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NEWSLETTER

MAY 2022

INSPIRED BY
VILLAGES OF INDIA

SITE PROGRESS -
ORGANO ANTHARAM

GREENHOUSE AND FARMING
IN ECO HABITATS

SLEEP HYGIENE

DUG WELLS AND WATER
RESILIENCE AT ANTHARAM

CLUSTER CLUBS -
OUTDOOR COLLECTIVE
LIVING ROOMS DESIGNED
FOR SOCIAL BONDING

SITE PROGRESS MAY 2022



Raavi Palle Cluster

Tiling work for the Cluster club is completed and internal painting work has commenced. Boundary fencing in the cluster Parking area has commenced. Finishes for units will commence end of May.



Entrance Pavilion

Installation of Solar Tree has been completed.
Estate Manager Room & Passive Healthcare Lounge are in finishes stage.
Internal painting works has started for Security Cabin.



Maredu Palle Cluster

Civil work for Cluster Club is in progress.
Finishes for units will commence in the first week of June.



Moduga Palle Cluster

Civil Works for units are in progress



Velaga Palle Cluster

Civil Works for units are in progress



Champaka Pale Cluster

Civil Works for units are in progress



Gandham Palle Cluster

Civil Works for units are in progress



Water Treatment Plan:

Construction of walls is completed and laying of slab is in progress.



Sewage Treatment Plant:

Grade slab is completed and structure is in progress.



Dug Well:

Excavation work in both the dug wells is completed.



House of Activity:

Excavation work for natural swimming pond is completed. Super structure is under progress.



Rurban Hive:
Foundation works is in progress.



Substation:
Civil work has completed.



Farming & Afforestation

Levelling work is completed in the farm patches at Raavi Palle. Afforestation is being taken along the bio-fence area. Red murram soil filling along the avenue plants at the main road. Sowing of Spinach, Amaranthus, Coriander, Cluster Beans seeds has been completed in the collective farming area behind the Model house and the backyard of God's Own Office.

INDIAN SCHOOL OF BUSINESS (ISB), HYDERABAD TAKES UP ORGANO ECO HABITATS CASE STUDY



<https://www.youtube.com/watch?v=yvgze68T-HM>

Organo - Case Study
Presentation by
Prof. Seshadri at ISB,
Hyderabad

Organo Team was invited by Prof. DVR Seshadri, Professor of Marketing (Practice), Director-ISB CBM. It was an honour to be part of his new course 'marketing for a sustainable planet'.

After Dr. Seshadri presented the case study on Organo to the students, we had the opportunity to discuss

our strategies, intents and Organo's eco habitats. The discussion delved into topics such as counter urbanisation, user-focused product design, entrepreneurship, sapthapatha and its implementation in eco habitats, among other things.

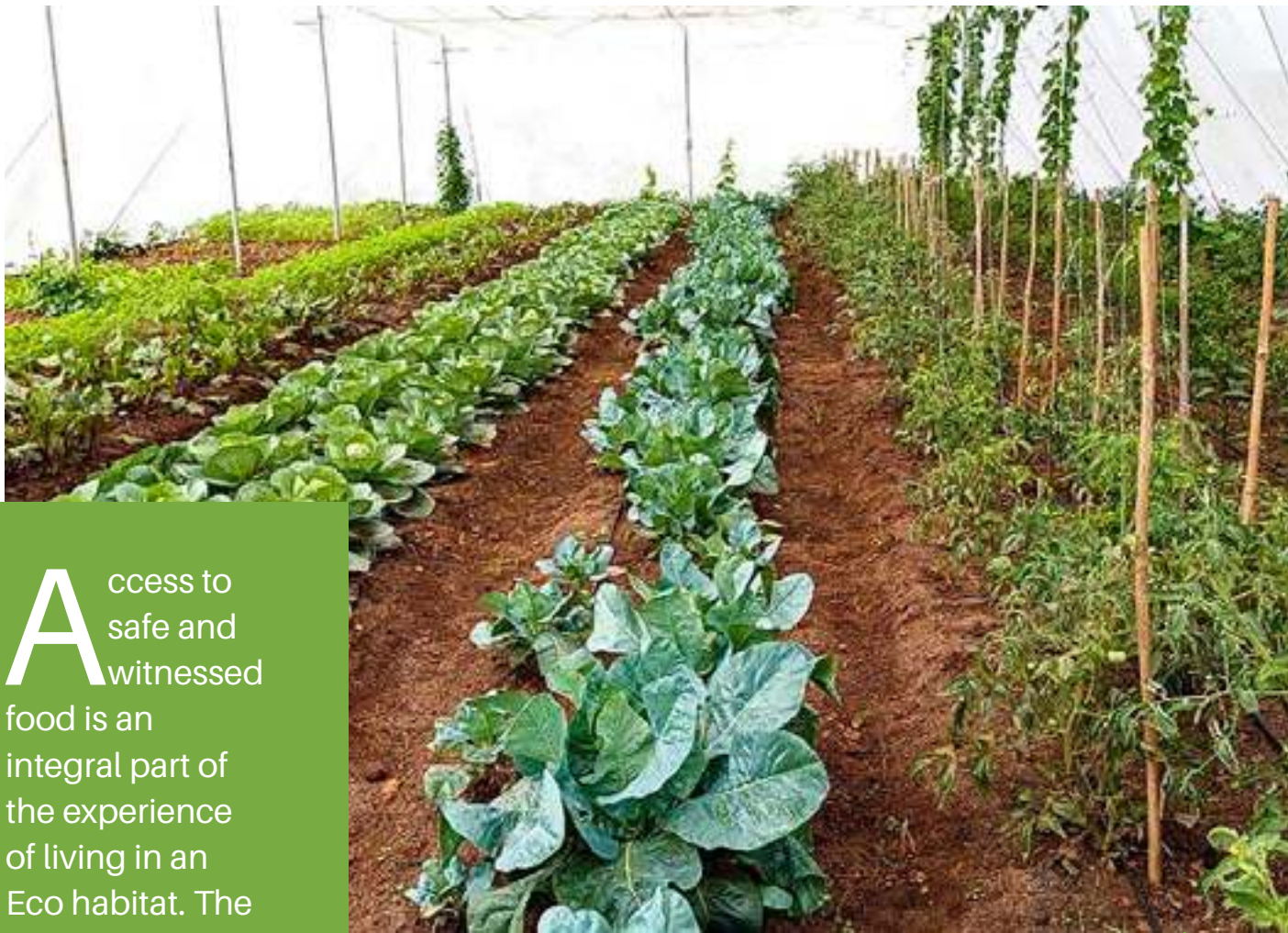
Questions from the students such "Since most of the sales are through word of mouth, how do you see marketing your projects when you grow big?", "How will you improve the pricing strategy?" and more made it a lively and thought-provoking

