikari Morcha, Odisha may continue with BJD itself, Naveen Patnaik may get a record sixth term, and AP may go to TDP, NDA way.

Results: Sikkim and Arunachal – 2 June. AP, Odisha, Lok Sabha – 4 June. They may vindicate the above.

Milk. India is the largest milk producer in the world, thanks to Verghese Kurien. India produces 25% of the world's milk. In India, 40% of farmers have dairy as their supplementary livelihood. Today, India consumes 427 g/day vis-à-vis World 305 g/day. Will the milkman get the Bharat Ratna? MS Swaminathan got this year already. For him, Nitya received it.

Milk contains, other than water, predominantly fat, carbohydrates (mostly lactose) and protein, and a small % of minerals, including calcium, and B vitamins. For example, cow milk typically contains 3.4% protein, 3.6% fat, 4.6% lactose, and 0.7% minerals and provides 66 kcal per 100 gms, as against human milk – 1.1% protein, 4.2% fat, 7% lactose, and 72 kcal per 100 gms. Buffalo will have higher protein – 4.5%, fat – 8%, 100 kcal per 100 gms. The proportions may vary from animal to animal, breed to breed. The process of high temperatures of 72°C in a short time of 15 seconds is called pasteurization, which kills pathogenic bacteria and makes it safe to drink later. Whole milk can be considered low glycemic, with an index of about 40. Its protein quality is considered excellent/high with a score of 1.4.. 600 Crore people drink milk, and 100 Crore live in dairy farming. Can these consumers drink chemical-free milk? Can these producers move to 'natural' chemical milk, and get a fair share of the consumer rupee? Will their well-being become better off?

Are we going through burnout stages – feeling a strong need to prove ourselves; working harder, harder; neglecting personal needs such as sleep, nutrition, etc.; blaming others, circumstances; changing our values, and goals; denying problems of stress; withdrawing from social life; seeing a change in our behaviour, stopping conversations that matter; feeling detached, empty, numb; substance abuse; depressed, lost, exhausted; mentally and physically collapsed. Can we recognize the stage, and activate coping? We can turn around, and be on the top of burnout, despite its stage. Can we?

Yes, we can. If we coexist, co-flow. In N? In vyyaktika ikshanayoga for 7L.

010624

### 365. Realizing possibilities

BJP wins Arunachal. SKM wins Sikkim. Pawan Chamling, Chief Minister for 39 years, could not attend the Assembly. Other results will be on 4th June.

10 years of Telangana, Andhra Pradesh. Let us stop blaming and criticizing the past. Reflect on what has been done in the last 10 years. Let us have Amrt Kaal Vision. Let us work to a plan. Universal direct benefit transfers, welfare is fine, to an extent. What else can the state do – ecosystems; infrastructure; human, social and more capitals for the poor? Can they become the top-end Gross State Domestic Product states? Can they contribute to local cooling and cooling of the planet?

Can these states feed their populations locally fully? Can these states earn a decent Rs.3,00,000 per year/family income in the least? Can these states feed their populations with local foods, nutrition mostly? Can these states have free education for at least 15 years, or equivalent scholarships, stipends? Can these states guarantee high-end preventive healthcare, coupled with no-cost medicare for all? Can these states ensure identity-pehchaan, solidarity, capacity, well-being, freedom to all in general, and poor-

vulnerable-marginalized in particular? Can their citizens get 150-200 days of decent meaningful remunerative work, and employment? Can these states collectivize with agency to members intact? Can they have more local governments (one per habitation with more than 100 families), local collectives – associations, enterprises et al (at least one per 50 families), individual-family enterprises – krishi units for production, services, value-addition et al? Can they become the natural farming, living leaders in India and models to the world? Can they be the world hubs of natural, artificial intelligences? Can these states go beyond to ensure rights, entitlements to all their citizens? Can these states realize their full potential? Can all their students have access to reading rooms, libraries, and tuition centres? Can all their citizens get strong internet access at no/low cost? Can they access counselling, for discovering possibilities? Can all their villages, governance units access to visioning, planning and realizing their visions?

Can they become free from suicides, factionism, violence, liquor-smoke-gutkha, and substance?

Can they become self-reliant, self-sufficient? Can their citizens have agency – ability, willingness, space – on their bodies, diets, families, homes, farms, groups-teams, villages, communities, markets, and governments? Can their governments on ground have transparency, accountability at every stage, level, to the local communities, citizens? Can they ensure the right to information proactively, and on demand, safely? Can they ensure fairshare in value-realization, progress, and prosperity to all their citizens? Can their citizens have ‘justice’?

Are there leaders in these states for taking them to these heights? Can they co-opt more of them apolitically? From a variety of backgrounds? Green leaders. Can we handover the steerings, stewardships? Can we shun the harmful, morale damagers; avoid leaders with unclear direction, struggling deciders; skip risk averse, inconsistent; try fast learning, open, sharing communicators; be sure to have inspiring, motivating, credible, creative-critical thinking, team builders, and team players. More to the latter, the better. Can we co-opt leaders, build teams, mentor-nurture the states, beyond these two states, beyond India? Can we?

Yes, we can. If we coexist, co-opt, and co-flow. In N? In viswasankalpayoga for 7L.

020624

### 366. 100 plus 1725 days

Odisha yields BJP 78 out of 147 seats. Naveen Patnaik succumbs to BJP, after 25 years of being CM. He could retain his seat. Andhra Pradesh is a complete rout of YSRCP 11/175. Jagan retained his seat incidentally. Chandra Babu is swept back home with a historic bang. Their alliance partners, Jana Sena won all 21 seats it contested; BJP could win 8/10. Congress could get no seat. NCBN will take charge as Chief Minister on 9 June, probably in the presence of Narendra Modi. Most opinion and exit polls went wrong for these two states. With these, Arunachal and Sikkim results included – BJP is/would be in power in 13 states directly, and 6 more through partners.

Lok Sabha: NDA/BJP barely managed to retain majority losing 63 seats – 293/543. BJP's tally is 240. It is 14 less than my intuitive guesstimate. Partners got 8 more than my guesstimate, largely because of TDP in AP. Overall, It is not 400-paar, it is not even 300-paar. INDIA gives a tug-of-war fight; might not have crossed the magic mark, but it has emerged as a worthy and significant challenger. It would have taken the mandate if 'Rama had not come in'. It is interesting to note – Ayodhya has gone to Samajwadi. UK, HP, MP,

Delhi, and Tripura in toto, and Gujarat, Odisha, Chhattisgarh mostly have gone to BJP. TN remained fully with INDIA. Reversed expectations for NDA in UP, Maharashtra, West Bengal, and Punjab. Majority seats in Bihar, Karnataka, and Rajasthan. Haryana has split equally. NDA Overall 293/543: South including Goa, Maharashtra, Puducherry, and Lakshadweep, A&N – 69/182; Gujarat, Rajasthan, MP, and DDD – 69/82; East – Jharkhand, Chhattisgarh, Odisha, and West Bengal – 51/88; UP, Bihar, and Delhi – 73/127; Northwest – 16/39; North-east – 15/25. If 2-3 smaller formations move out, the government formation can get into jeopardy now, or later it can destabilize the government. As a result, day-to-day pulls and pushes may work on the government and governance. Let us see.

Given this, our work is cut out for the next 5 years. It has to start as soon as possible. The new plans should be operational, at least, from this Independence Day. India's long-term Amrt Kaal plan and the next five-year plans need to be unravelled, and steps to be initiated for implementing the same with utmost sincerity; the progress needs to be tracked, and corrected. Also, the engagement with the communities, stakeholders, etc., has to begin on the other side. We have to understand that there will be a delimitation exercise of reorganizing constituencies. Ground forces, strategic teams, and rearticulated strategies-approaches for vision, and tools-tactics have to be nurtured for operations. A million hands on the ground. 10,000 ground teams. 100 strategic support units, 10 strategic thematic units, a strong change integration team, and coalition(s). And support them. All these need to be developed – geometric progression. Intensely. Conceptually sound. Deep research. Assessments, plans, processes. Penetrative programs, walks et al. Can we front-end 100, and wherewithal? Can we get going?

Can we invest the first 100 days to support developing, fine-tuning the 5-year plans, positioning, integrating leaders, and working with them, and nurturing teams? Can these 100 days also take natural farming, living forward? Can the budgets for these plans come? Can the initial coalitions, consortiums, networks, forums, and platforms take off? Outlines, anchors identified to work with? Can we?

Yes, we can. If we coexist, co-visualize, re-purpose our flows. In N? In saakaaryoga for 7L. 040624

### 367. First panchaamrta

Government formation processes are in full swing in Delhi, Andhra Pradesh, Odisha, Arunachal Pradesh, and Sikkim. Bureaucratic resignations, leaves, exits, shuffles, and deployments are happening even before the swearing-in ceremony. Modi is getting ready for swearing-in for the third time. The cabinet is under finalization. In the states: Chandra Babu, may be Dharmendra Pradhan, Pema Khandu, Prem Singh Tamang for Andhra Pradesh, Odisha, Arunachal Pradesh, and Sikkim respectively.

We saw these elections and election results, demonstrating situational, distributed, participatory, and servant leadership in parts. Voters have delivered thought leadership, of a kind that intellectual observers haven't visualized. For plurality, diversity, and democratic collective-consensus governance.

The natural environment and the natural world encompass all living and nonliving things occurring naturally. Include interactions, climate, and resources. Ecological units, natural resources, and physical phenomena. Biotic, abiotic. Ecosystems, interrelated relationships of living organisms, and community. Diversity. Biogeochemical cycles water,

oxygen, carbon, nitrogen et al. Wildlife, and wilderness, are not affected significantly by human activity. Can we reduce and eliminate pollution, and toxicity in air, water, food, and soil? Can we preserve biodiversity and protect endangered species? Can we sustain natural resources for NextGen? Can we halt, better still, reverse global warming? Can we shift to renewable energy fully? Can we increase sustainable diets, and move into sustainable food systems? Can we preserve, and augment natural ecosystems? Can we move to zero waste systems? Can we be frugal? Can we be local, and natural? Can we farm in harmony with nature? Can we live in harmony with nature?

We live our values – hope, faith, promise, love, coexistence. Without them, we become aspiration-less, visionless, purposeless, and reasonless for our existence. We persist. We build stamina to last. We try multiple ways. We control ourselves so as not to lose our agenda and direction. We flow to be useful in every instance, and moment. Can we, therefore, earn our place with our flows – work, information, tools, skills, plans et al? Even if it means not in comfort, not at ease. Can we see, observe, listen to work around snakes, and tap the ladders within and without? Rather than waiting for them to come and present before us on their own. Symptoms, traces, signals, and triggers can be seen earlier than they physically manifest. Reflection, meditation,, and conversations show them early if we care. Analyses are fine. Can we act, work, get going? With plan A, plan B, and more, but quickly, deeply committed to the plans? Can we articulate our thoughts, and words through our deeds, works, activities, and actions, however tiny they might be? Stack them one after the other, one on the other, one around the other. Starting with stones first, pebbles next, sand, water,, and so on. Can we align ourselves with our inner selves, our inner nature, and in harmony with larger nature? This is the only way out, isn't it?

Can we begin moving towards our movement, our teams, our energies, our forces, our relationships, networks, forums, platforms, coalitions, back-end supports, and front-end spearheads to come together for amrt kaal vision steps? For it to become true in the next 4-5 tranches of 4-6 years each. Can we work on the first tranche now? Can we get the first teams on board soon? Are we bold, and courageous enough? Can we start drawing, guessing, and visualizing milestone maps, and paths? Can we?

Yes, we can. If we coexist, see micro-macro worm-bird views ahead. In N? In deekshaayoga for 7L.

060624

### 368. Receiving as sent

General Election Code ends. Women's tally in Lok Sabha has dipped slightly - 14%, 74/543. Modi is swearing-in as third time Prime Minister, Pradhan Sevak, on 9 June at 1915 hrs. The cabinet is being pooled up. AP may get 6 berths - 4 TDP, 1 Janasena, 1 BJP, a speaker/deputy speaker; Telangana - 2; Bihar - 5 including 2 JDU. We need to see portfolios. Rahul Gandhi is offered to lead Congress in Lok Sabha. He may become Leader of the Opposition. Meanwhile, he may resign the Wayanad MP seat.

NCBN has shifted his swearing-in to 12 June at 1127 hrs, near Kesarapalli IT Park, Gannavaram. The cabinet is getting pooled up. It may include Pawan Kalyan, Lokesh, and 1-2 berths for BJP.

Venkaiah Naidu, chief guest at IRMA Convocation 43, gave diplomas to the graduating class on 7 June.

Sadgati Padma Vibhushan Cherukuri Ramoji Rao, 87. The key supporter of NTR's crusade for Telugu Asmita, 40 years ago. Legendary Media and entertainment portfolio entrepreneur – largest circulated Eenadu Telugu newspaper, ETV network of TV channels across the country, arguably the world's largest one-stop film production facility – indoor-outdoor studio Ramoji Film City, 50 films, telefilms strong Ushakiran Movies, Mayuri Film Distributors, et al. Other enterprises include Margadarsi Chit Funds, Dolphin Hotels, Kalanjali Shops, Priya Pickles, and Ramadevi Public School. A legend who made a difference. Sadgati.

Where are young professionals for managing Rural/Social Development? Why are young women and men not coming in? Do we need 3-year, 4-year graduate courses rather than 1-year, 2-year PG courses? Or both? Is it time to update the curriculums, in tune with amrt kaal progression? Do they need to increase seats, and reach out to more and more aspirants aggressively? Do we need PhDs? Can we get free/lowly priced education for this? Can these professionals get placed with decent remunerations? Can NIRD become a degree-giving institute or a deemed-to-be University? Shouldn't it remain unaffiliated till then?

Is it good to go with field-centric, practice-centric experiential certificates, diplomas, degrees, PG, management, leadership, and doctoral programs? For natural farming practitioners, explorers, scientists, researchers, learning facilitators, professionals, scalars, managers, leaders, and champions? Do we care about having affiliation, and accreditation? Can these not come automatically, if they are good? Can the academy grow into a full-fledged research-evidence-knowledge-learning-repository-dissemination-scaling centre of excellence? Autonomous, a deemed-to-be university, or part of a larger state, regional, national, or world NF university system. Can we nurture this/these? Can the new state, central governments, and philanthropies support these? Can ICAR endorse these? Can we see the early architecture for the NF paradigm now, and the transformation within ICAR, Universities, Extension systems, school curriculums, etc., in the next 10-15 years?

Sending alone is not enough, the other party has to receive it. Articulating clearly is not enough. The other party has to understand the way, and essence as articulated. Can we communicate, completely, crisply, concisely, coherently, and concretely, with no scope to interpret in any other manner? Can we?

Yes, we can. If we coexist, if we observe-reflect what works for us. In N? In dheeyoga for 7L.

080624

### 369. Into agency habits

The 72-member strong Modi Team takes charge. Cabinet members include: Rajnath Singh, Amit Shah, Nitin Gadkari, Jagat Prakash Nadda, Shivraj Chauhan, Nirmala S, S Jai Shankar, Manohar Lal, Kumaraswamy, Piyush Goyal, Dharmendra Pradhan, JR Manjhi, Lallan Singh, Sarvanand, Veerendra Kumar, Ram Mohan Naidu, Prahlad Joshi, Jual Oram, Giriraj Singh, Ashwini Vaishnaw, Jyotiraditya, Bhupendra Yadav, Gajendra Singh, Annapurna, Kiran Rijju, Hardip Singh, Mansukh M, G Kishan Reddy, Chirag Paswan, CR Patil. Total 31 in Cabinet. 5 Ministers of State Independent charge – Rao Inderjit Singh, Jitendra Singh, Arjun Ram, Pratap Jadhav, Jayanth Chaudhary. Some of 36 Ministers of State – Ramdas A, Jithin Prasad, Ramnath Thakur, Anupriya Patel, Pemmasani

Chandrasekhar, Suresh Gopi, Bandi Sanjay. We await the portfolios of the Ministers to be announced in a day or two. We hear Purandeswari is tipped to be Speaker.

NCBN is finalizing his Cabinet team, for swearing-in on 12 June. Odisha is still figuring out its CM designate. An era ended in Odisha with Naveen and BJD's loss. We hope the coming new government in Odisha builds on Naveen's 24-year remarkable work.

India won the T20 world cup match against Pakistan in New York.

Modi – third time straight Prime Minister, next only to Nehru. It is a great feat in itself. Modi's guarantee survived, but on the backfoot, moving away from the front foot. However, the seats were reduced by 20%. Vote percentage has reduced a bit. Majority has reduced even for Modi in Varanasi. Ayodhya has not preferred a BJP candidate. Congress and INDIA made massive gains, but not good enough to get the governance mandate. Rahul Gandhi has come of age. This time, the government has a formidable opposition in both the houses. This would lead to 'reasonable' nudges in governance and consensus politics. Overall, governance arrogance has given way to consensus, if not introspection, reflection, humility, inclusion, and consultation before decisions are made and pushed. Not just .in Delhi. Even in states. This is the magic of 2024.

Soon, we see non-ministerial political appointments. Then, bureaucratic appointments, reshuffles. 100-day plans. Budget for 24-25 at Union level and State level. We need to find ways to pitch for possibilities of a new paradigm. We need to find ways to work with them on the new agenda, architecture, policy frame, curriculums, inclusion, communitization, agency, et al. We need to nudge them. We need to get the space and agency for the same. Can we? Amidst all these, who will take the agenda of farming and living naturally in India, in Andhra Pradesh? And globally? Let us await it.

The persons whom we work for would never be satisfied with our efforts, processes. They would like us to achieve more, perform better. They push and push us until we collapse, in their enthusiasm. Can we resist getting pushed beyond our possibilities, abilities? Can we build our agency for them to push us? Can we make some small daily habits? Can we practise 'being grateful, humble'? Can we drink water as soon as we get up? Can we walk, jog, cycle, jump up and down, and exercise? Can we stretch? Can we take deep breaths? Can we have the posture of looking straight up? Can we see sunrise, sunset, and the moon? Can we be kind? Can we be away from screen(s)? Can we complete quick 1–2-minute tasks immediately? Can we keep prioritizing and focusing on stones, over pebbles, sand, and water? Can we?

Yes, we can. If we coexist, if we co-practice, we can co-flow. In N? In chittavritti yoga for 7L. 090624

### 370. Hasten slowly

Lt General Upendra Dwivedi will be the new Army Chief from 30th June 2024.

Modi Team – half the team changed. Key Portfolios remained with the old hands. Amit Shah – Home and Cooperation; Rajnath Singh – Defence; Jaishankar – External affairs; Nirmala – Finance and Corporate Affairs; Nitin Gadkari – Roads; JP Nadda – Health, and Chemicals; Shivraj Chauhan: Agriculture and Rural Development; Ashwini V – I&B, IT and Railways; Rammohan Naidu – Civil Aviation; Dharmendra Pradhan – Education; Kumaraswamy – Heavy Industries and Steel; Jyotiraditya – Communications and NE;

Lallan Singh – Panchayati Raj and Livestock; Piyush Goyal – Commerce and Industry; Kishan Reddy – Coal and Mines; Sarbananda – Waterways.

Modi's development team includes: Shivraj Chauhan – Agriculture and RD; Jitan Ram – MSME; Jual Oram – Tribal affairs; Virendra Kumar – Social Justice; Jayant Chaudhary – Skills.

Odisha's CM designate is Mohan Charan Manjhi, supported by two deputies – KV Singh Deo and Pravati Parida. Modi will join the swearing-in.

AP is getting ready for the 25-member NCBN Team's swearing-in on 12th June 2024 at 1127 hrs, at Kesarapalli IT Park near Vijayawada Airport. Expected: Modi, Amit Shah, Nadda, Nitish Kumar, BL Sharma, Pushkar Dhami, Eknath Shinde, Revanth Reddy, Rajnikanth, Chiranjeevi, Ram Charan, NTR, Allu Arjun among others in attendance. Apart from NCBN, Pawan Kalyan, Lokesh, NCBN Team includes: Achchen Naidu, N Manohar (JS), K Ravindra, P Narayana, V Anita, Satya Kumar (BJ), N Ramanaidu, Farooq, Ramanarayan Reddy, P Keshav, A Satyaprasad, K Parthasarathi, D Balaveeranjaya Swamy, G Ravi, K Durgesh (JS), G Sandhya Rani, BC Janardhan Reddy, TG Bharath, S Savita, V Subhash, K Srinivas, and M Ramprasad Reddy. Portfolios would be known in a day.

The lull of the last 100 days in the country would be broken and, over the next 100 days, we double up, triple up.

Natural farming seeding is going global with Zambia visiting Andhra Pradesh and requesting our practitioners to come there to seed natural farming model(s) and practices. These best practitioners know what to do, what not to do, how to do, and, importantly, why to do it. They are more than transformed farmers. They are the A-grade modellers. They earn a decent income from their farms, beyond meeting their food and nutrition needs. At least 5 times average per capita farm income. They have handheld their co-farmers to transit to NF. They inspire, facilitate planning, and troubleshoot, as per the local farming situation. They are equipped with basic knowledge in their minds, material toolkits – handbook(s) and skills in their hands, and experience and satisfaction in their hearts. Natural farming is becoming a viral movement locally at its pace. Various locations in 150 agro-climatic zones, and 750 districts in India, are gearing-up for seeding the movement in India. Other countries are getting interested in trying. Can we find more and more of our own ways to support this movement? Can we inspire, mobilize, motivate, co-opt more and more friends, guides, mentors, contributors, researchers, service providers, producers, entrepreneurs, consumers, et al, to join and be with the N-movement? Can we give hope? Can we have faith? Can we make the promise? Can we care? Can we?

Yes, we can. If we coexist, if we co-flow. In N? In udyamayoga for 7L.

110624

### 371. Usefully free

NCBN's Team got portfolios. Pawan Kalyan is his deputy. Portfolios of some of the Team: NCBN – General Administration, unallocated portfolios | Pawan Kalyan – Panchayat Raj, Rural Development (other than Women SHGs), Rural Water Supply, Environment, Forests, Science and Tech | Lokesh – Human Resources (including Education), IT, Communication, Real Time Governance | Atchannaidu – Agriculture, Livestock, Fisheries, Cooperation |

Satyakumar – Health | Ramanaidu – Water | Keshav – Finance, Planning, Taxes | Bala Veeranjanya Swamy – Welfare, Secretariats, Volunteers | Ravi Kumar – Energy | Srinivas – Self-help Groups, MSM Enterprises | Ramprasad Reddy – Youth | Narayana – Municipal Administration, Amaravati.

50%+ population that face hot-cold-rain conditions for their living, survival/existence – farmers, farmworkers, fishers, grazers, wageworkers et al – how do they tolerate extremes of heat, cold, and rain and still survive/live? How do they survive if these events happen more frequently, intensely, and for longer periods? Extreme events cause deaths, 'property' losses, job losses, wage losses, inabilities, and worse inefficiencies for those who work outdoors, in cramped spaces, long-distance commuters, and in exposed conditions. High heat and humidity can be lethal. Do we need Extreme Events Action Plans – Heat, Cold, Flood, Drought Action Plans? If we have Heat, Rain-flood, Drought in parallel, and Cold with no intermittent 'normal' situation? Does insurance help? Do we need a Ministry of Happiness, Future, and Climate? Life, Living, and Livelihoods? Communitizing democracy, governance?

Watershed years are in the making. Krodhi, Viswaavasu, Paraabhava. 60 years ago, it was Nehru's death, Sastri came in but could not last, and Indira Gandhi came in. Pakistan War. Falling into the Green Revolution. Seeding Operation Flood – scaling up AMULs, and cooperatives. Single commodity. So on, so forth. After 60 years, these three years – 2024, 25, 26 – may become critical, history-making, new direction setting. Maybe more liberalization, customization, localization; maybe multiple crops farming and collective action, led by women; maybe more natural farming, living, the agency of the marginalized; maybe ministries of happiness, future, climate; maybe transcending literacy, digital literacy, AI literacy. Maybe seeding Evergreen, Amrt, Amrt Kaal. With 50%+ share in the hands of the 'producers', and 'providers'. With remunerative compensation for eco-services provided. Let us belt up for the take-off. Can we get ready? Can we?

Are we on the rights side, on the duties side, both, or none? We have justiciable rights – equality, freedom (education, life, culture, religion, et al), privacy, and information. Are the duties justifiable? Are the rights contingent upon the duties?

How long do we work? Till we reach 80, 70? 4 days a week, 5, 6? 6 hours a day, 8, 10, 12? Do we reduce sleep to 4 hours a day? Can we save on commute time, and make it near zero? Can this be – not work from home, but as near home as feasible? But, do we travel out, 5 days a month, 10, 15? One-day, 2-day, 5-day, or longer trips? Starting early in the morning, returning at night, however late it is? Alone, with colleagues, with family? What do we do, with happiness, within the limits of our stretchable stamina? Where do we live, and work? Away from the hustle-bustle, focused, or with people? Can we take the calls in these watershed years?

Yes, we can. If we coexist, if we reflect being in the flow. In N? In swachchamrtayoga for 7L.

130624

### 372. Purpose ready

The Government of India Ministry of Agriculture and Farmers' Welfare is holding consultations on the Science of Natural Farming. The key conclusion emerging is that natural farming, regenerative agriculture, and agroecology-based farming in harmony

with nature do not require any more proof. It is established as a paradigm, of technology. It is the sun, microbes, and plants that do the farming. Chemicals are not required for agriculture. NF reduces the costs of cultivation. NF increases crop diversity and cropping intensity. NF produce tastes better with higher micro-nutrients. Shelf life is superior. Consumers pay a higher price. NF does not add to Food and nutrition insecurity; instead, it augments food-nutrition security with increased cropping intensity, land equivalent ratios, and unfallowing lands.

Automatically, NF qualifies for high priority in research and knowledge dissemination. To be demonstrated in budgets, dedicated personnel, research farms, etc. To this, farmers' research and learning-living landscapes need to be added. The research needs to be led by farmers and farmer-scientists, in their living landscapes. The scope of exploration and research is not limited to production but includes pre-production and post-production. It includes models and model makers. Local, customized. It includes fodder, fibre, food systems; seeds; value chains; nutrition-health; climate change resilience; and cooling the planet. It includes mobilization, extension, learning, communitization, scaling, data, analytics, digital platforms, communication, advocacy, policy, systems, institutions, and enterprises. It includes integrating trees, and livestock into farms. It includes commons and landscapes. It includes convergence, networking, partnerships, philanthropy, economics, costs, and budgets. It includes impacts, savings in water, and savings in subsidies. New paradigm. New architecture.

Can we gear up? Should we be in a big set-up, a small start-up, or between hybrids? Learning hand-held, or unlearning without guidance? Open, diverse, belief-challenged systems, and culture? Lower pay now with a higher reward later? Chaos, ambiguity, volatility, and uncertainties, may be complexities – all these to be handled with a small, incoherent group, or team. No fixed roles, no fixed protocols? Only time, energy, stamina, digging deep in several, maybe all, aspects, dimensions? Self-doubt on usefulness, two steps ahead, 1-3 steps backward? Hope, faith, promise, love, coexistence matters. Face-to-face with the team as often, as long as possible matters. How do we transition from start-up to scaling-up to seed to scaled-up? Huge shifts in the way we work in these jumps. Some of us may not be comfortable in these shifts and may have to migrate out, in due course.

Life's purpose and meaning are personal and idiosyncratic. One must find it oneself. It can change with time and events. We have to be open and ready for these changes. Our usefulness is not a function of our longer stay but of our knowledge, tools, skills, expertise, networks, space, and agency. Effectiveness and efficiency matter. Longer days and weeks may not guarantee our usefulness. None of us are irreplaceable. Sooner or later. Period. Our qualifications may not guarantee usefulness. Intentions alone do not help. Long breaks help. Reflection and meditation help. True friends help. In crises, in need, in tough times. Authentic long-standing relationships help. Gratitude and humility help. Can we

flow towards our purpose, and vision, with our ladders, escaping/tackling snakes, step-by-step?

Yes, we can. If we coexist, with flow-end clear. In the flow. In N? In siddayoga for 7L. 150624

373. Space for agency

We get likes, praises, and congratulatory notes when we share our plans, intentions, secrets, milestones, and achievements. We celebrate. But, we cannot go overboard on these. Nitty-gritty of the strategies may have to remain in wraps. Major milestones may go public. Minor successes and joys of the journey may be limited to the inner circle, that understands the journey. Sharing should not be at the cost of humility. Let the work speak. Let the world speak. Sharing should be for a purpose – inspire, educate, giving credit to stakeholders, and partners.

A friend is one who comes to the help of her/his friend in need even without being called. Are we the one to someone? Can we be one? It isn't enough that we have the intelligence, knowledge, and strength. We need discretion to go along with them. We need 'support'. We need to keep our doors open for our friends. We can never shut them, whatever the reasons, or explanations that make us prevent our friends from being with us. When our friends are with us, standing with us, how can we do anything wrong or bad? How can we do anything without their knowledge? Can we take time, and energy to figure out our real, true friends? They come in and be with us in various forms. Infinite micro-macro forms. Visible, invisible. Within, without. In play, song, talk, thought, dream, conversations, colours, elements. Animate, inanimate. In the fleeting moments of joy, and sorrow. In time, with energy. Static, dynamic. Can we be friends?

Do we have rights? If we do our duties. If we follow the law. If we respect the rights of others now, in the NextGen. Can we earn our rights?

Are intentions enough? Are resources enough? Can we have kindness and compassion? Can we have the means to act on kindness and compassion? Can we articulate? Can we act on the articulation? Can we access resources for action? Results, Actions, Architecture, and Resources together create the magic of meeting the needs.

Are we seeking attention, centre of attention? Are our 'people' seeing us that way? Are we struggling with empathy – to share others' feelings? Are we constantly seeking praise and validation? Are we considerate, and supportive in our relationships? Are we less honest, and transparent in our interactions? Are we impulsive, without bothering about consequences? Are we over-defensive or angry with criticism? Are we less humble? If not, can we take a journey of change? Can we practice?

In the end, usefulness matters. Kindness matters. Care matters. Not performance; not experience; not long innings; and not great skills. We need carers and givers. We need the best to lead us in caring and giving. Leading by example. Caring, and giving in a manner, the recipient gets freer, more energetic, more powered, more effective, efficient, more agency, and more reach. Multiplied.

Can we be thankful to the people, the very reason for our existence? Can we care, be kind, and be useful?

Yes, we can. If we coexist. In the flow. In N? In saarthakayoga for 7L.

160624

374. Tension in flow

Nalanda University is back in action, to give knowledge. Monastery turned University, with 10,000 learners (earlier monks), and 2000 aachaaryas, mentors. 5:1 student, teacher ratio. Some 1000-2000 years ago. Aryabhata was its head once upon a time ago. Restoration cost Rs.2000 Crore, to accommodate some 2000 students, in 40 classrooms. Intake every year may be 700-800. A world class institute is in the making again, with the President of India as its Visitor.

In the state and at the centre, Speakers, Deputy speakers, floor leaders etc., are still awaited.

Now it is the turn of the shuffling of bureaucracy. Ministers get their personal staff. Maybe, Ministries and Departments get officers of their choice. Some officers get into looplins. Some will be without posting. Deputations and on-duties get reversed. Some may take talent from outside the system. Advisers, officers on special duty get onboarded. Government organizations, committees et al get Chairs, Executive boards, token boards.

Next 30-40 days are interesting to watch, in the state and at the Centre.

Also, manifestos are looked at to see how they could be delivered. First 100-days activity, action plans emerge. First signatures happen. Budgets unveil direction for the next 5 years in general, and next year in particular. Fault lines start surfacing and becoming visible. Early slips start showing up. We may see some politics, some people's democracy, some mixed bags. Some rhetoric, some giving-in, some giving-up, some swalpa adjust maadi. Investigations, enquiries, rebuts, and retaliations too. Reform, perform, and deform, all in one. Norm, form too. Welfare, well-being, and agency in some proportions. Centralization, status quo, and decentralization hand-in-hand. Diligence, favours, by the rule, altered rules side-by-side. Visionary, future-ready, going back, and no way back – adjustments. Nothing but power, nothing but people coexist. Power at any cost, People, nextgen at any cost co-flow. Strange bedfellows. Conflicting thought leadership. Luxury and frugality, a strange mix. Truth, Lies, and Deep faking – all in one. Compromises for small wins, but huge failures. Do we get breathers from continual suffocations, frustrations? Are we stuck? Can we be useful really?

How do we achieve scale? Only by the tension between the scaled-up vision and our internal depths and current reality. The tension takes allies, the ladders, from the world to build on this reality and depth. The tension of finding allies to handle – driving away, escaping, making them weak, killing et al – the snakes. The leadership evolves into orchestration, with openness, open sharing to include, expand. Add possibilities. Add exploration. Challenging the status quo for a better tomorrow, for us, for the NextGen. Open leadership may mean vulnerability. So be it. It opens up more opportunities, deeper connections, trust-faith. Can we relinquish intellectual rights, or go for open licensing, creative commons? Without quality compromised. We are in the journey, flow. Co-flows. In our resilient, iterative co-flows. Not alone. Useful flows may not be visible flows to begin with. As time progresses, intense useful flows become visible flows,

without our deliberate efforts. Therefore, can we just concern ourselves with being in the useful flows, co-flows?

Can we be useful? Can we flow? Can we be together? More and more.

Yes, we can. If we coexist. In the co-flows. In N? In utthanayoga for 7L.

180624

### 375. Yoga for yoga

Landscape plans. More than the private lands, commons. More than farming. Multi-layered multiple crops. 365-day green cover. Increased land equivalent ratio, more than double. Trees included. Animals embedded. Localized customized A-grade, ATM Models. Doubled cropping intensity, land equivalent ratio. Presumption, with food-nutrition-health security. Local enterprises, processing, storage, value-addition. Local first surpluses. Certification, market linkages. Community taking charge of data, transparency. Cadre accountability to the community. Communitized natural farming. Reduced fallows, increased meaningful decent engagement, employment. Showcased case studies, exported CRPs to scale. One year ahead engine before the larger movement. Of farming, living in harmony with nature, with multiplied wellbeing. 10X. Handholding, troubleshooting farmer scientists everywhere. Nutrition, fairshare, eco-credit triggers. Curriculum, policy, systems change preventing lapsing back.

Global academy, embedded in a world class university a la Indian, International management, leadership school of natural farming and food systems, or independent but mutually reinforcing NF centres of research, academics, learning. Community collectives, enterprises. Implementation support organization, network. This robust triad spearheads NF movement.

Can we build teams for this triad? In multiple locations, multiple hues, may be multiple teams. Can we nurture them? Can we build their willingness, interest, ability, space, therefore, agency? With hope, faith, promise, love, coexistence. Can we build and realize their vision, with the internal, external ladders, while tackling internal, external snakes, by resolving the tension with the reality vis-à-vis vision?

This yoga day, apart from being a summer solstice, is a full moon day. This happens once 18-20 years. Next full moon day is Guru Purnima. Thanksgiving to Gurus, starting with mother, father, aachaarya, friend, Siva, Krsna et al. Can we get into yoga? Yoga is a way of being together with the ultimate, desired end. The way includes: practice of Ahimsa, satyam, asteyam, brahmacharyam, asangraham; saucha, tripti, tapas, svaadhyaaya, universe focus; coextension with everyone, everything; aasanas, physical stretches; breath control – praanaayaama; mental stretches, withdrawal of senses from the physical objects – pratyahara, concentration – dhaarana, meditation-reflection – dhyana; liberation – samaadhi. Free individual of dvaita, advaita, or visistaadvaita in union with innermost, and/or universe. With body and panchendriyas, mind-heart, breath, and diet. Can we pursue action, doing our work? Can we pursue devotion, remain devoted? Love. Can we pursue reflection, meditation? Can we pursue unlearning, learning? Can we, will we? Can we turn inward fully, and fully outward? Can we keep walking, stretching, laughing at ourselves? Can we pursue, practise humility? Self-resilience, gratitude? Can we practise no return expectation? Can we practise listening? Can we practise volunteering, maybe anonymously? Can we pursue bioavailable natural, physical, social,

human, intellectual, spiritual capitals? Can we pursue kindness, compassion, joy, equanimity?

Can we be useful for better flows of life, living, leading, loving, learning within, without?

Yes, we can. If we coexist. In the pursuits of co-flows. In N? In yogayoga for 7L.

200624

## 376. Flows trickle

Longest day of the year, the summer solstice. Full moon day for farmers. Krshi Purnima.

Music. Sruti, Laya. Saptaswaras, rhythmic beats. Combinations of sound's form, harmony, melody, rhythm, and content. Generally pleasing and appealing. Apart from natural sounds, instruments including voice create music. Sarvam Taalamayam. Taalamayam, raagamayam, gaanamayam idam jagam. Music entertains, manifests culture, communicates, articulates, mobilizes, educates, heals. It accompanies dance, festivities, and events. It can work with, work on the body, heart, mind, soul, life, and work. It augments and refines human cognitive, computational, analytical, modeling, intellectual, emotional, synthesis, memory, aesthetic, social, and spiritual intelligence. It can pace up learning. In its tones, scales, and beats. In their various genres, styles, traditions, and nuances. Songs, music pieces, kritis, compositions, interpretations, rendering, tempos, beats, solos, symphonies, orchestras, concerts, bands, competitions, seasons, schools, awards included. Classical, popular, folk. Saastriya sangeet, lok sangeet. Music et al is a very big industry. Music literacy matters and helps. To our 3R – read, write, arithmetic – literacy, we need to include Raag-taal literacy, apart from yoga, digital, and AI literacies. Can we have more music feel, and wealth in our lives? 10%? Can we journey in life equipped with music?

Can we increase flexi-funding, and decrease restricted funding? It appears that we do more with unrestricted funds vis-à-vis restricted. 100% more. Our leveraging ability multiplies. For local, customized communitized living, farming in harmony with nature. Local production, local enterprises, local consumption-nutrition. For NextGen. For fair share. For fair pay for the services rendered, eco-credits. For agency of the marginalized. For universal rights, and entitlements, Sarvodaya.

Can we reflect, meditate, think? Can we write down these thoughts? Writing down, explaining, and articulating brings clarity. Clear mind becomes sharper, more effective, and more efficient. Can we be more of a leader, guide, and mentor, rather than a manager? For bigger impacts. Can we use simple words, short sentences, and easy language? Can we learn storytelling, truthful storytelling? Can we write, blog, vlog? For improved understanding, better action. Can we harness our creativity? Innate creativity. Can we access the resources, information, knowledge, tools, skills, people, networks, and funds that are accessible to us? Can we leverage them for our purposes? Can we be purpose-driven? Almost always. Can we take failures in our stride and get going? Can we always be our best, best foot forward?

Can we be Milarepas, practicing humility and getting ready? For greater possibilities. Can we get rid of the false sense of knowing all that is required? Can we be on the ground with people who matter? Marginalized. Their collectives, networks. They support individuals, groups, teams, and organizations. Can we take notes, pictures, video clips? Can we converse?

Can we showcase possibilities? Can we have cohorts? Can we nurture the potential? Can we build team(s)? Can we access the resources for these? Can we be useful within, and without?

Yes, we can. If we coexist. In practicing, readying, flowing. In N? krshiyoga for 7L.

220624

### 377. Causing effects

Hope the Governments in the saddle at the state, centre meet their guarantees, and items in their manifestos et al in the first 100 days itself. Hope the budgets to be presented soon reflect this. Hope the governments take responsibility to achieve budget utilization nearer 100%. Hope the machinery supports them to achieve good governance, inclusion, equity, wellbeing, happiness, and prosperity. Hope the Constitution remains the guide.

Are we going away from the cloud? Do we need infrastructure locally? Is that the future? By the same token, do we need our team(s)? Do we move away from outsourcing management, analytics, app development, coding, and data capture? Do we go for owning, evolving, and managing the platform(s) ourselves? A moot point: how much we can pay for data work if the value chain is 100? 1%, 10%? And how do we transfer this to producers, value-chain players, for fair play – price share, credits?

When we move on, we may – retire, quit, agree to a transfer from geography, domain, hemi, we change team, the change is tough. It is a tough decision we take. It is tougher if the changes are more fundamental; the ways of work change from secure to less secure, from comfort predictable zone to uncertainties; the near and dear may not give a full OK; the team may not be right yet; realized income-pay may not be adequate; but more freedom, flexibility may be there; it can be a different way to go about achieving the same, maybe faster, maybe better, maybe it could go viral. A certain change in the identity may happen. Can we cope with all these, for a more meaningful, useful life, for a life of fewer regrets? What is the sequence – Moving out first, figuring out first, and fixing the new ‘way’ first, or a hybrid? Can we already have, achieve some semblance of needing less, a fix on meeting that little need seamlessly? Can we start this transition, a critical transition?

Can we continue to nudge ourselves forward with small acts? Can we smile, and be kind? Can we listen, and volunteer? Can we walk around, just stand there? Can we inspire, reach out, and be inclusive? Can we help, respond? Can we cycle, recycle, and reduce waste? Can we read, write, teach, forgive, forget, reconcile, let go? Can we be truthful, simple, and humble? Can we cry? Can we live in harmony with nature? Can we spread hope, have faith, promise, and keep promises? Can we care, and coexist? Can we express ourselves and assert, using various ways, media when required?

All of us are followers-leaders, causing results, big results, very fast, and taking risks. Can we realize this – we can do it; we can know the ways to do it; and we can apply this learning to get results -?

Can we realize that it is normal to be fine, cheerful, happy, sad, and upset? It is important that we are conscious, acknowledge the emotion, and feelings, and get going. By being kind; sharing; walking around; being in, with nature, children, books, music, dance; taking a break, big break; getting going, saying 'love all, let us start again'. Can we show courage, take risks, and make tough choices when required?

Can we be useful, have an agenda, access teams, and resources, and build their agency of usefulness?

Yes, we can. If we coexist, if we lead by co-flowing. In N? bhavayoga for 7L.

230624

### 378. 100 days, 30,000 hours

Rahul Gandhi is the Leader of Opposition, LoP, now in Lok Sabha. We have a Leader of Opposition after 10 years. Does it mean we hear more diverse views in Lok Sabha? LoP enjoys cabinet rank. LoP also participates in appointment processes of key posts such as CBI chief, Election Commissioners, National Human Rights Commission Chair, Chief Vigilance Commissioner etc.

We have an election for Speaker, maybe after 50 years. Om Birla versus Suresh. Om Birla is sure to get elected.

My friend K Srinivas Raju takes voluntary retirement.

Words can uplift, comfort, inspire, or wound, belittle, destroy. Can we speak words of kindness? Can we be kind? Can we see good all around, appreciate the intrinsic value of everyone? Can we celebrate shared humanity? Can we share our resources with those who need them? Can we contribute to NextGen's better wellbeing, sustainability beyond? We are not alone. We are part of our family, friends, team, community, society, world. Universe. We belong there. Can we be with them, can we let them be with us? We are not disposable. Human dignity and respect is not compromisable. Can we let us be repaired, pampered, cheered, saved? Can we care and help ourselves on one hand, and extend caring and supporting hand to the world around us on the other hand, simultaneously? Our beauty lies within, in our ability to love, connect deeply, be kind, be generous. This beauty grows with age, experience. Can we have, nurture, sustain this beauty?

There are 5-6 days in the year where we would consider thanking, from deep within, our gurus, teachers, mentors, institutions, gurukulums, communities, those who made huge, critical, fundamental differences to us. Buddha Purnima, Guru Purnima, National Teachers' Day, International Teachers' Day, Krsnaasthami, etc. How about Guru Purnima Day? 21 July, Sunday. And how do we go about it? Should we visit and spend time with them? Should we have a day with them including felicitating them? Should we write, gift, so on and so forth. May we should do a portfolio of these and more. In unique ways for each one of them.

Getting into 100 days of fine-tuned plans for the meaningful, ambitious but risky action portfolio for the next important transition lasting 10-15-20 years. May be till amrt kaal. For deep within, for the team(s), for the local circles, and beyond – for the circles of influence. Being on the ground – 100 days a year. Travel across – 100 days a year. Can we club these two? Write, converse, and be with cohorts every day, or 200 days a year. Job?

Enterprise? Freelance? Partner? Investment – angel, venture, payback? We have  $365 \times 24 = 8760$  hours a year. If we take out 10 hours a day for life maintenance – sleep, food et al included; if we take 30 days a year, for catching up – we have still 4690 hours. Long-term assignment – job/enterprise may require not more than 2500 hours leaving 2190 hours a year for all the items in the portfolio. And 15 years may mean 30,000+ hours. These have to be planned, one by one. Too many small things that have been put aside, postponed for a later day. These have to be taken up. Plans have to be made with care. To be, live in harmony with N. To lead life in N.

Can we do this? Can we realize this? Can we transform these possibilities fully?

Yes, we can. If we coexist, if we leverage co-flowing. In N? karanayoga for 7L.

250624

### 379. 100 Crore engaged

Bharat Ratna PV Narsimha Rao, 103. Was Prime Minister; of India's Economic Reforms; Minister of Defence, Home, External Affairs, and HRD; Chief Minister of Andhra Pradesh. Polyglot, 17 languages. Implementer of land reforms, and land ceilings. Founded: Gurukulams, starting with residential schools in Sarvail, Tadikonda, Kodigenahalli, residential colleges in Nagarjuna Sagar, and Navodaya schools in the country. And more kinds of them. Now, these schools and colleges number in thousands. The first school, Sarvail, and the first residential college at Sagar are my Gurukulams. These Gurukulams as a whole have been my Gurus. They made a huge difference in our lives. Can we pay forward?

50% of adults are inactive – not having 20-30 minutes of physical activity or 10-15 minutes of intense activity. Can we do at least 10-15 minutes of intense physical activity daily?

NEET crisis calls for having multiple exams at various levels to come with a rank/mark.

We in India are struggling to create jobs. When we are an enterprise country, do we need to create jobs, or do we need to support enterprises, at pico, nano, micro levels, and beyond? When we say natural living, don't we mean more small enterprises at local levels? If we want decarbonization, aren't we not saying 'no' to big industry? 60% to 70% of Indians are in the working age group. This translates as 100 Crore. How do we engage, employ, and make their livelihoods decent, and lives comfortable? Natural living, farming, and livelihoods are the ways forward. Green jobs, green enterprises. Climate change and climate resilience are linked. Renewable energy. Sustainability. Farming, Fodder-Fibre-Food Systems based enterprises. Local value-chains. Support services for them. Augmentation of the current services sector in a huge way. Can we get ready to make this happen? Can we see the current formal sector shrinking, and the current informal sector transiting to formal? Can we see most of us taking up a portfolio of activities for a living? Can the formal sector academic institutions, skill centres, financiers, insurers et al move in to support these current informal sector enterprises, freelancers, etc.? Can we also see reduced work hours a day so that work can be shared for more jobs and enterprises taking the 'slots'? Can we go to 4-4.5-day workdays? Can we go to 30-35 work hours a week? More people may be working. With good leisure breaks.

Can we see all 1000+ million farm families making decent net incomes per month, at least 10 times the current farm income levels, maybe via natural farming, living, and enterprises? Can another 1000+ million families support them with decent incomes living naturally? Dignified, inclusive, equitable, sustainable, and local. In the next 1-2 decades. Can the governments, markets, civil society, and communities respond to this need and direction? Samaaj, Baazaar, sarkaar. Education, health, and financial systems. Policy changes. Can political discourse change? Can our leaders lead this change? Can bureaucracy centrality change? Can civil society show more and more ways, examples, and models? Can communities change and make demands in this direction? Can the marginalized have the agency for this? On their bodies, diets, consumption-nutrition, families, farms, groups, teams, villages, habitats, organizations, local governments, governments on the ground, value-chains, markets, and governments. Can they show collective action and agency for the same?

Can we source, and multiply more leaders, from followers, across diverse sections, and levels, for this?

Yes, we can. If we coexist, if we care to co-flow. In N? sakritiyoga for 7L.

270624

### 380. Movement momentum

India wins the World Championship of T20I (2024) after 17 years. Without losing a single match during the entire tournament. What a farewell gift to Coach Rahul Dravid! What a remarkable recovery in the final to get to the cup! Virat Kohli's final knock. Hardik Pandya's classic wickets. Bumrah's dot balls in final overs. Brilliant catch by Suryakumar. Rohit's team. Bumrah – player of the tournament. Kohli announces retirement from T20s. Rohit too announces retirement from T20s. NextGen to take charge of T20s soon.

Informal to formal individual, family, group, tiny, pico-nano-micro, small enterprises for products and services, freelancers, self-employed is the way to go. It is the future. 80% of people are, have to be in them. They need to be offering decent engagement for the people involved. Our life, living, livelihoods, linkages, leadership, learning, love has to be directed to these. Everything else has to be around this as fulcrum. This fulcrum has to become natural. Everything around this fulcrum has to become natural. We have an amrt kaal agenda before us. Can we be the champions, can we find the champions? Can we add more and more of them?

What a bliss if the world goes forward without us saying anything verbally? What a bliss if the world goes forward, without us saying anything? What a bliss if the world does as the thoughts occur in minds, hearts, conversations? Isn't this madhuram?

Yes. If innermost, antaraatma and outermost, viswaatma, sakalaviswaatma are representing themselves in each other. Into each other. Working on each other with sarvendriyas. Sixth, seventh included. Raas in brndaavan. Relaxing in each other's laps. Microcosm of the outermost, macrocosm of the innermost. In each other's maaya. Thoughts, words, actions, sensations, feelings, memories. Sikha to nakha. Playing passive-active in turns. Exploring all that is possible together. Deep inside, all around. Inch-by-inch, cell-by-cell. Within, without. With light, without. Turning active together. Up-down. Left-right. In-out.

For them, between them, together, akhila madhuram. Face, eyes, smile. Mind, heart, grace, thought, speech, action. Walk, wandering, tune, dance, colours. Srthi, laya. Friendship, sakhyam, sahavaasam. Aahaaram, aahaaryam, charitam, roopam. Food,

leaves, flowers, fruits, drink, water, air, music, sleep, karanam, gamanam. Droplets, drops, Trickle, drizzles, flows, falls, movements, sounds of rivers, seas, winds, birds, vibrations. In the water, outside. Walking, driving on the reservoir, on the seacoast, hills, on the edge of 5000 ft, clouds, moving clouds, thunders, lightning, patterns, sunrise, sunset, moon, full moon, In the flowing water on a full moon day, in a moving 'boat' so on so forth. Nature in its various dimensions, rasas, nuances. Life's myriad moments. People's living, leading, learning, caring, loving ways. Ways, means of being together, apart. Srshti, stithi, laya. Sajeeva, ajeeva, panchabhootha. Micro, macro. Vision, effort, team, army, kurukshetram, and results. Whatever we see, observe, come across, perceive, experience directly-indirectly, read, listen, antarnaad, feel, think, say, write, do, let go. Krti, sakthi, gati, sangha, brnda, amrt. Akhilam madhuram. Is not it? Why not?

Can we make this happen for us, for all of us, for each one of us?

Yes, we can. If we coexist, if we care to high five, co-flow. In N? madhurayoga for 7L. 290624

### 381. Going viral

Is the National Mission, natural farming, slowing down a bit? Can we go more with states, in the interim? We need to move from token training of Krishi Sakhis, if we are serious about seeding NF intensely. Bio-resource centres have to succeed in seeding NF. It cannot be the other way. For NF, FPOs have to change track and switchover fully or they need to clear distinguishable silos, else it does not help. Also, an early improved collective understanding on agroecological transitions would help NF cause. Can we go ahead with seeding NF, will the budgets be available in Government(s) and/or outside?

Let us look at it backwards. Going slow is not an option. If we want India to be natural living-farming India by Amrit kaal, we need to reach all marginal and small farm families by 2039. This translates as seeding a million champions in all villages across the country by 2034. This translates as Consumer behaviour, demand, consumption-nutrition as trigger; fairshare in the consumer rupee as trigger; and remunerative decent fair eco-credits and payments as triggers, established unequivocally by 2034. Includes: NF Policy(ies), curriculums, system change orchestration(s) being implemented.

Is localized customized personalized education possible to our young students, meeting their idiosyncratic needs, abilities and learning styles? Can the AI help in this? Won't the roles, ways of teachers change with this approach? Teachers increasingly become a sounding board, mentor, facilitator. What should be the curriculum, the methods of taking this to students, the grading and assessment etc.? New Education Policy is fine. Curriculum, pedagogy, books, and teachers equipping to new roles become important now. We need to prepare 'students' for the new age: natural living, enterprises, co-existence, artificial intelligence, soft skills, gig economy etc. Interdisciplinary. Metalearning centrality. Now is the time to start.

Gender Gap Index. Global score stands at 68.5% in 2024. The report concludes that it would take 134 years to reach full parity, if we do not intensify gap closure exercises. The gap closure is looked at: health and survival (96%); education (95%); economic participation and opportunity (60%); political empowerment (22%). The fourth

indicator is moving very slowly. South Asia, including India, are not doing so well in economic participation (39%), vis-à-vis the world. Can this be hastened?

When opportunity presents itself before us, are we quick to seize? Can we be ready? Can we work on our behavioural competencies – adaptability, resilience; transcend ego; exemplary; forgiving; openness-unlearning; calm; humility; teamwork? Again, most of us do not know our innate capabilities. Our flashes of brilliance are waiting to be discovered and nurtured.

Most of us are not comfortable communicators in the team. We are not effective. We cannot afford to ignore this situation. Therefore, can we listen and observe? Can we reiterate key messages in different ways but frequently? Can we discuss the why, beyond how and what? Can we be simple, with simple, simplified content? Metaphors help but not too many. Can we be engaging?

Can we see Amrt Swaadhyaay happening for us, for each one of us? Going viral, even if one at a time in one season? Today's one becomes 100 million in 10 years. Can we do this?

Yes, we can. If we coexist, if we co-learn, work, lead, flow. In N? aakhyanayoga for 7L. 300624

## 382. Useful humility

The USA is going through the process of electing its President. Biden and Trump are candidates. But, suddenly Biden appears to be 'not up to it'. Will he withdraw? Who will come in then – Michelle Obama, Kamala Harris?

The UK is going for polls on 4 July. Some surprises are expected. Labour is leading the opinion polls. Rishi Sunak may not sail through.

Satsangs, Stampedes trouble us. Sadgati to the victims at Hathras Stampede.

Doctors. Persons qualified to treat people who are ill. Their metric is 'number of people doing well' – breathing easy, heart beats in rhythm, calm minds.

Are we qualified to treat ourselves? Are we qualified to take steps not to fall ill in the first place? We admit more than 100,000 students every year now. Many in private colleges. We seem to have doctors, 1:834, as against the benchmark, 1:1000. Rural areas have just 25%. More than 50% vacancies are in rural hospitals. Further, we seem to have shortages in specialists, in a big way. We also see big shortages in medical teachers. The quality of medical education is poor. Plus, we are getting numbers in the aggregate but not distributed well. How are we reducing the medical costs in the country? Can we get basic health universally? Can this be a right, a la basic education? How do we augment health workers, maybe 1 per 100? How do we train the cutting-edge grassroots workers in the public domain on basic health, apart from ASHA workers? Anganwadi workers, Sanitation workers, Teachers, MGNREGS mates, Gram sevikas, GP secretaries, assistants, SHG federation staff, staff with local enterprises, youth associations, staff with collectives-cooperatives, forest workers et al? Do we also need paid or unpaid but trained community health volunteers, associates, or workers, maybe at least 1 for 100 persons?

Can we commission a 2-year rural natural living comprehensive service/apprenticeship for all – while in school, or in lieu of plus 2 – intermediate, or in undergraduate courses, or later? This can include education, health, natural farming, value chains, enterprises, climate change etc., and the apprentice can be paid a modest living stipend. This is like serving the army, in some countries. The service may not be in their own village. Only

after the rural service, one can be given a placement. If someone wants to work in the urban centres in lieu of rural service, on a fully residential basis, it could be considered. It could be on a limited basis.

Can we at least have this kind of an option, for a willing individual, or school, or college? Can the New Education Policy, NEP, provide for this?

We all seek Gurus, Mentors. We know that they manifest before us when we are ready. How do we get ready? Do we not move from A to B to C and so on, till we land up in 'the master'? Do we pass the 'Milarepa' test of humility, submitting ourselves to 'Marpa'? Do we raise ourselves to the level and capacity to absorb 'the master', 'the Guru'? Do we raise ourselves to the level and capacity to be in the 'Gurukulam(s)'?

Can we start learning to unlearn? Transcending our egos of uselessness, to humility of usefulness?

Yes, we can. If we coexist, if we flow in coexistence. In N? sevakyoga for 7L.

020724

### 383. Cared meaningful engagement

The United States of America celebrates its Independence Day on 4 July. Independence is governed largely by the Charter of Freedom – the key documents starting with the Declaration of Independence, include Constitution(s), and Bill of Rights. Essence is captured in Preamble – “We the People of the United States, in Order to form a more perfect Union, establish Justice, ensure domestic Tranquillity, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.”

This year, the campaign of electing the POTUS is on, with 5th November being the date of the elections. POTUS gets elected indirectly through the members of the electoral college. The inauguration day is 20 January next year. Only a natural-born citizen of the US can be a POTUS. Nomination conventions end by August. Election debates end in October. Electors cast their votes in December and the President-elect gets announced in January. The campaigns can be dirtier this year around. Probably the costliest ever. It is Trump on the Republican side. Democratic side is still making up its mind.

UK Elections are on 4 July. Rishi Sunak is leading the campaign for Conservatives, and Keir Starmer of Labour. Opinion polls are betting on Labour. We should know people’s verdict in the next 2 days.

Cholesterol guidelines have been released. Dyslipidemia – high cholesterol- management. High LDL/bad cholesterol, high triglycerides and low HDL/good cholesterol could increase the risk of heart disease, stroke and other peripheral artery disease. Minimum level of cholesterol should be less than 100 milligrams sugar per decilitre. The recommendation is to go for non-fasting lipid measurements. High sugar and carbohydrates are the major contributors. High triglycerides should make us worry. Dyslipidemia is a ‘silent killer’. However, it could be managed with diet, exercise and medication.

In India, the retirement age varies. Between the centre and the states. Between the states. Between the services. 58 years minimum. Professors, Judges can retire at 65. Another 2 years is normally possible. Post-retirement, senior officers, professionals can get additional tenures, but at the will of current dispensation. Private, Non-Government Organizations, Corporates, Businesses, Politics have no retirement formally set. Individual entities might have set their own norms. In any case, not less than 55. But it can go till 'life'. Apart from no-barrier exit, there are provisions to seek voluntary retirement. Professionals may freelance lifelong. Some have no choice. Some have the luxury to choose their work. Post retirement, some get decent pensions. Some get sarkari pensions. Some serve themselves with their own savings. Some depend on the mercy of their children. Come to think of it, a typical 'slave' in an organization/government may join for work by 22-27. Maybe after an UG or PG. May work for 35 years and retire at 60-67. Probably with a modest or no pension. She has no option but to seek alternate engagement. This engagement, series of them, or portfolio of them, may have to last 10-15 years if not incapacitated otherwise. This engagement may be voluntary, or less remunerative, or more satisfying.

Can we find an eldercare system that engages elders beyond 67/70, for 5 years with dignity, meaningfully, usefully? Mandatorily. Can we give this justiciable right to elders?

Yes, we can. If we coexist, if we are a community of coexistence, co-flow. In N? iksanayoga for 7L.

030724

### 384. Collective synergies

Labour comes on board after 14 years in the UK. Keir Starmer is the new Prime Minister.

Cooperatives, collectives, collective enterprises, collective action. At least 120-year strong movement in the country. Cooperatives under Cooperatives Acts (1912/1964). Cooperatives under Mutually-aided Cooperative Act, self-regulating cooperative acts. Multi-state Cooperative act (2023). Producer companies under the Companies' act. Self-help groups. Federations, Federations of Federations. In credit, milk, sugarcane, fish, handlooms, handicrafts, farming, commodity, fertilizers, multi-purpose, labour, energy, forestry, water, self-employed, housing, non-profit et al. Millions of them, in 29 sectors. Some functional. Some efficient, effective. Some stand tall. AMUL stands tallest amongst all. More sectors are possible for cooperatives to emerge – insurance, retail, education, IT, entertainment, services et al. Collectives offer inclusion, solidarity, fairness, sustainability to marginal producers, service producers.

Cooperative, collective is a member-owned, member-controlled group, association, organization, network, forum, platform that meets members' common, economic, social, and/or cultural needs and aspirations. Its predominant values include: self-help, self-responsibility, democracy, inclusion, solidarity, equality, equity, patronage. Universally agreed seven cooperative principles: Voluntary and open membership; democratic member control; members' economic participation; autonomy; member education, information; cooperation among cooperatives; concern for community.

Cooperatives are taxable, as associations of persons. GST is applicable. For income tax, Minimum Alternate Tax of 15% is possible for them. Cooperative dividends do not attract tax. Cooperatives can pay members in two tranches – one as initial payment for the produce, service; second as price differential later. This can reduce the surplus, and

therefore, the taxable amount of the cooperative. There are 100% tax exemption to cooperatives, particularly primary cooperative societies, if they surpluses from agricultural, fishing, dairying activities, marketing aggregated produce, supplying milk, oilseeds, fruits, vegetables etc., to federations, government companies, local governments, or the public directly, etc., storage services etc. However, this list is not comprehensive to cover the entire value-chain and/or food systems elements.

Can we exempt these collectives and their federal entities from GST? At least on small turnovers, not exceeding Rs.5 or 10 Crore. Can they be exempt from income tax, up to at least Rs.1 Crore, followed by 15% minimum alternate tax above this amount? Can we have service collectives, enterprise collectives? Can we bring all our 90% population under the collective, cooperative umbrellas, and offer micro-financial services, care services, support services, agency services? Can the local enterprises, and collectives meet the majority needs of the majority people of the country, in the Amrt kaal, for us to have natural living? Education, learning, health, natural farming, food-nutrition, livestock, stay, entertainment, travel, energy, water, digital, services etc. Can we?

We are entrepreneurial, self-employed by our DNA. We are an enterprise country. We are local. We are collective. We meet our needs. We are self-reliant together, collectively, cooperatively, systemically. Can we take ourselves into local collectives, enterprises at least 2 for each one of us?

Yes, we can. If we coexist, if we co-flow in co-streams. In N? ikyasanghayoga for 7L. 050724

### 385. Sleep being useful

Sanjoy Ghose, 'Joy' inspires generations. Manoharan continues to inspire. Pay did not matter to them. They were pursuing their soul's purposes.

Biodiversity through prasadam, chhappan bhog, at Puri Jagannath. Indigenous crops, culinary practices preserved. Ganesh ekavimsatipatra puja showcases diversity. So on.

2025 is the International Year of Cooperatives. 12% of humanity are members in 3 million cooperatives. If we include all kinds of collectives in them, the number may exceed 10 million. 50% of humanity may be part of these. Collectives are the vehicles for achieving SDGs too. Collectives are rooted locally, and include all – women, youth, elders, disabled, socially disadvantaged, marginal, indigenous. Economy could be inclusive. Could be circular. Could foster justice. Have the potential to raise the agency – willingness, ability and space – of the marginal for whom it matters the most. Can we aim to progress to include 90% India in collectives, each one in 2-3 collectives? Can these be collectives that support natural living locally?

Can we work on our communication, virtual communication? We as teams are not always together physically, nor do we meet as often as required for us to be a team. This is the growing future trend. Therefore, we need to keep communicating. More frequently than we otherwise think. Even if briefly. How do we mimic 'physical' in virtual spaces? How do we listen better, understand emotions better, write better, show pictures better, show videos better, collaborate better, in the virtual space, as well as the physical space? Can we be more human virtually too? At least, virtually.

As we reach a critical age, say 45 years or more, we need to regulate what & how we eat, walk, sleep, et al. We cannot continue with the practices of youth. 10 minutes of intense physical activity has to be included every day. 50 nutrient-rich foods have to be consumed,

with no or reduced separate carbohydrates. Overall food intake in a day has to be limited, with skipping a meal or two every week. A day's fast is good. Processed, stored food has to be taken rarely. Sleep has to be brought up to at least 6 hours. Sleep lets the brain do integrating, organising information, and consolidating memory. Sleep increases our agency of cognition and learning. Sleep enhances problem-solving and creativity. Sleep keeps us in a 'good' mood. Sleep gives us way forwards, solutions. Chronic low sleep increases health-mortality risks significantly. Can we sleep as many regular hours as possible? In a sleep friendly hygiene that includes a routine; reflection-meditation; ambient temperature; no bright lights, no loud sounds, no devices around; early and light food. We need to come to a state: where we sleep when we get sleep, else we are actively doing something. If we realize our success, power, strength, intelligence, knowledge, beauty, wealth, network et al are externalities, we can only be humble. Then, we get closer to nirvaana. We surely get sleep, quality sleep. We get rest. We catch up with rest. Most often the change of activity itself is rest. We also get a 10–15-minute siesta a day. We get breaks, vacations to be with, in nature, life – hills, mountains, forests, seas, rivers, streams, lakes, temples, wildlife, watching 'life', conversations, lazing, friends et al.

Can we achieve humility, peace? Can we surrender to being useful? To the universe. To the innermost. To local communities. To our collective will. Can we localize, customize, and communitize?

Yes, we can. If we coexist, if we co-flow in ease, with our agency. In N? upayogayoga for 7L. 060724

### 386. Community of practice

Socrates is challenging us: a life without self-reflection and exploration of Community of practice is not worth living. Can we reflect and explore: how we would be happy in our work; how our relationships would become enduring sources of happiness; how we would live a life of integrity, not doing wrong, unethical, and illegal things. Are we doing deals, or building up people? Can we spend 15 minutes a day, every day, reading, thinking, and writing why we are doing whatever we are doing? Is it in sync with our very reason for existence? Can we get our purpose thought through and articulated? Sooner, even if it is revised often as we flow in life. How do we allocate our time, energy, and talent, in our lives, to the aspects that matter the most? Can we be reasonably long-term oriented for this? Can we transcend instant results, instant gratification?

