



Success Stories District MANDI

HIMACHAL PRADESH, INDIA



State Project Implementing Unit (SPIU)

Prakritik Kheti Khushhal Kisan Yojna

Department of Agriculture, Krishi Bhawan, Shimla-5 (HP), INDIA



Guidance

Dr. Ajay Sharma (IAS)
Secretary Agriculture

Rakesh Kanwar (IAS)
Special Secretary (Agriculture) cum
State Project Director

Editing and Compilation

Prof. Rajeshwar Singh Chandel
Executive Director

Rohit Prashar
Asst. Public Relation Officer

Raman Kant
Sub-Editor

Technical Support

Dr. Manoj Gupta
Principal Extension Specialist

Iqbal Thakur
Consultant DMM

Dr. Surender Chandel
Agriculture Extension Officer



Chief Minister
Himachal Pradesh
Shimla- 171002

Our state is known as 'Dev Bhoomi'. The farmer-orchardist here is hard working, honest and is always keen to accept the new techniques. It is because of these farmers-fruit growers that Himachal Pradesh is now popular as 'Fruit State' in the country. The state is earning an income over Rs. 8,000 crore annually from seasonal, off-season vegetables and fruits. In the midst of this growing prosperity, however, the trend of farmers migrating out of agriculture, the increasing use and abuse of various pesticides and other agro-chemicals, rising cost of cultivation and chemical residues found in the food grains, fruits and vegetables pose a serious challenge. Simultaneously, we have to fulfill the dream of Hon'ble Prime Minister, Shri Narendra Modi to double the income of farmers by 2022. Our government has therefore, taken a timely initiative by starting 'Prakritik Kheti Khushhal Kisan Yojana' (PK3Y) to sustain the farming, enhance farmer's income through the adoption of a farming system which is in harmony with the nature.

The 'State Project Implementing Unit' constituted by our government has expeditiously taken up a comprehensive programme in this direction. The publication of the success stories of the farmers and orchardists of Mandi district is a laudable effort.

I believe that with the guidance of Project officials, these successful farmers will speed up the campaign for natural farming in their respective villages. I congratulate all the officers, other officials and farmers associated with 'Subhash Palekar Natural Farming' and wish them all the best in this noble endeavour.

- Jai Ram Thakur



**Agriculture, Animal Husbandry,
Fisheries, Rural Development
and Panchayati Raj**
Himachal Pradesh
Shimla- 171002

It is certainly encouraging for the state to see how the farmers and fruit growers are evincing interest to adopt the 'Subhash Palekar Natural Farming' under 'Prakritik Kheti Khushhal Kisan Yojana' (PK3Y), an ambitious programme of our government. In last three years, 1, 20,882 farmers-fruit growers in 3,026 Panchayats of the state have got associated with the natural farming. It shows that they have accepted the challenge to adopt the nature-friendly farming in different terrains and on every crop or fruit.

The statistics collected by the 'State Project Implementing Unit' (SPIU), constituted to implement this Yojana, on parameters like production of different crops and fruits, pest management and increase in the income of farmers speak volumes about the success of this flagship initiative. This Yojana is a pleasant and exemplary initiative to reduce cost of cultivation, produce crops without chemicals to double farmers' income and enrich the land, water and environment in the state.

The compilation and publication of the experience of farmers associated with Natural Farming (propounded by Padma Shri Sh. Subhash Palekar) done by the SPIU-PK3Y is a commendable effort. It will act as an inspiration to create awareness among the new farmers-fruit growers to transform their chemical-based farm practice into one which is cheaper, non-chemical and increase production at the same time. My good wishes to all these farmers and congratulations to SPIU for their diverse and successful efforts.

- Virender Kanwar



Secretary, Agriculture
Himachal Pradesh
Shimla- 171002

The farmer- fruit growers in the state are hard working and progressive, besides sensitive to the glaring issues like soil health, ground water availability, environment protection and human health associated with the present system of farming. The rising cultivation cost and uncertain production with the increased use of chemicals has been a constant cause for concern.

With a view to make farming economical and sustainable, the government launched 'Prakritik Kheti Khushhal Kisan' Yojna (PK3Y) through adopting of 'Subhash Palekar Natural Farming'(SPNF) as a policy. The continuous success of this farming method proves it as a viable option for increasing the income of farmers and their overall welfare.

The 'State Project Implementing Unit'(SPIU), constituted by the state government, has put in serious and meaningful efforts to plan, implement and monitor this project and achieve the set targets in a timeline manner. We are feeling proud that Himachal Pradesh is now being referred at global platform for natural farming.

The current statistics of 1, 20,882 farmers transformed to natural farming practices fully or on partial land has established the relevance of this Yojna. The efforts of SPIU to publish 'Success Stories' of these innovating farmers from each district is a commendable effort to show case their achievements across the country.

I hope that the continuation of such publications will help to motivate more farmers and consumers towards this system and resolve to produce and consume chemical-free food. Greetings to the 'State Project Implementing Unit' for this compilation and publication.

- Dr. Ajay Sharma (IAS)



**Special Secretary (Agriculture)
cum State Project Director**
Himachal Pradesh
Shimla- 171002

The ill effects of green revolution in agriculture are clearly visible on the society and life. The decline in soil fertility, increasing cost of cultivation, decreasing or stagnant production and finally the farmers migrating out from agriculture-horticulture to find employment in cities have become a cause for concern not only for the farmers but also to consumers as a whole. The organic farming also could not yield expected results, as is evident from its slow pace of adoption by farmers due to various reasons. Much dependence on market for input supplies and complex compliance makes the 'organic farming' costly method.

Within a short period of three years after the implementation of natural farming method developed by Padma Shri Sh. Subhash Palekar, more than 1.2 Lakh farmers and fruit growers have raised their successful farm models under 'Prakritik Kheti Khushhal Kisan Yojana'(PK3Y) in the state. It is a meaningful initiative to take Himachal Pradesh towards chemical-free farming. The project is successfully being implemented across the state by the 'State Project Implementing Unit' and all our officials and employees are working with devotion to achieve this pious goal.

The publication of success stories of farmers of Mandi district is an important initiative. It will motivate other farmers to work in this direction and succeed. My good wishes to all the farmers in the district.

-Rakesh Kanwar (IAS)

Preface

Himachal Pradesh is popular as 'Fruit State' in the country. Over the last few years, the hill state has also earned recognition for producing off-season vegetables. Currently, Himachal Pradesh sends fruits and vegetables worth Rs. 8,000 crore to other states. However, the stagnant crop production and increasing cost of cultivation in agriculture and horticulture is a constant worry for the farming community. According to a scientific research, due to increasing overuse of agro-chemicals every 5th fruit/vegetable sample in the state carries the residue of insecticides and fungicides. 3 to 4% samples of fruits and vegetables have been found to have 1 % higher insecticide and fungicide residue than the permissible limits, which is way more than rest of the country. Such a situation in agriculture and horticulture is a cause of serious concern for the farmers as well as consumers.

The farmer of the country is looking for a viable method which can bring down the cost of cultivation and increase his income at the same time. The option of organic farming has not only led to decreased production, but the cost of cultivation has also increased in this farming system.

Former Governor of Himachal Pradesh Acharya Devvrat Ji introduced natural farming in the state and paved a way for this farming system. After this initial push, Himachal Pradesh government took a bold step forward by launching 'Prakritik Kheti Khushhal Kisan Yojana' (PK3Y) in March, 2018 with an objective to double the farmers income by 2022. As a part of this Yojana, the farmers and growers in the state are being trained in natural farming concept developed by Padma Shri awardee Subhash Palekar. The policy think tank of the Government of India, NITI Aayog, has also referred 'Subhash Palekar Natural Farming' (SPNF) as a capable method of reducing the cost of cultivation and increase the production in farming. By adopting this, the target of doubling the farmers' income can be achieved. To meet this objective, the 'State Project Implementing Unit' has formulated an elaborative action plan, wherein 1 lakh farmers are being associated with natural farming method through different activities. In addition, 1 lakh farmers are being motivated to adopt this farming system through the use of different media. So far, 1, 16,700 farmers of the state have been trained in natural farming and 1, 20,882 have fully or partially adopted this method. To have a glimpse of natural farming in Himachal, Officials and farmers from different states are visiting the 'model farms' developed by our farmers.

An effort has been made to document the success stories of the farmers, who are doing natural farming after proper training. This book will surely encourage them and will inspire other farmers to adopt this farming system. The endeavour is to publish the stories of such successful farmers district-wise in the near future.



-Prof Rajeshwar Singh Chandel
Executive Director

Subhash Palekar Natural Farming-Rationale

The post Green Revolution era has recommended cultivation of fertilizer responsive high yielding varieties, which led to enhanced use of fertilizers, resulting into succulent crop plants. These luxurious crop plants have invited high incidence of pests and diseases. The new situation led to the indiscriminate use of fertilizers, pesticides and other agro-chemicals. The agro-chemical industry has successfully created a myth that pesticides are an inevitable requirement in modern production systems. Thus, farmers started using them carelessly, and continue to use till today. A few economists are happy that these agro-chemicals have increased the agricultural production. Although, farmers are not aware of the hazardous effects of pesticides, but increasing cost of cultivation vis-à-vis static or decreasing production is now being realized by them.

The enormous impacts of high and indiscriminate usage of these agro-chemicals on agriculture crops have been reported to have negative impact on soil, water, environment and socio-economic conditions of farmers. As per ISRO's SAC, Ahmedabad report, 29.3% of the land in the country has become degraded. The current increase in degradation compared with 2003-2005, is high for Delhi, Himachal Pradesh and the North Eastern states.

Himachal Pradesh, the most developed hilly state is termed as the 'Fruit bowl' of the country. Vegetable production of the state is also generating revenue of Rs. 3,500-4,000 crore annually. It has emerged as an alternate economic activity in the horticulture sector. However, this shift from traditional to cash crop farming has also resulted in misuse of agro-chemicals particularly pesticides. All major vegetables and fruits grown in the State have reportedly been laced by one or more unapproved pesticides, thereby burdening the farmers with much higher cost of cultivation. A daily vernacular reports that around 25% farmers in Himachal have left agriculture in the last one decade, owing mainly to the drastic decrease in profits.

