

Progress Report: Arogyavan - A Forest that Heals (Madanapalle Site)

Arogyavan – A Forest that Heals

Date: December 2023 – November 2025

Location: Madanapalle, Andhra Pradesh

Total Area: 1.25 Acres

I) Introduction and Early Milestones

1. Project Overview

Arogyavan, meaning “*A Forest that Heals*,” is a visionary eco-spiritual initiative integrating **Sustainable Yogic Agriculture (SYA)** and **Permaculture** to transform degraded landscapes into thriving agroforests. With a focus on biodiversity, soil restoration, and community-driven ecological stewardship, this project embodies regenerative practices that align nature conservation with spiritual well-being.

The Madanapalle site serves as a model for eco-spiritual restoration, blending environmental sustainability with community involvement and regenerative practices.

2. Early Milestones

- **Core Team Formation (December 2023):**
A dedicated team was formed from day one, ensuring efficient project management and fostering collaboration with stakeholders and local communities.
- **Land Procurement (December 2023):**
Acquired a 1.5-acre site previously degraded by intensive chemical farming, initiating its transformation into a sustainable agroforest.
- **Fencing & Security (January 2024):**
The land was secured with stone pillars and chain-link fencing, while natural pathways were marked to preserve site accessibility.
- **Farm Pond Creation (February 2024):**
Excavated a 2.5-lakh-liter capacity pond for rainwater harvesting to address water requirements and promote long-term sustainability.
- **Land Clearance (March 2024):**
Removed debris, plastic mulch, and residual chemicals through community efforts, preparing the land for ecological restoration.

Photos: *Fencing, land clearance, pond creation, and team formation.*













II) Core Activities and Progress

1. Green Manure Cultivation

- **First Cycle (June 2024 – August 2024):** Broadcasted a diverse mix of 25 seed varieties, including legumes and cereals, to enhance organic matter in the soil. After 50 days, the green manure crops were incorporated into the soil to boost microbial activity.
- **Second Cycle (September 2024 – November 2024):** Repeated the process to enrich the soil further, focusing on restoring fertility and preparing it for long-term agroforestry practices.

2. Boundary Plantation (April 2024)

- Planted 50 native tree species along the site's boundary, achieving a 90% survival rate.
- Species included Neem, Peepal, Banyan, and Sandalwood for their ecological and cultural significance.
- Every Tree was planted with careful vibrations of meditative thoughts. Each plant was given positive affirmations of spiritual values. Understanding the principles of how our mind can impact the matter, every individual involved in the plantation was meditating on the plant.

3. Organic Fertilizer Preparation & Application

- Initiated during the plantation phase, using locally sourced organic materials to prepare fermented fertilizers that enhanced soil health and supported plant growth.

4. Community Engagement Activities

- **Workshops:** Hosted sessions on composting, waste management, and agroforestry techniques, involving over 150 participants.
- **On-Site Participation:** Encouraged community members to contribute kitchen waste for composting and join plantation drives.

5. Meditation Practices

- Weekly meditation sessions for the core team and community nurtured a deeper connection with nature and fostered collective well-being.
- Individuals who visit the site for various responsibilities assigned to them, take time to radiate vibrations of positivity through meditation in the plot itself.
- Community members also radiate vibrations of peace, gratitude, purity, love, and compassion to the plants, land, and water bodies in the land, even when they sit and meditate at their own places.

6. Rice Cultivation Activity – A Case of Faith and Resilience (August–November 2025)

A special **native rice cultivation** trial was undertaken on part of the Arogyavan site to demonstrate the power of Yogic Agriculture under real farming conditions.

- **Background:** Surrounding farmers warned that natural farming would fail in the area's poor, pest-prone soils without chemical inputs.
- **Process:** Five native rice varieties were sown using natural farming techniques. About **50 meditators** collectively meditated daily on the crop's health and gathered weekly for on-site meditations.
- **Inputs:** Minimal bio-fertilizers and plant-based sprays (twice weekly) were used.
- **Outcome:** The crop exhibited **superior growth, Minimal pest incidence, and high resilience** to a recent storm. Grain formation was healthy and uniform.
- **Integration:** The paddy field was surrounded by fruit and support trees such as **papaya, banana, and moringa**, demonstrating how agroforestry buffers microclimate and pest pressure.
- **Impact:** Neighboring farmers, initially skeptical, were astonished by the results and are now exploring natural farming methods.

Photos: *Green manure cultivation, plantation activities, fertilizer preparation, and workshops, Native Rice Cultivation*

















Outcomes and Impact

1. Environmental Restoration

- **Soil Health:** Significant improvements in texture, porosity, and nutrient levels, enabling better water retention.
- **Air Quality:** Increased vegetation has reduced dust levels and enhanced air quality.
- **Biodiversity:** A rise in pollinators, birds, and bees marks the return of ecological balance.

2. Community Impact

- **Mindset Change:** Core team members and participants report a renewed commitment to sustainable practices and deeper spiritual alignment with nature.
- They feel renewed energy in their spiritual progress too. Many of them feel more active and energised while working in the field.
- **Engagement Growth:** Over 500 individuals have actively participated in events, workshops, and plantation drives.

3. Future Plans

- Establish nurseries for native species and heirloom seed banks to support biodiversity and community needs.
- Expand agroforestry to include drought-resistant crops like millets and pulses.
- Develop eco-friendly products such as solar-dried foods and cold-pressed soaps to ensure economic sustainability.

Photos : *Biodiversity, community participation, and meditation sessions.*















Experiences:

Sister Padmavati: “The development of Everhealthy Arogyavan is a response to the present crisis of global warming, food insecurity, etc., aimed at making our Mother Earth beautiful again. This requires values, positive thoughts, and divine grace. Along these lines, we aspire to make this Arogyavan a role model for creating many self-sustainable food forests in every district in India. By avoiding chemical fertilizers and unsustainable practices, humans’ physical, mental, and spiritual health can improve along with the wellness of nature, fostering peace, love, happiness, and power.