Can we visualize possibilities? Can we realize these possibilities? Can we work with our team(s) towards these? A culture that builds being together, working together, supporting one another, picking up the batons, et al. Can we nurture this? Can we let 'just this once' not take charge of our way? If we agree to values and non-negotiables, can we stick all the time, 100%? Can we feel good about ourselves, and have humble eagerness? Can we worry about our influence to help in bettering lives rather than our individual prominence? Can we plan and work to end our lives in joy, not otherwise?

Six decades took me to several schools, Gurukulams, and Gorky's 'My Universities'. Home. The school in Gundrampally. Residential school, Sarval. The first Gurukulam in the country started by state in the post-independence era, thanks to PV Narasimha Rao sir. Residential Junior College, Nagarjuna Sagar, on the banks of River Krishna. National Institute of Technology, earlier called Regional Engineering College, Warangal. Reflection and exploration peaked. Institute of Rural Management, Anand, National Dairy Development Board, Collectives. A direction was being confirmed. Tribal communities,

Girijan Corporation et al. Commons, Tree growers. Participation, Outreach. Payback, Naandi. Self-help movement – identity, solidarity, capacity, rights, well-being, and freedom – that takes people to take charge of their destinies. Women, Disabled, Elders, and Marginal Communities. Livelihoods, Akshara and its portfolio of livelihoods collectives, livelihoods support organizations, enterprises, and individuals. National Institute of Rural Development and its students. National Rural Livelihoods Mission. Natural Farming. Maybe more are waiting. Swaadhyay, Sahaadhyayees, Aachaaryas, and students have ensured that we remain on course. Firmly, feet on ground, not deterred from being useful. We get going forward, with hope, faith, promise, love, and coexistence.

Blessed to be in these gurukulams. Blessed to be with Gurus, friends who put more faith in us, much more than we could imagine. They made all the difference, to come this far. And a long way to go. Paths need to be discovered. Vehicles need to be figured out. Skills need to be refreshed; Tools need to be sharpened. Maps need to be redrawn. Time, energy, talent, competencies, networks, and resources need to be pulled up from within, mobilized from without, organized, and allocated. Can we do this?

Can we have a new gurukulam(s) that pools up gurus, builds more gurus, and gives deeksha to all who are ready to respond to a collective call for localized, customized, communitized n-living?

Yes, we can. If we coexist, if we co-reflect, explore, flow. In N? abhyaasayoga for 7L.

070724

### 387. Humane changemakers

Gautam Gambhir has been appointed as the Head Coach of Indian men's cricket team, for the next 2-3 years. In place of Rahul Dravid. Hope he matches up with the processes and results of Dravid.

YSR would have been 75 now. But, Jagan and Sharmila are not together to celebrate this diamond jubilee of their father. YSR's political legacy is now open. Jagan has just lost it, in the recent elections. Also, one is not sure whether he wants to nurture YSR's legacy. Sharmila and Congress are trying to seize. Are we seeing the new political workers, maybe young men and women, taking charge, and working their way up in the next 5 years? For occupying the relevant useful political space available.

Why do the deep and highly competent managerial talent may not deliver the results, may not lead us towards the destination? Maybe they are more businesslike, and less human-centric. Maybe they are self-centric, rather than team-centric. And how can we be team-centric, without us in the team in the first place? How can we teamplay, unless we learn constantly, listen, inspire, be inspired, care et al? Do we know ourselves inside-out, our moorings, our biases, our shortcomings, dependencies and so on and so forth? This may be the first, for us, to work with, lead others? Most of us are smart, and quickly get logical, tangible tips, tools, and skills easily. We are less sure about not-so-visible behavioural elements – being self-aware; humility; vulnerabilities; resilience, stamina; confidence; balance, etc. We are less sure of combining these invisible with visible, perceptive with logic, feel with thought, and conversation with action. Unfortunately, there are no blueprints, roadmaps. There are no masters around to mentor. We need to relentlessly

pursue, practise under trying, varying circumstances, and situations, and master. Our mentors can only point out. Mentees have to master; there are no shortcuts here. We only have to realize, maybe intuitively, and get going. Reflection, meditation, and leading behavioural changes is the only way.

We have traversed in time to enter into high-paced VUCA worlds. Individually, we know infinitesimally little. We live in tensions – short-term results vs long-term future; making money vs being socially relevant, useful; quick gains vs sustainability; nurturing talent here and now vs letting people move on. What will come handy, under the circumstances, is the internal compass, self-organizing teams, flexi-humane leads. Learning, growing leaders, along with their teams, partners, and networks fulfil our boldest aspirations, if they accept the challenge.

As AI, gen AI take charge of workplaces, however much we resist, leaders lose their current relevance in algorithms – logic, analysis, articulation, planning, tracking, troubleshooting, etc. Leaders have to get into engagement, wisdom, vision, boldness, care et al. NewGen leaders, managers have to go to leadership gurukulams, with AI friendliness, rather than management schools, tech schools. Deep listening, intense reflection, and non-negotiable humility are the premium competencies we need to have. Our work is to unleash the potential, possibilities of/for individuals, teams, systems. De-addiction changes plans. Natural living coexistence plans. Life-centricity, culture-centricity in leading.

Can we have long-breaks, maybe 1,000 hours in 1-2-3 spells, after every 10,000 hours, to help in these endeavours to transform ourselves to humane mentees, mentors, and leaders? To have unwinding, reflection, meditation, and brainstorming with ‘networks’ that matter, getting ready. Can we?

Yes, we can. If we coexist, if we co-flow, co-lead. In N? nischalatayoga for 7L.

090724

### 388. Systems to culture

Rythu Sadhikara Samstha RySS-implemented Andhra Pradesh Community-managed Natural Farming (APCNF), arguably the world's largest agroecology transformation programme, has been nominated for Gulbenkian Prize for Humanity 2024. The award ceremony is scheduled on 11 July at Lisbon City, Portugal. The jury chaired by Dr Angela Merkel would announce the winner(s) in the presence of the President of Portugal, from amongst 181 nominations across the world. The jury includes India's Sunita Narain.

Prof Valleru Jayasimhulu Naidu, VJ Naidu, 76, rests. Sadgati. An economist, MEL guru for many professionals. I met him first in 1998/99. Willy-Nilly, we spent more than two decades together in our MEL 'efforts' and tasks. Result Frameworks, Measurable Indicator Matrices, Means of Verification, Outcomes, Budgets, and Analyses. Process Monitoring. Baseline, midline, and endline. Write shops. Writing proposals. Preliminary and detailed Project reports. Project Implementation Plans. Community Operational Manuals. Writing summaries, making presentations. Making meanings out of the 'reports', and so on. In state, central governments, World Bank and UN organizations. I miss a Guru, colleague, and friend.

Many of us fail to meet timelines, deadlines. We miss them, We take longer, not even 2x, but nx. Punctuality is not in our DNA, personality. Maybe it is a psychological, neurological

condition in some cases. Many a time, it is a struggle with time management, disorganization et al. They commit more tasks, fitting in too much into a day. They allocate less time to tasks. Their time estimation might be wrong, more often. They do not ask others to chip in. Even if they ask others, they do not brief them well. In fact, they may not choose these people rightly. Maybe right people, for wrong ends, and wrong purposes. Then, they may not outline, articulate the expectations clearly. They do not build their capacities, if required. They may just order and may not coach/train. They do not remain available for handholding and troubleshooting. Maybe they are going through stress, anxiety. Maybe they are rebellious, or plain casual, callous, or not really interested. Maybe they like to over-prepare, or aim for higher quality consciousness, and perfectionism.

Can we say when our cups/plates are full, 80% full? Can we stretch, can we let our teams stretch? Can we focus on priority tasks, choosing only the doable in the time we have? Can we have to-do lists? Can we plan ahead, and be ready a day early at least? Can we have plan B et al? Can we have teams prepared for future eventualities, uncertainties? Can we prepare to face and cope with the chaotic events happening around us? Can we have some order, system(s), protocols, and discipline for these anticipated events? Can we follow, comply with these systems? Can we adhere to the values, non-negotiables, and norms for these systems? Can we let our teams, organizations, and communities adhere to these? Can we have sanctions, graduated sanctions if these are not followed? Extraordinary compliances may get incentives, and horrible deviations may get severe punishments. Graduated incentives and punishments, in between.

Can we incentivise ourselves or punish ourselves on our own? Can we take these into our culture? Our DNA? Can we?

Yes, we can. If we coexist, if we co-flow, co-live. In N? sanskrtyoga for 7L.

100724

### 389. Gulbenkian Prize for Humanity

1 July 1911 hrs, Lisbon time. From amongst 181 nominations worldwide from 117 countries, Dr Angela Merkel, Jury Chair, announced winners of Gulbenkian Prize for Humanity 2024, in the presence of Marcelo Rebelo de Sousa – President of the Republic of Portugal, António Feijó – President of the Calouste Gulbenkian Foundation. The jury included Sunita Narain, Centre for Science and Environment. Gulbenkian Prize for Humanity, GPH, celebrates outstanding contributions to climate action and climate solutions that inspire hope and possibility across the world. The winner(s) get 1M Euro as prize money. Arguably the world's largest agroecology transformation programme, Andhra Pradesh Community-managed Natural Farming (APCNF), working with small producers, particularly women, being implemented by Rythu Sadhikara Samstha, RySS, has won GPH 2024 jointly with Rattan Lal (USA/India), a scientist who pioneered a soil-centric approach to agriculture; and SEKEM (Egypt), in recognition of its Economy of Love Food Systems change work in sustainable agriculture, through the Egyptian Biodynamic

Association – a network enabling farmers to transition to regenerative practices. Vijay Sir, and Nagendramma – Women SHG leader, Champion NF farmer, researcher, trainer, coach – received the GPH Medal on behalf of APCNF-RySS.

APCNF-RySS proposes to use its share of the prize, 0.33M Euro, towards Global Scaling of Natural Farming – exposure, demonstrations; training local champions; seeding best practitioners in their farm villages as community resource persons, for developing local models, champions; developing material, module, toolkits in their contexts; planning, system architecting, taking it viral; and so on.

At MSSRF, Chennai today and joined FOLU consultations on Food Systems Transformation, towards nutrient intense-diverse healthy diets available to all. Conclusions included: expanding scope of policy, engendering, small farmer-farmworkers, local prosumers, nutrient availability to all, repurposing-restructuring subsidies-incentives-support, decent jobs-livelihoods, local governance, engaging samaaj, baazaar, sarkaar et al. Consultations celebrated APCNF representing 'NF in India' receiving GPH 2024. It recognises the immense possibility and future promise. As Soumya spoke, I recollected: Swaminathan sir gave me the degree; Nithya was my senior; and Vijay sir got the MS Swaminathan Award from East Madras Rotary last year in the presence of Soumya Swaminathan.

As Aurobindo confirmed: can we get learners' lens – we can learn everything; we learn best from our peers; we may tell, but we cannot teach anything really? Can we engage and challenge the minds of learners? Academic rigour, structure pushes the learner to get out of the comfort zone, to move into the unknown, unexperienced, and uncharted. Teachers and peers do not let learners flee. It should stretch them to the hilt but let them not break down. After the stretch, with tension, fear going away, the learner moves one big step upwards. Probably the learner may not slip back. Mentor takes the learner forward. A new mentor for a new journey. This calls for learner's agency – willingness, abilities, and spaces. Can we build the agency to exercise these? Then these journeys are joyous. The learners, mentors are consumers, producers, service providers, entrepreneurs, researchers et al.

Can we articulate what (plus where, when, whom...), to be observed, measured? These probably take us to results. Only plans and actions matter. Diligent. Rest would happen. Can we define, measure, do?

Yes, we can. If we coexist, if we co-flow, co-work. In N? suphalayoga for 7L.

120724

### 390. Nature's nudge

By-polls for 13 assembly seats across 7 states: 10 seats went to INDIA bloc.

In the US, Biden is still adamant to continue in the race, despite several hints, warnings to withdraw.

Generally, typical Indian families' expenses on typical wedding costs vary: Rs. 0.03-1 Crore, 3-4 times the annual household income on the wedding. More than the investment on education. Quite a lot of it goes into clothes, jewellery, catering, photography, events and guests. Guesstimates for India suggest weddings account for 10% of Rs.100 lakh Crore retail market; 60% is food and grocery. In contrast, the wedding budget of Anant Ambani and Radhika Merchant may be in the order of Rs.5,000 Crore. 5000 times the

normal elite wedding budget. A mother of all weddings. Richest family of India may afford this easily, I guess. With who's who of India and outside marking their attendance.

Calouste Gulbenkian Foundation, CGF, is the organization behind GPH. Otherwise, it is a grant-maker, using a mix of philanthropic instruments – grants, scholarships, investments, open calls, prizes, convening, advocacy, direct action et al with focus on equity and sustainability. What is more right, to be a philanthropy giving grants for projects, to give leveraging funds for meeting the strategic gaps, to position competent individuals in projects, to give lump sum for the grantee to leverage for deepening, scaling et al, to give corpus so that grantee uses steady income from the corpus, to supplement another philanthropist, to recognize 'potential' through prizes etc., or a hybrid of all this? Maybe size, focus, mandate have some influence on how the philanthropy gets going. It can also be a direct-action entity, an angel investor for initiating, a critical leadership supporter, a technical supporter-handholder-trouble shooter, a cohort builder, a soft social venture capitalist.

APCNF, Rattan Lal and SEKEM have received the GPH 2024 jointly for their substantial contribution to global food security, climate resilience and ecosystem protection. The Jury Chair said: "They have demonstrated in an exemplary fashion how climate resilient and sustainable food systems can be developed and put into practice." CGF President said: "We believe their stories will inspire others to apply similar approaches in other regions and help us build a sustainable future for all." GPH is recognizing these climate actions and solutions as they inspire hope, promise and possibilities, for scaling deep, up. APCNF is the largest agroecology program with a million farmers as on date in the world. World Food Prize winner, Rattan Lal is a world-renowned soil scientist, who highlighted the interconnectedness of soil health to human and planet health. SEKEM and EBDA are enabling regenerative farming, with 10,000 farmers on board as on date, through Economy of Love Standard.

NF, an integral part of Viksit Bharat, should reach majority land by 2047, 85% smallholders by 2039, all their land in the next 5 years. All villages/GPs by 2034. All agro-climatic zones, districts, blocks by 2029. What are all required for this galvanization, mobilization, people's movements? Can our central and state governments dedicate Rs.50,000 Crore in the next 5 years? This is not even 20% of one year's fertilizer subsidy. Can we have 50,000 NF champions for all blocks, sub-blocks in 5 years?

Can we – producers, consumers, service providers et al, get ready, be prepared and nudge our way? Can we get ready to cope with it going viral anytime soon? Can we start walking, warming up?

Yes, we can. If we coexist, if we huddle together, flow. In N? yagnayoga for 7L.

130724

### 391. In crunch times

Trump survives assassination attempt, his chances of becoming POTUS soar again. Some say it is managed.

The European Football championship goes to Spain. Wimbledon titles go to C Alcaraz, B Krejčíková.

Gundrampally-Sunkenpally-Velimitedu. My native habitat. Grandparents had come there from Chanduru via Hyderabad. Portfolio of multiple works was practised in our family. Farming, weaving, tailoring, wage work, petty shop, cloth shop, medical shop, tiny processing enterprise, record keeping, documentation, land survey, community health work, priesthood, advocacy, social work, conflict resolution, politics et al.

Membership/leadership in collectives – weaving, milk, and agriculture. Membership/leadership in women SHG, Federation. Membership/leadership – associations, government on ground committees. Local government. Political hierarchy. My 'livelihoods' exposure, thinking, and grounding happened there. Orientation, knowledge, skills, tools et al. Education is broadly in Gurukulams, beginning in the habitat. Been to school only in class 2, after some tuition till then. Failed, but got promoted to class 3. Topped the class to receive a prize from the father, as chief guest. As I moved from class 3 through class 7, the school started growing at my pace. Recently established Gurukulam – residential school – at Sarvail sent call letters for writing the admission tests to the toppers of the Blocks from all over combined AP. I was topper in the block, but my call letter went into a dustbin in the school. After a few days, the Headmaster, accidentally looking for his papers, noticed the same, and motivated me to go for the test. In the test, I got a good rank, second, I remember, and got admission. Till the results and admission, I needed to spend two months of class 8 in High School at Choutuppall, staying with a muslim family friend. I entered Sarvail Gurukulam in 1976, and later, I moved into APRJC Nagarjuna Sagar, NIT Warangal, IRMA-NDDDB Gurukulams, Tribal Communities, and so on. Each movement has been a blessing. These Gurukulams, teachers therein, peers therein, made all the difference. In laying foundational, conceptual, and philosophical grounding. Thereafter, it is only reinforcements and refinements.

Most, 80%, of us are not in the salaried jobs, but in our krshipradhan, enterprise-dominant self-employed world. Only a few of us are salaried, decent. Many of us go for piece work, wage work. Farm-farmworker families. Farms include livestock, fish et al. Service providers to these families. Including petty shops, vendors. Then, weavers, crafts persons, wood-metal workers, tailors, garment workers, together may be referred to as artisans. There are more artisans, working mostly with hands, minds, souls. Knowledge, memory workers. Artists, performers, technicians, scientists, mathematicians, designers, history keepers, story tellers, record keepers, magicians, so on. Artisans are dwindling; poor; with losing dignity. How do we include them in our development discourse? In creating jobs? In having decent livelihoods, living and wellbeing? Can we augment knowledge, skills, tools, resources? Can we collectivize? Can we reduce drudgery? Can we become enterprises? Can we do something else, can they do something else?

Can we pay forward? Can we let ourselves be liberated, released, enlightened? Can we let us know our truth, and articulate? Can we let our journey flow debt-free, within, without? For the joy within, utterance ineffable.

Yes, we can. If we coexist, if we take all into the flow. In N? prerakyoga for 7L.

140724

### 392. Wandering around

Trump is declared as POTUS candidate by Republicans. Trump announces his mate – JD Vance. Vice President candidate. Usha Chilukuri is the soul force behind him.

Biden may be listening to feedback. Not sure but he remarked – Kamala Harris could be POTUS. If it happens, and if she contests as a candidate from Democrats, and wins, she will be the first woman POTUS. Opinion polls say – she is going to give a tough fight to Trump. By the time of elections, she in fact may make the mark and win.

IRMAN friend Namita is nominated for Best Asian Actress for 'Before Life After Death'. Brilliant student, financial wizard, career banker, arts lover, film producer, writer, director, and professional actor Namita heads 'Nutzaboutme'. Fully transitioned out of banking and finance. She has acted in: 7 theatre productions, 10 feature films, 2 web shows and a few short films. She won Best Actress for 'Oxygen'. She is also known for her performance in 'Lihaaf'.

Reservations in the private sector – one more state seeks to pass a bill for reservations for locals – 75% in non-managerial positions, and 50% in managerial positions. Earlier, Haryana, Jharkhand, and AP have done something similar. AP sought 75% jobs for locals up to monthly salaries of Rs.30,000 and less. The High Court has called it unconstitutional. The same thing happened in Haryana. The ball is now with the Supreme Court. We await its verdict and ruling. Local production, consumption, services, enterprises, employment, and engagement is what we look to advocate for, as a guideline. But, can it be a right, justiciable entitlement? For a company, isn't it good that they hire as many locals as possible, at various levels? Don't we have the same in civil services too? Local again – is it limited to a village, district, state or country? Where does the right to life, freedom start and end? Can't we have freedom to migrate anywhere and work? Don't we have the right, freedom to work anywhere in the world?

Shouldn't we get, our Identity cards – aadhaar, PAN, passport et al at the time of our birth, renewed when we turn 18? We shouldn't require any visa to go anywhere in this world. Why are visa-free regions rare? Maybe one Svalbard. If we are not permitted, for some reason, somewhere, the area, geography should be banning us, case-by-case. Is this entire paraphernalia around this serving any real purpose? In any case, all these systems may not be older than 100 years. We have complicated our lives, I guess. Going against our freedom of movement. For ordinary citizens in this world. Variety of types, ways, of visas to permit, restrict entry, or exit.

Can we become a useful team member? Can we be positive, on time, take notes, connect, converse, but not gossip, help? Can we appreciate that we are unique, but never alone? What we seek, seeks us. Macrocosm and microcosm are in sync. Can we realize that our knowledge sets our limitations? It is the intuition, instinct, and imagination that stretches, takes us forward. Knowledge we acquire on the way to achieve the stretch, leap. Can we see possibilities, and work for them?

Can we see, meet, converse, and experience with communities in situ, changemakers on ground? Can we listen to the pulse, beat, across length and breadth? Across age groups, work groups, geographies, et al? Can we journey in time, distance, being useful on the way, for all these possibilities?

Yes, we can. If we coexist, if flow with coexisters. In N? vrajayoga for 7L.

160724

### 393. Sharpened margins

Moving till 60 and after 60 are two different games. We need to gear up, prepare, and plan more meticulously, in both cases. First – Physically moving, travelling, visiting, connecting, conversing, and so on. Second – Both between jobs, or jobs to self-employment, freelancing, partnering, and to co-owned enterprise. We need team(s). We have agenda, vision – for our time, energy, intensity, focus, portfolio of activities, etc. Thus, we have a

hazy, not so clear, 20–25-year frame. But do we have the agency for it? We want to decrease haziness, increase clarity. We may not reduce the uncertainty. This calls for 'legacy' thinking. I am not sure whether we only look for 'adrenaline' any longer. There are many aspects we ignored earlier in our rush to 'grow', and now they have come face to face. We need to change our ways of work. We may be slow with hands and legs. We may run on the heart, mind, and soul. We may transcend data, information. To knowledge. Aggression to working around. Also, we are not ready to retire. We need to be engaged fully. Probably more usefully. Probably more productively, efficiently, and effectively. If only we see through and get ready for the same.

Each Gurukulam system we are entering into has its own challenges, tests. Gurus would not take us unless we are ready. Even the 60+ Gurukulams, or earlier entering Sagar.

I completed my Class 10 and went home, with no concern about what next. With the false assurance that I will go to Sagar for sure. Then, typhoid took over; did not see the ad for application; did not apply; went to Residential Society Secretary, asking for permission to let me apply, and write the entrance; was denied by saying 'if so interested, come next year'; joined a local college in Hyderabad. Meanwhile, I got a National Talent Search Scholarship, probably for the first time to a Telugu medium student, with National second mark or so. I also participated in the Mathematical Olympiad. Society Secretary returned back; Suo moto went after the system for taking me into Sagar gurukulam, making many exceptions. Sagar, peers, and teachers made a huge difference in my evolution.

How are we getting money, power, authority, control et al? Because we can deploy some knowledge, skills, tools, and resources – time, energy and other, for servicing needs, aspirations of people around us, anywhere in this world? How do we accumulate these differentially? Did we start with a different base(s), compared to most others? If we are not born equal, will our constitution(s), human charters not guarantee this? How come there is a wage differential of more than 100 times the minimum? How can the resources multiply 100 times a year? How can the returns on investment be 100 times the maximum interest a bank is willing to pay? How can someone get 'income' without work and investment? And are these demand-supply markets fair? Are they not manipulated? How can the money be made, authority obtained, control achieved without the due processes? And why do the society, culture, system, and justice system let this happen? And why do most of us keep quiet? When the crunch comes, these equations, flows, and systems – do they matter? Why do we lead some 1000 moon lives – for what ends, with what means, with what legacy to leave behind? Can we do our 'bit' to keep the planet earth, universe for NextGen intact, maybe better?

Can we care to journey, see, meet, converse, experience with marginalized in situ, difference makers on ground, to take their lives and destinies in their hands? Can we be with them, with this?

Yes, we can. If we coexist, if we are communities flowing. In N? upaantayoga for 7L.  
170724

394. Not without us

Chess. Chadarangam, Chaturanga. 8×8, 64 square board game. FIDE tells us that 70% of the adult population has played chess at some point in their lives. 60 Crore people play

chess regularly. I may not be one of them today, I play occasionally – learnt playing from our neighbours, when I was 10. Went on to play for the next 15 years. Was a chess captain in the school. The number of chess games possible can be innumerable – it is said that they are more than the number of atoms in the observable universe.

Are we scaling up, scaling deep, scaling out, or working at scale, being at scale? Maybe we are doing both. The struggles, architectures, systems, and processes may not be the same for these two. Can we build these ‘two’ portfolios differently, but side-by-side? The effort to build these portfolios is often risky. Many a time, the risk is at a personal level. It is also about changing behaviour and mindsets. This kind of effort often may not result in returns in a linear causal manner. Iterative. May appear unproductive. Effectiveness cannot be guesstimated beforehand. No precedents may be available. Trial and error methods have to be set in. Work efforts need to be in dedicated scale teams on one hand, and across the organization, movement on the other hand. Simultaneously.

Farmer facilitates farming on the farm. With support from soil-microbes, sun and plants. Likewise, we are cultivating extraordinary team(s). Can we cultivate our team(s) like farmers? Farmer listens to, understands needs, guides the farm, and crops. Can we do the same in the team? Can we stop blaming the teams for ‘bad results’? Can we support their efforts and journeys? Can we give time to blossom? Can we give a long rope? Can we invest more in getting the team right first, with ability, diversity? Can we nurture them, allowing them to grow? Can we remove toxicity, say bye to toxic members? Can we be prepared and ready for ups and downs?

Can we have our farms, teams telling their stories of struggles, processes, experiences and triumphs? In various forms, media. Many and many of them. Cohorts, live events, interviews, conversations, stories, etc., included.

Nothing about us without us. Can we ensure that we are in for all that matters to us? Participation, decision-making power and agency. Fully. Can we transcend tokenism, symbolism? Transcending informing, taking feedback to be ignored, trashed? Transcending informing rights, responsibilities, options, based on the decisions already taken? Can we consult, take the opinions into ‘decisions’? Better still, can we include us into decision-making roles, but not as rubber stamps, or voted out through dominant other members, in numbers, voice, authority, etc.? Can we transcend offering semblance of power to effective partnership, sharing responsibilities, with power delegation and control over decision-making? Can we communitize fully, really, building their agency – will, willingness; ability, capacity, knowledge, tools, skills, resources, team(s); space, formal space(s), and authority?

Can we care to acknowledge that all of us needed to be included, with no exception; willingness generated; capacities built; spaces created. All of us have rights to ‘possibilities’ with ‘destinies’ in our hands. Can we lead ourselves with hope, faith, promise, and love, to these ends?

Yes, we can. If we coexist, if we include, take coexisters into flowing. In N? sahanaayoga for 7L.

190724

395. Gurus in portfolios

Gurus. Sirashaa namaami. For all the differences, in their own ways, they have made me. We are shunya without them. Starting with mother, father, siblings, friends, teachers, and colleagues. Many Gurus. Some are core, they make us switch gears, perspectives. They transform us. They appear when we are ready, and give that critical deeksha, initiation towards the core purpose of our reason for existence and guide us in their subtle ways. We may not even realize often that we are getting guidance. They come seeking our help but to guide us. We may think we are 'their Gurus'.

Maybe, they challenge us; criticize us; fight us; ignore us; humiliate us; test us; introduce 'resources'; take us into 'chakra vyuhaas'; threaten us; support incognito; incentivise us; take us to possibilities; remove the obstacles; build our 'will', abilities; facilitate our spaces; elevate us and we did not even get a clue. They may ask our 'thumbs'. They may handhold us. They entertain hope, faith, promise, and love, and be with us in their own ways, and they build 'these into us'. Some we choose, and some choose us. A set of Gurus have been working on us to make us realize our possibilities, purposes. And they are making us join the portfolio of letting others realize their possibilities. We have Gurus and we become Gurus. Gurus come in various forms – human beings, old, young, women, men, living beings, alive, and non-life. Beings, doings, actions, words, texts, books, pictures, videos, thoughts, imaginations, dreams, examples, incidents, events, accidents, turn of events, et al. Let us be thankful, grateful. Let us be humble. Let us be kind, generous.

Most worldwide customer surveys conclude: 80% of customers repeat transactions, if we care for them. Most customers want global goods; willing to pay higher prices; if we care for them. They spread the word around. If customers insist on certain produce, products, quality, et al, enterprises, producers may rise up and deliver the same. Can we work on the customers? Can we care for customers' needs?

We are a country of 145 Crore. 110 Crore are in working age – there are large numbers, majority of elders are in the workforce. 62 Crore are in Labour force. Can we appreciate: if we work one hour a week, we are employed; If we work 30 days a year, we are employed; even if we work for free, we are considered employed. With this background, only 3% adults are unemployed. 58% get ration.

As per trends based on above assumptions, it is confirmed, we are an enterprise, self-employed country with 80% workforce therein- 40% are self-employed, and 20% are unpaid helpers. 20% are casual labour. Only 20% are in regular jobs. Decent regular jobs may be 7% in the labour force. For self-employed, monthly earnings – about Rs. 15,000 for men, Rs.6,000 for women. For Regular jobs, monthly earnings are about Rs.20,000. For casual labour, it is Rs.430/day for male, Rs.290/day for female. After 30, people at large do not remain unemployed, picking up any job despite low wages, or not so decent. Interestingly, illiterates are least unemployed; prosperous states have higher unemployment. 50%+ labour force engaged in farm, allied, and related work. 40%+ is in services including construction. Total Government jobs are only 2.5% of the labour force,

i.e. 16/1000 people, as against 77 in the US, 57 in China. Farming. Manufacturing work for self is also considered employment.

Can we care to improve the decent employment status? Self-employment, local enterprises, beyond regular jobs? With decent well-being. Can we nurture support those providing services @1/50 decently employed?

Yes, we can. If we coexist, if we bring coexisters into flowing. In N? krsheevalayoga for 7L. 200724

### 396. Being ready anyway

We await new budgets at the Centre and in the states. With a hope that they deliver promises, meeting support architectural needs of the people at large and marginalized in particular. Will these be landmark budgets – personal, corporate, goods and services, wealth tax reforms, liberalization? Reduced fiscal deficit? Roadmap for Viksit Bharat? Key missions, schemes? % of Social spend?

Heavy rains in several states, but no rains in several other states. Play of Ativrsti and Anavrsti.

Windows, Microsoft outage disrupts aviation. The world is affected badly for a day or two. It is getting back. Incidentally, China is not affected.

Biden quits the presidential race. Kamala Harris is the frontrunner for being nominated as a candidate by the Democrats. We have to wait till August 19-20 for confirmation. She also needs to announce her vice-presidential mate. Trump thinks she is an easy target to win over.

As joyous blessings rain from our Gurus, let us not forget that our innermost is the core driver for us. Gurus make us turn inwards towards our innermost, and the reason for existence, and nudge our Innermost to take charge, be the light, and charioteer our way. Provided we surrender fully, completely. With no doubt whatsoever. To be cared for, caressed, stripped, opened up, freed, sharpened, and put on fire.

We are blessed. So many have prepared and are preparing us, beyond the obvious ones, for our initiation and journey. I tried listing and then I gave up. I need to be forever grateful, and thankful, rather than this listing. Some stand out more prominently than others. Some have worked without our knowing at all. Now we know with hindsight. How wonderful it is. They ensured that we remained on course. They have given their Sakthi to build our agency on our ends and means. They ensured that we remained on the ground. They ensured that we stayed within the ends and means, despite several odds, near impossible situations. They put their lives to keep us alive. They staked their reputation so that our initiation was maintained. They have reposed their hope and faith in us. We need to live the promise and care, as we are charioteered forward in our journey.

Can I forget the one who prepared me and let me enter the first Gurukulam? One who kept on honing and challenging me on mathematics? Ones who made me friends with and love numbers? Ones who made us experiment, read, write books, and be language friendly? Ones who triggered us into social development and stayed there? Ones who prepared me to interact meaningfully with 'all' with ease? In managing myself in private and in public? Ones who demonstrated and rubbed lateral thinking onto us? Ones who took us to local communities, marginalized communities, women, elders, youth, farmers,

weavers, and craftspersons to be with them, to grow with them, to be within them? Ones who tested and taught us Stamina, and self-control? Tough, challenging taskmasters? The ones who reposed and reposed huge faith? Ones who took us to 'nature' in its various hues, colours, and moods? Senior, Junior, Peer colleagues, students? So on and so forth.

Anyways, can we get going? Can we be happy, be kind, do good, and give our best anyway? Can we live with clear discovered, repurposed ends and means, anyway?

Yes, we can. If we coexist, if we flow with coexisting Gurus. In N? antahyoga for 7L.

210724

### 397. Masters at it

Sadgati, Ramakrishna, RK. Outreach, APMAS, Reliance Foundation. A development professional of promise. Suicide, it is unfair. Are we reaching a point where we cannot share our problems with anyone, and therefore succumbing to suicide? Is it mental distress? Is no ventilation mechanism available? Are we stressed out, or is it the pressure of work? Or are we pushing ourselves into demanding jobs, at the expense of our health? Does mediation, and reflection help? Does moving into nature, moving away from cities help? Does our network help?

The Supreme Court ruled against reconducting NEET-UG (for medical admissions). It concluded there were localized leaks and malpractices. However, this can not be construed as a systemic breach of the sanctity of the test. Re-testing would mean a lot of hardship to students, particularly from marginalized and rural communities. The test results would be revised with the corrected option for one physics question.

Nirmala has presented the Budget for 2024-25. This is the seventh in a row for her. The total expenditure proposed is Rs.48.21 lakh crore. The fiscal deficit is estimated at 4.9% of GDP. Highlights include:

One crore farmers transitioned into natural farming in the next 2 years, through Gram Panchayats et al; 10,000 bio-input resource centers for the same; vegetable production-supply clusters.

Digital public infrastructure applications across sectors including agriculture.

Weavers et al have missed out on this Budget.

Purvodaya (for Eastern states, including Bihar, AP et al) and special support to Bihar and Andhra Pradesh. Rs.15,000 Crore loan for AP Capital.

3 Crore houses under PM Awas Yojana.

One-year internship in corporate companies for 1 crore youth in 5 years – 10% of the internship from CSR funds.

Land-related reforms, Labour related reforms.

GST to be rationalized further. TDS simplification, rationalization. Reduced, three-year time frame to re-open and re-assess for smaller escaped incomes; and 6-years for incomes above Rs.50 lakh. Reduced 35% corporate tax on foreign companies.

New tax regime – personal income tax – increase in the standard deduction to Rs.75,000; tax structure revised – Up to Rs.3L – 0%; 3-7L – 5%, 7-10L – 10%; 10-12L – 15%; 12-15L – 20%; more than 15L – 30%.

Can we take one crore farm, and farmworker families into natural farming in 2 years? If resources flow, can we get 5000 masters, 5 lakh best practitioners, 1-2 per GP, hand holding 20 each into NF?

Can we be masters, transcending expertise? Can we move towards mastery, 10,000 hours? Can we transcend certificates, credentials, awards, and prizes? Can we set paths and agendas?

Yes, we can. If we coexist, if we pursue, persist, practice to co-flow. In N? saadhakayoga for 7L.

230724

### 398. Caring sarvendriya

We have to wait till 19th August 2024, to confirm the candidacy of Kamala Harris for POTUS from Democrats. Opinion is building up in her favour.

Nirmala announced transforming 10 Million farmers into natural farming, certifying, branding in her budget speech. The budget allocated is too small for this announcement to become real. Maybe we need to bank on external funds, allocations in the existing schemes themselves, states raising funds, and tapping PM PRANAM. NRLM may launch a KfW project. The World Bank may put in some project. ICAR allocates 20%+ research funds for NF. Will this also be part of Gram Panchayat Development Plans? In any case, can we seed NF in all GPs of the country by deploying 1-2 champion best practitioner NF farmers? Can we build these champions through apprenticeship? Half a million. May mean Rs.5,000 Crore. Hope this would be made available. Hope we go beyond the rhetoric, into hope, faith, promise, love.

Systems change is not always by accidents. We need to drive being mindful, diligent, careful articulation, orchestration and action – idiosyncratic, co-variant and collective. How do we be mindful? Practice. In the present. Attention, Meditation to be aware of ourselves, our bodies, our breath, our sensations, and our emotions. More as an observer, witness. Remembering this attention, then, we can include reflection, contemplation on our actions, words, thoughts. Working, not working deeds, words, and thoughts. What needs to be done, alone, and together. 10 minutes, to 60 minutes a day. Then, we can go into tapasya too. Paying complete attention, in the present, non judgmentally, and keeping this in memory. Adding contemplation, reflection. We can also watch, observe how the body, senses, heart, and mind wander. The critical thing is to take these into memory. Realizing interconnectedness with everything around us, near and far, is also critical. As it is in nature. As we are an integral part of nature. As we are nature ourselves. Being mindful, heartfelt, and soulful is in sync with our natural self, in harmony with nature.

Can we be curious and know what is there, what is happening around? Can we be open? Can we think, feel, emote and articulate if we are in the other's space? Can we experience, accept? Can we be conscious? Can we be compassionate? Can we be kind? Can we become the other and work? Can we behave in tandem accordingly? Can we care? Can we have the courage for this? For knowing our strengths, weaknesses, possibilities, connections, passions, etc. and going after working on them.

Also, let us be aware, sometimes, these practices can have adverse effects. On 10% people, they say.

Can we realize we help others, because we are helping ourselves first? Can we put a team first? Team's teams first? Can we start with small, micro, and atomic steps? To become long-term habits in due course.

For our total well-being, wellness, can we rest, sleep, eat, drink, breathe, and care well? Can we be fit? Can we have control? Stamina? Can we be less anxious, stressed? Can we be an unbiased witness to what is happening around us? Can we listen to said, unsaid, with complete attention? Can we have front-end love? Can we have better inner connect, relationships, and interrelationships? Can we be there for all those who come to us? Can we cope with our physical, emotional, mental, and social situations better?

Yes, we can. If we coexist, if we pursue, persist, and practise wilful co-flow. In N? hrdayayoga for 7L.

240724

### 399. Cycling system changes

Nine Billion Euro, 5000 Medals, 329 events, 32-sport Summer Olympics 2024, Paris 2024, takes off. 24 July – 11 August, with the Opening Ceremony on 26 July. France is third-time host. The Olympic torch relay began on 16 April in Greece, with 10,000 torchbearers in the relay. Opening ceremony, outside a stadium, 80-boat parade. Breaking, breakdance is included for the first time as an optional sport.

Can we care a little more about our diet? Starting with breakfast, as early as possible. Bigger, balanced, and mixed. Local, seasonal, traditional, and raw, as much as possible. Proteins, vitamins, minerals, fibre, whole grains, and healthy unprocessed fats. Water, fresh liquids. Variety matters. Staying away from processed, packaged. A 12-hour night break from eating could be great. Breakfast should be taken without looking for any hunger signals.

Are we taxed more? Are we tax compliant? Are we comfortable in blacking our money, in our own ways? Are we wanting to find ways – illegal, unethical – for not paying taxes? Can we remove the exemptions? Can we include, impose limits to exemptions? Can we be taxed on expenditure, expenses rather than incomes? Can we have universal social investment, expenditure, access to education, health, insurance et al? Can we have pensions for all? Can all families have universal minimum needs defined and met?

The response to social development and community needs of the marginalized is too little, too late. Too much lip service. Too many people want to take credit for the same. Do we really care for the marginalized, planet, and the NextGen? System(s) pretends: I am for you; I am willing to transform. System cheats, has a double tongue. In reality, a little nudge takes 'ages'. Systems appear to be changing to prevent or postpone the 'movement, people's revolution'. Communitizing the system(s), the elements of the system, and building agency of the marginalized for the same is a possibility. Can we do this? Marginalized seem to be further marginalized and pushed to extreme edges. Support organizations are losing relevance, mandates slowly, day-by-day. Systems including cultural, behavioural, are not in sync, not in harmony with nature.

How do we go forward, when intent is expressed? At the highest level. How is the percolation of the same downward? How is the action following the intent? Changes in policies, plans? Teams for taking the intent forward? Budget, adequate budget? Behavioural changes – rewards, Incentives, and sanctions? Can we communitize the systems, can communities take charge of the systems, or can we embed community into the systems? Can we take it upwards, as a movement, scaled, and viralled movement? Can we generate wide-scale demand for change? Can we seek significant ‘portions’ of time, energy, and resources from the cutting-edge system users, system support providers for systems change plans and progress? Can we track? Can we localize, collectivize, and communitize? Can we augment ‘will’, capacity, and space for the same? Can we build agency for negotiating systems change within – behaviour et al, and without – samaaj, bazaar, sarkaar et al?

Can we have global natural amrt movement at local levels? With agency in people, communities. Urgently, with no time to lose. Can we shed the ‘deadwood’? Can we enlist, augment, and empower our champions, our teams, our portfolios, with agency? Can we resolve the tension of the means to ends?

Yes, we can. If we coexist, if we pursue, persist manthan together. In N? nijavikaarayoga for 7L.

260724

#### 400. Charioteering next pushkars

India gets its first shooting medal at the Olympics. Manu Bhaker in 10m air pistol shooting.

John Rockefeller, first billionaire, richest man in the modern world. By his forties. Started The Rockefeller Foundation. His narration – ‘when I began to give back., my body’s chemistry changed dramatically and I recovered’. A person expected to die at 53, survived till 98. Gratitude, payback healed him, made him whole; became fitter; useful to the world, as an instrument, flowing forward – without worries.

Roller-coaster, intense, and impactful five pushkars – three in twentieth century, two in twenty first. Looking forward to the next pushkar or two into amrt kaal.

First pushkar, Sisu: Gundrampally habitat. Getting ready to step out into Gurukulams.

Second pushkar, Bramacharya: Sarvail, Sagar, Warangal, and Anand Gurukulams. Very long stints, together, lasted beyond 12 years. Initiation, exposure to possibilities. Open mind, heart, soul, and will.

Third pushkar, Deeksha: Reinforcement, 10,000 hours in Community, field as Gurukulams. Interacting with, learning from Tribal communities, poor, vulnerable and marginalized communities. Women, farmers, farmworkers, weavers, craftspersons, occupational groups, youth, children, elders. Inclusion, Collectives, Participation, Commons, Livelihoods, Value-chains, Enterprises. In the Government. With the civil society. Community architecture, Social enterprises. Philanthropy, pay forward. Large market intervention for maintaining the price bands to benefit producers and consumers simultaneously. Getting ready to mentor. Visioning, shared visioning, initial mentoring. ‘Livelihoods people’ takes off.

Fourth pushkar, Bhaaratam, Kshetram: Learning-mentoring in the flows of growing livelihoods, self-help. In the evolution, articulation, application of new thinking-practice TRUE 'Livelihoods framework'. 100,000+ Livelihoods support individuals, 10,000+ livelihoods support groups, enterprises, collectives, organizations, networks. Livelihoods – Poverty Reduction – Development, LPRD school(s). LPRD support services. Self-help movement, with women to take their livelihoods, lives, destinies into their hands. Of elders, disabled. In several states, culminating in the launch of Rs.3000 Billion National Rural Livelihoods Mission for 100 Million poor families, starting with women, followed by disabled, elderly. Pay forward efforts, trickling in.

Fifth pushkar, Kshetrasikharam, Voswaprakrti: Doing, learning. Peaked NRLM. NULM came in. Inclusive livelihoods, collectives. Payback, Pay forward efforts increasing. 'livelihoods' today and tomorrow in auto. Yogakshemam with increasing frequency. Continuing work more LPRD school(s), Gurukulams, and their students. Growing mentees. Refining, discovering Coexistential processes, efforts, means, ends. Transited into the forefront of the flows of nature-centric farming, livelihoods, living paradigm, going global at local levels. Program(s), Academy, Local value-chains-enterprises, Forums-platforms, Models-Champions-People-Partners-Resources, National-global scaling, Systems change. Initiating going viral.

Next pushkars now, Saarathyam: Spiritual, let go, agency taking viral. Can we be in global N-LPRD support flows, resources – teams, partners, enterprises, portfolios? Books, conversations, cohorts, classes, journeys on ground, field stations, formations, mentoring, managing, leading? Services?

Yes, we can. If we coexist, practice letting go, taking charge together. In N? navapushkarayoga for 7L.

270724

## 401. Beyond engagement

Dr Bindu Mohanty, 56, Auroville, rested peacefully. Sadgati. Succumbed to Cancer, suffering silently for the last 18 months. Most of us didn't even know about her suffering at all. She has been a founding volunteer of the National Coalition of Natural Farming. She has been a senior coordinator with Revitalizing Rainfed Agriculture Network, RRA Network. A writer, a teacher, and a practitioner of Integral yoga for 30 years, a social development consultant. Equity, Justice worker. She has done her dissertation on Auroville – Spiritual ideals and Social psychology. She wrote: Integral Yoga, Auroville Reflections.

Unemployment, underemployment, not-so-decent, without dignity employment, self-employment, unpaid employment, and engagement are the big concerns now. 3.2% unemployment levels officially is nowhere near the true status if we take decent employment, meaningful, remunerative employment – say 180 days a year, 50% higher than the minimum wage/day, realizing the human potential, meeting the needs of the family et al. At Rs.500/day minimum decent wage, and working 180 days each, the income comes to only Rs.1.8 lakh. This is a mere 20% of the average per family income. Current per capita income, of about Rs.2.2 lakh translates as Rs.8.8 lakh per year/family, assuming 4 persons per family, and 2 are employed. Where is this money? Not in the averages, but in the top 1% families – make more than Rs.54 lakh per capita. Bottom 50% families make less than Rs.25,000 per month, or Rs.3,00,000 per year/family or Rs.75,000 per capita. Isn't this indecent? Therefore, the actual number needing decent employment may be ten times the official figure – 30%+ or double this. In terms of families. Our biggest agenda is

therefore decent employment. Can we achieve this right? Right to life, living, work, livelihood, and freedom? With universal access to education, nutrition, health, security.

Can we do this, for 12 Crore families, in the next 10 years? 1-2 Crore families, or 2-4 Crore individuals, every year? Can we invest Rs. 2 Lakh Crore for this every year? Serious investment architecture. Can we think of ensuring Rs.25,000 per month/family from N-economy in general and natural farming in particular?

Bonus life, surviving after several near 'deaths'; labelled genius very early; exceptional expectations against 'admissions', scholarships; ecosystems of exceptionally caring, nurturing peers, teachers, mentors, and community; willing, resilient, and unorthodox medleys of circles, teams, and choices; unusual opportunities endowed, against wind, flows – burden, blessing or calling? Are we ready, am I ready for the next portfolio of campaigns, kurukshetras? Being truthful, diligent, inclusive, equitable, and fair. Pooling up all our arsenal. Remaining unattached with what happened, what is happening and what will happen. Being happy within, without. Transcending rigidity, form, position et al.

Can we go into sixth, seventh and have all our senses – sight, hearing, smell, taste, touch, sense, feel, gut, intuition, mind, heart, and soul in sync? Can we go into fifth, sixth dimensions beyond space, time, and more? Can we go mastering over arrows, capitals, contexts, and transcending them to losing ourselves in the universe? As instruments of the call, dance, play, beat. In the offing. In the movement, viral. Can we?

Yes, we can. If we coexist, team practice taking charge together. In N? brndaraasayoga for 7L.

280724

## 402. 88s to 8^8

Rains, floods, and landslides. Sadgati to people succumbing to these.

Manu Bhaker gets the second bronze. This time in mixed team (with Sarabjot) 10m air pistol shooting. Manu is the first athlete in Independent India to win two medals in one Olympics.

We break the fast within an hour or two of waking up, after 10-12 hours after the previous meal. Do we eat dinner 3-4 hours before sleep? Just around or after the sunset? Critically, can we maintain consistent timings? We may not plan to skip, except when we are fasting. The last meal is required to last the night, and provide essential nutrients to repair the body overnight, grow et al. It may not be a good idea to wake up hungry, disrupting sleep. The last meal needs to be balanced, healthy. Should include lean proteins, complex carbohydrates, whole grains, healthy fats, nuts, diverse vegetables, fruits, etc. No heavy foods, saturated fats, sugary foods and beverages. Not more than a half of the breakfast or the main meal of the day.

If late night snacking is a must, we may limit ourselves to a small portion of yoghurt, nuts, apple, fresh fruit slices, vegetable slices, and whole grain products. Can we eat only when we are genuinely hungry?

Friends. Good friends, close friends, and best friends. Forever, across life span and beyond. So many of them, so much breadth; so much intensity, intimacy, and depth. Degrees of reciprocated friendship – enduring affection, intimacy, and trust. More than friendly acquaintance, association, and attachment. By choice, to meet our varied but mutual needs, in their own ways. No pretensions; no demands, and obligations. Workable worldviews. Practical support. Agency augmented. Emotional anchor. Friends of many nuances, colours, and dimensions. With shared interests, different ages. Earned in childhood, teenage, youth, adulthood, workplace, activities et al. For an ecosystem of being truly us with guards down, idiosyncrasies, and vulnerabilities. Being safe, secure. Being nurtured, supported. Facilitating unlearning-learning. Making us sensitive, sensible, relevant, and useful. Second-third pushkar friends are likely to last longer. Yet, some fade out, and some others join in, as time progresses. Biological, social, human, spiritual processes, and physical movements cause these snaps, switches. A galaxy of them committed to us, sometime or the other, some way or the other. GCBFs in various guises, raining, pouring amrt, making us better and better, without us realizing it.

What a blessing it was, is, and will be. Our feet are firmly on the ground, because of them. We do not fly 'kites'. When we err, we are guided back. Gently, subtly first. Harshly if required, but with care. We are us, because of them. Happier, more confident. Bettered wellbeing; physical, mental, social health, wellness; life, living. Can we persist with them, can they have the stamina to bear with us, with our idiosyncrasies?

Together, can we be in harmony, with a shared spirit of human solidarity? For the health of all people, all life, alife, non-life, planet, and universe. Can we take the path of friendship, trust for this? Can we work for a safer, more peaceful tomorrow for the NextGen with hope, faith, promise, love, coexistence? Can we be together, act collectively, for ushering 'new' Culture, Civilization of NextGen? Can we be the friends of the universe, today, tomorrow? Can we?

Yes, we can. If we coexist, if we flow in a friendly amrt together. In N? sakhyayoga for 7L. 300724

### 403. Breaking free

Olympics: Third medal, bronze, comes in Men's 50m rifle shooting. Through Swapnil Kusale.

Wayanad's toll increases to 300.

Rest in peace, James Scott! First recipient of the Ester Boserup Prize in Development Research. Scholar impacting several disciplines. His books include: "Weapons of the Weak", "Seeing Like a State", "Art of Not Being Governed", "Against the Grain: A Deep History of the Earliest States".

Crosses, crossroads, possibilities, and vulnerabilities are increasing. How do we resolve them? How are we working on them?

What should we/I be doing in the next pushkars? Essentially as a 7L lifeworker. Life, living, livelihoods, linkages, leading, learning, and loving. With hope, faith, promise, love, and coexistence as core. The next 23-24 years, till 2047, entire amrt kaal. Development Practice-centric Senior Advisor, mentor, coach, thought leader, and facilitator. Consultant. Portfolio social entrepreneur. Practitioner-academic. Serving on boards, chairing some.

Handholding, troubleshooting practitioners in some coalitions, networks, programmes, collectives, enterprises, start-ups, support organizations, governments, donors, philanthropies, bilateral-multilaterals et al. Leading-managing support – visioning, frameworks, architecture, strategy, systems, scaling, design, planning, organization/institutional development, engendered human resources with agency, and tracking. Scoping, studies, assessments, measurements, curriculums, and learning facilitation.

Across India, and outside. Across breadth in – Tribal, rural, urban, emerging – TRUE Livelihoods, Poverty Reduction, Development domain. Of Poor, vulnerable, marginal. Deep. Transcending arrows, capitals, contexts, into identity, solidarity, capacity, rights, wellbeing, and freedom-choices.

‘Livelihoods’ – should we continue? Yoga’kshemam’ – should I persist? Channel, will it work? Journeys, conversations, notes, books, pictures, videos, classes, greened models, cohorts, teams, aashram(s), and gurukulam(s)? Writeshops? Scale deep, scale-up, scale-out, and hybrid portfolios? Resources – people, partners, and paisa? Protocols, processes? Platform(s), Forum(s)? One stop centre(s)?

For participatory N7L movement going viral, without lapsing back. Localized, customized, and communitized. Inclusive, equitable.

Next pushkars are the beginning of the breaking free. Rediscovering, discovering, evolving our portfolio. Around our true purpose, of being useful, to the fullest extent our innate agency permits. Right influences can strengthen, reclaim our agency. On the best possibilities that present before us. Within the realms of stamina of body, mind, heart, soul, resources, and extended teams, we need to soar. Being ‘conditioned, tied’ for 3 decades and more, we might falter a bit for a while. We might have lost track of being, breaking free.

Can we persist to soar, fly high, for sure? Can we get the birds’ views, worms’ views through our inner, outer journeys, conversations? Can we go into higher realms of usefulness, with concrete actions, action plans? Together, in harmony with N? Can we?

Yes, we can. If we coexist, if we flow in practice, warm-up together. In N? saadhanayoga for 7L.

310724

#### 404. Living in sync

Wayanad devastation death toll crosses 300. Awesome response. All corners, all kinds. A foreboding series of climate disasters, events coming. If we do not act now, urgently, in unison, collectively.

Olympics: Manu Bhaker misses her third medal by a whisker.

India-Sri Lanka tie their ODI match.

Anshuman Gaekwad, 71, the great wall prior to Rahul Dravid, succumbs to blood cancer.

Kamala Harris is the official POTUS nominee from Democrats.

The Supreme Court confirms sub-classification of SCs and STs, under Article 14, for reservations can be done. It also added: 'creamy layer' principle may also be applied, for ensuring the benefits reaching truly disadvantaged; limited only to the first generation. A

new reality. There is a need to gather accurate and comprehensive socio-economic data of various subgroups. Can the upcoming census do this? AP and Telangana want to go ahead with sub-classification. Centre may wait and watch. It appears the three-decade movement initiated by Manda Krishna Madiga is bearing fruit.

Like breathing, thirst, and hunger, sleep is biologically hardwired into us. Nobody has to teach us. When we play with these hardwired rhythms intensely, we ruin the body's natural abilities. The duration, quality suffer. More than 50% struggle to get deep, good sleep. Insomnia, sleep issues. Can we avoid sleep delaying, lightening blue light? Can we be on top of stress, anxiety? Can our diets be healthy? Can we have at least 150 minutes of intense exercise, work a week? Can we sleep within 30 minutes of deciding to sleep? Can we sleep at least six hours a day at night? Sleep regulates energy storage; repairs body, mind, heart, and soul; reorganizes memory, learning. We need to allow this to happen.

Sleep deficit affects every part of the body – skin, heart, digestion, cognition, emotions, diabetes, walk et al. Academics, work, productivity, results, living et al may get affected. How do we end this deficit? This becomes more and more important as you start moving from 40 to 50 and beyond. 3-5 cycles of NREM stage 1,2,3 coupled with REM sleep, every day. Ways of us are not the same. Some go early to bed and rise early, some late. Critical is maintaining a rhythm, pattern, and duration. Catching up in the weekend, or some other day may not always work. We may end up waking up feeling tired day-in and day-out. Tiredness catches up leading to microsleep episodes.

We know we cannot go very far without taking up new jobs, assignments, joining new organizations, projects, programmes, and networks, moving to new locations, building new contacts, putting ourselves into new situations, possibilities. But, most of us do not have the will many a time; lack abilities; do not get spaces, support. More critically, 80% of us lack skills, abilities – introducing ourselves; remembering people – names, faces, and links; asking questions – right, relevant, and useful.

Can we try, practice, repeat, and rehearse? Can we do homework, prepare? Can we write it down? Can we map links? Can we be comfortable asking, seeking help? Can we put aside the feeling 'how can I say – 'I do not know; I am not able to figure out'? Can we put aside our egos? Can we be thankful? Can we be in sync with N? in our breath, thirst, hunger, sleep, life, living, livelihood, leading, learning, love?

Yes, we can. If we coexist, pulling up one another in practice, in flow. In N? aalambanayoga for 7L.

020824

## 405. Forward usefully

Olympics: Djokovic gets his first Gold in Tennis.

Are Iran, Israel getting ready for war, any time soon?

Kamala Harris is looking for her running mate – Mark Kelly, Tim Walz, or Josh Shapiro? Meanwhile, Mr Harris admits having an extra-marital affair some time ago. Whatever that means to citizens?

Born between China and Pakistan Wars. In Gundrampally habitat. A product of struggles. Lived, evolved through them. Poverty, Fluorosis, Malnutrition, Gender inequity, Violence, Vulnerabilities, and Marginalization. Initial struggles. No nutrition to grow up better. No school to go to, no ecosystem at home, a drunkard tuition master. Could not go to school initially. Family migrated to a neighbouring village. Joined in Class 2 to fail. Teachers were

not adequate, with one for two classes. We were learning from senior students. No homework, no space for homework at home. Those days, we used to have district/board exams for Class 7 also. The school organized night study, with teachers hanging around. We used to start at home by 0800 hrs, and return home the next day 0630 hrs.

From Gundrampally to Sarvail. Blessed to have moved to Sarvail Gurukulam, serving students of the entire Telangana region. A small token amount was the fee. Teacher-student ratio was 1:5/6. We were exposed to and nurtured into these possibilities. Numbers, science experiments, and encyclopaedias – vignaana sarvasvam, books, literature, poetry, music, yoga, sports, et al. We blossomed towards our potential, curricular, co-curricular, and some extra-curriculars. The friends from here will last a lifetime. A world of unimagined difference. However, during this period, back home, I lost a younger brother, and its impact lasted several years thereafter.

Sarvail to Nagarjunasagar Naivaasya Kalasaala, on the banks of Krishna River. Admitted as a special case, only one in its 50-year life. This period marked the pushkar time for Krishna R. Sagar's teachers, peers who had a knack to challenge us to make us realize our possibilities. To grow, to build perspective(s), to evolve philosophy of living. Arguably the best period of our lives. Brndaavan time. The habitat – Vijaypuri North, Hill Colony, Pylon, Vijaypuri South, Right bank. Mighty, second largest masonry dam on Krishna. Nagarjuna Konda island, with Buddhist Museum, the seat of Acharya Naagaarjuna. Ethipothala falls. Copper dam. Chenchus. Cement factory in the far away town, Macherla. Intense friendships of this time are timeless. Sagar found me from somewhere and took me into it in 'style', maybe to offer the 'best possible time of life'. Here, at that time, the seed of usefulness, pay forward, has been sown. I did not know fully what it meant then. Eternally grateful, for everything. It is getting into its year-long Golden Jubilee Year 50 celebrations in a month's time.

Sagar to Warangal. To Anand via Guntur. To Tribal communities. To get ready to contribute our bit, while unlearning, learning, in the next 30+ years.

Can we be less professional, less calculative, so that we remain wedded to our flows, purposes, lives, and universe? Can we home-in to our local habitats, as soon as possible, so that we are in and servicing our ecosystems of mutual dependence, emotions, in sync with N? Can we resist the temptations of being away often, long times?

Yes, we can. If we coexist, pushing-pulling up in practice, in flow. In N? Aavaranyoga for 7L.

030824

#### 406. Influencing dozens

The People and Army are taking over the Bangladesh Government. We have to wait, see what unfolds.

The seeds sown in Sagar started making sense in National Institute of Technology, Warangal. Called Regional Engineering College then. First REC of the country. We were the first batch which moved from admissions based on Intermediate Merit to Entrance. No seat although I got a state rank. Could not take IIT for not getting in IITs nearby, in branches I like. Family, local friends, after Class 10, tried and failed to force me into polytechnic. In EAMCET, I got a rank card with a disappointing rank of 4 digits. On getting checked up, the authorities confirmed that I actually got the second mark, and rank 15. I

could get any college and any branch. Now, the pressure was on going to Osmania. But, I was adamant on a campus with Indian microcosm, and chose NIT, and Electronics and Communications. Intense ragging of the time troubled us a lot. I could not bear it, and I went back home. After more than a month, I joined back with 'appropriate protection' from ragging. Incidentally, second year, I was in the anti-ragging committee, to ensure no such sufferings to anyone.

We moved from 4-member rooms in the first year, to 3-member and single rooms in the final year. Quickly learning English. Reading, writing, comprehending, discussions, conversations, and seminars. Fiction to nonfiction. Beyond Engineering, Technology, Society. Book a day fiction to Book a week non-fiction. Academics were in auto-mode, top rank was guaranteed. Co-curricular, extra-curricular took centre stage, extrovert in me taking charge. Responsibilities in Associations, anchoring local, national events. Fully active 16-24 hours a day. Activities, events, interactions, engagement, entertainment.

Most of us came from Boys' schools and colleges to NIT. NIT is co-ed now. It was co-ed then too, but only 1-2% were women. These wonderful women have taught us how to behave rightly.

Biggest influence(s) was by our small teams across batches. Including dirty dozen, double dozen. Kept us on course, competitive, top of the table always, while being socially active, useful, relevant.

Our campus was a fort with police entering only with the permission of the Principal. Warangal was the founding centre of the people's war group; a few NIT students and alumni were part of it. Rose in its ranks. Its influence on the NIT ecosystem was very high. NIT students at large were sensitized towards being socially relevant, useful. Inclusion, equity, participation, collectivization, organization (poor, vulnerable and marginalized in lead) were introduced. Inculcated in many.

By the time I completed engineering, it became clear the technology domain would not suffer with my absence. I could be more relevant and useful in other sectors. Direction of life was set. Through unimagined churnings spanning more than four years. Further explored – met IITians in IITs, doctors, writers, civil society, rural-tribal communities etc. Heard friends intensely – gentle persuasions, deep reprimands, blanket supports, co-journeys. Reflected, delved deep. Three possibilities – journalist; social worker; development management worker. Aptitude, competencies auto-chose the latter. Questions before me included – How would I transform into this? Should I join an entity right away, or get a license, some practice a priori? Of values, non-negotiables, tools, skills, core practices.

Can we live like this? Can we last in this till the end? Can we persist with true lifework, next pushkars?

Yes, we can. If we coexist, if the '12' join hands in practice, in flow. In N? sahakarmayoga for 7L.

040824

#### 407. Being in the flow together

Olympics. Vinesh Phogat became the first Indian woman to enter the wrestling finals. In the 50 Kg category, on her way here, she beat reigning champion, Yui Susaki of Japan. In Hockey, India lost to Germany in the semifinals. Is bronze possible? Will Neeraj Chopra get the Gold in Javelin?

Bangladesh. Sheikh Hasina, after 15 years of being prime minister, demitted office, with bloodshed, young people's anger, lakhs of people on the streets, military pressure. Immediately, she left Bangladesh. Her father, Mujibur Rehman led a call for independence

in 1971. On getting independence, in due course he was killed. She waited several years, before coming back to Bangladesh, and becoming prime minister in 2009. Gradually, people's unhappiness grew. It reached its limit when the Government wanted to have some 30% reservations for the freedom fighters' children and grandchildren even now, after 50 years. Hasina, like any other 'ruler', would have liked to persist, and use forces to contain the protests. Forces gave up at one stage, as the death count was rising. People violated curfew, and numbers were swelling on the streets. Her sister spoke to her, and this did not help. Her son in the US could convince her to resign and pack up, as it was not safe. She got 45 minutes to pack up. She could not get time to record a speech to the nation. She went to the President and resigned formally.

President Mohammed Shahabuddin, together with Army Chief, General Waqat-uz-Zaman, has formed the interim government, to be led by Nobel laureate Muhammad Yunus, 'banker to the poor'. As per the suggestion by the protesting students. Awami League has not been invited for these discussions. Meanwhile, BNP chairperson Khaleda Zia has been released from prison. Her son, Tarique, may return to Bangladesh soon. Will students take charge of governance and national politics, beyond this Bangla Spring? We need to see and appreciate the currents, undercurrents, plots, and counterplots in progression.

Hope all this works for the well-being, prosperity and future of Bangla and its people at large. Hope all my students in Bangla are safe participating in the journey for Bangla's well-being in their own way.

Kamala Harris has named her running mate – Tim Waltz. Currently, Minnesota Governor. Will this help take more rural voters with her? Will she make it to White House?

Handlooms-Chenetha. 2+ Crore families, with ancestry and/or practice. 20% engaged full-time now.

Gratitude. Are we in touch with all people who matter to us physically, mentally, socially, emotionally, intellectually et al? Can we keep in touch, with at least a minimum few? Can we try and not forget them? As we gain new connections, networks, groups, and individuals, do the old have to give way for these, as first in first out? Can we let them not die down slowly? Can we meet once a year at least in person? Can we remain connected on social media? Can we remain in touch electronically?

For this, can we give our thoughts, words, deeds, time, and energy as often as possible, maybe once a day, week, or month, in general, and when occasion calls for in particular? Can we rise and stand with each other when the need arises, without any doubt whatsoever? Can we manage a journal of gratitude? Can we plan and meet all those who matter before it is too late? Can we persist with this?

Yes, we can. If we coexist, if we home in, in flow. In N? sahadamanayoga for 7L.

060824

#### 408. Natural reliance

Olympics. Vinesh Phogat is disqualified with 100-gram excess weight. No medal?

India-Sri Lanka ODI. India lost the series, 0-2, with one match ending in a tie. India was nowhere near giving a good fight, against spin.

Muhammad Yunus is expected to return to Bangladesh from Paris tomorrow and take oath as the interim head of government. 15 advisers support him.

Handlooms. Chenetha. Weaving by hand. Weaving longitudinal warp and lateral weft. Threads into fabric, cloth. On a loom – pit, frame loom. Holding warp. Shuttle weaving the weft. Through three actions – shedding, picking, and beating-up. Handloom work is done in a family, man and woman together. Mostly man weaves. Woman gives the weft spindles. Warping, sizing, mounting warp on the loom, colouring, designing the pattern, and transferring the patterns on to warp and weft, taking the fabric to market et al is shared. Some 2 Crore families are involved in handloom weaving, hand weaving, handicrafts, etc. Families with weaving occupation may be more than this, spread all over India, South Asia and outside. Today, full-time hand weaving families may not be more than half a crore across the country. We have moved on from earlier local, self-reliant processes – spinning on a charkha to get the yarn, weaving it into cloth, using the cloth directly and/or stitching it into garments. Cotton, silk, muslin, wool and hybrids included. Motifs, tie and dye, and kalankari included.