The other alternative, widely promoted as 'Organic Farming' proved to be expensive, and thus, farmers are hesitant to shift to this system. It has also been reported that farmers need to cultivate more land to grow the same amount of organic food, leading to more contribution to CO₂ and deforestation in the tropics. The recommended use of FYM under present household conditions has also become unaffordable. An article published in 'Nature' on 12 Dec 2018 says 'Organic food and biofuels have a much bigger climate impact than conventionally farmed food due to greater areas of land required to produce these alternative foods. This situation has initiated a debate to save farmers from migration to cities and sustain their farm-based livelihood opportunities. So, the challenge continuously remained to convince farmers to shift to organic, which also results in an immediate impact on their income.

The 13.6% contribution of agriculture, horticulture and allied sectors to the state gross domestic product (SGDP) provides employment to 69% of the population in the State. The challenge before us today is to double the income of farmers in such a way that fertility of the soil improves along with quick increase in their income. It is neither possible with chemical-based farming and nor with organic methods. The only alternative with the farmers' is 'Natural Farming'; invented and promoted by Padma Shri Subhash Palekar, which is successfully tested and validated in various parts of the country.

The announcement of the Hon'ble Chief Minister of Himachal Pradesh to launch 'Prakritik Kheti Khushhal Kissan' Yojana (PK3Y) in his budget speech for 2018-19, with a budgetary provision of ₹ 25 crore has now become a flagship programme of the State. The sole motive of the Yojana is to double farmers' income by 2022 through the adoption of 'Subhash Palekar Natural Farming (SPNF)' in the State. Under this Yojana, the 'State Project Implementing Unit' has taken important steps in transforming present day chemical-based, market-driven farming into natural farming system by recognizing its significant benefits for farmers' economy, society and the environment. Subhash Palekar Natural Farming (SPNF) is one such low-input, climate-resilient type of farming that encourages farmers to use low cost locally-sourced inputs, while eliminating the use of synthetic fertilisers and pesticides. It is altogether different from organic farming. SPNF is not an 'organic input agriculture'. There are no external inputs such as 'bio-fertilisers', compost or vermicompost or exotic and expensive 'bio' products etc. The SPNF Produce meets the requirements of 'organic' certification. It requires almost no monetary investment and envisages use of locally made inoculations prepared with Indigenous cow's dung and urine.

Natural Farming is a complete paradigm shift from external input-based Green revolution. Developed by Subhash Palekar, SPNF is a regenerative agriculture with a set of agriculture methods that counters the use of market based external inputs. This farming system creates humus around plant root zone which contains all the inputs required for the growth and development of the plant.

Padma Shri Subhash Palekar has identified 04 wheels which require locally available material: seeds treatment with cow dung and urine (Beejamrit); soil rejuvenation with cow dung, urine and other local material to increase microbes (Jeevamrit & Ghanjeevamrit); cover crops, straw and other organic matter to retain soil moisture and build humus (Aachhadan); and soil aeration (Vaapsa) for favourable soil conditions. This method promotes the use of locally available natural inputs for pest management. In SPNF, crop yields have been found to increase significantly as compared to chemical farming.

Mr. Erik Solheim, Head of UN Environment says 'This is an unprecedented transformation towards sustainable agriculture on a massive scale, and the kind of bold change we need to see to protect the climate, biodiversity, and food security. 'We're pinning a great deal on the Zero Budget Natural Farming (now SPNF) programme, which I hope will inspire the widespread adoption of a natural farming scheme. It's a better deal for farmers, consumers, and the planet'.

The official launch of the SPNF programme marked an unprecedented commitment by Himachal Pradesh to promote the regenerative agriculture to transform and protect local farming and long-term well-being of farmers. The success of climate-resilient, SPNF in Himachal Pradesh will not only help India in meeting its SDGs but it can also inspire and transform the lives of millions of farmers across the globe.

District Mandi- An Overview

Mandi district is an important commercial hub of the state. The district's total geographical area is 3,982 sq. KM (3, 98,289 ha), accounting 13.9 percent to the total area of the state. This district shares its boundaries with Kangra, Hamirpur, Bilaspur, Shimla, Solan, and Kullu. The district's elevation ranges from 651 to 4500 metres above sea level. Exotic vegetables are cultivated at large scale along with apple in the four development blocks of Upper Mandi namely Karsog, Seraj, Gohar and Balichowki, while farmers in the remaining 7 development blocks cultivate wheat, paddy, maize and seasonal, off seasonal vegetables.

The economy of the district is predominately agrarian. Farmers of the district make good income by growing a variety of crops like Capsicum, tomatoes, potatoes, beans, peas, cabbage, broccoli, cucumber, round gourd, pumpkin, brinjals (aka eggplant), and other fruits, vegetables. Balh region of the district has emerged as a major tomato producer. Apple, kiwi, apricot, orange, kinnow, litchi and mango are cultivated by the orchardists of this district.

Some farmers have started their own fruit and vegetable plant nurseries in various parts of the district. Farmers from the neighbouring districts and states buy high-quality seedlings from here. Farmers of the Mandi district have also bagged numerous awards at the state and national level. A unique campaign to preserve the traditional seeds is also being run by the farmers of Karsog region of the district.

Brief Description



Total Farmers
1,54,302



Language and Dialects
Hindi & Mandyali



Total Population
9,99,777



Total Geographical Area (in ha)
3,98,289



Total Cultivable Area (in ha)
91,000



Farmers targeted under Natural Farming for the year 2020-21
8,000

Block-wise implementation status of Natural Farming

| Sr. No. | Name of Development Block | Total Farmers | Farmers Targeted under Natural Farming (up to 31 st March 2021) | Farmers Practising Natural Farming (up to 31 st March 2021) |
|--------------------|---------------------------|-----------------|---|---|
| 1 | Sundernagar | 17,473 | 900 | 1,980 |
| 2 | Balh | 17,949 | 900 | 1,633 |
| 3 | Mandi Sadar | 13,487 | 900 | 1,685 |
| 4 | Drang | 13,324 | 900 | 1,869 |
| 5 | Chauntara | 14,022 | 900 | 2,243 |
| 6 | Gohar | 13,610 | 900 | 1,854 |
| 7 | Seraj | 7,412 | 900 | 2,207 |
| 8 | Balichowki | 9,159 | 900 | 1,365 |
| 9 | Karsog | 15,908 | 900 | 2,244 |
| 10 | Gopalpur | 16,239 | 900 | 2,202 |
| 11 | Dharampur | 15,719 | 900 | 1,956 |
| Grand Total | | 1,54,302 | 9,900 | 21,238 |



Successful Farmers

Roop Chand Rahi, Panchayat Dheem Kataru, Block Seraj

Somkrishan, Panchayat Pangna, Block Karsog

Maya Ram, Panchayat Sianj, Block Gohar

Masoli Krishi Samuh, Panchayat Masoli, Block Drang

Het Ram, Panchayat Ror, Block Seraj

Man Chand, Panchayat Bhadrwad, Block Gopalpur

Anil Kumar, Panchayat Bhadyada Block Chauntara

Dev Raj Bharti, Panchayat Pasal, Block Chauntara

Hukam Chand, Panchayat Sain, Block Mandi Sadar

Parma Ram, Panchayat Chhatar, Block Sundernagar

Leena Sharma, Panchayat Pangna, Block Karsog

Sanjay Kumar, Panchayat Palauta, Block Sundernagar



Natural farming brings a welcome twist for his livelihood

Roop Chand Rahi

Mobile : 8219235492

A farmer from Dheem Kataru panchayat in Seraj block of Mandi district, Roop Chand Rahi had to take up the responsibility of the family at a young age as he lost his father. So, he took to the traditional livelihood of agriculture.

Roop Chand Rahi, 41, has been educated upto 12th standard. He had never thought that farming will ever give him an identity.

He is a leading farmer in the area now, with substantially reduced expenditure at the farm with natural farming method, and is motivating others to switch to this sustainable farming system.

On his 12 bigha farm, He grows pear, apple and plum, along with cereals, vegetables and pulses.

“The chemical farming has become very expensive. My income was stagnant and the plants were having more and more disease. Five years back, one of my friends gave me an idea of organic farming. So, I tried that. But it didn’t turn out to be a good option as the expenditure was quite high,” Roop Chand said.

He said that he got to know about natural farming through internet and tried to adopt it on a trial basis as he had indigenous cow at home. It gave him good results. “By chance, in 2018, he got the opportunity to attend a six-day training camp on natural farming by Padma Shri awardee Subhash Palekar, at UHF Nauni. After attending this camp he started doing it fully on his farm”.

Roop Chand Rahi makes all the natural inputs at his home now. “I am quite satisfied with natural farming. Inputs like Jeevamrit not only check diseases like root rot, but have also reduced the cost of cultivation significantly. It is a big relief now” he added.

Roop Chand Rahi previously worked as Life Insurance Corporation (LIC) agent along with farming, but has now left this job. Natural farming is yielding good results for him.

Given the positive results he has got with this farming system, many farmers of his

“ I am fully adopting natural farming on my land and encourage to follow this practice as it increases the production and yields better returns while maintaining the harmony with nature. ”

Panchayat and adjoining villages are now learning this climate-resilient, low-cost farming method from him.

“I am training the fellow-farmers in natural farming method and giving them ready to use natural inputs prepared and stocked by me. I want my region to become a role model of natural farming for other farmers and growers in the district,” he said.

Roop Chand Rahi sells his natural produce in Parwanoo and Chandigarh.

“The only issue I face is that people don’t understand the value of chemical-free produce, so farmers like me don’t get better price for our fruits and vegetables. There is a need for more awareness in general and we also require a special marketing platform for the natural produce in order to reap better profits,” he said.



“Earlier with chemical farming, the production of apple on my orchard was 450 boxes (20 kilograms in one box). Now it has touched 650 boxes with SPNF. I also earned additional income of Rs 60,000 from pea and Rs 40,000 from cauliflower, which I grew as companion crops in my fields.”

