

May 2021



A deeper look at co-creating **Eco-Habitats...**

Organo Newsletter



Home is where good health is...

Good health is a pot of gold that we all chase (aside from actual pots of gold, of course)! One that is a drive built into our DNA, which serves as the most basic survival mechanism for our species.

Certainly, as a collective and as we learn more about what "health" is... And what contributes to bettering it, we have naturally become more conscious about making changes that will support this endeavour.

But what exactly is "health"?

As long back as 1948, The World Health Organisation (WHO) described it as: "A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity".

What is physical & mental health?

Although physical and mental are usually the two branches of health found in general discussion, there are, of course, many other important aspects to it - such as financial and spiritual health. What is fascinating though is

that all sides of health are intrinsically linked to each other anyway! When you improve one, you will undoubtedly benefit the other(s).

The role of diet

Taking a closer look at what factors contribute to an individual's health, diet is possibly the first thing that comes to mind. And for a good reason - you are what you eat.

What we consume becomes the building blocks for our physical health. Unfortunately, the availability of nutritionally barren fast foods and genetically modified produce has rendered our bodies at a loss.

Problems arising

Gluten intolerances are at their height... Arguably due to the modern manufacturing process of bread that does not allow for gluten to develop properly. Allergies are far more prevalent now, and studies suggest that our desire for perfectly shaped, pesticide-ridden crops, not indigenous to our lands, could have a part to play.



Go with your gut

Ideally, we should be looking to increase our intake of fresh, whole foods and decrease our intake of refined foods. Further, mounds of evidence draw the link between a happy gut and a happy mind. Pre-prepared, processed foods, and even the over-use of antibiotics, have been proven to affect our gut biomes severely and deplete the amount of good bacteria swimming around in our systems.



How can we go with our gut?

By correcting our diets, though, which includes taking in clean drinking water, our bodies are given the fuel to function optimally.

The effects of a good diet are far-reaching upon our health, from making your mind more productive to boosting your immunity to using specific herbs/spices to heal ailments – diet really can be a game-changer.

Being active

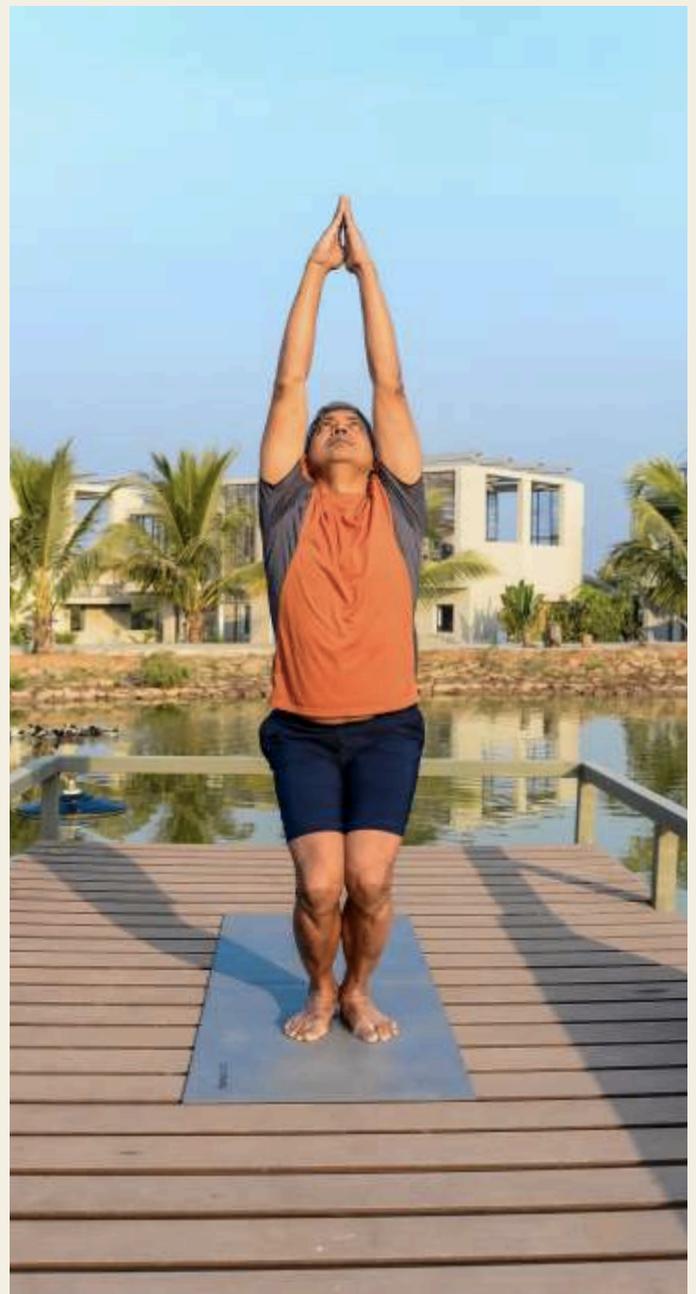
Physical activity is often the next thing we think about when it comes to health. Humans were designed as an active species, but life in the cities has increasingly made us more sedentary.

