



14-Jan-2021

Email: mediarelations@ishafoundation.org

Sadhguru greets Tamil Nadu on Pongal; exhorts youth to popularize natural farming

14 January 2021: Sadhguru, Founder-Isha Foundation, greeted the people of Tamil Nadu on the occasion of the “farmer’s festival”, Pongal. In his video message, Sadhguru urged “the educated and the youth” to take an active interest in promoting natural farming methods that can bring health and wealth to both farmers and the community at large.

“My heartfelt Pongal greetings to all the people of Tamil Nadu. Pongal is not something we eat; Pongal is celebrated in our culture as a farmer's festival,” Sadhguru said in his Tamil message. He said, on this day, the youth must go to villages and see how farming is done.

He appealed to the youth to commit to spreading the message of natural farming across Tamil Nadu. “We, at Isha, are ready to teach you natural farming through the Isha Agro Movement, if you wish to learn it. After learning it, you have to go to the villages and pass on this knowledge to at least 10 other people,” Sadhguru said adding that this could revolutionize the practice of agriculture in the country.

He also spoke about the impact of naturally grown crops on community health. “Doctors say that the food you eat can cause diseases, including diabetes. We need to change this. All crops including paddy should be produced through natural farming. This is very important for our progress and health,” Sadhguru asserted.

Like in the rest of the country, Tamil Nadu is also facing soil distress. Natural farming is one of the best ways to keep the soil nutritious, said Sadhguru.

Pongal marks the end of the winter solstice and is celebrated at the beginning of the Thai month in the Tamil calendar. It marks the beginning of the harvest season and is celebrated across India.

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