प्रसन्न • नैर्घर्ष विधि में प्राकृतिक खेती को जलक पद्मार्थे सुमाय पायेपर से मो लिख वा ६९० दिन का परिष्कम

रासायनिक छोड़, अपनाई प्राकृतिक खेती, अब रूपचंद कमा रहे लाखों

किसानों के सपना रहा था कि वह अपने खेतों में रासायनिक की जरूरत के बिना ही अच्छे फल पैदा कर सके। रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था। रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था। रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था।

रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था। रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था। रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था।

रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था। रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था। रासायनिक की जगह प्राकृतिक खेती को अपना लेना ही था।



Land under SPNF: 12 bigha
Fruits and crops: Apple, Pea, Pear, Plum, Maize, Wheat, Rajmash, Cauliflower and Cabbage
Chemical farming: Expenditure: Rs 1, 20,000 Income: Rs 4, 50,000
Natural farming: Expenditure: Rs 15,000 Income: Rs 6, 50,000



Disillusioned with chemical and organic farming, Karsog farmer begins afresh with SPNF

Som Krishan

Mobile : 7018651051

“Subhash Palekar Natural Farming (SPNF) is far more effective and involves less cost of cultivation than chemical or organic farming,” said Som Krishan, a farmer from Pangana Panchayat in Karsog block of Mandi district.

He has been doing SPNF on his farm for the last three years. Prior to this, he did organic farming for six years as he was not getting good results from chemical farming. He says that natural farming is cost effective and more viable than other farming practices.

“I was already looking for an alternate to organic farming, and then I got to know about natural farming. Luckily, I got the chance to attend a six-day training camp on SPNF by Subhash Palekar in 2018. It instilled confidence in me and I decided to switch to natural farming at once.”

At first , Som Krishan faced a lot of opposition from family and fellow farmers for his decision to switch to natural farming. But he firmly stuck to his decision and with proper usage of the natural inputs prepared as per SPNF method; he brought down the cost of cultivation on his farm from Rs 70,000 to Rs 10,000.

Som Krishan is doing agriculture on 14 bigha land and apple cultivation on 6 bigha. For the last three years, he is harvesting crops like pea, maize, wheat, beans, cauliflower and grams from his SPNF model farm. He also grows exotic vegetables like yellow capsicum, celery, red lettuce and Chinese cabbage, with this method.

He is now creating awareness about this cost-effective and more productive method among other farmers in the area. As many as 20 farmers are already doing SPNF under his supervision. Som Krishan gives natural inputs from his own Sansadhan Bhandar (resource store) to these farmers and guides them at every stage. Besides, he is supporting the officers with Agriculture Technology Management Agency (ATMA) in the promotion of natural farming.

“I wish that people of state get chemical-free and nutritious produce to eat,” he said.

“ I am in constant touch with hoteliers of Delhi and directly sell apple and exotic vegetables to them. I am getting good price and have no worries about the market. ”



जीरो बजट खेती से उगाया सेब पांगणा के सोमकृष्ण मल्टीक्रॉप सिस्टम से कमा रहे हैं मुनाफा

सीमा शर्मा / सिमला

सेब उगाकर बेचने का काम नहीं है, सिमला जिले के पांगणा गांव में रहने वाले सीमा शर्मा 40 बीघे के जमीन पर सेब उगाते हैं। यहाँ पर सेब उगाते हैं। इन फसलों का उत्पादन करने में वे खर्च नहीं करते। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

सीमा शर्मा की पत्नी भी काम करती हैं। वे दोनों मिलकर 40 बीघे के जमीन पर सेब उगाते हैं। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

सीमा शर्मा की पत्नी भी काम करती हैं। वे दोनों मिलकर 40 बीघे के जमीन पर सेब उगाते हैं। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

सीमा शर्मा की पत्नी भी काम करती हैं। वे दोनों मिलकर 40 बीघे के जमीन पर सेब उगाते हैं। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

सीमा शर्मा की पत्नी भी काम करती हैं। वे दोनों मिलकर 40 बीघे के जमीन पर सेब उगाते हैं। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

सीमा शर्मा की पत्नी भी काम करती हैं। वे दोनों मिलकर 40 बीघे के जमीन पर सेब उगाते हैं। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

सीमा शर्मा की पत्नी भी काम करती हैं। वे दोनों मिलकर 40 बीघे के जमीन पर सेब उगाते हैं। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

सीमा शर्मा की पत्नी भी काम करती हैं। वे दोनों मिलकर 40 बीघे के जमीन पर सेब उगाते हैं। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

सीमा शर्मा की पत्नी भी काम करती हैं। वे दोनों मिलकर 40 बीघे के जमीन पर सेब उगाते हैं। वे अन्य फसलों के साथ-साथ सेब भी उगाते हैं। इससे वे अच्छे मुनाफे पर काम कर रहे हैं।

Land under SPNF: 20 bigha
Fruits and crops: Apple, Pea, Wheat, Tomato, Cauliflower, Beans, Yellow Capsicum, Red Lettuce, Celery and Chinese Cabbage
Chemical farming: Expenditure: Rs 70,000 Income: Rs 3,00,000
Natural farming: Expenditure: Rs 10,000 Income: Rs 3,20,000



Natural farming jacks up his income by Rs one lakh

Maya Ram

Mobile : 9882289848

Maya Ram, a farmer from Sianj in Gohar area of Mandi district has set an example by increasing his farm income by Rs one lakh with natural farming.

While he was looking for an alternate to chemical farming amidst reducing production and increasing costs, the officials with Agriculture Technology Management Agency (ATMA) apprised him of the government's 'Prakritik Kheti Khushhal Kisan' Yojana.

Later, he attended a six-day training on natural farming in Kufri (Shimla) imparted by Padma Shri Subhash Palekar in 2018.

Maya Ram liked the concept and immediately started with natural farming after the camp. Now, he has completely switched to this method on 7 bigha land. He is using indigenous cow's dung and urine to make natural farming inputs at his home.

This farmer grows wheat, grams, pea, garlic and maize. Besides cereals and pulses, he is also cultivating apple and plum with natural farming method.

"I have 150 plants of apple and 170 plants of Plum. I use all the inputs, as defined in the natural farming, on these plants he said. I am happy as my flourishing farm has not only attracted the farmers but has also become a model for training in natural farming, he added.

He sets up his own stall at district level functions and international festivals like Mandi Shivratri to make people aware of natural produce and tell them about this technique. 'Exhibitions on SPNF will not only create awareness about this technique but will also help in

“ I have already associated 25 farmers with natural farming. All of them are practising this farming system and are dedicated to Chemical-Free, Agriculture campaign. ”



marketing of natural produce. As a result, farmers engaged in natural farming will get better price and this will surely increase their profits.

Trained by Subhash Palekar, Maya Ram has developed a model of natural farming by growing wheat, grams and cauliflower in the same farm. He is also propagating this technique among fellow farmers and helping them in input preparation. Furthermore, he provides ready to use inputs to the farmers who do not have desi cow.



प्राकृतिक खेती अपनाकर मुनाफे को 1 लाख बढ़ाया

माया राम 7 बीघा क्षेत्र में गेहूं, मटर व चना की सुभाष पालेकर प्राकृतिक खेती विधि से कर रहे खेती

गोहर, 1 मार्च (ख्याली राम): मंडी जिला के गोहर क्षेत्र के स्यांज से संबंध रखने वाले किसान माया राम खेती में मुनाफा एक लाख रुपए बढ़ाकर क्षेत्रवासियों के लिए मिसाल बने हैं। रासायनिक खेती में घटती उपज और बढ़ते खर्चों का विकल्प तलाश रहे

माया राम ने शिमला जिला के कुफरी में पद्मश्री सुभाष पालेकर से प्राकृतिक खेती का 6 दिवसीय प्रशिक्षण लिया और खेती शुरू कर दी और आज वे लगभग 7 बीघा जमीन पर प्राकृतिक खेती कर रहे हैं।

माया राम ने बताया कि वह सेब और पलम की भी प्राकृतिक खेती कर रहा है तथा गेहूं, चना, मटर, लहसुन और मक्की की फसल लगाकर 1 लाख रुपए का शुद्ध मुनाफा कमाया है। उन्होंने सेब के 150 और पलम के 170 पौधे लगाए हैं। माया राम की आगामी योजना उनकी पूरी 15 बीघा जमीन में प्राकृतिक खेती शुरू करने की है।

“ I followed inter-cropping principle of SPNF and it added to my income while increasing the quality of soil. The use of Jeevamrit and Ghanjeevamrit has increased fertility of land, which has enhanced the production on my farm. ”



Land under SPNF: 7 bigha

Crops: Wheat, Grams, Garlic, Maize, Pea, Apple, Plum

Chemical farming: Expenditure: Rs 50,000 Income: Rs 2, 50,000

Natural farming: Expenditure: Rs 12,000 Income: Rs 3, 50,000

Women farmers say good-bye to chemicals in agriculture, adopt natural farming

Indira Rana

Mobile : 8988069128



Subhash Palekar Natural Farming (SPNF) has given a new direction to the women farmers in Masoli village in Drang block of Mandi district. The increasing expenditure, plant diseases and declining production with chemical farming made them to reconsider their approach to agriculture, and for this, natural farming method came as a handy and viable alternate for them.

Twenty women farmers in the 'Krishi Samuh' at Masoli have hence said good-bye to the chemical fertilizers and pesticides in their farms.

It all started after the President of 'Krishi Samuh', Indira Rana and a member, Soni Devi attended six-day training on natural farming by Subhash Palekar as a part of government's 'Prakritik Kheti Khushhal Kisan' Yojna. Both of them then motivated other women farmers of the group to adopt it.

“ When I came back home after learning the natural farming method, my family refused to follow it. When I insisted, my husband gave me two separate fields to experiment. I tried whatever I learnt during the training camp. I got good results and it changed the perception of family towards this farming system. My family is quiet satisfied and encouraging others too. - Indira Rana. ”



Indira Rana is doing natural farming on 3 bigha land, and plan to expand it to 5 bigha. The Agriculture Technology Management Agency (ATMA) officials have marked the fields of this group as best model. Agri officials bring farmers here for exposure visits, so that they should learn and adopt this practice fully. The women farmers said they have got very good results with SPNF.