First, we lost spinning livelihoods, increasing dependence on machine yarn. Middlemen took charge and weavers lost independence. Weavers started becoming weaving wage workers. Power loom fabrics made handloom fabrics less competitive. Mahatma Gandhi's inspiration has made some revival. Including Khadi promotion. The non-handloom fabric, vis-à-vis other fabrics became attractive and cost-effective. Handloom weavers are declining day-by-day. The existing weavers are becoming poorer. Except for the skilled weavers with ability to create new designs frequently. Chemical free, natural, eco fabrics are coming. Designer fabrics are coming. Thus, some weaves like Kanchi, Pochampally, Gadwal, Uppada, Venkatagiri, Dharmavaram, Burgad, Sambalpuri, Paithani, Maheswar etc., have survived and they meet the needs of the middle- and higher-class families. Here, lead weavers, master weavers get decent incomes. Other weavers' incomes are less than the minimum wages considering man and woman work. And they often get work for not more than 200 days.

Hand-wovens, handicrafts are timeless. There are masters. Artists. Designers. Picassos, Da Vincis. Producing master pieces. Custom-producing when required. Need to be appreciated and rewarded. More importantly, the existing weavers should enjoy their art, craft and receive remunerative compensation. The common person should be yearning to have them and should be having them.

Together, farm families, farmworker families, weaver families, and related activity families constitute 90%+ families in villages. Can we see them being self-reliant at the local level? Can we have their dignity fully restored? Can we have their living decent? Can we have their education, health, mobility, information, communication, and entertainment needs cared for? Can we have local systems for these, local value chains, enterprises? Can we have more of us with them?

Yes, we can. If we coexist, if we move, spread out, in flow. In N? aatmikayoga for 7L. 070824

#### 409. Bettering ourselves

Rest in peace, Budhadeb Bhattacharjee, 80. Chief Minister of West Bengal for 11 years.

Olympics. Bronze in Hockey. Sreejesh bids farewell. Neeraj Chopra gets Silver in Javelin. Aman Sehrawat gets Bronze in Wrestling. Vinesh Phogat calls it a day. The Court of Arbitration for Sports would decide whether she would get a medal or not. In 3-4 days.

Bangladesh. Prof Muhammad Yunus, Nobel peace laureate, took oath as Chief Adviser, head of interim government. There are 16 more advisers. 13 took oath. 3 more may join in soon. These include: Salesh Uddin Ahmed, earlier Governor, Academic, Civil servant; Asif Nazrul, Professor, writer, rights activist; Adilur Rahman Khan, lawyer, Human Rights; AF Hasn Arif, senior advocate; Tauhid Hossain, former foreign secretary; Syeda Rizwana Hasan, environmentalist, lawyer, Ramon Magsasay awardee; Md Nahid Islam, student leader; Asif Mahmud Shojib Bhuiyan, student leader; Brig Gen (retired) M Sakhawat Hossain, former Election Commissioner, Military administration; Supradip Chakma, former ambassador, external affairs; Farida Akhtar, socio-economic policy researcher, women empowerment; Bidhan Ranjan Roy, mental health; Khalid Hasan, islamic scholar; Noorjahan Begum, associate of Yunus in Grameen Bank; Sharmin Murshid, non-profit and social initiatives; Farooq-e-zam Vir Prateek, celebrated liberation war commander, independence movement worker. Portfolios for the advisers and chief adviser have been made and announced.

Hope this interim government and these advisers take back Bangla soon to its journey of democracy, governance, well-being, and prosperity.

‘Tribal communities’ were an important Gurukulam for me. 1000 days and nights. Being completely amidst them, 24×7, under their watchful eyes, their life, living, livelihood processes can have only one lasting influence, of becoming a better human being. Grateful to them forever, for this blessing.

Tribal Communities, Indigenous People. Adivasis. Scheduled Tribes. Janjati. 730 STs notified with 12 Crore people in India, 9% today. With their own languages, dialects. 30 lakh of them are in 75 Particularly Vulnerable Tribal Groups, PVTGs. India has the second largest tribal population in the world. Mizoram, Lakshadweep have nearly 100%. Punjab and Haryana have near zero. Most of the tribal communities, 75%, are in the tribal belt from Gujarat to West Bengal. Second largest ST concentration is in the Northeast. Tribal communities and their habitations may be endowed with natural resources, rich cultural heritage, legacy, etc. On the other hand, their socio-economic condition is the weakest, lagging behind the mainstream in terms of literacy (including literacy of women), health, life expectancy, per capita income, wealth, etc. The ‘original inhabitants’ have been pushed deep into interiors. Their resources have been taken over, or devalued. Their local self-sufficiency and self-reliance is undermined. Their governance structures have been tampered with. Safeguards have not been honoured, or lip serviced. Their natural sustainable methods have been undermined.

These communities have wisdom, stamina within them. In spirit, they are ahead of us. In material, can they transcend us? Can they have agency, choices, take charge of their destinies? Can the mainstream pay forward? Can we? Can we have more of us with them?

Yes, we can. If we coexist, if we coexist with the spirited, in flow. In N? janaatmikayoga for 7L.

090824

410. Next, all set

Olympics. India overall: 1 Silver, 5 Bronze. We await ruling on Vinesh Phogat. Abhinav Bindra, India's first individual Olympic Gold medalist, is awarded the Olympic Order.

Kamala Harris is gaining an edge. Trump talks 'below the belt'. Can US voters endorse this?

Sadgati, Natwar Singh, 95. Foreign Service Civil servant turned External Affairs Minister.

Bangladesh. Turmoil persists. Protests are forcing resignations – Chief Justice, Central Bank Governor, Dhaka University Vice-Chancellor.... Hindus are protesting for protection and justice.

It appears we have moved from Galileo to Copernicus in Natural Farming science. The agenda has moved to applying, deploying the same, scaling it, and quickly. Earth's soil is meant to be covered with green – multi-layered multi-crop – cover 24×7. As much longer as possible. Photosynthesis – plants convert sunlight, water and carbon et al into 'food'. Soil-food web. Soil microbes make the nutrients bioavailable. Microbes do the job but most (more than 99%) microbes are not characterized yet. Microbes are fed by plants' photosynthetic food. Root exudates. Fungal hyphae can go longer, as long as 25,000 km. Fungal hyphae, root exudates and bacteria glue together the soil particles, making it porous and permeable. This lets water absorption and augments, multiplies water holding capacity. This reduces water evaporation through plants. This also lets harvesting elements and items from atmosphere into soil. These include carbon, nitrogen, and probably water. Stomata, trichomes of leaves turn hygrosopic, for example, for this purpose. All plants fix nitrogen, not just the leguminous plants. Inputs are not really inputs, they are inoculants, catalysts, stimulants, and switchers of microbial activity. Nutrient absorption by plants is complex and microbe mediated.

This appreciation leads to confirm the universal principle of natural farming: 365-day soil cover; multi-layered, diverse, multiple crops; dry-wet-live mulch – live crops; minimal tillage; indigenous seeds; trees, animals; bio-stimulants; agronomical, botanical plant-pest management; and no chemicals. This also seeks sowing not waiting for monsoon rains, relay sowing. An acre can meet a family's needs.

NF tends to make crops perennial. Labour intensity hump is initial, and tapers down with time. NF reduces costs, does not compromise yields, increases returns; increases cropping intensity, land equivalent ratios; shows crop, pest, drought, flood, cyclone, and climate resilience; increases biodiversity; nutrient intensity, diversity in food; improves crop, and soil health; local temperatures decrease – NF, on scale, is a cost-effective quick solution to cooling the planet.

Discoveries are going on, with no final word yet. This body of science is growing. Hybrid science, modern with traditional. Evolving with increased and sensitive power of observations, interpretations of evidences. With faith in nature, mother earth, and the universe. Can we take it to more and more people, quicker and quicker? Non-negotiables, protocols, models, examples on mini-scale, and results.

NF Scaling, we are set to go, it appears. NF by default by 2040. India 2029: 3 Crore families, 1 Crore ha. AP 2029: 40 lakh families, 20 lakh ha.; Unfallowing; jobs, enterprises, local value-chains; communities taking charge; academy-university; champions across;

extension within. Can we embed team(s), partner(s), culture(s), campaigns, models-tools, champion(s), fora for this? NSOs? 5WH?

Yes, we can. If we coexist, if we teamlive in flow. In N? praktibrndayaanayoga for 7L. and

## 411. Stepping into Anand

17-day Paris Olympics 2024. The US is in the top slot with 126 medals, followed by China with 91. India is at 71, with 6 medals. The US and China got 40 Golds each. Next is the Los Angeles Olympics 2028.

Bangladesh. Some want to cross over to India. Hope the restored situation convinces them to stay back. Hope rumours about St. Martin alias coconut alias cinnamon island are not true.

Finding Anand Gurukulam, my next university, was not easy. Debated, weighed the three possibilities – journalism, social work, and development management. Joined an engineering college as an electronics and communications teacher, to teach Computers and Social among other things. Apart from teaching, the time and energy available was used to deeply explore these possibilities. Thankful for the offers that came, including ISRO-SHAR, Bhadrachalam Paper Board, National Productivity Council, Indian Express et al. Saw work in defence, appropriate technology in IITs, health-medicine, writers, communities, civil society, rural enterprises et al. From all this, coupled with deep reflection, long hours and delving deep, the third possibility became the obvious possibility. My exploration confirmed I needed a licence, lest I could be stuck and less useful. Weighed TISS and IRMA. IRMA was more suited given my competencies, aptitude. Why not IIMA? Wasn't sure of not getting tempted out. IAS? Not sure of remaining focused on development management, leadership fully. Journalism? I needed action influence, rather than pointing possibilities.

IRMA, a part of Anand Gurukulam, with Dr Verghese Kurien as its Chief Praachary, had taken me in reluctantly. Application, Admission Test, and Interview at Amul, Hyderabad. The panel was not sure whether I could hang on. Offer was made. I had to tell my father that I may not give money at home for a couple of years. I had to ask him to sign as guarantor for the Bank of Baroda loan, if I defaulted and I did not stay in the sector for the mandated three years after passing out of IRMA. By this time, highly troubled and frustrated with extroversion, I started practising introversion. I could read a book a day. It is an 8-term course, with 5 classroom segments with 3 other segments – 1 fieldwork; 2 management traineeship. CFCCMCMC. I did well in academics. Village stay, stay with a civil society organization, long-time with tribal communities, doing national, rural opinion surveys of problems and prospects, and staying in the dairy prepared us well for the future. Developing management information systems, coding, and implementing; going on milk supply routes at 0330 hrs onwards, to rationalize them; alone, and in teams, gave us the arsenal. In-house tuitions, class preparations, class participations, homeworks, individual-group assignments, volunteer tasks, getting A++ so that + can be taken to next term, editing terra firma – magazine et al ensured we were ready for development management, leadership work fully. Prof MS Swaminathan gave us diplomas.

I joined the Market Intervention core team led by Dr K himself, much before convocation, not opting for three other offers, to be at grassroots, and working with weavers; to be in modelling at the level of Harvard; to be with energy, science and technology. Anand Gurukulam includes Dairy Board, Amul, their sister organizations and the ecosystem. I spent some 2+3+2 years in this, with life-long teacher friends, peers as teachers. Anand

took me to bird's views-worm's views. macro-micro. Lateral. Integration. Can we practise these and be useful? Can we be relevant? Can we visualize, realize possibilities?

Yes, we can. If we coexist, if we come together to flow. In N? samaikyayoga for 7L.

110824

412. 30,000+ hrs In Anand

Bangladesh. Yunus says: all citizens have equal rights. All Bangladeshis, and no discrimination.

We need 'agency' to succeed. We need to collectivize to have 'agency' – will, abilities, space. For women, competencies are within. Will comes from innate commitment for doing right things, rightly, reinforced by 'nurturing' DNA, unusually high resilience, stamina. Easily triggerable. Tough nut is 'space'. This needs to be seized, again and again. Performance – role models, champions – helps. Doing more, better, differently, women take charge, steer us through livelihoods, enterprises, collectives, organizations, teams, lives, destinies. Can we offer relevant useful support, more, for this?

In Anand Gurukulam, it was an engagement 24×7. In 19 months at IRMA, we invested the first intense 10,000 hrs. Second 10,000+ hrs with Dr Kurien, Dr Aneja, Tushar and their senior first line of masters in Dairy Board, and IRMA on the non-student side, over the next 36 months. Returned later to invest a third 10,000+ hrs. In commons' world and IRMA. Many masters, many blessings, many insights, and many astras. Robert Chambers, Tom Carter, Ramareddy, Sasi et al. Initiated into multiple-team works, nested, tiered collectives, leading, integrating, scaling, systems, lateral thinking, policy, et al; living values – hope, faith, promise, love, and coexistence. K nurtured us to be brief, direct. A4 decisions. Trying more democracy, if democracy fails. Equity at any cost.

Operation Flood (milk), Goldenflow (oilseeds). Monetizing commodity aid – canola, rapeseed oil – for investing in collectives. Market intervention operation, maintaining the prices of edible oils – groundnut and mustard – so that the prices remain within the price bands. Building infrastructure for cooperatives at village society, union, federation levels, and at national levels; cleaning up trading practices in oils, oilseeds including no.2 purchases, sales; value-chains; supply-chain(s) from procuring from the farm till the processing, packaging, retailing; moving to retail from loose oils; moving from weight sales to volume sales; Bhavnagar vegetable oil products processes – systems study; DHARA brand oils; reforming futures and forward markets; managing information, market intelligence helped MIO. A mere Rs.500 crore loss as investment in MIO gave a Rs.10,000+ Crore benefit to farmers and consumers across India.

Operations with Advocacy: Writing, Press; 'influence' notes; Hindustan Oilseeds Growers' Association, HOGA; Shetkari Sanghatana's Sharad Joshi; Cooperative Initiative Panel – K with Mohan Dharia and LC Jain; Brains Trust feeding Planning Commission; National Oilseeds Policy Analysis; ISRO, Remote Sensing based modelling with 46 parameters – National Oilseeds Kharif, Rabi Estimates within 1% error; eating peanuts, visiting mustard fields, every km, ground truthing, seeing India deeply across length and breadth. Teaching managing information et al. Participating in admissions.

K's remark one day 'no one was saying' triggered that we were not ready and not matured enough for third-fourth level vicarious satisfaction. We wanted to go to the cutting edge. Around this time, my roommate TS Rajan succumbed to an accident across the road. We

needed a break. Marriage was finalized too. We moved to the next Gurukulam – Tribal Communities, to invest the next 10,000+ hrs. Immediately after this, I had to move back to Anand Gurukulam, into Commons' world, and invest a third 10,000+ hrs. For visualizing, realizing possibilities. Can we? Useful, relevant? Scale, systems?

Yes, we can. If we coexist, if we are in sync in flowing. In N? samnidhiyoga for 7L.

130824

## 413. Amrt ahead

Sreejesh, the hero, retires. No.16 Jersey also retires. He will become the coach of the Junior Hockey Team.

Aurobindo, 150. Swami Dayanand Saraswati, 150. Meerabai's spiritual life, 525.

77 years of Indian Independence, India's tryst with destiny. Swatantra Bhaarat. Viswaswatantra. Happy Seventyeighth swaatantryadinotsvam. Of India. Into Bhaarat amrt kaal. Gandhi's message then in 1947 is still relevant today. We, the leaders, in-charges of amrt kaal – let us strive ceaselessly for amrt. For all of us. With humility, forbearance. Without 'power' corrupting us. Without being entrapped in its aahaaryams and paraphernalia. Can we have the right, power to will, speak, act, practice, change? Within the bounds of rights and freedom of others. Can we be free from domination? Can we be liberated? Can we have liberty? Take liberties? Can we all be independent, to fully govern ourselves? Including Poor, vulnerable, marginalized amongst us. Women, men, groups, communities, geographies.

Can we include it? Can we ensure social-gender-climate justice, equity, equality, social democracy beyond political democracy? Can we coexist, in physical, virtual, emotional spaces? With harmony in diversity, plurality. Can we live in harmony with nature? Can we live decently, dignified, as trustees of NextGen? Can we pursue, update, practice our knowledge, skills, tools, and resources for this? Physical, mental, emotional, social, cultural, ecological, spiritual. Can we leap, blossom, be viksit?

Viksit Bharat for Amrt kaal. Plan is being developed, to be unveiled on 2 October. 30 Trillion USD Economy, Sarvodaya, antyodaya? Democracy to the cutting-edge levels? Demographic dividends, decent livelihoods? Augmented, hybrid intelligence, inclusive? Gurukulams for all? Gurukulams for the most promising? Universal holistic nutrition, health, primary medicare? Yoga? Collectives with each one of us as a member in at least two collectives? Billion local enterprises, with women and men? Uniform Civil Code? Decentralized, increased devolution to governance level where it matters the most, with highest accountability – community collectives, local governments, states? Subsidies repurposed, to increase options, choices, alternatives in the hands of the people?

Can we pursue the highest joy, income per capita country? With near zero poverty, unemployment. With better than the decent producer, consumer – human, soil, climate health. Can we take the world along? Viswaguru. With absolute humility. It is us, not me, everywhere. All of us raising upto and playing our planned, set, assigned, predestined roles. To the tee, and top class, grade A+. We emerged as champions, role models, and mentors. We vision, live, learn, link, lead, work towards it.

Each one of us. Can we have a plan, routine for this?

Can we finalize the India 100 plan very quickly? Can we have 12 teams up for being and working together in N? Can we discuss with people, partners, angels et al, who would be in this? Very quickly. Can we vision its portfolio? Activities, teams, enterprises, entities? Can we invest, put in equity soon?

Should I, can I progress with Yogakshemam daily, 5 a week, 5/7? Can I have a yogakshemam note, video clip, picture portfolio, conversation, class a week? Can we invest 25 hrs a week in unlearning-learning, journeying on ground, being with people, a cohort?

Yes, we can. If we coexist, if we prepare, swim, fly, run-walk in the flow. In N? kartavyayoga for 7L.

140824

#### 414. Be together more

Sarvajan hitaay, sarvajan sukhaay. Sab ka saath, sab ka vikaas. Nation first. Viksit Bharath. Aatma nirbharata. Amrt kaal. Uniform code(s), universal access to resources, entitlements, with unity in diversity. Liberty, equity, fraternity. Inclusive democracy and equitable justice. The dominant theme of the pradhaan sevak from the ramparts of Red Fort on 15 August. Speaking for and on behalf of 140 Crore Indian family members. From the point of view of transition from the previous 1000 years of 'being ruled' to the next 1000 years of developed self-ruled, Swarnim Viksit Bharat. Ease of living for all citizens. Third largest economy of the world soon.

Natural farming forward, to increase the nutrition intensity, diversity, sufficiency – amrt aahaar. National nutrition mission. 10 Crore women in self-help groups. One crore lakhpati didis. 26-week maternity leave. 60,000 amrt sarovars. Optical fibre network everywhere. Affordable healthcare to all. Swasth Bharat. Universal vaccination(s). More medical seats. Inclusive and accessible Sugamya Bharat. Net zero carbon railway. More renewable energy. Electricity to every house. Road connectivity to every village. Jal Jeevan. Houses to all. Inclusion of neglected regions, marginalized communities, vulnerable groups. Nai taalim, new education – global education in India. More Nalandas. More education in mother tongue. National research foundation with Rs. one lakh crore fund. Skilling India, India's youth. Drawing youth into the political system. 2036 Olympics in India?

Hope he delivers significant half of these, in the next 3-5 years. Hope governments live up to the tone and tenor of the articulation at Red Fort. Hope governments speak the truth to their masters, the people. Always. Hope the governments remain truly more sensitive to poor, vulnerable, marginalized truly, beyond lip, casual service. Hope our journey forward on amrt kaal is joyous, blissful.

Elections notified for Jammu and Kashmir, Haryana in August, September 2024. Results on 4 October. Maharashtra has to wait.

Can we get together more often? With our teams, families, children, elders. Can it be once a week? At least once a month? Some 6 hours together. Intense, power hours. Can we generate events, occasions, nuanced needs for the same?

Can we inspire our people to exceed expectations? Can we empower and delegate? Can we offer shared vision with autonomy in ways forward to realize the same? Can we set standards, norms, code, benchmarks? Can we be participative, inclusive, democratic? Can we develop our teams, ourselves? Can we serve and lead hand-in-hand, without being 'labelled'? Can we drive vision, change, innovation? Can we be flexible, adjust our styles suiting to our situations? Directing, coaching, supporting, delegating? Can we let our teams talk, mostly, say 99%? Existing potential. Can we let them take time and tell their

story? Explain their significant ladders, snakes? Detail how they worked with/around them? Can we use asymmetric information management methods, find 'truth', 'true' work, true champions, truly exceptionally abled?

Can we invest our time, energy, experience, insights, knowledge, skills, tools, resources in our people? People, cohorts, schools. Can we move into their world, a quarter of our time, if not more?

Yes, we can. If we coexist, if we play, sing, dance to the tune of the flow. In N? nivesayoga for 7L.

160824

## 415. Being being

70th National Film Awards: Aattam, Kantara, Ayena, Kutch Express (films); Rishab Shetty (actor, Kantara); Nithya Menen (actress, Tiruchitrabalam); Manasi Parekh (actress, Kutch Express); Sooraj Barjatya (director, Uunchai); Neena Gupta (supporting actress, Uunchai); Pawan Malhotra (supporting actor, Fouja); AR Rahman (music direction, background score).

It appears, in hindsight, I took a break from Anand Gurukulam, for a special 10,000+ hrs in Tribal Communities. After the break, I returned to complete investing my third 10,000+ hrs. In the commons' world and IRMA. I was already initiated into 7R – read, write (read: language(s), speed reading, comprehension, crosswords, literature, fiction to nonfiction, literature, documenting, reporting, debates, communication, articulation), arithmetic (read: science, technology, engineering, mathematics, ICT), reflect (include: observe with all senses, meditate, analyse, connect dots), unlearn (learning lessons), practice, pursue. Tribal communities reinforced living values – hope, faith, promise, love, coexistence. Being with them makes us 'be' beings rather than 'have' beings.

Joined in National Tree Growers' Cooperative Federation, NTGCF. For this, the Dairy board made a special exception to take back someone who left earlier. I stayed in IRMA. This time with my family. I could devote time as visiting faculty too – managing information, participatory processes, HR and OD.

Inducted into NTGCF fully with immersion in all the project locations across the country, including Himalayas, for developing, building shared vision. A 'decade of learning' of NTGCF, funded by the Dairy board, SIDA, and CIDA, was drawn. Commodity aid was monetized with Dairy board support. Neem biocide plant came into being. Its business plan was co-developed. Management information system, MIS, became robust. Geographic Information System, GIS lab was established. The National Resource Accounting System, NRAS, was advocated. Participatory practices, tools, skills were honed, and taken to the field. Human resources and organization development was also taken up with IRMA, Dairy board partnership. A 6-12 month learning programme to induct new young professionals into field-centric development practice, in the commons' domain, was tested with 2-3 cohorts.

The scope of NTGCF's work was transcending revenue land collectives. Gramya Jungles, Van Panchayats, grazing lands, watersheds, wastelands, landscapes. Meeting various needs of communities, in addition to, or otherwise, meeting the needs of poor, vulnerable, marginalized communities. The need for focus on ecologically fragile and marginalized zones was felt acutely. NTGCF was computerized, including remote systems hooked in.

Project information was digitized. The debate on self-reliant sustained commons versus the embedded commons in the larger landscapes was intensifying. a 2-year long bottom-up shared visioning exercise was concluded, with facilitation support of a team led by legendary Udai Pareek. It paved the way for founding the Foundation for Ecological Security. NTGCF would remain a national federation of commons' collectives.

On completing the third 10,000+ hrs, calling of the next 2-3 pushkars was knocking at Hyderabad. After preparing intensely for 3 pushkars. Not clear at that time. Maybe, for visualizing, realizing useful possibilities. People, Partners, Processes, Architecture, Frames, Resources, Systems on 'scale'. In Livelihoods, Poverty Reduction, Development for Poor-Vulnerable-Marginalized. N-living. Can we?

Yes, we can. If we coexist, if we are at it, flowing. In N? Jeevayoga for 7L.

170824

## 416. Agency with space

Saradrtu. Sraavana pournami. Yagnasutram.

Rakshaabandhan. Rakshikasutra. Raakhi. A band of protection, care, security, well-being. Between all relations, blood or otherwise. Starting with our sisters and brothers. Daughters and fathers. Spouses. Cousins. In-laws. Friends, peers, mentors and mentees. So on, so forth.

Let us meditate, reflect on this natural, physical, mental, social, and spiritual universe, so that we get enlightened, and find our ways to our ends. This is daily meditation-reflection-planning yagna. We do not stray out of humility; remain focused; forgive all past; seek way forward inspiration.

Between Anand to Anand, the break was 44 months, investing 10,000+ hrs. Visakhapatnam as a base, tribal communities took us in stride. Commodity coordinator to Community coordinator. Community coordination team servicing the needs of the community. 6-months of induction into tribal communities. Adilabad, land between Godavari-Pranahita rivers as initial karmabhoomi, before moving to Visakha base. Across the tribal areas of combined AP. Eastern ghats with Simhachalam, Annavaram, Bhadrachalam, Vemulawada, Srisailam, and Tirupati zones. Getting more and more 'mad' professionals from reputed institutes, IITs, IIMs, IRMA, TISS et al, as community coordinators to be with tribal communities. Supported planning, implementing, tracking participation-led tribal development projects spanning the entire tribal area. Contributed to restructuring Girijan cooperative corporation, GCC, and computerizing in the field and headquarters level. Onboarded, inducted young managers for nurturing them to be future leaders. Supported efforts to increase the proportion of consumer rupee reaching the tribal agri-produce and forest produce collectors, through integrated commodity, product operations; these include – local value-addition, aggregation, processing, packaging, branding, retail marketing; research on natural products, and its commercialization; credit for production; women self-help groups; local enterprises; daily requirement supply et al. CCTs' work evolved into independent CCN, chaired by legendary SR Sankaran sir. Many CC emerged into a making-a-difference development leader in the country and beyond. Indigenous people's Kovel Foundation and other collectives serviced their research, regeneration, livelihoods, and value-chain needs for 25+ years.

We need feedback to progress. Positive, negative, but constructive. More than generic praise, criticism. Specific, timely, in-time critique. Focus on improvement, behaviour. Can we take, give?

We are beings, human beings, essential-experiential spiritual beings. Can we evolve into spirituality, seeking, discovering, going closer to truth? Being curious, exploring, questioning. With sacred rules of nature, the universe. In sync, in harmony. Being together, 'feeding, being fed'. Transcending ego, with humility humbly meditating, reflecting, in the present, now. Practising the essence, transcending rituals, protocols. Of 4000 religions, Abrahamic or otherwise. With individual freedom to interact, be in harmony with N, without intermediaries. Can we use this freedom, live, have 'life', for peace? Can we go in with antaraatma, innermost?

Can we realize possibilities we are visualizing? Can we get space, mandate, resources for these?

Yes, we can. If we coexist, if we are in the flow, in toto. In N? kartayoga for 7L.

180824

## 417. Raison d'être

Michelle Obama says: America, Hope is coming back.

University Grants Commission, UGC, identified 21 fake universities. They do not have any authority to confer any degrees. The degrees obtained from them are not recognized. These include: Commercial University, Daryaganj; UN University; Vocational University; Viswakarma Open University; Adhyatmik Vishwavidyalaya; Gandhi Hindi Vidyapith; Bhartiya Shiksha Parishad; Bible Open University; St John's University; Raja Arabic University; Sree Bodhi Academy of Higher Education among others. Let us be careful not to enrol in, join them. Let us not honour or offer employment to people based on their degrees.

Anand to Hyderabad. By this time, I was married for 6 years. First child was 5 years old. Exposed to various institutions at Anand, some more intensely. Between two spells at Anand, with/for tribal communities. Together, 40,000+ hrs of intense preparation for something yet to be discovered. Birds' views, worms' views side-by-side, serially, in parallel. Portfolios of them. Student, to practitioner to practitioner-academic. Doing as told to executing, managing, leading, mentoring. Across the levels – cutting-edge upwards, apex downwards. Concepts, plans, institutions, frameworks, praxis, architectures, teams, team of teams, networks et al. On concluding shared visioning at Tree Growers, universe was pressing me hard: my work ended here; It was an intense-recurring calling, to get back. I could not ignore it any longer. I started wrapping up without knowing what I would do.

I could zero on BASIX, DHAN, CDF, OUTREACH to reach-out. OUTREACH and the 'Participation' world welcomed me with open arms. With carte-blanche, to start its Hyderabad operations. For AP and North Karnataka. Co-sharpened participatory tools, methods and processes; led participatory processes in tribal-rural-urban contexts; trained; developed individual and collective enterprises; led strat plans, consulting works, and raising resources. Simultaneously, within the first six months of reaching Hyderabad, Akshara came into being to support 'development' organizations. Facilitated participatory poverty assessments in tribal, rural, urban sites and contributed to World Development Report 2000. Naandi, then, emerging new foundation, community public trust, has taken me onboard as its first staff to lead program management. I had to develop the programme spectrum and immerse in philanthropy world, raise resources, make grants, nurture and evolve program partners to their potential, and build models for payback, pay forward, Fellows, 'marginalized for marginalized', irrigation development

and renewal fund to work on tanks, lift irrigations were effective. ISO and benchmarked websites were put in place. But, I could not last in the 'rich' world. I had to call it a day. It appeared the Self-help movement was waiting for this, and took me in its fold, to layer 'livelihoods' with it. Livelihoods framework, LEAPs, value-chains. To collectivize for livelihoods. To nurture livelihoods associates, livelihoods support individuals, enterprises, groups, organizations, institutions, networks, forums, platforms.

I guess, the raison d'être was discovered. A pathway, roadmap, direction was found.

Can we build on this reason? Can we see the end and draw the pathways to the end, inch-by-inch, nudge-by-nudge? Can the PVM march on them? Can we be the trustees of NextGen?

Yes, we can. If we coexist, if we 12 are in the co-existential flow. In N? jeevanayoga for 7L.  
200824

## 418. Friends in change

Sarada Muraleedharan is Kerala's new Chief Secretary. She takes charge from Venu, her husband.

Hope Supreme Court would make sense of the case of rape and murder of 31-year doctor in Kolkata, very soon and pronounce its verdict. There appear many discrepancies and anomalies in the 'story'.

Are we, our governments, transcending ease of doing business to speed of doing business, with ease?

Natural farming, living – in harmony with nature, has emerged as an academic discipline, a la management, rural management, economics etc. This calls for universities offering academic, learning programs in and around N. We await existing and upcoming universities and institutes coming up with these certificate, diploma, graduate, post-graduate, doctoral, and post-doctoral programmes. While we await, can we also think of having a dedicated institute, university for natural farming, living, livelihoods? Can the existing 'academy' evolve into this? Can this become a centre within the dedicated university? Can it be a Central University? Can it be a global university? Indian, global school of Nature, a la ISB, IIM, and IISc? In partnership, network with global giants in this domain. Multiple locations, hubs. Interdisciplinary courses. A range of them. Field-practice centric. Participatory learning, learning and earning pedagogy based. Apprenticeship based. Best practitioners as professors. World class researchers, practitioners, educators in tandem. Maybe with 1000+ ha farms of its own, 10,000+ ha farmers' farms; maybe 10,000+ farmer scientists experimenting, 2,000+ mentors, research and learning faculty working with them, any year. Maybe we need 500,000+ sq ft built up space. And Rs.1000+ Cr investment, and Rs.200+ Cr annual recurring costs. Can we do this? In the next 2-3 years.

CSR funds' utilization has been less, 0.09 percent points below mandated 2% net profits, amounting to Rs.1,475 crore, out of some Rs.30,000 Crore. If we dig into the utilized funds, we can discover scope for huge improvements even there. Can we find ways for tapping and utilizing these funds for societal impact, climate impact, cooling planet, improving wellbeing of farmers-farmworkers, local value-chains, consumers' health? Can we invest CSR in NF enterprises, NF services etc?

If we want to change, change for good, so that we do not lapse back, can we take 2-5 more with us? Likelihood of 3 staying there is much higher than a single person. Change needs

company. Company of friends who trust, who are patient, and who are willing to risk a bit. Change could be deceptive. We may get carried away by superficial – surface changes. Can we seek to change skin deep? Robust change that could be measured. Change might need metrics that move with change. Change numbers can be coming in the way of deeper qualitative systems change. Quality calls for sustained effort of creating an ‘ecosystem’, space, for change. It calls for ability, capacity. And will. Transcending previous negative experience pool(s) floating around. These need conversations, deeper, more intense, iteratively. Champions at the helm of these conversations. We cannot see causality established clearly here for numbers, time, iterations, examples etc.

Can we see triggers? Can we find, capacitate champions? iteratively? Can we calibrate intensity, frequency, players, timing? Can we work in multiple ways, forms, paths, vehicles? For forward.

Yes, we can. If we coexist, if we map ourselves to the flow. In N? rupaantarayoga for 7L. 210824

## 419. We, teamed up individuals

Dr Yogita Rana assumed charge as Director General, MANAGE at Hyderabad.

Kamala Harris, for the people, is now officially the candidate for the POTUS from Democrats.

Haryana seeks change in election dates.

Andhra Pradesh Naivaasya Kalasaala – AP Residential Junior College, Nagarjuna Sagar – APRJC – is entering into its Golden Jubilee Year of its launch.

Population growth rates are levelling off. Population absolute numbers would also level off and may start declining soon. Then the issue shifts to consumption. Rich, affluent consume more. For example, energy consumption per capita is 10 to 250 gigajoules/year. How will this 250 go below 50? When planetary boundaries are getting breached, consumption levels, consumption levels of the rich, need to be tackled. Can we reduce the standards of living of the rich and elite? Material consumption is the issue. Can we cut waste – energy, food, materials, time, emotions? How can we continue to waste 40% of our food? Can we get over use and throw? Can we cut the size of the houses? Can we reduce ‘useless’ travel? Global warming is one of the many issues of the fragile but resilient biosphere – deforestation, biodiversity loss, plastic, pollution, fertilizers troubling soil, water, ecosystems, and so on.

Do we seek feedback, give feedback, take feedback in the right earnest? Can we do this? Can we stop incentivizing keeping quiet? How do we do this individually, idiosyncratically, and in groups, teams, communities? 360-degree feedback?

Can we be a team for a long time? Are these artificial? Do we just be a group, team, community, as a selfish convenience temporarily? As we came alone, and we went alone, we are essentially lonely beings. But we grow into social beings with time. Can we stay there? Do we lapse back? Does our DNA support this? It is in our DNA to be individualistic, possessive, selfish on one hand, to be social, team, community on the other. Leading-following coexists in each one of us. Woman-man coexists in each one of us. Maslow may not be right – survival, existence, living first, and coexistence, co-travel, partnership, team, community coexist. We can transcend these Maslow layers to go to top from any layer. Recognition, appreciation, name hunger is in us. Can we tap this?

We need to go through team processes, team building processes. Maybe 5% of our work time. We work as a team, communication improves; trust improves; team knowledge-

skills, team members' knowledge-skills improve; morale gets boosted; team vision, plans emerge; team mutual support gears up; team dynamics amplify team efforts.

Can we care? As the mother would have cared. Can we care less about our needs? Can we be patient, kind? Despite headaches coming our way. Can we forgive? Despite us getting hurt, disappointed. Can we give more chances, long ropes? Can we be harsh and unforgiving with 'bad behaviour'? Can we encourage, trigger and support in realizing potential, possibilities, dreams? Fair, just. Can we be there with the ones with their chips down, messed up, and frustrated? Boosting esteem, agency, inherent greatness. Can we value our people? Not taking it for granted. Can we be sensitive? Meeting needs, not wasting time, emotion, trust, effort, energy.

Yes, we can. If we coexist, if we sharpen our seventh habit to flow. In N? leelaayoga for 7L.  
230824

## 420. Universe conspires inspiringly

Nagarjuna Sagar is enchanting as ever. Even if it is shared between two Telugu states. Full water in the reservoir. Trickling down of water from all its 27-28 gates. Lighted up: earth dam to earth dam. Power generation houses are working to generate electricity. Krsna River on the other side has some water flowing. All the habitations have become municipalities. Nandikonda with Vijayapuri North alias Hill Colony, and Pylon. Vijayapuri South alias Right Bank. Many temples, churches. Budhavanam. Boating on both banks. Fishermen in the river. Boats in the reservoir. Launch to Nagarjunakonda is active. Srisailam drive could be a possibility too. Vehicles are not going on the main dam or the earth dams. But one can walk. The new bridge is a thoroughfare.

Andhra Pradesh Naivaasya Kalaasaala – AP Residential Junior College, Nagarjuna Sagar – APRJC – is entering into its Golden Jubilee Year of its launch. I have visited the college. Saw my name on the roll of honour. Showed that to the family. :). Met Principal and senior lecturers. Talked to students. Saw that alumni have conducted a medical camp. Learnt – mental health and psychiatric problems too exist for the young students in their teens.

Teacher – student ratio has fallen badly. Only a few of them are regular. Most of them are contact- guest faculty. There are no facilities for teachers to be residential teachers. Facilities for students exist minimally, while campus is huge. Performance cannot be expected. Admissions into reputed institutes, professional degrees is not satisfactory by any standards. Now, the strength has doubled and more such colleges have come. 20+ such colleges in Telugu States. More such colleges in social welfare and tribal welfare. There are some centres of excellence. New Education Policy is talking about schooling till Class 12. What will happen to them? Will these colleges start lower classes? Or the schools start higher classes?

This calls for a rationally argued framework and plan. Can this golden jubilee year do something concrete in this direction? This can be a great and unique pay forward by 5000 alumni. Can we try this, please? Incidentally, this is not an issue at all, for Navodayas, Public schools, Sainik schools et al.

Notwithstanding the modus operandi and emergence of ways forward for the above, or otherwise, we were blessed, and we would like to thank our teachers, lecturers, Gurus profusely once again in this golden jubilee year. 5 September is the date chosen. Let us get ready. Let us also take this cue and go to as many of our alma maters as possible, at this time, around this time.

River Krsna inspires. Challenges. Krsna is saying: Can we build the teams for 'support' – local, national, global? People, Partners, Resources – in the context of paradigm shift – N-living, farming, farmwork, allied, related. For LPRD-PVM. TRUE Livelihoods – Collectives, Enterprises, Support organizations, Forums, Platforms; Essential Development Practice – in Communities, with Governments, through Civil Society, Individual professionals, volunteers. 1,000+ Core, 100,000+ associates in the next 5 years. 100 people investing Rs.10 Crore supporting N across its length, breadth, depths. 1000 times. Can we? Can we meet needs, can we care to build our agency?

Yes, we can. If we coexist, if we listen to the flowing river, wind, light, to flow. In N? tarangayoga for 7L.

240824

## 421. Activating agency

Naagaarjuna Saagar's Bouddhavanam may house a global Buddhist University. Earlier Naagaarjunakonda used to have one, with Aachaarya Naagaarjuna at the helm.

When we see ever increasing inequity between haves and have-nots what do we do? Redeemers – Is it literacy, education? Collectives? Enterprises? Direct benefit transfers? Taxing the incomes more? Taxing the wealth? Taxing the expenditure? Payback, pay forward? Technologies? Credit access? Increased minimum wages, minimum support prices for produce, products, services? Equity access? Angel investment?

Krsna. Attractive, attracting, enchanting, herding darkman. Krsnaasthami. Janmaasthami.

Krsna. Extraordinary Flautist. Geetaacharya. Yogeswar. Seeder of 'republics'. Champion of people. Krsna of Krsnas. Krsnam Vande Jagadgurum.

Every time I think of Krsna, as if he is not God. Even if Mahabhaarata, Harivamsa are fictional novels. Bhagavadgita might be work of creativity by several people. Can we see, the writers could imagine consistently, what a human being of this calibre could achieve? Could overthrow bad kings. Could eliminate the kings who thought they were gods in human form, and ruling was birthright. The Kurukshetra war eliminated all warrior class 'army men', leaving a handful. He could help all those who reached out to him. He could show rule of people's representatives. He was an extraordinary inspirer, musician, dancer. Remained an inspiration for many ages that followed. His 90-minute core discourse became a guide for leading life. Relevant to all people.

Bhakti movement. Ramanuja, Chaitanya, Meera, Andal, Alwars. Tiruppaavai. Radhakrsna tradition. Jagannath Rath Yatra. Raas. Krsna Consciousness, Hare Krsna Movement. Yoga. Dance forms – Kathak, Kuchipudi, Bharatnatyam, Odissi, Krsnaattam, Rasa Lila, Manipuri dance.

Krsna, co-opted across many religions, Abrahamic or otherwise. Krsnam Vande Jagadgurum.

Looking for an angel, angel investment, venture capital for the support teams, enterprises at local, national, global levels. Our students chip in. Our peers, colleagues to come forward. Our friends put faith in us. Our partners to come along. Can the teams themselves invest initially? With resources, expertise, time. Is six months a good lead time? For initial

pooling up. Can we meet up during 28 September-2 October, 5-7 October, figure out how we take this agenda forward, and commit to the same? Open agenda, emerging. To be concretized as we move. Notes, videos, frameworks, conversations, cohorts, volunteer groups, journeys, meeting people-champions on ground, campaigns, forums, platforms, networks, living landscapes, field stations, one-stop shops-enterprises, visioning-strategy exercises, mentoring tasks, learning-leadership programmes, classes et al. Most probably, all in the N-living paradigm. Living, farming, farmwork, support livelihoods. Institutions – Collectives, enterprises, support organizations, systems. Government on ground. Education, Health added.

Next 12-24 years frame – can we make this a reality? Can we get going? Can we get the 12? Can we? Can Krsna join hands? We have the space, will, abilities. Can we activate our agency?

Yes, we can. If we coexist, if we care to flow with antarvaahini. In N? laahiriyoga for 7L. 250824

## 422. Going commoning way

YC Nanda, former Chairman, NABARD, sadgati. Associated closely with SHG Movement, SHG financing; watershed development; agriculture financing, and microfinance. Pioneering support.

Jay Shah has been elected unopposed as International Cricket Council, ICC Chair.

Learnt: Males have XY chromosomes, and females have XX chromosomes. The Y chromosome is much smaller than X, and contains fewer genes, as it is. It is the male sex determiner. However, the Y chromosome is on the cusp of disappearing. Y's 1438 genes have already come down to as few as 45. Complete disappearance is a long way still, of course. The hope is that the losing genes will be relocated to other chromosomes. And one or more of these chromosomes may take the role of male sex determination. This may end up in the evolution of a new species, other than homo sapiens sapiens.

Commons. Resources, not just natural resources. Land, water, air, of all kinds, and all forms. From everything being in commons, many became private, or state-owned in due course. Village spaces, architecture, and infrastructure – earlier commons, they are now slipping out, finding their way out. They include physical, social, human, financial, intellectual, spiritual. Even systems. Owned by people collectively, severally. Or public, state-owned. May not be privately owned. Sometimes may not have ownership but rights and entitlements to enjoy the fruits. Open access, free, without payment, or with payment. Commons now may not be commons earlier. And today's non-commons may become commons tomorrow. And vice-versa. Structures, institutions, and teams may be commons. Individuals in public work may also be 'commons'. Private intellectual property may become commons with time. We may offer private entitlements into commons, and creative commons deliberately. Rich may not need commons so much. For the poor, marginalized commons would be critical. For existence, survival. Commons help us to leave no one behind.

By taking over commons by state, or handing over to private, or encroaching would make life for common people difficult, if not impossible, in general, and poor, marginalized in particular. Commons suffer from use but not maintenance referred to as the tragedy of commons. This is where we require access rights coupled with maintenance, nurturing responsibilities for sustainability; sanctions, and graduated sanctions for those who violate these. Governance matters. Commons call for localization, and customization.

Communitizing commons as much as possible. The agency of women on commons has to be augmented. Space, willingness, and capacity. Commons contribute to meeting SDGs. Maybe 7/17. Commons into ecosystems. Their management support to them, should be paid for fairly, decently, if we want these to happen.

We see increasing loss of commons, but we need commoning more. Commoning movement. We need expansion, deepening. At one level, everything should be part of 'commons'. Maybe with customized modus operandi. Interdependence, engendering, transparency-accountability-database, benefit-cost sharing, multi-stakeholder nested institutions, ownership-leadership of the marginalized, landscaping, communitization, platformization, financing, etc., with equity, inclusion.

Can we get going on more commoning? We have no alternatives. Can we have commoners?

Yes, we can. If we coexist, if we flow in/with our existential commons. In N? loksangrahayoga for 7L.

270824

## 423. Simply fly

Overtaking Beijing, Mumbai has emerged as the billionaire capital of Asia, with 386 billionaires; the third city with the most billionaires in the world, next only to New York and London. In India, Mumbai is followed by New Delhi, Hyderabad, Bengaluru and Chennai.

Two MPs from YCP resigned from their Rajya Sabha seats. Are we heading to a near-zero YCP, or a merged disappearance?

Mother tongue. Education in the mother tongue. First language, home language, and heritage language. At least till class 8, or class 5. It is established that academic and learning performance is better, and superior in the mother tongue. Mother tongue education enables deeper conceptual grasp, critical thinking, and cultural connections. Mastery of mother tongues supports other languages better. The Constitution mandates this. Right to Education reiterates. New Education Policy articulates. It is a human rights violation if we do not let people speak their mother tongues. Can we go multi-lingual way, translanguaging way or language friendly pedagogy? Can we include digital learning as early as possible? For more effective, better and faster learning – higher retention, higher proficiency, better learning outcomes, improved test scores, improved communication skills et al; for increased participation, inclusion, and engagement; for level playing field; and improved well-being, and meaningful contribution to society subsequently.

What do we show interest in? Where do we have our attention? What is the work we do, with interest or otherwise? What kind of thoughts come to us? What do we articulate? What do we plan and do? What do we do because we are asked to do it? How do we live? How do we spend it? The degrees of freedom, choices, options et al are extremely limited. Our contexts, and circumstances are given, many times. Our talent, intelligence, and abilities are acquired over some time with very limited control on the journey of acquisition. Our spaces are largely outlined with little manoeuvrability. A little nudge here and there may be possible. Most often, it is us being there at that moment. Who is operating all this happening all around us, with us as mere tools, instruments, pawns, slaves, artifacts, etc? Is it God? Is it the Universe in toto, with its ways? Is it a Deep State? Establishment? Society at large? Elite? Rich? The new Brahmins – educated class, new Kshatriyas – political, warrior class, new Vaishyas – business class, new working class?

Beyond democratic structures, leadership? Beyond results of elections, policies, budgets? Beyond schools, colleges, institutes, and universities? Beyond temples, mosques, churches, gurudwaras, and religious centres-institutions? Beyond families, peers, friends, and masters? Can we be free individuals, really, in reality?

If not, what is mine? Who are mine? Will it be with me? Will they be with me? How long? We are alone, came alone, going to go alone. We came with nothing; we will go with nothing. All are temporary, transient. Not permanent. Not even wealth, name, fame, or so-called legacy. We may feel bad, and cry for loss for a while. We are bound to lose, one way or the other. Acceptance of this reality strengthens us. More stuff comes our way. More chaos comes in our ways. They come in our ways of life, living, and experiencing. If we could reverse this, life would take charge. In sync with N, universe.

Can we let us have less? Can we shed our excess baggage? Can we be free? Can we be useful?

Yes, we can. If we coexist, if we flow fit with space, ability, will. In N? sugatiyoga for 7L. 280824

## 424. Into the means

After some MPs leave YCP, MLCs are gearing up to follow suit.

Telangana has begun 'action' on encroachments in tanks. Hope it is not a token 1-2 clearances.

We seem to have done our bit in peaking the climate crises – the atmosphere has warmed up crossing 1.5 deg C, heading faster towards 3 deg C; global greenhouse gas emissions are rising; one-third of the world is exposed to heat waves; 10-fold increases in wildfires; megadroughts; ice sheets being lost; increasing animal and plant extinctions; deepening genetic diversity losses; weakening global ecosystem. About 10% are living in 'wretched' climate conditions already. Over the last 60 years, we have had 7x heatwaves; 3x droughts; 3x crop failures; 3x river floods; and 2x wildfires, indicatively. Leading countries fail on promises of climate accords. Subsidies are still available not to support 'restoration'. Net-zero contracts, and carbon offset markets are nowhere near reversing this trend. Right now, they are not concrete, more to give a feeling that we are doing something, than real, I guess. On the other hand, climate justice for the NextGen movement is picking up.

The stability of human communities and natural ecosystems is disturbed, by planetary emergencies – socio-economic inequality; climate change; biodiversity loss; pollution; and disease. We need to have dramatic changes, else the consequences are immense, epochal, and catastrophic for all of humanity. Marginal and vulnerable populations would bear the brunt of it. We need social and societal restructuring and adjustments. We need to transition to a new paradigm wholesale. For sure. It is possible. It is possible for the living system of nature, and humanity to thrive together, by being in harmony with nature. In sync with its rhythms. Structurally, culturally, and behaviourally. Within the remits of ecological overshoot thresholds, social justice, today and tomorrow. With decreased resource inequity and consumption for existential needs, rather than greed. With increased regenerative, restorative, sustainable practices practised.

This may mean – rapid decarbonization; correcting market distortions; scaled up natural farming and living, including NF global movement at local levels; no climate unfriendly subsidies, including for chemical fertilizers, pollution, and unsustainable consumption; social-gender-climate justice practices; investment in basic health, education, and living

– may be universal. Can we have an education and curriculum of values? Diversity, inclusion, equity, resilience, and sustainability. Can we have frameworks, policies, and budgets in favour of these? Fairshare. Equitable payments. Can we remove incentives for activities that are against these? Can we stop talking in two tongues on these? Can we facilitate and support green architecture, built now for recovery through usage, deployment et al – a la roads, airports, etc.? Can we localize governance in the hands of the poor, vulnerable and marginalized, indigenous communities, and groups? Can we have more accountable, and sensitive social responsibility, beyond % in profits, to % in turnover? Can we build leaders, champions from within restructured institutions, and teams to pursue this? Can we have a cultural movement(s) for this, with ‘stories’, narratives, words, images, videos, language(s), events, practices, symmetry, the play of colours, behaviour, balance, simplicity, health, and truth? And all this now, yesterday.

Can we be in solution(s)? Can we let movement(s), champions, and forces, take off? 10s, 1000s, Lakhs?

Yes, we can. If we coexist, if we flow on the paths of solutions. In N? sanmaargayoga for 7L.

300824

## 425. More from normal

Heavy incessant rains, accompanied by winds, flash floods, landslides, and depression-induced. Gujarat, AP, and Telangana. Thousands are getting relocated. Many places are disconnected. Road and train services are disrupted. Schools have been shut.

Haryana elections have been rescheduled to 5 October. Counting is on 8 October. Can we do development politics, rather than offering sops, non-productive, or anti-sustainability subsidies? Can they be purposive? Can Governments be minimum, to offer governance maximum? Can we transcend DBTs, and build ecosystems for better living, and livelihoods?

Himachal offers Minimum support prices for natural farming produce. A first.

The World Food Prize Foundation has launched its first cohort of Top Agri—food Pioneers, TAPs. 38, from 20 countries across 6 continents. From a variety of disciplines within agriculture, horticulture, forestry, livestock, food systems, etc. First cohort included: Leigh (CIFOR-ICRAF); Pawan Kumar (SM Sehgal Foundation); and Vijay Singh Meena (IARI, India). We expect a cohort every year to be added.

In hindsight, it appears I traversed, traversing several trajectories. They continue to coexist, with varying degrees of intensity, relevance. Transition 0 – academics – pre-Gurukulams, and through Gurukulams. Transition 1 – teaching, learning facilitation; development practice, participation, and macro-micro practice; value-chains, market, collectives, enterprises, commons, and tribal communities; information, analytics, systems, architecture; visioning, planning, and strategy; philanthropy, paying back, and forward. Transition 2 – livelihoods lifework; poor, vulnerable, marginalized, PVM; civil society, community collectives; portfolio entrepreneur; self-help movement, and institutions – identity, solidarity, capacity, rights-entitlements, well-being, and freedom; women, disabled, youth, and elders – marginalized for marginalized, agency – will-willingness, ability-capacity, and space; practitioner-academic, people for livelihoods-poverty reduction-development LPRD, young professionals; mentor, and thought leader, 7L – life, living, livelihoods, linkages, leading, learning, and love – practice-support. Transition 3 – value custody, trusteeship – hope, faith, promise, love, and coexistence;

natural farming-living-livelihoods – practice, research-academics-learning – local, national, and global.

We fail more than we succeed. We may not talk about failures. What we share might be the best, selected, and edited parts. Reality is rawer and more unfiltered. Our small successes are built on our huge failures. Some of these are crushing failures. Losses are immense, and probably unrecoverable. Depression, anxiety, low or no confidence might be there in the background. Most, who talk successfully, might be clueless about life. No one is amazing, happy, and successful all the time. Life is a normal curve, with some great moments, a lot of normal, average moments most of the time, and a good number of depressing, low-confidence moments. This is fine, beautiful, joyous in itself. Maybe, we need to increase the total moments of reckoning so that our great moments increase in proportion. Can we maximize total moments for all our coexisters together? Can we increase the number of coexisters? Can we increase greater joy by sharing amongst the coexisters? Can we decrease the pain, anxiety, and low confidence by sharing amongst them? Together we should peak, we should do good, we should be happy. Can we?

Yes, we can. If we coexist, if we flow in thick and thin, peaks and lows. In N? aniruddhayoga for 7L.

310824

## 426. Ikigai coexist transitions

My batchmate, Dr Anantha Reddy, lost his son. Too early to go. Sadgati to the young man.

Collapse of Shivaji statue and Prime Minister's apology becomes a big election issue in Maharashtra.

Government of India, Union Cabinet has approved Rs.14000 Crore budget for seven schemes in agriculture and allied sectors, to improve incomes and quality of life of farmers. These include: Digital ecosystem for agriculture – agri stack and Krishi decision support system; science for food and national security; Modernizing ICAR's agricultural research and education for natural farming and climate resilience; Improved livestock and dairy; developing horticulture; Strengthening Krishi Vigyan Kendras, KVKs; Natural resource management.

Coconut, *Cocos nucifera*, Narikela. Most production is in Indonesia, India, and Philippines. Mostly on the tropical coasts. Kalpataru. Provides food, fuel, building materials, coir, medicine, cosmetics. Coconut water, meat, milk, milk powder, copra, flour, oil, coir, sap, palm wine, vinegar, shells, husks, leaves, trunks, timber. Coconut milk contains 5-20% fat. Coconut cream contains 20-50% fat. 89% is saturated fat. Diluted coconut milk can be a milk substitute. Rich in healthy fats, promotes better metabolic health; boosts immunity; increases good cholesterol (HDL) levels, and therefore heart health; supports digestion, gut health; moisturizes skin and nourishes hair. Best recipes include: chutney, powder, avial, curry, rice/saadam, laddu, payasam, burfi, custard, jam et al.

Full-time, consulting, freelancing, volunteer work for about 40 years has taken to TRUE tribal, rural, urban, emerging settings – themes, livelihoods, geographies – micro, macro – across India, Bharat and beyond. In Livelihoods-Poverty Reduction-Development for Poor, Vulnerable, Marginalized. With individuals, communities. In implementation, support, advocacy. In individual communities, civil society organizations, and their collectives, networks, forums, platforms. In Government – at various levels, organizations, programmes, missions. Several bilateral, multilateral agencies. In pay back, social

responsibility, philanthropy units, grant makers, loan givers. A variety of technological situations, interventions. Livelihoods enhancement action plans LEAPs in 1000s; watersheds, ecozones, value-chains in 100s; subsectors; individual, collective enterprises; For profit, non-profit, support entrepreneurs. Livelihoods support individuals, organizations, enterprises, collectives.

In learning settings, programmes, schools, institutes, universities – as unlearner, learner, learning facilitator, teacher, mentor, curriculum setter, planner, trainer of trainers. In visioning, planning, strategy, systems change work at various levels. Group, Organization, Program, Village, geography, national plans – annual, short-term, long-term In praxis – developing, applying, scaling. Integrating, inspiring, leading, managing, facilitating, advising, supporting, consulting. In framework development. National, sub-national frameworks, plans. In taking insights, ideas, concepts, tools forward. . In monitoring, review, evaluation, learning. In building, sourcing, nurturing resources – people, teams, partners, institutions, organizations, forums, platforms, support, programmes, funds.

Can we take this bundled ‘pack’ ikigai to Transition 3, 4? Can we flatten, and/or narrow normal curves of our work? Can we increase the sum total ‘joy’ for all of us? Can we?

Yes, we can. If we coexist, if we pool ikigai coexisters, and flow in tandem. In N? sadyuktayoga for 7L.

010924

## 427. Intelligent vibrations

50 cm rain in a few hours in several locations. Reservoirs received huge water inflows, beyond their capacity. Thousands have been displaced. Some deaths too. People did not have food for 48 hours and more. Across two Telugu states, including Hyderabad, and Vijayawada cities. Drainage systems are not adequate for these heavy rains. Natural water retention areas are less, lost in due course of time due to rapid urbanization. Climate change is accentuating the situation. Badly, significantly, and with accelerated pace.

Onto work since graduation from NIT Warangal in 1985. Starting work with RVR & JCOP College of Engineering as a Teacher, work journey included: IRMA; Dairy Board; IRMA; Girijan Coop; NTGCF/FES; OUTREACH; Akshara Livelihoods; Naandi Foundation; SERP (united AP); Independent Development-Livelihoods Management-Leadership Support; National Rural Livelihoods Mission NRLM (GoI, UNDP); APCNF/IGGAARL (RySS, APF). Intense experience in Government(s) at various levels and outside – communities, civil society, and support-philanthropy organizations.

Livelihoods-Poverty Reduction-Development of Poor, Vulnerable and Marginalized domain has taken most of the time, energy, experience, and expertise. While providing visioning, strategy, and planning, organization design/structuring/architecture, systems inputs as 'lead', learnt from an extensive spectrum of 100+ organizations – community at various levels, civil society cutting edge to international, state, national, support, philanthropy, and bilateral-multilateral. Projects, Programmes, and Missions included. Project designs, project implementation plans PIPs, community investment, community operational manuals COMs, frameworks for poverty reduction, and livelihood projects. Across several states, and at national level. Involved in Livelihoods assessments, scoping and way forward planning, apart from baseline, mid-term, impact assessments and end evaluations. As a practitioner-academic, facilitated learning and mentored: 100,000+ Livelihoods support, Development practitioners, community animators; 1,000+ organizations, enterprises; designed curriculums, courses, and served on academic

committees; developed and tested short-term, long-term learning programmes in Livelihoods Management – 6-month, one-year, and two-year; facilitated short-term learning, management, and leadership programmes; led application of participatory processes in a variety of tribal, rural and urban contexts, farming-weaving-tribal communities.

In hindsight: apart from natural farming-living-livelihoods, the praxis contributions include: New Thinking and Practice in Livelihoods Domain – Integrated TRUE Livelihoods Framework, LEAP Processes, Portfolio, Communitization; Community Coordination Teams; Framework for implementation, NRLM, including working group report; Integrated community and natural products operations; Write shop; Micro-macro, worms' view – birds' view; 7L; HFPLC.

Intelligence. Isn't it more than IQ? To accept responsibilities to be useful to our communities, rather than me individually. Do we have this intelligence? Can we have higher 'vibration' than the earth? Generosity, gratitude, compassion, love et al cause very high vibrations. More than 4 times. Can we get the low vibration items out? Can we increase the sum total of 'joy' for all of us? Can we?

Yes, we can. If we coexist, if we let animators, facilitators, and collectives flow in tandem. In N? saahacharyayoga for 7L.

030924

## 428. Awaiting ready master(s)

Flood situation is receding. Heavy rain forecast continues.

Not-for-profit, volunteer, philanthropy landscape is changing. A fraction of them is leading the way. They do not want to support treating the symptoms. They are audacious and want to go one step deeper and address the causes, maybe as examples – seeding, trying, piloting, and mega piloting. Technical support for scaling, mainstreaming. Support for systems change, disruption triggering. Support for collectivization, communitization, nurturing agency, movements. Lots of these make changes in government policies, actions and budgets, and behaviours of communities. They want to contribute to ending hunger, poverty. They seek exponential non-linear geometric progress. They want to give back, give forward. Success needs persistence over time, may be over 10-20-30 years, community in the lead, government engagement, and collaborations. It requires broad-based shared understanding; compelling milestones; scale designs; demand groundswell; and corrections on the ‘road’. They are willing to fund these. They are willing to make the funds usable flexibly, to plug the gaps. They are willing to campaign, push hard persistently, and they are willing to support ‘push’.

They are making big bets, long-term, and multiple times. They are creating space to learn, adjust, and even fail. And be patient. This work is very good, and transformative. In new ways, new timelines-energies, on much larger scale(s), more geographies, more domains, deeper and deeper. Maybe more of us doing, scaled out. More partners. And gradual tapering after the peak. This helps us and the universe. Then, do we really need intermediaries between the doers and donors?

Teachers. Teachers who made a huge portfolio of difference. Apart from mother, father, family, and friends, the community of teachers is a long list. Varied, varied intensities, and

varied ways – pedagogies. The tuition master who took me to Telugu alphabet, numbers; games, songs, and words. The school assistants, the single teachers for three classes in the first 3 years of schooling. Counting, tables. Albums. The teachers who helped the village school upgrade from Class 3 to 4, 5, 6, and 7 as I moved upwards. The teacher who nurtured me despite my idiosyncrasies. The co-curricular and cultural teachers in the school, where the facilities were near zero. The teachers who ran school tuition centres and were with us late into the nights. The teacher who made me write the Gurukul test. The family that hosted me for a good number of days before I moved into Gurukulam. The entire teaching fraternity in Gurukulam. The teacher(s) who discovered and nurtured the ‘genius’, and to win the mathematical Olympiad, and become a national talent scholar. The chess triad. The teachers who made us excel at science fairs, and district-state competitions, including Gitanjali rolling shield. The principal, the secretary who did the impossible and took me to Sagar Gurukulam. The seniors, peers and juniors in Gurukulams who got into inner circle(s). The teaching-learning fraternity at REC/NIT and IRMA. The double dozen. The associations, clubs. The lifelong friends giving us exposure to possibilities, literature, technologies, national institutes, and organizations. The colleagues and students at the engineering college. Then the co-travellers 40-year long LPRD-PVM journey. 100,000+ individuals and their teams, groups, 1,000+ entities. Many more indirectly, vicariously. All life.

Can we keep learning, unlearning, being grateful to teachers in their various forms for being there?

Yes, we can. If we coexist, if we commence on flowing and learning. In N? chaaturyoga for 7L.

040924

#### 429. In the N-way

Bandaru Satyanarayana, Farmer Mentor-Farmer Scientists, at Academy/IGGAARL, succumbs to an accident. Sadgati. Too early to go. Hope his family copes with this sudden loss.

If Akunuri Murali is appointed Telangana Education Commission Chairperson. If he gets the carte blanche, I am sure, Telangana education architecture would undergo metamorphosis and education would reach new heights. Telangana has also appointed Chairpersons for Farmers' Commission and BC Commission. Kodanda Reddy and Niranjana, respectively.

NABARD's AgriSure Fund with a corpus of Rs.750 Crore would support Agri start-ups, indicatively 85.

Ganesh. Ganeshotsav, Ganesh Chaturthi. Vinayak Chaturthi, and Chaviti. Pillaiyar Chaturthi. Lambodara Piranal. 2 to 11-day event ending with murti immersion. Typically a clay murti of Ganesh, along with a small turmeric murti. With clay, dissolution in water is smooth. Diversity of leaves are presented. Some say 21. And some say 64. And the diversity of flowers, fruits too. With Tilak, Ganesh Puja, Pandals, Modak and other prasadam. Processions, Immersion, and Laddu sales have become public celebrations, community events. Millions of murtis go into lakes, rivers or seas. Clay has been replaced with plaster of paris, paper, coconut, metals and other materials, despite pleas against this change. The height of murtis is also growing. Some families may only worship paper Ganesh. It contributes and generates large-scale engagement, employment and

livelihoods. These 10 days may give 10% of annual income of the poor-vulnerable-marginalized, artisans, artists, and businesses. Idol makers, artisans, patri, grass, flower collectors-petty seasonal vendors, decorators, and food makers – eateries, youth managing pandals – pandal events, volunteers in processions, and of course, the puja priests.

I always wonder: how Shaktas, Ganapatyas, Shaivas, and Vaishnavas evolved and ended up in trinity, Aparajita, aum. How did the 'god' of Ganapatyas become the first God of Shaivas, with the main God being Siva? Why did the new commander-in-chief Viswaksena emerge in Vaishnavas? Atheistic Buddhism? Jainism, Sikhism, Ramakrishna, and Krsna Consciousness? And the sects? Eastern religions? Abrahamic religions? Then, how did all this move in tandem with Dvaita, Advaita, and Visistaadvaita? Nature worship, Animism, Polytheism, Theism, agnosticism, and atheism – can we see the common strand? Universe, sum total of all life, alife; and idiosyncratic life in coexistence?

The UN has become a bystander. Global governance is collapsing, with Economy and Nature in opposite camps. Burden of sustaining nature is on the poor. Humanity is facing an existential crisis. Current paradigm is the cause of this crisis and cannot solve this crisis. We need a new paradigm(s), a global paradigm with localization, customization, collectivization and communitization. New paradigm of nature centricity – farming-living-livelihoods, with equity, inclusion, harmony, and coexistence. New paradigm of solving problems. This Earth is Common Ground. Can we reduce privateness? Can we be 'we', rather than 'I's? Away from tragedies, into promise. Can we turn the economy into a service of humanity, nature? From serving GDP, greed. From neo-brahmins of knowledge, neo-kshatriyas of power, neo-vaishyas of money, and working together. Can the communities come together?