discussion. We were able to share our methods, thoughts and ideas with them.

We were glad to support the learning efforts at ISB and share our experiences in building eco habitats. We hope we were able to add value to the course. With firms adopting and embedding sustainability in their processes and operations, we believe this course will give students a long head start in their careers.

GREENHOUSE AND FARMING IN ECO HABITATS

Raghuram
Vemula



Access to safe and witnessed food is an integral part of the experience of living in an Eco habitat. The farming practices followed in our eco habitats take a localization approach to cultivation.

Inside the Greenhouse at Organo Antharam.

This means as much as possible crops which are suitable to the local climatic conditions are grown. Ensuring that the quantity, quality and variety of farm produce is improved has been our constant endeavour. To this end we have been experimenting with new methods of natural farming as well as newer technologies. One such technology/ practice is farming in a Greenhouse or a polyshed.

It is a well known fact that cultivating crops in a controlled environment improves the quality and quantity of the produce for a given area when compared with growing crops outside in the normal field. But most of the studies undertaken are for chemical based farming. So we decided to test cultivation using natural farming methods in a Greenhouse. We procured a greenhouse solution

from “Kheyti” after reviewing various other greenhouse solutions available as it was easy to install, maintain and operate. The Greenhouse has been installed in our upcoming community of Organo Antharam to conduct various experiments and record the outcomes. The greenhouse covers an area of 476 Square meters and has a height of 4 meters. Out of the various greenhouse solutions

that Kheyti offered, we chose this model as it was the right size to test multiple crops. Also, it is close to 1/10th of an acre (1 Acre = 4046 Square meters), which means once the methodology is established for growing crops in natural farming in this greenhouse, replicating and scaling the same to cover larger areas becomes easy.



Outside the Greenhouse at Organo Antharam

SETTING UP THE GREENHOUSE

The greenhouse is a simple structure with 34 meters length, 14 meters width and 4 meters height. As shown in the picture 2, the structure consists of metal pillars supporting the canopy which is made from a tough material known as “Aluminate”. Holding the metal pillars in position are wire cables which

are pegged to the ground by metal rod anchors.

First step in setting up the Greenhouse is to prepare the base on which the entire structure stands. The stones and other uneven features are cleared and the ground is made level. The soil inside

the Greenhouse needs to be specially mixed and treated to ensure best possible yield. To do this a soil mix of 2 portions of fine red soil and 1 portion of sand along with dried sheep manure was laid at a height of 2 feet from the ground level.



Levelling the ground and soil filling



Pits with concrete and the anchor metal rod fixed

Once the soil is laid, pits are dug to house the metal pillars and then the aluminate sheet is fixed on top. The Greenhouse solution has two layers of the Aluminate sheet. One is fixed and forms the outer shell and the other is inside just beneath the roof with a gap of 3 feet. This second sheet can be moved using strings manually and helps in controlling the amount of light and temperature in the greenhouse.



Second layer of Aluminate sheet, helps in temperature and light control.

The water supply in the greenhouse is done through a series of drip irrigation lines which are connected to a water tank and motor system to pump water. A system known as “venturi” is used near the water tank to mix the bio fertilisers such as Jeevamrutham so that it directly reaches the root zone of the crops through drip system.



Water pumping system with motor



This is how we set up the greenhouse at Organo Antharam. Stay tuned for future as we present our findings with respect to production methods, types of crops suitable for greenhouse cultivation and provide details about the setup and operation of the Greenhouse and advantages we have observed over the last 1 year of operation.

The venturi system for mixing bio fertilizers

HAPPY CONTRIBUTION TO THE PEOPLE AND PLANET



<https://www.youtube.com/watch?v=iRGO1zy1eDI>

Organo is a good investment as it helps rejuvenate the environment. My money will be utilized to train the farmers who will come and work in these farmlands at Organo. So I am happy contributing to the betterment of the environment and not in a concrete jungle, says Suresh Gopalakrishnan.

DUG WELLS AND WATER RESILIENCE AT ANTHARAM

Rakesh Koti



Chinna Baavi

At Antharam water resilience is a big goal we are trying to reach.

To accomplish this, we are looking at various ways in which surface rain water run off can be tapped.

