

Timestamp: 0 minute 0 second

Hello

I am Suryakant Jare from Jarewadi.

Three years ago Grampari team came to our village, and introduced us with the idea of Quiet Time, which was very new for all of us. We weren't sure what it is, but when we started practicing it ourselves we realised the power of it. We took quiet time over different topics, which helped us understand how to bring about personal change. Traditionally women were given no respect in our families, and I had continued doing so. During one of our quiet time, I realised my behaviour towards my wife wasn't fair and needed to change it. After that quiet time, I apologised to my wife in front of the entire village, which was taking that quiet time together. Today, both of us enjoy a more affectionate and happy relationship.

Through the quiet time, all of us have become more conscious about need to maintain cleanliness and the entire village comes together twice a month for voluntarily cleaning up the village premises. Once we all decided to also clean up the neighbouring village and we did so. We believe only quiet time could bring about this personal change in all of us to bring about the change around us, through us.

Similarly, during one of the quiet time, we realised our chemical fertiliser based agricultural practices were producing grains, which were less nutritious and almost poisonous to our health. There I decided to shift from chemicals based agriculture to organic agriculture. Since then, for last 3 years, I have been practicing only organic farming. I suffered huge losses with this shift. In the first year my harvest dipped to only 10% of earlier harvest. Last year, heavy rains destroyed my entire crop. This year, the third year since I shifted to organic practices, I am happy that I could harvest 70-80% of the pre-organic harvest levels. Together, me and my wife, we plan to continue doing organic farming in the coming years. A few farmers in my village have also started doing organic farming now. We would like to see more farmers turn to it as well. Thank you.

Timestamp: 2 minute 27 seconds

Hello

I am Datta Parte.

I have been practicing organic farming since last 4 years. When I had visited Grampari 4 years ago, we took quiet time on Nature and Me. During that quiet time a thought came to me about importance of doing organic farming. I realised how organic farming will be beneficial for the environment around me and for my health too. I decided to start growing rice in my farm organically thereafter. But when I decided to do organic farming, my family resisted my decision. In the first year my harvest was very less, resulting in increased resistance at home. My fellow villagers also started passing remarks and taunting at me for this decision. But I stayed firm on my decision to continue organic farming, as I was convinced about the impact of it on nature and me.

This year, I had a very good harvest. What we are seeing is the rice grown organically. I had used only organic fertilisers here. On the contrary, the neighbouring field had used chemical fertilisers while growing their rice. Though it grew taller and faster, it has succumbed to the nature's flurry resulting in losses for that farmer.

Timestamp: 4 minute 21 second

Hello

I am Sindhu Biramne.

I had come back after a few months from the city. Someone from my neighbours was filling water on one of the two common water taps for two hours. I went to the taps to fill in water. While I was rinsing the cans before filling the water, two women started fighting with me for using the tap. I brought to their attention that someone was already filling water for last 2 hours and if needed, they should ask that person to stop and not me. Furiously, I left the water tap and came home. This argument resulted in us not talking with each other for over 12 months. Later when we started taking quiet time, we apologised to each other and started talking again.

Timestamp: 5 minute 11 second

Hello

I am Kiran Kalambe. I am from Jarewadi village.

Before I got to know about Grampari in our village, for last 10-12 years I have been handling finances of our village through village funds, loans etc. Having power at hands at such young age, I had become very arrogant. I would use abusive language, insult elderly and others on any small thing. I was trying to overpower everyone. After I started taking quiet time, I realised I had hurt many people. I apologised to earlier head of our village.

Then I started thinking of my behaviour at home. I realised I was trying to overpower everyone at home too. I would insult my wife every now and then, call her names on even minor things like less salt in the vegetables cooked. I have a son and a daughter. I would beat my son with belt if they were not studying. This resulted in bitterness in our relations. Once I overheard my son telling his friend, "The worst person in the world is my father." This disturbed me to my core. Through quiet time I felt I need to apologise to my family for my behaviour. I apologised to my wife and my son. My son and I cried a lot. Today we share a very friend like relation.

I also have stopped using chemicals for my farming and have started doing organic farming. The motivation to shift to organic farming came through a quiet time where I realised the harm chemicals were causing to our health. I use organic fertilisers and pesticides for it now. With more quiet time over last 3 years we feel the need to make this organically grown food available to everyone else as well. To facilitate that we are now trying to take organically grown vegetables, fruits like bananas, chickoo etc from farmers, and make it available in market at better prices.

Timestamp: 7 minute 39 second

Hello

I am Sanjay Biramane. I am from Rajpurewadi village.

Grampari did work on protecting springs in our village. That was the time I was introduced to the idea of quiet time through Grampari. Earlier I used to drink a lot. In 2017 my son died in an accident at a very young age. Everyone around me had written me off thinking I will become a drunkard in grief and my family will be pushed into poverty. During this time I started taking quiet time and I realised I was drinking excessively. It had strained my relations with my elder son, with my extended family and relatives. Through quiet time I decided to quit drinking and I did.

Through more quiet time, I realised I was very egoistic. When I changed this in me, my relations with men and women in village got better. Together we started working towards betterment of our village. Through Grampari we learnt about organic farming and decided to start practicing it.

Last month, I met with an accident. A car hit me and ran away. I lost my right foot thumb (big toe) in the accident. Later when I came home from hospital, I was revengeful and very angry at the car driver. I took quiet time and realised, this body is nature's gift. If a piece of it is taken away I shouldn't feel disheartened. Thinking more about it won't help me in any way. I stopped thinking about the accident and forgave that person.