

Organic Farming: Provide Healthy Food for Healthy Nation

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Introduction:

At present, due to the chemical components used in crops, human health is being affected, due to which we are facing various problems and diseases. To prevent the side effects of these chemicals and to increase the yield and quality in agriculture Organic farming is the best solution for improvement and it is necessary to know about adopting organic farming -

Organic farming is the practice that avoid or largely excludes the use of synthetically compounded agro-chemicals in agriculture production.

Main source of organic matter – FYM, compost, Neem cake, press mud etc.

OBJECTIVES-

- To work with natural systems rather than dominating them.
- To encourage and enhance the biological cycles.
- Production of poison-free food for better quality. Maintenance of soil organic matter and soil Fertility.
- Recycling of nutrients.

- Sustainability and soil health.

Concept of organic farming-

Organic farming endorses the concept that the soil, plant, animal and human being are linked. Therefore its goals is the create an integrated, environmentally, sound, safe and economically sustainable agriculture production system.

Principle of organic farming-

Principle of organic farming serve to inspire the organic Movement in the its fall diversity.

The international Federation for Organic Agriculture Movement (IFOAM) define off organic farming is based on:

1. The principle of health
2. The principal of ecology
3. The principle of fairness
4. The principle of care.

Benefits of organic farming-

In organic farming to completely avoid to chemicals there benefits are-

- ❖ Healthy food.
- ❖ Improvement in soil party.
- ❖ increase crop production and income.

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- ❖ Low incidence of pests.
- ❖ Improvement in water use efficiency.
- ❖ Employment opportunities.
- ❖ Environmentally protection.
- ❖ Conservation of natural resources.
- ❖ Rural development.

Major problems and constraints for organic farming in India-

- ❖ Lack Of Awareness
- ❖ Output Marketing Problems
- ❖ Shortage Of Bio-Mass
- ❖ Inadequate Supporting Infrastructure
- ❖ School For Children
- ❖ Health Facilities Problems
- ❖ No Road
- ❖ Poor Crops
- ❖ Soil Erosion
- ❖ High Input Costs
- ❖ Marketing Problems Of Organic Inputs
- ❖ Low Yields.

Goals of organic farming-

The main goals of farming is increasing the products without loss of soil fertility and physical condition of organic farming-

1. To work with natural system.
2. To encourage and enhance biological cycles with in the farming system involving microorganism soil flora, fauna, plant and animal.

3. To use as for possible reasonable resources in locally organized agriculture system.
4. To maintain the genetic diversity of agricultural system and its surrounding including the production of plant and wildlife highway number.
5. To avoid all forms of pollution that may result from agriculture techniques.
6. To consider the wider social and ecological impact of the farming system.

Government Policy on Promoting organic farming-

The government to promote organic farming has implemented certain policies in the country and gained economic benefits.

- **“Paramparagat Krishi Vikas Yojana” (PKVY)-** The organic farming policy was launched in the year 2015 and adopted organic villages. The PKVY scheme focuses on soil health management, which is the most crucial project of NMSA. The use of chemical fertilizers needs to be reduced from the rain or hilly areas. Organic farmers are also provided with subsidies.
- **“Rashtriya Krishi Vikas Yojana”-** The organic farming policy includes methods that are boosted in the states through this scheme. Agricultural plans

are formulated in the districts to provide maximum return benefits to the organic farmers. The mission aims to gain nutritional benefits from organically yielded products.

- **"Agri-Export Policy"**-The policy was launched in 2018, which is responsible for promoting organic farming and creating an impact on the market. This deals with the economic planning of organic farming.
- **"National Project on Organic farming" (NPOF)**- The project focuses on improving the organic production units, biopesticides, biofertilizers thereby reducing the dependency on chemical fertilizers. The scheme also provides certification programs and encourages organic farming. The scheme has the recognition of Switzerland and the European Union.

Future of organic farming in India-

India has always had a rich legacy of healthy living influenced by Ayurveda, the pandemic once again accelerated the demand for organic foods and an exponential increase in organic consumers. Today, people are becoming more aware of what they consume than ever before. The science of 'From Farm to the Table' has become part and parcel of everyone's lives.

Considering the growing demand for healthy natural products, especially among millennials, the Indian organic market will definitely expect a surge in the coming years. About 5.91 million hectares of land in the country are under organic farming, which is around four per cent of the net sown area, according to the Economic Survey 2022-23.

The India organic food market size reached US\$ 1,278 Million in 2022. The International Market Analysis Research and Consulting (IMARC Group) expects the market to reach US\$ 4,602 Million by 2028, exhibiting a growth rate (CAGR) of 23.8% during 2023-2028.

Conclusion-

Through organic farming we get healthy foods which will improve our health and by using local resources we will be eco-friendly and government in focusing on organic farming by implementing various organic farming policies.

The focus of people after Corona Pandemic in the world is attracted to the immunity. Foods obtained from organic farming are helpful in strengthening the immune system. We will be able to trade ourselves as a large economy by doing internationally by organic farming.