Although ground water sources can be reached if we go deep enough, we do not want to do that.

At 1000 feet below the ground, we reach confined aquifers. These acquirers are blocked by rock layers above and below. Any water that is taken out of these aquifers are not easily replenished. It takes decades for the water to reach these deep reservoirs.

One way to recharge these deep aquifers is to put water

back in the same borewells or similar borewells from which we are pulling water out.

Although this creates a somewhat sustainable solution, there is no guarantee that the water we put in will come back to us as these aquifers underground spread across hundreds of acres of area.

There may come a time where the surrounding farmers continuously pull water out and we don't reap any benefits from our efforts.

To become drought resilient, the best option is to capture as much rainfall as possible within the boundaries of our community.

This is where our dug wells come into picture.

There are two dug wells at Antharam - Pedda Baavi which is around 60 lakh liters in capacity and Chinna Baavi which is around 20 lakh liters in capacity.



Pedda Baavi

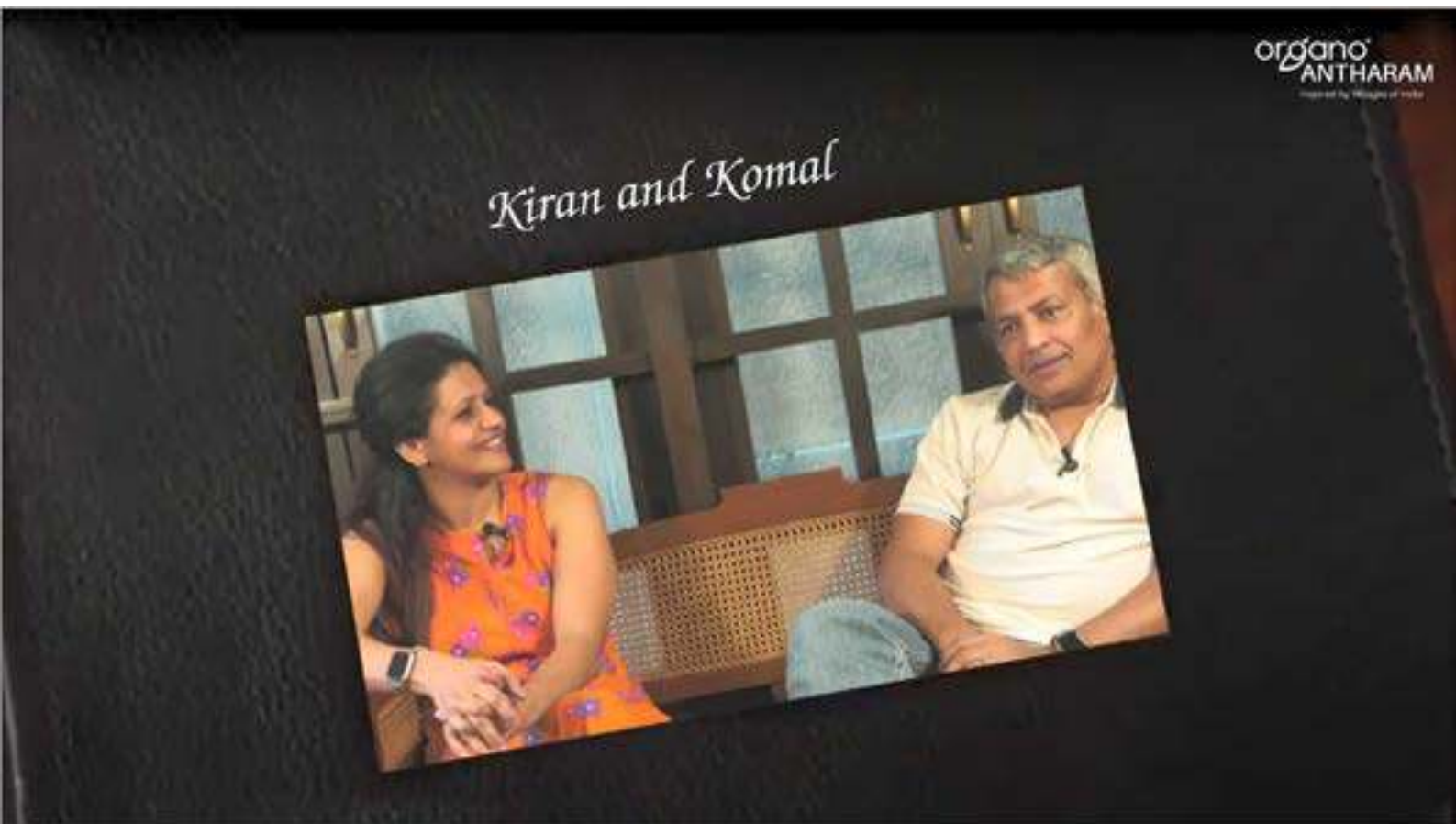
Together, they act as a buffer - a battery bank - for water.

During times of extreme drought, the community shall manage water better using this reserve which is non-existent in other communities.

During drought, depending on the severity, strategies are being formulated on how to use this water.

First preference will always be given to the domestic consumption.

ANTHARAM IS A BLEND OF RURAL AND URBANSCAPE



<https://www.youtube.com/watch?v=LUPxowA1gAw>

I have returned to India and have been looking for a farm for a year- a farm where we could build a home which is a mix of city and farm. Looking forward to those next three years in Antharam will get delivered to us, and I hope to be all smiles.