“Other farmers are getting attracted towards natural farming,” the members said, as they are creating awareness among fellow farmers towards this low-cost, environment-friendly farming method, which gives better production without the use of any agro-chemicals.

“We are happy that we are now getting natural produce, which is healthy” said the members of this Krishi Samuh.

“ Since we adopted natural farming, we have completely shed the use of chemical fertilisers and pesticides. Earlier, my family used to buy chemical fertilisers and pesticides of Rs 8 to 10 thousand every year. But now we are using the natural inputs prepared using desi cow's dung, urine and locally available plants. This has reduced the cost of cultivation significantly said Soni Devi, a member of the 'Krishi Samuh'.”



क्षेत्र को रसायनमुक्त बनाने के लिए अपनाई प्राकृतिक खेती

• स्वस्थ जीवन और स्वस्थ पर्यावरण के लिए महिला समूह की पहल

पन्ना, 24 फरवरी (बीबीसी) - पन्ना जिले में किसानों के बीच रासायनिक खादों और कीटनाशकों का उपयोग करने से निवृत्त होने के लिए महिला समूहों की पहल। इन महिलाओं ने अपने क्षेत्र में रासायनिक खादों और कीटनाशकों के उपयोग को पूरी तरह से बंद करने में मदद करने के लिए प्राकृतिक खेती को अपनाया है।



एक महिला ने प्राकृतिक खेती को अपनाया है।

खेती में रासायनिक कीटनाशकों से निवृत्त होकर प्राकृतिक खेती

पन्ना जिले में एक महिला समूह ने प्राकृतिक खेती को अपनाया है। इन महिलाओं ने अपने क्षेत्र में रासायनिक खादों और कीटनाशकों के उपयोग को पूरी तरह से बंद करने में मदद करने के लिए प्राकृतिक खेती को अपनाया है।

इस महिला समूह ने प्राकृतिक खेती को अपनाया है। इन महिलाओं ने अपने क्षेत्र में रासायनिक खादों और कीटनाशकों के उपयोग को पूरी तरह से बंद करने में मदद करने के लिए प्राकृतिक खेती को अपनाया है।

इस महिला समूह ने प्राकृतिक खेती को अपनाया है। इन महिलाओं ने अपने क्षेत्र में रासायनिक खादों और कीटनाशकों के उपयोग को पूरी तरह से बंद करने में मदद करने के लिए प्राकृतिक खेती को अपनाया है।





Natural farming eliminates the need of agri-credit

Het Ram

Mobile : 9816516444

Het Ram, an orchardist from Ror Panchayat in Seraj block of Mandi district, had to borrow money to buy chemical fertilisers and pesticides every year. All thanks to Subhash Palekar Natural Farming (SPNF), Het Ram no longer requires loan for horticulture. The ever-increasing cost of cultivation at his 13 bigha orchard has come down drastically and returns have also increased.

Before shifting to natural farming, Het Ram was using synthetic pesticides on apple. "My expense on pesticides and fertilizers was increasing but the production was stagnant. I was worried about and even thought about it leaving horticulture. Then, I learned about natural farming and it changed my life completely."

“ Every year, I used to purchase chemical fertilisers and pesticides worth Rs 1.50 lakh for my orchard on credit from the sellers. After shifting to natural farming, I need no credit to purchase any agro-chemicals. I make natural inputs with the dung and urine of 'desi' cow, which has brought down the cost of cultivation to the minimum.” ”

Het Ram took initial information from block level officials and was later nominated for a six-day training program organised in Palampur. He took training from Padma Shri Subhash Palekar along with other farmers of the district and was quite impressed by the concept of natural farming. After this, he started natural farming on his 3 bigha orchard on trial basis. He followed inter-cropping and cultivated Rajmash (Kidney Beans) and Coriander in the orchard along with apple.

Het Ram has so far created awareness among 2,000 farmers. "Out of these, 250 farmers have shed the use of chemical fertilizers and pesticides," he said.

He has setup a Sansadhan Bhandar (resource store) of natural inputs to cater his needs and supply the ready to use natural inputs to new farmers while explaining the concept to them. Besides, he has put up a demonstration plot in his orchard to elaborate on all aspects of natural farming.

“ For those who are hesitant to adopt this practice, I want to tell you that this is the best farming practice for every farmer and fruit grower. It is successful in all conditions and adds to the overall profit of farmer while decreasing the cost of cultivation and market reliance for various inputs. Start it on a patch of land, you will surely adopt it on large scale.”

प्राकृतिक खेती ने हेतराम को किया ऋण मुक्त

13 बीघा में प्राकृतिक खेती विधि से कर रहे सब की खेती, पद्मश्री सुभाष पालेकर से लिया था 6 दिन का प्रशिक्षण

मंडी, 29 फरवरी (ब्यूरो): सरकार के प्राकृतिक खेती को बढ़ावा देने के प्रयास रंग लाते हैं। कम लागत और अधिक मुनाफे के चलते प्राकृतिक खेती किसानों को आर्थिक मजबूत करने में कारगर साबित हुई है।

कर्ज से मुक्ति पाकर किसानों को बलाक बनाने की दिशा में मंडी जिला के सिराज ब्लाक के हेतराम ने एक किसान पेशा भी है। सिराज ब्लाक की रीढ़ फंवायल के किसान हेतराम अपने 13 बीघा के क्षेत्र बगीचे में सुभाष पालेकर प्राकृतिक खेती विधि को अपनाकर हर साल बगलानी में बहुत रहे खर्च को कम कर दुसरी के लिए प्रेरणशील बने हैं। हेतराम ने बताया

कि इससे पहले वे हर साल लगभग 1 लाख 50 हजार रुपए की दवाइयाँ कृषि में प्रयोग के लिए खरीदते थे। इसके लिए उन्हें दवा विक्रेताओं से ऋण लेना पड़ता

खर्चा 1300 और आमदनी 1 लाख 93 हजार रुपए

हेतराम ने बताया कि इस खेती के बारे में उन्होंने पद्मश्री सुभाष पालेकर से 6 दिन का प्रशिक्षण लिया था। प्रशिक्षण पूरा होने के बाद उन्होंने प्रयोग के लिए 13 बीघा क्षेत्र में इसे अपनाया। तीन बीघा क्षेत्र में उन्होंने 20 सेब के पौधों के साथ मिश्रित खेती के लिए चन्नाहा और धनिया लगाया था, जिसमें उनकी कुल लागत 1300 रुपए और कुल आमदनी 1 लाख 93 हजार रुपए रही जबकि पारंपरिक खेती में इसी क्षेत्र में उनका खर्चा 6 हजार रुपए और आमदनी 1 लाख 23 हजार रुपए रही थी। हेतराम अभी तक जिला के 2 हजार से अधिक किसानों को प्राकृतिक खेती विधि के प्रति जागरूक कर चुके हैं। उन्होंने बताया कि इनमें से 250 ऐसे किसान हैं जिनोंने पूरी तरह से रासायनिक खादों, कीटनाशकों का प्रयोग बंद कर दिया है।

था लेकिन अब वह पूरे बगीचे में प्राकृतिक विधि से खेती कर रहे हैं। उन्होंने देसी रास के गोबर, गोमूत्र व अवसपास की कानस्ट्रिप्सों से ही खेती में प्रयोग होने वाली सभी दवाइयों को तैयार कर खेती को लागत को शून्य कर दिया है।

“ प्राकृतिक खेती विधि से किसानों को आय में किसी प्रकार की कमी नहीं आती है और मुनाफे में बढ़ोतरी होती है। सरकार की ओर से आर्थिक सहायता का भी प्रावधान है। - **हितेश सिंह** जून जल संवर्धन विभाग, मंडी”



दवाई विक्रेता से लेता था कर्ज, अब सभी कर्जों से मुक्त हेतराम ने प्राकृतिक खेती से पाई कर्ज से मुक्ति

सिमा 2000 रुपे रिषव

प्राकृतिक खेती में किसानों को जल कमी के चलते किसानों के जल से कमी का खर्च भी उठाना पड़ता था। प्राकृतिक खेती से जल उपकरण लगाया जाने से वे भी उपकरण से बच पाते हैं। उपकरण खर्च और किसानों को जल का पता था। अब उन्हें से किसानों को किसानों के कार्यों में मुक्ति मिले हैं।

जल से मुक्ति पाकर किसानों को बलाक बनाने की दिशा में मंडी जिला के सिराज ब्लाक के हेतराम ने एक किसान पेशा भी है। सिराज ब्लाक की रीढ़ फंवायल के किसान हेतराम अपने 13 बीघा के क्षेत्र बगीचे में सुभाष पालेकर प्राकृतिक खेती विधि को अपनाकर हर साल बगलानी में बहुत रहे खर्च को कम कर दुसरी के लिए प्रेरणशील बने हैं। हेतराम ने बताया कि इससे पहले वे हर साल लगभग 1 लाख 50 हजार रुपए की दवाइयाँ कृषि में प्रयोग के लिए खरीदते थे। इसके लिए उन्हें दवा विक्रेताओं से ऋण लेना पड़ता था। लेकिन अब वह पूरे बगीचे में प्राकृतिक विधि से खेती कर रहे हैं। उन्होंने देसी रास के गोबर, गोमूत्र व अवसपास की कानस्ट्रिप्सों से ही खेती में प्रयोग होने वाली सभी दवाइयों को तैयार कर खेती को लागत को शून्य कर दिया है।

अभी तक 2 हजार किसानों को कर चुके है जागरूक

हेतराम ने बताया कि इस खेती के बारे में उन्होंने पद्मश्री सुभाष पालेकर से 6 दिन का प्रशिक्षण लिया था। प्रशिक्षण पूरा होने के बाद उन्होंने प्रयोग के लिए 13 बीघा क्षेत्र में इसे अपनाया। तीन बीघा क्षेत्र में उन्होंने 20 सेब के पौधों के साथ मिश्रित खेती के लिए चन्नाहा और धनिया लगाया था, जिसमें उनकी कुल लागत 1300 रुपए और कुल आमदनी 1 लाख 93 हजार रुपए रही जबकि पारंपरिक खेती में इसी क्षेत्र में उनका खर्चा 6 हजार रुपए और आमदनी 1 लाख 23 हजार रुपए रही थी। हेतराम अभी तक जिला के 2 हजार से अधिक किसानों को प्राकृतिक खेती विधि के प्रति जागरूक कर चुके हैं। उन्होंने बताया कि इनमें से 250 ऐसे किसान हैं जिनोंने पूरी तरह से रासायनिक खादों, कीटनाशकों का प्रयोग बंद कर दिया है।

Land under SPNF: 13 bigha
Crops: Apple, Rajmash, Coriander and Pea
Chemical farming: Rs 6,000 Income Rs 1,23,400
Natural farming: Rs 1,300 Income: Rs 1,93,400

Natural Farming miracle: Jeevaamrit revives hail damaged crop

Man Chand

Mobile : 9857400440

Natural farming has done a sort of miracle for a farmer in Bhadrwad Panchayat of Gopalpur block in Mandi district. It instilled fresh life into the crop damaged by hailstorm in his farm and saved him from major losses.