Whether that's because a regular office job requires someone to sit all day, or whether people are just too tired from the mundane rat-race, or whether it's simply because inner-city housing offers little in the name of space to exercise in; people have become less mobile.

Sometimes because of safety, sometimes because of climate or pollution levels in the cities – whatever the reason – people now commonly rely on gym memberships to fulfil their required quotient of movement.

Exercise outdoors

It's best to exercise outside, whilst not having to worry about traffic or air quality. When exercising, one of the things that we are attempting to do is improve the oxygen saturation of our blood (thereby boosting our heart health). But as they say -- exercising indoors is better than no exercise at all!



Understanding what the body wants



And why is it that during any vacation we get from work, people long to get away to the mountains or countryside? It's as though we all know, in our depths, what the body craves for.

In this moment, it is quite clear to see that perhaps a gentle morning walk in beautiful and clean surroundings offers a more tangible benefit to the body than running for half an hour on a treadmill in enclosed surroundings.

The importance of sleep

Sleep is a thing we all secretly know contributes to our day-to-day well-being, but perhaps not enough importance is given to it.

The fact is that we do the majority of our healing while asleep, more specifically so: while in a deep sleep. When we are unwell, the first advice given is to rest.

If we break a limb, we are asked to rest it. The point is that without rest, the body does not repair.

Not to mention that without proper sleep, our mental state will also go awry. Indeed, lack of sleep has been blamed for causing (or exacerbating) many conditions, from diabetes to Alzheimer's.

The role of HGH

Further, Human Growth Hormone (HGH) is produced in the body and plays a vital role in all things, from cell production and physical

performance to recovery from disease and boosting metabolism.

This hormone is produced in the glands under specific conditions, and one of those ways is through sleep.

Yes, good quality deep sleep is actually considered the easiest and best long-term approach to upping your HGH levels.

The problem is that the modern working individual rarely gets adequate sleep.

Things like light/noise pollution in the cities, obsession with taking smart phones to bed and even eating late have contributed to us getting not only fewer hours of sleep but, more worryingly, a lesser quality of it.

Managing stress

Stress management is something that is given a lot of weight these days, with the wide array of relaxation therapies and guidance available now on the market. Having identified that stress affects our health, we are rushing to try everything out there to clear our minds because we know it makes us feel better.

Truly, conditions such as chronic stress and depression can have a huge negative impact on our health. They range from causing hair loss to bowel problems to relationship issues – everything is game. Interestingly, many of the mechanisms to improve stress are centred around ancient practices.

It is as though we (sometimes subconsciously) realise that the modern way of life as we know it does not promote internal peacefulness. In reality, stress management is linked to our spiritual health – reducing tension and how to go about it has been taught for countless generations before. Perhaps that means waking at sunrise and taking in the start of the day in all its splendour. Maybe that means to meditate and chant. It could even be just sitting comfortably in a quiet space.

Easier said than done?

Quite! With the way we live in cramped and noisy city dwellings these days, it is no wonder there is such a struggle to find some simple peace and quiet.

Is it really the solution to book yoga classes at your local gym to give you an hour of relaxation, or is that just a quick-fix?

Finding purpose in small things

We have touched upon emotional health now, so it goes without saying that having a direction and purpose in life will also contribute to happiness, and therefore health.

We are made for a purpose; a meaningless existence gives rise to a lack of well-being. As the saying goes, "Idle hands are the Devil's workshop". A lot can be done for our mental health by pouring energies into things that make us feel purposeful.

For some, that may be looking after their children. For others, it may be to find ways in which to contribute to bettering their community.

Whatever it is, finding meaning in what we do and living in the moment of it hugely contributes to our well-being.

So why do we say, "Health Begins at Home"? Well, because one's physical, mental and social well-being – as laid out above – originates from one's home life. Home is where we eat most of our meals. Where we source our food from, will be local to our homes.

Should that be a glossy supermarket or an organic farm? Home should be a place where we can potter around our grounds, a place where we have space and privacy to exercise in comfort.