CLUSTER CLUBS - OUTDOOR COLLECTIVE LIVING ROOMS DESIGNED FOR SOCIAL BONDING

Meena Murugappan



Organo Antharam community is an eco-community designed for feet rather than wheels. The intention was to create simple and safe street experiences that also brought back opportunities for residents to enjoy serendipitous meetings, carefree play, quiet areas for contemplation and vibrant spaces for collective gathering and celebrations.

The homes in Organo Antharam are designed in clusters along a central pedestrian street. Each

cluster has approximately 20 homes. At the heart of each cluster is the cluster club. Here, this active social node acts as an outdoor collective living room, with special focus on activities that appeal to and across age groups.

Across the 6 clusters, there are cluster clubs that provide space and environment for various activities like co-working rooms, outdoor gatherings, children's play areas, community kitchens, yoga decks, contemplation

rooms, gaming areas, and other cultural activities.

The functional program for each cluster is designed such that families from one cluster will move to the other cluster clubs to share the amenities and cross-socialise across the various clusters. This is important to create greater social bonding and allow a variety of resident-driven activities to self-organise and occur.



Be it reading the morning newspaper on the club deck, or sharing home food recipes with each other, or having a team meetings during a weekend, or finding hiding places for easter eggs, or flying kites during windy days, these social oases help build strong, safe and inclusive communities, with increased social interaction, volunteerism, and civic pride all rolled in one.

Want to know more about cluster homes eco-habitats? Do connect with us through our website <https://www.organo.co.in> and call us to schedule a site visit **9071123446** or email at marketing@organo.co.in.

ORGANO GARDENCERCIZE LIVE STREAM



<https://zurl.co/2ZFA>

Want to learn gardening and have benefits of exercising in one go? Organo Et School in collaboration with Ms. Chandana Mannedi presents a unique online workshop on Saturday 21st May 22.

Gardencercize- An introduction to a fitness program that teaches you how to combine exercise and gardening.

SLEEP HYGIENE

Vaishnavi Paturu



Sleep is as essential to our daily needs like food and water. Although we may feel that sleep simply rests our tired bodies, our brain remains active throughout the night. Sleep plays a critical role in the brain as well as physical functioning.

Our internal body clock, called a 'Circadian clock', tells us when we are ready to sleep. There are several circadian clocks in the body, found in the brain and other organs. They are triggered by cues such as daylight (we feel alert) and darkness (we feel drowsy). These clocks can also be triggered by artificial bright light or stimulants like caffeine and alcohol that cause us to feel awake even if it is night-time.

There are several phases of sleep our body experiences. They are classified as REM (rapid eye movement) and non-REM sleep. We cycle repeatedly

through these phases about 4-6 times throughout the night, and it is not uncommon to wake up briefly between cycles.

HORMONES THAT REGULATE SLEEP CYCLES

Melatonin is a hormone released by the brain when it is dark. It travels to cells to tell the body to sleep. Sunlight or exposure to light inhibits the production of melatonin and increases the release of cortisol, which awakens us. If we are exposed to too much artificial light (such as the blue light emitted from smartphones or televisions) late at night, less melatonin may be released making it harder to fall asleep.

Serotonin, the body's "feel-good" chemical, is a neurotransmitter associated

with both sleep and being awake. The brain releases this chemical during daylight but also uses it to form melatonin at night.

Sleep helps to process your thoughts from the day as well as store memories, so a lack of good-quality sleep can lead to difficulty focusing and thinking clearly. You may feel tired, irritable, or anxious during the day. Performance at work or school may suffer. Your reaction time may be slowed, increasing the risk of driving accidents.

In children, insufficient sleep can lead to attention and behaviour problems or hyperactivity. In the elderly, lack of sleep may decrease focus and attention, leading to a greater risk of falls, bone fractures, and car accidents.

THERE ARE SEVERAL REASONS PEOPLE MAY GET INSUFFICIENT SLEEP:

- Poor sleep habits (watching television or using screens late at night, drinking caffeinated or alcoholic beverages at night, not following a regular sleep schedule).
- The sleep environment is too noisy, too light, or otherwise not conducive to sleep.
- You attempt to sleep outside of the body's natural circadian clock (working an overnight shift and trying to make up for sleep during the day).
- Sleep disorder, such as sleep apnea, insomnia, or periodic limb movements reduces deep or REM sleep or causes frequent awakenings.
- Medical condition such as heart, lung, or kidney disease, or chronic pain, causes frequent awakenings.
- Amongst the several reasons listed above, sleeping in a noisy environment is considered to have a high risk to the health and well-being of humans.

ENVIRONMENTAL NOISE AND SLEEP DISTURBANCES

Environmental noise, especially that caused by transportation means, is viewed as a significant cause of sleep disturbances..

The European Union has reported that people exposed to night noise levels above 40dB on average throughout the year can suffer sleep disturbance, while long-term average exposure above 55dB can trigger elevated blood pressure and lead to ischaemic heart disease. Environmental noise causes approximately 16,600 cases of premature death in Europe each year, with almost 32 million adults estimated to suffer annoyance and over 13 million adults estimated to suffer sleep disturbance.

In the UK, a study estimated that 54% of the population was

exposed to noise pollution above recommended levels of 55 decibels. Exposure to air traffic noise has also been linked to a negative impact on student performance in educational institutions, recording a significant relationship to poor reading and mathematical performance.