Can we have the last supper soon? In existing? Can we take our  $12^n$ ,  $n=10$  cycles, into a new paradigm?

Yes, we can. If we coexist, if we nudge our flows to become amrt. In N? navasriyoga for 7L. 060924

### 430. On the foundation

In thoughts: Dr. Verghese Kurien, a visionary, builder of multitudes of institutions, and who impacted millions of lives. Farming families. Consumers. Teacher of teachers, leaders, mentors, CXOs, and influencers.

Puja Khedkar has been discharged from IAS probation. One of the rare events. On the grounds that she exhausted all her permissible nine attempts, applicable to her claimed categories; and she was an ineligible candidate for the 2022 exam. Therefore, she could not be recruited, prima facie. She was also found guilty of faking her identity, and a criminal case has been initiated separately.

Paris Paralympic Games 2024. The Indian campaign concluded at 18th position with 29 medals – 7 golds, 9 silvers and 13 bronzes. The stars include: Navdeep (javelin); Sumit Antil (javelin); Simran Sharma (200m); Preethi Pal (100m, 200m); Avani Lekhara (shooting); Thulasimathi (badminton); Harvinder Singh (archery), Sheetal Devi (archery), Rakesh Kumar (archery); Dharambir (club throw), Pranav Soorma (club throw). Next Games are at Los Angeles. And we hope to improve further.

I moved out of SERP in 2004 but continued in the self-help movement of women, disabled, elders, labour, farmers, weavers, artisans, migrants, internally displaced, entrepreneurs et al. Continued in livelihoods of the poor-vulnerable-marginalized. Intensely associated with collectives, enterprises and entrepreneurs from PVMs. Emerged as an independent livelihoods-development management professional on one hand, chief mentor, Akshara on the other. After 6-7 years, I joined in the development of a framework of

implementation for the National Rural Livelihoods Mission initially. Later, I joined in to co-lead NRLM core, and build capacity of NRLM, its SRLMs, self-help group institutional architecture, pools of resource persons and organizations at various levels, across thematic areas.

In these 7 years, before getting hooked to NRLM, and thereafter, we could finetune the TRUE livelihoods framework – contexts, continuums, capitals, arrows, and interventions. Referred to as Livelihoods People, since then. Livelihoods today and tomorrow came in. Developed and piloted 6-month, 1-year and 2-year programs in livelihoods management, little MBA, and e-course. Became an adjunct faculty. Scaled up intensive induction, and short-term livelihoods learning programmes, leadership for transformation programmes, writeshops, participatory planning and management, RF, etc. Provided visioning, organizational design, and strategy support to 100+ collectives, NGOs, networks, farmers' organizations, advocacy organizations, and national support organizations. Worked at cutting-edge collectives, local governments, and governments on ground. Extended design support to large-scale livelihoods/poverty reduction projects nationally and across the country including: West Bengal, Tamil Nadu, Sagar island, Bihar, HP, MP, AP, AP Tribal areas, Jharkhand, Tamil Nadu, Kerala coasts, Odisha, Odisha Vaitarini river basin, UP, Rajasthan, Karnataka, Gujarat, Kashmir, North-east et al. Analysed sub-sectors ranging from watersheds, several farm commodities, NTFP, livestock, dairy, unfree labour, non-farm, tourism, elections, migration, micro-finance, enterprises, skills, education, health, volunteers et al. 1000+ LEAPs, 100+ value-chains and engendered value-chains.

Can we take the years of 'experience' of the teams, tailor to Natural farming-living-livelihoods? Can we embed and deepen NFLL paradigm shift into our associates? Can we connect, and get going?

Yes, we can. If we coexist, if we are on our flow journeys. In N? kshetrayoga for 7L.

070924

#### 431. Participatory swaadhyaay

Vergheese Kurien (26 November 1921 – 9 September 2012), the milkman of India. Amul(s), Dairy Board, White Revolution, Operation Flood, Anand Pattern Cooperatives, IRMA, Tribhuvandas Foundation, Indian Immunologicals, Operation Goldenflow, Cooperatives in oilseeds and edible oils, fruits and vegetables, salt, electricity, tree-growing/commons et al, MIO, Dhara et al. India became self-sufficient in milk by 1998, and the largest milk producer in the world. Dairy programmes in the Soviet Union, Pakistan, Sri Lanka, Philippines, and China.

Blessed to be an alumnus of direct classes by K, IRMA, Dairy Board, NTGCF/FES, and intense association in situ at Anand, for 8 years, and thereafter. Master could transform our causes, needs, and criticalities into our dreams, values, and desires. And he let us learn to appeal to these to give ourselves, our time, energy, and resources. He taught us this transformation. Can we do this, now?

Can we be open to living, breathing, refreshing diverse alternative views, lenses, economics, career(s), and ways of working? Can we choose courage? Diligently, consistently, not rashly. We cannot change the truth by labelling, interpreting differently. Can we nudge change, bit-by-bit, byte-by-byte?

Should we be in start-ups, or take charge of existing 'enterprise, mission, program, and organizations'? Or advisers or join on boards? Governance stewards? Independent

directors? Devil's advocates? Mentors to CXOs, influencers? Visioning, Design supporters? Communicators, articulators, champions, or resource builders – people, partners, knowledge, and funds? Strategy developers, Intelligence gatherers/providers, Learning facilitators, Technical supporters, Planners, Trackers, Monitors, and Evaluators? Networkers, forum conveners, and platform orchestrators? Or just plain consultants, expert advice givers, statutory compliance guides, or task-based resource persons? Or hybrid possibilities, portfolio(s)?

We have 168 hours a week. 70 hours (10 hours a day) are required for maintenance – sleep, food, exercise, etc. 40-60 hours for 'work', leaving 38-58 hours. Can we dedicate 15-20 hours for doing what we want, and 15-20 hours for learning? Some 70,000 hours in the entire lifetime, post schooling, for 7R. Reading books, articles, seeing films, videos, visiting places, communities, getting skills-tools, etc., apart from reflection and practice. Can we identify 'classics' – one has to read, see, visit, get – and read et al. Maybe at least 1000 each in our post-school lifetime. Can we?

A Student learns maximum in the moment when s/he wants to learn. Through stories, experiences, role plays, iterative exercises, groupworks, home tasks et al. When s/he asks. When s/he does, s/he practises. When s/he observes, writes, and shares. And when s/he teaches. Can we make it participatory, fieldwork-centric, skill-tool centric, exercise-centric, practice-centric, and experience-centric? Can we take them into learning loops? Can we help them to unlearn, reflect, inquire, pursue, and practice? Can we be true teachers, who do not teach, but help students to learn and go forward on their own? Can we remain connected, engaging, challenging, and inspiring, in 'meaningful sized' packets at a pace that works with student-learners? Both technical core, concept, content, and processes/practices; and ways, skills, and tools to take the core forward. Hard-soft skills. Being, doing, living, relating, leading, and serving. Can we do it?

Yes, we can. If we coexist, if teacher-learners are in flow streams. In N? dhaarayoga for 7L. 080924

## 432. Relentless pursuits

Paralympics: Hyderabad intellectual disabled Deepthi Jeevanji clinched the bronze medal in 400m running. Born during a solar eclipse, her birth disability is a cognitive disease hampering communication and adaptive skills.

Government of India is readying for release of new National Cooperative Policy, in the next 2-3 months. It would reflect 'sahakar se samriddhi' – economic development with cooperation, strengthening cooperative movement across the country reaching all villages. PACs would be digitized in the next 6 months.

We are also likely to have Rs.5 lakh health insurance cover for all elders above 70 years in the country, under AB PM-JAY. No ifs and buts.

Presidential debate between Kamala Harris and Donald Trump. Don on left, Kamala on right on the screen. 2+2+1 minutes per candidate per question. No props, and no pre-written notes. Meaning there may be just 8-9 questions per candidate. Kamala says she has a plan and is willing to discuss this. In these standing 105 minutes, will Kamala make a mark here? It may not be easy to say. Then, can her running mate Tim Waltz make a mark on 1 October? Maybe. Kamala's plan includes: Opportunity economy and lower costs for families; Fundamental freedoms; Safety and justice for all; Safe, secure, prosperous America. Tax cuts for the middle class. Overall, Kamala is one-up in the debate.

Let it rain. Can we slow the water then, towards no or little discharge 'geography'? Likewise, can we slow down the use of resources, run to walk, to stop-stand to sit-seep-reflect to lie down-sleep? Can we consume to meet the existential needs? We should not let our key hero metabolism to succumb. Let us be at it. Can we spend more calories? Can we avoid junk? Can we diet, fast? Can we lose weight? Can we take more protein? Can we sleep more? Can we get rid of chronic stress by hobbies, exercises, meditations, conversations, and entertainment? Adrenalin stress is fine.

First, can we harvest without uprooting farm resources, rather than hunt? Natural, physical, social, human, financial, and spiritual. People, women and men, leads, proactive managers, willing-with stamina teams, synergies, partners, partner collectives, enterprises, support organizations, networks, coalitions, forums, platforms, time, quality time, intense time, energy, dedicated energy, attention, intensity, funds, timely funds, adequate funds, reliable-flexible funds. Can we do the same thing year-after-year, season-after-season? With marginal improvements. Big changes once in a while. We may not want to add new farms every year. The way we keep breathing without getting bored till we rest. The way we keep taking water every two-three hours day-after-day? Maybe, we add tea, coffee, juice, artificial liquids et al. The way we keep eating several times a day, more or less the same food. The way we retire and sleep every day. The way we live and coexist with our loved ones, friends, colleagues et al. The way we have conversations. The way we repeat ourselves ad nauseam. Can we make all these more meaningful, less tiring, and less uninteresting? Can we persist with 7R? For reach, scale, systems change. In more geographies. In more related themes, domains. Scale in, up, out, deep. Grow, sustain, evolve unlearning. Support, handhold, troubleshoot, lead, mentor, showcase, inspire, engage, connect, go viral. Record, memory, legacy. Can we be there?

Yes, we can. If we coexist, if we live, link, lead, love flowing. In N? satatasasyayoga for 7L.  
100924

### 433. Flowing live rivers

A Harvard DNA expert's study finds: there was no Aryan invasion or migration; Harappan civilization was created by hunter-gatherers from Southeast Asia who became farming communities; mixing of groups from the steppe and Southeast Asia led to creation of two populations, and mixing of those two populations created South Asians today. Thus, there was no Aryan invasion. Is it?

Can we reflect, meditate? In the night before we sleep, or in the morning after we wake up, or whenever we feel like doing, but every day, at least for 1000 moments, seconds. At least once. Being empty, being useful. Can we incorporate non-violence? On, with us. With others, other life around us. At least directly. Peace with ourselves and our circle of influence. Expanding circle. Universe.

Language and culture go hand-in-hand. Many a time, it is not easy to distinguish between the two. Written language, spoken language. At home, on the streets, in the meeting places. In the books, films. Words are always not created from within. Many words are adopted, should be adopted, from other languages. Artificially created words would not take us far. Language need not be limited to literature of the past. Books, writings are required in various fields. Versatile use of language would make it 'live' language. Else it would be 'dead' soon. The script(s) also evolve. We have numerals written in many languages differently. Maybe, we should adopt/adapt Indo-Arabic – 0123456789. The same goes with culture. Culture lives when we live the culture, traditions, but adapted to

new contexts, new realities. Can we learn in our mother tongue, local day-to-day language, for us to be learning faster, smarter? Can we also learn 3-4 languages as early as possible? Mother tongue language, regional language, link language, a classical language? Can we practise? Can we read 1000 books et al by the time we leave school/we graduate? Can we practise our culture, music, dance, traditions in the teens, and immediately thereafter? Can we transcend curricular, to co-curricular, extra-curricular, cultural in our schools? At least a third of the time.

My average stay with a workplace is just three years, 1000 days. Even after being blessed with exciting work of usefulness of a very high order, and unusually kind colleagues, seniors and people. Most of the time. Sometimes my heart pulled me out. Sometimes, there was unease in the ecosystem. Some other times, it was exigencies. In hindsight, it appears I need 8 stints, and 15 years, of varied, diverse but intense engagements. To come around into 'livelihoods', collectives-enterprises, PVM, self-help movement, n-living. For 24 years. Started with becoming independent livelihoods-poverty reduction-development practitioner, lifeworker; starting Akshara; becoming livelihoods people; joining SERP since inception; taking practitioner-academic role; joining NRLM in design; joining NF in its beginning. All these continue to be flowing in parallel, overlapping streams – livelihoods, 24 years, self-help, 24 years, N-way, 8 years. And continuing. Doing, unlearning-learning, facilitating learning, mentoring, building individuals-teams-institutions-systems, strategizing, scaling, and integrating.

Can we offer ourselves to be useful? Unconditional assistance? To heal, with agency. Willingness, space, ability – knowledge, skills, tools, expertise, patience, experience. Can we prepare ourselves and let the power and energy of the Universe flow through us? More ways, more ends. Can we?

Yes, we can. If we coexist, if we continue to flow in the streams. In N? aasramayoga for 7L.  
110924

#### 434. With human juggernaut(s)

Sitaram Yechury, 72, rests. Succumbed to pneumonia. Chief/General Secretary, Community Party of India (Marxist), CPM, for 10 years by now. 50 years in politics. A Telugu from Chennai, All Saints, Stephen's, JNU. All India first ranker in CBSE. Rajya Sabha MP for 12 years. Left Hand Drive, a fortnightly column. Edited, People's Democracy, fortnightly, for 20 years. His books include: Socialism in a Changing World; Communalism vs Secularism. His edited books include: People's Dairy of Freedom Struggle; The Great Revolt – A Left Appraisal. Survived by wife, Seema Chisti; daughter, Akhila; son, Danish.

Port Blair is now Shri Vijaya Puram. Earlier Durbar Hall of Rashtra Pati Bhavan became Ganatantra Mandap, and Ashok Hall became Ashok Mandap.

Worrying statistics: 50% of the workforce of India is linked to food and land systems; 50% of the population in India faces chronic health issues; 50% adults in India lead inactive lifestyles; 30% land of India is degraded to some degree (total land in India is 330M Ha). Interestingly, the majority of land is owned by the Governments. The solution is to go the N-way. Increasing Diversity, Carbon, Water, with more incomes, inclusive equity. Leading to better food-nutrition-health, resilience, soil-climate-eco-restoration, wellbeing, equity, growth. By investing in transformation, policy in sync, budgetary support, local models-value-chains-enterprises-food systems, curriculum changes, tribal-rural-urban-emerging markets et al.

India's GDP is mostly from family-owned businesses/enterprises. 75%+. Top performers have: core operational excellence; effective transition to nextGen (slowly with multiple generational transition, the performance to lower levels significantly); diversified de-risked portfolio, away from non-adjacent sectors (as they move from emerging to scaling to at scale); attracting, nurturing and retaining best talent, culture; robust governance, with right balance, succession planning, and transitioning from executive to board member. Can we take our millions of entrepreneurs and their enterprises into higher gear? Should we skill them? Resource them? Handhold, mentor them? Change vehicle(s), add new vehicles? Add new hands hand-in-hand?

Can we tolerate inefficiencies, mediocrity, pain, hassles in this volatile uncertain complex ambiguous VUCA world? It may be ideal to live with some level of this. If we want to function in this world, do we need to adjust? Swalpa adjustment. If we cannot stand 'nonsense', we may not hold a job. Others may call us rejects. We may not fit in. If this inefficiency, mediocrity is ubiquitous, our question may have to be 'how do we put up with this, at least up to some optimal level' so that we can still work, live in a messy imperfect VUCA world? Where does this optimum stand? May change from situation to situation, community to community, person to person. Then, is it not unrealistic to be totally intolerant to nonsense? Can we coexist, live, lead, learn, care, thrive with this? Can we endure going through this insanity? Can we wade through 'nothing works, wild emotions, high multiple confusions'? Can we accept an optimal level of these hassles? Can we embrace? In our log frames, result matrices. Not copy-pastes. Can we keep tracking, to course correct, change track, improve portfolio(s)?

Yes, we can. If we coexist, if we flow together moving towards sea(s). In N? sanghayoga for 7L.

130924

### 435. 20 Questions

Onam. Annual harvest, cultural festival celebrated over 10-days, akin to Navaratri, ending with Thiruvonam, third onam, and fourth onam. Largely in Kerala. Annual homecoming of Mahabali, on Thiruvonam Nakshatra in Chingam month [Aug-Sep]. Vamana Jayanti elsewhere – Bhadrapada Dwadashi, Sravana Nakshatra. Baali/Mahabali, one of 1+7 Chiranjeevis – Maarkandeya, Mahabali, Hanumaan, Vyasa, Parshuraama, Vibhishana, Kripa, Ashwatthaama. Grandson of another Chiranjeevi Prahlada.

Schwab Foundation for Social Entrepreneurship has announced 2025 finalists: Rama Kayyali, Little Thinking Minds; Smita Satish, Rang De; Vineet Singhal and Cecilia Corral, Care Message; Community Health Impact Coalition; Responsible Coalition for Resilient Communities (RCRC). Awardees chosen from these finalists would be announced in January 2025 at the World Economic Forum meeting.

Discussed how a young intern-fellow in natural farming would work in the field. A graduate or a successful practitioner to be a ‘learning facilitator’, or a willing practitioner-researcher-academic. And how she transcends to be useful at higher levels. In NF; value-chains; enterprises; food-nutrition-health; institutions-communitization; gender-

marginalized-agency; learning-training; HR; data; communications; monitoring-evaluation. As an apprentice evolving into a model, a contributor. Provisionally selected through immersion, tests, tasks, behavioural interviews, counselling. Confirmed internship based on satisfactory performance in the induction that followed selection. Induction is for up to 100 days. Internship is for a year, and fellowship thereafter for another year. Individually in a work village, location, geography. Amounting to some,  $5,000 \times 2 = 10,000$  wakeful work hours, at the least. Apart from delivering the 'results' agreed, they need daily 7R practice. 7R – read, write, arithmetic+digital, reflect, unlearn, pursue, practice. They need to write a diary, log; observe, make notes of observations, processes; take pictures, make videos every day.

Induction helps them to appreciate themselves, prepare and plan for the internship. Social stripping, blindfold, simulation, river of life, book of life, personal vision-plan with ladders and snakes. Accounting of 5,000 hours in a year. Activities/critical steps, time to be spent, modus operandi, leader-follower. Key results that can be showcased with high guarantee/certainty-probability.

20 questions that might help while wrapping up, concluding induction, gearing-up for deploying in the field. Very brief answer, nor exceeding a slide, 25-50 words. Who am I? What did I learn in immersion? What did I learn in induction? Learning means not getting data, information, but that takes us into a learning loop in the learning curve, and brings us out of it. That makes us change our behaviour from now. That makes taking up action different from the earlier. What am I planning to do next 12-24 months – material, tools, skills, gadgets et al to be taken? on the 'farm' – model(s), income(s)? experiments/research? taking, training my co-farmers along? taking the village towards transformation, resilience? on the plate(s) – local consumption-nutrition-health? local input-output individual-collective enterprises, linkages? handing over, building agency? notes, write, publish? 5000 hours, next 5000 hours? Values, non-negotiables? vision-ladders-snakes-plan – activities/steps, learning? long-term dreams, plans? Obituary, legacy?

Can we ask these questions, prepare, plan, progress? In a similar way. In our portfolios, scaling?

Yes, we can. If we coexist, if we go in the flow together planned. In N? yojanayoga for 7L. 140924

#### 436. Shift gears now

Ozone layer. Needs to be preserved. Depletion needs to be arrested, reversed.

Milad-un-Nabi. Observance of Prophet Muhammad's teaching(s), suffering(s), character, including forgiving enemies.

Mir Osman Ali Khan, Asaf Jah VII of Hyderabad-Nizam State, signed an instrument accession, joining India triggered by military Operation polo – police action – on 17 September 1948. Liberation day, Integration day. People's governance day. Hyderabad State included Telangana, Northern Karnataka, Marathwada. The largest and most prosperous state. Peasant movement/rebellion led by Communists, Razakar Activities, fights between Communists and Razakars, and military action caused massive violence leading to some 200,000 or more deaths. This historic 17 September is observed annually by people, by state governments, and union governments differentially.

Engineers' day. The Engineer – Bharat Ratna Sir Mokshagundam Visvesvaraya's birthday, 15 Sep.

Viswakarma day, the day of artisans, craftspersons, mechanics, workers, engineers, architects et al.

Ganesh sobha yatra, nimajjanam, visarjan, immersion stops the day for all in – Mumbai, Pune, Hyderabad. Some 36 hours. Millions of idols go into water in lakes, rivers and seas. On day 3, 5, 7, 9, 11. The big idols take day 11. For Hyderabad, this Ananta Chaturdasi is linked to the Ananta Padmanabha, the reigning lord of Anantagiri Hills, where river Musi or Muchikunda originates.

We are losing soils. Soils and soil organic carbon is depleting. Our lands are degrading. Water availability is reducing. Biodiversity is collapsing. Yields are declining. Response to fertilizers is falling. Greenhouse gas emissions are increasing (Nitrous oxide warms 300 times the carbon dioxide). Subsidies are increasing. Half the population suffers malnutrition, despite production exceeding national requirements by more than 50%. Food nutrients are declining steeply. We cannot continue with the status quo. We need to shift paradigm(s). TINA. Not to traditional, outdated, but to the emerging N-way. No chemical multi-layered multiple crop 365-day green cover integrating trees, animals – natural, agroecological, regenerative. These reduce costs, yields are not compromised, returns are higher. Water requirement is lower. Cropping intensities, land equivalent ratios increase. With reduced food miles. Increased food-nutrition-health security-intensity locally. Local value-chains, enterprises. Models, scaling by apprenticing. Communitized programme, transparency, accountability, diligence. With best practitioners handholding, troubleshooting. Systems change(s) preventing lapsing back. For better life, lives for us consumers, producers, soils, water, all life around, planet. For reversing, adapting, coping with climate change(s).

We hear: HNIs, Philanthropies, CSRs listen, get together, act in unison, many a time. Are they moving towards grants – small, multi-year, capacity building, and/or mental health? For systems, scaling, diversification, augmenting portfolio, visioning, leadership, young professionals-leaders, shared learning, partnering, communitization, digital platforms, transcending IQ-EQ-CQ. With them hand-in-hand, can we serve the poor-vulnerable-marginalized? Can we be Rudyard Kipling's 'men'? Can we prepare, plan, progress towards them? In our portfolios. Can we? Can we multiply? G-scale?

Yes, we can. If we coexist, if we flow hand-in-hand listening. In N? avinyayoga for 7L. 150924

#### 437. People's action forms

Will Namo, 74, follow BJP 75 rule? 13 years as political head of Gujarat; 11 years as political head of India already. This question begs the response for – do we need political leaders to retire by a certain age? Do we need bureaucratic, business, professional, community, technology leaders to retire? Professionals, community professionals, workers? Does it depend solely on fitness, popular demand, and self-will? Official limit for government servants is 65+2, even if one is an academic, or justice, or constitutional position. Except for High-end political appointments a la Governors, legislative and executive positions. Can we mandate an age limit, for various 'work' levels and possibilities? Can we mandate limited tenure(s)? A tenure not exceeding 2, 3, 5, 10, 20 years. Maybe 2, 3, 4 terms. Performance, and potential assessment can also be mandated for renewal, extension, within this tenure, age limits. Qualifications, eligibility too. Time spent with monks and in 'monk' schools? 'political' blessings?

Kejriwal resigns and Rhodes scholar Atishi Singh will be the new interim Chief Minister of Delhi. Delhi elections are expected in February 2025.

Email, invented by Shiva Ayyadurai, is 45. Shiva got the US copyright for the same – TXu-111-775. An invention that went ubiquitous, universal, becoming the most sought after mode of communication. It has acquired formal communication status too.

Livelihoods-Poverty Reduction-Development for/of/by Poor-Vulnerable-Marginalized – LPRD-PVM – is a domain, if you are in, it is not easy to get out. Even after almost 4 decades, neck deep, one remains fully glued in, despite all the freedom, choices, possibilities, and opportunities to stray. Being with them, being useful for them, letting them seize their agency is a portfolio of experiences is the attractor, charm. Trials, tribulations, experiments, back and forth in their arrows, capitals, contexts, continuums is everything that we cannot give up.

Experienced with various forms of organizations – informal, self-help, formal; registered, unregistered; network, group, teams; company, cooperative, MACS, society, foundation/trust, firm, partnership, trade union et al; private, public; limited, unlimited; society, union, federation, confederation; society/association as foundation; public society, private trust as foundation, charity, community public trust; not-for-profit, non-profit, profit; tax exempt, taxable; movements, aandelans – springs, long-term; virtual; individual, collective, community enterprises; service-centric, product-centric business; micro-finance services, credit, banking, insurance, equity; intermediary, advisory; implementation, support, advocacy, press; own, sourced fund dependent, self-reliant; tiny, nano, micro, small, medium, large; family; with GST, without GST so on. In variety of sectors, subsectors. TRUE livelihoods, health, education. At least 100 nuances have been started/come up. 100+ OD exercises. 100+ visions. 100+ teams, leadership for organizations. Some of the unorthodox included: tribal federal trust; federation of vulnerable; network/association/collective(s) of professionals, volunteers; alumni, faculty association; development practitioners' collective; community groups, societies, unions, federations, confederations; enterprise collectives; hybrids.

Can we hang on till the end? With our portfolios in LPRD-PVM. Can we multiply with escape velocity?

Yes, we can. If we coexist, if we flow hand-in-hand with all NPSHFS. In N? sanghatanayoga for 7L.

170924

#### 438. Animating (un)learning

We seem to be heading towards One Nation, One Election. Lok Sabha, Assembly Elections together, and local governments' elections within the next 100 days. Unity government, in indefinite results, or no confidence motions. Cabinet resolutions. Now, it has to go to Parliament for its 2/3 majority approval, and several amendments to the Constitution. It may require ratification by states. Maybe, a single list of voters for all polls. Maybe, taken up after the delimitation exercise in 2026 onwards. Some assemblies need to have extended tenures, and some decreased tenures. Election costs to go down; economic growth to be faster, higher. Stability all around, good or bad, for 5 years. Local issues take backstage. Election time to reduce by 60-70%. Opposition is not so 'inclined'. Will it be 2029 or later?

60% voter turnout in Jammu and Kashmir in the first of the three-phase elections. Results will be on 8 Oct.

26-year Anna Perayil succumbed to overwork, toxic work culture and pressure for 'success'. May her soul rest in peace. Are we pushing the wrong ends? Do we need to be a trillion-dollar economy? Or do we aim for equitable incomes to our people? What is work overload? Is it hours, or is it the toxicity of the work? What is optimal? 40-60 hours? What about breaks? Coping with exhaustion? Ignored well-being? Tiredness, exhaustion, and diminished well-being reduces productivity by half, if not more. How do we manage toxic stress, how do we ensure that we are not falling into toxic stress? Can HR, team, or organization do something about this? It seems, most of us, 85%, are not engaged at work, and do work 'mechanically'. Our performance is suboptimal and is falling down. Our systems are indifferent, harmful and perpetuate 'indifference', 'harm'. More than the pay, culture, and processes matters in our teams, workplaces. Can we work on this? Urgently, significantly, and sustainably.

The stream of the work that became mainstay, more than a third, over 4 decades is learning facilitation. With six-digit co-learners, 5-digit co-learning teams, 4-digit co-learning organizations. As practitioner-academic, mentor, facilitator, animator, and lead. TRUE Livelihoods to development, of poor-vulnerable-marginalized. 7L. TRUE Livelihoods Framework – arrows, capitals, contexts, continuums, interventions, instruments. LEAPs, Value chains, enterprises, collectives. Watersheds, and landscapes. Collectivization, inclusion, equity, agency, and communitization. Livelihoods assessment, scoping, development. Individual, family, group, community, village, area, state, country development plans, architecture, and progress. Community mobilization, inspiration, coordination, social development, and development practice. Visioning, values, strategy, structuring, design, planning, activities, costing, and budgeting. Group, team, institution, organization design-development, and group sutra. Poor-vulnerable-marginalized, poverty, vulnerability, marginalization, and gender. Microfinance. Feasibility, viability et al. Results, effects, measurements, and tracking. Write-shops, notes, conversations, and communications. Curriculums, modules-manuals-courses-kits, learning programmes, and faculty development. Foundation, induction, and immersion. Counselling, behavioural interviews, recruitment, and performance assessment. Leading, managing, apprenticeship, and mentoring. Research, evidence, data, information, and knowledge. Sustainability, safeguards. Models, processes. Participation, Scaling, Systems change. Government, civil society, community, krshi, and movement ways. N-way.

Can we facilitate learning? Participatory, experiential, and field-centric, exercises. Multiplying Teams?

Yes, we can. If we coexist, if we flow with unlearning-learning practice. In N? saandrayoga for 7L.

180924

#### 439. Useful support

Tirupati-Tirumala Devasthanams – Baalaaji, Venkateshwara. TTD plans purification, samprokshana, as they discover/realize cheap adulterated ghee in making in Srivaari Prasadams. NDDB's tests confirm likely adulteration with vegetable oils, body fats of animals. This may mean a 'big' fault in TTD. National investigation is also likely to be commissioned. Meanwhile AMUL clarified that they never supplied Ghee to TTD. Telangana Vijaya 'indents' for supplying pure ghee to TTD.

Not-for-profit organizations serve in developing models, possibilities, and examples for 'state' and 'community' to take them, to scale deep, out. Sometimes, an example does not suffice. A pilot, mega pilot, is required. When is the critical level achieved? For it to be

taken by state, community, or is it going viral on its own. Taking an example, model, and possibility to a critical level is not easy. The resources for taking them are not easily mobilizable. The skills, tools, and talent may not be there in the organization for this. An innovator need not have 'scaling' expertise, stamina et al. A scaling organization need not have all innovations discovered, innovated, and generated within. We may have, get funds for trying a one-off experiment, innovation, discovery in a small locale; we may get funds to take a small piece, nut or bolt to be taken to scale as a scheme, as a sponsored item et al. Funds for taking integrated example into a pilot, mega pilot, or into an area are rarely available. Building capacity on such a scale, with reasonable time period that it calls for, is not supported. Changes in the ways of the system are not agreed to. We also may not know how this scaling happens. It is a guesswork, with a lot thinking on the feet, as we go along. Resources in anticipation of a future scale possibility are not mobilized easily. It is some kindness, many a time. How do we appeal to this?

Theory of change for all this asks for long-term. 10, 20, and more years. What we begin with as a way, may have to be changed and ways need to be altered, discovered, and laid. Vehicles may have to be dumped and changed. Teams involved may have to give way for the new ones, and more of them. Visions, missions, and strategies may have to change. As per the evolving contexts, premises. Investing in the teams and their capabilities accordingly matters. Intrinsic, internally and externally. Apprenticeships, fellowships, and challenging assignments. Mentoring helps. Existing frame, architecture, norms et al have to give way for new. There should be space, culture for the new to come in. Retaining the competent is a big concern. Improving leadership, management, data, and technology skillset in the world has to be adapted to them quickly. Needed to be pressed hard. Existing to be capacitated, new with competencies have to be augmented. Youth have to take charge. Hybrid methods, processes existing and new have to be front-ended.

Can we diversify sources? Community, business, individuals, government programmes, philanthropies, CSRs, and foreign sources. Cost of funds could be higher. Cost of accounting, diligence, traceability, analytics, assessments, and communications could be high. More and more leaders, co-leaders, second leadership, partners, networking, teams, and young professional hands are called for. And raising their abilities. Can we 'support' in these areas? In the not-for-profit world of civil society, communities, philanthropies, HNIs, CSRs, donors, governments et al. Within, without. Can we?

Can we support, facilitate support? Multiplying embedding within, and/or support teams outside?

Yes, we can. If we coexist, flow, crosscutting ground 10,000 hours early. In N? antahyoga for 7L.

200924

#### 440. Exit unfree slavery

Modi in UN. USA too. The US seems to be saying yes to permanent membership in the Security Council to India. Some cooperation is emerging in climate smart agriculture, innovations, best practices in risk protection and credit et al.

Hope TTD explains delay in action after detection. 2-months is a long period. Hope TTD comes up with a robust quality control system. It can afford it. And devotees would like that assurance.

Will Anna wake us up to going towards a meaningful, useful, cared eco-system of work in general, and in the development practice domain in particular? Especially for the young? Nurturing, inspiring, and mentoring processes. Long hours, painful, boring, tiring, slavery cause stroke, ischemic heart, apart from mental, biological, and social effects. At least 40-50% more. How many hours a week, we need for work? 40, 50, or 60. This leaves at least 40, apart from 70 for self-maintenance hours. Can we include fun, care as part of work? How many days a year, we need work? 250, 260. Are 50 days off a year enough? Or should we say, take off a day a month, apart from holidays? 24-days can be special offs. Should we go for a 5-day or a 6-day week? Can we have a provision for 1-2 days a month work from home too?

Is it OK, for example, to remove greenhouse gases from the air equal to what is being emitted? Is net zero, OK? Shouldn't we talk of reducing emissions, or not emitting at all? Stopping pollution, biodiversity loss. Business-as-usual is not OK. With some penalties paid is not OK. Reduced harm is not enough. We should cause no harm. We should cause no loss. In fact, we should cause benefit, improvement. Net positive. We should not be in greenwashing, when we have breached or are almost near breaching the planetary boundaries. We should be in reversal. We should change the direction of how we live as a planet, society. Our trajectories need to change. For ensuring all of us can meet our needs, rather than a few of us. Needs of our NextGen. Maybe – negative, zero, positive – the stages of transition to. From doing bad, to doing less bad, to doing no bad, to doing good, better. For a better future, sustainable better future.

Can we offer learning that is experiential, participatory, and practical? Can this sharpen critical thinking, logic, analytics, and language skills? Can it boost intelligence – intellectual, analytic, emotional, social, and spiritual, to navigate in the VUCA world? To be free, independent, and conscious. To face challenges of living and life. Real. To our farm and farmworker families, our weaver, crafts, and other rural artisan families. Peer-led apprenticeships. Immersions, inductions, simulations, individual-group home, field tasks, and assignments. Idiosyncratic, individual specificities to co-variant, group, team, community level realities, and directions. Enterprise, entrepreneurship. Collective action, teamwork, and leadership. Can the learners live journeys, role plays? Can the learners 'teach'? Can the learners lead? Can the learners develop and demonstrate life models, experiments, and changes? Can the learners plan their way forward? Within a broader framework, outline, guidelines, and norms. Can we build mentors, coaches, guides, and trainers for multiplying 7R-7L-HFPLC facilitators? Unlearning, stripping, blindfolding, snakes-ladders, simulations, immersions, inductions, apprenticing, handholding, and troubleshooting....

Can we facilitate doing, learning and doing more good? Multiplying. Viralizing. Default everywhere.

Yes, we can. If we coexist, flow, learn flowing hand-in-hand. In N? Moulukayoga for 7L. 210924

#### 441. Participatory SH Agency

India wins Bangladesh First Test. Ashwin is the man of the match. 103 in the first innings, 6 wickets in the second. After 92 years, India could have more wins than losses for the first time. It is 179-178.

India won Double Gold in the Chess Olympiad at Budapest. In both men's and women's competitions.

Sri Lanka elects its new President. Marxist Anura Kumara Dissanayake. Ranil Wickremesinghe, despite his miracle job of getting Sri Lanka back on rails, could come distant third in the elections.

It appears, I have spent three pushkars to find the core strands of purpose for lifework in LPRD-PVM portfolio. 7L -Livelihoods, Collectives, Enterprises, Self-help, N-way. Leadership, management, learning, mentoring support. Systems, strategy, and scaling. Practitioner-academic. Architecturing for NextGen. Volunteering, paying forward, forums, platforms, and emerging technologies. Reaching Akshara – the Livelihoods People; SERP – Society for Elimination of Rural Poverty of combined AP, by 1999, is like finding the agenda of a lifetime. SH remained a key strand of purpose since then.

Beginning with women. Tribal, rural, and urban. Marginalized groups and communities. Groups, Federations, Confederations and upwards. Elders, disabled, and third gender. Neighbourhood groups, producer, commodity, and service groups. Panchasutra, saptasutra, dasasutra, and sodasasutra. Savings, Credit, Insurance, remittance, equity, and pension – microfinance. Bank linkages, interest subvention, and zero interest credit. Using the amount for productive purposes, assets. Community investment funds. Accessing rights and entitlements. LEAPs, Value-chains. Enterprises, individual-collective. Rural marts. Bulk dairies. Collective farming, animal husbandry. Food-nutrition-health. Kitchen gardens. Managing Anganwadis, running PDS, and providing mid-day meals in schools. Positioning volunteers in schools, taking charge of school management. Freeing unfree child labour. Scholarships, tuition centres, and libraries. Taking of public works, construction, roads, sanitation, watersheds, tanks et al. Non-pesticide management, community-managed sustainable agriculture, natural farming. Legal support. Family counselling. Building capacity, skills, and tools. Engendering, gender sensitization. MGNREGS. Layers of activities on self-help – 27, on the last count. Reducing poverty, caring for the needy and visioning prosperity. The trick in the virality of SH is the triad in sync. Ever improving People’s institutions, internal animators, and external facilitators together. Identity to capacity to freedom.

Self-help movement emanated from various sources, in various ways. Civil Society, RBI, NABARD. IRDP, DWCRA-DWCUA, and SGSY. IFAD Projects, SAPAP, DPIP, SERP, Kudumbashree, Puduvazhvu, SRD-WB, Jeevika, OLM et al. Culminated in NRLM, NULM. Many of the state initiatives transformed into SRLMs. Now, 100 Million rural women, 40 Million urban women, and 10 Million elders, disabled et al are in the self-help movement. Apart from MGNREGS, Governments invest not less than Rs.50,000 Crore a year in them in various ways including interest subvention and SH focused interventions. Banks are providing up to Rs.200,000 loan per member. SH dictates the coming and going of Governments. SH leaders are also getting into local governments, and higher political positions.

Can we continue to facilitate their agency? Can we reach unreached? Can we support in prosperity?

Yes, we can. If we coexist, flow with the caring self-help communities. In N? sanyogayoga for 7L.

220924

#### 442. Limitless endless

Parliament restructured its standing committees with the formation of 24 key committees, assigning significant roles to prominent political leaders across party lines. Rahul Gandhi is on the defence committee. Shashi Tharoor is chairing foreign affairs committee. Charanjit Singh – Agriculture, Animal Husbandry and Food Processing.

Saptagiri Ulaka – Rural Development and Panachayat Raj. Kanimozhi – Public Distribution. Rajiv Pratap Rudy – Water Resources.

Minimum wages in the country are revised, effective from 1 October. Across sectors – building construction, loading and unloading, watch and ward, sweeping, cleaning, housekeeping, mining, and agriculture. Unskilled, semi-skilled, skilled, and highly skilled levels. Across geographical regions – A, B, and C. Rs.783 to Rs.1035 per day.

Are we going towards Body Roundness Index (BRI), based on height and waist, instead of Body Mass Index (BMI), based on height and weight? Waist is a better predictive indicator, than weight. BRI is calculated as:  $364.2 - 365.5 \cdot \sqrt{(1-4 \cdot \text{waist radius (cm)}^2 / \text{height (cm)}^2)}$ . Generally, the score is between 1 and 20. Extreme values are dangerously harmful, with high health risks. BRI less than 3.4 might signal underweight risks. BRI between 3.4 and 5.5 is the healthiest. BRI between 5.5 and 6.9 seeks healthier habits. BRI between greater than 6.9 reflects very high visceral fat and is a risky situation.

Can we learn to narrate, tell a story? Results and processes as a story, or a series of stories. Data, work in story form? For better connection. Emotionally, socially, and human level. Facts when turned into a narrative – they become more memorable; influence opinions, perspectives, and actions; link with people, communities, and partners; build ecosystems for change; amplify experiences; resonate with audiences at large. Can we have more stories, more case studies, and more documentation? Maybe more songs, videos too. Can we get storytelling, narrative building catalysts for lasting social impact? Can we get writers, directors to tell stories of influence?

The story of collective action. The stories of collectives. The story of dairy cooperatives, AMULs. The Dairy Board. Commons. Land and water. Livelihoods, Civil Society, SERPs, NRLM, and NULM. Self-help movement. The stories of building agency for women and the marginalized. Natural farming. Learning, Leading, and Caring.

How do we spend the next pushkar or two? For Amrt Bhaarat, Viswam. Travelling, walking around. Conversing with people. Seeing and listening to inspirers on the ground. Building more and more cohorts of practitioner-learners. Writing notes, books. Being with communities, organizations on ground, boards, teams and individuals. Movements, Missions, Platforms, Forums, and Networks. Resource persons to those who seek time and energy. India 100 plan and taking the plan forward. Field stations, partners needing support. Taking young professionals, leads through immersions, inductions, internships, fellowships, start-ups et al. Curriculums, inducting the teachers for the new curriculums. Policy notes, advocacy. Visioning, strategy, systems, scaling deep, up, in, and out. Natural farming, living, and livelihoods – N-way. Can we continue to be useful, for ourselves, our NextGen?

Yes, we can. If we coexist, flow with Viswasudha. In N? anantayoga for 7L.

240924

#### 443. Vision nudge

Tamil Nadu Chief Minister Stalin's son is appointed as TN Deputy Chief Minister.

Antyodaya Diwas. NRLM-NULM Day. NRLM – Deendayal Antyodaya Yojana, or DAY-NRLM Aajeevika.

Konda Laxman Bapuji, 109. Their Jaladrushyam was the headquarters of the Telangana movement. Incidentally, that was the place where I went, when I visited Hyderabad for the first time as a teenager in the late 70s. And I continued to visit Bapuji, Jaladrushyam, and his other places of work. With my father, or otherwise. He remains an invisible inspiration.

We in the Dairy Board heard this story often – Nestle declared – the milk to milk powder process is too delicate for ‘natives’; Dr Kurien walked away in anger; Kurien with Dalaya could achieve a breakthrough of converting buffalo milk into milk powder; Milk market established in summer was served for taking care of the fluctuations of lean and flush seasons; AMUL grew; Sastry got influenced, triggering formation of Dairy Board to replicate AMUL; Operation Flood with milk powder and butter oil donations converted into money; India became self-sufficient, largest milk producer. Incomes and well-being of the dairy farmers – women and men – went up, and gave dignity, freedom through their 3-4 tier collectives/cooperatives, Anand Pattern Cooperatives. Dairy Board transcended milk – oilseeds, oils; fruits and vegetables; salt; electricity. It also transcended cooperatives. Dairy Board’s portfolio of institutions, easily into three digits, have also transcended to serve larger purposes. IRMA went beyond serving dairy cooperatives to all cooperatives, to rural, to development, and to ‘world’ – community collectives, civil society, businesses and governments. NTGCF/FES went beyond tree growers to watersheds, landscapes, and ecology. Kurien’s legacy includes these institutions, their alumni, and the principles/lessons. Mumbai first, market first. If democracy fails, go for more democracy. Problem paradigm may not give us the solution, can we be lateral? Listen to NextGen first. Quality at any cost. And of course, scale.

Amrt kaal would be taking us fully into a new paradigm, N-way. Regenerative, circular, self-sustaining, local, low food mile, and footprint closed loops. To non-linear systems. Lower specialist, higher generic, but systems, and collaborations. Self-learning and practice. Participatory. Localized, customized, collectivized, communitized, and hybridized.

Can we be participatory, truly? Can we decentralize, handover to locals, really? Can we trust them, seriously? Can we be more transparent, accountable at local, ground levels? Can digitization, digital forums, and platforms help? With hybrid mobilization support from movements, civil society, community collectives, and local leaders. Do we have any alternatives but these? Can we bring participatory governance to fighting hunger, poverty, vulnerabilities, reducing inequalities, deforestation, addressing climate emergencies, bettering healthcare, education, employment, local enterprises, collective action and collectives? To natural farming, living, and livelihoods? To N-way? Can we have the real bottom-up plans going upwards to become state and national plans, and budgets? Beyond the rhetoric. Poor-vulnerable-marginalized, PVM, taking the centre-stage. Can we seek

proposals? Can we analyse and put them to vote? Can we allocate budgets? Can we invest into the future, for NextGen? Can we continue to be useful, relevant?

Yes, we can. If we coexist, flow with new Galileos, Copernicus'. In N? dheeyoga for 7L. 250924

444. Free unfree 20%

Is 405 East, 42nd Street, New York relevant? Is the United Nations relevant globally? Is its Security Council getting restructured? Will India get a permanent seat, and will it help anyone? What is this veto power, should it be there? How can we keep using it to block going ahead with some solution(s)? Can the UN reinvent itself? Can the new world order do this, or allow it?

World War has not come, but 110 armed conflicts so far. Right now, the Gaza War is going on. Some 50,000 casualties so far. 300,000 displacements. The Ukraine War is still going on since 2022, with a million killed or injured severely. Notwithstanding, some Terror organizations and leaders get hit, here and there, now and then. Including Hezbollah leader Hassan Nasrallah, and team. Peace is elusive but the war economy is growing. Some say it is more than trillion dollars.

Can we write? Write well? The beginning, the leads. The middles. The ends. The threads. Interconnections. The whole story, narrative, article, blog, and piece. Precise, but complete in itself. Not more, not less. Repeat for emphasis where required. Maintaining writing style, tone, and tenor all through. Doing the piece with homework, extensive. Deep enough at the same. It applies for writing, speaking, presentation et al.

Are we fit? To contribute to living fully, usefully; to the family, team; to the organization, network; to the society. Always. At least up to humanly possible extents. With physical, mental, social and spiritual stamina. For this, preparations, routines, exercises, and diets have to be crafted and practised. For the body, mind, and work itself. Most of us, other than sports persons, peak for 40-50 years, with the peak lasting 10-20 years, and the slide starts. We need to be conscious. We need to keep opting out item by item. Hours of engagement may have to be reduced. Days of work may have to come down. Gradually, over 10-15 years. Indicatively, the slide starts from 50 onwards. Maintenance hours of 70 may need to be increased slowly to 84; available hours for work and related may remain 45-50; leaving some 34 hours for 'doing what we want'. From 60/65 onwards, this may further change towards 98, 40-45, and 25 hours. Let us get ready for these changes, shifts, transitions, and transformations.

If we overwork, maybe more than 50 hours a week, continuously for several weeks, it could lead to burnout. The remaining time has to go into learning, writing, speaking, hobby, passion, conversations, catching-up, relationships, networking, exercises, yoga, meditation, reflection et al. Early burnout symptoms include exhaustion, overthinking, palpitations, body aches, gastric symptoms, and restlessness. 60% are reporting these. Burnout can be a killer. Longer work hours in spurts are fine, but not chronically. Working on urgent issues always adds. Mediocrity, low capacity, and insecurities aggravate. Difficulties in switching off after long hours of work add. Our culture adds.

Can we really dedicate time for maintenance, full 10-12 hours a day? Can we disconnect these 12 hours a day? Can we be more disciplined, efficient? Can we also meet more people, other people? Can we use our 20 hours a week for doing what we want? Can we

be in the communities, conversations? Can we care about our nutrition? Can we work to a schedule, timelines? Can we do every day – read, write, do crosswords, do numbers, listen to music, do some dance steps, see micro life, be with nature, reflect, meditate, converse, be with cohorts, communities, enterprises et al?

Yes, we can. If we coexist, flow with new co-flowing life. In N? kaalayoga for 7L.

270924

#### 445. Relentless, brakeless, breakless

President Anura Kumara Dissanayake appointed Harini Amarasuriya as new PM, Sri Lanka.

Declaring faith in the temple deity by non-Hindus is expected, if they want to enter the temple. Why should there be any other opinion on this?

Adulteration in ghee and edible oils is rampant. Cow ghee is Rs.1500/kg; refined inedible oil is Rs.50/kg. Scope for adulteration is high. When someone wants to supply ghee to Tirumala at Rs.300-400, it has to be adulterated with cheaper oils. Animal fat based oils are costlier. Or they are taking the supply under their CSR, or social responsibility, and their donation.

DAY-NRLM's Aajeevika samaagam, the National Livelihoods Conclave has a vision of creating 3 crore lakhpati didis. Through regenerative climate smart, diversified, farm and non-farm livelihoods; collectivization; and market linkages. In sync with Samridh Gram and Viskit Bharat 2047. This is 30% of its membership. At current prices, we need to talk of income, at least Rs.3 lakh per year, rather than a lakh.

Can we become interdisciplinary? Multi-disciplinary? How do we become one? New education policy and UGC are asking all institutes including IITs, IIMs to become multi-disciplined. Accordingly, IIT Bombay is offering graduation in economics. Interestingly, Economics happens to be a sought-after course. Fourth course. Engineering, Technology offer highly transferable skills like analytics, analytical thinking, logic, and problem solving. Tools like mathematics, statistics, and applying theory into practice. Economics seems to be emerging as a strong multidisciplinary course with transferable skills-tools like engineering-technology. It is intertwined with other disciplines like finance, environment. The course might include economic theory; understanding economy; analytics; software; supplementary studies. It calls for research, reading, writing, and presentations. We can become interdisciplinary with economics in our portfolio. Can we?

What do we teach our children in our homes, in our schools? Languages, numbers, nature-environment-around us-science et al. Can we teach logic, analytics, scepticism, history, including history of science, and politics of science? Can we teach what includes nature, what nature does, what we do to nature, and how nature is alive, intelligent, and partnering? Can we discuss contexts, culture, and interconnected systems? Can we discuss life, living, livelihoods, linkages, leadership, learning, and love? Can we discuss research and who is doing research – farmers, people who are living, living as scientists, and people who are curious – children included? Can we discuss 'spirit', philosophy, and behaviour, who am I, purpose, life, death, happiness, music, dance, health, first aid, diet, nutrition, exercises, freedom, justice et al? Soft, living skills, yoga, meditation, reflection, accountability, and dairy? Preparing for real life after school?

Can we care for ourselves, our core? Can we really dedicate time for maintenance, full-time as required? Can we care to notice silent recurring warning signals – minor chest-breath discomforts, nausea, indigestion, and cold sweats without exertion?

Can we be in the communities, field, conversations, cohorts, notes et al? Next 5,000 days and more?

Yes, we can. If we coexist, flow with mutually caring co-flowing life. In N? nirantarayoga for 7L.

280924

#### 446. Charged up 5-10K hours

Food systems are broken. Globally. Greenhouse gas emissions, biodiversity loss, water pollution, soil and land degradation. Climate changes – rising temperatures, humidity, and wind speeds. Impacting unequally. Some are more vulnerable. A billion people are hungry. Can something be done? Yes, natural farming-living is an option. Farming and food system inspired by and in sync with natural ecosystems. Focus on interactions between plants, animals, humans, and the environment. Serving people, nature. Across various geographies, contexts, levels, and scales. Participatory learning-based knowledge co-creation.

Can we do more to create systems of support? Can we have spaces in our learning-workplaces safe enough to express one's struggles, anxieties? Can we teach how to handle failure? Manage stress? Can we let them appreciate that they are not alone? And they are understood, cared for with compassion, empathy? At every level, in every situation. Can we work on 'happiness' and offer spaces? Not alone. Together in solidarity, capacity, saying 'we are here, we care'.

Uncomfortable with the ways of the 'rich', I left Naandi. Uncomfortable with the ways of 'powers that be', I had to step out but not from the self-help movement of the poor, vulnerable and marginalized. To take charge of their livelihoods, lives, and destiny. This helped me in joining the SH movement in various states, and later in national efforts through NRLM, and NULM. Joined in the NRLM effort, starting with co-authoring Framework for Implementation, National Rural Livelihoods Mission. A 3-lakh Crore Mission over 18 years to cover 10 Crore PVM families, starting with women, into self-help movement. Then, as part of the working group of the planning commission, on NRLM and Mahila Kisan Sasakthikaran Pariyojana, MKSP, the mission was endorsed. On 11 November 2011 at 11:11 hrs. A National Rural Livelihoods Project with World Bank Support was taken up to support NRLM's efforts in intensive blocks. Chipped in Project implementation plan and Community operational manual. By 2011, I was on board fully to co-lead NRLM. Anchoring CORE NRLM and Leading nurturing its Capacity across, including HR, resources, partners. integrating support, technical support, missions, state anchors, and resources to states. Annual Action plans, processes, costs, timelines. GEF's SLACC, UNDP's GOALS, and BMGF-CARE supplemented. Restructured, revised NRLP. North-east Special Package came in. Revised Framework 2.0. Chaired pre-EC meetings. Remained standing invitee to NRLPS meetings.

By 2016, NRLM went to all states. SRLMs, NRLP Society came into being. Graduated from Resource blocks, to intensive blocks, towards all blocks. Groups to VOs to CLFs. SERP, Kudumbashree, Pudu Vazhvu, Jeevika, and RGMVP as national resource organizations.

NIRD as National resource centre, with pool(s) of National, State resource persons – 1000+. Local resource persons crossed 100,000. Apart from 50,000 staff and HR. Manuals, COM, 10-year processes, protocols, participation, inclusion, saturation, communitization, and convergence. Round Tables, and Writeshops. Social, Engendering, FNHW, Financial, Funds, Institutions, PIP-PPA-Tracking, Livelihoods, Accountability, and Audit. HR-staffing-rationalization-HRM-Performance-Learning Processes. Generalist integrators and specialists.

Continuing in self-help, livelihoods, collectives, and enterprises. N-way is added. Can we be there in the next 5,000-10,000 days and more?

Yes, we can. If we coexist, flow with our akshauhinis. In N? kshetradharmayoga for 7L. 290924

## 447. Million hours

Shastri, 120. Bharat Ratna, second PM, Lal Bahadur Shastri was a graduate in philosophy and ethics. His government's agenda: Socialist democracy; freedom and prosperity for all; world peace and friendship with all. He inspired and mandated Dr K to replicate AMULs via creating National Dairy Development Board, Operation Flood, and White Revolution. He seeded Green Revolution via C Subramaniam, MS Swaminathan and their teams. Popular 'Jai Jawan, Jai Kisan' was his slogan. He led the country to win the India-Pakistan war. He was Gandhi's eminent follower since 1921, and the President of Servants of India Society. Remains a life inspiration.

Bapu. Gandhi, 155, is still inescapable. Mahatma is an Inspiration. Led Congress since 1920; led achieving Indian independence; considered Father of the Nation. Various referred as: Greatest Indian since Buddha; Asian of the Century; Greatest man of the millennium. His values: Satya, Ahimsa, Brahmacharya, Asteya, and Aparigraha. Apart from the famous autobiography 'The story of My experiments with Truth', he wrote Satyagraha, Hind Swaraj and many more thereafter, with 'no rights reserved'. Edited Harijan, Indian Opinion, Young India, and Navajivan. 50,000 pages of writing. 150 countries have released stamps; have statues; statue in UN 'uncompromising advocate for peaceful coexistence'; no town in India is without a Gandhi statue, Gandhi road/street; his image on all currency in India; and some temples too. An Asteroid is named 120461 Gandhi. Einstein famously said, "Generations to come will scarcely believe that such a one as this walked the earth in flesh and blood". Dalai Lama, Lech Walesa, Martin Luther King Jr, Cesar Chavez, Aung San Suu Kyi, Benigno Aquino Jr, Desmond Tutu, and Nelson Mandela are considered Gandhi's children and his spiritual heirs to non-violence. There is a district in the US named Mahatma Gandhi district. Mahatma Gandhi National Rural Employment Guarantee Act. Mahatma Gandhi's cleanliness and sanitation drive.

His birthday - International Day of Non-violence. In 1948, the Nobel Peace Prize Committee chose not to award the prize during the year to anyone and commented: "there was no suitable living candidate". Gandhian Thought, Gandhian Economics, Satyagraha, Sarvodaya, Antyodaya, Gram Swaraj, Nai Talim, Appropriate Technologies, Environmental stewardship, and sustainable living offer a compass to India's journey ahead, Amrt kaal and beyond.

Sustainable, non-dying, and God. Akshara, 26. A small network of professionals to meet the professional needs of the development organizations - for the people, of the people. By the people. In 10 years, Livelihoods, today and tomorrow magazine, monthly, in English and Telugu (jeevanopadhulu) has started coming. Print gave way to Telugu print, English electronic, in turn, became a total electronic version. Now, it is going strong as a

daily 'livelihoods update'. Yogakshemam, a column within, became more frequent to twice to four times, to daily, read as: 5-days a week. Network helped, worked with many Livelihoods Support individuals, organizations, and enterprises. Akshara Livelihoods emerged. Experimented with Programmes in Livelihoods Management to take into Development management and leadership courses, as a Practitioner-Academic. Visioned many development organizations. 7L Coexistence emerged. A new lease for A-portfolio in the offing in Amrt kaal. Next 10,000 hours each of 100+ practitioners. Own ways. Many in 60s. Can we do it?

Yes, we can. If we coexist, flow with the charmed, willing. In N? krsnaarthayoga for 7L. 011024

#### 448. New genius shifts

Shailaja Paik is the Charles Phelps Taft Distinguished Research Professor of History and affiliate faculty in Women's, Gender, and Sexuality Studies and Asian Studies at the University of Cincinnati. Her books include: *Dalit Women's Education in Modern India: Double Discrimination*; and *The Vulgarities of Caste: Dalits, Sexuality, and Humanity in Modern India*. Now, she is chosen as MacArthur Fellow, 'genius'. She would receive USD 800,000 over five years for her research without strings, restrictions. She writes about unseen lives of Dalit women. She is among the 22 Fellows of 2024.

Should we disallow the students' using calculators, iPads, notebooks, laptops et al till the schooling? If we want our children to have sharper minds.

The Income Tax Department found "Oxfam, Centre for Policy Research (CPR), Environics Trust (ET), Legal Initiative for Forest and Environment (LIFE) and Care India Solution for Sustainable Development (CISSD)" funded each other for anti-national activities. FCRA is violated. Illegal sub-granting was done. Sub-grants were made to mobilize communities to agitate. CBI filed an FIR a year ago that Oxfam India was working as a foreign agent on behalf of foreign powers. FIR says: XXX mobilizes foreign funds and are routed through FCRA holding handpicked affiliates. A for-profit company would oversee the expenditure and project work of these affiliates. On paper, they are not connected; in actuality, XXX orchestrates all the things. XXX has planned to use foreign governments and institutions to pressurise the Indian government to renew its FCRA. What is wrong here? FCRA violation and sub-granting - this may need to be punished by FCRA registration suspension/ cancellation. Providing support to willing 'entities' in planning, supporting implementing the plan, supporting staffing - is it wrong? Are we missing something here?

With curtailed FCRA amounts, CSR funds for civil society organizations, NGOs, what is the way forward for 'support'? Governments want to do 'development' directly as much as possible. Communities are collectivizing and are directly reaching out to Governments, Philanthropies, and CSRs. The middle space in implementation, reaching out is narrowing. Smaller support organizations are closing, collapsing. Hybrid social enterprises, contractor private organizations are emerging. Support is becoming 'business'. Can it be humane? Can the brightest minds join in? Can the innings be longer? Can these be for the new paradigm shifts? Towards N-way. Inclusive. Participatory. Localized, customized, and communitized. With identity, solidarity, capacity, rights and entitlements, well-being, freedom the poor, vulnerable and marginalized. Traceable, accountable agency in their hands for their livelihoods, value-chains, lives, destinies, and NextGen.

What are the kinds of support that the new paradigm individuals, families, enterprises, and communities need? What can we do out of these? Beyond 'livelihoods updates'; yogakshemams; networked LSIs, LSOs, and LSEs; Livelihoods-Management-Leadership programmes; apprenticed mentored champions, models; visioning-strategic planning; systems changes; notes, stories, conversations, cohorts, and journeys; schools, academies, universities; partnerships, forums, and platforms; movement(s) – global movement at local levels, customized, tailored to idiosyncrasies, communitized. Can we do it?

Yes, we can. If we coexist, flow with multiplying agency in hands. In N? navadishayoga for 7L.

021024

449. 150, 5K, 1M, 500M

Today Ashvayuja Suddha Dwitiya, Swati nakshatra pradhama paada, Saayam sandhya. Krodhi to Krodhi, Lunar year cycle. On the way to Thirukadaiyur.

What is the number that we work with, intimate with? Are these millions in following real, or just numbers sake?

Science tells: 150, the number of people with whom we can maintain stable social relationships of intimacy. The innermost circle may be 3-5 people; followed by 10-15 circles (sympathy group, team in sports, group of saints, and Jesus's 12); then 40-50 circles (hunters' camp); Dunbar's 150. Then 500; 1500; Plato's 5300 for a direct democracy. 15000; 50,000; 150,000; 500,000; 1.5M; 5M; 15M; 50M; 150M; 500M in that order. It goes on in multiples of 10/3. When all else is equal, blood kin gets a preference in all this, probably.

A place of living, a village. It has coexisted with us. It is a forum for us to coexist. We live doing various things with a variety of sources for living and drains of living, via livelihoods or otherwise. Giving us life. Linked together, leveraging, linking with others, other life, and other things animate, inanimate. We lead and we are led. We learn, unlearn, and relearn. We love, care, practice, and pursue.

Surely, it is a place where there are systems, forums, and platforms for multiple livelihoods to play out. In their local specific set of contexts. With land, water, livestock and other natural resources, physical resources, social, human, financial and spiritual resources. Farmers, farmworkers, gopis, gopals, govinds, artisans, weavers, craftspersons, vendors, value-adders, service providers, etc. Most often, each family has a portfolio of livelihoods of its own. The processes, routines of living vary. Consumption, nutrition, production, value-addition .... entertainment, engagement, taking risks .... The food miles, footprints contributions vary .... Lifestyles, meeting the needs, or greed ....

Do we really need evidence of the N-way, for this to go to scale? Isn't it already established by 1000s of years of work so far? Seeking evidence is a bogey, isn't it? Particularly after years of 'diligent' observations, measurements are sought. Isn't an industry in itself, servicing a new order of 'vested interests'?

Are we meeting the sustainability, systems, and legacy needs of the NextGen? Are we carrying the democratic voice collectivized forward? Or are we imposing our thoughts on

the jana baahulya? Can, all of us human beings, living beings, have our identities intact-enhanced, solidarities established, capacities ensured, rights-entitlements guaranteed, well-being bettered, and maintained? Can we have freedom, choices, and options fair, just? Even when the crunch hits us, do we have our lives going on – air, water, food, shelter, entertainment, engagement et al, as long as possible, for all of us? Not at the cost of others. Systems of the future.

Can we be with nature? Local? Can we customize, communitize? As quickly as possible? Can we live as sustainably, can we pursue sustainability as far as possible? Can we continue to offer a better 'planet' for NextGen always? Can we create, augment partnerships, forums, platforms; movement(s) – global movement at local levels? Can we do it? Can we get more and more into this?

Yes, we can. If we coexist, flow with 150 first. In N? sanghatanayoga for 7L.

041024

## 450. Masters' notes

Teachers, World Teachers. Mentors. Gurus. Jagadgurus. Krsnam vande jagadgurum. Budham, dharmam, sangham saranam. The truth, the useful, and the beautiful. Givers of value orientation: hope, faith, promise, love, and coexistence. Towards truth, light, and amrt. Guides in us becoming servant leaders: Ahimsa (non-violence), Satyam (truth, honesty, and integrity), Astheyam (honest earnings), Brahmacharyam (discipline, in sync action, word, and thought), Aparigraha (non-possession, simplicity, minimalism, and inner contentment), Asaucha (mindful diet), Abhaya (fearless), Srama (work, labour), Yoga. Priya vachanam. No intoxicants. Sarvodya-antyodya, local self-sufficiency. Givers of basic knowledge, skills, tools, education, and direction. For better life, living, well-being, and thereafter; health, spiritual health; for NextGen, for poor, vulnerable and marginalized. Can we include it? Can we all participate fully? Can we have agency to take control, command, and steer? Nothing about us without us.

Can we play, dance to the masters' tunes? Are we ready? Are we ready for attached detachment, detached attachment? Yet, can we be devoted, dedicated? Can we surrender? Can we delve deep, discover ourselves, selves around us, and the universe? Our purposes, our ends, and our means? Can we transcend the veils of statuses, distinctions, and differences? Can we love the way the master loves? Can we resonate? Can we be in sync? With each note, each peak, and each crescendo. Every being can, with no discrimination. Can we do yoga, the dance of action; the seva and songs of devotion; opening knowledge waltz; the meditation and reflection? Separately, or in hybrid ways? Can we be living our lives, painting canvases of our lives, playing our roles in the stages/platforms of our lives, singing, dancing, and using five-six-seven senses? Amidst possibilities, adversities, and challenges. Can we be at peace, in the din, sufferings, pains, excitements, the raas, labyrinths, and puzzles?

Can we be kind? Can we be meditative – restraint, mindful, and dhyaana? Can we follow the noble eightfold path: right understanding, right thought, right speech, right action, right livelihood, right effort, right mindfulness and right concentration? To achieve our ends, without shortcutting means. Can we love our universe, sum total of all souls collectively, and separately? Can we treat others as we want them to treat us? Can the meek inherit the earth? Can we remain ready for our death? Can we be the change we want in our society? Can we be truthful? Useful? Non-violent, simple? Fearless? Can we

be sarvodayans? Antyodayans? Can we work, be self-reliant, local, self-sufficient, equitable, inclusive, and participative?

Can we be learning, leading, living a purposeful, meaningful, and useful life? Can we be beautiful inside out? Can we be fair, just, and equitable? Can we coexist, peacefully? Can we iron out the extremes of disparities within our communities? Can we uphold the dignity of life, living for all? Can we be bold, courageous to live this kind of existence, coexistence? Communitized lives. With rights, entitlements, opportunities, rational thought, justice, equality, dignity, capacity-agency, well-being, and freedom accessible to all who need.