What is a home?

Home is where we sleep at night, and so setting the best environment for rest should be of utmost importance to us – a space free from disturbances.

How we organise our homes and their surroundings will massively impact our stress levels. And so being able to have like-minded neighbours will make us happier and more stable than having a new tenant next door every six months.

The home we choose exhibits our personality and purpose. Often in rented city apartments, we don't even have the liberty to stamp our identities on our living spaces.

In essence, home really should be centred around how to promote these factors to their best.

It goes without saying, then, that a home that farms its own produce will be healthier than a home that relies on take-outs.

A home that allows for an uninterrupted and peaceful night's sleep is a healthier home where people have to block out all kinds of noise and light before attempting to get their heads down.

We can't escape this paradigm – it's why the homes of our forefathers would have been healthier and ridden with less "modern" ailments, such as chronic stress and obesity, common markers of poor health.

Knowingly or unknowingly, our grandparents' generation had healthier homes, which naturally paved the way to healthier (and more resilient) bodies. Could now be the time we realise that and work to get back to our former glory? One hopes...



<https://www.organoetschool.co.in/library>

My Little Adjustment



- Meena Mathan

Learning to live with nature was the most significant adjustment we've had to make after moving to Naandi.

There are times when we find frogs behind our washing machine or even in our shoes! During the monsoons, it is pretty common to see frogs around and we sometimes have a whole family staying in our utility.

Likewise, there are other insects and critters that come in sometimes too. We live in their space and they are bound to stray into ours. It is only a matter of getting used to it, though.

There are quite a few snakes inside the community too. It is only natural to expect a whole lot of creatures around when you are living in the midst of nature.

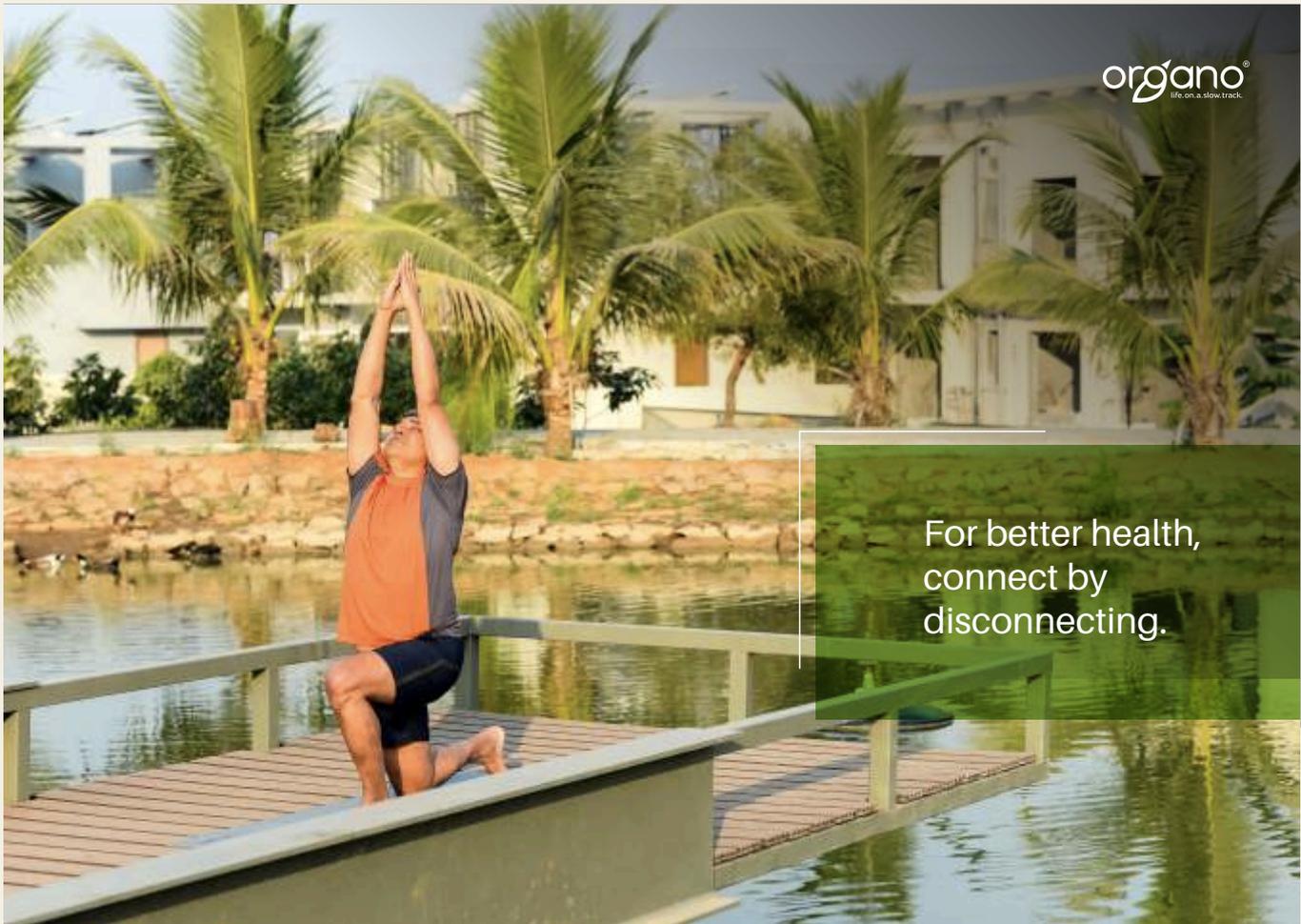
We learned to become mindful of their presence. In fact, we continue to learn every day.