“Seventy per cent of crop at my farm had been damaged due to hailstorm and I had lost hope of earning any income. However, I kept using the natural inputs of Subhash Palekar Natural Farming (SPNF), Jeevaamrit and Saptdhanyankur. Just like a miracle, it revived the crop and the losses were negligible. Natural farming has proved to be very effective in all conditions,” shared Man Chand, a vegetable grower, of Dohdi village.

He said, he got the opportunity to attend a six-day training camp by Subhash Palekar at Palampur three years back. After that he adopted the natural farming method on his 8 bigha land. After getting satisfactory results he started propagating this technique among his peers and is now playing a major role in spreading the natural farming concept among other farmers in the area.

“I earned Rs 2 lakh from naturally grown tomatoes, cucumber, brinjal and gourd. My cost of cultivation has come down as I don't require inputs from the market. I prepare my own inputs at home with indigenous cow's urine, dung and locally available plants. Natural produce is quite good in terms of quality, taste and shelf life and attracts the customer. I don't need to go to market to sell my produce as people themselves come and buy from my farm. It saves money and time for me,” Man Chand said.



He said that many people from his village live in Shimla and Chandigarh and most of them contact him to send natural vegetables.

Man Chand has already inspired 25 farmers, who have therefore, taken to chemical-free natural farming after watching him doing it successfully. The officials of Agriculture Technology Management Agency (ATMA) take farmers on exposure visit to his farm.



“ **Natural farming has not only given better returns, but has also helped me stay away from the allergies that started after applying chemical sprays. Now I am not fearful of any disease as I am using natural inputs on my farm.** ”



जीवामृत ने डाल दी सब्जियों में जान

मंडी के किसान ने प्राकृतिक खेती से किया कमाल

शिमला दलक शूरी। साकशर



चंडीगढ़-शिमला से आ रहे आर्दर

मंडी जिला के चोकसपुर ब्लॉक में प्राकृतिक खेती का कमाल दिखाने को निकलें हैं। चोकसपुर की घड़वाड़ पंचायत के देहादी पंच के विनयन बन्धन को पसल दे माह पाली हूँ। पत्ती ओकराहूँ में 70 फीसदी तक फुलसोपी की फसल उत्पन्न हो चुकी थी, लेकिन प्रदेस में जून की राँ सूखा पालेकर प्राकृतिक खेती में प्रवेश होने वाले अमृतन जोकसपुरा और सलकनसपुरा के प्रवेश से अनेने में उत्पन्न हूँ फसल में राँ जान कुककर क्षेत्र के अन्य किसानों के समने प्राकृतिक खेती का विदेशी भी पहिचाली में कारण सिद्ध होने का उदाहरण पेश किया है। खेतीकों की खेती करने वाले बन्धन में सलक कि पत्ती ओकराहूँ से उनकी फसल उत्पन्न हो राँ थी और उन्हें इससे अपनारी होने की कोटि अलग न थी, लेकिन जोकसपुर के सलकन प्रदेस से उनकी उत्पन्न हूँ फसल में खान आ राँ और इससे उनको होने का

जुकसपुर भी बिलकुल न के बलकर राह रहा है। बन्धन ने प्राकृतिक खेती सुकुसल किसान बंधन के लाल फलसपुर में एक खाल पाली सूखा पालेकर प्राकृतिक खेती को लेकर अवबोधित पाली सूखा पालेकर के लाल प्रविष्टन सिद्धि में प्रविष्टन लिए थे और अब वे 8 बीघा भूमि में प्राकृतिक खेती विधि से खेती कर अन्य किसानों को भी इस खेती विधि से जोड़कर प्रदेस को जलसुक करने में अपने अलग भूमिका निभाने रहे हैं। बन्धन ने बताया कि दो साल पहले तक वे रसायनिक खेती कर रहे थे और इसके लिए वे लाल सलकन 35 हजार रुपये के खरपसल, रसायनिक खर और कीटनाशकों का प्रवेश करते थे, लेकिन प्राकृतिक खेती को अपनाने के बाद उन्होंने इसे पूरी तरह बंद कर दिया है, जिससे उनकी भूमि सलकन अब बरत कर 5 हजार रुपये की रह राँ है। उन्होंने बताया किने साल उन्होंने टमाटर, खीरा, बैंगन और चोक की खेती से 2 लाख रुपये कमाए हैं।

Land under SPNF: 8 bigha

Crops: Tomatoes, Cucumber, Brinjal and Gourd

Chemical farming: Expenditure: Rs 35,000 Income: 1, 90,000

Natural farming: Expenditure: Rs 5,000 Income: Rs 2, 00,000



Mandi farmer tries natural farming on barren land, reaps good profits

Anil Kumar
Mobile : 8350956256

'Where there is a will, there is a way'. Anil Kumar from Bhadyada Panchayat in Chauntara block in Mandi district has proved it right.

With natural farming techniques, he has brought the land, which was lying barren for decades, back to production. He is not only growing cereals on it for household use, but is also cultivating vegetables for income generation quite successfully.

Anil Kumar started with the Subhash Palekar Natural Farming (SPNF) on his 7.5 bigha land and registered Rs one lakh profit in the first year.

Before taking to SPNF, I conducted my own research about the concept and later attended a six-day training programme in Palampur by Subhash Palekar through Agriculture department, said Anil.

“ Indigenous cow is the fundamental need to shift to this natural farming system. So I walked for seven kilometres to bring home a Pahari cow, abandoned by people. I started making inputs from cow's dung and urine and started cultivating crops on my land. My farm's pea, gram, wheat and mustard are attracting everyone .”



Anil also took bumper crops of radish and pea on his farm. "The middlemen are lifting vegetables straight from my farm. The demand for my produce is increasing in the market day by day," he said.

He shared that with 9 kilograms seed, he harvested 10 quintal pea. He got one quintal coriander as co crop on the farm.

Anil has also installed solar fencing around his farm for protection from stray animals. When he took to SPNF, the people in his village told him to stick to the chemical farming. But natural farming gave him such good results that people who were criticizing him at the earliest are now attracted to natural farming.

"I and my family work very hard in our fields. But SPNF has proved that farming is possible with minimal budget also," he said.



“ Since I earned profit of Rs one lakh with nominal cost of cultivation in the first year, other farmers are also evincing interest in natural farming. I am trying to get additional resources to increase income and hence planting lemon and orange plants alongside the farm,” he said. ”




Land under SPNF: 7.5 bigha

Crops: Pea, Wheat, Gram, Mustard, Radish, Coriander

Chemical Farming: Expenditure: Rs 35,000 Income: Rs 1, 90,000

Natural Farming: Expenditure: Rs 5,000 Income: Rs 2, 00,000



Retired teacher's farm is a training centre for natural farming now

Dev Raj Bharti

Mobile : 8894905682

Dev Raj Bharti's farm has emerged as a training centre for the growers interested in natural farming. Bharti, who took up natural farming to the level of obsession after he retired as a government teacher, is fully satisfied with this low cost environment friendly method. A resident of Chauntra block, Bharti is propagating this farming practice among fellow farmers, so that they can benefit too.

Before adopting natural farming, like any other farmer, he was doing chemical farming on his land. In the midst of this, the officials with Agriculture Technology Management Agency (ATMA) project organised a training programme on natural farming in his village. Bharti became a part of it and got interested in natural farming. Immediately after the camp he decided to start natural farming on 2 bigha land. For this, he started to bring cow dung and urine from adjoining village as he did not have had a cow.

Now, Bharti has purchased a Sahiwal cow and is using its dung and urine to prepare various inputs on his farm. The use of natural inputs yielded good results and he is now motivated to gradually increase the land under this farming system.

"I became interested in natural farming due to the sincerity of our Block Technology Manager (BTM) Sunil Kumar, who initially used to bring desi cow's urine and dung to my farm on his motorcycle. It eased things for me and I started natural farming on my land. This farming is getting popular among farmers and the subsidies given by the government are making it easier for farmers to adopt this method," he said.



Bharti is spreading the word about natural farming among other farmers and is providing cow's urine and dung to the new farmers who are switching to this farming system. He also serves as a trainer for natural farming at the programmes organised by ATMA.

“We can see the effects of the pesticides used in chemical farming everywhere. Farmers are also upset over the blind use of chemicals in farming and the increasing expenditure. By adopting natural farming, we can improve the soil health to ensure better future for the coming generations,” he said.



“In chemical farming, the expenditure on fertilizers and pesticides was very high and the profit was less. If I compare, natural farming has reduced cost of cultivation while increasing my production. Many farmers from adjoining areas are now taking interest in natural farming. Farmers from adjoining areas are constantly coming on my farm to see the impact of this farming.”