Can we listen to our teachers, world teachers, and dance to their notes, beats, and tunes? Movement(s)?

Yes, we can. If we coexist, with taps, beats, and songs of the flows. In N? srtilayataalayoga for 7L.

051024

## 451. N juggernauts

More than 2% children suffer with Cerebral palsy (CP). CP is caused by abnormal development or damage to the parts of the brain that control movement, balance, and posture. It results in movement disorders that appear in early childhood. These may include: poor coordination, stiff/weak muscles, tremors, seizures, problems with sensation, vision, hearing, speech, thinking, reasoning et al. Various subtypes – spastic, ataxic, dyskinetic etc. There is no cure but supportive treatments, medication, surgery may help. Can we be kind and helpful in these?

N-way literacy, digital literacy. Knowledge, tools, skills. Action portfolios. Self-help global movement(s) at local levels. Local learning centres, kiosks, tuition centres. With teacher-tutor-mentors, volunteers, resource persons, entrepreneurs, enterprises. Skill-tool learning centres, schools. Private, public book, video, digital libraries, reading rooms in schools, villages. Models-examples-demonstration sites, champions, peer agents, extension-hand holding-troubleshooting clinics, agents, and channels. Food-nutrition-health centres. Marts, stalls, stores, hotels, storages, cold storages. aggregators, processors, value-adders, direct wholesalers, retailers, and consumer linkers.

Self-reliant, self-sufficient families, villages, locales, and geographies – on the foundation of self-help, collectivization, localization, customization, and communitization. Traceable, accountable extension-production-food systems of farmers, farmworkers, value-chain players and consumers. With engendered ‘agency’ in the hands of the poor-vulnerable-marginalized. Groups, communities. Agency of willingness, ability-capacities, and spaces.

Economies of scale in action. Surpluses after self-consumption, local nutrition. At least Rs.100,000/family; Rs.10M/village, Rs.20M/GP; Rs.250M/ Cluster-Mandal; Rs.1B/district, and so on. In 10-20 years. Farmer direct sales, farmer enterprises, farmer collectives, collective enterprises, consumer groups et al. One village > 100 ha: 100 owned/leased farms; 100 farm families, 50 farmworker families, 200 prosumer/consumer families, 10 entrepreneurs/individual-family enterprises, 2 collectives/ collective enterprises, 5 best models/champions/resource persons, 20 lead

farmers, 5 service providers, 5 prosperity enterprises, 20 new jobs et al. A one crore economy, at the least. Per capita family portfolio income > Rs.50,000 per month.

Systems change in favour of the new Galileo-Copernicus paradigm. Reduced subsidies for chemical inputs, increased budget outlays for transformation. Critical scale in 5 years, transformation goes viral in the next 10 years. N-way becomes the default way. Self-learning mechanisms, repositories, coaching centres, farmer service centres et al. CRPs join extension systems. Market pays for extension, certification. Farmers receive fair-share in the value-chain(s). Eco-credit payments form a substantial portion of the farmers' income portfolio(s). Minimum basic income farming could be announced and supported. Minimum support prices may become irrelevant, and reference prices may emerge. Digital platforms take charge of demand-supplies.

Can we take the N-way? Can we survive the civilizational crises – farmers', producers', workers', servicers' wellbeing; consumers' health; soils; water; climate with planetary boundaries breached? Can we reverse these? Can we act in unison? Soon, in no time.

Yes, we can. If we coexist, with diligent, coherent flows in tandem. In N? uttharayoga for 7L.

061024

## 452. Six sigma inclusion

First state elections after General elections. In J&K, Haryana. Exit polls were not right. It is BJP in Haryana (48/90); INDIA coalition – National Conference and INC in J&K (49/90). J&K went to elections as Union Territory for the first time, perhaps last time too. Special status under Article 370 was revoked. Other Union Territory, carved out from J&K state is without legislative assembly, and is directly administered by Government of India, with support from Leh and Kargil district autonomous hill development councils. 4 independents support National Conference. Omar Abdullah is slated to be Chief Minister. It is now widely believed – J&K would be a full state soon. In Haryana, BJP has got third consecutive win. Three independents joined forces with BJP, taking the tally to 51. With less than 1% difference in popular vote, INC-led INDIA could get only 37. Nayab Singh Saini is slated to continue as Chief Minister.

Congress says EVMs are hacked in Haryana. But INDIA alliance members are asking Congress to introspect. They say: overconfidence and arrogance have led us to lose. Can they transcend all these to a new crescendo soon? Maharashtra is getting ready for elections. Jharkhand may follow suit.

Nobel Prize 2024 in Physics goes to John Hopfield, and Geoffrey Hinton for ‘foundational discoveries and inventions that enable machine learning with artificial neural networks’. Nobel Prize 2024 in Chemistry goes to David Baker for ‘computational protein design’, and Demis Hossabis and John Jumper for ‘protein structure prediction’. Medicine, Literature, Peace, Economics Prize announcements are on their way.

No matter what domain we work, we can have green ambitions and contribute to green impact if we want. Coldplay could reduce 50% carbon emissions, with 5 million trees planted, one tree per ticket; use 100% renewable energy sourced from solar panels, kinetic floor, and power bikes. Can we see minimized waste? Can we see artists, concerts, and bands caring for the planet, beyond lip service, in the now? Can we see art, music,

song, and dance; and sustainability, sustainable living coexist? Every beat, note, rhythm, lyric, step, movement, and moment in 'green'.

Who takes decisions? N-way is democratic, consensus, and collective. Can we democratize N-way organizations, projects, programmes, missions, large federal collectives, and giant civil society organizations? How do we do it? A small group in the board, or often a small team around the chair, secretary, founder, and managing trustee. Leadership, management team. Can we broaden this to a broader team? Can the decision-making be more inclusive? Formally, informally. Can we offer authority in sync with responsibilities, work and contributions? If the work comes our way 'seamlessly', can the authority come the same way, seamlessly? Can we have our collective intelligence driving us? Can our ideas be considered worth their two cents? Can our voices be heard, however feeble they may be? Can we move towards collective decision-making? Can we move towards having collective decision-making forums, platforms? Can we have mechanisms to evolve consensus? Can we rotate leadership responsibilities?

Can we take the N-way? Can we be coherent, diligent, and NextGen centric? Can we be democratic, inclusive, and participatory? 'True'ly?

Yes, we can. If we coexist, flow with our values intact. HFPLC. In N? purvottarayoga for 7L. 081024

### 453. Realizing possibilities

Nobel Prize 2024 in Medicine goes to Victor Ambros and Gary Ruvkun for 'the discovery of microRNA and its role in post-transcriptional gene regulation'. Literature, Peace and Economics are on their way.

Chairman, Tata Trusts, Chairman Emeritus, Tata Sons, Padma Vibhushan Ratan N Tata (28 Dec 2037 – 9 Oct 2024), 86, rests. Sadgati. Bharat Ratna would be coming this legend's way soon. Grace, dignity, simplicity, and humility personified. A visionary, but a person of perhaps, probably, and possibly. A teetotaller and a nonsmoker. He pursued flying, racing, and scuba diving when time permitted. Qualified engineer and architect from Cornell, he joined Tata Group in 1962 as an assistant; joined the Tata Sons Board in 1974; completed Advanced Management Programme from Harvard; drafted Tata Strategic Plan in 1983; served Air India as its Chairman – 1986-89. In three decades, he started leading Tata Group. Chairman of Tata Sons and Chairman of Tata Trusts. Since 1991. This was when India's economic reforms began too. He steered the Group towards 14-digit turnovers/revenues (Rs.800,000 Crore); brands; most trustworthy; Indian and global. In 2012, on turning 75, he became Chairman Emeritus, Tata Sons, with an exceptional intervention for a year to be Chairman again; and continued as Chairman, Tata Trusts. Tata Trusts have a 66% stake in Tata Sons. Tata Sons controls the Tata Group.

With less than 1 percent of the group, he is a titan – mega icon, most powerful businessman in India and most influential in the world. He was a 2013 Cornell Entrepreneur. Carnegie Medal of Philanthropy. Received several medals, national/international doctorates, awards, state/national recognitions. He invested in several start-ups (30+). He is considered a leading philanthropist in India, with 60%+ of his wealth going for philanthropy. Tata Trusts are leading philanthropies in the country and outside. Their support has been to: Institutions (including IISc, IITs, MIT, Cornell,

Harvard, etc.), Research Facilities, Fellowships, Scholarships, Hospitals, Investments into Geriatrics and issues of Senior Citizens, Cancer, etc., Civil Society, Livelihoods Support and Development Organizations, Incubation Centres, Endowments, Corpuses et al.

Mental health. A state of well-being in which the individual realizes his or her abilities and can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to his or her community, according to WHO. It includes self-autonomy, competence, intergenerational dependence, actualization of intellectual, emotional, spiritual potential et al. It is the ability to enjoy life and balance between life activities and efforts to achieve psychological resilience. We live in a mental health continuum. Like physical health. Majority of us are having some mental health irritations, disorders, and illnesses or the other, sometime or the other. These are more common than diabetes, or cancer. Depression is a most leading cause of disease, impacting our esteem, dignity, relationships, and everyday functions of life. Mental health conditions contribute to physical health deterioration and social life.

Meditation, reflection, caring, intense friendships, and activities contribute to better mental health everywhere. N-way takes us to better health, spiritual-mental health included. Can we go for it?

Yes, we can. If we coexist, flow reflective, meditative, active. In N? hrdayayoga for 7L. 091024

#### 454. Wait to blink

Vimla Patil, Editor, Femina, Sadgati.

Nobel Prize 2024 Literature goes to South Korean author, Han Kang, for 'her intense poetic prose that confronts historical traumas and exposes the fragility of human life'. Nobel Prize 2024 Peace goes to Nihon Hidankya of Japan for 'its efforts to achieve a world free of nuclear weapons and for demonstrating through witness testimony that nuclear weapons must never be used again'.

Government of India – DoPT – has taken the final call on IAS-IPS Officers in Telangana, and AP. 8 from Telangana to AP; and 3 to Telangana. They are expected to report in allotted cadres soon. We also hear some may go to court again. Amrapali, Ronald Rose, Prashanti, Karuna, Vani Prasad, Anjani Kumar, Abhilasha Bisht, and Abhishek Mohanty are expected to report in AP. Srijana, Siva Sankar, and Harikiran to report in Telangana.

In accordance with New Education Policy, NEP and modelled after Gurukulams and Navodaya Schools, Telangana Government is starting English-medium Young India Integrated Residential Schools @ 1 per assembly constituency, for classes 4 to 12. Rs.5000 Crore have been allocated. Foundation is laid for 28 schools, to begin with. The schools will be spread over 20-25 acres, with state-of-the-art teaching facilities, digital smart boards, computer labs, libraries et cl. The plan is to enrol 2560 students in each school. These add to existing 1023 residential government schools in the state. They are getting upgraded to advanced technology centres (and engineering colleges), in collaboration with Tatas. Coming-up Telangana Skills University may take up post-schooling

undergraduate, postgraduate employable education. We also hope the basic schooling infrastructure, and teaching improves in existing schools too.

Ratan Tata leaves behind the legacy of humility, generosity, purpose, and service to humanity. Visionary at work, recluse outside. Bill Gates: RT left an indelible mark on India and the world... I was always moved by his strong sense of purpose and service to humanity. ... to help people lead healthier, more prosperous lives.... The legacy he left and example he set will continue to inspire generations. Simi Garewal: It is too hard to bear your loss..too hard.. Farewell my friend.

Thanks to Sir Ratan Tata Trust, SRTT's grant making grant, to make grants that could make a difference, my philanthropic knowledge, skills, tools, and ways were honed. Some 25 years ago. After this stint, I got hooked on the self-help movement, starting with women.

Noel Tata, 67, RT's half-brother, Tata Group insider for 40 years, has been unanimously appointed Chairman of Tata Trusts. He is already a trustee. Venu Srinivasan, and Vijay Singh continue as Vice-chairmen. Mehli Mistry is also a trustee. Tata Trusts hold controlling 66% stake in Tata Sons. Possibly, another person may become Chairman, Tata Sons. Tata Sons holds the Tata Group. Tata Group is estimated to be a Rs. 30 lakh Crore business conglomerate. Noel Tata graduated from Sussex and studied at INSEAD. Let us see how Noel Tata takes the group forward.

NITI Aayog team visited APCNF to see how natural farming is faring vis-à-vis conventional chemical farming, in terms of economics, benefits, resilience and practices, and appreciate its extension through peer best practitioner resource persons, and women-led self-help architecture. Will this hasten the NF Movement nationally? Will NMNF get more allocation?

Can we stop/delay blinking first? Can we write down and work on our plans? Can we see 'nature' outside, inside? Can we smile? Can we think fast, speak slow? Can we be quiet, when we have an opportunity? Can we enjoy moments of loneliness? Can we be fair? Can we be intense?

Yes, we can. If we coexist, flow with life micro-macro. In N? yaanayoga for 7L.

111024

## 455. Into longest transition

Navaratri ends. Vijayadasami, Dussehra, and Dasara. Culmination of Durga Puja. Ramlila. Shamipuja. Palapitta, Blue bird, and Indian roller darshanam. Alai balai.

Gokarakonda Naga Saibaba, GN Saibaba, 57, rests.

Do we want more business conglomerates? Or do we need more large federal collectives? Or more small organizations, start-ups? If we are looking for equity, inclusion, don't we require more 'small', idiosyncratic, and collective enterprises?

Can we make our work speak rather than ourselves, and our organizations speaking? Can we live our values? Can we do the right things, the right way? Even if we don't benefit directly, even if the beneficiaries don't influence us, nor do they have the ability to do so. For this world would be a better place.

What do we take forward into the next transition, probably the longest?

A sense of purpose, meaning, focus, realizing maximum potential, happiness et al. A deep gratitude to life so far, the people who made that, the experiences. An established identity, pehchaan, credibility, solidarity group-teams, and capacities harnessable. A freedom to embrace and work towards the deepest aspirations. No fear of failure, loss, or rejection. An ongoing practice of meditation, reflection. A detached attachment, an attached detachment to engage fully, playfully with a sense of freedom and amazement. An

awareness of our mental, emotional patterns and impulses, by being curiously intimate. A bonus life with already a sense of abundance, enoughness, and contentness. An intention to learn missing skills, tools, beyond structure, logic, numbers, and analytics; or beyond sensitivities, heart, or intuition; or beyond practical or conceptual. A willingness to make sacrifices of smaller goals. A determination to the journey. Fully charged vehicle(s), team(s) to journey. Our authentic true self, true spaces, and our true opinions. An unwavering faith in ourselves, and possibilities.

Can we let be, let go? Can we hybridize emotions and thoughts? Can we see weaknesses as strengths, and vice-versa, and balance them? Can we tame the demons in us through awareness, will power? Can we choose peace, when we don't know for sure what is right? Can we have stories that are shaping us, not so much the so-called facts? Can we persist and persevere? Can we keep going forward minute-by-minute, step-by-step? Can we embrace the physical, mental, emotional, social pain, and discomfort towards our higher ends? Can we imagine the future(s), repeatedly, recurrently – in terms of or behaviours, mindsets, emotions, and emerging realities?

Can we embrace essence, transcending complexity, Dunning Kruger effect? Can we embrace unlearning? Can we get rid of toxicity, toxic people, or at least, beware of them, in all their forms, and set boundaries? Can we simplify life, spend less and consume less – food, data-information? Can we admit our faults, weaknesses? Can we delay our impulses? Can we fast, 36 hours a week? Can we let others see our blind spots and tell us? Can we do the opposite of our usual reaction(s), when we are overwhelmed? Can we speak less, but when we speak can we do it more consciously, effectively, and powerfully? Can we junk 'passing time' for the heck of it? Can we hurry up slowly? Can we go 100% rather than 90%, 99%? Can we be less vague and specific in committing? Can we start with the most important first? Can we go with the processes, means? Can we have a mentor(s) to be with us in our efforts? Can we cry without feeling shy, or awkward, else can we smile, keep smiling? Can we be quiet, when we have an opportunity? Can we seek joy in watching life, community colonies in situ, in being in nature, nature's various nuances – seas, streams, hills, forests, and so on and so forth?

Yes, we can. If we coexist, flow, journey. In N? varishtayoga for 7L.

121024

## 456. Margins first

Nobel Memorial Sveriges Riksbank Prize 2024 Economics goes to Daron Acemoglu, Simon Johnson and James A. Robinson for 'studies of how institutions are formed and affect prosperity'.

India men win the T-20 series with Bangladesh.

In news: In-jail Lawrence Bishnoi's gang with 700 shooters strikes. NCP Leader Baba Siddique.

Civil Servant with a difference. Serukalathur Ramanathan Sankaran, SR Sankaran (22 Oct 1934 – 7 Oct 2010), people's IAS officer, continues to inspire civil servants, development workers. His enduring legacy is demonstrating what true and authentic goodness in public and personal life can accomplish, to make this world a better, kinder place. He believed that the foremost duty of the State was to uphold the dignity, rights and freedoms of India's most oppressed people. His life's work demonstrated what a democratic government could indeed accomplish, with intent and will of its public servants.

He was the founder chair of Sahayog CCN, when I was volunteering as its founder Executive Director. He joined in founding CCN after his retirement as Secretary, Rural Development, Government of India. He just owned a small 2BHK flat with no furnishings,

where we used to meet, have our board meetings. All his earnings were donated. Sankaran is simple living, integrity, unassuming, modesty personified and a tough benchmark to achieve. He has unveiled 1000+ Ambedkar statues. Every time, he used to give us an additional count of statues.

He was responsible for enacting 1/1970 act (non-transferability of tribal land to non-tribals in tribal areas), establishing single line administration in tribal areas through integrated tribal development agencies (ITDAs), tribal subplans, special component plans; tribal welfare, social welfare hostels, ashram schools and residential schools for tribals and Dalits; and enforcement of abolition of bonded labour, land ceiling/distribution. Towards eradicating jogins system, rehabilitating Stuartpuram families, providing pattas to landless tribals and Dalits. He was reputed to release 127 Government Orders in his stint as Principal Secretary, Social Welfare (this included tribal welfare). Earlier, he assisted Mohan Kumaramanagalam to push coal mines nationalization. He was the chief secretary, Tripura for six years. Then, he retired as Secretary, Rural Development, GoI. He organized the Concerned Citizens Committee against fake encounters and militancy. He was the Commissioner of the Panel on Food Security of the Supreme Court. He was the chief negotiator of talks between the People's War and Government. He mentored Safai Karmachari Andolan to free a majority of manual labourers handling human excreta.

He declined Padma Bhushan. After his death, his statue was installed in Hyderabad, and later in Vijayawada. First to a civil servant. Marginalization, Development and Resistance: Essays in Tribute to SR Sankaran were released. When Purna went up Mount Everest, she carried his photograph, along with Dr Ambedkar's. Thousands came to his funeral.

Can we make this world a better and kinder place? For the poor, vulnerable and marginalized, antyodaya first, sarvodaya next. Can we have remunerative local community benefits for their ecosystem services? Can we improve the ways of ecosystem services based on better understanding of the emerging science? Can we have a hybrid view – long-term sustainability with short-term people's well-being, nutrition? Can we find ways to deal with and cope with variability of natural systems, affected by climate changes? Can we get non-vested interests to finance support, knowledge, new infrastructure, working capital et al for transformation? Can we take AI help?

Yes, we can. If we coexist, keep flowing. In N? antyayoga for 7L.

131024

## 457. Flutter we must

Two gentlemen on the SS Empress of India ship to America in 1893 spent a lot of time together. Young 30 something Vivekananda and not-so-young 50 something Jamshedji Tata. The steel factory in Jamshedpur, TISCO, later to become Tata Steel came as a result of these conversations. Tata Science – Research Institute, later to become Indian Institute of Science at Bengaluru in 1909. Today, it is one of the leading science and research institutes in the world. Conversations cause, trigger actions, transformations, and transitions. We may not see, hear the butterfly fluttering. It is changing the world. For good. A butterfly flutter moment.

In August 1996, Ratan Tata in a personal letter to Narasimha Rao wrote – You and your government put India on the world map in an economic sense and made us part of a global community. Every Indian should owe you a debt of gratitude for the courageous and far-sighted “opening up” of India. I believe personally that your achievements are momentous and outstanding – and they should never be forgotten. An acknowledgment of the butterfly flutters.

Can we continue to grow into butterflies? Can we flutter?

Rural Women. Nurturers, and carers working hard, earning very little. Money, recognition, and due credit. Farmers, farmworkers, off-farm workers, service providers, and petty traders, in addition to being homemakers. Extreme poverty has increased by 50% in the last 20 years amongst rural women. Women experience the impact of poverty more than men. Women's work is undervalued in informal, and formal markets. A considerable portion of their work is unpaid, or underpaid. The amount of work they put in is not even counted. Even the formally counted work is undervalued. Survival work, life-saving work, life nurturing work, how can this be less 'valuable'? Am I missing something here?

What is feminization of work, farming? Drudgery; work without access, control on the results of the work, income; slavery, with no alternative or no freedom to choose the work? the 'head' in the plate goes elsewhere always?

National Rural Livelihoods Mission, NRLM has gone everywhere, all states, union territories. All districts, all blocks, all GPs, all villages in India, more or less. A Mission that rolled out some 13 years ago. A movement that started some 30 years ago. Today NRLM claims: 9.16M SHGs with 103M women, served by 15M cadre. These Self-help Groups, SHGs follow a simplistic 'pancha sutra' – meet, save, lend, repay, record. Some SHGs are accessing Rs.2M loan in one go from banks; and banks are going after them. Layers of activities are being taken up. They have also federated at higher, higher levels. They are also running enterprises. They are taking charge on the ground. On themselves, their families, their groups, their villages, their local governments, their market places. Their lives, their destinations. Maybe – not at the highest quality benchmarked; not at the pace; not 'all'.

Food. Food Systems. Democratized, local, custom food systems, can they happen? Are we sure that self-sufficient farms, families, villages, locations, clusters, geographies are possible? Are we second guessing? Are rural women the key in this? As champions, entrepreneurs, leaders, mentors, torchbearers. Are they not first? Are they not fast, consistent, reliable? Can we not bank on them?

Yes, we can. If we coexist, keep flowing with carers. In N? sukshmayoga for 7L.

151024

## 458. Blindfolds off

A country, probably the richest in the world until the 18th century. Why did India become poor and why didn't America become poor? Both were colonized. In the US, we had the colonizers migrated in and developed inclusive systems. In India, the colonizers migrated in smaller numbers and developed systems that were extractive, exploitative. Independence in the US improved the existing systems. In India, they persisted, probably there was no other way, with the extractive systems for longer, preventing to cycle out of poverty, vulnerability, and marginalization, and benefiting the 'ruling elite' like the colonizers. Lack of immunity, and the mortality of the colonizers, settling down in more numbers was not thought about. The focus, therefore, was never on good governance. The systems were not promoting growth. Thus, a rich country ended up poor, with less chances of recovery; the recovery paths were slow. New rulers were afraid of losing power and wealth. It required people to protest, revolt, and seize. All this was taking time, with deeper commitment, through a series of longer nuanced battles.

Nobel 2024 Economics Prize winners conclude something like this. Brilliant analyses, diagnostics. Now, we know how we need to cycle our ways forward. Can we?

The Supreme Court has removed the blindfold from the statue of 'Lady Justice, placed in the judges' library at the Supreme Court. The sword in the statue's left hand has been replaced by the Constitution. The statue is now shown wearing a saree instead of the traditional Western robe.

Sankaran's inspiration gets reinforced in Bukkapuram Nadella Yugandhar, BN Yugandhar. He was the founding executive vice-chairperson, Society for Elimination of Rural Poverty, SERP in united AP. He was our super boss. Secretary to PM – PV; Secretary, RD, GoI; director, LBSNAA; member, Planning Commission; managing trustee, COMMITMENTS, working with PwDs; chair, WASSAN.

Poverty. Can we eradicate poverty? Relief, maybe. Alleviation, maybe. Reduction, surely. Poor can come out of poverty on their own. If there are conducive contexts, policies, and supports. Education, human capital is more important as a driver of reducing poverty of families over generations. Only other thing that is more important is spiritual capital – will, willingness, faith, and hope. Collectivization is another driver. Employment, engagement per se may not take one out of poverty. Decent employment – more than the unskilled, casual – for most of the year, and year-after-year could take one out of poverty. Moving to natural farming is an important driver for improving farmers' well-being, nutrition and resilience. Water access could also take the poor to escape poverty.

'Donations, economic growth, and big businesses can take people out of poverty' may not be true mostly. Conditional and unconditional cash transfers help. Welfare, up to 20% GDP, might also help. Untied aid helps. Self-help, microfinance services help. Agency of women helps. Poverty hurts differentially and needs to be addressed differentially. Localized, customized, and communitized. Increasing the fairshare from the consumer rupee paid in the value-chain is critical. Can this be taken to more than 50%? Can the people get paid their dues as per the true-fair value for their efforts, services? Can we seek progressive taxation, taxing the very rich, paying forward et al? Can we offer rights, entitlements to all in general, poor, vulnerable, and marginalized in particular? Safety nets, caring hands? Universal education, health? Social, hybrid enterprises serving PVM? Collectives? Can we?

Yes, we can. If we coexist, keep flowing with 'will'. In N? avivarayoga for 7L.

161024

## 459. Lively Livelihoods

Sadgati, Ravibabu Manchala, 62. Been with Skills, as ED-DDU-GKY, based at NIRD&PR.

The Hamas leader, Yahya Sinwar was found, killed in Rafah, Southern Gaza. This 'elimination' is considered the biggest potential game-changer in the Israeli landscape. Hamas resolves to retaliate.

Everyone living has a portfolio of livelihoods, ways and means of living. Some of them may be decent and some may not be. Decent livelihoods would be ways of life, living. Intricately interconnected in social, cultural, psychological, and economic dimensions. There is some localness in them linked to land, water, nature, and geography. There are livelihoods without life within, lifeless livelihoods – maybe uncreative; assembly lines; slavery. Some may say these are 'deadlihoods'. Mechanical, soul-killing, alienating, boring, and exhausting '9-5 jobs', shift jobs, wage work et al. Only the people with no 'escape' should be doing these, isn't it? Or the ones who get very high wages for these?

Are these livelihoods okay for us? Exploitative, extractive, and dehumanizing. By capital, by power, and by knowledge. Don't we need livelihoods that meet our basic needs – air, water, food, nutrition, health, entertainment, and education? Resilient? Do we approve differences in wages, maybe 1: 10<sup>7</sup> times, or returns of capital several 100 times running interest rate(s)? at the cost of suffering coexisters, the future, or the NextGen? Continued mining? Land, water, and fuel use? Killing ecosystems, commons?

Is this one-way movement – hunting-gathering – farming, manufacturing, services, digital and so on – development? Who will, can, should tell? Thoughts, processes, spaces, and mindsets? What are 'desirable' livelihoods, careers, professions, then? Essential crunch livelihoods, are they not aspirational? Take us through first, second waves, and maybe, third wave. Are not third, fourth, and fifth causing our 'end', civilizational end? The saviour livelihoods are diminishing, becoming invisible, day-by-day. The killer livelihoods are becoming centre-stage. Something amiss. How can the 'killers' get counted, rewarded? In GDPs. Extractive male livelihoods, as usual, become productive 'work'. Nurturing female livelihoods is 'service'. How come? Is mainstreaming anti-nurturing?

A wave takes over promising 'workers' of the previous waves. Others do not get to the next fully and are not comfortable to persist in the previous. Result: we are sliding out of self-employment to unemployment, underemployment, and toxicity. With no alternative jobs. Uncertain small, nondescript assignments in place of high-skilled works. The market rejects them, making the skilled unskilled. Lifeless livelihoods take them in temporarily. Existing resources become non-resources. Long-term perennial happiness, joys, and health are casualties with uncertainties, tensions, and stresses coming in.

Is it possible to have more fulfilling, satisfying, and useful livelihoods portfolios for all of us? Can the drudgery go? Can the inequities come down? Can the hybrid engendered livelihoods work? Can there be only regenerating livelihoods? Can curriculums change, nayi taleem, media, communications, culture, equitable pays, and wages in sync? Can we have agency on our bodies, plates, families, farms, knowledge-skills-tools, resources, groups, villages, markets, and governments? Can we move to being 'self-sufficient, reliant largely', communities – mutual help-care, rather than monetary transactions? Can we move away from 'convenience all the time'? To Social, hybrid PVM collectives? Can we?

Yes, we can. If we coexist, keep flowing with 'collective will'. In N? amrtajeevikayoga for 7L.

181024

#### 460. Next million hours

Talks about peace in Ukraine are increasing, becoming louder. At the same time, the Hamas-Israel and Hezbollah-Israel wars are looming large. More and more are getting drawn. Markets are reacting. Share prices are falling dramatically. Likely recovery is not foreseeable future.

The US Presidential race is going the tug-of-war way. No clear winning projections.

Maharashtra, BJP front appears to have an edge. Jharkhand appears otherwise.

'Hum, When Women Lead', a book from UN Women India, introduces 75 women leaders, remarkable. These include: Archana Mane, a board member of a Producer Company of women; Gayatri Swahar, Y-Cook start-up entrepreneur and mentor to CEOs of FPOs;

Jhulan Goswami, international cricketer; Drishana Kalita, founder, Puppet People; Sandhya Gupta, founder, Aavishkaar, training women to become skilled maths educators.

In the next 365 days, can we establish conversations, cohorts with all the key schools, their teachers and their alumni? Taking up group activities, prizes-awards, fellowships, and so on. For me, these are at least 5 academic schools, 5 experiential schools. School at Gundrampally, Sarvail Gurukulam, Nagarjunasagar Residential College, NIT Warangal, IRMA; K-school; Livelihoods; SERP; NRLM; NIRD; and NF.

In the next 365 days, can we also develop perspective plans for Journeys, Conversations, Notes, Books, Pictures, Videos, Classes, Case examples, Cohorts, outreached co-learners, fellowships, curriculums, learning programs, learning architecture, Visioning, Support, Field Stations, and teams over the next 10,000 hours, across Telugu states, India, South Asia and outside? Can we fix several work homing locations? Across. Can we visualize perspective vision – expected results frame, the corresponding 2025 baseline, reality against the vision, internal external ladders – strengths-opportunities, internal external snakes – and weaknesses-constraints-bottlenecks? Can we develop the activity-steps individual and team plans with time required, timelines, knowledge-skills-tools-resources, partnerships, support required, costs-budgets, et al? Can we develop a resource – human, social, financial, physical, natural, and spiritual – plans that include mobilization, inspiration, capacitation, and agency development? Can we find investing core – team, capital, expertise, spread-out resources geographic, and thematic?

In the tribal-rural-urban emerging TRUE livelihoods-poverty reduction-development for poor-vulnerable-marginalized domain. Identity, solidarity, capacity, rights-entitlements, wellbeing, and freedom. Portfolios of livelihoods. Institutions, Animators, Facilitators, Collectives, commons, communities, self-help movement – women, elders et al, agency, local individual collective enterprises, natural living-farming. Localization, customization, communitization, appropriate technology, sustainability, and legacy. Digital platforms, forums. Education, Health.

Let us not refer to ourselves as leaders, creative, successful, experts, innovative, experienced, talented, hardworking, smart, intelligent, clever, and humble? In introducing ourselves, in notes about us, in our CVs, in our social media accounts et al. Can we? Can we move away from ‘convenience’?

Yes, we can. If we coexist, keep flowing with ‘will, capacity, spaces’. In N? kartayoga for 7L. 191024

#### 461. Shifting paths

Kamala Harris may have an edge. Bill Gates is backing her, while Elon Musk is backing Trump. The election date is 5 November. Early voting, electronic voting etc., is already underway.

Maharashtra's voting date is 20 November, with results on 23 November. In Jharkhand, the elections are in two phases – 13 November and 20 November, with results on 23 November. Battlelines are clearly drawn. Seat sharing has been finalized largely between the coalition partners on both sides. Candidates are being announced. Slight advantage: BJP plus. Manifestos or promises of good work have tokenisms. Elections do not seem to be fought on them. Both the camps are saying more or less the same things. Prashant Kishore's Jan Suraj party is also fielding candidates in Bihar by polls. For good governance.

For its work through AP Community-managed Natural Farming, APCNF, Rythu Saadhikaara Samstha, RySS receives Prof IV Subbarao Rythu Nestham Life Time Achievement. Sri M Venkaiah Naidu, former Vice President of India felicitated Vijay Sir, its Executive Vice-chairman. On 20 October at Swarna Bharathi Trust, Gannavaram, Andhra Pradesh. This takes RySS-APCNF to crossroads.

What roads, vehicles, and pilots got NF here now, over the last 8 years, may not take it to the next destination, over the next 7-8 years. Being in all villages of Andhra Pradesh, covering a three-quarters of its farmers; a half of its net sown arable land. Meeting all the nutrition of its 50% people. With forays into natural day-to-day food, fodder, fibre – milk, and meat included. With deepening into landscapes, beyond private lands, including commons. With hand holding troubleshooting farmer scientists in each village. With gross value doubling up. With scaling out, outside AP, with a million model farms. Within India and outside. With 100,000 modellers, volunteer champion farmers. It is time, we take planning at the farm level, at the village level. For customization, localization, and communitization. More than setting targets. It is time, we reduce layers of field implementation. It is time we increase field presence vis-à-vis district and state team strength. It is time we engage the mind spaces of our producers, consumers, value-adders, service providers, and enterprises with NF, and our cadre every day in various ways, media. Cultural, literature, electronic et al.

NF has come to the centre stage. It is accepted as a working alternative. People have nothing against the paradigm. It can only go up now. NF plus N-living is inching to be the default way, default portfolio of ways.

Our livelihoods, wellbeing, and development requires funds. True, they have to come from within. Others at best offer a small trigger helping hand. South countries like India are asserting and saying we do not need foreign funds. Not at the retail level. FCRA amounts are, therefore, dwindling. However, we seem to be getting remittances from diaspora. Some 600B USD a year. Yes, most of it goes to their families. Substantial amounts are for communities. These amounts are larger than all international aid combined. Can we look at local budgets, remittances, CSR funds, own contributions, credit linkages, local philanthropy funds, time investments et al as a portfolio in our plans and tracking? Else we may miss the overall developing story. Can we be more holistic? Can we be more inclusive, participatory?

Yes, we can. If we coexist, keep flowing in our ways, the express highways. In N? pathayoga for 7L.

201024

## 462. Generative workplaces

Maharashtra and Jharkhand: Parties are releasing lists of contestants. Jharkhand: MS Dhoni has been appointed brand ambassador for election, to mobilize voters and bring awareness, under SWEEP – Systematic Voters Education and Electoral Participation programme. One election official has asked candidates and the parties to disclose any criminal records they may have. At least three times through newspapers and television channels. Hope this helps in reducing the candidates with criminal records contesting to an extent.

US Polls, D Trump Vs K Harris: Opinion polls are predicting a close contest, tied poll. Harris' edge is coming down. Opinion polls have gone wrong frequently earlier, it may be noted.

Israel-Iran Conflict, escalation in Middle East: Israel continues to strike Iran's military bases. Iran is countering bravely. Conflict is escalating dangerously. The international community is calling for exercise of restraint and the return to the path of dialogue and diplomacy.

Ghee's market is Rs.3.5 lakh crore a year. Ghee sees competition from labelled ghee (resemblance) made with hydrogenated vegetable oil, refined oil and artificial fragrance. Pure ghee is priced from Rs.300 – 4000, depending on purity and source. A2 cow ghee from pure cow milk is the costliest. Other ghee from cream or powder. Ghee from buffalo milk. Adulteration levels increase as the Deepaavali comes closer due to festival season. This increases the margins, and allows flooding the market quickly. Is this the reason why Tirumala Sree Vari prasadam's ghee may not be pure ghee but some adulterated mix?

Centre for Generative AI, Srijan, at IIT Jodhpur is being established by India AI and Meta. A hub for education, capacity building, open-source innovation and policy advocacy. A hub for equipping the next generation of researchers, students, and practitioners with essential knowledge and tools. For responsible development and deployment of generative AI technologies. YuvAI is to bridge the talent gap with 100,000 empowered youth – students, developers; a hub for courses, case studies, open datasets; LLM for Young Developers' Course; LLM Hackathons; start-ups.

10 companies account for 20% CSR spends. Do we get data on CSR achievements, in addition to spends? Can we get qualitative, quantitative analyses, impacts?

The workforce is largely unhappy – the majority are quietly quitting and a third of them are loud quitting – openly voicing dissatisfaction. Heavy workloads, unrealistic expectations and inadequate support are creating workplace stress and burnout. Happiness at the workplace seems to come from meaningful work, flexible work time, positive relationships, working with a supportive team and strong support. Freedom and autonomy at work have the greatest impact on employees' happiness levels. Reflection, meditation, and yoga help. Can we dedicate a happiness budget(s)? Can we have a chief happiness officer? Can we practise yoga – karma, vairagya, samatva, and dharma? Self-control, knowledge, wisdom? Can we achieve happiness – mental, physical, emotional, social, spiritual?

Can we be happy being more inclusive, participatory?

Yes, we can. If we coexist, keep flowing happily, not waiting for results. In N? sakriyayoga for 7L.

221024

### 463. Free beings bound

Mole. Avogadro's Number of atoms/molecules aggregated -  $6.02 \times 10^{23}$ . 1 mole of Hydrogen is 1 gram. Oxygen is 32 grams. Water - 18 grams. It would be worthwhile for all to be literate, number literate, science literate, digital literate, finance literate, human, social, physical, and natural literate. At least to the level of Class 7 of NCERT curriculum-syllabus in all subjects. Can we have this material available freely everywhere in various

nuanced forms – books, stories, songs, literature, articles in press, YouTube videos, and so on.

RK Narayan, the foremost English writer in India, failed in English in a pre-university examination. He went on to be an English tutor, then storywriter, novelist informally. Then he became a celebrated and reputed published writer. With Graham Greene championing his work(s). ‘Swami and Friends’; ‘The Bachelor of Arts’; ‘Malgudi Days’; ‘The Guide’ and so on. He continued to write till his death at 94. His brother RK Laxman is a celebrated top notch English Cartoonist in India.

‘Artificial’ intelligence architecture & infrastructure in India is growing up. IndiaAI Mission is building data centres to support AI systems, tools and technologies to be commercialized. Mukesh Ambani is investing in partnership with Nvidia Corp. Infosys, TCS, and Tech Mahindra are also investing. Amazon, Dell, Microsoft, Meta, and Google are already adding on to it. We may be a global AI Centre, exporting AI, providing AI services globally from India. AI tools are growing. AI content in Health, Education, Food Systems, Farming and related, Learning et al. Keeping ‘knowledge’ and wisdom generated available to AI base. In all this, it is clear AI is here to stay. Will it be affordable to the poor-vulnerable-marginalized? Will it be inclusive? Will it serve their needs? Will they have a substantial stake on it? In what ways?

‘Ati sarvatra varjayet’. Excess of anything needs to be left, killed, and avoided. Everywhere. Not even our geographies, houses, bodies, and minds. Not even with data. Surely, not explosive amounts of data, day-in and day out. Are we experiencing data overeat, data indigestion? Therefore, are our efficiencies and effectiveness dwindling day-by-day? While we may not avoid getting data bombardment. Maybe, we do not decide this most often. We need to be concerned about how we handle this bombardment.

Can we go to emotions and soul for this? Can we get more emotions into our lives, by living and charging our senses – with nature, with other lives, at micro, and macro levels? Can we bring arts – music, dance, song, literature, painting, cinema etc., into us? Comedy, tragedy, suspense, action et al into our being? Emotions take data that is bombarded at us with their own filters and apply to achieve a wider spectrum of end and purposes. As a result, data we take gets internalized. Can we appreciate, practice, experience arts, yoga, prayer, work, sport, volunteering, and emotions? Can we connect with our inner self, soul as often as possible. Intense few minutes daily meditating, reflecting, and engaging. More intensely, longer times weekly, monthly losing ourselves in the ‘inner’. Can we try, feel, become more complete, more wholesome, more meaningful, more potential realized, used, and offered. Can we be, interacting with core team(s), for conversations, deep intense conversations, co-journeys, and harsh feedback to help us excel? Together, with our emotions, inner self, and core teams, can we internalize filtered data and use it in ways required, useful, and meaningful?

Yes, we can. If we coexist, keep flowing alone, together unperturbed. In N? sahadamanayoga for 7L.

231024

464. Expanding ourselves

In Gaza, trapped people are suffering unbearably. Humanitarian supplies of food, medicine, and shelter are not reaching them. The Israel-Iran conflict is intensifying. Russia-Ukraine war persists. Ceasefire, ceasefire, and ceasefire please.

Enterprises, Collectives. Should we go the FPO way or treat FPOs as exceptions here and there? Companies. Do we have to such a narrow focus? Can we not focus on all collectives and individual and collective enterprises? Collectives of women, federations of self-help groups, cooperatives, producer companies, organizations, and their enterprises? Can they make and supply inputs? Can they become input-output shops? Can these collectives provide services? Certification? Aggregators? Buy and sell? Add value and reach out to wholesalers, retailers, and consumers? Can they have brands? Umbrella brands. Quality control through branding? Can they be limited to natural farming, natural living domain? Can they take up programme management, self-reliance, and sustainability, beyond the programme tenure?

We may design something with our architecture, forum, and platform – for a particular end, purpose, and the use may be different. More often, the purposes not envisaged may take dominant usage. We should be open. We should use multiple platforms to achieve ‘connections’ to fructify into personal, business, and professional relationships in the relevant domains.

We do not learn from doing, experiencing much. By reflecting on it, we unlearn, learn. This calls for setting aside time for sitting down, pausing for meditating, reflecting and writing on the reflection – through action-experience, thinking critically and feeling, assessment-evaluation, analysis, theory versus reality, future and plans. Diary, journal, and log of experiences, followed by meditation, reflection, can be the base for this. How do we transcend AI aided ‘notes’? Rather than banning AI use, can we work with tasks that take AI in? Can we bring in teamwork here? Can we see this as a continuum – literacy, number literacy, digital literacy, and AI literacy – and build on this? Can we move away from rote memorizing, data et al, towards experience, skill-tool practice, application, deployment et al?

Indian employee surveys say: 86% are ‘struggling’ at the workplaces; 62% experience ‘burnout’, more than 30% face ‘anxiety’ issues. Most work 9-10 hours; 2-3 hours commute; 5-6 hours sleep. This pattern is seeking us to survive at least, forget about thriving. Supportive culture, peer groups make the difference in this state. Can we take a break, some 2-3 days; 2-3 weeks; 2-3 months; or more? Can we have listeners, buddies, and mentors? Can we transcend and succeed? Maybe by diligence, perseverance, resilience, and taking ‘calculated’ risk(s), in addition to talent and luck. Can we keep doing it? Can we keep pushing beyond our limits, learning from failures intelligently, and seizing opportunities that come our way? Can we be bold? On the other hand, can we be firm in dealing with cheaters, liars? Can we push out non-performers and non-deliverers of the agreed agenda? Can we prevent or disallow wrong things about us being spread, circulated?

Can we have open communications, conversations in our teams? Can we co-journey often? Can we invest emotions in our teams? Can we recognize hard work, achievements? Offer opportunities to deliver, grow? Flexible work, work hours? Trust, autonomy, and value alignment?

Yes, we can. If we coexist, keep flowing in team(s) banded. In N? brndaavanayoga for 7L. 251024

465. No margins

United Nations, UN, 79. For peace and security, human rights, sustainable development, and international law. With 193-member sovereign states. Through the General Assembly, Security Council Economic and Social Council, International Court of Justice, and UN Secretariat. The Trusteeship Council was suspended in 1994. UN System includes Specialized Agencies – World Bank Group; World Health Organization; UNESCO; UNICEF; UNIDO; Food and Agriculture Organization, FAO; International Civil Aviation Organizations, ICAO; International Fund for Agricultural Development, IFAD; International Labour Organization, ILO; International Maritime Organization, IMO; IMF; ITU; World Tourism Organization, WTO; Universal Postal Union, UPU; World Intellectual Property Organization, WIPO; World Meteorological Organization, WMO. UNDP; UNEP; UN Capital Dev Fund, UNCDF; UN Population Fund, UNFPA; UN-HABITAT; UNV; UN Women; World Food Programme; UNHCR; UNAIDS; and UNCTAD. NGOs with consultative status with various agencies. WTO, IAEA are connected but operate independently of the UN. Chief Administrative Officer is Secretary General.

On one hand, the UN is considered not as effective as one wanted it to be. Demands to reorganize the Security Council, with a permanent seat given to India, are also mounting.

World Development Information. For equal political, economic, social and cultural rights for all members of society. For sustained improvement in the wellbeing of the individual and bestow benefits on all. Still, undue privileges, extremes of wealth, social injustice persist, and development fails. There is a need to invest towards addressing these. In terms of multiple literacy portfolios for all, resources, infrastructure, architecture, connectivity, relevance, policy, capacity et al. Inclusive, participatory.

Artist. Engaged in creating, performing, and practicing art. Writers, Actors may be artists but not referred to as such commonly. Crafts persons, artisans, and aesthetic workers included. More intellectual than manual skills. Long-term practice is the way to master. The majority are self-employed. Many may have a second job. Income from art is about Rs.5 lakh a year to the artist on an average. There are extraordinary, master artists with their incomes going 1000 times this. On the other hand, every job is a work of art, or a hybrid of science and art. Can we become 7L artists – management, leadership, learning, participation et al?

We are 8.2 Billion people, with a net annual growth rate of 0.9%. We seem to be spending 10% of GDP on healthcare, 5% on education, and 7% on defence, annually. 10% people are malnourished; >20% overweight/obese. 10% still do not have access to safe drinking water. We eat 2800 calories a day, 20% more than the requirement. 0.1 meal is wasted a day. We smoke 2 cigarettes a day. We drink 1.5 litres of alcohol a week. 6 Billion people use cell phones and most of them use the internet too. Our pace has increased and is increasing. We are making 1000% more decisions than our grandparents. Maybe it is not necessary. We are talking more. Our working time, physical, has reduced by more than 50%. We are writing less. Texting more. Less text more times.

These are averages. World is more skewed than we can imagine on most fronts.  $1:10^6$ .  
Can we be more equitable? Can we be more kind? Can we let go of 'all material', wealth,  
power, control, and ego?

Yes, we can. If we coexist, keep flowing usefully together. In N? sampuyoga for 7L.

261024

## 466. Choice portfolio

India loses Test series with New Zealand. After 12 years at home.

Chiranjeevi wins ANR National Award – lifetime achievement. Big B would do the honours.

Bihar is getting ready for Elections in 2025.

Nationwide census will begin in 2025 and conclude in 2026. Originally, it was to be in 2021. Census cycle will be now 2025, 2035, 2045, and 2055. Census aims to collect comprehensive data on India's population, including religion, class, and caste categories. Sect affiliations may be included this time. Caste-based census is a distinct possibility. The Government of India is still reluctant to agree.

50-year-old Tamil actor Vijay aka Joseph Vijay Chandrasekhar, referred to as Ilayathalpathy – young commander, is positioning himself and his party – Tamilaga Vettri Kazhagam, TVK as the better alternative to DMK in Tamil Nadu. Better than AIADMK, BJP. He is a mass hero. Highest paid actor. Will the charm work in politics? Will he hurt DMK more or AIADMK more? Will DMK maintain Stalin as DMK face some more time? Next election is 2 years away. Will Vijay emerge a disruptor, at least?

Students are increasingly yielding to academic pressures, social isolation, anxiety, depression and personal struggles. Student suicides are increasing at 4%. More in high-end premier academic institutes. Are these institutes pushing students to academic excellence, else get ejected or collapse? 0.5-1% is the hit rate of students entering premier institutes, and there is high pressure to keep the adrenaline going for the entire duration of the course after that. Pressure from peers, institutes, parents, and society. Load and toxicity are intense. Mental stamina, health support, and counselling is weak. Seeking support is not comfortable for many yet. There are not many counsellors available. Marginalized face discrimination, harassment. Placement may not be commensurate. Debt burden can be daunting. Relentless drive to succeed is a killer. Can we have mental health in our curriculums? Can we have more holistic assessments of aptitude, interests? Career counselling for more possibilities, choices to choose from.

Can AI help in social impact efforts? Is IDR Answers, with 2000+ articles from 1500 contributors, showing a way? Facts, fact checked. We can challenge the assumptions. Question the biases, blind spots, and bottlenecks. Analysis with multiple lenses. Can we have a dedicated N-way, Natural Farming AI-based digital portal, platform? Sourcing knowledge from a wider, larger portfolio of portals.

We are here to 'research' and gift the research results to humanity today, tomorrow, and long after. Aren't name, fame, and money incidental side effects?

Let us agree: State is the key in 'development' effort. We can help in accelerating, discovering ways, and reducing time. Can we deliver what is needed urgently? Can we innovate, demonstrate better faster ways? Can we help increase people's agency? Increasing solvers, doers, and champions. Can we transcend fish, fishing to meta-fishing, and meta-skilling? Can we internalize leadership in us – trusteeship, systems, and diligence, growing leaders, being soft on people, may be wrong, introverts do deliver, taking feedback, storytelling, culture, psychological safety, 20%-80%, minimal meetings, to-dos, 7-whys, reward performers, criticize privately, and intra-interplay. For the VUCA world. Can we?

Yes, we can. If we coexist, keep flowing helpfully in tandem. In N? kshamatayoga for 7L.  
271024

## 467. Open karmaanjali

Communist Party of India and RSS are now 100 years old. Left and Right. CPI gave rise to CPM. RSS guides BJP. Congress and other parties in between. Politically speaking, most of us are mostly confused, ideology neutral. Swalpa adjustments. Maybe centrist. Slightly left of the centre, slightly right of the centre. Whatever that means, whatever that implies. Changing party affiliations, regrouping of coalitions have blunted the ideology edges, whatever was left. Politics of adjustment, right-speak without commitment-belief, tokenism. Is it simply lip service for equality before law, socialist articulation, ecology, welfare transfers, wellbeing tokenisms, and nationalism? Is it also left speaking right, right speaking left? Is it just open, open-ended politics? To be in power, to take charge of democratic juggernaut. For the powers and their friends to take charge of the economy. Can this be changed, improved, and shifted towards democracy with poor-vulnerable-marginalized having significant agency, with a portfolio of N-way, ecological friendliness, universal basics, localization, customization, collectivization, enterprises, self-employment, communitization, local governance, rights and entitlements, choices, liberty, justice, equity, equality, and fraternity. Not the politics of authoritarianism.

Ageing is progressing in India. Faster in South India. Ageing index is Population above 60 by population below 14. One estimate says. By 2036, India's ageing index would be 52%. In Kerala – 95%, TN – 94%, Combined AP – 84%, Karnataka – 70%. Median age in TN and Kerala is 40 by 2036. All this translates as the South needs relevant meaningful care, geriatric healthcare, and elderly livelihoods. More pensions, larger size of pensions, more contributions to medical costs/insurance too. South's presence in Parliament may also come down after delimitation of constituencies. These scenarios call for new fiscal transfer arrangement patterns. Elderly population proportion should be part of the devolution formulas. Can we get ready for these shifts? Can we build architecture for these? Now is the time.

No strokes please. Can we use, consume sabja seeds for relief from bloating, constipation, digestion, detoxification, and healthy heart; methi-fenugreek seeds for hormonal health, controlling-managing blood sugar, and diabetes; coconut oil for stabilizing sugar, thyroid health; room temperature water in sufficient quantities, say 2-3 litres a day; fibre. Can we skip smoking, alcohol et al? Can we maintain a healthy weight, not more than 30 BMI? Can we care about waist circumference, being moderate? Can we walk, cycle, swim, stimulate brain plasticity, et al? Can we read, write, do puzzles, crosswords, learn languages, play 'music', sing songs et al? Can we meditate, reflect, exercise breathing, practice hobbies, relax, rest, and sleep well?

Can we be open, in mind, in heart, in body, in diet, in exercise with body, mind, in care, love, in existence, co-existence, in work, and work teams? Can we see the light in and around us? Can we seek truth, light, and life? Truly, with complete hope, faith. Can we keep going? Ekla chalo. Let the teams get going. Communities. Locations, geographies. Related

themes. Paradigm(s), paradigm shifts. VUCA world. Can we be led, lead, and kind; can we try, unlearn, and learn; can we live? Can we be trustees, build the next trustees? Can we let go?

Yes, we can. If we coexist, keep flowing open, open arms. In N? chaturiya-tureeyayoga for 7L.

291024

## 468. Incessant amrt rain

Arjun Erigaisi from Warangal makes history! He crossed 2800 in live ratings, becoming only the second Indian chess player after Vishwanathan Anand aka Vishy, and the 16th player in the world to achieve this.

Gukesh D is the youngest person in the history of chess to become the contender for the title of World Champion, achieving this feat at just 17 years of age. He led India to team gold in 2024 Chess Olympiad. He got individual gold. His rating is now at 2794. He is in queue to cross 2800 rating.

Supreme Court says no to child marriage in unequivocal terms. It is against the constitutional principles of equality, liberty, and free expression.

Diwali, Deepaavali, festival of lights. Symbolic victory of light over darkness; dharma over adharma; good over evil; knowledge, truth over ignorance, untruth. Mythologically – Rama returned to Ayodhya, after defeating Raavana. Krsna, Satya killing Narakaasura, releasing 16,000 captured women. Lakshmi's birth through Saagara manthan. Lakshmi's marriage with Vishnu. Lakshmi, Ganesh, and Kali puja. Saraswati, Kubera puja. New year. Muhurat sales. Liberation of Mahavira. Starting the wanderings of the monks after 3–4-month hibernation in the monsoon period. 5 days of festivities include: Dhanatrayodasi, or Dhanteras, Dhanvantari puja, yamadeepam; Naraka Chaturdasi, Hanuman puja; Deepavali, Lakshmi puja; Bali Paadyami, Padwa, Goverdhan Puja; Bhai dooj – Bhagini hasta bhojanam, Subhadra treating Krsna; Yamuna treating Yama; and Viswakarma day/puja. For Sikhs – it is the founding of Amritsar, release of Guru Hargobind from Mughal prison.

It is also the post-harvest season and therefore, the period of purchases, shopping. A third of the annual purchases may happen around Deepaavali. Big problem is the firecrackers causing intense increase in pollutants in the air. The smog lasts several days causing substantial health irritations – eye-nose-throat related – to most.

With more than 2.5 million diyas, Diwali celebration, Deepotsav at Ayodhya has created a Guinness World Record. 1100 people performed Sarayu aarti.

World over, Diwali has become a secular festival, with a holiday declared.

Interestingly, on a lighter note: I was born on Ashwayuja Sukla Dwitiya, in Swati nakshatra. After a lunar month, Deepavali comes on amavaasya and Swati nakshatra. It appears birth nakshatra controls us. The people who are born in the same nakshatra

exercise huge control on us, and vice-versa. Our innermost are sanakshatrajaatas. For me it should be a swatijaata(s). Isn't it?

Finding love, friendship, and true love is rare. If we love, we surrender, lose ourselves, and merge into others unconditionally. This translates as we lose our individuality. This stresses us. We become disoriented. We remain usually unhappy after initial euphoria. In friendship, we accept each other unconditionally. We remain ourselves at the same time. In true love, probably we surrender, become part of the other, yet we do not lose our individuality. This kind of love is very^n rare. If we can find friendship, true love, we are very fortunate. Let us retain them, keep them. By all means, ways, and tools. Can we? Like Chaatak waiting for rain drops to drink water, Chakora looking at the moon to give amrt jyotsna.

Yes, we can. If we coexist, keep flowing hand-in-hand. In N? panchaadasayoga for 7L. 301024

## 469. Being at it

Sadgati to Padma Shri Bibek Debroy, 25 January 1955 – 1 November 2024, 69. Indian economist. Chairman of the PM's Economic Advisory Council. Former Member of NITI Aayog. Former President of the Indian Statistical Institute. Former Chancellor of Pune's Deccan College Post Graduate and Research Institute. Former Chancellor of Gokhale Institute of Politics and Economics. Anchor, Itihasa, a show on Sansad TV to discover Bharata, Bharatiya, and Sanatana Sanskriti. Translator (into English), Mahabharata, Bhagavad Gita, Ashtavakra Gita, Harivamsa, Vedas, and Ramayana. Co-translator with Manmatha Nath Dutt – Puranas – Bhagavata, Markandeya, Brahma, Vishnu, Shiva, and Brahmaanda.

On his hospital bed, he visualized, if he rests: no social loss. No permanent private loss. The only person who would be affected materially is Suparna. Sadgati, Bibek Debroy.

Global liveability index says average quality of life in our big growing cities is very low. Can this be improved? Or should we better the rural areas to have minimal amenities, architecture, and infrastructure for comfortable living including education, health, entertainment, employment et al but in small sized geographies? Should we put a hold on big cities' mindless expansion?

Can we be at a deliberate, resilient, unwavering and steady pace race to combat climate change? Can we find harmony with nature to coexist and thrive? Can we persist? Can we inspire with data? Can we be transparent? Can we take the cost to near zero?

The farm, consumer, health, soil, and planet climate crises we are facing have affected most of us, but the poor are suffering the most. Poverty is rising. Wellbeing is collapsing. We need to invest to reduce emissions; increase farmers' and farmworkers' wellbeing; to offer nutritious healthy food; to improve soil health; to stop using chemicals; all in tandem, simultaneously. With localized and customized ways, methods, tools, and plans.

What should be in NF policy – knowledge, extension, handholding, and troubleshooting architecture? Initial incentives, or post-transformation incentive, reward? Architecture support for fairshare of the consumer rupee, and monetizing remunerative ecocredits? Collectivization, aggregation, local value-addition, traceability, community endorsement, independent verification, certification, and branding? Communitization, community-ownership of post-transformation maintenance, sustainability? Agency of marginalized groups, communities and women? Institutional framework? Anything on consumption, nutrition? MSPs? Awards, recognitions?

The Galileo shift took two generations at least. Are we faster on the N-way paradigm shift? Maybe a generation. Therefore, can we keep nudging in myriad ways? Small tiny tweaks; adjustments in routines, work processes; changes in perspectives. Increased field visits, fieldwork, and field stays. Reading, writing. Daily messaging texts, pictures, and videos. Daily. Can we spend a few hours with each one of our field teams? Can we spare 1000 seconds to reflect every day? Can we have everyone heard by a non-reporting mentor, every week? Can we be kind? Can we document and write a case study, one a month? Can we list all our connections, connect every month/quarter? A million plus a quarter. Can we consume to meet our needs only? Can we keep adjusting ourselves towards our ends?

Yes, we can. If we coexist, keep flowing, being at it. In N? yugayoga for 7L.

011124

## 470. Elders' resources

India loses a test series with New Zealand. Whitewash after 24 years. Rohit, Kohli could not measure up to their usual levels. Entering World Test Championship has become very tight.

We need 2-3 people for every village, dedicated to N-way centric 'development, livelihoods, wellbeing, collectivization, communitization, agency, tuitions, 7R literacy, basic education, health, nutrition, plans, and convergence'. Leaders, mentors, and anchors. 2.5 million hands in the country. 2.5 lakh hands to handhold, nurture them. 25,000 @3 per block/mandal. 2,500 @3 per district. 250 @10 per state. 250@10 per theme, dimension. Can we get 1000 in the cohorts in the next 1000 days, so that 500 senior active leaders, mentors, and experts emerge? A movement to take off.

People are retiring at various ages in public and private organizations, and government. It appears 67 is the maximum age for retirement in the world. There could be exceptional case-by-case extensions post-retirement. Up to 10 years. In politics, for political positions, there is no maximum age limit officially. Some parties announced 75 as retirement age as an advisory. In businesses, companies, cooperatives, NGOs, partnerships, etc., there is no retirement for directors, promoters, and founders. In families, there is no retirement. For wage workers, self-employed. In Union and state Governments also, it is varying. For most people, it is 60 years. In Telangana, it is 61 and AP, it is 62. Most public limited companies, for staff, it is 60 years. For Civil services, it is 60. For Army and Navy, it is 54-58 years. Airforce, it is 60. Railways, 62. High Court Judges, 62. Supreme Court – 65. Chiefs of Army. Navy, Airforce – 62. Chief of Defence staff – 65. University, IIT, IIM, Higher Education et al Professors – 65. Medical doctors – 65. Scientists, it is proposed to be taken to 65.

Current life expectancy is 71. At 60, it is about 80. Most people work into their 70s. Agility and metabolism may slow down. But their intellect, advice, and demo abilities persist. We have a case for increasing retirement age. How does 65 sound for all? For professors, scientists, management, leadership professionals, and judges, this could be 70. And exceptional people may get another 5-year extension. Can we also set maximum age for political position at 75? With no extension under any circumstances. Can we also ask all wage workers, self-employed to retire from work by 65? Can we offer decent pension, decent insurance to all from 65 upwards? Can we also keep voluntary retirement option after putting 20 years of service? Can there be a minimal pension for people who opted for voluntary retirement from any employment? Can we also screen the staff, after 20 years first, every 10 years thereafter for their suitability, willingness to continue, and eject the unsuitable, unwilling? Can we have provisions to take people as volunteers on a token

remuneration and actual costs/per diem costs, as a matter of routine? Can we also have stipend for the young unemployed, underemployed, and 100 days NREGA work for the skilled, educated, and talented too?

Can we appreciate 15-20 years after retirement? Precious. More efficient, effective, meaningful, useful, purposeful, experiential, and scaling. Could be more deliberate, peace-giving, and joyous. Could be building legacy, future leaders. Supporting NextGen. Could be not seeking to make extraordinary money, just meeting simple existential needs. Can we tap these 15-20 years of so many around us? Can we help them to lead, plan, do and track journeys, connects, conversations, actions, and supports?

Yes, we can. If we coexist, keep flowing, with intelligent, experienced. In N? vaanaprastayoga for 7L.

031124

## 471. Living with agency

US votes for President 2025. Trump gets home, for second stint, with ease, defying exit polls. Crossed 270/538. Landslide. Kamala is trailing. World is congratulating Trump. Trump and his running mate JD Vance claimed victory. Victory Speech. He is talking peace through strength; no illegal migrants, only legal entry. 'Every ounce of energy, spirit, and fight that I have I my soul to the job that you have entrusted to me'. Hope he lives up to this announcement over the next 4 years. Kamala has not yet conceded defeat. Trump would take oath as President on 20 January. Till then, Biden is President and Kamala is Vice President. USA makes woman to wait longer to become POTUS. Trump won over Hillary earlier, now Kamala. He lost to Biden, in between. Interesting.

Can State take charge - education – 20 years, mandatory residential education from Class 5/8; health – preventive, primary health, health insurance; and pensions – for minimum decent survival, existence; and employment – 50% days a year at decent minimum wage level, for skilled? Free public transport?

Krsna was my brother after Venkat. He succumbed to road accident. A lorry hit him when he was 6, just opposite our house. My mother was at the door watching him cross the road. The lorry went onto the right, may be on to the foot path and outside the road, hit him. Bumper hit his head. And collapsed and rested more or less immediately. I was brought to the village very quickly from school (Gurukulam). I was in Class 8. We lost a very bright human being, too early. A huge possibility was lost. He was more than a brother to me. I missed a young friend, took a long time to recover. Mother lost herself and she could not come to terms with it for a long time. We opened a medical store in the village in his name, for a decade or so. We moved inside the village, vacating roadside house.

I joined school in Class 2 only. Krishna Rao, tuition master, brought me up to level, before joining. Even then, I failed. Then the school promoted me to Class 3 although I failed. After this, I was not doing badly, doing rather well, in the school through Class 3 to Class 7. I picked up the habit of reading whatever comes my way very early. Maybe from seeing my father, or genes. Some of the teachers and friends had a knack to discover students with differential abilities, talents, aptitude, and nurtured them. I was fortunately one of them. These special teachers, Gurus, masters included: Damodar Reddy sir, Ramana Murthy sir. VVSN Rao sir. Srinivasa Reddy sir. School gave me reading-writing language(s) and appreciating numbers, logic. Social sciences. Moral, ethical compass. Time accountability. Becoming a social being, extrovert.

Grown up, schooled in patriarchal situations. Largely non-co-ed classes. Probably, we did not talk to girls in school at all. Our social conditioning and interactions were in family, village situations. When I reached graduation, the social schooling was required. Fortunately, some of my classmates ensured this for me, over the next 7-8 years, culminating at IRMA. Engendering, agency of the marginalized, localizing, collectivizing,

communitizing, being useful, and paying back were seeded in there. Deliberate first steps towards livelihoods, poverty reduction, and development domain lifework were taken up. Hybrid, introvert-extrovert social being emerged.

Can we persist this lifework? With more intensity, more usefulness, more effective, on scale, and more joyous. Can we lead ourselves?

Yes, we can. If we coexist, keep flowing, with more and more. In N? saamaajikayoga for 7L.  
051124

## 472. Practice 7L 'agency'

US President Joe Biden confirmed that his team would ensure a peaceful and orderly transition. He said - Campaigns are a contest of competing visions The country chooses one or the other. And we all must accept the choice that the country made. The people have done their duty as citizens. On January 20, 2025, we will have a peaceful transfer of power in America.

We read: Musk has spent \$132M on and actively campaigned for Trump. Musk may become in charge of a bureaucratic purge, shrinking government expenditure. His job may include potentially firing thousands of career bureaucrats. Reducing the deep state. Kash Patel may join hands here. Is Big Tech taking charge of American, global lives ahead? Powershift in favour of the Big Tech?

Will Trump persist with his opposition to green 'world'?

CJI DY Chandrachud is retiring after two years in office. Baton is being passed on to Justice Sanjiv Khanna, the seniormost judge in the apex court. Justice Chandrachud asked: Michhami Dukkadam - May all my misdeeds be forgiven. He ordered J&K elections by September 2024 stressing the need to restore statehood at the earliest and as soon as possible. He also declined to alter the Special Marriage Act to recognise same-sex marriages, referring it to the legislature. He confirmed the right of the LGBTQ+ community to be treated with dignity, free from discrimination. He also led the decision to dismantle the controversial electoral bonds. Justice Khanna, in office for 6 months, would be followed by: BR Goyal, Surya Kant, Vikram Nath, BV Nagarathna (maybe for 36 days) PS Narasimha, JB Pardiwala (may be for 831 days), and KV Viswanathan.