Apart from these measurable effects and the subjective feeling of disturbed sleep, people who struggle with nocturnal environmental noise often also suffer the next day from daytime sleepiness and tiredness, annoyance, mood changes as well as decreased well-being and cognitive performance. But there is also emerging evidence that these short-term effects of environmental noise, particularly when the exposure is nocturnal, may be followed by long-term adverse cardiometabolic outcomes.

Nocturnal environmental noise may be the most worrying form of noise pollution in terms of its health consequences because of its synergistic direct and indirect (through sleep disturbances acting as a mediator) influence on biological systems. Duration and quality of sleep should thus be regarded as risk factors or markers significantly influenced by the environment.

We spend 90% of our time indoors and this percentage has increased more so in the last few years due to COVID 19. There are various technologies available to minimise noise transfer. Acoustic proof windows and doors, along with curtains and carpets cut down noise transfer but also encourage people to spend more time indoors.



The trees and plants have a natural ability to cut down dust and noise pollution. However, most urban spaces cannot afford to maximise greenery due to high value of real estate. There is a growing awareness amongst urbanites who would like to

live away from the hustle and bustle of urban spaces and live close to nature. These urbanites choose to wake up to the birds chirping and sleep to the lullaby of crickets.

When we are in tune with nature, we tend to be healthy in mind, body and soul.

SLOW DOWN PLACE IN NEWS



<https://www.youtube.com/watch?v=RGmVVP2GNuE>

Food Monks team visited the Slow Down Place restaurant to taste the weekend Grandma Thali.

The two friends fell in love with the food combined with village-like atmosphere and calming ambience. They were glad to find such an eatery spot in the outskirts of Hyderabad.

Do watch this video and let us know if you'd like to relish the Grandma Thali along with the other dishes at the Slow Down Place restaurant.



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Recap of Field Trip to Goshala



Visiting a Goshala can be an exhilarating experience. Somewhat similar experience Nithika, Tanvi, Cheranvi and Aadhirai had when they came for a field trip to Organo Bakaram Goshala. They along with their parents visited this desi dairy in Bakaram village on 23rd Apr'22, last Saturday.

OES organised this educational trip for children to help them connect to nature and animals and in turn to their true roots.

Mr. Ugandhar N Reddy, our dairy expert speaker, introduced the Goshala concept to the audience. He explained in detail the difference between Desi cows and Western cows and mentioned a lot of identifying features for both. He described the journey of milk from Dairy to their glass of milk at home. He emphasized the advantages of organic milk over pasteurized one and also talked about pure cow milk verses mixed milk

which is available readily in Indian market. They also had a short Q & A session with the children and parents about what are the good practices to adopt in today's scenario to be able to have pure and healthy milk and milk products.

After getting a fair amount of awareness about milk and milk products, they moved to the second leg of the trip. OES team took all the participants to the area where 2 buffaloes were



tethered. Mr Reddy described buffaloes to the children and explained the difference between a cow and buffalo. The group then went further on a walk to the area of the goshala where they saw farms where fodder is grown for the cows. They learnt about various types of plants grown as fodder for Bakaram goshala cows. They also saw a water sump on the way to the cow shed.

Once they reached the cow shed, all the children were excited, and they wanted to feed and touch the cows. They were helped to some fodder leaves 'Super Napier', which they tried feeding the cows in the shed. There were 20 cows and 10 calves in the shed. After enjoying this activity, they all saw a structure of steel bars, where medical treatment is given to the cows.

Moving to the third leg of the trip, all the participants entered the Goshala kitchen

and were offered a welcome drink, fresh butter milk! A demonstration of how cow milk is converted to Ghee and Paneer was conducted for them. Mr Reddy showed a small quality check for ghee, that we all should do while buying ghee. He also told the children to buy only good quality ice creams, made from fresh cream.

Moving to the last leg of the field trip, participants collected at the presentation area and filled up the feedback forms, both parents and children gave individual feedback to OES about this experiential trip to goshala. Having thanked the participants and Mr. Reddy for coming to Organo Bakaram goshala to share his knowledge. OES Team offered fresh cow milk paneer to all participants and guests and wrapped up this field trip.



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Kitchen Gardening Workshop at 2G's Vertical Eco-community



OES is proud to launch its first sustainability workshop of the series at KSR's Togetherments, Miyapur Hyderabad <<https://zurl.co/jPeV>>. As part of a series of workshops planned for the residents of KSR's Togetherments, Kitchen Gardening workshop was conducted as the first one on 30 April 22, Saturday morning.

The venue was exactly right for this workshop with vertical gardens as the backdrop, on the

12th floor of these apartments. Kitchen gardening is of interest to many residents, as they all want to learn about growing plants on their balconies of these newly inhabited homes. Lot of families joined us on Saturday morning for an educative session.

Our Kitchen Gardening expert Sreedevi Ande joined us for this program. She is a software professional and an ardent gardener, who has been practicing gardening for many years now. She brings in a

plethora of gardening tips and suggestions for all the participants at OES workshops. This time gauging the audience she delivered the session in Telegu, which was appreciated by all.

Going forward, Sreedevi introduced the topic with various steps involved in setting up a kitchen garden on balconies or a piece of land. Right from preparation of soil mix to watering and pest control she covered every aspect of the process. The focus of all OES workshops is to

educate the participants about natural ways of growing and nurturing plants. In the same spirit Sreedevi showed several types of natural pest control methods during this 2-hour session. She showed how eggshells coming out of our kitchen as waste can give the much-needed calcium to the soil required for healthy plant growth. Also, neem oil solution with soap nut solution and diluted with water or chilly and garlic solutions kept for a few days can be sprayed on the foliage to keep away the pests. Even, butter milk can repel the mealybugs and other pests away from vegetable plants.