डुमेहड में गेहूं के साथ मटर भी उगाए

चौतड़ा के किसान देवराज ने प्राकृतिक खेती के मॉडल किए तैयार

सीटू कुनार। चौतड़ा

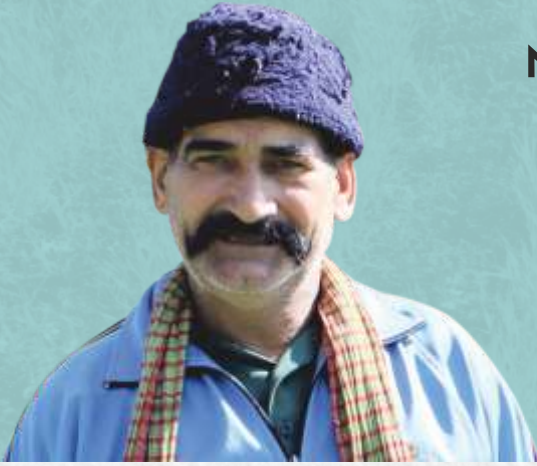
मिथित खेती से हुआ फायदा

देवराज भारती का जन्म है कि...
उन्होंने प्राकृतिक खेती करने के लिए...
उन्होंने बताया कि इस विधि...
अनुभव के बाद देवराज ने...
अनुभव के बाद देवराज ने...
अनुभव के बाद देवराज ने...

वस्था बढ़ते है खर तकनीकी प्रबंधक

खर तकनीकी प्रबंधक...
वस्था बढ़ते है खर तकनीकी प्रबंधक...
वस्था बढ़ते है खर तकनीकी प्रबंधक...

Land under SPNF: 2 bigha
Crops: Pea, Wheat, Maize, Soyabean, Turmeric and Ginger
Chemical farming: Expenditure: Rs 1,500 Income: Rs 9,000
Natural farming: Expenditure: Rs 300 Income: Rs 9,000



Natural farming satisfies his urge to produce chemical-free crops

Hukam Chand

Mobile : 9459685645

Hukam Chand from Sain Panchayat in Mandi Sadar block, who retired as a captain from Indian Army, has emerged as a leading farmer in the district after adopting Subhash Palekar Natural Farming (SPNF) successfully on 15 bigha land.

Health conscious, Hukam Chand was always worried about the deteriorating quality of the produce and the increasing use of chemical fertilizers and pesticides in agriculture. His willingness to challenge the chemical farming and the urge to cultivate nutrition-rich produce on his farm fully diverted him towards the natural farming three years back. And he seems to be satisfied with the shift.

“I attended a six-training on SPNF in Palampur in 2018. I was so impressed by the concept and the experiences of Subhash Palekar Ji that I at once decided to shift to natural farming,” Hukam Chand shared.

After the training, Hukam Chand started natural farming by purchasing dung and urine of a ‘desi’ cow from a neighbour. However, keeping in view the hassle and the expenditure in the process, he bought a cow of Tharparkar breed and started using its dung and urine to make natural inputs for his farm. He received subsidy from the government for purchasing ‘desi’ cow.

“The other farmers in the area are still spending thousands on chemicals whereas I use natural inputs that involve nominal expenditure. It has brought down the cost of cultivation at my farm drastically,” he said.

He encourages to the farmers and consumers to eat nutritious food in order to stay healthy. “Natural farming is capable of giving us healthy produce and is good for farmers as well as consumers. If we provide healthy cereals, vegetables or fruits to the consumers they won’t hesitate to pay more for that too,” he added.

“ I am satisfied that I am producing without chemicals. I am planning to cultivate apple and other crops with this method. ”

“ The use of natural inputs in agriculture has had a positive effect. It improved the quality of soil and the shelf life, taste of produce. Be it wheat, pea, methi (Fenugreek), gram, onion or garlic, everything tastes phenomenal.”



प्राकृतिक खेती अपना कर सैण के हुकम जी रहे खुशहाल जीवन



हिमाचल दरदक। मंडी

जिला मंडी की ग्राम पंचायत सैण गांव भन्सु के हुकम चंद प्राकृतिक खेती खुशहाल जीवन को अपना कर खेती कर रहे हैं। हुकम चंद ने अलग परिवेदन के माध्यम से सुपथ पानेकर प्राकृतिक खेती का यह दिन का प्रतिक्षण वर्ष 2018 में पालम्पुर कृषि विरुध्विदालय से प्राप्त किया। उसके परफल इन्होंने लोगों द्वारा खुले में खेती हुई देखी पहाड़ी गांव को पालकर प्राकृतिक तरीके से मिश्रित खेती करके शुरू किया। इससे उन्हें अच्छा सुवधा

होने लया। हुकम चंद प्राकृतिक खेती खुशहाल किसान योजना के अंतर्गत भारतीय नस्ल को धारणकर को खरीद कर प्राकृतिक तरीके से देखी नस्ल को लागू के मोबर व मोबुन से बने उत्पादों को स्वयं बना रहे हैं और दूसरे किसानों को भी बेच रहे हैं। कृषि विभाग द्वारा संचालित अलग परिवेदन के अंतर्गत कृषि संबंधित सभी योजनाओं का लगातार प्रचार प्रसार कर किसानों को तकनीकी एवं जैविक खेती एवं सुप्य लागत प्राकृतिक खेती से संबंधित जानकारी दी जा रही है। हुकम चंद खांड तकनीकी प्रबंधक रवि कुन्वर व महापक तकनीकी प्रबंधक सुपथ सुंद के साथ जगह-जगह जाकर लोगों को सामाजिक खेती के नुकसानों से अवगत कराया रहे हैं। प्राकृतिक खेती से अधिक मुन्दा कमाने के अपने अनुभवों से किसानों को प्रेरित कर रहे हैं। ग्राम पंचायत सैण के एक मात्र किसान जो जहर मुक्त अनाज उत्पन्न कर मंडल बनकर रहने उत्त हैं।

दुष्टे किसानों के शिष्ट बने प्रेक्षणीत

से अवगत कराया रहे हैं। प्राकृतिक खेती से अधिक मुन्दा कमाने के अपने अनुभवों से किसानों को प्रेरित कर रहे हैं। ग्राम पंचायत सैण के एक मात्र किसान जो जहर मुक्त अनाज उत्पन्न कर मंडल बनकर रहने उत्त हैं।



Land under SPNF: 15 bigha

Crops: Pea, Wheat, Fenugreek, Gram, Onion and Garlic

Chemical Farming: Expenditure: Rs 14,490 Income: Rs 31,400

Natural Farming: Expenditure: Rs 9,120 Income: Rs 27,400



Opposition by family fails to stop this athlete's run for natural farming

Parma Ram

Mobile : 9805756261

An ex-serviceman and an athlete, Parma Ram from Sundernagar block of Mandi district is marching ahead with the same spirit in the agricultural fields. He has become the ambassador of healthy and environment-friendly natural farming in the district.

67 years old Parma Ram adopted natural farming on 5 bigha land despite opposition from his family, who were wary of this method. He stuck to his decision and got good initial results. Before taking to this method, Parma Ram attended a six-day training camp on natural farming at Palampur, where the founder of this innovative farming Padma Shri Subhash Palekar himself imparted training to farmers.

“ I grew tomatoes and beans on 5 bigha land with natural farming method. While spending just Rs 1,500 my earning was Rs 80,000. I think, farmers should adopt SPNF to grow healthy produce with low-cost agriculture.”



As a progressive vegetable grower, he tells other farmers that if they follow the SPNF techniques in letter and spirit, only then they will get good results. "Natural farming involves some hard work in the beginning, so the farmers should remain patient. The intensity of labour required decreases with time and production increases which adds to overall income" he said.

Parma Ram said that stray animal have become a cause of concern for the farmers of his area. Farmers following various farming practices face this problem. However, I have found that inputs like Jeevamrit in natural farming keep stray animals at a bay. Also, there exist few crop combinations that can help farmers handle this problem.

“He himself has created a bio-hedge by planting ‘desi bhindi’ (Lady Finger) on all sides of the farm to protect the crops from animals. This has emerged as the best option to protect the crop against animals. “The Lady Finger plant has many thorns, which prevents stray animals from entering the farm.”

To ease the farming process, he has made around 20 instruments. He is committed to preserve the traditional seed and have around 20 varieties of different cereals, vegetables and food grains. He is multiplying this seed and is distributing it to the fellow farmers. He says that government should also make a system to preserve and distribute the traditional seed to farmers.



Land under SPNF: 5 bigha

Crops: Pea, Wheat, Fenugreek, Gram, Onion, Garlic, Beans and Tomato

Chemical farming: Expenditure: Rs 5,000 Income: Rs 70,000

Natural farming: Expenditure: Rs 500 Income: Rs 80,000



Womens take up the task of being the torch bearers for natural farming

Leena Sharma

Mobile : 7018317584

Leena Sharma, from Panjianu village in Karsog block of Mandi district has taken up the task of creating awareness on natural farming in the area, while leading a group of 20 women farmers. She is doing natural farming on 5 bigha land and is motivating other women to shift to this non-chemical farming.

She set an example by growing peas, potato, coriander, garlic, methi (fenugreek) and wheat with low-cost natural farming and is currently training the women associated with her in Panjianu 'Krishi Samuh'. Her target is to make the entire village switch to chemical-free natural farming.



“ The farmers had been using minimum chemicals in our area. So, many of them got associated easily with natural farming in no time. All the women in our 'Krishi Samuh' do natural farming collectively and we are also trying to motivate other farmers of the village. So far, we have associated 100 farmers with natural farming. Many farmers call us to learn this method. ”

Members of the 'Krishi Samuh', Shanta Sharma, Meena Sharma, Shanta Devi, Kamli Devi, Satya Devi, Teji Sharma, Sarla Devi and Tara Sharma reveal that all of them are doing natural farming on land measuring 70 bigha. Most of the women farmers have grown pea, potato, wheat, cauliflower, gram and garlic in their fields.

They all use dung and urine of 'desi' cow to make natural inputs. They prepare inputs collectively and help each other on the farm. "We make Jeevamrit, Ghanjeevamrit and other natural inputs turn-wise in every member's house," they said.

After successful experimenting natural farming on a part of land. Teji Sharma, a member of this group is now cultivating apple. She has planted apple rootstocks in one bigha land and is growing onion, garlic and pea in the adjacent field. "My family members are quite positive about natural farming and they have encouraged me to go ahead with this 'chemical-free' farming," she said.

Another member of the Krishi Samuh, Kamla Sharma said, "we are extremely happy since we have adopted the natural farming. Farmers of our village have shed the use of synthetic chemicals and are encouraging other farmers of the region to adopt this eco-friendly technique."