Living full Aswathy Narayanan is a young live inspiration resilient adapting, enduring, and transforming.

With hindsight: It appears I have been nudged into learning, learning facilitation, teaching, and mentoring from very early days. A special stream has always flowed for now for last 50 years. It has manifested into relentless flood flow now. Responding to peers' questions, doubts in primary school. Tuitions in upper primary. Combined studies, and lead explanations in Sarvail school, and later at Sagar APRJC. Coaching peers, juniors at NIT Warangal. Taking up teaching in Engineering college and teaching basics of electricals, electronics, computers and society. Facilitating lab-based learning. Taking classes, ad hoc informal classes at IRMA. Training in the field. Induction. Learning programs. Developing, inducting and supporting Animators, Facilitators, Coordinators, and Young professionals. 100-200-day programs. Programs in Livelihoods, Livelihoods management, leadership, and development practice. Adjunct, visiting faculty for more than 15 years. Academic Committees. Designing curriculums. Coursework. Mentoring NF Academy now. Mentoring Livelihoods Support Individuals, Organizations, Enterprises, and Mentors. In LPRD-PVM domain and outside. Across the country and outside.

Professionals and Community professionals. Young and old. Women and men. Short-term and long-term. Intensively, extensively. Pressing in more than 100,000 livelihoods workers, development practitioners, entrepreneurs, resource persons, and anchors directly, 10x more indirectly.

When I completed Engineering, it appears I opted for Robert Frost's Road less travelled, maybe needed. A response to inner calling. Calling of the universe. Gurus' instructions. It has made, is making all the difference. Can we persist with this? Intensely. Joyously. As a movement.

Yes, we can. If we coexist, keep flowing, facilitating learning to flow. In N? abhyaasayoga for 7L.

061124

### 473. I-ready confirmation?

Trump's tally reaches 312. It is a sweep, comprehensive win. It is still not as good as wins of Clinton or Obama. American map looks more or less republican red. In electoral college and in popular vote. Kamala's shorter truncated campaign might have contributed. Trump's winning coalition with multi-ethnic working-class blocs. Congress and Senate are Red now. Supreme Court Red nominees outnumbered others. The number may increase further.

Did Trump win or Harris lose? Did democrats lose? Did democrats make Kamala lose?

Maharashtra: Manifestos are out. Campaigns are going on.

Jharkhand: Getting ready for elections. Phase 1 voting is on 13 November.

Science, Technology, Engineering, Mathematics – STEM – is mostly ideology neutral. Languages, History, Politics et al are left leaning. Academia has the luxury of not getting their hands dirty to make a living. Is academia isolated, therefore?

We are a krshipradhan country. Krshi – enterprise, entrepreneurship – is DNA of most of us. We might be killing it as we grow up. Fortunately, life has given many people like me exposure to, practice of, insights into a variety of enterprises. For me over the last 55 years. These include: weaving, farming, orchard, tailoring, pottery, carpentry, livestock, poultry farm, clothes shop, ready-mades, medicals, and service provision. Dairy cooperative, multi-purpose PACS. Tiny powder making mills. Flour mills, and rice mills. General store, stationery, provisions store, and Kirana. Students' food collective(s). Collective actions, students' clubs – associations. Managing building houses. Micro-mini-Contractor work. Tea shop. Temple management. Tank Management. School. Health clinic. Non-government organization. Magazine, portal. Volunteer force. Firm, partnership firm, company, consulting, and resource mobilization. SHGs, SHG federations, enterprises of SHGs – SHG Federations, handloom collective enterprises, crafts, and artisanal. Gram Panchayats. Photographer-videographer teams, photo studio. Internet kiosk. Public call office. Writing service. Drinking water enterprise. Homestay, tourism support services....So on so forth.

Over 55 years, directly exposed to and practiced 100+ enterprises, 1000+ indirectly – three-digit variety; supported, nurtured 10,000+ enterprises, entrepreneurs directly. A million, 100x, indirectly through LSI/Os - livelihoods support individuals, organizations. Influencing 100 million in varying intensities, degrees.

Learning facilitation to animators, people; and enterprise apprenticeship support are the two critical pillars, amongst many pillars of lifework. It may be coincidence, or a calling within. Elements of these two pillars have manifested with 50+ years of practice, experience, studies, and observations. This 50+ years of preparedness should be helping us to be useful to the world.

Can we identify the key pillar(s) operating within, intrinsically? Can we plan forward on these pillar(s)? Can we build our portfolios that include this 'pillar' within? Can we draw in all the knowledge, skills, tools, partners? With robustness and rigour lined up. Can we team up with people, in large numbers, 1-2-3-4-5-10-20-30-40-50-100 a day to let the movement unfold, intensified? Joy.

Yes, we can. If we coexist, keep flowing, deliberately ganging up. In N? sva-svabhaavayoga for 7L.

081124

#### 474. True campaigns

USA went right, unambiguously. Countervailing balance is reduced. These results raised questions about fidelity of electoral processes themselves. Yet this is a *fait accompli*. How does Trump go forward? Trump is 78. Trump does not have an option to contest in 2028. May not name a successor clearly. May not like to. Promises made were intentions and many of them may not turn out into targets. May work initially on America First, Make America Great Again, MAGA, deporting illegal immigrants. May want a smaller government, with pruned welfare spending, to offer lower taxes. Crony capitalism may be around. Can Trump emerge a statesman globally?

The growth through globalization and technologies has started causing pain to the working classes and poor. Elite are the real beneficiaries of the riches-to-riches story. Cheap mobiles and internets, small welfare doles, transfers cannot keep the bottom half happy and contented with belied aspirations including jobs, employment. Trickle down is not enough. When country, company is not doing well for majority, CEOs may have to change. If this is persisting, more importantly, the paradigm(s) must change. We cannot ask majority to stick together loyally one way despite being not satisfied with status quo patterns. Polarisation would not work. It is not one way or the other. More ways are before us. Religious beliefs, caste feelings are not power, governance issues. Freedom, choices matter when we transcend basic needs.

Maybe, short campaign of Kamala could not peak up. The election that matters may be 2028 in US and 2029 in India. Till such time, can Trump serve his country well? Or service himself. The team, the first 100-days of Presidency would tell us. As it was in India.

Kamal Hassan announced that he no longer wishes to be addressed with titles or prefixes such as "Ulaganayagan". Earlier, Ajith did the same. KH said: It is the collaboration of countless artists, technicians, and audiences who make it what it is—a true reflection of humanity's diverse, rich, and ever-evolving stories. The artist must not be elevated above the art. I prefer to remain grounded, constantly aware of my imperfections and my duty to improve. Can we remain truly humble, for all our 'results' because large multitudes have worked together to get us this far. There is no other way but to have humility, 100%, not less, gratitude, useful, truthful. As it is said, *satyam, satyam punah, satyam satyam punah punah*. *Priyam, priyam punah, priyam priyam punah punah*. Can we?

Can we have campaigns starting soon? 1000-day campaign, for the paradigm shifts, for champions of paradigm shifts. How about starting in 2025/26 itself? What do the campaigns entail? Concrete agenda, manifesto, and more than the intentions. Feasible. Models. Kits, and tool kits. Statistics, projections. Needs, aspirations assessment – local, global. Profiling constituencies, candidates. Subtle polls, surveys. Reading, listening, viewing material. Books, songs, films. Solidarity material. Slogans, messages. Teams, cohorts, and volunteers. Trainings, learning programmes. Conversations, journeys. Low key, grounded. E-conversations, debates, arguments, and cultural shows. Inspirations

with possibility darshan, and preparing for eventuality – mind, heart, body, and teams. Can we have 10,000 super team that spends time with each village, locale and influencers there at least a day thrice? Can we have a 100,000 larger team meeting every citizen an hour, thrice? NextGen servant leaders?

Yes, we can. If we coexist, keep flowing, truly, lovingly. In N? nijapriyaprakrtiyoga for 7L.  
091124

## 475. Usefulness politics

Will Biden step down to make Kamala the first woman President? Maybe, for just 2 months. Of course, for all practical purposes, now she is already almost acting as the President.

India's education systems' scale is humungous. 250M children; 1.4M schools; 9.5M teachers. Infrastructure needs improvement to ensure all children have equal opportunities to learn and thrive. Teachers need development, agency. Many children may need scholarships, stipends. Curriculums need changes, localization, and customization too. Movements, missions are needed for all this to happen for all. Let us give our bit in this.

Does diversity in our teams help? Yes, if we are doing complex tasks, creative tasks. Diversity among equals is more helpful. Age diversity does not matter much. Educational, experiential, and ability diversity matters more. Duration – no impact. Diversity works better where it is valued. It improves inclusion.

And there are not many jobs. 1000M in working age. 600M are employed, mostly self-employed and only 150M have jobs in organized, private, and government sectors. This is 15% of the working age India. 15M are in Governments, States and Union. 1.5% of working age India. The average income per month is not more than Rs.10,000 per month at the entry level. This is less than 50% of the entry-level government job. No job security, mostly, as against secure government jobs. This is about 60% of the per capita income today. Indicating unusual inequity in incomes. This is also lower than the minimum wages for a skilled worker.

Executive, management, and leadership positions. Not more than 5% of Indian jobholders, but critical. Various surveys conclude: Half the people would like to quit their jobs. More high performers. For no appreciation, recognition; no growth; no growth opportunities; inefficiency, decision; layers of approvals to do the work, to get the work done; red tape; overload without support; weak, non-supporting leaders, leadership, management; negative culture; not-so-open communication, doubt, mistrust; toxic, and unkind managers. What do we do?

Down below, the situation might be far worse. Hand-to-mouth existence. It might be improving at 10% growth rate. This may not be enough. What can be done? We need to go self-employment way with skills, tools, and appropriate tech. Local enterprises help. We need to go the self-help way. Collectivization, collective action helps. Agency of the poor-vulnerable-marginalized helps. Agency of women can lead this. Paradigms need to be shifted. We need to get into Galileo, Gandhian paradigms. Replacing leaders may not be sufficient. We may have to change leaders' minds and hearts. We need to be on N-way all the way. In the next 20 years.

Politics, over the last 50 years. Politics for public service, civic-citizen action, poor-vulnerable-marginalized, women, children, elders, disabled, youth, and internally displaced persons. It is in the blood. Grandfather. Father. Brother. In school, college. In the workplace. At stay. Local, district, state. Societies, unions, committees, coaching, teams of animators-volunteers, and campaigns. Directly, in the background. Milk, multiple farm commodities, fish, poultry, eggs, livestock, handlooms, wool et al. Chenetha-craftspersons, farmers, fishers, farmworkers, artisanal communities, and nomadic-dalit-tribal communities. Surveys, polls, projections/estimates. Can we have planning, supporting, and tracking?

Yes, we can. If we coexist, keep flowing, for-with PVM. In N? neethiyoga for 7L.

101124

## 476. Geniuses: people for change

Justice Sanjiv Khanna is the new Chief Justice of India.

Jharkhand Phase 1 campaign ends. Elections are on 13 Nov.

Work is changing. Quickly. Workplaces. Work styles, methods, skills, tools, and pace. New works. Jobholder needs to own knowledge, skills, tools, micro-infra including tech, and working capital. Hybrid hours. More multi-skilled articulators, analysers, team workers, problem solvers, and client servicers.

Starting point for a genius may be high IQ, EQ, SQ, NQ, or being a prodigy. Curiosity, creativity, persistence, and seeing things differently takes them to the level of genius. Without the worry of failures. Challenging the status quo wisdom, practices. Despite obstacles. Diversity of interests, exploring multiple disciplines, areas of knowledge for making unexpected connections, connecting dots. Collaborating. Exploring new experiences, unfamiliar territories, stepping outside comfort zones. Focusing on impact, geniuses emerge, evolve. We can be geniuses. If we were labelled so earlier, can we be truly likethem truly soon? Can we try and be?

Political masters – Modi, Bhagavat, Shah, Rahul, NCBN et al – may take decisions, there are officials with distributed responsibilities and differential patterns of working. As executors, conscience-keepers, and brains trust of the political class. 15M government servants. Some are more equal, more powerful, and more responsible. From amongst officers at the apex level, in PMO, in the ministries, in the states, in CMOs, and in the districts. Cabinet-rank Advisers, Secretaries, and Collectors stand out. Not politically elected. These at state and union level are on the verge of retirement or with new/extended tenures after retirement. At apex level, some stand out: PK Misra at PMO; Ajit Doval, National Security Adviser; Shaktikanta Das, RBI; TV Somanathan, Cabinet Secretary; Rahul Navin, ED; Praveen Sood, CBI; BVR Subrahmanyam, NITIA; General Anil Chauhan, CDS; Arvind Panagariya, Finance Commission. Of course, Sanjiv Khanna, CJI. There are secretaries: External affairs; Home; RD et al. A similarly knit team of officers would be in states. And collectors take charge in districts. Is this the steel frame? Or more than the steel frame? Of late, we see them being loyal to the political establishment and bending the steel frame towards serving the political interests, by hook or crook.

Apart from Political system (legislature, executive) and bureaucratic steel frame, officer-employee-labour unions, and their advisers, Justice system, corporates, businesses, media, academia, civil society, local governance system, etc., play their part in the sarvodya-antyodaya growth, progress, and development matrix. Where are the people? Where are their collectives? Enterprises? In all this. Are they marginalized, are they

already in the margins? All in their name, for them. But, without them. Can we have 40% of everything that matters and concerns people at large, in their hands? Budget, plan, and expenditure? Can all aggregated cumulative budgets of the country be reallocated, shared – with most of it in direct democratic local governance institutions, say 40%; followed by states, say 30%; next for across the states, say 20%; balance for national-international, 10%? Is this possible, doable? Can we also nudge 73-74 amendments, as they are, and/or modified, forward? Can we also have local self-reliant, self-sufficient budgets, in addition to direct allocations? Can we be the influencers, influencers of influencers? Mentors? Relentlessly pursuing, persisting, strategically.

Yes, we can. If we coexist, keep flowing, for-with people, PVM. In N? parivartanayoga for 7L.

111124

## 477. Transforming authentic lead

Can we spend 1000 days and nights in the field, as soon as possible, in our personal, professional lives? And can we continue to spend 25 days-nights every year thereafter? Also, sabbatical in the field after every five years can be a good way forward.

2024 is the warmest year on record. Storms are stronger and are intensifying more rapidly across all ocean basins. Bigger and hotter wildfires. Coral reefs bleached on a mass scale. Worst and widespread droughts, even in amazon. Carbon absorption by the forest dwindled. Oceans slowed down.

Ramana Maharshi became self-initiated sanyasin at 16 and remained as such for the rest of his life. He recommends – who am I – self-enquiry with bhakti, or surrender – complete and desireless. Ramana felt that he had to be accessible to all who came. Till the end of his life. Main instruction: silently sitting together, using words sparingly. Teaching through silence. Silence is the true upadesa. Perfect upadesa. Truth is beyond words; it does not warrant explanation. All that is possible is to indicate It.

Ernest Hemingway wrote his famous ‘The Old Man and the Sea’ in eight weeks to give him a Pulitzer Prize in 1953, followed by the Nobel Prize in literature next year. His written acceptance speech said: ‘Writing, at its best, is a lonely life. Organizations for writers palliate the writer’s loneliness but I doubt if they improve his writing. He grows in public stature as he sheds his loneliness and often his work deteriorates. For he does his work alone and if he is a good enough writer, he must face eternity, or the lack of it, each day.’

‘If a writer of prose knows enough of what he is writing about he may omit things that he knows and the reader, if the writer is writing truly enough, will have a feeling of those things as strongly as though the writer had stated them. The dignity of movement of an ice-berg is due to only one-eighth of it being above water.’

Hemingway gets the most from the least; knows how to prune language, how to multiply intensities and how to tell nothing but the truth in a way that allows for telling more than the truth. Hemingway’s style is the iceberg theory of omission – facts float above water; the supporting structure and symbolism operate out of sight. He avoids complicated syntax. Simple sentences. Without subordinating conjunctions.

‘The world breaks everyone and afterward many are strong in the broken places. But those that will not break it kills. It kills the very good and the very gentle and the very

brave impartially. If you are none of these you can be sure it will kill you too but there will be no special hurry.'

We spend essentially the best part of each day working. The effects of this last longer than we think, maybe years. Work hygiene can make or mar our abilities, our feelings whether we are valued or undervalued. Leadership and work amrt or work toxicity go hand-in-hand. We excel or try surviving, hypervigilant. We have it in us to be genius with our intelligence, diligence, curiosity, creativity, perseverance, relentlessness, and being strategic. Can we be fit, healthy? Can we have stamina to show tenacity? Can we be yogis, doing yoga, meditation, reflection, planning, supporting, and tracking?

Yes, we can. If we coexist, keep flowing, self-surrendered naa naa iti. In N? swastiyoga for 7L.

121124

## 478. Portfolio routine

Tulsi Gabbard is picked up as Director, National Intelligence, US, to oversee 18 Spy agencies.

With Musk firmly with the Trump administration from January 2025, X is losing users. Mostly left leaning. Some are leaving. And some are posting less.

Jharkhand Phase 1 votes.

Pandit Nehru. Children.

Delhi's Air Quality Index (AQI) has soared 400+ to cross 'severe' levels. Graded Response Action Plan (GRAP) Stage 3 is activated. Construction and demolition would be halted. Non-electric, non-CNG, and non-BS-VI diesel buses would be restricted. Online classes.

Krsna's possible indications of present day: Doublespeak, two tongues; desire, greed for possessions, and particularly of others; excessive love obliterating potential, goals and future; coexistence of poor with prosperous, with wasting money rather than helping the poor; and no integrity on the path to prosperity, by hook or crook.

We do not use many we have. The rough rule, 70% we do not use. Computer, phone; car; villa, flat; wardrobe; earnings, and wealth. Therefore, we plan to spend the balance 30% fully at least. More letting go, giving in, humility, gratitude, contentment, body-mind exercises, games, and time for people – family, friends, elderly, and children. More love, prayers, energy, enthusiasm, and empathy. Books, silence, sleep, walk, smile, and laugh. Dream. Doing right, good, giving, and forgiving. Forgetting past issues. No envy, no hate, no overdoing, being in limits, and no taking ourselves very seriously. Being ready fully away, as in charge, but as instruments. More water, breakfast/lunch/dinner – 4/3/2. Relaxing. Keeping the innermost happy, joyous.

Let us follow-through what we started. Of course, take time to think, plan, and then start. Let us communicate, articulate, converse, and connect. Let us understand our money behaviour and work to save, spend, invest accordingly. Let us value intuition, gut feel, observation, adaptation, real world lessons, and practical skills-tools. Let us practise and be disciplined, stronger, more resilient in pain, adversity, excitement, and other

emotions. Let us appreciate our behaviours and insights into decision-making and take control of our daily lives.

Can we eat a balanced diet, at least in the breakfast – variety with proteins, fats, fibre, and complex carbohydrates? Can we keep having water? Can we engage in, engross in activities? Can we meditate, exercise, converse, macro-micro views, and sleep?

Can we acknowledge, challenge our biases? Can we deconstruct issues into simpler parts, to work on these? Can we work with evidence rather than unverifiable opinions? Can we cut through logical fallacies? Can we think of systems, more than the individual parts, and therefore holistic solutions? Can we proactively truly listen for increased comprehension and working together? Can we acknowledge the simple and clear fact that we do not know a lot of things and be open to all possibilities?

Can we set daily routine – read, write, arithmetic-logic-digital, puzzle, picture, video, observe micro-macro, diary, log, walk, smile, laugh, exercise, diet, water, converse, unlearn, reflect, pursue, and persist?

Yes, we can. If we coexist, keep flowing, with namma sangha. In N? vrtthiyoga for 7L. 131124

## 479. Readying lead leaders

Karthika. A season of being in the nature, all day. Vanabhojan.

Karthika Pournami. Karthika Deepam. Deva Deepaavali. Shri Shatrunjay Teerth Yatra.

Guru purab. Guru Nanak, 555. Nanak says: Anyone can achieve direct experience and spiritual perfection at any time. All human beings can have direct access to God without rituals or priests. The goal of man is to end all dualities of self and other, I and not-I, attaining balance of separation-fusion, self-other, action-inaction, attachment-detachment, in the course of daily life. Spiritual life and secular householder life are intertwined. Everyday world is part of an infinite reality. Increased spiritual awareness leads to increased and vibrant participation in the everyday world. Living an active, creative, and practical life of truthfulness, fidelity, self-control and purity as being higher than the metaphysical. Share and consume; honest work; meditate.

Guru Granth Sahiba. Amritsar, Golden Temple. Sikhism, Nanakpanthi, Tibetan Buddhism, Padmasambhav following.

Janjatiya Gaurav Diwas. Bhagwan Birsa Munda, 150. Dhari Aaba for an exploitation-free, egalitarian society. Empowered tribal communities.

Trump is nominating his cabinet team members into his January 2025 team. Attorney General – Matt Gaetz; Defence secretary – Pete Hegseth; Health secretary – Robert F Kennedy Jr; Secretary of state – Marco Rubio; Interior – Doug Burgum; Homeland security – Kristi Noem; Energy – Chris Wright; Director of national intelligence – Tulsi Gabbard; National security adviser – Mike Waltz. More to come.

His other (other than cabinet) team members include: Department of Government Efficiency – Elon Musk and Vivek Ramaswamy; Border Tsar – Tom Homan; Head of Environmental Protection Agency – Lee Zeldin; United Nations ambassador – Elise Stefanik; CIA – John Ratcliffe. In White house: Chief of staff – Susie Wiles; Deputy chief of staff – Stephen Miller; White House counsel – William McGinley; Press secretary – Karoline Leavitt, 27 – the youngest; Communications director – Steven Cheung; Assistant to the President – Sergio Gor.

Opinion polls: Jharkhand – NDA ahead; Maharashtra – Maha Vikas Aghadi – Uddhav et al – ahead. We will know more soon with exit polls on 20 Nov and results on 23 Nov.

A recent study – using humans alone, humans + machines, machines alone – confirms machines alone have higher success rate; followed by humans + machines; followed by humans alone. Contrary to our intuition – humans + machines having better success rate. I am sure, in due course, as humans learn using machines better, machine learning algorithms improve, humans + machines lead in successes.

Can we learn to synergize humans and machines? Ensuring PVMs are not lost in this new machine literacy. Can we provide our intuition to our teams to work better with humans + machines? Can we let them use machines to become smarter, better, and more meaningful, purposeful? Qualitative push forward. Can we move – leading, to leading leaders, to mentoring lead leaders? In the next 10000 hours? Can we set and practice daily routines for these?

Yes, we can. If we coexist, keep flowing, with our portfolio animators. In N? sopaanayoga for 7L.

151124

## 480. Servicing margins

We used to have a pledge in schools: 'I love my country and I am proud of its rich and diverse heritage. I try to be worthy of it.' Ours is a vast natural, cultural heritage repository, to be valued and preserved. Cultural – immovable, movable; natural – flora, fauna, landscapes; intangible – values and traditions, customs and practices, aesthetic and spiritual beliefs, artistic expression, cultural forms, languages et al. Unity in diversity. Tolerance, adaptability to change. We have 40 World heritage sites in India – 32 cultural; 7 natural; and 1 mixed. 3,691 monuments are declared – monuments of national importance. Can we live up to the pledge?

Tolerance is the state of tolerating, or putting up with, conditionally. Can we build this behavioural competence in us? Can we endure extremes, extreme changes? In our various nuances, dimensions? Paradox of tolerance: if we are tolerant without limit, our ability to be tolerant is eventually seized or destroyed by the intolerant. Can we know our break point and contain ourselves prior to reaching the break point?

Sudarshan S, eternal optimist as he articulates, joined back the Reliance Foundation, arguably the largest foundation in the country, this time as Chief Development Officer. SS would do magic, for sure, to make a difference to the PVM in India.

How do we set a new strategy, focus, and vision? Visioning, planning, restructuring? New leadership, new teams, new additional people, and training? Many argue for 'right' people first, with skin in the game. Followed by critical reflection(s), aided-facilitated-animated or otherwise. Away from pitching, bidding, showcasing, presenting. Into dialogue, and feedback 360 degree, with all the humility one can muster. With the realization that we are the instruments.

We have 168 hours a week – 84 hours go in our maintenance – sleep, rest, care, eat, entertain, etc.; 60 hours go in for work and related; leaving 24 hours for doing what we want. Can we increase this time? Can we increase the efficiency and effectiveness of this time? Can we convert work time into this time? Can we zero on items that really matter to us, essential, useful, impactful? Particularly for 'margins'.

Margins together constitute the majority. Poor, vulnerable, marginalized communities, groups. Economically, socially, culturally, locationally, and educationally, by age, by sex, by occupations, by livelihoods, expenditure patterns, risks, by capitals, resources, by abilities, competencies, intelligence, by contexts so on and so forth. By internal, external ladders they have, by internal, external snakes they face. Small, marginal farmers, farmworkers, fishers, livestock people, weavers, artisans, occupational produce, service groups, craftspersons, petty, and street vendors. Sabbanda Women. Children, elders, youth. Disabled. Tribal communities, Dalits. Migrants, displaced. Unemployed, underemployed. Less literate, less digital literate. Intensity of marginalization may be varied, and keep varying with time, location, etc. They need to be worked with: for gaining identity, solidarity, capacity, rights-entitlements, agency, wellbeing, freedom, and choices. Through external facilitators, and internal animators. Through coming together, self-help, collectives, enterprises, support, and policy. Can we mentor, add facilitators, animators, functionaries, and anchors for building this? In the next 25000 hours?

Yes, we can. If we coexist, keep flowing, in aggregated 'margins'. In N? samabhaavayoga for 7L.

161124

## 481. Self-care 90

Premature babies (preemies), born more than 3 weeks earlier than their expected due date, didn't have enough time to grow and develop as much as they should have before birth. Premature babies need special care until their organs are functioning properly. They would be normal after this care.

Today, India ranks among the most unequal countries globally, with the top 1% holding 40% of the nation's wealth and earning an average income 23 times greater than that of the average Indian. Stagnant income growth in 90% of the population.

The philosopher, professor in linguistics, A Noam Chomsky, 95, has lost the ability to speak and write. Already, he cannot walk. One of the most important intellectuals of the century, he is central to the field of linguistics, starting with his *Syntactic Structures*, and definitive (founder?) in cognitive science, computer science, philosophy, and psychology. Multiple books, lectures, speeches; doctorates; awards. His non-speech mentions: "Social media algorithms create echo chambers where diverse perspectives are rarely encountered, reinforcing confirmation bias and hindering the ability to think critically about different viewpoints." "I think it only makes sense to seek out and identify structures of authority, hierarchy, and domination in every aspect of life, and to challenge them; unless a justification for them can be given, they are illegitimate, and should be dismantled, to increase the scope of human freedom."

Critical human needs include liberty, community and freedom of association. The truth about political realities is systematically distorted or suppressed by the elite. This web of falsehood can be broken by "common sense", critical thinking, and understanding the roles of self-interest and self-deception. As such an intellectual, it is his duty to use his privilege, resources, and training to aid popular democracy movements in their struggles. He urges people to criticize their governments' motivations, decisions, and actions, to accept responsibility for their own thoughts and actions, and to apply the same standards to others as to themselves. A truly democratic society is one in which all persons have a say in public economic policy, not just the 'ruling elites'. Change is possible through the

organized cooperation of large numbers of people who understand the problem and know how they want to reorganize the economy more equitably. He sees reason for optimism in historical examples such as the social rejection of slavery as immoral, the advances in women's rights, and the forcing of government to justify invasions. He envisions a future with each citizen as a direct participant in the government of affairs. He emphasizes: human nature contained universals such as a standard moral justice as deduced through reason.

His best-known works include *Manufacturing Consent*. It dissects the media's role in reinforcing and acquiescing to state policies across the political spectrum while marginalizing contrary perspectives. This censorship, by government-guided "free market" forces, is subtler, harder to undermine.

Can we practise inner game, charge Self 2 to take charge? Can we stop interfering, going into team level? Can we read more, more actively, critically, and more diversely? Can we read for reading sake, and read loud? Can we be simple, humble? Can we sleep well, long enough? Can we eat, diet, and fast well? Can we pause, meditate, and reflect? Can we spend time in, with nature, macro-micro? Next 10,000 days?

Yes, we can. If we coexist, keep flowing, in sync with the invisible. In N? trivenisangamayoga for 7L.

171124

## 482. Change agency in us

Voting in Maharashtra, Jharkhand Phase 2 on 20 Nov. Results on 23 Nov.

Bharat Ratna Indira Gandhi, 107 [19 Nov 1917 – 31 Oct 1984]. Nee Indira Priyadarshini Nehru. Born in a Kashmiri Pandit family; married Feroze Gandhi, a Parsi. Unrelated to Mahatma Gandhi. Had two sons – Rajiv, Sanjay. Three grandchildren – Rahul, Priyanka, and Varun. Prime Minister of India for 15 years, 350 days in two spells. Iron Lady of her times in the world. Woman of Millennium. One of the world's 100 powerful women who defined the last century. India is Indira, Indira is India. Durga of India, freeing Bangladesh. State of Emergency for 2 years, where basic civil liberties were suspended. Assassinated by her bodyguards. Green Revolution. Garibi Hatao. Equal pay for equal work. Nationalisation – banks, coal, steel, textiles, insurance, oil et al. Withdrawal of privy purses. Smiling Buddha. Operation forward. Amendment 42 to Constitution making India – a “sovereign, socialist, secular, democratic republic; Unity and integrity of the nation. However, amendments affecting Article 14 (Right to Equality), 19 (Right to Freedom) and 21 (Right to Life and Liberty), popularly known as the ‘golden triangle’ of the Indian Constitution, have been restored.

She was assassinated a day after her speech: “I am alive today, I may not be there tomorrow ... I shall continue to serve until my last breath and when I die, I can say, that every drop of my blood will invigorate India and strengthen it ... make it strong and dynamic.”

India's southernmost point is Indira point. Northernmost is Indira col. Her book is My Truth.

Can we reach 3.5 billion people still living without safely managed sanitation? In the next 10 years.

Men. Is it time to have men's movements? Masculinity movements? Colours, world behind arrogant rude egos, health. Male menopause, andropause can start in the 40s and 50s. Hormonal imbalances, ill health – physical, emotional, mental, and social. Low testosterone, high oestrogen, thyroid dysfunction, and adrenal fatigue. Skin tags, belly fat, hair loss – baldness, increased male breast, neck hump et al. Diets, exercises, sleep, no 'addictions', deep breathing, yoga, and meditation may help.

Change is not a choice, but a necessity. We may dislike, hate change. Can we transcend these, and start loving the change we want, that is good for us, and pursue? Can we choose the right change agents? Can we delegate change to them? Can we enable them, mentor them?

Obsolescence. Planned, perceived obsolescence. PO. Reducing quality, designing with lower lifespan. Customers are forced to buy more, again and again. Increased demand, without reduced prices. Creating dependency to make 'money', good will. For example, we see mobiles, laptops, TVs, and blades lasting fewer days now. No refills available, no repairs please – leading to 'use and throw', buy new ones. Launching new designs, models. New model, new version, better model, better version please. With minor feature additions. Sometimes, symbols of 'show', impression, status, prestige, ego satisfaction, and out of compulsion. We stop asking – do we need this. Can we stop being consumerists? Can we be simple, not falling into these traps? Can we save others from the impacts on land, water, air, etc.? Can we change? Can we be the change? Can we be the change agents? Can we mentor the change agents?

Yes, we can. If we coexist, keep flowing, in sync with change readiness. In N? samsiddhayoga for 7L.

191124

### 483. At it, no stops

More and more exit Polls predict absolute majority to Mahayuthi, NDA in Maharashtra, and NDA in Jharkhand. There are also talks about engineering new arrangements, adjustments, and resort politics. In any case, we need to wait till 23 November.

World Children. World Records.

Hello. Television. Phone and TV have revolutionized how we communicate, how we get entertained. These are evolving faster. We are reaching a point that we cannot 'live' without them. They are becoming smarter and smarter day by day. These become 'obsolete' faster so that we buy new 'improved versions' for companies to make more money.

NEP talks about skilling in school itself. Will this happen, across the schools, in the next 5 years? Will the students be counselled properly for the possibilities, and make choices? Can we talk about apprenticeship with skilled masters in the villages, towns, and outside the classrooms? Will the internship to youth reach 1 Crore people? If it reaches that, will these youth get skilled, or will it be a 'tokenism'? If they get skilled, meta-skilled, with knowledge, tools, practice et al, will they get employed decently? Will they make decent incomes via self-employment? Will they start skill-based service enterprises, or product enterprises?

Inspired: A junior alumnae from IRMA, Devanshi Tripathi, quit her job and opened Oyster Bar and Kitchen at Bengaluru. Greenest bar with unlimited buffets. Five years ago. It stands strong.

Another previous colleague and friend, a postgraduate from MANAGE, Sudha Rani Mullapudi, moved out from a development career and started Abhihaara Enterprises – ‘the story of cotton, cloth and craft’ – at Hyderabad. Handlooms and crafts. Connecting weavers, craftspersons to consumers as directly as possible. Hybrid – business and social – enterprise. More than a decade ago. Emerged an icon.

Another junior alumni couple from IRMA, Priya and Ananth, have started Life Circle Health Services at Hyderabad. Trusted, Caring, Convenient Eldercare and home care for senior citizens. Now working in 6 cities, with 10,000+ home health worker visits a month. Started more than a decade ago. A big star in this domain.

Notwithstanding walking in the morning, can we just walk around, at least 10 min after dinner? Better still, after each meal. Can we limit sitting to less than 10 hours a day on an average? Can we stand, stretch, move, and take breaks? Walk, cycle? Can we move our feet, legs even while we are sitting? Can we have an ergonomic chair with back support for a good, erect posture to sit? Can we meditate, reflect, and do yoga? Can we do some work out on an empty stomach too? Can we get engaged and engrossed in activities, reading, writing, music, entertainment, etc.? As we age, can we skip a meal, skip eating in the night majority of the days? Can we eat less? Can we fast 10-20%? Can we skip fine sugars, simple carbohydrates?

N-way movement(s) has started. Living, agency, equity, and harmony. Local, democratic, fair. Trickling in. Picking up. Peaking up. Brace up. Learners. Can we mentor the mentors of learning facilitators?

Yes, we can. If we coexist, keep flowing, in sync with movement. In N? sankrantiyoga for 7L.

201124

#### 484. Nurturer-in-charge

Waiting for 23 November Results in Maharashtra, Jharkhand.

John Fitzgerald Kennedy, 29 May 1917 – 22 November 1963. JFK was the youngest to be elected POTUS. President for about 3 years. Lyndon B Johnson succeeded after JFK's assassination. Comes from Kennedys – established political family in US – President, 3 Senators, 3 ambassadors et al. Writer – *Why England Slept*; *Profiles in Courage* (later confirmed that it was ghostwritten by his speechwriter). Arguably the most popular presidents post world wars. His inaugural address included: Ask not what your country can do for you—ask what you can do for your country; Join to fight the common enemies of man: tyranny, poverty, disease, and war itself; All this will not be finished in the first one hundred days. Nor will it be finished in the first one thousand days, nor in the life of this Administration, nor even perhaps in our lifetime on this planet. But let us begin; Ask of us here the same high standards of strength and sacrifice which we ask of you.

JFK's decision making relied on his staff, rather than the Cabinet. RFK became Attorney General, TFK became 'assistant president'. Economy turned around, prospered. Equal Employment Opportunity established. Equal Pay Act 1963 for women and men. His famous Report to the American People on Civil Rights speech, launching civil rights legislation. Vindicating the success of Martin Luther King Jr and team-led Civil Rights Movement. Subsequently, it became the Civil Rights Act 1964.

JFK's tenure sent the first Americans to travel in space and orbit the earth. He commissioned a mission – landing a man on the moon. In 1969, this was 'realized'.

Kautilya alias Chanakya and his 'Arthashastra' are forever relevant. For statecraft, governance, leadership, and strategy. Vision, strategic adaptability, diligence-vigilance, ethics, and economics. Leader as trustee, custodian of state's prosperity, security and wellbeing of citizens. Clear vision-assessed reality, constant awareness of internal strengths (ladders) and weaknesses (snakes), updated understanding of the environment (politics, economics, society, ecology et al) – opportunity ladders and threat snakes. The strategies, long-term and short-term, the steps-activities towards the vision results based on the above. The plans should emerge with drilling these down further, with time and timelines, costs and budgets, and support. For implementation, tracking.

Leadership slots do not remain void for long. Someone or some mechanism fills these slots. Most leaders amongst us might have started with some initial acceptance from their teams. Trust, familiarity, experience, expertise, and faith in senior leadership in positioning 'right' leaders, system, etc. This initial acceptance needs to be nurtured forward with care. Lest the leader does not remain leader in reality, actuality. Managing may have elements of science. Leading is more an art. Needs practice, practice in different situations. It is not delegation and not control. A mix, a balance. Trial and error, with keen observation and calculated risks of chaos, loss, stress, and resentment. Leadership styles are mimicked. No one style works. Let us have a portfolio. Can we articulate visions that work, and are authentic, and achievable? Can we demonstrate our vulnerabilities too? Can we be kind, without losing credibility? Can we work with 'all', being open, accessible, and reachable? Can we nurture our relationships to last? Can we give charge to nurturers? For living, leading, and loving. Agency to PVM. In harmony.

Yes, we can. If we coexist, keep flowing, serving in teams. In N? janaganayoga for 7L. 221124

#### 485. Nurturer women

Results: Maharashtra – NDA 235/288. Devendra Fadnavis may take charge as CM. Eknath Shinde, Ajit Pawar may be deputy CMs. A dramatic recovery for NDA after a severe setback in Lok Sabha polls in Maharashtra. It appears BJP patched up well with RSS. Uddhav's Shiv Sena, Sharad Pawar's NCP – what next? Jharkhand – 56/81. Hemant Soren would continue as CM. In bye-polls for assemblies across the country – it is 26/46 NDA overall. South – Congress; West Bengal – Trinamool; Punjab – AAP. Sikkim elects 2 seats unopposed. Wayanad, Nanded LS seats continue with Congress.

Global Conference 'Cooperatives build Prosperity for All' is starting on 25 November at New Delhi, being inaugurated by PM Modi. Cooperatives together have more than a billion members. They have demonstrated, beyond doubt, that they build resilient and thriving communities. 2025 is declared the International Year of Cooperatives. This conference kicks-off the Year of Cooperatives. Cooperatives offer identity, capacity, rights and entitlements to members, stand for democracy, equity, solidarity, and foster local economies, livelihoods, and sustainability. Through collective action, inclusion, agency, and inter-cooperative cooperation. Can we be sure to have every one of us, PVM in particular, as a member of at least 2 cooperatives/collectives? Differentiated, self-reliant, and relevant. Can we have at least one 'A' grade collective in every co-existential living space?

If we continue whatever we are doing, what is the point in articulating, proposing, and developing a plan if we have a theory of change; a change agency; systems change lens, and systems lens? If whatever we do is already based on theory of change and systems

change, then do we have to articulate it specifically? For the grassroots, cutting edge development fraternity – is it not further difficult? Can the donor, philanthropy, giver, and CSR – invest little more time, energy, and pull this out on their own and support? Else, are we not developing ‘intermediaries’, business for them within the development fraternity, outside? If jargon matters, can we get the jargon from grassroots, cutting edge going up, rather than the other way? Does education, study at a school matter or the understanding developed, experienced, and intense, diverse grounding across situations, realities matter? Does not hard grind matter more? More than quick gathered info. Beyond the Dunning-Kruger DK effect curve? What worked elsewhere may not work. Can we increase, expand, multiply the circles of influence, with agency – willingness, spaces, abilities-tools-skills-knowledge-resources?

We are joyous when we stop numerous small fights but focusing on and winning the big fights for – our visions, futures, dreams, destinies, and legacies. Can we find the basics that govern us? Like to be calm, grateful, joyous. Useful, relevant to the world. Deliberately, wilfully. Can each one of us choose our basics of our life’s play? Practicing them, living them, and not faking them. We graduate to where these basics become part of our whole – we do not require to consciously deliberately focus.

Where do we go? To the women in the women, and the women in the men. To nurture us, to nurture our world. When we break down with stress, confusion, and fear; when we are losing grip; when the road looks long, scary; when purpose itself is being questioned; when we struggle with our frailties, vulnerabilities; on the days of struggles, kurukshetras. Can we reach out to our inner selves, our nurturers, and our mentors? Or to the communities, people? Can we get going?

Yes, we can. If we coexist, keep flowing, guided. In N? pratipalanayoga for 7L.

231124

## 486. Enterprisers everywhere

World Chess Championship rounds start between Ding Liren and Gukesh.

Parliament winter session from 25 November. Waqf Bill may go ahead. Uniform Civil Code? One Nation, one election?

Shiv Sena finally hands over Maharashtra politics to BJP. As it happened in Assam earlier. In Goa. In Karnataka. Maybe it will be the same in Bihar sometime soon. For now, BJP may take charge, with Fadnavis as CM. And there would be no leader of opposition.

Azerbaijan Baku COP29 is dubbed finance COP. New Collective Quantified Goal on climate finance, NCQG – USD 300M per year in support by 2035 to the developing world to deal with climate changes and resilience. Developing countries including India are unhappy with this turn of events and are not agreeing to this level of support. Public and private finance to be scaled to USD 1.3 trillion/year by 2035. It seeks new climate plans to keep the 1.5°C warming limit within reach. Carbon credits, registries, markets and trading final building blocks have been agreed. It seeks voices of indigenous, local communities to be elevated. Gender mainstreaming action plan is proposed to be developed.

We need to reduce the rate of deforestation, arrest it, reverse it. Time is ticking. Multi-layered multiple cropping based 365-day green cover forestry, farming, and the food

system needs to be adapted quickly. We need to go n-way – farming, consuming, and living.

Can we eat within an hour of waking up? Can we have a space of 4 hours between the meals? Can we have dinner 3 hours before sleep?

Wheat is a grass that has been domesticated. In the last 100 years, we have got new wheat. It is raising our blood sugars. It is raising obesity, weight. Removing wheat from the diet can reduce these dramatically. Breathing is better. Migraine comes down. Acid reflux goes out. Mood is better. Sleep is better. Small LDL particles in the blood that cause heart diseases plummet. Wheat's Gliadin increases the calorie intake. It is addictive. Gluten free does not mean wheat free. Probably, we need to go the way of fruits, vegetables, nuts, eggs, fresh milk, curd et al.

Which way do we go – jobs or enterprises, self-employment, and entrepreneurship? Away from job seeking. For a krshi pradhaan country, we need to go the krshi way, the self-employment, enterprise way. Maybe 10% can be in government, corporate, or private jobs. For 80/90%, what is the decent alternative? Rather than a non-job low end default, can we go deliberately willingly making non-job as a choice, option. Local value-chains – producers, farmers, livestockors, fishers, weavers, artisans, craftspersons, value-adders, processors, storage providers, transporters, service providers, aggregators, high-end skilled gig workers, farmworkers et al. Individuals, families, groups, collectives, informal, and formal. Primary, secondary, and federated levels.

Can we tap the latent potency of our DNA krshak and nurture most of us into productive, useful, relevant self-employed, and/or enterprisers? BY choice. Can we build this into the school curriculum itself? As early as possible, intensified when we enter our teens. Can we have support – state, non-state, and peers forthcoming for this? Can we have 5% of our GDP going for this?

Yes, we can. If we coexist, keep flowing, free flow, calculated. In N? antahpreranayoga for 7L.

241124

#### 487. Panchamrt muhurat

Dr Verghese Kurien, 103. Milkman of India. Dairy Board, White Revolution, Operation Flood. Operation Goldenflow. Market Intervention Operation in edible oilseeds/oils. AMUL, Dhara. Cooperatives. IRMA. Milk self-sufficiency and India as the largest milk producer by 1998. The trio – Tribhuvandas Patel Kaka, HM Dalaya, and Dr Kurien – set the ball rolling. Dr RP Aneja, Ms. Amrita Patel joined hands with K later. He served GCMMF/AMUL – Federation of Milk Unions in Gujarat – for some 33 years, since inception. He served the Dairy Board since its founding for 33 years. And IRMA for some 33 years since inception till his death. Bharat Ratna: did India miss to give it to him?

We should not miss reading: An Unfinished Dream; I Too Had a Dream; The Man Who Made the Elephant Dance; The man with the billion litre idea (Amar Chitra Katha). Should not miss seeing 'Manthan', funded by dairy farmer members.

Milk. Dairy milk. India is the largest producer in the world (~25%). 30 Crore people live in dairy farm families in India. Milk is consumed as raw milk, pasteurised milk, skimmed, double tone, single tone, standard, whole milk, powder, cream, butter, curd/yoghurt, ghee, cheese, ice cream, and sweets. Lassi, buttermilk, flavoured milk, etc. In tea, coffee, milk shakes. Soaps, shampoos. Bathing milk. Most dairy milk comes from cows, hybrid cows, followed by buffaloes, goats, sheep, camels, donkeys, yak, etc.

Constitution. The Supreme Court confirms Socialist, Secular character of India, as amended and mentioned in the Preamble.

Maharashtra CM is still to be finalized. We have to wait.

India starts the Australia-India Cricket series in Australia with 1/5 at Perth.

Sarvail Gurukulam, the first one in the country, has been renovated, and new buildings added.

Global order is still evolving, with a disruptive nudging towards the east and 'south'.

The National Mission on Natural Farming, NMNF, is finally cleared by the Union (GoI) Cabinet. Outlay – Rs.2481 Crore, till 25-26. the 15th Finance Commission may extend it. 1 Crore farm families on 7.5 lakh hectares at GP level, particularly where NF practice is already prevalent. Bio-input resource centres, up to 10,000, provide access to and make available NF 'inputs'. 2,000 Model Demonstration Farms, 30,000 resource persons from the community would be servicing the willing farmers. Access to certification systems and branding. Geo-tagged farms. Convergence extending support in this effort. Students into NMNF through existing agriculture and related courses. Dedicated NF undergraduate, postgraduate and other courses. Hope launch would be soon, and states, civil society, collectives can get hooked in by early 2025.

Global Cooperative Conference 2024 starts in New Delhi. 2025 is observed as the International Year of Cooperatives. A cooperative in each village in the next 3 years – may be a working PACS. 3 national cooperatives: organics (NCOL), exports (NCEL), seeds-beej (BBSSL). AMUL, IFFCO, KRIBHCO as world mentors on cooperatives. A national cooperative university. Will this be IRMA, I hear? Can we get a trio – NF, Collectives, Research-Academics-Learning – going forward together, hand-in-hand? Can India become the default N-way in the amrt kaal, 10% by 2036, from the 0.5% by 2026? Can we?

Yes, we can. If we coexist, keep flowing, relentlessly. In N? tapasyayoga for 7L.

261124

#### 488. Teamed for promise

AP's Capital Amaravati is getting loans – from World Bank, ADB, KfW Germany, HUDCO et al. Likely.

The Union Cabinet approved NMNF. 1.0 Crore farm families into Natural Farming on 7.5 lakh hectares with Rs.2500 Crore. In 15 months. Less than 25 cents, quarter acre per family? Rs.2500 per family? Can we look at this as seeding 7.5 lakh hectares. The work that begins now would be completed in the next 3-5 years, with additional budget. With 150,000 CRPs. 10 potential CRPs per GP. Each CRP works with 5 hectares or 12.5 acres, to develop and showcase. This is intense work with 20 farmers. Extensively, each CRP works with 70-80 families. Plausible to begin. Rs.2500 Crore translates as Rs.13,000 per CRP/month for 12 months, including training. But no other costs. May not be right.

Let us see how guidelines are evolving. We need to commission in January 2025 to seed 'something' substantial. AP and NRO states have to take the lead. CSOs can lead. NRLM may give funds additionally to converge with and do more farm families and farms into NF. Will the PM PRANAM guidelines get finalized soon and the Government of India starts giving 50% (47.5% precisely) subsidy savings? This financial year, 2024-25? If yes, PM PRANAM can also fund some of the NMNF transformation effort, by taking this subsidy savings. Will World Bank, ADB, KfW – can they come forward to fund NF scaling? Next 100-200 days can be crucial in figuring out all of these.

With 15 Crore farm families in India, at least 10 Crore have to transform. Remaining may join the bandwagon in due course. 10-15 lakh CRPs, for at least 5 years each are needed. 5-10 years to position them. It turns out to be a 15–20-year agenda. Amrt Kaal agenda. We need to add technical support beyond CRPs. Education, Models, Enterprises, Certification architecture, community collectives, and so on. All this means Rs.500,000 Crore, with 50% for CRPs – remuneration, capacity, models et al. This juggernaut requires tiered leadership: scaling, systems, and integration nationally; at state level; at district level; and in field. This leadership and teams that drive are required. How is it emerging? If not, it could turn out to be a 'routine' scheme, done in bits and pieces. Mission would then be a misnomer. A promise of systems change, scaling, and communities taking charge of their destiny would be believed. PKVY, BPKP, just started, but could not go scaling.

NMNF offers promise. A la NRLM, NULM. Nation is keen. Government is mounting it step-by-step. Opposition is for it. People are not asking why, but what and how. Examples, models, protocols for/in various situations are there. Theory of change is demonstrated. Investment into architecture is trickling in. Scientific community is turning around. Can we all help in delivering this promise?

AR Rahman – Saira Banu announce separation after 29 years of marriage. Dhanush – Aishwarya Rajnikanth are granted divorce, after 18 years of marriage. Grey divorces? Impact-wise, are they not worse than death? Ambiguous loss? Loneliness? How do they adjust, find support, be social, practice self-care, manage stress, navigate living usefully and deliberately? Meditation, reflection help.

Paradox: increasing work limiting conditions, physical-mental-emotional ill health vs. workloads increasing. Can we practice 'presence', quality of interactions, 'internal' check, celebrate small victories, and reflect? Daily. Can we enjoy the beauty of life's simple moments?

Yes, we can. If we coexist, keep flowing. Chalo ekla, milke. Relentless. In N? abhyaasayoga for 7L.

271124

#### 489. Intense in-out

Selfie of Success' fame Burra Vekatesham, IAS, an alumnus of Sarvail Gurukulam, is appointed Chairperson of Telangana Public Service Commission. This is effective 4 December. He comes in place of Mahender Reddy, ex-DGP, another alumnus of Sarvail Gurukulam.

Priyanka enters Lok Sabha from Wayanad. Finally.

Hemant Soren takes charge in Jharkhand. Fourth time.

Maharashtra. Resolution is still awaited. BJP keeps Chief Ministership. Ajit Pawar seems to be one Deputy CM. Negotiations are on for another Deputy CM from Shiv Sena. Negotiations are on CM from BJP. Some may be pushed to Centre, BJP Presidentship. Indicative Cabinet: BJP 22; Shiv Sena 12; NCP 9. Swearing-in is slated for 5 December.

1844 Rochdale principles: democratic governance, fair pricing, and equitable distribution of profits. For mutual aid, economic participation, and shared ownership. 1895 International Cooperative Alliance, London. ICA principles were updated in 1937, 1966, 1995. ICA seven principles now: Voluntary and Open Membership; Democratic Member Control; Member Economic Participation; Autonomy and Independence; Education, Training, and Information; Cooperation among Cooperatives; Concern for Community. These are meant to be articulated, lived, communicated and protected. Today ICA is a billion cooperative members strong. ICA functions as 'trustees' of the Cooperative movement. For keeping/making it relevant to our times, NextGen; addressing members' solidarity and other needs diligently; being resilient in overcoming challenges; delivering value to members and communities, in terms of building a just, inclusive, sustainable world. Can we include cooperative, collective, co-existential literacy as part of the basics of 7L – livelihoods, living, life, learning, leading, leveraging, and loving? Can we practice?

Can we mourn, grieve our loss, separation, and death fully? With all the gratitude, humility?

Can we know, appreciate, and realize when we are burnt out, stressed, tired, and exhausted? Can we see the bits, add them to a whole? Are we experiencing constant physical fatigue, muscle tension, headaches, changes in sleep patterns, and insomnia? Irritable, cynicism, demotivated, and purposeless? Lost concentration, forgetfulness, decreased problem solving and decision-making abilities? Neglect, alcohol-smoke-substance use? Decreased quality, meeting deadlines, enthusiasm for previously enjoyed tasks? More often sick, lost appetite? If they are one off, once in a while situation, otherwise it is a concern, we need to jump in to act. Can we care for ourselves to get out of these situations? Can we self-check, reflect, meditate, deep breathe, and be mindful – daily? Can we put aside time for self-care? Can we be 'life', with life? Can we revisit our purpose(s)?

We, unless very careful, are biased. What we see, hear, observe first biases us. Appearance, 'lookism' bias. Looking good but not too good is an extremely difficult balance we have to achieve. Can we transcend likely credibility deficit? Can we include it? Can we go by ability, performance, and potential? Can we practice no bias in exploration, research, and complete bias in work, action, and performance? Can we cherish fleeting moments, simple acts, warm-up, warp-up conversations, elements of 'life'?

Yes, we can. If we coexist, keep flowing. Sahakar se. In N? sikharaagrayoga for 7L.

291124

#### 490. Devoted tomorrow

Manohar, 58. Mano, dear friend, classmate, associate, co-life-worker. An unsung hero, who made a difference in the world he lived. Huge. We were classmates at IRMA. We joined Dairy Board together to work with Dr K, in Market Intervention Operation (MIO) in edible oilseeds/oils. We, five of us, stayed together in Anand before we shifted to Dairy Board quarters individually.

Then, as the inner need to be with the grassroots, we decided to move out of Dairy Board. Opted to work with tribal communities, and Girijan Cooperative Corporation offered the opportunity. This was reinforced by a fatal accident at Anand. In this accident, Manohar and my other associate, Rajan, slipped into a coma. Manohar could recover from coma in a couple of days, but Rajan succumbed. Most of us, but Manohar in particular, took much longer to recover from the shock and grief. The incident had a metamorphic effect on him. Manohar joined in for a 3-year term. I had to wait another 9-10 months before the Dairy Board and IRMA let me go. Manohar completed 3-years with tribals of AP, and community at Boithili, Paderu, leaving an indelible mark in the lives of the tribals and associates. He nurtured/mentored 25 community coordinators recruited from premier institutes of the country to work in tribal pockets.

Manohar moved on to join his father's business in organic fertilizers and pesticides but could not persist with it. He quickly moved out to join ACCORD and work with tribals in Gudalur, Nilgiris in 1995. He was with ACCORD for more than 16 years till his death in February 2012 due to liver cancer. He was leading ACCORD as its Director along with co-founders Stan and Marie. ACCORD works in Health, Education and Livelihoods areas. Their Ashwini Gudalur Adivasi Hospital, Adivasi Munnetra Sangham (Tribal Marketing Society) and Vidyodaya School have the stamp of Mano. Mano was silently setting up self-sustaining systems and mechanisms. He lived a simple life, on a mere living stipend, but touching the lives of various people in different ways very intensely. He married his colleague Durga and is survived by an adopted daughter Vennela. Known as Development Saint, the Monk Mano personified simplicity in all his walks of life. He enjoyed his focus limited to Gudalur, rejecting all offers for a larger canvas. When he was suffering with cancer, thousands in Gudalur and thousands outside Gudalur across the world prayed for him. While it was a mystery that he could get liver cancer although he was a teetotaler living in the lap of nature, he braved cancer with a smile and cheer with an unusual display of courage and boldness. When I asked him in December 2011, whether any task was left unfinished, his response was that everything that he wanted was completed and he had no task unfinished. He breathed his last on the lap of Durga with Vennela watching.

For me, he is an unsung hero, lived his life. He remains an inspiration to development workers whom he has touched in several ways. He remains Anna to his tribal communities. He remains an example of the rural management life-worker that Dr Kurien talked about – 2-3 out of a batch in IRMA.

Can we persist and persevere in whatever we are doing for NextGen systems, scaling? Collectively, individually. Can we produce 10,000 Manohars, one per block, 1,000, one per district, 100, 2-3 per state? Can we identify, train, mentor, and place them? We need to pay them well. Can we invest in an institution or two dedicated to this task? Can we rest happily, knowing everything is taken care of?

Yes, we can. If we coexist, keep flowing. Focused. In N? ekaagrayoga for 7L.

301124

#### 491. Teams' ladders

Krish Arora, 10, with IQ 162 is in the 1% most intelligent globally and accepted into Mensa – 'a stimulating, intellectual and social society'. Scores of Albert Einstein, Stephen

Hawking were about 160. For Krish, 11-plus exams were “too easy.” He says: ‘Primary school is boring, I don’t learn anything. All we do is multiplication and write sentences all day.’ Apart from Academics, he excels in music, with a grade 7 piano certification. In his free time, he tackles crosswords and puzzles; plays chess. Prodigy, genius in the making. For usefulness, relevance to this world, humanity. Hope he is being nurtured in this direction. Very subtly.

AIDS. Some 35M people succumbed to AIDS globally and an equal number are living with HIV. 2% of them are children. We need to differentiate AIDS and HIV. HIV, or Human Immunodeficiency Virus, targets the body’s infection-fighting cells, weakening the immune system and increasing vulnerability to severe complications. After exposure, acute HIV infection typically develops within 2-4 weeks, presenting symptoms such as fever, headache, and rash. During this stage, the virus multiplies rapidly, spreading throughout the body and compromising the immune system. This is also the period when the individual is most infectious.

HIV can be transmitted via the exchange of body fluids from people living with HIV, including blood, breast milk, semen, and vaginal secretions. People cannot become infected with HIV through ordinary day-to-day contact such as kissing, hugging, shaking hands, or sharing personal objects, food or water. While it cannot be cured, it can be kept in control through medications. HIV medication is lifelong and reduces or even eliminates your ability to transmit the virus to others.

Without timely treatment, HIV can progress to AIDS (Acquired Immunodeficiency Syndrome). In this advanced stage, the viral load is extremely high, symptoms become severe, and survival without treatment is typically limited to a few years. Between acute HIV infection and AIDS, there is a chronic HIV infection stage where the virus continues to replicate but at a slower rate. Disease progression can be significantly slowed with antiretroviral therapy (ART). With ART, most people living with HIV will not progress to AIDS.

Proteins from a variety of sources help for these and all of us. Protein is vital for growth, building, repairing, and maintaining body tissues. It builds the immune system and synthesises hormones and enzymes. 0.83 gram protein per kg body weight is the minimum need. Insufficient intake can lead to muscle loss resulting in weakness, fatigue, sarcopenia, and frailty. From natural, chemical free food, multi-nutrient food. Included natural fruits, vegetables, milk, eggs, and meats, in addition to complex carbohydrate cereals. 365-day Diverse Green Cover natural farming, natural way living ensures this.

In the Lok Sabha seating arrangement, Nitin Gadkari comes to seat 4.

Can we save first, then spend within what we earn/have? Can we make money from money?

Can we leave it to Rohit, his team to work all the mechanics to reach the World Test Championship and get it? Let us not do backseat driving. Can we build the agency of our team(s)? Can we identify, nurture such team leaders of calibre, potential calibre? Can we let them?

Yes, we can. If we coexist, keep flowing. With agency space(s). In N? sthaanayoga for 7L. 011224

492. Extended us

Ashok Khemks gets 57 postings in 33 years of service.

Nuclear Energy. Nuclear Power. From Fusion, fission. With high-level radioactive nuclear waste that takes 100s of years to reduce radioactivity to insignificant levels. Low-carbon power with zero greenhouse gas emissions. Mostly fission nuclear power. Method: nuclear reactor generates heat; heat is removed by a cooling system; a steam turbine transforms heat into mechanical energy; electric generator converts this energy into electrical energy. Uranium, Plutonium or Thorium are nuclear fuels. Spent nuclear fuel (waste), to be isolated from the biosphere. 10% electricity is nuclear energy. Solar is still lower at 4%. Wind is 7%. Coal, Natural gas and Hydro are higher at 36%, 23%, and 15% respectively. Are we seeing nuclear energy as part of our energy portfolio in future?

Disabilities. PwDs. 10% of the world are moderately or severely disabled. 10% of young adults have mental disabilities. 25% families have PwDs. 2-6% of India is impaired. 2.2% severely. To this, add: poverty; gender; and age. Impairment Intensity increases with each addition. These reinforce each other's effects.

Most of us are impaired one time or the other, one way or the other. Long-term disabilities (21 types listed) may be cognitive; developmental; intellectual; mental; physical; sensory; a combination. From birth or acquired during a person's lifetime. Some are readily visible and some are not. They hinder full and effective participation in society on an equal basis with others. A person, with a certain disability, may have higher levels of abilities in other faculties. More often than not. There is social, economic marginalization of persons with disabilities. Some disabilities are purely because society looks at them as not within its 'norms'. Some are considered 'disabled', as a result, and some others are considered exceptional, extraordinary et al. These norms themselves change with times, and places. Technology and medicare also contribute to this evolution. Averages of the population, universe can be norms with defined tolerance, standard deviation times 2, 3 or more. Normal, vs non-normal, abnormal, and unfit. Nazi holocaust did kill 250,000+ for being disabled/unfit, for example.

As we value all life equally, society has to remove the barriers in the way of living meaningfully. Access to all 'disabled' physical or otherwise become important. Society has to ensure the same. It is not always fixing the person. It is also about society fixing itself.

According to WHO, disability may affect: Learning and applying knowledge; General tasks and demands; Communication; Basic physical mobility, Domestic life, and Self-care for daily living; Interpersonal interactions and relationships; Community, social and civic life, employment; Other major life areas. Some of these are curable, treatable, or their effects could be reduced. Medically one time, or recurring. With assistive technologies. With accommodating family, community, and society. With pension/social security/allowance to cope with severe disability. With positive discrimination in education, engagement, employment, and jobs. With counselling, customizing and preparing for appropriate livelihoods portfolios that suit them. Without compromising on their rights to equality, dignity and integrity.

'Nothing about us, without us'. Disabled for disabled a la Elders for elders, will this movement work? Can 'agency' happen? Can we be with them? Can we be inclusive truly? Can we march together?

Yes, we can. If we coexist, keep flowing. With agency ability. In N? antharbhavayoga for 7L.  
031224

493. Soils, souls

Wildlife. Undomesticated animals, uncultivated plants, and all organisms that grow or live wild without being introduced by us. Wildlife populations are decreasing significantly to 30% in the last 50 years. Has the sixth mass extinction started? One million species are facing extinction in a few decades. Can we care to stop it, decelerate it? Can we conserve wildlife?

Navy. Airforce. Army. 1.4 million personnel are active in India, with more than 80% in the Army. 140,000 in the Air force and 70,000 in the Navy. 75,000 are in reserve. The Navy safeguards our maritime borders. Fleet includes ships, submarines, aircrafts, aircraft carriers, amphibious transport docks, landing ship tanks, landing craft utilities, destroyers, frigates, ballistic missile submarines, attack submarines, corvettes, mine countermeasure vessels, fleet tankers, auxiliary vessels, patrol boats et al.

Hand Hygiene. Washing our hands correctly is the best way to stop the spread of 80% infections. Can we wash our hands five times a day? Properly. With plain soap. Alcohol-based hand rubs are not a substitute for handwashing.

Pedosphere is the collective earth's body of soil. Soil. Earth. Soil ecosystem. Together – solid phase of minerals, organic matter – soil matrix; porous phase holding gases – soil atmosphere; and water – soil solution. Carbon reservoir. A habitat for soil organisms. A recycler of nutrients and organic waste. Water quality regulator. A modifier of atmospheric composition. Medium for plant growth. Provider of ecosystem services. Genetic diversity holder. Billions of organisms, microbes, mostly unexplored. Soil organism density is  $10^8$  organisms per gram. Ocean is just 10% of this. Soil organic carbon increases soil pores, soil porosity. It gives aeration to plant roots and holds water. Soils offer plants physical support, air, water, temperature moderation, nutrients, and protection from toxins. It lets carbon sequestration, nitrogen fixation and attraction of things from the atmosphere. Microbial soil enzymes may release nutrients from minerals or organic matter for use by plants and other microorganisms, sequester (incorporate) them into living cells, or cause their loss from the soil.

Soil biodiversity is rich. 60% of species on earth are living in soil. They include: 98% species of worms (enchytraeidae), 90% fungi species, 85% plant species, 85% termite species; 0% insects; and 50% arachnids. Soil PH ranges from 3.5 to 9.5.

Soil is serving farming, with 99% food coming from soil. Soil is also serving construction work. Many building materials are soil-based. Soil helps in regulating floods and droughts and making the plants resilient to them. Soil cleans water. Restoring soils is the sure way to decrease emissions, global warming; increasing production; and decreasing water needs. Chemical Fertilizers endanger soil. Soil porosity comes down and compaction increases. Chemical pesticides and weedicides kill microorganisms in soil apart from pests and weeds, reducing soil's ability to help plant life. Tillage, deep tillage also affects soil's abilities. Natural farming – 365-day diversified green cover with multi-layered multiple crops, maybe 50-60 crops such that the sun does not see the soil directly

throughout the year, is a sure way to fight this. Other natural supplements in moderation also help.

Can we animate sun, soil, and plants harvesting photosynthesis? For our colourful plates daily. Can we take natural farming food systems to scale? To deepen. Landscapes, trees, animals, fish, milk, and meat.

Yes, we can. If we coexist, keep flowing. In sync with nature's ways. In N? mrtthikayoga for 7L.

041224

#### 494. Moving movement

Devendra Fadnavis took charge as Maharashtra's Chief Minister with two deputies – Eknath Shinde and Ajit Pawar. Third time. A tall leader has arrived, in BJP! The Leader of Opposition is not named yet.

We hear: Uddhav may return to NDA. INDIA is losing 'grip'.