From our experience, when we took responsibility for this site, it was laden with chemical residues due to synthetic fertilizers and pesticides. Now, with the use of natural and on-site fertigation supplements, coupled with our positive affirmative thoughts and divine grace, it has transformed into an area with high vibrational energy. The activities here begin with Om chanting and soft music. Even during planting, sowing, and harvesting, we practice gratitude meditation with nature before executing the tasks.

With two cycles of green manuring, the traces of chemical residues have been significantly reduced. I feel fresh, pure air, and the soil has become soft and porous. I can see many bees and butterflies thriving in this space. The boundary is planted with native multifunctional species. Through community engagement, I have observed that these activities have transcended barriers of caste and creed, inspiring participants to replicate them in their own spaces as well. I am grateful to be part of this noble movement.”

Conclusion

Arogyavan exemplifies how eco-spirituality and regenerative agriculture can converge to create impactful solutions for land restoration and community upliftment. By addressing environmental, social, and spiritual needs, it serves as a scalable model for sustainable land management and holistic living. Continued efforts will strengthen its role as a catalyst for global eco-restoration initiatives.

Appendix: List of Plant Species planned at Arogyavan - Madanapalle Site

1. Native Tree Species (50 Varieties)

1. Banyan (*Ficus benghalensis*)
2. Tamarind (*Tamarindus indica*)
3. Peepal (*Ficus religiosa*)
4. Neem (*Azadirachta indica*)
5. Date Palm (*Phoenix dactylifera*)
6. Rudraksha (*Elaeocarpus ganitrus*)
7. Kadamba (*Neolamarckia cadamba*)
8. Cluster Fig (*Ficus racemosa*)
9. Jamun (*Syzygium cumini*)
10. Camphor (*Cinnamomum camphora*)
11. Sita Ashoka (*Saraca asoca*)
12. Indian Ber (*Ziziphus mauritiana*)
13. Wood Apple (*Limonia acidissima*)
14. Maredu (*Aegle marmelos*)
15. Sandalwood (*Santalum album*)
16. Indian Almond (*Terminalia catappa*)
17. Jackfruit (*Artocarpus heterophyllus*)
18. Coconut (*Cocos nucifera*)
19. Fig (*Ficus carica*)
20. Rose Sandalwood (*Pterocarpus santalinus*)
21. Babul (*Vachellia nilotica*)
22. Maduca Longifolia (*Madhuca longifolia*)
23. Acacia Nilotica (*Vachellia nilotica*)
24. Betel Nut (*Areca catechu*)
25. Amla (*Phyllanthus emblica*)
26. Noni (*Morinda citrifolia*)
27. Bamboo (*Bambusoideae* species)
28. Mahogany (*Swietenia macrophylla*)
29. White Pomelo (*Citrus maxima*)
30. Sapota (*Manilkara zapota*)
31. Teak (*Tectona grandis*)
32. Pomegranate (*Punica granatum*)
33. Guava (*Psidium guajava*)
34. Banana (*Musa spp.*)
35. Papaya (*Carica papaya*)
36. Moringa (*Moringa oleifera*)
37. Mosambi (*Citrus limetta*)
38. Karvanda (*Carissa carandas*)
39. Custard Apple (*Annona squamosa*)
40. Star Fruit (*Averrhoa carambola*)
41. Lemon (*Citrus limon*)
42. Soursop (*Annona muricata*)
43. Butea Monosperma (*Butea monosperma*)
44. Ylang Ylang (*Cananga odorata*)

45. Terminalia Arjuna (*Terminalia arjuna*)
 46. Casuarina (*Casuarina equisetifolia*)
 47. Soap Nut (*Sapindus mukorossi*)
 48. Water Apple (*Syzygium aqueum*)
 49. Mango (*Mangifera indica*)
 50. Litchi (*Litchi chinensis*)
 51. Malabar Neem (*Melia dubia*)
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2. Green Manure Seed Mix (for Soil Fertility)

1. **Sesbania bispinosa | Sesbania aculeata** (10 Kg)
 2. **Sun-Hemp (*Crotalaria juncea*)** (10 Kg)
 3. **Black Gram** (2.5 Kg)
 4. **Green Gram** (2.5 Kg)
 5. **Soya Bean** (2.5 Kg)
 6. **Brown Channa** (2.5 Kg)
 7. **Fenugreek** (2 Kg)
 8. **Pearl Millet** (2.5 Kg)
 9. **Sorghum** (2.5 Kg)
 10. **White Amaranth** (400 gms)
 11. **Red Amaranth** (400 gms)
 12. **Sesame Seeds** (500 gms)
 13. **Coriander seeds** (500 gms)
 14. **Mixture of other vegetable, pulses, and spice seeds** (2 Kg)
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3. Bio-Pesticide and Fertigation Supplement Plants

1. Neem (*Azadirachta indica*)
2. Karanja (*Pongamia pinnata*)
3. Custard Apple (*Annona squamosa*)
4. Papaya (*Carica papaya*)
5. Datura (*Datura innoxia*)
6. Morning Glory (*Ipomoea carnea*)
7. Crown Flower (*Calotropis gigantea*)
8. Moringa (*Moringa oleifera*)
9. Lantana (*Lantana camara*)
10. Jatropha (*Jatropha curcas*)
11. Oleander (*Nerium indicum*)
12. Giloy (*Tinospora cordifolia*)
13. Nirgudi (*Vitex negundo*)
14. Castor (*Ricinus communis*)
15. Marigold (*Tagetes spp.*)