Also, it is not just about rural living but also seasonal availability of vegetables.

There is a season of brinjals or chikkud, let's say, during which, there is plentiful produce of the same.

I suppose, many of us in the community have gathered a variety of recipes of the same vegetables, over time!

Health Tip



For better health,
connect by
disconnecting.

For better health, connect by disconnecting.

The overuse of social media and smartphone addiction (which often go hand in hand) play an increasing role in social isolation, as we lose the art of face-to-face communication.

And it's not just smartphones - too much TV can also isolate us.

Screens can build a wall around us that prevents us from connecting to others, keep us from exercising, and inundate us with unhealthy food ads that influence our food choices. Some solutions?

Take an unplugged walk (one of the best and easiest forms of exercise), smile at everyone you meet (smiling improves moods), turn off phones at dinner time, and consider no phones for kids.

Lemongrass also helps prevent the dysfunction of cells inside your coronary arteries.

Nature's Medicine

Featuring Lemongrass / ನಿಮ್ಮಗಡ್ಡಿ

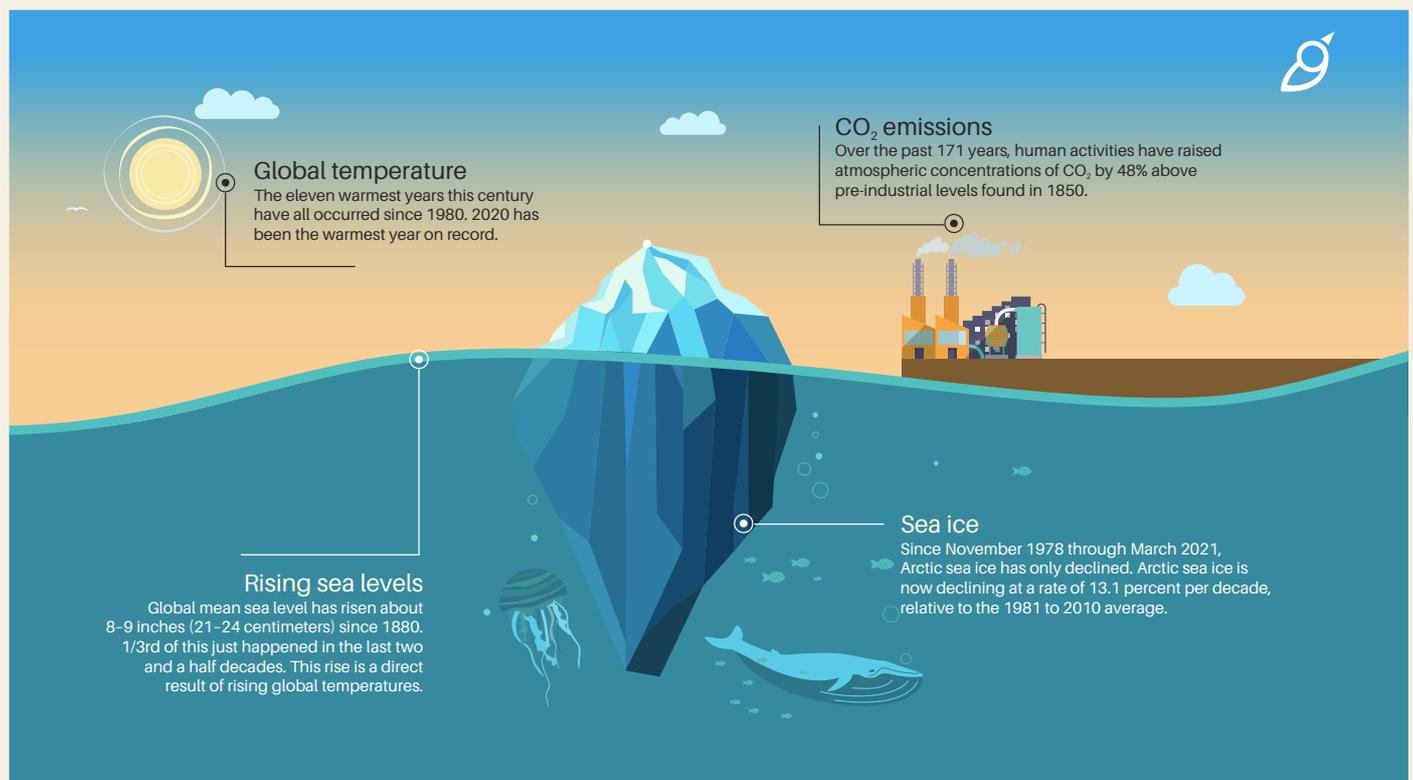
Lemongrass, also called citronella, is a tall, stalky plant. It has a fresh, lemony aroma and a citrus flavour. It's a common ingredient in Thai cooking and bug repellent.