The French Government loses confidence, maybe after 60 years. Michel Barnier resigned. Will Macron succeed in picking a viable successor to Michel? Or will he go to a technocratic government or national government, or will he step down?

President-elect Trump is picking up his cabinet and top staff. Chief of staff – Susie Wiles; Secretary of State – Marco Rubio; Attorney General – Pam Bondi, with deputy: Todd Blanche; Health – Robert F Kennedy Jr; Defence – Pete Hegseth; National Security Adviser – Michael Waltz; Interior – Doug Burgum; Energy – Chris Wright; Education – Linda McMahon; Homeland – Kristi Noem; Urban – Scott Turner; Agriculture – Brooke Rollins; Government Efficiency – Elon Musk, Vivek Ramaswamy; National Intelligence – Tulsi Gabbard; CIA – John Ratcliffe; White House Communications – Steven Cheung; WH Press secretary – Karoline Leavitt; FBI – Kashyap Patel. Many of them need to be confirmed by the Senate.

Are Russia, Ukraine heading towards negotiations to end war? We hope so and want to believe.

In Syria, rebels have entered the suburbs of the key city of Homs and begun to encircle Damascus. At least 826 people have been killed in the last week. Violence has displaced around 400,000 people.

101 farmers are marching to Delhi, and the Centre is yet to react, respond. 101 from Samyukta Kisan Morcha, SKM and Kisan Mazdoor Morcha, KMM. A farmer leader is on a fast unto death. Their demands include legal guarantee for Minimum support prices; farm debt waiver; pensions; and no electricity tariff hikes.

Of course, these farmer leaders are not demanding natural farming implementation.

Is AI taking over coding? Are coders going to lose jobs? Will AI be an assistant or will it drive us?

How do we hire? Shortlisting based on qualification, percentage achieved, relevant experience, and years of experience – is it OK? Will a test, a write-up, an interview, a report, and an immersion – can they do the job? Memorized information, are we interested? Aren't we interested in their comprehension, abstraction, figuring out the issue, analysis, synthesis, conceptualization, search-research, planning, doing, tracking,

assessment, unlearning-learning, evaluation, test et al? Reading, writing, number analysis, logic, solving puzzles, and using 'ICT' smartly. Tenacity, perseverance, diligence, self-control, and concern with impact. If that is the case, can we test the interested hires in these? Can we take them for an internship, a reasonable tenure internship, to see whether they do well in these? Can we say no to the ones not up to the minimal mark we seek?

Can we get a small team first, and slowly add to the team? Not a wholesale drive. Each one, get 2-3. But, relentlessly, persistently. Intensive. And extensive reach out, maybe 1 in 1000 clicks. Can we be induced to see how they unlearn, how they are diligent, and how they are persistent?

Yes, we can. If we coexist, keep flowing. Nudging in more. In N? abhyaasasenyoga for 7L.  
061224

## 495. With innermost

Gukesh is 5-5 in the Chess World Championship.

India has moved to a tighter situation for entering the World Test Championship in Cricket, with Adelaide Test comprehensive loss?

Devendra Fadnavis is working on his Cabinet – members, portfolios.

Syria. Bashar al-Assad succeeded his father Hafez al-Assad as President of Syria in 2000. Long-suppressed tensions led to the outbreak of the Civil war in 2011. More than 300,000 lost lives in due course of the fight. Rebels have captured Hamas, Aleppo, Damascus. Now, his regime seems to have ended with his fleeing Syria. A plane crashed? People at large are celebrating. The Army is still to come to terms with it. The prime minister, Ghazi Jalali offers to work in transition. We need to watch Syria emerging as a people's democracy, rebuilt self-reliant economy. Civil war-torn countries take time to get to terms, grip with new challenges and work on them.

Savitri, 90. Nissankara Savitri, Savitri Ganesan. Actor in Telugu, Tamil films. 250 films including Devadas, Missamma, Mayabazar. Probably one of the greatest actresses, Mahanati, Nadigaiyar Thilagam. Highest paid and most sought-after actor in her times. She was also a playback singer, producer. Philanthropist. Our generation has grown up seeing her films n number of times. Along with NTR, ANR.

Accident of Birth. Do we get a sense of it? We build on what is given to us. Geography, history, infrastructure, resources, regime et al. Genes, innate talent, opportunities that exist. Interestingly, if we have, we attract more of the same. Rich, richer. Bright, brighter. Possibilities, more possibilities. Virtuous cycle, virtuous cycle portfolio. It is also on the other side. This portfolio of vicious cycle needs to be disrupted. We may have to rupture many of the existing paradigms. Disrupting the portfolio of existing paradigms. This requires work, hands. Hands with ability to handle ambiguity; relentless optimism; concern with impact; high diligence; being on ground, humble; razor sharp analytics; smooth simplified synthesis; and persuasive articulation, communication in various forms, ways, hues, with various tools, instruments, and actors.

Can we offer a living, leveraging, leading, learning, and loving in N – 7L in N as a discipline? More than private. Coexistence. More than benefits. Agency. More than economics. More than market. Today and tomorrow. Trustees of NextGen. Inclusion, equity, and equality. Local, self-reliance, and sufficiency. More than plans, support, tracking, assessment, and correction. Actions. Behaviour, habits, culture, systems, and values-ethics-morals. In varying time lengths, timings, and efforts. Exposure, demonstration; Orientation; Workshop; Immersion; Induction; Practicum; Internship; Fellowship. 1, 2, 4, 6, 12 weeks.

100-days, 6-months, 9 months, and a year. Certificate, diploma, degree, post-graduation, doctoral, and post-doctoral. Life work. Monk's work.

Can we build our small team(s) of intensive, dedicated work, for the next 50,000 amrt hours? 20%, 50%, 80%, or 100%. Can we go extensive reach-out in various ways – journeys, notes, classes, cohorts, forums, platforms, communication, onsite, offline, and online? Can we get one, 12?

Yes, we can. If we coexist, keep flowing. In the river is in parallel. In N? vaividhyayoga for 7L.

071224

## 496. One every half-day

Chess World Championship: 6-5, Gukesh advantage. 3 draws away from the championship.

NDTV Indian of the Year awards 2024: Dr S Jaishankar – India First; Polling Booth Officers – Indian; Rajkummar Rao – Actor; Kapil Sharma – Entertainer; Roshni Nadar – Business Leader; Swati Nayak – Climate impact; Hitesh Doshi – Entrepreneur; Annapurni Subramaniam – Science icon; Namoo Dronie Didi – Social impact; Gautam Hari Singhania – Centurion; Vijay Murugesh Nirani – Energy transition; Ananya Pandey – Youth icon; Abdul Wohab, Sabitri Pal (SHIS Foundation) – Gold visionary, real hero; Shalini Passi – Breakout celebrity; Dr Gagandeep Kang – Health leader; Paralympics Team – Sports.

IRMA alumnus, 2023 Hindu Businessline Iconic Changemaker, Jayen Mehta's tenure with AMUL-GCMMF is renewed till 2029-30.

Syrian President Assad and family got asylum in Russia?

850-year-old Paris' iconic Notre-Dame Cathedral opened its doors once again. In the presence of 40 world leaders and dignitaries. Notre-Dame site is expected to have 15 million visitors annually.

Is the European Union loosening? Stagnating? In crisis. Britain exited. France is cracking. Germany is with caretaker Government. Anti-EU voices are rising.

Pushpa 2, The Rule – is drawing the biggest-ever opening collection for any Indian film. Crossing Rs.600 Crore in 4 days.

For all of us in general, the PVM in particular. We need to come together, be, operate, exist together. Act collectively. We need 'agency'. Literacy. 7L literacy. Rights and entitlements as enshrined in our Constitution. In our Charters. Access, easy access to these. Options, choices, exercisable, and real.

All of us want: to be Happy. Content. Satisfied. Thriving. Proud. Fulfilled. How do we be there? If we are/could be free. Not tied up. Or absolutely synced. If we could be open to all possibilities. Spiritual. Reflection, meditation, and introspection. If we have a non-toxic support system(s). Meeting multiple needs to and fro. Can we achieve contentment with what we have, what we can have? Can we remain focused on relevance, usefulness, meaningfulness, being purposive, and vision-oriented? Can we be truthful, show high integrity, within and without? Can we set clear firm boundaries?

What happens if we move on, if we are not 'free' to pursue what we want, our possibilities, even in the long run, in the possible future? Stress, sleeplessness, anxiety, and depression. But eventually, we cope. With emotional drain, strain. Some relationships may be lost. New ones come up. New offers come up. New flexibilities could be accommodated. New ways of helping others, working with clients could be discovered and worked with. More students, clients, associates, volunteers, teams, associations, relationships, enterprises, livelihoods, leaderships, learning, journeys, notes, mentees et al. Evangelism, angel support, venture capital, and meaningful engagement with diverse players. Million. Maybe no money, but happiness. Gratitude. Schools, Stations, and Learning leaders.

Can we do it? Can we add one? Can we add 3 to add 3 each? Can we add 12? To give time, energy, and forum meaningfully, usefully. Can we use our 7,500 amrt days in greening the model(s), in intensity reach-out efforts, influencing the influencers? Adding at least one a day to us? 75M person-days?

Yes, we can. If we coexist, keep flowing. Without breaks, brakes. In N? satakotiyoga for 7L. 081224

## 497. Natural springflows

IIT Kanpur alumnus, with Public Policy masters from Princeton University, Revenue Secretary, Sanjay Malhotra, a 1990-batch IAS of Rajasthan cadre, has been appointed as the Governor of the Reserve Bank of India (RBI) for next 3 years. He will succeed Shaktikanta Das as the RBI chief. Shaktikanta served for 6 years.

Padma Vibhushan Somanahalli Mallaiah Krishna (SM Krishna), 92, CEO, chief minister of Karnataka (1999-2004), ex-foreign minister at Government of India, and ex-Governor, Maharashtra rests. Sadgati.

Anti-corruption. Good governance with integrity of administration, transparency, and accountability. Sanctions against corruption, graduated sanctions. Watch, vigilance within, by media, non-government, civil society organizations, community/community organizations, and social media. And action against the corrupt, and the people who support corrupt. Action against bribe takers and bribe givers, for example. Education against corruption. In schools, colleges. Culture. Campaigns. For prevention, deterrence. Can we take anti-corruption into our values?

Human rights. Inherent and inalienable. For being here in this location, in this world. Civil, political, economic, social, and cultural rights – right to life, therefore living, livelihoods, health; expression; education, literacy, skilling; no slavery; no violence; no fear. Housing. Liberty and Happiness included. Justice and peace included. Fairness, equity, and equality. Clean healthy sustainable environment included.

Human brain – cerebrum, brainstem, cerebellum - is the central organ of human nervous system, along with spinal cord. 86 billion neurons and equal number of glial and other cells. Interconnections of neurons (neural pathways, circuits and network systems) and release of neurotransmitters facilitate brain activities. It weighs about 1.0 – 1.6 kg, 2% of the body weight. Typically, it is smaller in women. Brain provides rhythmic control of the heart rate, rate of breathing and maintaining homeostasis. Language functions through neurolinguistics. While brain appears symmetrical left and right, it functions asymmetrically. Left brain controls right body and vice-versa, broadly. Exceptions include language and spatial cognition. Left brain takes language function predominantly. Specific regions of brain seem to activate specific emotions. It possesses an extraordinary ability to store and recall memories across a lifetime. Size of the brain and intelligence are not strongly related.

The brain consumes up to 20% of the energy used by the human body, more than any other organ. It consumes approximately 60% of blood glucose while fasting or being sedentary. It takes 15% of the cardiac output; 20% of total body oxygen consumption; and

25% of total body glucose utilization. Sleep enhances the clearance of metabolic waste products including neurotoxins. Decrease in blood supply to a brain area, stroke injures brain. Brain death is characterised by coma, loss of reflexes and apnoea.

Can we find the gut, heart, spinal cord and the brain of the N-way movement, build them, nurture them, and deploy them? Can we link with trained, skilled sensory cells, motor cells and action cells?

Yes, we can. If we coexist, keep flowing. 'Bio-interlinked' . In N? mastiskayoga for 7L.  
101224

## 498. Local agency

Gukesh: one win away from Chess World Championship.

New tax regime seems to have taken out tax exemption for 80G donations. This would mean - 80G registration effectively is meaningless. It may be useful only for CSR fund seeking, etc. As it is, CSR is going to Government schemes, projects, etc. Normal small Civil Society Organization, probably, is being pushed out. No FCRA. No 80G. No CSR. Community collectives take up cutting edge work of implementation, business. Are we clear? Can we get ready? For redefining our ways of working, support. Maybe support consulting, learning, training, articulation et al or a contractor.

Mountains. Elevated portion of earth of at least 300 metres. Isolated mountains, mountain ranges. Higher than hills. Highest mountain is Mount Everest, 8848 metres, in Himalayas. The tallest mountain in submarine base is Mouna Kea, 9330 metres, in Hawaii. Seven classes of mountains -

Class 1: Elevation greater than 4,500 m.

Class 2: Elevation between 3,500 and 4,500 m.

Class 3: Elevation between 2,500 and 3,500 m.

Class 4: Elevation between 1,500 and 2,500 m, with a slope greater than 2 degrees.

Class 5: Elevation between 1,000 and 1,500 m, with a slope greater than 5 degrees or 300 m (984 ft) elevation range within 7 km.

Class 6: Elevation between 300 and 1,000 m, with a 300 m elevation range within 7 km.

Class 7: Isolated inner basins and plateaus less than 25 km<sup>2</sup> in area that are completely surrounded by Class 1 to 6 mountains.

Mountains - 24% Earth's land - 33% Eurasia, 19% South America, 24% North America, 14% Africa.

Some 150 million people live in mountainous areas. 2% of world population in 24% earth's land. The number dwindles as the height increases. 80% population here is considered poor and live in poverty. Most indigenous people, tribal communities live here live in their foot hills, forests. Main occupations of people include agriculture, crafts, plantations, mining, tourism, and remittances. Most rivers of the world emanate in mountains. Mount Olympus, Mount Fuji, Mount Kailash, Mount Brandon, Nanda Devi,

Mount Ararat are popular sacred mountains. Most hills and mountains are religious 'stations' in some way or the other.

Can we respect everyone, regardless of their profession, occupation? Including gig workers, farmers, weavers, livestock rearers, and service providers. Can we be generous, kind in offering dignity, fairness to all of us, ourselves?

Climate change is real. It is accentuating existing inequalities; marginalization is intensifying; threats are multiplying. Can we use PVM lens, gender lens to see through this? Apparent solutions: more livelihoods into the portfolios, more skills, new skills, more insurance mechanisms, more access to dynamic knowledge updates, skill enhancements – would they work, help? Real agency can fight the real climate change – prevent, cope, adapt, and reverse. Can we augment our agency?

Yes, we can. If we coexist, keep flowing. At source, 10%. In N? girijanayoga for 7L.

## 499. Team of teams

Next Generation has arrived. Gukesh Dommaraju, Gukesh D. Gukesh, 18, the World Champion. Chess. Youngest. Earlier in this year, he won a team gold and an individual gold medal at 45th Chess Olympiad. Gukesh discontinued full-time schooling after Class 4, and father gave up his job as ENT surgeon to be with Gukesh. According to Magnus Carlsen: Gukesh is a book player; almost never makes mistakes. He has aggressive style, resilience, and quick calculation skills under time pressure.

He started to work on chess at 7. He won under-9 Asian school championship, under-12 world youth championship. He won five gold medals under-12 Asian youth championships – individual classical, rapid, blitz, team rapid, and blitz. He became grandmaster when he was 12. The second youngest in history at that time, now he is the third youngest. Abhimanyu Mishra is the youngest grandmaster in history now. In 44th Chess Olympiad, he got individual gold, and team bronze. He became the third youngest to pass 2700 rating, 2750 rating. Viswanathan Anand was top ranker in India for 37 years. In 2023, Gukesh surpassed him. Incidentally, Anand is his mentor.

Gukesh became the third youngest to qualify for a Candidates tournament. Only Bobby Fischer and Magnus Carlsen were ahead of him. He won it and qualified for World Championship match. He was the youngest to do so. Meanwhile, he won individual gold and team gold at Chess Olympiad 2024. He entered world top five. He became youngest World Chess Champion, winning 7.5-6.5 against Ding Liren. ON TOP OF THE WORLD.

It appears, we are progressing on “One Nation, One Election”. Lok Sabha would be considering two bills – making the terms of Lok Sabha and state Assemblies simultaneous: making similar amendments for Delhi and other Union Territory Assemblies. On introduction of the bills, they may be referred to a Joint Parliamentary Committee. Synchronising local body polls, for now, is put aside. If ONOE is passed, and if the Lok Sabha or a state Assembly gets dissolved before its term of five years because of a loss of majority on the floor of the House, fresh “midterm elections” will be held and the new government will last only for the remainder of the full term of the Lok Sabha, referred as “unexpired term”. ONOE effectiveness may be 2029 or 2034. The assemblies will have truncated tenures till 2029 or 2034, through dissolution in 2029 or 2034. Mid-term elections still may be there for truncated terms. Two-thirds majority is required to get these through. In Lok Sabha and in Rajya Sabha. Current numbers are not adding up in any House. Lot of pushing, pulling is required. It is expected to save lot of money in conducting elections, and electioneering. It also saves election time. Overall, the calculation is GD would increase by 1-1.5% GDP. Hope these calculations are right.

Irrespective of our occupations, ages, workplaces, et al, all three kinds of people - emotionally sensitive, resilient, and suppressed – face emotional stress chronically, or some time or the other; and they need to find ways to handling their emotionally stress. These ways involve reaching out – pouring our issues to select band of understanding friends; speaking to ‘friends’, to avoid emotional burn out; seeking out ‘optimistic’ friends. Do we have trusted, trustable friends? Sensitive, willing, and optimistic. Can we reach out, seek and speak up with them? Can we respond, reciprocate fairly, sensitively, and willingly – by being together, by offering hope, faith, promise, and love? Can we be proactive?

Yes, we can. If we coexist, keep flowing. With HPFL. In N? sthaayibhaavayoga for 7L.

## 500. We the people

23 years ago, 5 armed assailants attacked Indian Parliament, by driving in a car.

Padma Vibhushan, Dadasaheb Phalke Awardee Rajnikanth, 74. Shivaji Rao Gaikwad. Highly popular. 170 films in Tamil, Telugu, Hindi et al. Starting with Apoorva Raagangal. Billa, Andhaa Kaanoon, Sri Raghavendra, Thalpathi, Annamalai, Baashha, Pedarayudu, Muthu, Arunachalam, Baba, Chandramukhi, Sivaji, Enthiran, Kabali, Kaala, 2.0, Petta, Annaatthe, Jailer, Vettaiyan are some big films from him. 18 nominations for Filmfare awards. One Filmfare award for Nallavanuku Nallavan. Several state awards. NDTV Entertainer of the Decade in 2010. One of the 25 Greatest Global Living Legends in 2013. He dabbled with the idea of entering politics but finally decided against it. He extended complete support to DMK in '90s followed by BJP of late. He provides/lends money and extends philanthropic support without disclosure.

If there is no poll pact between AAP and Congress, Arvind Kejriwal may have to fight Sandeep Dixit, the son of previous Chief Minister, Sheila Dixit, at New Delhi. Delhi elections are in 2025.

Pushpa 2, icon star, Allu Arjun arrested, released on bail, after spending a night in Chanchalguda jail in connection with the death of a woman in the stampede on 4 December at Hyderabad's Sandhya Theatre. If a celebrity appears at an event, steps out, gets into a car, waves to the crowd, and an unfortunate incident takes place, would the celebrity be accountable for the tragedy? Will s/he be arrested?

History is made. Westbridge Anand Chess Association, WACA, has produced/nurtured three top chess professionals, Gukesh D – world champion, rank #5, Arjun E – rating above 2800, rank #4, Praggnanandhaa R. rank #17. Anand is their mentor. Anand himself is at rank #10. As a country, we are #2, in men's chess and #2 in women's chess. Koneru Hampi, Divya Deshmukh, Harika Dronavalli, and R Vaishali are in the first 20 rankings of the world. Indian Chess is ON TOP. On the verge of becoming #1. May be there for many years to come.

FMCG – General trade (75%, 5-6% CAGR), modern trade (15%, 12-14% CAGR) and e-commerce (10%, 25-30% CAGR) - is growing with modern trade and e-commerce growing rapidly. The need for sales force is coming down. Marketing channels are shortening. Gig workers are taking the brunt of the new channel(s). Third party agencies, and delivery agencies are emerging and taking charge. Technology, data analytics, and

optimized distribution are the new tools of management. Transcending relationships, trust, and quality.

It is 75 years since we have Constitution. Can we be sovereign, socialist, secular, and democratic republic? Can we give ourselves, at least now, justice, liberty, equality, and fraternity? Can we ensure rights and entitlements to all, especially PVM? Can we do our duties? Can we reduce our tolerance to inequity? Can we ensure 'no slavery'? Can we take ourselves to developed India, Bhaarath 2047? With women in lead, with agency. With local governance, prosperity. With farming, living, and leading in harmony, in sync with nature. Can we, trusted, trustable coworkers, come and be together? With HFPLC values.

Can we include more into this 'aggregation'? Can we vision, plan, take the plan forward, and support?

Yes, we can. If we coexist, keep flowing. Taking ladders, skipping snakes. In N? vaikuntayoga for 7L.

## 501. Simply virtuous

South Korean President Yoon Suk Yeol has been suspended for attempting to impose martial law in the country. Prime Minister, Han Duck-soo, assumes the role of acting president. Constitutional Court would deliberate on Yoon's future, and hand down a ruling within 180 days. If court confirms his removal, he would be second President to be impeached in South Korean history. Elections would then be held within 60 days of confirmation. People at large are celebrating the impeachment.

Can we live simply? Less possessions. Less dependence on technology and services. Less spending. Frugal. More spiritual. Reduced diseases, better health. Time at the disposal. Work and life going hand-in-hand, no conflict. In sync with nature. Low stress. Taking nothing for the journey, travel except for people. Can we journey around with no money, no bags? Happiness, translated as untroubled life, should be at near zero or minimal cost. Can we simplify, simplify, and let our pursuits can be a minimal 2-3? Can we live with not more than 100 items, possessions? Can we live in a house which is not having loan? Can we just produce, consume, without going to the market at all? Can we be mendicants? Can we eat local? Local food, 100 km diet. Can we reduce processed, fast foods? Can we reduce energy consumption to a minimum?

Can we slow down, come out of the 'race' with time? Should not we have time, energy, and health for little things, luxuries of life? For listening to a song, reading a story, a little conversation, and a quiet meal. Reading a book. Taking a good hot bath. Sipping nice filter coffee. Calling up that person. Picking up that call. Giving back, paying back, paying forward. Time without phone, laptop, tech-free. Smiling, laughing, and crying time. Meditating, thinking, reflecting.

Most of us are in the first 10% of families. Let us be happy if we have a clean, neat house with running water and electricity. If we eat freshly prepared food. If we commute not more than 30 minutes to be in office. A good battery mobile, signal, internet. Satisfying work. Good bath, fresh flowers, coffee/tea, blankets, walk in nature, time with people we care/matter to us, quiet time, book to read, music to listen to. And if we have an end before us; we are on the means to the ends; many of us pursuing these ends are at it with hope, faith, promise, and love; the light at the end of the tunnel is visible; and we coexist, together in it, willingly.

Do we get time for our 'moments'? Private time. Intimate time. Physical, social, emotional, and intellectual. Messages, mails, notes, calls, doing puzzles-crosswords, conversations, meets, dinners, events, exchanges, stays, drives, travels. Regular, and surprises. Dedicated times. For our families, friends, core associates, and relationships that take us forward. First, we need to be intent, indent. Seek, invest. We need to be clear: we work to live, and we live to work. A reinforcing loop. 7L loop. Life, living, livelihoods, linkages, leadership, learning, and loving – to be useful, relevant, meaningful to the world we live in, coexist with other beings. Maximizing relevance, usefulness. Focused, concentrated packets.

We are already in 7L loop. Can we realize, come, be together? To make 7L virtuous cycles. Can we have more models, champions, fellows, leaders, trustees, enterprises, local adaptations, customizations, linkages, learning-caring centres, collectives, collective actors, and communitizations?

Yes, we can. If we coexist, keep flowing. Living, leading, learning, and loving. In N? sukrtayoga for 7L.

## 502. Being UPDR: understand, plan, do, reflect

Tabla maestro Padma Vibhushan Ustad Zakir Hussain Alla Rakha Qureshi, 73, succumbs to his idiopathic pulmonary fibrosis. Sadgati. Tabla player, composer, percussionist, music producer and film actor. He also acted in 'Heat and Dust'. He was visiting professor: Princeton; Stanford. Received: Kyoto Prize; Sangeet Natak Akademi Award, Fellowship, Ratna Sadasya; US National Endowment for Arts' National Heritage Fellowship; Honorary Doctorate – Mumbai University; Four Grammy Awards. Notable Documentaries: Zakir and his friends; The speaking hand: Zakir Hussain; The Art of the Indian Drum. Book - Zakir Hussain: A Life in Music. Co-founder: World music supergroup Tabla Beat Science.

We have fond memories of him visiting IRMA in 1988 as part of SPIC-MACAY performance, and spending time with us in hostels for a day and night. Several hours into the night.

Maharashtra: Cabinet expansion. 42 into the team including Devendra Fadnavis, and his two deputies, Eknath Shinde and Ajit Pawar. Portfolios are not allocated yet.

Dr Lisa Su, AMD CEO, is named Times' CEO 2024. She sets exceptionally high standards for herself and her team. She operates in a demanding work culture; sets ambitious, seemingly impossible goals; holds weekend meetings; communicates with team late into the night; and pays attention to details. Any lessons from this? Effective, efficient, and useful workhours – can we give? If we lack skills, tools, knowledge, and resources – can we acquire and offer? Can we plan, and deliver the plan? Can we facilitate our teams to do the same?

Can we perform, do, the best we can? Doing effectively, efficiently. Recognition, credit, respect, and power would follow.

Who are we? What we are reliable, countable for; what we have delivered, achieved, helped achieve, contributed to; what we have uniquely delivered, and contributed; what our potential is; what our track record in moving the potential to results; what our willingness to work on, work with the potential; what we including our significant others think and perceive us. What ladders, strengths, networks, links, connects, opportunities we have and our knowledge, skills, tools, and resources to use these ladders. What snakes, constraints, vulnerabilities, and threats we have, and we found ways to deal with, escape from, kill.

If we, others around us, our world know who we are, then the universe conspires to use us, as its doers, instruments, tools, leaders, mentors, coaches, friends, philosophers, and guides. Can we improve our understanding of ourselves? Can we improve our 'agency' based on this understanding? Can we sharpen our saws to improve our agency – willingness, institutions, forums, platforms, skills, tools, resources, teams and other abilities? Including unlearning. Can we indicate our availability, our terms, and preconditions? Can we articulate, advocate for 'spaces'? Can we deploy ourselves usefully, meaningfully, relevantly, and effectively? Idiosyncratically, collectively, and severally in tandem. Locally adapted, customized, and communitized. Can we work like trustees of NextGen while being deployed? Can we have more of us? Can we have more competence? Can we be full, more?

Yes, we can. If we coexist, keep flowing. Flows aligned to contours. In N? nijasangayoga for 7L.

### 503. Accelerate ease in uneasiness

Boston Tea Party. Philadelphia Tea Party. Escalated into American Revolution, 1773.

India, Bangladesh Mukti Bahini celebrate win over Pakistan. Pakistani instrument of surrender. General AAK Niazi surrendered to Lieutenant General, Joint Commander of India-Bangladesh forces, Jagjit Singh Aurora. East Pakistan ceded from Pakistan, to be established as Bangladesh. Through a nine-month war. 3 million people got killed: 10 million refugees.

Violence against Sex workers. Violent and harmful acts, both physical or psychological.

Bhutan. Kingdom of Bhutan, in Himalayan Mountains. 'End of Tibet'. Most mountainous, 98.8%. 71% forest cover. With a population less than a million. Constitutional monarchy. Druk Gyalpa (king, as the head of state); Prime Minister (head of government); and Je Khenpo (head of the state religion, Vajrayana Buddhism). Capital – Thimpu. Language – Dzongkha. Current King – Jigme Khesar Namgyel Wangchuk, son of Jigme Singye Wangchuk. Prime Minister – Tshering Tobgay.

With 66% literacy, economy is based on agriculture including animal husbandry, forestry, and crafts including weaving, tourism and hydroelectric power. Rice, chillies, milk, buckwheat, barley, roots, apples, citrus, and maize are the important crops/products. Currency – ngultrum, value fixed to Indian rupee. Inflation – 3%. 25% budget is financed by India. Life expectancy is 70+ years. Smoking in public is banned in the country. Matrilinear patriarchal Society. Violence does exist. Bhutan's biocapacity per person is 5.0 ha. and uses only 4.5. Thus, Bhutan is biocapacity reserve. Despite declared intent to become a 100% organic country, a decade ago, today, it could just achieve just 1%.

Indian and Bhutanese citizens can travel to each other's countries without a passport or visa. Bhutanese citizens can also work in India without legal restrictions. Indian rupee is also a legal tender. Can we visit, stay and work in Bhutan for some time?

ONOE goes forward with introduction of the bills. Joint parliamentary committee has been formed to look into them and recommend. 31 members – 21 from Lok Sabha and 10 from Rajya Sabha. Report may be due in 90 days. Are we going towards ONOE 2029?

Can we appreciate how we progress – knowledge/insight – practice – discomfort/uneasiness – more and more practice – progress – reflect/comfort and cycle

go on? Are we not uncomfortable? Then does not it mean we practice more and more, harder and harder? Can we have uncomfortable, not-so-comfortable conversations? Raising tough issues, even if clumsily. In the decision rooms, halls. Can we have the accountability nodes, and they being responsible to their planned results? Can we have more independent program/system auditors, analysts, and synthesizers helping the nodes? Can we spend more time, energy, and resources at the cutting-edge? Seniors' times et al. Let us cut layers. Let us invest in capacitation, handholding, apprenticeship, and mentoring. We are here, in it, for a long-haul.

Can we set expectations? Clearly, reinforced again and again. Can we be thankful, grateful? Can we listen, indicate, nudge, coach, and mentor? Can we invest in people, teams? High-end, with purpose, aligned, skills-tools-knowledge, in the momentum.

Yes, we can. If we coexist, keep flowing. In teams, groups. In N? janaganayoga for 7L.

## 504. Lok log algorithmic

R Ashwin, 38, calls it a day in international cricket all formats. Right-arm off spinner, off-break bowler and batsman. 106 Tests, 116 ODIs, 65 T20Is. 537 Test wickets, 156 ODI wickets, 72 T20I wickets. 4000+ runs. 5 centuries. Second highest wicket taking Indian. Only Anil Kumble is ahead of him. Highest test wicket taker in India; Four instances of a century and five wickets in a Test; 12 man of the series awards; 37 five wicket hauls; first bowler to reach 100 wickets in a World Test Championship; Highest wicket taker in the World Test Championships; 300+ bowled-lbw dismissals, third bowler to do so. Top of Form

Ashwin has scored – 3503 Test runs, 707 ODI runs, 184 T201 runs - more than 4000 runs in international cricket. He has scored six centuries and 14 half-centuries in Tests; a half-century in ODIs. He was part of the winning teams of 2011 world cup; and 2013 Champions' Trophy.

Ashwin runs a cricket linked YouTube channel; runs a cricket academy 'Gen-Next Cricket Institute' in Chennai. He wrote his memoir: 'I have the streets: A kutti cricket story'. He will continue to play in IPL, TNPL. Many more cricket linked activities are expected to become part of his portfolio.

Goa. Liberated in 1961. Smallest state, with highest GDP per capita. 1.5M people. A Portuguese colony for 456 years. Konkani is the main language. 57% forest, 60% of this is government forest. 62% urban. 90% literacy. Tourism and excise are important sources of income, amongst other things.

Migrants. Migration. Persons who move away from his or her place of usual residence, whether within a country or across an international border, temporarily or permanently, and for a variety of reasons. Migrant workers; internally displaced; pushed, and pulled migrants. People with better human capital migrate often. Migration is the most direct route out of poverty, for most. Migration could be by individuals, families, and communities. Nomadic movements, seasonal movements, and temporary movements are not considered migration. Seasonal migration is considered as such sometimes. For work, urbanization, back to towns or villages from cities. Migration and remittances are also linked. World/external migration is 3.3% and their contribution is 9% of global GDP. A

study says: opening all borders could add 78 Trillion USD to world GDP. India receives highest remittances globally. This year, it is USD 130 billion from diaspora. This is equal to budgets of Pakistan and Bangladesh combined. Remittances are more than the Foreign Direct Investment FDI inflows.

Forced migration, distress migration is what we are worried about. Forced, by internally displaced, is caused by disasters, projects, poverty, and politics. The situation of these PVM people at the sites of migration is often worse than their situation at their native places. These conditions need to be significantly improved. Rights and entitlements need to be honoured.

We are not blessed to remember everything. So, we see patterns, trends, frames, abstractions. Simplified. Sometimes details would not help. They come in the way. Approximations, averages, and briefs help. Focus helps. Generalized lens(es) to apply in multiple scenarios helps. Master one, we may master 'all'. Taking understanding across domains helps. Applying helps. Can we learn logic, algorithm, and coding? Philosophy, language? Mathematics, literature, and art? Sciences, biological, and social sciences? Essential to observe, try, practice, and learn. Can we invest in building ourselves for these?

Yes, we can. If we coexist, keep flowing. In gut, intuition, and body memory. In N? adhiyoga for 7L.

## 505. Being there

Ravichandran Ashwin; what a quiet exit! No grand farewell, no farewell match, no guard of honour, no packed stadium, no rousing tributes, and no emotional speeches. For such a high-impact career. Legendary farewell is missing.

Excited. A Bill is introduced to establish the Institute of Rural Management Anand, as a University to be known as the "Tribhuvan" Sahkari University; to declare the same as an institution of national importance; to impart technical and management education and training in cooperative sector; to promote cooperative research and development and to attain standards of global excellence therein in order to realize the vision of "Sahkar Se Samridhhi" and to strengthen the cooperative movement in the country through a network of institutions; and also to declare the same Institute as one of the schools of the University.

Thus, IRMA is becoming a centre of excellence and a school within Tribhuvan Sahkari University, an institution of National importance. We have to see what changes. Scope, size increases; More buildings, classrooms, courses, and faculty members. More centres. More extension partners, affiliated institutes, colleges, and schools. More learning-training programmes. Certificate, diploma, bachelor programmes. More post-graduate programmes. In addition to management. Leadership, policy programmes are possible. More research projects, scholars. More books. Can be under direct control of Ministry of Cooperation; funds flows may be more certain. What can go wrong – spine; excellence, quality; autonomy, freedom; and politics.

We take Gandhi's name again and again. Ambedkar's name again and again. Or Buddha's name. Rama. Krsna. Siva. Radha, Siya, Lakshmi, Uma, Satya, Jesus, Allah. What is wrong with this? Why should anyone say, it is better if we take God's name, not this name or that name? That too as a political discourse?

It required a young woman to beat World Chess Champion, for Gary Kasparov to apologise and admit that he was wrong, and women can play chess well, may be better. Isn't it an agreement that women can do all those men do, and do them better? Women do more things that men cannot do too. A la nurturing. But, there is a woman in the man; and there

is a man in the woman. The woman in the man needs to be worked on to get 'agency' and the woman in the woman.

Google has announced reduction of 10 per cent in management and vice president-level roles. Part of a broader organisational restructuring, for operational efficiency and aligning resources with strategic priorities. Is Google telling us something to all of us? Can we do more with a smaller number of people, with less resources?

'When things are going well, be patient, they'll change. When things are going poorly, be patient, they'll change.' Can we appreciate this? Everything, every being is shifting, flowing, and drifting despite best efforts to 'hold'. Flowing in the river, with the river is the only way out. Alternative - resist this natural flow, clinging to expectations and suffering may not be right. Can we have the courage, wisdom to experience usefulness, relevance, meaningfulness, and purpose in the natural flow?

Yes, we can. If we coexist, keep flowing. With mentoring. HFPL. In N? Buddhayoga for 7L.

## 506. Universe's Intelligence

R Ashwin: Ever evolving. Discovered/invented, pursued, and practiced hard. Ending is good. It begins a new good. It ends an existing burden. A new burden may start mounting up. :). Prime Minister Narendra Modi wrote to Ashwin: Jersey number 99 would be sorely missed. May you find ways to continue contributing to the game that you dearly love.

Maharashtra: CM Devendra Fadnavis - Home, Non-renewable Energy, Law, General Admin, Info; Eknath Shinde - Urban Dev, Housing, Public Works; Ajit Pawar - Finance, Excise. Manik Rao Kokate - Agriculture. Pankaj Munde - Climate Change. Jay Kumar Gore - Rural Development, Panchayat Raj.

Winter Solstice. 22 December. Shortest day of the year, 11 hour 5 min 35 sec, at Hyderabad; and the longest night. From this day, the day increases and the night decreases. All this happens because of the tilt of the earth.

21 June, yoga day. 21 December Meditation Day. On the eve of Winter Solstice. Promoting meditation - mindfulness, peace, and health. For 'inner peace, global harmony'.

Meditation. Dhyaana. Meditative practice. Thinking deeply. Focusing mind, heart on one thing, only on one thing. Mental exercise. Logic relaxation. Suspended logical thought processes. A triad: technique, logic relaxation, and self-induced state. Focused but detached attention, awareness, visualization; Kindness, compassion; open; investigation, and contemplation. With postures, asanas or otherwise. Clear, calm and stable state. Not judging the process. Meditation reduces stress, fear, anxiety, depression, pain; enhances peace, perception, self-concept and well-being.

Can we keep phone away 8 hours a day? go flight mode, have WIFI off, be away from all wireless wearables. Can we go with speaker on calls? Can we stop keeping phones in pockets? Can we avoid ear air pods? Can we avoid keeping laptop on lap? Can we keep monitors at far as away as possible?

Mathematics Day, 22 December. Mathematics year, 2012.  $10^3+9^3$ .  $12^3+1^3$ . Ramanujan's number. Ramanujan's conjectures. Ramanujan's notebooks: 351 pages, 256 pages, 33 pages. Lost Notebook - 87 pages. Srinivasa Ramanujan. Arguably, the greatest mathematician of all time. Child prodigy. 32-year wonder, genius. Ramanujan was

awarded Bachelor of Arts by Research degree for his work on Highly composite numbers. He was elected to London Mathematical Society, then to Fellow of the Royal Society. Youngest Fellow and only the Second Indian to get admitted. Elected a Fellow of Trinity College. Ramanujan's method of work is a process of mingled argument, intuition and induction. He is comparable with Euler or Jacobi. If we rate mathematicians, scores, out of 100, may be like this: Hardy 25, Ramanujan 100. His glory came after his departure. Films: The man who loved numbers; the man who knew infinity; Ramanujan; The genius of Srinivasa Ramanujan; Srinivasa Ramanujan – the mathematician and his legacy; Ramanujan (the man who reshaped 20th century mathematics); First class man; A disappearing number; The Indian clerk.

Human potential is infinite. Can we tap it? We have to spot prodigies, and let them turn into geniuses, of varying degrees, intensities, and dimensions. Many of us could be that. Can we let them flow in the natural usefulness, relevance, and purpose?

Yes, we can. If we coexist, keep flowing. With useful geniuses. In N? Viswadheeyoga for 7L.

## 507. Move now

Former Supreme Court Judge V. Ramasubramanian is the new chairperson of the National Human Rights Commission (NHRC). The selection panel includes PM and leaders of opposition in both the houses. NHRC investigates human rights violations by the government and public servants.

Badminton world champion PV Sindhu is married. With Venkata Datta Sai, Executive Director, Posidex Technologies, Hyderabad.

Farming, agriculture. Raising living organisms - plants and animals - to produce food, feed, fibre and other products. Crops, trees, forestry, livestock, and aqua. A vital part of human life. Key in the rise of sedentary human civilization. Food surpluses allow people to live in cities. Either through owning and working on the farmland, and/or working on others' lands. Farming started, it is guesstimated, some 10000-15000 years ago, changing the way we live. From nomadic hunting-gathering to settled farming. Domestication started with animals. Domesticating plants followed. First crops included cereals, wheat, millets, peas, beans, fruits and vegetables. First on the banks of the rivers. Maybe starting with Nile. Bees came along. Green Revolution series of technology transfers started in 1940s till late 1970s. To increase yields, productivity. With focused attention on rice, wheat, and corn. Yields stopped growing. Resistance increased. Biodynamic agriculture was seeded way back in 1924. Organic farming manifesto came up in 1940.

Small and marginal farms, 12% land, produce one-third food. 1% farms operate 70% farmland of the world. In India, the situation is slightly better. SMFs own 55% land. As of date, globally, 11 billion tonnes food; 32 million tonnes fibre; 4 billion cubic metres wood is produced. Shifting, subsistence and intensive farming ways. Intensive farming brought in synthetic fertilizers and pesticides, and more water usage. Subsidies too. Soil degradation. GHG emissions. Water pollution. Climate change and agriculture are interrelated to spiral a vicious cycle. Natural Farming offers a way out.

Former PM Bharat Ratna Charan Singh's birthday is Farmers' Day, Kisan Diwas. Champion of farmers, farmers' wellbeing and rights. He followed the dictum - 'To achieve noble objectives, our means should also be equally noble.' He is instrumental in getting Land Holding Act, 1960 in UP.

This day, the guidelines of the National Mission on Natural Farming are being discussed. Operational. Master trainers, Community Resource Persons, their learning-training-handholding-apprenticeship, daily messages, weekly engagement; willing farmers, who in turn with their neighbours; self-certification, labelling, PGS-NPOP certification, data portal; Branding, Bhaarat Prakrtik label-mark, towards consumer-enterprise-producer-farmworker NF movement; self-managed inputs including seeds, input service providers, collective action, input-output shops, spoke-hub-spoke enterprises; granting local models deepening to variety of farming situations, farmer level research experiments et al. Can we look at NMNF 24-26 as a preparation for 2026-36 NMNF effort? Can we get state, district, and field architectures up soon? Can we initiate more CRPs, clusters, in anticipation of 2026-36? Can we seek well-thought, intensely evolved perspective plans from states, districts? Can we have state N-policies? Can we look at NMNF as one in many required for global-national N-movement(s) at local levels? Now is the time.

Yes, we can. If we coexist, keep flowing. Spirited trusteeship for NextGen. In N? andolanayoga for 7L.

## 508. Participation naturally

Take care, Chitra, Ninad. Sadgati, Ganesh. Geepso. Prof Ganesh N Prabhu, 58. Rests battling unrelated complications after an angioplasty 10 days ago in an urgent context and was discharged. Astronomer with a telescope at IRMA. Our classmate at IRMA, and our colleague at Dairy Board. Professor of Strategy - Strategic Management, Product innovation and entrepreneurship at Indian Institute of Management Bangalore, for almost three decades. Teaching, researching and consulting. Supported IIM Visakhapatnam in PG Programme and Career Development. A fellow of IIM A and Part of the elite management pool. Physics graduate from Elphinstone College, Mumbai.

Sadgati, Padma Bhushan Shyam Benegal. Shyam Sundar Benegal, 90 (14 Dec 1934 – 23 Dec 2024). Parallel cinema usherer. Dadasaheb Phalke awardee. V Shantaram Lifetime Achievement Award. Considered the greatest film makers and directors of his time. 18 National Film Awards, Nandi Award. Select Films include – Ankur, Nishant, Manthan, Bhumika, Susman, Junoon, Mandi, Trikal; Mammo, Sardari Begum, Zubeidaa; Films on Mahatma, Netaji, Mujibur Rahman. Serials: Bharat Ek Khoj, Yatra, Samvidhaan.

Manthan, the churning, was a film produced by milk producers of Amul. 500,000 @ Rs.2 each. About spearhead teams of cooperative movement, white revolution/operation flood. Naseeruddin Shah, Smita Patil and Girish Karnad in lead roles. It won National Film Awards for best feature film (Shyam Benegal) and best screen play (Vijay Tendulkar). The song 'Mero Gaam Katha Parey' gave Preeti Sagar best female playback singer (Filmfare). This became tune for many AMUL advertisements. It was also part of IRMA convocation theme song. This 1976 film was digitally restored and released at Cannes Film Festival in 2024.

New Governors to five states: Manipur - Ajay Bhalla; Mizoram - VK Singh; Kerala – Rajendra Arlekar; Bihar – Arif Mohammed; Odisha – Dr Hari Babu Kambhampati.

Consumers. Consumer rights to protect consumers from exploitation and unfair practices. These include Right to safety, choose, be informed (about quality, quantity, price et al), seek redressal, basic needs, representation, healthy environment, and consumer education, be heard.

Can we see N-movement emerging as a prakrtik dharm? Universal. A la sanaatan dharm. A paradigm of portfolio of ways of living. farming, and living naturally. Transcending into a paradigm akin to post-Galileo paradigm of earth is round, goes around itself, and revolves around sun. Culture, literature, education, festivals, and celebrations. Can we have a resource centre that meets all needs – knowledge, tools, resources, advisories, services, and biological inputs? More than BRC. May be an RC, HRC, KC. Can a VO, GP, Rythu Seva Kendram do this? Can the farmers get at least fairshare - 50% of the consumer rupee? Can they get paid decently, remuneratively, for the ecosystem services towards natural, produce-physical, social, human, financial, and spiritual capitals? Ecocredits. Can we have trust based local value-chains, consumption, nutrition, and enterprises? Can we have policies in place? Can we get ready for 2026+ amrt kaal, in the next 15 months? Trials. Efforts, pilots, and results. Perspective plans, state-district-field level architecture. Initiation in more villages, farms, and farm-farmworker families.

Yes, we can. If we coexist, keep flowing. Prakrtik today, tomorrow. In N? janabhagedariyoga for 7L.

## 509. Cx together in nature

Too early to go, Geepso. Ganesh Prabhu. Accomplished, wonderful teacher, and friend. Published in Academy Management Review, while being in India. Renowned Professor of Strategy. Evangelist IIM B Women entrepreneurs' programme, run pro bono/highly subsidized. Classical music enthusiast. Astronomy enthusiast. And of course, films.

25 December, approximately Winter solstice. Christmas. Christ's Mass. Xmas. Christmas Eve, Christmas Day. Christmas tree, Star. Red dressed Santa Claus. Christmas Gifts, Cards, Shopping. Jesus Christ and his 12 disciples, plus 1.

Good Governance Day commemorates the memory of Atal Bihari Vajpayee. Bharat Ratna Atal Bihari Vajpayee, 100 (25 Dec 1924 - 16 Aug 2018). PM of India thrice – 13 days, 13 months, and 5 years. Elected to Lok Sabha 10 times. Considered Bhisma Pitamah of Indian Politics, Vikash Purush.

Good Governance. Governance in any organization, group, and team in general but for governments, government organizations, programmes, missions et al in particular. Free of abuse, corruption, within the ambit of rule of law. Good governance seeks results for citizens in areas like education, health, water, law and order, regulation, environment, fairness, justice et al. Public goods efficiently, effectively. Independent functioning bureaucracy within the rule of law, respect for human rights, with no biases. Participation, Inclusion, Transparency, Accountability, and Responsiveness characterize good governance. Can we work for good governance in every forum we work?

TSU, Tribhuvan Sahkari University Bill, establishing IRMA as TSU, and according to institution of national importance is placed in Lok Sabha. Key features include:

IRMA Society gets dissolved, and IRMA becomes IRMA School, the first school, as centre of excellence for rural management, within the University;

Headquarters remain at Anand; scope for more affiliated autonomous colleges;

Scope is expanded to include all 'cooperative forms' and management within;

TSU Chancellor, an eminent citizen, would be nominated by the Government;

Vice-Chancellor would be the Principal Executive, responsible to Governing Board, and chair of almost all councils;

Expanded Governing Board would have support from Executive Council, Academic and Research Council, Capacity Building Council, Assessment and improvement Council, Research and Development Council;

IRMA School would have an independent Executive Board, and Director, IRMA remains responsible to Executive Board.

TSU would be CAG audited.

TSU is expected to be self-sufficient.

TSU establishment would require Rs.500 Crore, as GoI one-time capital grant.

Will it take 'governance', 'leadership' research, education, and consulting in its fold? Will it take 'coexistence' collectives, and natural farming, living as key areas? It can be a contributor to 2 cooperatives a GP, 4 million cooperators. Can we realize this sahkar kranti? Prakrti sahkar kranti?

Yes, we can. If we coexist, keep flowing. Sahaj-sahkar together. In N? jananaayakayoga for 7L.

## 510. Silent focus

Daman, take care. Bharat Ratna Dr Manmohan Singh, 92 [26 Sep 1932 – 26 Dec 2024], rests. India mourns seven days officially. Softspoken gentleman. Silent, wise, thoughtful, intellectual, scrupulously honest visionary. Cambridge master's in economics. Oxford doctorate in economics. First in academics throughout the academic career. Professor in economics in Punjab University; and in International Trade in Delhi University. Maybe reluctant initially, Prime Minister of India for 10 years. Finance Minister for 5 years. Earlier worked with UNCTAD New York; Chief Economic Adviser; Secretary in Finance Ministry; Reserve Bank Governor; Planning Commission Deputy Chair; South Commission Secretary General; University Grants Commission Chair. He gave the UGC recognition to IRMA's Programme in Rural Management – PRM as PG/MBA.

As deputy to PV Narasimha Rao, he 'architected' structural reforms, along with PM and Chidambaram, to liberalise, privatize, and globalize Indian economy during 1991-96. During 2004-2014, he led his government in launching Special Economic Zones Act, National Rural Health Mission, Aadhaar, MGNREGA, RTI, Right to Education, National Rural Livelihoods Mission, and National Urban Livelihoods Mission. He continued reforms with his Finance Minister Chidambaram, to achieve 8-9% GDP growth rate. Launched value-added tax, a precursor to current GST. Signed India Civil Nuclear agreement. Telangana became a separate state.

Manmohan was Rajya Sabha member during 1991 to 2024, five times from Assam and later once from Rajasthan.

Books/films on him include: The Accidental Prime Minister; Pradhan mantri; Strictly Personal: Manmohan and Gurusharan.

Note: CBI informs Supreme Court that there are 3.3 million NGOs, Voluntary Organizations, CSOs, Foundations, Trusts, Associations et al registered in the country. Only 0.3 million file accounts. They need to submit UCs, audited. Otherwise, they need to be audited. NITI Aayog's DARPAN has 0.27 million empanelled entities. There are religious trusts, entities; sports entities; for profit schools, hospitals, etc., registered as charitable; numerous associations of youth, women, occupations, castes; small family, memorial trusts, foundations, libraries, etc. Many of them may not take state funds, or public funds. Quite a number of them lack transparency. Corruption may be perceivably high. FCRA restrictions have reduced funds flows. Only a few demonstrate significant

scale and impact. Quantity, quality, and depth. Donors go with articulators, suave. Donors have their specific causes to go after. Fundraising capacity is lacking in a big way. No team(s), bandwidth, websites, and social media presence for this. CSR does not see them as partners.

Can we show theory of change for vision-purpose we pursue? N-food system for PVM everywhere. Producers are getting ready to respond. Consumers are beginning to demand. Value-chain players are linking. Fairly. Can we build robust structure, teams to do this work on scale? Partnerships locally and outside? Can we build robust online-offline robust reporting, fundraising architecture? Can we join hands and mentor passionate high integrity teams for these ends, means? Can we get the triad state, market, civil society including collectives, and local enterprises serve people truly?

Yes, we can. If we coexist, keep flowing. Triad in tandem with life. In N? jeevakendrakayoga for 7L.

## 511. Servicing other half

Ratan Tata, 87. Many Happy Returns in our thoughts.

It appears Aryan invasion and migration theories have collapsed. People came and got absorbed in. It is out of India theory. Indians went out and started mixing.

Manmohan: Can we learn integrity, humility from him? Can we stop worrying about acquiring credit, projecting ourselves? Can we just 'hang on', not worried about power nor wealth? Can we be useful, do useful actions? Can we use our sharpened intellect for the greater public good? Period.

How do we lead? Cause change in self and others. Order, direct, control, influence, guide, support, and serve other individuals, teams, organizations, networks, states, and countries. Play of intelligence, trustworthiness, humaneness, courage and discipline is leadership. Authoritarian, democratic-participatory-shared, laissez-faire, paternalistic/maternalistic, servant – which style? As per the need and time, may be a mixed, hybrid style. Initiating, considering dimensions – need to work on these two dimensions simultaneously. Task orientation and social orientation, going hand-in-hand. Three layers of leadership – public – working with 2+ people; private – one-on-one; and personal – on one-self. Leadership presence increases by increased know-how, skills, tools; increased time, energy, inclination for being and relating with people; self-mastery. Being authentic, servant. Useful, relevant, and current. Transformational, without short-changing at transactional level. Leader-member exchanges benefit leader with results, members with guidance, support.

We are born leaders. Our leadership ability is nurturable, developable further. There are no leadership genes as such. Our traits and our leadership behaviour are related. Leaders would like to lead because: joy of doing leading-related activities; sense of obligation, duty; being there.

Can we nurture leaders, authentic leaders, servant leaders, and transformational leaders? Can we lead ourselves? Can we work to change mindsets and behaviours towards public, global, collective usefulness, and relevance? Can we lead, even if we are not called leaders? Can we meditate, reflect inside, and outside. Can we lead, being supportive; driving results; seeking multiple perspectives; and solving problems? Can we lead, picking up

strategies based on the situation? Can we be unlearning, learning following-leading? Can we follow human, humaneness? Can we pace ourselves, with pauses of meditation in between races? Make the race into a series of walks with breaks. No compromises on minimum air, water, diet, and sleep. Can we lead non-toxic, stress-free? Servicing planners, directors, and controllers. Physically, cognitively, analytically, conceptually, and emotionally. Can we lead by listening, understanding, dialoguing, and delegating? By resilience, handling chaos. Can we lead by mentoring, sponsoring, and assigning apprenticeship?

Study: 50% CEOs, leaders fail within 18 months. Let us be in the other half. Looking long-term; ignoring immediate uneasiness to disrupt; being purpose-driven. Sharing the big picture, vision, and results matrix in a nutshell, beyond the micro-details. Seeking opinions publicly, privately. Creating openness, space for conversations. Pressing forward with ambiguity, uncertainty, stress, and vulnerability set aside, not to come in the way. Celebrating. Can we?

Yes, we can. If we coexist, keep flowing. Invest in L-presence. In N? saganayoga for 7L.

## 512. Amrt efforts

Koneru Humpy is the new Women World Rapid Chess Champion. Second time.

China decides to construct largest dam on Brahmaputra in Tibet for hydropower. 60GW electricity annually. It is three times bigger than the Three Gorges Dam. It may cost some USD 137B. It can accentuate floods, droughts in Assam and Bangladesh significantly; damage ecosystem; make India strategically vulnerable. India's and Bangladesh's livelihoods in millions could also be endangered.

K Annamalai vows to take down Stalin's Government through self-whipping and pledging to walk barefoot from now. He would also go on 48-day fast. Piercing trishul across cheeks, and walking on bed of coal fire may also be done, :). Hope Murugan in six abodes listens.

Research conclusion: life is lost – 22 minutes per cigarette, for women; 17 for men. The life we lose are the middle years but not end-of-life years. Sooner we quit the better for us.

A leader is tested in ways she articulates vision, sets goals, manages mistakes, responds to failures, resolves conflicts, recognises performance, shares information, communicates, conducts meetings and empowers juniors. Are we leaders? Good leaders? Combines dominant development style with critical and benevolent, charismatic styles. Only anonymous feedback can reveal our truth, I guess.

The average tenure of a successful leader is 15 years. Institution, organization, network, forum, and platform have an average of tenure of less than 20 years. Some 60 years, 60 years ago, has come to 20. This would shrink further down to 10-12 in the next 5-6 years. Largely because of technology rollouts, assumptions going wrong, urbanization, and aging. Through start-up (form, storm), through growth (norm, perform), maturity (peak) to decline (deform), and renewal (reform). Reform offers to get another life span. If everything works in our way, we may get a 20-year run in our collective, collective effort. Can we align with these patterns, trends and work?

2025/26/27 calls for a new 'effort' and hope it lasts 20 years through amrt kaal. As Manmohan Singh said, 'No power on earth can stop an idea whose time has come'. The idea, amrt kaal. On scale, in systems. For Poor, vulnerable and marginalized - PVM. For Ecologically fragile and marginalized - EFM zones. For participatory, inclusive, equitable Agency: Identity, solidarity to wellbeing, freedom. Rights, entitlements. Simple, straight forward. Local food, enterprises, value-chains, systems, and governance. Natural, chemical free. 365day diversified green cover, universal education, digital savviness, 7R abilities, health, basic income. Fair share, and eco-credits. Culture, values, and non-negotiables. Can we do it? Individuals, mentors, collectives, federal collectives, enterprises, multiple enterprises, models, hybrid models, connects, deep connects, associations, societies, cooperatives, unions, forums, platforms, networks, convenings, coalitions, partnerships, collaborations, movements, missions, journeys, classes, videos, books, media, social media et al.

Can we persist? Can we pursue patiently? Let us know - work feeds life, life feeds work. Hand-in-hand. Virtuous. Data matters. Stories matter more. Songs, video clips, and messages help. Daily engagement. Weekly calls. Fortnightly physical shaking hands. Monthly meetings, actions. Daily pauses to meditate, reflect, recharge, and weekly-monthly-quarterly breaks embedded in. Can we do it?

Yes, we can. If we coexist, keep flowing. Amrt kaal and beyond. In N? viksityoga for 7L.

513. 500d - 7000h

2025.  $45^2 \cdot 10^3 + 10^3 + 5^2 \cdot 9^2 \cdot 5^2 \cdot 3^2 \cdot 2^2 \cdot 5^2$ . 1965+60. 22 years of amrt kaal now.

K Vijayanand is the new Chief Secretary, Andhra Pradesh. A Santhi Kumari would continue as Chief Secretary in Telangana till April 2025 for sure. Sarada Muraleedharan too would continue as Chief Secretary in Kerala till April 2025 for sure.

India loses Melbourne Test. Are Rohit, Virat calling it a day in Tests soon?

ISRO completes 99th rocket launch from Satish Dhawan Centre of Sriharikota. Two small spacecrafts/ satellites, SpaDex A - Chaser and SpaDex B – Target, have reached the best orbit. Now, they need to be docked. Most probably on 7 Jan. 24 experiments would be conducted in the next few weeks. Expected life is up to 2 years.

Sadgati, Padmabhushan MT Vasudevan Nair, 91 (15 Jul 1933 – 25 Dec 2024). One of the masters of Indian literature. His 62 books are in Library of Congress in US. Screen writer (54), Film director (7) of Malayalam cinema. Calicut University and Mahatma Gandhi University bestowed Honorary D Litt.

Nobel peace prize awardee, James Earl Carter Jr, Jimmy Carter, 100 [1 Oct 1924 – 29 Dec 2024] rests. Longest lived American President. 39th President of US, 1977-81. Kisan, Agribusinessman, Jawan. Human Rights peace activist. Recipient of UN Prize in the Field of Human Rights. Hoover medal. Carterpuri in India. May his soul rest in peace.

How are we ramping up in 2025 through 2029? We have 1500 days: or 20,000 hours. Can we, may be by a small team of 5-10-15, dedicate a third of them for reaching out? Can we go, journey to all the states, union territories, 36? All the districts in AP and Telangana, 59; Half the districts outside, 400? A quarter of the mandals in AP and Telangana, 350; 10% blocks outside, 800? 4% GPs in AP and Telangana, 1000; 1% outside, 3000? 1% development/support organizations, 5000? 1% formal collectives, cooperatives, unions, associations, societies (20,000), and 0.1% informal collectives (20,000)? 0.01% individuals (100,000), 0.1% development fraternity (20,000)? Other stakeholders,

20,000? Local leaders across domains, 20,000? Directly, offline. 10x indirectly. 100x through variety of media.

Can we have field-centric participatory handholding-apprenticeship classes at various levels? 100 mentoring mentors, 10,000 hours; 10,000 mentors, and 1,000 hours; 5 lakh learning facilitators, 250 hours; 100 lakh local animators, volunteers, leads, 100 hours. Modules, models, examples. Texts, pictures, videos, films, stories, case studies, and songs. Can they be engaged daily? Connected online weekly? Met monthly. Xs, WhatsApps, blogs, podcasts, video clips, or YouTubes. For agency of PVM. Leadership. Transformation. Going towards vision, using ladders within and without, building on the base of reality. Tacking, crossing, escaping the snakes, within and without.

Can we have field stations? Surveys? Local yatras? 1000 day-night yatris? Can we have the modus operandi, toolkits, notes, geographic, and thematic up-to-date updates ready? Teams, secretariats ready.

Can we do it? Can we persist? Can we pursue? Can the teams come up, soon?

Yes, we can. If we coexist, keep flowing. Making choices at intersections. In N? sahitayoga for 7L.

## 514. Right orbits

2025.  $1^3+2^3+3^3+4^3+5^3+6^3+7^3+8^3+9^3$ .  $11^3+9^3-3^3-2^3$ .  $12^3+8^3-6^3+1^3$ . Endless beginnings, enhancements, changes, and possibilities into amrt kaal.

2024 was the warmest year on record since 1901. 1.5deg Celsius higher than the pre-industrial levels.

Our Chief Ministers have varying asset levels. As per ADR reports: Average income of a CM is Rs.14 lakh against Rs.2 lakh per capita. AP CM, Chandrababu Naidu has the highest level of assets – Rs.931 Cr; Mamata Banerjee has the least – Rs.15 lakh.

B Rajsekhar continues as Special CS, Agriculture in AP.

India has 165 Institutions of National Importance. Our own National Dairy Development Board; Universities like BHU, AMU, Delhi University, University of Allahabad, Visva-Bharati; All Central Universities; All IITs, IISc, IIMs, NITs, IIITs, Schools of Planning and Architecture, Dakshin Bharat Hindi Prachar Sabha, Academy Scientific and Innovative Research; AIIMs, JIPMER, PGIMER, NIMHANS, National Institutes of Pharmaceutical Education and Research; Footwear Design and Dev Institute; NIDs; Central Agricultural Universities; National Forensic Sciences Univ; Rashtriya Raksha Univ; Indian Institute of Petroleum and Energy, Rajiv Gandhi Institute of Petroleum Tech; Kalakshetra; National Library, Kolkata; National Institutes of Food Technology; Sree Chitra Tirunal Institute of Medical Sciences and Technology, Kerala; Regional Centre for Biotechnology; Institute of Teaching and Research in Ayurveda; New Delhi International Arbitration Centre; RG National Institute of Youth Dev, Kanchipuram; Indian Statistical Institute, Kolkata; Nalanda University; National Law Schools/Universities et al. Into this, Tribhuvan Sahkari University, with IRMA School as Centre of Excellence, would be joining.

When NF University comes, shouldn't it be an institute of national importance? And Indo-German Global Agroecology Research and Learning – IGGAARL, Academy – can be its centre of excellence.

Yawning helps spontaneously regain motor functions. Foetus yawns during the first trimester in the womb itself. Yawning, we just do it. Unconsciously, spontaneously. We do not decide. We yawn – may be just before the big events; or when sleepy, fatigued, tired, bored, or hungry. When we lack stimulation. Or as alert to trigger more activity. It appears yawning is preparing us, signalling us, to a physiological, behavioural state. Sleep to wakefulness, wakefulness to sleep, anxiety to calm, boredom to alertness. Contagious yawning is another thing. Is it a way of empathy, or a social signalling to act? Young catch yawns faster and more often.

For mental wellness, the emerging trends include: yoga; Surya Namaskar exercises; being awake in the calm slots of the night; rising early; 10-15 min stretch, breathing breaks; tracking stress, steps, heart rates, BP, sugar, sleep patterns et al; being in nature; moving mindfully; ekaanth, meditation, dhyaana, reflection, diary; pose sequences, walking; playing, games; crosswords, puzzles; reading, writing; music, dance-steps; being with children, elders, people; teaching, giving et al. Physical wellness, social, and spiritual wellness contributes to mental wellness. Can we be well – naturally, socially, internally, emotionally, and spiritually? Can we be in teams, groups, and communities?

Yes, we can. If we coexist, keep flowing. Reinforcing one another. In N? tarkayuktayoga for 7L.

## 515. Triveni sangam

Major Dhyan Chand Khel Ratnas 2025: Double Olympic medalist Manu Bhaker; World chess champion D Gukesh; Indian men's hockey captain Harmanpreet Singh; Paralympian Praveen Kumar.

Arjuna award (lifetime) winners include Sucha Singh (athletics); Murlikant Rajaram Petkar (Para-swimming). Dronacharya (lifetime) award winners include S Muralidharan (badminton); Armando Agnelp Colaco (Football).

Rohit Sharma rests for final test at Sydney. With Ashwin going, Rohit resting, Virat not up to the mark, It is time India re-strategizes, restructures its teams for T20, ODIs, and Tests. Even the support, coaching, and selection teams too.

India, it appears, got modern humans, Homo sapiens, probably originated in Africa, in the last 73,000 years. Sedentariness might have evolved some 10,000 years ago. Settled life – 7,000 years ago. This might be the Indus Valley Civilization period. Vedic period might just be 5,000-7,000 years. Hindu way of life with intermingled paths, streams and emerged non-Abrahamic religions might be in the order of 4,000 years. Caste system might be much younger, less than 4,000 years.

Introversion. Introvert to extrovert is a continuum. Making them two halves of the continuum. About half of the world might tend to be introverts. Most of us tend to be introverts some time, and extroverts sometimes. We move back and forth on this continuum. It is eminently possible we have a dominant 'streak' this way or that way. Most gifted people (75%+) are introverts, while this world is built for extroversion beings. Being quiet is not bad. Being loud could be, at times. Being social is fine. Being reflective, meditative for a while every day is useful. Being reactive, proactive has to be learnt. It is learnable. Teams of extroverts-introverts can do more wonders, rather than only

extroverts, or only introverts. Of course, they need to be synced teams first. Technologies can help in syncing better. Can we try it? We cannot go forward with one half, leaving the other half.