Once the theory part was over, Sreedevi invited all the participants to attend a demonstration of how to sow vegetable seeds and saplings in the pots, followed by tips on watering them right the first time and every time. They all saw the

live demonstration of sowing Bitter Guard and Methi seeds. The saplings sown were Okra, which is suitable for the summer, it being a summer crop.

As the session came to an end, all participants were given kitchen gardening manuals, growth charts and pest control tips in the form of a document by OES. This was done to facilitate and initiate their gardening journey comfortably and successfully.

OES thanks 2getherments Infra Pvt Ltd <<https://zurl.co/fXeg>>, for giving this opportunity to associate with the residents in their journey towards an earth friendly living environment.

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Recap of Mandala Garden Program-1 at OES Farm



This time, it was the Launch of Organo Et School “Mandala Garden program” at OES Children’s Farm campus. Here is a recap of session-1 in the words of our farm coach, Garima Goel herself.

It was a pleasant experience teaching today. The children are super happy doing farming and working with soil. It made my work enjoyable even more.

On 15 May 2022, Sunday, participant children did the following as day-1 activities of Mandala program:

- They were allotted circular sections of the mandala garden at the OES farm.
- They got gardening tools to start their farm journey in an Organo bag (cloth), from OES.
- They loosened soil with rake.
- They added compost and neem cake to the soil to prepare it well before sowing.
- They were given a small bowl full of pre-soaked seeds.
- They sowed Gongura seeds by broadcasting method.
- Coriander seeds were first split into half, by pressing them between fingers.
- Then coriander seeds were sown by row sowing method.
- Then kids were asked to cover these with thin layer of soil
- This was followed by mulching the circular beds.
- I demonstrated watering by sprinkling water with buckets and mugs, using both their hands.
- I took them for harvesting Mint, Gongura and Chillies from OES patches.

They left happily with the promise of coming next Sunday.



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Recap of Polyhouse Farming Program



We recap the first session of OES Polyhouse Program, in the words of our "Farm coach Venkatesh Nallamilli (B.Sc agriculture & MBA agribusiness management from Symbiosis institute.)

"First of all, I would like to thank these participants of OES Farming program, who want to be future farmers."

"The program started with meditation. It was followed by patch allocation and farming material distribution. After that everyone assembled near their

respective farm patches and started interacting with each other. After interaction, me and Shilpa (Farm coach and Permaculture expert) explained about the importance of Polyhouse. Then illustrated how it is different from outside farming in terms of sunlight, rainfall, abiotic stress, and other pests.

After a question-and-answer session on polyhouse, I demonstrated the intercultural operations starting with land levelling, manure application, seed sowing, mulching, and

watering. The demonstration followed implementation of the demo at the learner patches."

1. Land levelling, then soil preparation by discarding the stones and pebbles, if found.
2. Addition of manure, a mix of vermicompost and neem cake powder, before sowing seeds.
3. Sowing leafy vegetables, Thotakura and Gongura seeds and non-leafy vegetables seeds of beetroot, cluster bean, French bean and Okra, was carefully done. The leafy

vegetable seeds were presoaked before giving to the participants.

4. Next step of covering these seeds with a thin layer of soil was done as demonstrated.
5. Mulching for non-leafy vegetables was carefully done in all patches.
6. Finally, water sprinkling was done using buckets and mugs and palms.

"Each participant worked with soil and completed respective works in their patches. The enthusiasm and proactiveness of the learners were totally amazing. All the learners totally enjoyed, and unknowingly connected to nature. They also felt the essence of soil and learned its insights. While going back some of them carried permaculture books with them for reading. It was an easy, enjoyable and deeply powerful process. Glad to be a farm coach. Thanks a lot, Organo Et School."

Further on Organo Et school provided a Farming check list to all budding farmers, to keep track of their farm learning.

At the closure of the first session of Polyhouse farming, all participants were given a set of gardening tools-a rake and a trowel, along with a Farm Logbook to record their farm journey. These were presented in a beautiful Organo cloth bag which doubled as a harvest carrying bag. Everyone went further on to harvest some fresh Mint and Thotakura from OES farm patches, to take back home.

They left very happy and satisfied at the end of a wholesome learning farm day. It was an exhilarating experience for one of our participants. With a promise of coming back next Sunday to tend to their farm patches, all of them bid goodbyes.

About Organo Et School (OES)

We recognize that for any positive impact to be sustainable, it must be long-term and inter-generational. Organo Et School strives to create an apt learning environment that will support and empower families as well as individuals to embrace sustainable living mindsets and habits.

Organo Et School is a learning initiative set up by Organo in 2017 and has been facilitating field visits and workshops for Schools and Interest Groups. Organo Et School has had over 25+ schools, 6000+ students and 2500+ adults participate over the last 4 years.

We believe in connecting children & adults with nature. Connecting children with the natural world at a young age is the first step in creating responsible stewards for our collective future.

If you or your children are interested in future Be a Farmer programs, please contact us at **oes@organo.co.in** and by phone **9154100775** today! You can also click here to express your interest. We will keep you posted on our future farm cycles.

Follow OES on Instagram: https://www.instagram.com/organo_et_school/?hl=en

Subscribe to our channel: <https://www.youtube.com/channel/UCVe5lnTKtyGsGgNVNZ5sOw>



God's Own Office

Truly God's own office – If work is considered worship it only makes sense to do it in God's own space. At Antharam, we believe that nature is another form of the divine. And when we work from these well-appointed offices surrounded by flora and fauna, the productivity gets enhanced beyond measure.