In June 2019, Leena Sharma shared her experience with the vice chairman of Niti Aayog, Sh. Rajiv Kumar about this farming in a function organised at Raj bhawan, Shimla. This has been the proudest moment for Leena and her farming group, she recalls.

“Earlier, we did not have a 'desi' cow in the village. My husband, who is a teacher in a school situated at a distance, used to collect urine and dung of 'desi' cow from the house of children and bring it every weekend. Initially, we used to make natural inputs with that.”
 - Leena Sharma



जीरो बजट खेती में मिसाल बना पज्यानु

करसांग से 30 किलोमीटर दूर बसे गांव ने जहर मुक्त खेती को बनाया सहारा, महिला उद्यमी तीना शर्मा की मेहनत ताई रंग

अपराधक जहर-रहित खाद

पज्यानु गांव में जीरो बजट की खेती में एक युवा महिला कृषि-कर्मिकाओं को मदद कर रही हैं। उन्होंने बताया कि जीरो बजट खेती में जहर मुक्त खाद का उपयोग किया जाता है।

जीरो बजट: जीरो खर्च, अधिक फायदा

पज्यानु गांव में जीरो बजट खेती का प्रचार-प्रसार करने के लिए महिला उद्यमी तीना शर्मा ने एक समूह बनाया है।

पज्यानु गांव की राई उद्यमी

तीना शर्मा ने जीरो बजट खेती को अपना कर लिया है। उन्होंने बताया कि जीरो बजट खेती में जहर मुक्त खाद का उपयोग किया जाता है।

जीरो बजट की आनंद खेती

पज्यानु गांव में जीरो बजट खेती का प्रचार-प्रसार करने के लिए महिला उद्यमी तीना शर्मा ने एक समूह बनाया है।



Despite limited resources youth chooses farming over job, reaps good benefits with SPNF

Sanjay Kumar

Mobile : 9816448233

Unlike the phenomenon of youth leaving their homes for a well paid job and quality life in cities, Sanjay Kumar of Palauta Panchayat in Sundernagar block of Mandi district chose to be a farmer despite limited resources at home.

Sanjay Kumar, who did not have had much ancestral land for agriculture, took three bigha land on lease from his neighbour to set up polyhouse for livelihood through farming. He adopted Subhash Palekar Natural Farming (SPNF) method to reduce the expenditure and increase income. To safeguard himself from any losses, he first understood the concept of SPNF, after attending a training camp and later adopted it in polyhouse to grow vegetables. He is also cultivating wheat, pea and gram in one bigha land other than his polyhouse with this method.

“The cost of cultivation has drastically come down with natural farming. Earlier, I used to spend Rs 25,000 on chemical pesticides every year. However, by making natural inputs as per SPNF method, the cost has come down to Rs 5,000 which is 5 times less. The government subsidy on the ‘desi’ cow has also proven a boon for my income,” he said.

Sanjay Kumar told that the demand for vegetables grown with natural farming method is increasing day by day. He says that he sold cauliflower worth Rs one lakh, peas worth Rs 10,000 and Moongras (Radish pods) worth Rs 8,000 last year. This year he is planning to cultivate apple.



SPNF has changed my perspective about farming. This farming system is low-cost, eco-friendly and increase the soil fertility gradually. I have compared the results of this farming with chemical farming and can say for sure that it is the best practice for smallholders. This method is pure science and will benefit famers in the long run, he added.

Sanjay is working in synergy with Krishi Vigyan Kendra (KVK) Sundernagar to promote natural farming. His farm is being used as a training centre for the new farmers. "People come to my farm, ask me about natural farming and see the results. Many farmers have adopted this system after watching the results on my farm . I often get calls from new farmers when they face any difficulty.

“ *The farmers are showing interest in natural farming. Many farmers are adopting SPNF techniques and I believe that we will surely make our state chemical-free in the stipulated time.* ”



Land under SPNF: 4 bigha

Crops: Wheat, Gram, Cauliflower, Radish, Pea and Maize

Chemical farming: Expenditure: Rs 25,000 Income: Rs 1, 00,000

Natural farming: Expenditure: Rs 5,000 Income: Rs 1, 18,000



जीरो बजट खेती आने लगी पसंद

भारत जहां कृषि

देश में खेती करने की पसंद बढ़ाने का काम कर रहे हैं। खेती को प्रोत्साहित करने के लिए सरकारी तंत्र में जीरो बजट खेती को प्रोत्साहित करने का काम कर रहे हैं। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी।



किसानों को खेती के लिए प्रोत्साहित करने के लिए सरकारी तंत्र में जीरो बजट खेती को प्रोत्साहित करने का काम कर रहे हैं। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी।

जीरो बजट खेती को लागू करने के लिए सरकार सरकार द्वारा प्रोत्साहित करने का काम कर रहे हैं। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी।

जीरो बजट खेती को लागू करने के लिए सरकार सरकार द्वारा प्रोत्साहित करने का काम कर रहे हैं। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी।



इंदिरा मार्केट में मिलेंगे प्राकृतिक खेती उत्पाद

इंदिरा मार्केट में मिलेंगे प्राकृतिक खेती उत्पाद

किसानों को खेती के लिए प्रोत्साहित करने के लिए सरकारी तंत्र में जीरो बजट खेती को प्रोत्साहित करने का काम कर रहे हैं। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी।

इंदिरा मार्केट में मिलेंगे प्राकृतिक खेती उत्पाद... किसानों को खेती के लिए प्रोत्साहित करने के लिए सरकारी तंत्र में जीरो बजट खेती को प्रोत्साहित करने का काम कर रहे हैं।

दिव्य हिमाचल

प्राकृतिक खेती में रुझान बढ़ाएगी सरकार कम लागत में किसानों की आमदन बढ़ाने के लिए हुआ मंथन

मंडी में होगा पांच हजार किसानों का सम्मेलन

प्रदेश के किसानों को प्रकृतिक खेती में प्रोत्साहित करने के लिए प्रदेश सरकार ने योजना तैयार कर दिया है। कृषि विभाग में कमी और किसानों को प्रोत्साहित करने के लिए प्रदेश में प्रकृतिक खेती में रुझान बढ़ाने का काम कर रहे हैं।

दिव्य हिमाचल

प्राकृतिक खेती, खुशहाल किसान योजना से 61 हजार किसानों को मिला लाभ



किसानों को खेती के लिए प्रोत्साहित करने के लिए सरकारी तंत्र में जीरो बजट खेती को प्रोत्साहित करने का काम कर रहे हैं।

किसानों को खेती के लिए प्रोत्साहित करने के लिए सरकारी तंत्र में जीरो बजट खेती को प्रोत्साहित करने का काम कर रहे हैं। जीरो बजट खेती का अर्थ है कि किसान को खेती के लिए किसी भी तरह की मदद नहीं मिलेगी।

Now, buy natural farm items from Mandi outlets



DC Rugged Thakur inaugurates 'Ajivika Vikray Kendra' in Mandi.

प्रदेश के किसानों को प्रकृतिक खेती में प्रोत्साहित करने के लिए प्रदेश सरकार ने योजना तैयार कर दिया है। कृषि विभाग में कमी और किसानों को प्रोत्साहित करने के लिए प्रदेश में प्रकृतिक खेती में रुझान बढ़ाने का काम कर रहे हैं।

करसोग में बागवानों के लिए वरदान साबित हो रही सुभाष पालेकर प्राकृतिक खेती की तकनीक



करसोग में बागवानों के लिए वरदान साबित हो रही सुभाष पालेकर प्राकृतिक खेती की तकनीक

करसोग में बागवानों के लिए वरदान साबित हो रही सुभाष पालेकर प्राकृतिक खेती की तकनीक... प्राकृतिक खेती को लागू करने के लिए सरकारी तंत्र में जीरो बजट खेती को प्रोत्साहित करने का काम कर रहे हैं।

District ATMA Staff



Dr. Braham Dass Jaswal
Project Director ATMA

The leadership of district team and mutual coordination of BTM / ATMs is leading the change in the district. As a result of dedicated efforts of our staff 21,238 farmers in the district have successfully shifted to natural farming and are growing fruits, vegetables and cereals with this cost-effective and eco-friendly method. Our team is constantly working to take the state governments initiative of enhancing farmer' income way forward with SPNF.



Dr. Hitender Singh
Project Deputy Director-II

The adoption of natural farming in the district is taking a pace. It is the sheer efforts of our team that now farmers themselves are contacting and connecting with the natural farming method. This method has yielded good results for both the farmers as well as orchardists. SPNF is the future of farming.