Mind and body need to be in balance. Pace, stress, and connectivity may disturb this balance badly. Our wellbeing, wellness is physical, mental, social, and spiritual – all hand-in-hand. Intricate interplay. Influencing one another. Unhappy mind causes physical problems and vice-versa. Brain, based on its activities, produces substances that improve health. Quick stress is fine, but not chronic.

Can we reflect, revisit life, lifestyle, reconnect co-lives, coexisting lives? Can we meditate, time without stress, tension, and anxiety – may be waking, reading, writing, observing, watching, solving puzzles-crosswords, listening to music, being with children, elderly, friends, people, meaningfully, doing hobbies, travelling, meeting people, being in nature macro, and micro? In the present, being mindful, breath centric, body scan, visualization journeys, mantra(s), kindness-giving-loving et al. Attached detachment, detached attachment. Fasting, reduced sugar, carbohydrate consumption. Taking more water. sleeping when sleepy, working till that time. Keep changing activities during the day. Celebrating. Being together, being connected protects us. Isolation and loneliness influence proteins towards serious health conditions. Can we be human, humane, social, and natural? Life friendly, with gratitude, humility, hope, and faith. Can we care, promise? Can we be always with ‘universe’?

Yes, we can. If we coexist, keep flowing. Syncing inner-outer, mind-body. In N? sangamayoga for 7L.030125

## 516. Local global

1.65 lakh subscriber base Bastar Junction YouTuber, Mukesh Chandrakar, 33. Sadgati. Mahua collector, small shop owner, carrom club manager turned reporter-journalist.

Braille. Tactile writing system used by visually impaired. An improvement on night writing. Written on slate and stylus, braille writer, braille note taker, embosser. Characters are formed using a combination of six raised dots, 3x2 matrix, braille cell.  $2^6$  combinations – 64 possible. Letter, digit, punctuation mark, and space. Now, 8-dot braille codes have also come. Screen readers supplement. Braille displays have also become available. Braille codes are in 133 languages now.

More than 2 billion people have vision impairment in the world. There is a continuum of vision impairment. About half of them have uncorrected refractive errors. A third of them are cataract. 2% glaucoma. Extremely low vision – 250 million or no vision – 40 million. Again, half of these would get vision impairment only after 40/50 years. 6 levels of vision – zero – 6/18 or better; 1 – moderate - between 6/18 – 6/60; 2 – severe – between 6/60 – 3/60; 3 – blind – between 3/60 – 1/60; 4 – blind – worse than 1/60, with slight light perception; 5 – blind – irreversible, no light perception.

Vision loss for elders can cause memory loss, cognitive impairment and decline. May also deteriorate mental health. Among working-age adults, blindness is caused by retina disorders (hereditary); diabetic retinopathy; optic atrophy; glaucoma; congenital abnormalities; cataracts; trachoma; or injuries. Cataracts can cause blindness. Its prevalence doubles every 10 years after 40.

Spectacles, lenses help. Magnifying glasses, Special CC TVs, bigger prints, fonts help. Readers, talking books, voice overs, screen readers/magnifiers help. Other assistive technologies, talking equipment – thermometers, watches, scales, calculators, compasses, mobiles, tablets, laptops, etc.

Knowledge-skills-tools-resources are distributed in four columns: people; us; others; not yet known. PK+OK+OK+?. People are many and we need to aggregate KSTR; same with our KSTR; same with others' KSTR. Then, we need to aggregate (P+O+O)'s KSTR. Our effort, endeavour is to expand this, reducing the not-yet-known. With this endowed POO-KSTR, we need to go to people, take the call on how they would want to go forward, plan, and implement the plan. This is participation. This is people's rule. Democracy. At local levels. Can we facilitate this?

Can we be local, at least where we can be, where we could be? Eating our produce; eating produce of the village; eating the produce within 5-10 km radius; eating within 50-100 km radius? Most of the food. Majority of the food. Taking local milk. Drinking local water. Local air. Local garments. Local shelters, shelter materials. Local health, education, employment. Culture, traditions. Press, media. Can we increase the proportion of people doing this to a majority? In the amrt kaal. Moving away from 'one produce/product' to multiple diverse products, to local enterprises processing, storing, and adding value locally. And chemical free. With better climate resilience, soil health, people's health, and producers' wellbeing. Can we get on this global movement at local levels? Person by person, plate by plate, farm by farm, village by village, and area by area. Global, local.

Can we be natural, social, human, and spiritual? Can we be friends with the world, trustees of NextGen?

Yes, we can. If we coexist, keep flowing. From the source. In N? sthaaniyayoga for 7L.

## 517. New Professors

India lost fifth test. Lost entry into WTC final.

Met Padmaja and family after some 33 years.

Scholar, thinker, writer, and recipient of Karnataka Sahitya Academy Award Prof Muzaffar Assadi, 63, rests. May his soul rest in peace. Co-board member in HID Forum. Former Acting Vice-Chancellor, Mysore University; Former Special Officer, Raichur University. Extensively studied: lives and lifestyles of tribal communities; tribal displacement.

Birds. Aves. May have evolved from feathered dinosaurs. More than 10,400 living species – having feathers. Warm-blooded vertebrates, with forelimbs modified into wings. Keen vision. Bird's view vs worm's view. Hummingbird is the smallest living bird. Albatross has the greatest wingspan. Ostrich is the largest living bird. Birds are a source of food. Pets. Messengers. Sports, gaming, racing, and fights. Headgear. Decoration. Robes, quilts. Fans. Entertainers. Disease carriers, infectors. There are only fliers; only swimmers; only walkers. Most mix. The fastest bird is peregrine falcon – may go 320 kmph. Long-range flier – arctic tern – 11,600 km one way; quick long-rangers – blue-winged teal – 6,100 km in 30 days; Manx shearwater - 5,200 km in 12.5 days. Birds make sounds – vocal and otherwise. Singing. They incubate eggs, over 11-80 days. They also care the infants – a few hours to eight-nine months. Birds shed their feathers, may be once a year partly or in full. Some cases, only females lose all feathers. Some birds are colourful, variety of colours. Ornithology is the study of birds. Do we, can we study biology, in addition to languages, mathematics, science, and technology? Botany, zoology. Ornithology.

UGC is revising norms for faculty in higher education. In alignment with New National Education Policy 2020. NET or PhD may not be required to teach. Professors of Practice on a temporary basis is a precursor of these. Universities would have greater freedom in selecting faculty members with expertise across disciplines; diverse perspectives and skills integrating industry knowledge into education. Focus on maximizing scores Academic Performance Indicators – teaching, learning, evaluation; co-curricular, extension

and professional development; research and academic contributions – may be done away to give space for more meaningful contributions. Can we become professor without doctorate, without NET? Professor of Practice, Adjunct Professor, Senior Professor, Academic Advisor, Mentor, Distinguished Professor, National Professor, PhD guide et al?

Do we go with a great leader, or with meeting our needs, or can we get a great leader and meet our needs at the same time? Higher enthusiasm, morale, and low stress. Can we work with more of our partners meaningfully? Can we take risk and work with risk takers? Can we pace up and reward the sense of urgency? Can we take in tech, deep tech, real deep tech and internalize? Can we collectivize, customize? Can we unlearn, help others to unlearn? And more often, again and again. Can we rest, by changing our activities every few hours/minutes? Can we prioritize meaningful and do? Can we own our time, thinking space, energy, and relationship spaces? Can we resist getting overwhelmed? Can we dedicate at least 10% connected, social time, and energy? Can we be present in the moment, as required? Can we serve, by the need, not by the position? Enjoying, celebrating, and caring. To thrive.

Yes, we can. If we coexist, keep flowing. Flows for destinies. In N? sikshaayoga for 7L.

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## 518. In the crunch

An earthquake in Tibet near Mount Everest kills 126+ people, injures many more.

Delhi polls announced. Poll - 5 February; Results – 8 February. May be this time, we see triangular contests among AAP, BJP, and Congress.

Canada PM, for 9 years, son of former PM Pierre Trudeau, Justin Pierre James Trudeau, 53, resigns. He continues as caretaker PM till successor's appointment. He also resigns from Liberal Party leadership. He is considered the champion of diversity, inclusion, and climate change efforts. Anita Anand is one of the front runners for becoming the successor. If she becomes one, she will be the first woman of colour, Indian descent to become PM in Canada. Currently, she is the Transport Minister.

Government of India has constituted a committee chaired by SM Vijayanand sir to enhance the quality and effectiveness of Gram Panchayat Development Plans (GPDPs) and strengthening grassroots development and governance.

ISRO's new chairman effective 14 January is Cryogenics man, Dr V Narayanan from Kanyakumari, succeeding S Somnath.

Kuppam Natural Farming, NF, 2029 Vision launched. Kuppam as a model constituency with saturated natural farming. Fallow to cultivable. National model. Farm-to-plate. Personalised farming for consumption, nutrition locally. Local nano-micro-mini processing, storage, cold storage, packing-packaging, transport, and delivery enterprises. Dairy, dairy products; flowers, fruits, and vegetables. Natural living landscapes tourism. Communitized data, traceability, certification, testing for 'residue free' for market linkages.

Congratulations. Paramashiva Chokkalingam's father Kangundhi PR Shyamanna (100) statute unveiled in Kangundhi, Kuppam.

Average salaries across the globe vary  $x$  to  $40x$ ,  $x$  being USD 150. In India, average salary is USD 400 a month. The peak average salary occurs at about 40.

Andhra Pradesh cancels public examinations for Intermediate first year (Class 11) from next year. Telangana continues with the examinations. CBSE does not have public examinations in Class 11. CBSE board (Class 12) papers would be half competency focused – select response MCQs, and constructed response; remaining source-based integrated. Rote memorization is not expected at all. Can Intermediate shift to this kind of examinations?

Can we concentrate, understand, and practice? Can we help our associates, peers, and seniors doing the same? CUP. Can we follow, learn and scale? We need: air, water, food, clothes, medicines, shelter, relationships, entertainment, literacy, peace, and freedom. We need freedom that is not loneliness; choices that are not Hobson's. A balance is needed, for one's sense of self. Protected, preserved, and potential realized. Can we get them? Locally, easily, and sufficiently meeting the need, cheaply, may be freely. Isn't that being civil, civilized, and natural? Can we pursue and deliver our values HPF, with love? Yes, we can. If we coexist, keep flowing. Flow to a plan relentlessly. In N? abhyaasayoga for 7L.

## 519. Sum total

Earth's Rotation. On its axis. In 24 hours. Causing day-night, time zones; changes in temperature, humidity; tides; deflection of ocean and air currents. It is slightly slowing down over time. Earth revolves around the Sun, in an elliptical orbit, covering some 940 million kilometres, in 365 days.

47-page pamphlet 'Common Sense: addressed to the inhabitants of America' by Thomas Paine published anonymously in 1776 argued for total independence for America.. This sold more than 500,000 copies. This called for a war of Independence, American Revolution. Then of course, USA emerged separated from Britain on 4 July 1776.

Mahatma Gandhi came back to India from South Africa in 1915 on 9 Jan.

Donald Trump proposes to take Canada, Greenland, Panama states within US. Using economic force.

Narayanan, ISRO chief from 14 Jan listed ISRO's priorities: Gaganyaan - astronauts into space; Chandrayaan-4 - samples from moon; next-generation launch vehicle; Mission to land a man on the moon; own space station; satellites for disaster management, climate change monitoring et al.

Padma Shri, Karmaveer, Rajya Sabha member for six years, Pritish Nandy, 73 [15 Jan 1951 – 8 Jan 2025], rests. Sadgati. He made 24 films. He was the publishing director of Times of India and editor of the Illustrated Weekly; The Independent; Filmfare. He co-founded 'People for Animals'.

Pritish Nandy takes us to 1983. In 1983, Illustrated Weekly published 'Operation Flood: The White Lie' by Claude Alvares. This made serious scandalous allegations against Dairy Board. This issue was raised in Parliament. Agriculture Minister agreed to commission enquiry. In response, 560 professionals of NDDB sent in their resignations. Dr Kurien asked all to withdraw resignations immediately. Dr Aneja, Dairy Board Secretary did not agree to Dr K's suggestion. BG Verghese saw the letters of mass resignations. Meanwhile, Dr K replied with 'A black lie' responding to each and every point raised in 'White lie'. A few days later, Indian Express flashed the headlines '600 scientists of NDDB resign'. Press asked Indira Gandhi at the inauguration of International Convention related to science, about these. PC Alexander looked into the matter. A week later, the Minister replied that NDDB was doing a great job, and the purpose of the enquiry was to strengthen it to

dogreater tasks. LK Jha Committee gave NDDB a clean chit and laid a road map for granting NDDB greater freedom and respect. Dairy Board added oilseeds, oils earlier. Now, fruits and vegetables were added to its portfolio. Subsequently Dairy Board was declared Institution of National Importance through 'NDDB Act' of Parliament, 1987.

Incidentally: White lie is a lie told to please another person. Black lie is a lie told to gain a personal benefit. Gray lie is a lie told to avoid embarrassment.

Can we have hope and grant faith in ourselves? To concentrate, understand, and practice. Can we put faith in the knowledge of this world helping the world? Aggregating what we (people, us, and outsiders) know. Reducing the unknown a bit more. Aggregating all known, analysing and synthesizing for us to take make choices, calls. Can we promise to do this? Can we care to do? Can we let them do?

Yes, we can. If we coexist, keep flowing. Standing the flow. In N? aaswasayoga for 7L.

## 520. Amrt renewal

Vaikunta: Place of no anxiety. Vaikunta Ekadashi. North entrance. 6 persons die, several injured in the stampede for tokens for Balaji (Lord Venkateswara) Darshan. First time ever, it is said. Tirumala Tirupati Devasthanam, TTD, responded by suspending a few officers; Rs.25 lakh ex-gratia to deceased's family, and a job; and Rs. 2-5 lakh to the injured. AP CM, Dy CM, Board offered apologies for the incidents. TTD is estimating some 7 lakh pilgrims coming for Darshan through North entrance during the extended period of 10 days for Vaikunta Ekadashi. Om Namō Naaraayanaaya.

Hindi. Sanskritised Hindustani. One of the 22 scheduled languages of India. Official language of India, along with English. Third or fourth most-spoken first or second language in the world. India by and large adopted a three-language formula – mother tongue, Hindi and English. Where Hindi is the mother tongue, the state may take up an additional language into this formula, in place of Hindi.

Donald Trump is convicted in a hush money case. Although he has been found guilty, he would not face jail term nor penalty as he has been elected President. Presidential immunity comes in the way.

Seth Abramson, Elon Musk's biographer, alleges: Musk is struggling with mental health/illness, heavy drug abuse, crippling stress; he is deeply unwell. Seth seeks 'Protect America from Elon Musk'.

Maybe, we have reached the bottom DK effect curve. We can be on the right if we push ourselves. Maybe we have slipped prematurely, accidentally into the right of the team's work. We can move to the left, if we try a bit. Eagle's renewal. Some dedicated hours. Relentless focus. Team of teams, and teams working in tandem. Feeding one another. Digging 7x of seven fish. Figuring out doing fish, fishing, meta-fishing together. Knowledge, skills, tools, technologies, enterprises, collectives, triggers, natural, social, human, financial, and spiritual resources pooled together as simply as possible. Some ego crushing. Some humility, gratitude. Some check outs, check ins. Forming, storming, and norming again. Some realignments, equations. New groupings, forums, and platforms. Independent organizational forms, linked at the governance, issue level. Strengthened, new partnerships. Around 'paradigm(s) change' core. Campaign Missions. Mission leads, teams, architecture, matrices, and brass-tacks. Simplified 123s, not more. Not complex. We can add more, complexity later. Can we do this?

Michelangelo phenomenon. Partners in a relationship – all kinds - help shape each other into their best selves. Partners 'sculpt' each other to reveal their useful, relevant, meaningful best selves, and truest versions. In terms of values, virtues, goals et al. By affirming, endorsing traits, and behaviours that align with the ideal self. By encouragement and fostering trust, via shared goals and intimacy. Communication,

articulation with or without words, transcending physical boundaries, is the key here. Slowly relationship navigates towards common narratives, achievements. All this happening in the realm of synergy, more than 1+1 together. Are we listening? Can we listen, respond? Aren't we all soul mates? All we beings in the Universe are connected. Our life energies are in the continuum, even if we like or not. Can we respect all life, living in sync and harmony with nature, therefore? Isn't this sustainability, tolerance, and life rights, automatically, by default?

Can we do these? Can we in the universe do it? Can the universe conspire?

Yes, we can. If we coexist, keep flowing. With hope, faith. In N? navasupathayoga for 7L.

## 521. Efficacy hours

California – Los Angeles Wildfires. May be set on purpose or an accident. Fierce Santa Ana winds, faster than 150 km per hour, fuelled wildfires. 12 people succumbed so far. 180,000 people displaced/evacuated. Damage estimated is more than USD 50 billion, some estimates put at USD 150 billion. More than 12,000 buildings, valued more than USD 3 million on an average, have been destroyed across 40 km stretch. Flames are still advancing. There are five active blazes. Containing them, putting them off may take a while. Schools have been closed. Night curfew has been imposed. Drones flying over fire areas banned. President and Vice President have cancelled their overseas trips, probably would have been their last in their tenure.

Last decade was the hottest decade, and last year was the hottest year on record. 1.5 deg C threshold has been breached. It is said: the consequences of continued warming could be unpredictable.

Pratishtha Dwadashi. Ram's Prana Pratishtha at Ayodhya Anniversary. The first anniversary is here.

Modi appears in a podcast for the first time. He says: mantra, only metric is Nation First; there may be mistakes, but no wrongs with bad intentions; studied in 'museebat' university; not a foodie, but vegetarian.

The Henley Passport Index 2025 concludes Singapore's passport as the world's most powerful. It can take to 195/227 countries without a visa. Against this, India is ranked 85, with visa-free access limited to 57 countries. India can try strengthened diplomatic relations; inbound tourism resulting in reciprocal agreements; higher passport security and integrity; stronger economy and political power. India can become a stronger passport. Amrt passport.

Research suggests vegan diet boosts the best health gut bacteria; vegetarian diet falls in between; omnivorous diet is at the bottom. Fibre and polyphenols feed bacteria that maintain gut health. Diets high in animal protein lead to harmful fermentation, inflammation and leaky gut. Eating more plant-based foods would improve microbiome and gut health.

Do we need to work long or work hard, intense, or smart? Think, create, design, and do. What we do passionately, excitedly, and enthusiastically matters more. Not so much the paid uninterested work we do even if we do not like it. But what we do beyond the 'paid'. This makes all the difference to the world. Being useful, relevant, and meaningful. We get paid to do what we want to do. A big bonus. Let us appreciate – the most valuable things in our lives – life; time; health; and nature. We need to maximise returns for us, for this universe, per unit of these. Being in nature. Being with life. Being with ourselves, our

families, friends, peers, and teams. Being anxiety-free. Being with full 'life'. Being refreshed. Being satisfied, joyous. If life and work are integrated, then our perspectives may change. Work and life hand-in-hand, work feeding life, life feeding work. Can we make our lives and works meaningful and enjoyable? Then workhours would not be an issue. Something else would be. Conversations, learning, results, processes et al. Focused intense work idiosyncratically and together.

Can we think, plan, and do work usefully, efficiently, and effectively, as the world indents? with respect all life, living in sync and harmony with nature. Can we have teams, architecture, and platforms around this?

Yes, we can. If we coexist, keep flowing. If we care. In N? kshamatayoga for 7L. 110125

522. Y4

Geeta. Could spend a few quiet hours with my sister on her birthday.

Vivekaananda [Narendanath Datta], 162 [12 Jan 1863 – 4 Jul 1902]. 39-year wonder wandering monk - parivrajaka, philosopher, author, teacher, and reformer. Chief disciple of Ramakrishna Paramahansa. Initial fame: Sisters and brothers of America speech in Parliament of Religions, Chicago in 1893. Essential unity of all spiritual paths. Embracing tolerance and renouncing fanaticism. Founded: Ramakrishna Movement that includes Ramakrishna Math, Ramakrishna Mission. Graduate. Genius with prodigious memory, speed reading, ekasandhaagraahi; and curious seeker. Travelled in India extensively, visiting centres of learning and knowing diverse religious traditions, social patterns. Could not accept offers – a chair at Harvard, and at Columbia. Founded Vedanta Society(ies). Sister Nivedita was his closest disciple. A short visit later included participating in Congress of Religions at Paris discussing linga worship, Gita; and Vedanta Societies across.

He returned to India in 1897 with focus on addressing poverty, social issues, science, and enterprises. Continued with Ramakrishna Math for religious work. Ramakrishna Mission came in for social service. Monasteries – Advaita Ashrama in Mayavati near Almora; second in Chennai. Inspired Jamsetji Tata to set up Indian Institute of Science. Tata wanted him to head it.

He settled at Belur Math, the headquarters of Ramakrishna Movement – Math, Order and Mission. Ramakrishna Sarada Mission also came into existence. Private Ashrams who subscribe to the philosophy have also come up. Its motto: for the liberation of the self and service to the society. His discourse – spiritual practice of serving human beings as actual manifestations of the divine. Divine is the sum total of all souls. One without a second. Saguna, nirguna. Developing the capacity for love of all. Through work, worship, discipline, philosophy/awakening, individually and/or their combinations. Karma, Bhakti, Jnaana, and Raja yoga. Being free.

Math-Mission operate with twin principles – being in group/team, satsang; no political work. Through Boards of Trustees headed by a President. General Secretary is the administrative head. Its members – 400+ monastic; 250+ lay; 200 lay associates. As on date, 220+ centres are operating. 160+ in India. 50 sub-centres are also operating. Offer – medical services – hospitals, dispensaries, camps, homes; deemed university – colleges, schools, institutes, non-formal centres, training centres/institutes; youth clubs/associations; libraries, seminars-lectures, books et al.

His main works: Raja Yoga; Karma Yoga; Jnaana Yoga; Bhakti Yoga, apart from his lectures, letters.

Films: The Light: Swami Vivekananda; Swamiji; Swami Vivekananda (1955); Birieswar Vivekananda; Life and Message of Swami Vivekananda; Swami Vivekananda (1998); Sound of Joy et al.

Youth are defined varyingly – 15-25; 15-29; 15-35; and 15-45 years. If we take 15-35 years, half of India is youth. At least, 2 crore people become voters every year. India is a young nation but greying. Average age is less than 30. We need to build youth as the trustees of NextGen, for the liberation of the world, Bhaarat in general and PVM in particular. Can we work with them? On them. Can we have teams, architecture, and platforms for youth, of youth? Can we?

Yes, we can. If we coexist, keep flowing. Inside, invisible, as the third. In N? antahrajayoga for 7L.

120125

## 523. Gyan kumbh

Vivekaananda started his speech in the Parliament of Religions at Chicago in 1893 with 'Sisters and Brothers of America'. He talked about 'universal tolerance and universal acceptance'. 'As the different streams having their sources in different paths ... various though they appear ... all lead to Thee.' 'Whosoever comes to Me, through whatsoever form, I reach him'. 'Sectarianism, bigotry, and its horrible descendant, fanaticism, have long possessed this beautiful earth. ... Had it not been for these horrible demons, human society would be far more advanced than it is now.'

Maha Kumbh at Prayagraj. At Ganga, Yamuna, Saraswati sangam. Once in 144 years, they say. Some 400 million, including more than a million foreigners, may participate. Rs.2 lakh Crore may be the revenue. 4000 hectares space, largest temporary city, for the event. 150,000 tents; 145,000 rest rooms; 3,000 kitchens; 99 parking lots; 40,000 police officers; many surveillance cameras. Rs.7000 Crore is the investment. This time – 13 Jan – 26 Feb. Full-moon (13 Jan), Makara Sankranti (14 Jan), Mauni Amavasya (29 Jan), Vasant Panchami (3 Feb), Maagha Purnima (12 Feb), and Mahasivaratri (26 Feb) are the peak bathing days. Not clear – 2013 is Maha Kumbh or this 2025. Anyways. A tradition, a practice, a faith. May be a hope too. A reinterpretation of ancient Magha Mela, or Makar Mela – bathing festivals. Adi Shankara might have started, reinforced it. Some say it is just a tradition with less than 200 years. A celebration of sorts – commerce, fairs, discourses, discussions, debates, campaigns, gatherings, and entertainment. For monks, for people at large.

Kumbh is every 12 years. Pushkaras for rivers every 12 years for prominent rivers in India. Mahamaham at Kumbakonam is every 12 years. Purn Kumbh Melas happen at Prayagraj, Haridwar, Nashik and Ujjain every 12 years. Then Ardh Kumbh Melas between the Kumbh Melas. Nowadays, Ardh is dropped. Purn is replaced with Maha. Maha then becomes Mahan Maha. The attendance to the event is increasing with each successive event. Kurukshetra, Sonapat are also organizing Kumbh. Maybe, we should spend some time in the Kumbh.

We work hands and brains. How do we get brains work – putting ourselves fully there? Saying, writing, thinking, researching, analysing, and synthesizing. Do hours, holydays, holidays, offs, and calls matter? Involvement, engagement, connection, and communication matter.

We have Jean Paul Sartre for the age of screens. Now Byung Chal Han for the digital age. In the Swarm; The Transparent Society; Saving Beauty; The Agony of Eros; The Burnout Society; Non-things; The Crisis of Narration. Between a manifesto and essay. Less than 100-page notes. Pdf files. Spread by word-of-mouth. No promotion. No interviews, no long travels, and no/limited social media visibility.

We place our trust in knowledge, knowing fully well that it is grossly incomplete. Science evolves through tackling this incompleteness bit-by-bit. If the results of experiments, pilots take long time to conclude something meaningfully, we may go with the default, in the interim. Is not knowledge a journey of unknown to unknown, or known to known? We need to decide with knowing 'parts'. People who 'know' are hesitant; and the less knowledgeable are confident, decisive. How do we act? Can we have notes, pictures, videos, models, processes, teams, platforms, plans, tracking, dashboards, conversations, and dialogues on N? Can we add, refine, amplify, and nurture them? Can we?

Yes, we can. If we coexist, keep flowing. 'K' in sync with faith, hope. In N? Amrtakumbhayoga for 7L.

130125

## 524. Greater transition

Laurene Powell Jobs gets a new name Kamala. Respecting the tradition, she could not touch 'Vishwanath' at Kasi as she is not a Hindu.

1.3 second to moon; 8.3 minutes to sun; 2000 years to get out of the Milky Way; 90 billion years to get to the edge of observable universe. If we travel at the speed of light. As we get more capabilities, we may see more of the universe.

National Turmeric Board comes into being with appointment of first Chairperson Palle Ganga Reddy.

Dominic D'souza, 76 [7 Oct 1948 – 2 Jan 2025], Nafisa Gogu D'souza, 74 [11 Sep 1950 – 13 Jan 2025] - rest in peace. Adivasi forest-dwelling community advocate Dominic was LAYA's cofounder. Social justice and climate justice advocate Nafisa was the founder Executive Director, LAYA since 1989. End of an era. 40 years starting as Project LAYA to LAYA resource centre, and INECC secretariat. Addateegala, Visakhapatnam. The partners left us together leaving LAYA, INECC; Siddharth and Karuna; and co-workers, peers, associates, fellows, and partner organizations, networks.

When we want to leave an organization, group, team, school, network, coalition, forum, platform et al, it is not enough to resign and quit; not OK to disappear either; not OK to fight and not turning up next day. One should bid a proper good bye, take a proper farewell; handover the things to someone who takes charge; provide detailed handover notes; transfer all files and folders that matter; give enough time to the team, team leader to absorb, adjust; and talk to all relevant core stakeholders, acknowledge the relationships that have evolved; stay connected; and make it a point to be helpful when they need us, even if it means some stretching.

When we say we love, we mean we love ourselves, our families, friends, peers, associates, students, children, elders, communities, habitats, countries, world, and universe. We show this love by giving. Giving what they want without them asking. Proactively. We give because we know what they want, need, and require, as we spend quality time with them. We give time, energy, interest, inspiration, and encouragement. Sometimes, resources too. Financial as well. If we do not have, we earn and give; we learn and give. Usefully, meaningfully. Can we increase giving? For the joy of it. As much as possible. We can only do this. Can we do anything else? With 'life', all the time, energy we have. Some 100 hours we have, 50% for 'living' and 50% for 'life' beyond living. Is this workable? Can we make it workable?

Can we absorb stress and pressure from our 'people'? We can be stress-free when our people are stress-free. How do we do that? By energizing ourselves in our own ways; relaxing in our own ways. By respecting all 'lives', all 'life'; our time, and our people's time, at work or outside; our breaks. Through mutual agreements. By being fair, even in its optics. By practicing and living hope, faith, promise, love; and spending time in knowing ourselves. By the culture, ecosystem; and teamwork coupled with individual performance, brilliance, and genius; exiting of the non-performers. By the spirit of the leadership, servant leadership; the meaningful purpose, realizable vision, ethical ladders, means, and steps. Can we? Can we include, enthuse, engage, and involve? Connect, inspire. Can we nurture, mentor?

Yes, we can. If we coexist, keep flowing. With articulated promise, care. In N? Sankranti yoga for 7L.

140125

## 525. Renewed being

Pongal, Kanuma. The festival of nature. We can celebrate nature. Pray to nature. Can we cool her a bit? By greening, 365 days, diversified green covering, and multi-layered multiple crops, including trees. On as much land as possible, as quickly as possible. With no chemicals. In 10 years, 20 years. Time is running out. It also helps our health. Our nutrition. Our food, nutrition, and health security. Our resilience against climate. Our wellbeing. Better returns, remunerative, while meeting our needs. Better livelihoods, living, lives. For all of us. Beyond the private lands. Commons, public lands.

Martin (alias Michael) Luther King Jr, 96 [15 Jan 1929 – 4 Apr 1968]. 39 years of making all the difference. Non-violent Civil Rights activist, Peace seeker. Inspiration to Native American Rights Movement. Influenced strongly by non-violence of Mahatma Gandhi. He described Gandhi as: 'being one of the individuals who greatly reveal the working of the Spirit of God'. He visited India and reflected: 'Since being in India, I am more convinced than ever before that the method of nonviolent resistance is the most potent weapon available to oppressed people in their struggle for justice and human dignity.' Youngest (at 34) Nobel Prize winner. When receiving Nobel Peace Prize, King described Mahatma Gandhi establishing the successful precedent of using non-violence in a magnificent way – to challenge the might of the British Empire, he struggled with the weapons of truth, soul force, non-injury and courage.

Awarded: 50 honorary doctorates; Presidential Medal of Freedom; Congressional Gold Medal. He was also canonized. His birthday became a national holiday: Martin Luther King Jr Day. His famous 'I have a dream' speech: '..... Now is the time to make real the promises of democracy..... I have a dream....all men are created equal ... they will not be judged by the color of their skin but by the content of their character. I have a dream today....This is our hope. This is the faith ....our nation into a beautiful symphony of brotherhood. ... we will be able to work together, to pray together, to struggle together, ... to stand up for freedom together... let freedom ring ... from every mountainside ...from every village and every hamlet, from every state and every city ....'

His writings include: The Measure of a Man; Why we can't wait; Stride toward Freedom; Strength of Love; Where do we go from here: chaos or community? The Trumpet of Conscience; The Autobiography; A Testament of Hope.

'We shall overcome someday' song.

Can we have a world constitution for Earth? Can we get over with poverty, racism, casteism, materialism, and militarism? Soon. In amrt kaal. Can we overcome? Can we have better rights and entitlements for the PVMs that includes disadvantaged? At least equal rights and entitlements.

Without our knowledge, most of us might be living on borrowed life. Life owned by the universe. We should go by its intelligence. We should get going. Not alone, but as a team, teams. Complementing, supplementing. With clear plans, tested. Toolkits. With committed 'clients'. With patient 'capitals', no initial overheads to worry about. With alternative sources to support, just in case. Can we? Can we articulate? Come together, join hands, be a collective. Inclusive. Enthused. With agency. Can we plan? Going forward on the plan. Nurtured, mentored, and mandated. With Deeksha.

Yes, we can. If we coexist, keep flowing. With care to change course. In N? Pongaliyoga for 7L.

150125

## 526. Start to last

Pongal 4-days end with fourth day of Sankranti/Pongal – Bhogi, Sankranti, Kanuma, and Mukkanuma. Kanu Pongal.

A 14,740 sq.ft. state-of-the-art Soil Testing Resource Centre (STRC) has been launched in Kalivemula village, Sangareddy, a collaboration between Dr Reddy's Laboratories and Dr. Reddy's Foundation. It can process up to 200,000 soil samples annually. A useful addition to agroecology research and learning infrastructure in the country, in Telangana in particular.

Start-ups. With clear intention to grow beyond the founder(s). Founder; or co-founders. Start-ups begin lean with a solution for some problem. This solution is improved, fine-tuned with clients, market. Through various ways including surveys, cold calls, emails, sample research, and piloting. And engaging customers to understand their specific needs, preferences, and priorities. Agility, flexibility embedded to ensure that options remain open, not locked up in a particular way. We can be incremental, or disruptive. Or hybrid of the two. We need partners to take them forward.

Most start-ups close shop in less than 24 months. Some may drag for 36 months. Most fail because: co-founders being not prepared enough and lacking required stamina; over confidence; consumer disinterest; cash problems; HR problems; team issues; no or poor plans; competition; or pricing. A mere 10-15% go the long way. High speed learners, minimum viable product builders last longer. This product should be something people want, no matter how innovative, great the idea, model is. The team of vision-strategy, technology/product/service, market, finance, and IT would be required.

Start-up ecosystem includes individuals - entrepreneurs, venture capitalists, angel investors, mentors, advisors; institutions and organizations - research universities and institutes, business schools. non-profit support organizations, entrepreneurial firms and startups, funding organizations – seed capital, equity, loans; mechanisms – crowdfunding, competitions, studios, platforms, rounds and various ways of financial support, human resources and capacity building support, technical support, management and leadership support, legal support, and systems and audit; Do Indian cities, areas, and states have these ecosystems?

More than 150,000 registered start-ups in India in the last 10 years. Is it a million? Gender parity is increasing in the start-up arena. MUDRA loans, Jan Dhan schemes helped in this. Increasing tendency towards enterprises. Discussions and explorations have been increasing. Digital hygiene of the country is helping in enterprise development. Education, Physical and e-connectivity is helping. 1.5 million engineers every year. 65% population is below 35 years. Consumers are driving demand across sectors. However, enterprises are not uniformly growing across the country. Majority is in 4-5 cities and states. Start-ups contribute some 5% GDP.

Will the start-ups work in social, socio-economic, and political space? Livelihoods, employment, enterprise, and collective space of the PVM? Policy and support space? Or are some variants of start-ups tailored to these spaces possible? Can we have more social individuals, enterprises, start-ups, and collectives, collective enterprises, and collective start-ups? For the PVM, by the PVM, of the PVM.

Yes, we can. If we coexist, keep flowing. With new lasting flows. In N? Udyamayoga for 7L.  
170125

## 527. Our ways

Israel and Hamas have reached a ceasefire agreement, after 15 months of conflict in Gaza; some 15,000 soldiers, 50,000 civilian deaths. Ceasefire in three phases – initial 6 weeks for de-escalation and exchange of hostages; towards permanent end to the war; Return of the bodies, reconstruction plan for 3-5 years under global supervision. US gets credit for this ceasefire agreement.

Doubt remained – is 2013 Maha Kumbh or 2025? It seems it was 2013. What we have now till 2157 are Purn Kumbhs. 2157 would be a Maha Kumbh. 2025 is special, they say, because we see 7 planets in alignment in January and February coinciding with Kumbh time. 500 million people cumulatively congregating at Triveni over the 45 days in itself is something special. Chaotic serenity. Spiritual humanness. Ritual commerce. Deep reflection times, teams, and spaces.

35 years ago, our classmates, colleagues, and roommates TS Rajan, SS Manahoran, on a TVS 50, met with a fatal accident, a road transport bus hitting them, within a furlong from where we stayed in Anand. They slipped into coma, one into a deeper state, and the other quickly out of it. Subsequently, Rajan succumbed to it and could not be revived despite best efforts in Ahmedabad hospital. Manohar recovered from coma, but we took time to get out of the whole thing. Fraternity at Dairy Board and IRMA, each one, made Manohar in particular and all of us around in general to get back to normalcy. Teachers-staff at IRMA, colleagues at Dairy Board tended to us. A lot of time, in any case.

The feeling that we should get to the grassroots, to the cutting-edge to appreciate the reality on ground, and see how to make a small difference there has been mounting within us. This incident reinforced that feeling. When talked to, leadership in Dairy Board did not agree. At first. We were not willing to fight and go. Ms. Patel slowly tried to nudge us to a field transfer. We were not OK with that. Finally, the leadership gave an offer – one could go, the second had to wait a year. Manohar was the first to go. I had to wait an extra year, being in IRMA and available to Market Intervention Core team as and when required. At IRMA, I was with Brains-Trust, chaired by K; with Dr Aneja in Policy; in National Oilseeds Sector Policy Analysis – making the national oilseeds and oils estimates; teaching ‘information’ et al. After some 10-12 months, I could leave Anand to join Manohar on the ground. Being and working with tribal communities.

Manohar, with 3 years with Boithili, joined ACCORD and was with Gudalur Adivasi community, via a small stint to be with his father’s neem-based enterprise. He was not OK with ‘business’ ways. He stayed put there till the ‘end’. And a year later, with Community Coordination Network coming into being, Kovel Foundation taking off, some wonderful and pioneering work at Girijan Cooperative Corporation and GCC seeing changes in leadership subsequently, I moved back to Anand to work with Commons at National Tree Growers. Dairy Board leadership made an exception to take me back into its group

organizations. 3 years later, I finally reached Hyderabad and stayed put. Through Outreach; Akshara Livelihoods; Independent professional; Naandi Foundation; SERP (combined AP); NIRD Practitioner-Academic; National Rural Livelihoods Mission, Gol-UNDP; APF, and RySS-APCNF.

Next. What would Manohar say? Can we flow with the need, intelligence, and direction of the universe? Can we mentor? Can we take our teams?

Yes, we can. If we coexist, flowing. Kumbh, Rajan, Manohar guiding. In N? Sankalpayoga for 7L.

180125

## 528. Local triggers

TS Rajan succumbed to his coma 35 years ago. Sadgati.

Indira Gandhi became Prime Minister of India first time, 59 years ago.

World Economic Forum at Davos, Switzerland, starts soon, 20-24 January. WEF is an advocacy NGO and thinktank. Its stated mission: improving the state of the world by engaging business, political, academic, and other leaders of society to shape global, regional, and industry agendas. 1000+ large MNCs are its members. Invited members participate in the annual meeting(s). Some 500 sessions with 3000+ participants from 100+ countries. Apart from public figures, state leaders, CEOs et al, Young global leaders chosen, and social entrepreneurs selected by Schwab Foundation are also invited. A portfolio of exercises in showcasing to the 'resource deciders'. The focus of 2025 is – collaboration for the intelligent age. Agenda includes rebuilding trust; reimagining growth; investing in people; safeguarding the planet and industries – in the intelligent age. Indian delegation includes Ashwini Vaishnav, CR Patil, Rammohan Naidu, Chirag Paswan, Jayanth Choudhary; Chandrababu Naidu, Lokesh, Revanth Reddy, Devendra Fadnavis and their teams; 65 Business Representatives amongst others. Will these sessions and sidelines contribute something for PVM?

Trump's inauguration shortly. Biden's administration ends. Towards the end, hours before the end of his administration, Biden issues pre-emptive pardons to Anthony Fauci (Covid advisor), Mark Milley (retired General), some close family members; to members and staff of US House Committee that investigated the attack on US Capitol. He has also commuted to home confinement the life sentence of Leonard Peltier (native American activist).

Our lives are sacred; intrinsically good, useful to universe, and relevant. We have right to life, living, and livelihoods. Nobody can try to end our life. Right to life does not mean a right to die. Life has to be protected; dignity has to be preserved. In all circumstances. Including the life of an embryo; of a disabled person; of poor, vulnerable, marginalized; and of an elderly person. Including Fair wages, dignified work conditions, home, no slavery, no poverty, access to healthcare, nutrition, no forced migration, justice, peace et al. Access to air, water, food, care, shelter, and entertainment. From conception to natural death. Can we treat life sacred? Can we preserve its dignity? At all costs, under all circumstances, for all of us. Can we prioritize, start, keep pace, be consistent, and adapt quickly?

The journeys have to start. Next 1000 days. We start small, start in the local neighbourhoods. 50 hours a month; to 100 hours a month in six months; to 150 hours a month in a year. Maintaining this pace next 700 days. Add meets, workshops in the

journey. Add online calls weekly to gradually every alternate day. Team has to become active. One addition every month for a year. Each added adds one every month from Seventh month. Initiate groups. One message a day to 3 messages a day – text, picture, and video. Add writing. Monthly once to weekly once to at least once every alternate day. Start classes. Weekly. Offline. To Daily, offline, and online. By several members. Release books, videos, and galleries. From next year. At least one a quarter by one member or the other. And so on. Can we have schedules developed and get going? Can we journey, campaign? Can we take our teams? Can we make the movement?

Yes, we can. If we coexist, flowing. With planning with innermost. In N? janayaanayoga for 7L.

190125

## 529. Intelligence movement

Founder Young India Project, Penukonda Narinder Singh Bedi, 86, Sadgati. Crusader for rural employment; Advocate of Rural employment rights; Involved in the design of MGNREGA. Worked on Drought, Water, Poverty, Migration, Farming, Skills, and Employment extensively and intensively. Inspiration to large number of civil society leaders in general and in Rayalaseema in particular.

Rohit, Virat, and Bumra in Champions' Trophy Team.

US: Trump's inauguration. Donald Trump, JD Vance and their cabinet take charge. Trump spoke: The golden age of America begins right now; My election is a mandate to give the American people back their faith, their wealth, their democracy and indeed their freedom; I was saved by God to make America great again; His administration would reinstate 'remain in Mexico' policy; We are taking Panama Canal back; We will pursue our Manifest Destiny into the stars, launching American astronauts to plant the stars and stripes on the planet Mars.

On the inauguration, he withdrew from World Health Organization. He signed several executive orders. These include end of work-from-home; withdrawal from Paris climate accord; national emergency at southern border; attempt to end birthright citizenship; pardons for 1500 supporters, part of 2021 attack on Capitol; Only two genders – male, female; national energy emergency; 75-day pause on banning TikTok; Revoking sanctions against Israeli settlers in occupied West Bank; Removal of Cuba from blacklist. What more is in store in the initial days?

21 January: Six planets set to align, although not so perfectly. Venus, Mars, Jupiter, Saturn, Neptune and Uranus. This may be the reason, this Purn Kumbh is considered special, and referred as Maha Kumbh, in addition to 2013 Maha Kumbh.

Schwab Foundation says: 10 million social enterprises are creating 200 million jobs, generating USD 2 Trillion annually. Yet they need USD 1.1 Trillion funds. Our world is facing extreme, unpredictable weather events and disasters while it is grappling with instability, inequalities, poverty and marginalization. Green and digital transitions are underway in a big way. In this background and context, Schwab Foundation Awards 2025 announces 18 social entrepreneurs and innovators as awardees driving systematic change. The Award offers a three-year journey/fellowship. These include Akshay Saxena (Avanti Fellows), Vineet Singal (CareMessage), Cecilia Corral (CareMessage); Trinh Thi Huong (Agency for Enterprise Development, Viet Nam); Caitlyn Chen (Tencent – Tech for

Good digital innovations); Ved Aya, Poonam Muttreja, and Apoorva Oza (Responsible Coalition for Resilient Communities).

How do intelligence, knowledge, and wisdom get to PVM? To eco-fragile and marginalized zones. How does the new architecture look like, and operate? Can we ready ourselves, our PVMs, their collectives, their teams and support teams? Are we not enterprisers? Are our habitats run portfolios of enterprises? We hear: Microsoft alone is investing USD 80B = Rs.6 lakh Crore in one year in AI infra. India – public, private - in total cannot match this investment. How do we compete? Can we train people then? Support, use. Can we access and use better? On scale. Intelligence movement.

Yes, we can. If we coexist, flowing. Tackling snakes, traps. In N? Janapaatavayoga for 7L. 200125

## 530. Scaling amrt legacies

Prof Udai Pareek, 100. OD, OB, HRD. He was Indianizing these. I worked with him when we were doing shared visioning in National Tree Growers way back, which paved way for the emergence of Foundation for Ecological Security, FES. He was the anchor. The exercise itself lasted 3-4 months, including travel and interacting with communities across the country.

Beti Bachao, Beti Padhao scheme and campaign, advertisements are 10-year old now.

US: automatic citizenship executive order gets a pause. Bans, increased Tariffs on imports from select countries would be effective February.

We heard allegations that aggregators like cab aggregators, food deliverers, ticket bookers et al have differential pricing based on the mobile makes, android or i-phones, and/or laptops or battery charge levels, etc. Also, the allegation is also that if sought for the same ride more than once, the price may get boosted up. Many have shared example evidence, screenshots showing differentiation. Government sent notices to Ola and Uber on this. The companies have denied such differentiation. We still wonder what the reality is.

Delhi: Assembly elections for all 70 constituencies are in progress. Polling is on 5 February and the results would be on 8 February. Campaign is picking up momentum as the withdrawal date ended. It is a triangular contest broadly – AAP, BJP (NDA) and Congress. Do or die contests between the parties. Manifestos are mostly welfare. Amounts to women – Rs.2100-2500/month; free travel in buses; ration kits; AAP is incumbent. BJP is out of power in Delhi for 26 years. Congress for 12 years. Its popular vote percentage hit single digit. All national leaders are in the campaign intensely. Regional leaders from across the country are being roped in. There is a special drive to capture the imagination of women. Voter lists are being analyzed and voters not in Delhi are also being contacted. Booth-by-booth management seems to be planned. Opinion polls are due. BJP seems to have the prima facie edge. Congress may get a face-saving presence with some significant number of seats. Will Sandeep make the cut? Arvind? Atishi? Bidhuri? Parvesh?

Delhi results might start processes for way forward national campaigns for 2029. Strategies, deeper transformations, and reimagined apparatus. The profiling of constituencies, however, might wait till the new constituencies emerging. Support entities would come in. Invisible behind the limelight work would start. Broader membership drives, cutting-edge active members, inner party elections, learning-training-capacity building, management, and leadership classes would be taken up. Visioning, scientific but

participatory manifestos, articulation, communication, media, social media portfolios, and anchor teams emerge. This 2029, most probably, may see dropping off senior leaders, new leaders in the front at various levels. National, local long-term, short-term yatras, walks, cycling, bikes, and rallies may start-off. Films, you-tube videos, and audios may be developed for release. Hope they focus on amrt kaal, amrt phala, amrt bhaarat, amrt viswam.

Can we ready ourselves for these? Can we support them towards our PVMs, their collectives, their teams and support teams? Can we see amrt collective leadership emerging, taking charge? On scale.

Yes, we can. If we coexist, flowing. With ladders, in the flow linings. In N? Agrimayoga for 7L.

210125

## 531. Agency for agency

Charismatic inspirer, Azad Hind Fauj, Indian National Army Chief, Netaji Subhas Chandra Bose, 128. Parakram diwas. Disappeared in 1945. Founded, broadcasted on Azad Hind Radio. Netaji led one critical stream of Indian freedom struggle. All streams collectively led to India's liberation. Not sure what all did the trick. Netaji remains a legendary inspiration to young women-men even today.

BJP Manifesto, Sankalp Patra for Delhi promises: Rs.10 lakh life insurance and Rs.5 lakh accident insurance for gig workers; Yamuna riverfront; 50,000 jobs; 20 lakh self-employment opportunities; Mahabharat corridor; ownership rights in unauthorised colonies; free treatment to senior citizens; unsealing 13,000 sealed shops; 13,000 e-buses. These are in addition to: Rs.2,500 per month to each poor woman; Rs.21,000 each for pregnant women; Rs.500 LPG subsidy; free education KG to PG in government schools; Rs.15,000 for preparing for Service Commission exams. AAP and Congress manifestos are not very different.

Jagan's key associate/aide, chartered accountant V Vijayasai Reddy, currently MP, YSRCP National General Secretary, has retired from politics, with 4 years of term still to be completed, to get into 'agriculture'. It appears there is something more to it than what is being told.

Girl Child. There are less women in India vis-à-vis men. 48.4% are females in India. However, NFHS says we have 1020 females per 1000 males. A contradiction. Hope this gets corrected soon. We all believe this may not be true. Women are biologically, emotionally strong, nurturers. Studies confirm: Women have better learning abilities, non-cognitive skills; women are more empathetic, more intuitive; women are more competent coders; women multi-task more efficiently; women live longer, because xx, vis-à-vis men having xy.

Even then, today women score low on literacy, political participation. Still a good number of women marry before 18. Violence is high. Still, more time of women is going towards unpaid work. All this after the Constitution of India guaranteeing to all Indian women equality; no discrimination by the State; equality of opportunity; equal pay for equal work; special provisions to be made in favour of women and children; renouncing practices derogatory to the dignity of women; and provisions to be made for securing just and humane conditions of work and for maternity relief. 75 years have elapsed since then. There is the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013. Effective implementation may be an issue still. Triple talaq is

unconstitutional now since 2017. Sex outside marriage is no longer a crime. 50% reservation for women in local governments. 33% reservation in legislatures is still on its way. About 25% workforce is women in urban areas. It becomes more than 60% in rural areas. In dairy, it goes beyond 90%. More than 50% in forest-based livelihoods. Gender gap in wages in practice exists. We still hear about female infanticides and sex selective abortions. Property ownership is largely with men still. Sanitation, toilets for women is still very less than required. However, we remain patrilineal; patriarchy is still around. Agency of women is still not fully expressed in various aspects.

Can we do something? Can we take agency, can we facilitate agency into the hands of women, to lead-nurture us towards our PVMs, their collectives, their teams and support teams? Everywhere.

Yes, we can. If we coexist, flowing. Being with and in krsna. In N? Plaavanayoga for 7L. 240125

## 532. Buddham sangham

India clocks 422 min (7 hours a day or 50 hours a week) work. 1% increase gives 2% GDP increase; women working outside have least leisure time; one hour less in govt., primary sector – 2 hours less.

This year Padma awardees include: Padma Vibhushan – Dr D Nageswar Reddy, L Subramaniam, MT Vasudevan Nair, and Osama Suzuki; Padma Bhushan – A Surya Prakash, Anant Nag, Bibek Debroy, Balakrishna, PR Sreejesh, Pankaj Udhas, Ajit, Shekhar Kapoor, Shobhana, and Vinod Dham; Padma Shri – Arjit Singh, Arvind Sharma, Farooq Ahmed Mir, KL Krishna, Nagaphani Sarma. Mamata Shankar. Manda Krishna, M Apparao, R Ashwin, Subhash Sharma, Vadiraj P, and Dr Vijayalskhmi Deshamane.

75 years of Republic of India. 75 years of adopting our Constitution. We the People of India. Resolved ourselves into a Sovereign Socialist Secular Democratic Republic; to secure ourselves: Justice – social, economic, and political; Liberty – of thought, expression, belief, faith and worship; Equality – of status and of opportunity. Resolved to promote amongst us: Fraternity – assuring the dignity of the individual and the unity and integrity of the Nation. Effective since 75 years; and 2 amendments later.

President of India addressed the nation. Some extracts include:

“...Bhagwan Birsa Munda...Mahatma Gandhi, Rabindranath Tagore and Babasaheb Ambedkar ... helped it rediscover its democratic ethos....The Constitution ... a living document.... binds us together as a family....Today, India is taking leadership positions in international forums...the economic growth rate has remained persistently high, creating job opportunities for our youth, putting more money in the hands of farmers and labourers, and also lifting more people out of poverty....Inclusion is the cornerstone of our growth saga ....financial inclusion...making basic necessities such as housing and access to drinking water a matter of entitlement....Every effort is being made to extend a helping hand to the marginalized communities... physical infrastructure development... unprecedented transparency in the system... Digital Public Infrastructure.....

...the Bharatiya Nyaya Sanhita, the Bharatiya Nagarik Suraksha Sanhita and the Bharatiya Sakshya Adhinyam....The ‘One Nation One Election’ ....engagement with our civilisational heritage....hub of great linguistic diversity ... 11 classical languages....first Archaeological Experiential Museum... transformed education, in terms of quality of learning and physical infrastructure and digital inclusion...medium of instruction, the regional

languages... at more levels...more than 60 percent of those who became teachers in the last decade are women.... expansion and mainstreaming of vocational and skill education... youth internship opportunities .... cutting-edge research... National Quantum Mission... National Mission on Interdisciplinary Cyber Physical System... Genome India Project... genome sequencing of 10,000 Indians ... this month.... Indian Space Research Organisation... Space Docking Experiment.... D. Gukesh... the youngest World Chess Champion.

...truth and nonviolence ... remain relevant for the whole world... the true source of rights is duty... compassion not only for our human neighbours but also for our... flora and fauna, rivers and mountains...Mission Lifestyle for Environment... 'Ek Ped Maa Ke Naam'... planting 80 cr seedlings....”

Can we live the Constitution? Justice, liberty, equity, and fraternity? PVMs. Growth with inclusion, equity.

Yes, we can. If we coexist, flowing. Being with ourselves together. In N? Sanghatitayoga for 7L.

250125

### 533. Third to fourth

Let us vote, whenever voting happens. If not a voter, let us become one immediately.

Our Chief Guest for Republic Day is Indonesia President Prabowo Subianto. He quips that he has 'Indian DNA'. It was revealed to him when he went through genetic sequencing test, DNA test. According to him – India and Indonesia have a long, ancient history together. Civilizational links. Indonesian language comes from Sanskrit. A critical part. Many Indonesian names are Sanskrit names. India and Indonesia share genetics too.

Uttarakhand becomes the first state to implement the Uniform Civil Code, UCC. Equal property rights for son and daughter; no polygamy; marriage age for man – 21, and woman – 18; marriage to be registered; no distinction between legitimate and illegitimate children; biological, adopted, surrogacy-born, and assisted tech-born children – all are treated equally; equal rights to spouse, children and parents.

If we look at our life from the lenses of four scores of existence – brahmacharya, my schools: childhood, adolescence, teens, schooling, foundation, and growing up; grahastha, my wanderings: being an adult, being married, learning, and doing; vaanaprastha, my work ashrams: early-voluntary retirement, doing, mentoring; sanyaasa, my final journeys: building legacy, getting ready for death. These may not be equal, may not be fine divisions. Some gaps and overlaps are possible. It is possible first score comes all the way to fourth; second score may start early in first score itself; so on, and so forth.

If I see it that way, I may be in the cusp of third and fourth scores. It may be time to reflect on the context and circumstances of our three scores and what drives us in the fourth. The schools, gurukulams – in the village, at Sarvail, Sagar, Warangal, Anand, K-school – lasting significantly at least till 27. Wandering and work – tribal communities, governments-government organizations at various levels-types-forms, collectives, bhaarat darshan, non-government civil society, self-help, livelihoods, enterprises, value-chains, participation-inclusion-communitization, impact-influence, pay back et al; at Guntur, Anand, Adilabad-Visakhapatnam, Anand (second time), Hyderabad, combined AP, Delhi, India across, Hyderabad; with several gurus on the way – lasting till 52. Mentoring, facilitating learning – starting at 21, but going strong even now. Journeys seems to have begun at 52, with peaking expected in the coming 10 years and more. Beyond us next, legacy thoughts are hitting. No one way, multiple strands in coexistence. No definite

timeline, flexible parallel pathways. Natural, social, human, and spiritual. Numbers multiply without conscious intervention(s). Some slowing down.

New paths tailored to this new evolutions have to be figured out. Maybe in parallel. Maybe with dedicated parallel time, energy, teams, and processes. Does it make sense? Or should it be switch, complete switch, from an xx date? How much more time we have to reach the xx date? What should we do till then? The preparation, readiness. Left out, ignored – we need to reverse. Reflections, meditations, visits, interactions, conversations, and time for those who seek, classes, notes et al. Can we do this? Can we go on maha yaana?

Yes, we can. If we coexist, flowing. With the floating leaf. In N? chaturdhayoga for 7L. 260125

## 534. Twenty two

DeepSeek R1, an open-source artificial general intelligence (AI) chatbot built on a low-cost LLM infrastructure, by a one-year-old start-up, is wiping off market caps of various IT/AI companies. Low development cost without no performance compromise. In fact, superior performance. More affordable. Subscription is 0.5 USD a month as against 20 USD a month for ChatGPT, for example. Most downloaded app within a month of its launch. ChatGPT says: Developed at a fraction of the cost of ChatGPT, DeepSeek's model has shown impressive performance in reasoning and logic, even surpassing ChatGPT in some areas. However, it faces limitations, including censorship, a lack of advanced features, and a pro-China bias. Copilot says: DeepSeek might be preferable if detailed reasoning or technical support is required. Google Gemini says: DeepSeek is a significant player in the AI landscape. India is going to host DeepSeek on Indian servers, to ensure data security and data privacy.

DeepSeek – is it Android of AI? Linux of Operating systems? Whatever. AI is going to be cheaper for all of us. More and more apps, products are going to happen as we proceed.

Supreme Court has ruled: Individual's right to know his biological father is negated; unwillingness to agree to the test on the grounds of privacy is upheld; a child born during a valid marriage or within 280 days after the marriage ends is the husband's legitimate child is taken as a basis. All this if the child, mother has access to the husband of the mother. Interesting case.

Two stampedes in six hours at Maha Kumbh. 30 people lost their lives. Massive crowds. Breaking through the barricades and pushing forward. Sleeping people. Blocked roads. No space to walk. Lost laptops, phones. Stolen cash. Accident, or deliberate stampedes? 6 hours to clear the site. Hope these will not recur. We have a month to go, till Sivaratri, for this Maha Kumbh. Plain clothes policing has to increase; volunteers of peace, safety and security have to be vigilant. Crowds to be more disciplined. Are we reaching 500 million people in this Maha Kumbh? Kumbh is a place a drop(s) of amrt fallen. And the drop remains there and spreads locally. It does not seem to flow off in the river(s). So, all of us seem to take a dip there in the spot/location. Incidentally, it is different in a pushkar of a river. The holy dip can be anywhere in the river. The pushkar purush is spread all over, all along the river. For those 12-days of pushkar period of the river. Probably 12 rivers, one

every year. The cycle repeats every 12 years. The pushkar rivers include Ganga, Yamuna, Narmada, Saraswati, Godavari, Krishna, Kaveri, Bhima, Brahmaputra, Tungabhadra, Sindhu, and Pranahita. This year, it is Saraswati's Pushkar, during May 15-26.

Can we use this occasion to start Bhaarat yatras? Journeys in India. Can we start interactions, conversations, and classes? Visioning individuals, enterprises, teams, organizations, networks, forums, platforms, coalitions, schools, institutes, movements, governments, communities et al. Changing systems. Repurposing. Changing behaviour. Non-negotiable values. Strategies. Architectures, Capacities. On scale. At viral scale. Can we raise capacities and resources? Time, energy, skills, competencies, knowledge, teams, and funds. Cash, kind. Can we use universe's intelligence? Natural, general, potential, and possible. Can we get going? Can we get all the support this requires? Courage.

Yes, we can. If we coexist, flowing. With full awareness. In N? Nimeelitayoga for 7L. 280125

## 535. Heuristic pathways

Mahatma Gandhi – Mohandas Karamchand Gandhi – Putlibai putra, Kasturba pati [2 October 1869 – 30 January 1948]. 155. 77 years of his Punya Tithi. 1717 hrs. Martyrs' Day. Time magazine named The 14th Dalai Lama, Lech Wałęsa, Martin Luther King Jr., Cesar Chavez, Aung San Suu Kyi, Benigno Aquino Jr., Desmond Tutu, and Nelson Mandela as Children of Gandhi and his spiritual heirs to nonviolence. The Nobel Committee publicly declared its regret for the omission and admitted to deeply divided nationalistic opinion denying the award. Gandhi was nominated in 1948 but was assassinated before nominations closed. That year, the committee chose not to award the peace prize stating that "there was no suitable living candidate". According to one Nobel Committee: Gandhi could do without the Nobel Peace prize, whether Nobel committee can do without Gandhi is the question.

Tagore called him Mahatma first time. Subhash Chandra Bose and Sarojini Naidu referred to him as Father of Nation. Many started calling him Bapu.

BBC Poll in 2000 votes Gandhi as the greatest man of the millennium. Innumerable streets, roads, and localities in India are named after Gandhi. Including Mahatma Gandhi District in Houston, Texas, United States. Statues everywhere in India, and many outside. Image on the Indian currency notes. Some temples too. Including one in Kanyakumari; at Sambalpur; at Kadur in Chikmagalur; one 70 km from Hyderabad. Stamps in 150 countries. 120461 Gandhi Asteroid. Many Ekalavyas. Leading need not be always through inspiring talks. Writing. Conversations. Coexistence. Actions could do the trick, several times. Indian Opinion started by Gandhi was an example. Books like Hind Swaraj. Young India, Harijan, Navajeevan. Letters-mails-blogs. 50,000 pages. Daily writing. Prayers, Songs, Stories, and Plays. Daily actions, practices. Ashram(s) help. Travels help. Can we follow his great vows: Satya, Ahimsa, Brahmacharya, Asteya, Aparigraha – truth, non-violence-love-care, celibacy, non-stealing/usurping, and non-attachment? For sarvabhuta, sarvadaa, sarvatra. Can we be satyaagrahis? Relying on truth, nothing but the truth? Relying on soul force? Do we dream, vision, of amrt phala during amrt kaal? Do we pursue them?

It appears that the logic - defining a problem, designing a solution, implementing, and measuring impact - is inadequate, given our interconnected, volatile, uncertain, complex, ambiguous system, world. Interwoven dimensions, issues around the issue of concern for us. Dynamics have been 'reduced' to static snapshots, divorced from evolution happening in parallel. Abstraction, simplification, and easy representation turning out as misrepresentation. Static frames fail. Dynamic realities need evolving solutions, equations, connections, and relationships. This essence gets a skip, if we are not very careful. Can we be and can our communities, community leaders be co-creative? Can we move from inclusion to belonging? We belong there, and we co-own. We seek, we do, and we benefit. With the willingness, space and abilities. More than coordination, management. More than mechanics, mechanisms.

Can we build teams, forums, platforms? Their capacities. Can we be the family, community? Local, national, and global. Teams within teams. Global at local levels. One-to-one, one-to-five, and one-to-twenty.

Yes, we can. If we coexist, flowing. Flows in the flows. In N? Sambandhayoga for 7L. 300125

## 536. In shared universe

Try things backward, reverse. Old fashioned.

Let us be art connoisseurs, art enthusiasts, art enjoyers, art users, art deployers, artists, artisans, art practitioners, and crafts persons. Let us have science, logic together with art. In all our endeavours. Observe, see, listen, read, participate, explore, appreciate, share, play, and teach. Live, if possible.

Economic Survey 2024-25: India's GDP growth rate – 6.3-6.8% in FY 25-26, while it is 6.4% in FY 24-25, as against global rate of 3.3%. Real GVA may also be the same. Agriculture is growing at 3.8%. Horticulture, livestock and fisheries are the drivers. Services are growing at 7.2%. Services sector is performing better globally too. Social services is growing at 15%. Rs.50,000 Crore self-reliant India Fund for MSMEs. Food inflation went up to 8.4%. Interestingly, unemployment rate declines to 3.2% in 23-24. Labour force participation and worker-to-population ratio have increased. ES argues that AI would support economic growth, labour market. ES advocates reducing excessive regulatory burdens and reducing cost of all operational decisions. Ease of Doing Business initiative should reduce the unease, liberalizing standards and controls; setting legal safeguards; reducing tariffs and fees; and applying risk-based regulation.

We can be alone but not lonely. Loneliness from being alone is tolerable. If it comes from being misunderstood is terrible. Lonely in a crowd of unknown people is understandable and is fine. In a crowd of known people – friends, family, colleagues et al, if they do not see us, do not hear us, it is different. If they do not see into our eyes. If they do not know our true essence. If we feel completely invisible, lost, and unrecognized. Even if we are going through the motions with smile, nod et al. A connection is missing. An 'unbridgeable' gap between inner world and outside exists. Missing some ones to hear our whispers, to feel the depths of our souls with no judgment, expectations. Even in this loneliness, there is a

strength, quiet, resilient. There is courage in having our essence, our life, our living, and our fire alive in us. Being in peace with ourselves.

Despite being complex and dynamic, relationships go through several stages – intense attraction, excitement, knowing each other, frequent communication et al, may be over in 100 days; deepened emotional connect, intimacy, shared experiences and memories, being ‘together’ et al, may be in first six months; reality striking, knowing flaws-imperfections-gaps, disagreements-conflicts, testing of skills, becoming realistic et al, may be in a year; emotional intimacy, deeper connect, trust-security-stability, shared values, trusting with vulnerabilities et al, may be in 2 years; loyalty, commitment, shared responsibilities, permanence, et al, may be in 5 years; growing and improving together, adapting to changes, challenges, companion, partner et al, beyond 5 years. Most relationships do not cross stage 3. Stage 6 is only for a miniscule proportion. Can we transcend stage 3? In more and more relationships. If we do, we go through subsequent stages with ease, comfort.

Can we invest our time, energy, learning, knowledge, skills, tools, and resources building our relationships of belonging, families, teams, communities, and networks, with shared values, shared responsibilities, shared domains et al? Various layers, levels, with identity, solidarity, capacity, shared values-rights-responsibilities, wellbeing, and freedom-choices.

Yes, we can. If we coexist, flowing. In tandem. In N? Vyatisaktayoga for 7L.

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