At Organo Antharam, all you need to do is pick up your laptop and take a nice little walk amidst lush green farms to arrive at your workplace. Isn't that a delightful experience to cherish?



Organo believes in establishing Rurban Communities that stand for “all inclusive” living which creates a medium through which urban dwellers (India) impact rural India (Bharat) and create a mutually beneficial ecosystem.



Witnessing how your food is grown is the only sure-shot way to ensure safe food for yourself and your loved ones. At Organo communities, safe & witnessed food production is at the core of everything we do. After all, food is the primary pursuit of human life.

'POTTERY WITHOUT WHEEL' CLAY WORKSHOP

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By **Manpreet Singh Nishter**
Ceramic Artist



Date:
15th May 2022,
Sunday

Time:
5:00 pm – 7:00 pm

Venue:
Slow Down Place Restaurant,
Aziz Nagar

“Pottery Without Wheel-a clay workshop”

Manpreeth Singh Nishter, a renowned ceramic artist, is joining us to conduct this Clay rendition workshop

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MANDALA GARDEN PROGRAM

1-Month Leafy Vegetables Program



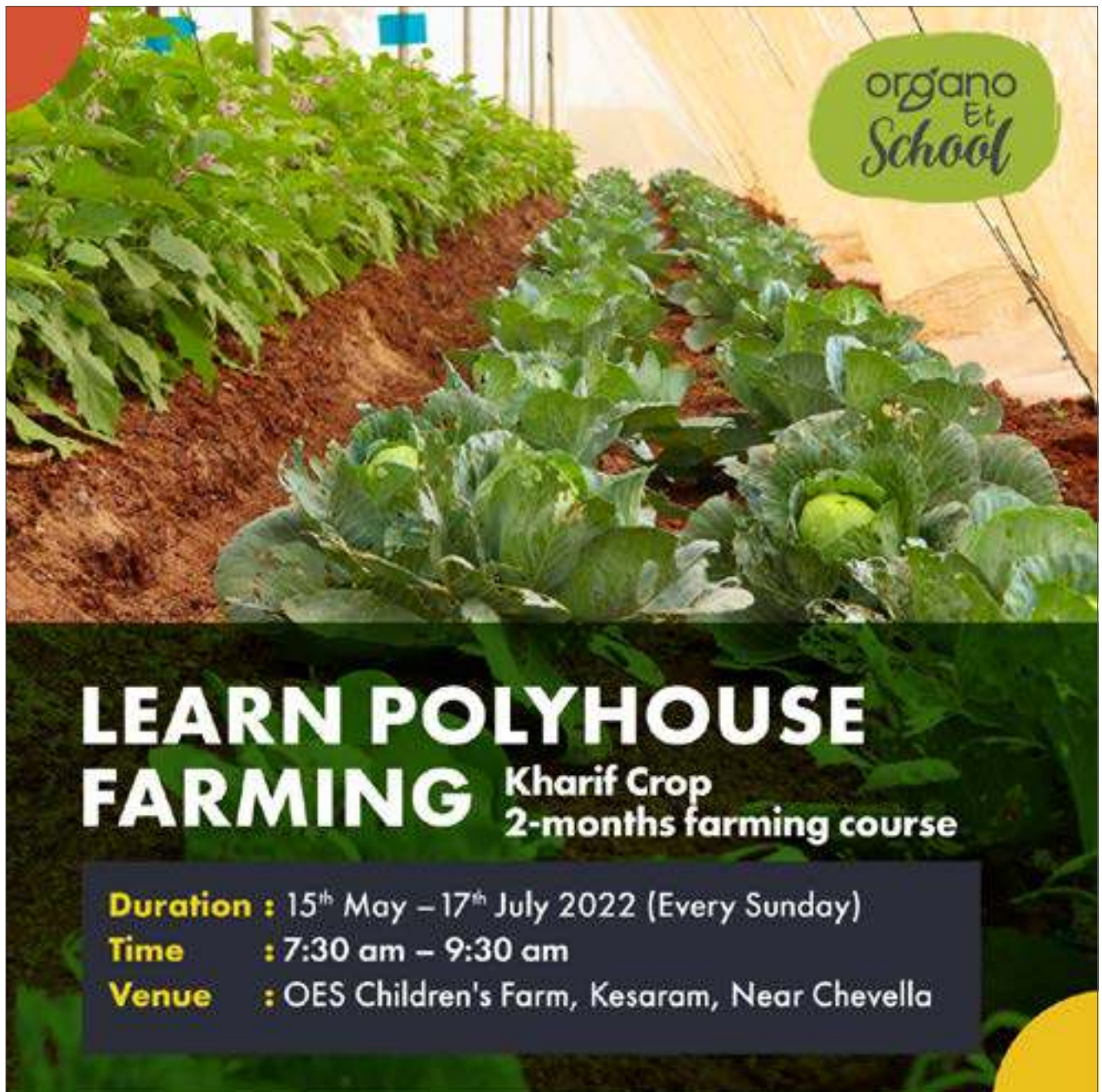
Duration : 15th May - 12th June 2022 (Every Sunday)

Time : 7:30 am – 8:30 am

Venue : OES Children's Farm, Kesaram, Near Chevella

OES 1-month leafy vegetables program involves:

Engaging in farming tasks such as soil preparation, seeding, weeding, tending, growing, harvesting, and more.....