ATMA Staff at Block Level

Sunder Nagar



Lekh Raj
BTM



Shiwani Sharma
ATM



Manoj Kumar
ATM

ATMA Staff at Block Level

Balh



Aarti Bhardwaj
BTM



Punam Kumari
ATM



Hitesh Saini
ATM

Sadar



Ravi Kumar
BTM



Sapna Kumari
ATM



Mukesh Kumar
ATM

Drang



Lalit Kumar
BTM



Davender Kumar
ATM



Rohit
ATM

Chauntra



Sunil Kumar
BTM



Yog Raj
ATM



Sunny Kumar
ATM

Gohar



Thakur Singh
BTM



Banti Ram
ATM



Deepika
ATM

ATMA Staff at Block Level

Seraj



Suresh Kumar
BTM



Suraj Nayak
ATM



Sanjay Kumar
ATM

Balichowki



Divya Thakur
BTM



Vijender Kumar
ATM



Rishi Kapoor
ATM

Karsog



Chet Ram
BTM



Sonali Mahajan
ATM



Lekh Raj
ATM

Gopalpur



Mahinder Kumar
BTM



Davinder Kumar
ATM



Vikas Kumar
ATM

Dharampur



Ajay Kumar
BTM



Shubham Bhandari
ATM



Aman Deep
ATM

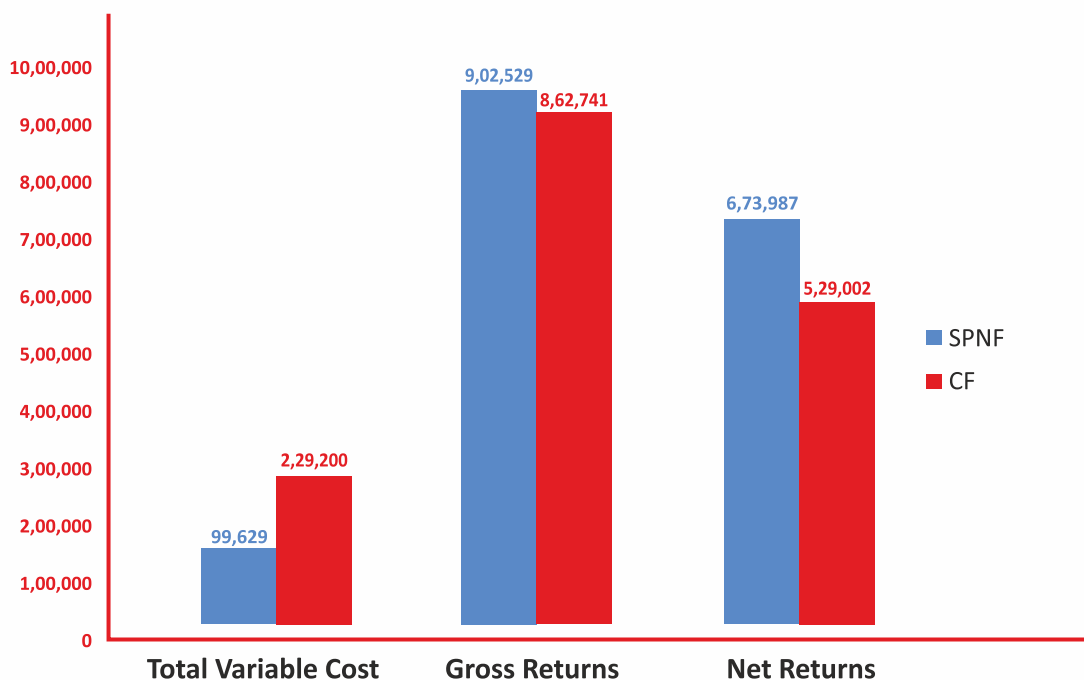


Some conclusions drawn from the research on natural farming

- This method promotes Dehydrogenase (enzyme) Activity. This enzyme directly increases the quality of soil. Compared to chemical and organic farming, the Dehydrogenase Activity (DHA) in Subhash Palekar Natural Farming (SPNF) has been recorded as the best ($8.4 \mu\text{g TPFg}^{-1}\text{h}^{-1}$), which means that the quality of soil seemingly increased after crop production.
- Besides this, the activity of Alkaline Phosphatase (enzyme) and Acid Phosphatase (enzyme) was also recorded the higher in natural farming ($112 \mu\text{g TPFg}^{-1}\text{h}^{-1}$) than chemical and organic farming. The SPNF method has hence been able to improve the fertility of soil through increased enzyme activity.
- In SPNF method, more increase was witnessed in the population of local species of earthworms. Highest population of earthworms was recorded in the high density apple orchards where natural farming was followed. Thirty two earthworms/ square feet were found in 0-15 cm depth of soil. This earthworm species plays an important role in improving the health and quality of soil and enrich the soil with nutrients like Nitrogen, Phosphorous and Potassium. The earthworm casting comprises bacteria, enzymes, decomposed remains of plant, earthworm cocoon and waste of animals and other living beings etc as an organic mixture. Earthworm casting is a rich source of dissolvable plant nutrients in easily available water, which are more than the normally available humus in upper layer of soil.
- In cold desert in the state, the SPNF has been able to maintain 1.5-7.8 per cent more moisture content in soil than the chemical and organic farming. After one year of taking crops of Pea and Tomato with SPNF, the Nitrogen availability in soil registered an increased from 329 kilogram/ hectare to 358 kilogram per hectare.

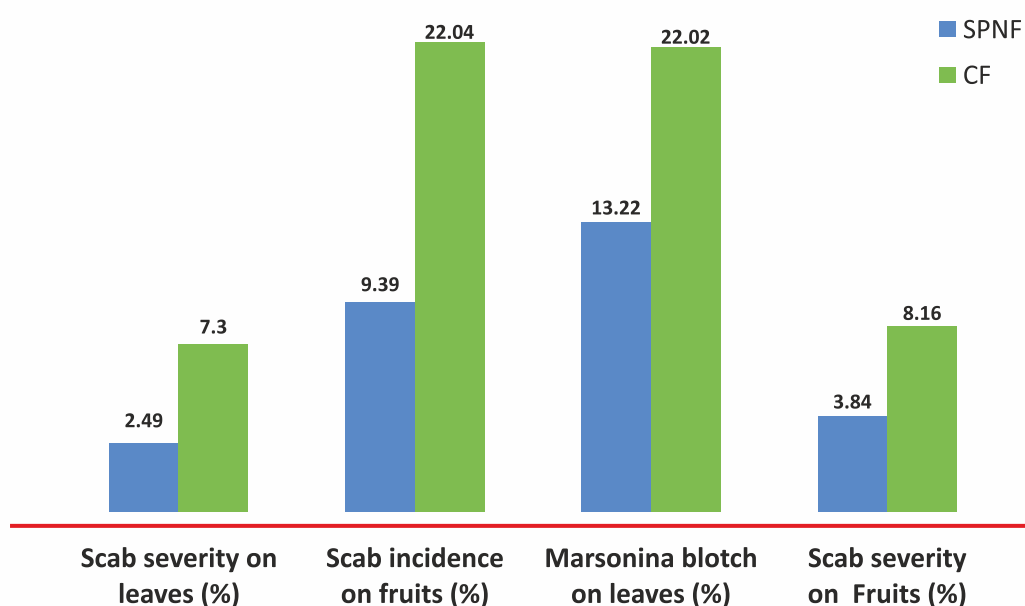


Comparative Economics of SPNF and CF Apple in HP (Rs/ha)



An internal study undertaken by SPIU shows that cost of cultivation has significantly declined in natural farming practices as compared to the chemical farming which led to an increase in the net returns of practising farmers.

Comparative disease incidence in SPNF & CF Apple in Shimla, Sirmour District during 2020



A less incidence of apple scab and premature leaf fall was reported in natural farming orchards as compared to orchards maintained by chemical farming.

District ATMA Staff

| Sr. No. | Name of the official | Designation | Mobile No. | Division of Panchayats | Total Panchayats |
|---------|------------------------|----------------------------|-------------|------------------------|------------------|
| 1 | Dr. Braham Dass Jaswal | Project Director ATMA | 94180-58364 | 56 | 559 |
| 2 | | | | | |
| 3 | Dr. Hitender Singh | Deputy Project Director-II | 70182-14617 | 503 | |

ATMA Staff at Block Level

| Development Block | Name of the official | Designation | Mobile No. | Division of Panchayats | Total Panchayats |
|-------------------|----------------------|-------------|-------------|------------------------|------------------|
| Sunder Nagar | Ms. Lekh Raj | BTM | 98171-72413 | 22 | 66 |
| | Ms. Shivani Sharma | ATM | 88941-91908 | 22 | |
| | Mr. Manoj Kumar | ATM | 94598-11219 | 22 | |
| Seraj | Mr. Suresh Kumar | BTM | 94183-08714 | 11 | 33 |
| | Mr. Suraj Naik | ATM | 98160-02781 | 11 | |
| | Mr. Sanjay Kumar | ATM | 98576-30100 | 11 | |
| Karsog | Mr. Chet Ram | BTM | 98166-53005 | 20 | 62 |
| | Mr. Lekh Raj | ATM | 98821-88303 | 21 | |
| | Ms. Sonali Mahajan | ATM | 78075-19356 | 21 | |
| Gohar | Mr. Thakar Singh | BTM | 98829-90037 | 15 | 45 |
| | Mr. Banti Ram | ATM | 98167-65300 | 16 | |
| | Smt. Deepika | ATM | 94180-79593 | 14 | |
| Gopalpur | Mr. Mahender | BTM | 98171-88886 | 15 | 46 |
| | Mr. Devender Kumar | ATM | 98826-75930 | 16 | |
| | Mr. Vikas | ATM | 98160-27117 | 15 | |
| Dharampur | Mr. Ajay Kumar | BTM | 94189-73269 | 20 | 58 |
| | Sh. Shubham Bhandari | ATM | 94598-54666 | 19 | |
| | Mr. Aman Deep | ATM | 89369-24699 | 19 | |
| Drang | Sh. Lalit Kumar | BTM | 70186-15488 | 15 | 45 |
| | Mr. Devender Kumar | ATM | 98822-32167 | 15 | |
| | Mr. Rohit | ATM | 83508-38930 | 15 | |
| Balh | Miss. Aarti Bhardwaj | BTM | 82198-21335 | 19 | 58 |
| | M. Poonam | ATM | 89881-60153 | 19 | |
| | Mr. Hitesh Saini | ATM | 82191-17365 | 20 | |
| Chauntra | Mr. Sunil Kumar | BTM | 98820-91962 | 14 | 42 |
| | Sh. Yog Raj | ATM | 94594-52903 | 14 | |
| | Sh. Sunny Kumar | ATM | 78072-80057 | 14 | |
| Sadar | Mr. Ravi Kumar | BTM | 89881-85135 | 17 | 54 |
| | Miss.Sapna Kumari | ATM | 82192-33318 | 18 | |
| | Mr. Mukesh Kumar | ATM | 94599-41126 | 19 | |
| Balichowki | Ms. Divya Thakur | BTM | 70185-10966 | 18 | 50 |
| | Mr. Rishi Kapoor | ATM | 82197-27339 | 16 | |
| | Mr. Vijender Kumar | ATM | 85805-04027 | 16 | |

Himachal Pradesh



State Project Implementing Unit (SPIU)

Krishi Bhawan, Shimla-05 | Tel. 0177-2830767 | E-mail: spnf-hp@gov.in

[facebook.com/SPNFHP](https://www.facebook.com/SPNFHP) twitter.com/spnfhp [youtube.com/SPNFHP](https://www.youtube.com/SPNFHP)