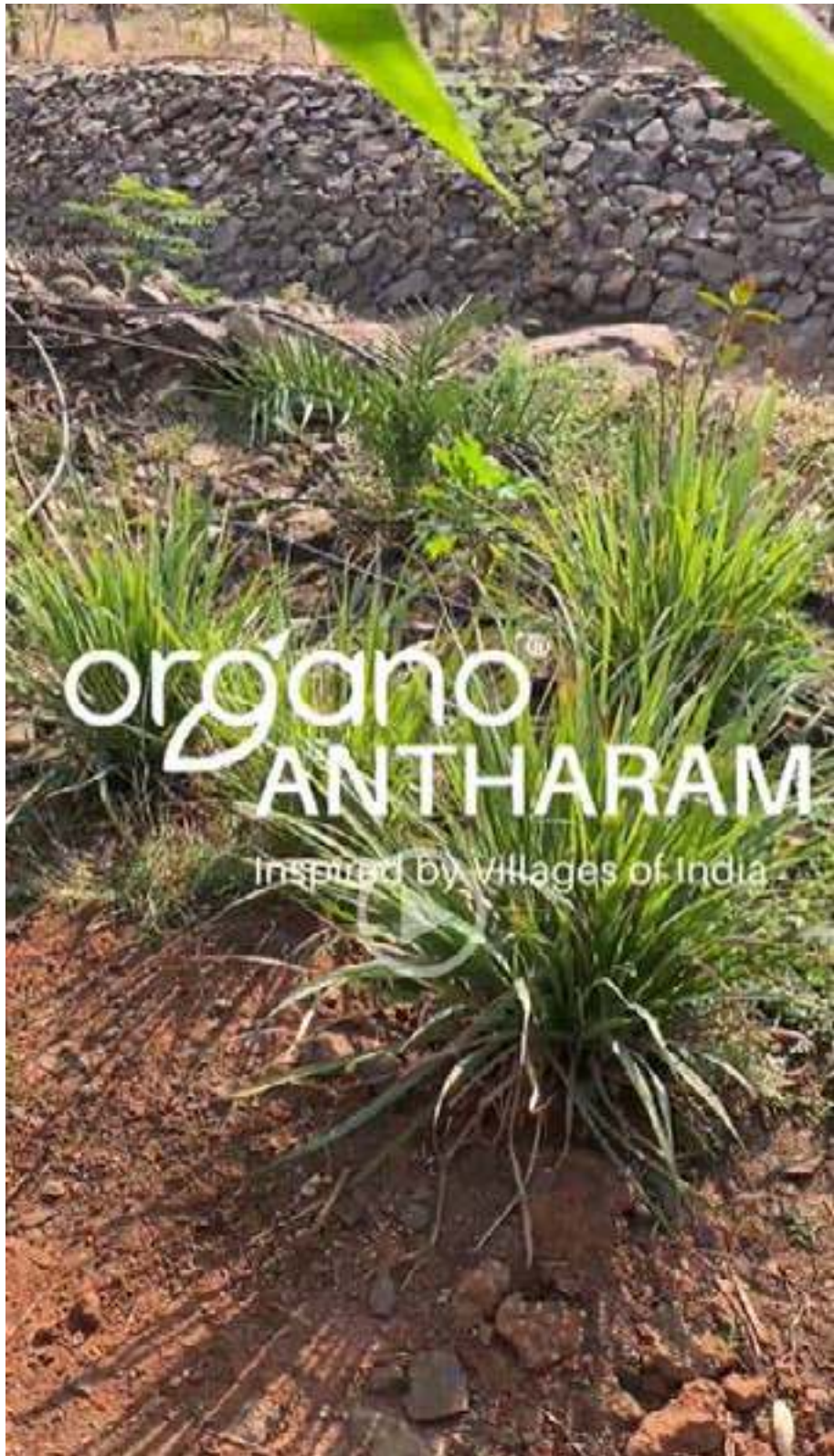


**LEARN POLYHOUSE
FARMING** Kharif Crop
2-months farming course

Duration : 15th May – 17th July 2022 (Every Sunday)
Time : 7:30 am – 9:30 am
Venue : OES Children's Farm, Kesaram, Near Chevella



The leaves of Bryophyllum Pinnatum plant (Ranphala in Telugu) are known for their medicinal properties. They are best eaten in early spring or winter, when they have a fairly pleasant mild flavor. Add them to your salads or make a quick smoothie to help your body heal from kidney stones, bowel issues and other infections. Watch this video to see how we have planted Ranphala at Organo Antharam.



Brew a hot cup of lemongrass tea. Lounge in your backyard and sip in leisure reaping the innumerable health benefits of the antioxidant herb that include relief from pain and swelling, stabilising sugar, and lowering cholesterol levels amongst others.



The more connected you're to Mother earth, the better your health will be. The second best option would be to live in a farm and watch farmers cultivating crops and participate in farming. Pluck your vegetables and cook them straight or pluck those fruits and eat them up after a quick rinse. Refrigeration kills nutrition. Farm to plate is the sure-fire way to rev up your energy levels and put the zest in your life.



Want to learn gardening and have benefits of exercising in one go? Organo Et School in collaboration with [@chandanamannedi](https://www.instagram.com/chandanamannedi) presents a unique online workshop on 21 May (Saturday)

Gardencercize - An introduction to a fitness program that teaches you how to combine Exercising + Gardening.



On-site photographs at **Organo Antharam**



ORGANO ECO HABITATS PVT. LTD.

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