Lemongrass essential oil is used in aromatherapy to freshen the air, reduce stress, and uplift the mood.

Lemongrass is also used as a remedy to promote sleep, relieve pain, and boost immunity. One of the most popular ways to enjoy lemongrass tea.

According to a study published in the Journal of Agriculture, lemongrass contains several antioxidants like chlorogenic acid, isorientin and swertiajaponin, which can help scavenge free radicals in your body that may cause disease.

Earth Facts :



To make lemongrass tea:

1. Pour 1 cup boiling water over 1 to 3 tea spoons fresh or dried lemongrass
2. Steep for at least five minutes
3. Strain the tea
4. Enjoy hot or add ice cubes for chilled lemongrass tea

You shouldn't drink lemongrass tea if you:

- Are pregnant
- Take prescription diuretics
- Have a low heart rate
- Have low potassium levels

The Rurban way of life

Giving is a form of receiving at Organo

The word rurban (rural+urban) refers to a geographic territory or a landscape which possesses the economic characteristics and lifestyles of an Urban area while retaining its essential Rural area features.



What is Rurban?

Simply put – Rurban blends best of both the worlds. The advantages of urban life combined with the purity of rural living.

The benefits of technological advancements and the virtues of belonging to a community.

Goodbye isolation.

Welcome to collective living.

Organo's essence lies in its community. Everything, just about every asset and every responsibility is shared.

That's the beauty of it.

While the villas belong to the individuals where the space is private and personal, the rest of the property belongs to the community as a whole.

Nobody is ever lonely even if they are alone at times. Life is full of natural wonders.



<https://youtu.be/R2K8agma7zY>

Organo's beliefs

Organo believes that liberation lies in reversing this cycle of 'taking' to 'giving back' to create a balance.

The Organo paradigm of building communities is also sustainable as it moves from a consumer mindset to a producer's.

Living the forgotten life

In the middle of intense urban development, corporatization and fast-paced lifestyle, comes a new way of life. A life we've long forgotten. A life that connects past with the present.

A life that is vital not just for our future but for the future of the Earth and humanity in general. Presenting Organo – for the passionate and the conscious.



Water Cycle

We conserve and recycle water and at the same time utilise the natural resources like rainwater and underground aquifers.

The aquifers are recharged with rainwater through different strategies such as deep aquifer recharge borewells, and bore chargers (hyperlink this to this webpage: <http://www.borecharger.com>)

Through borewells, an equivalent amount of water is used for farming and domestic consumption. The main source of water is rain water and ground water.



Organo Life & Style

It has taken several years of research, development, trials and dead ends for Team Organo to make a breakthrough and arrive at the seven cycles.

Each cycle has its own sustainable aspects; all the cycles are interlinked and flow naturally into each other.

Food Cycle

The 'how' part of food production is most important for us. We use natural methods to produce food.

At the same time we use the waste from the animals and organic waste from the living for farming. These wastes from the farming are used for the animal fodder. That's how the cycle is kept in motion.

Indigenous methods of cultivation like companion cropping and permaculture have helped us devise sustainable methods of food production.

Several time-consuming methods like filling up the top surface with coconut fibre to facilitate water absorption and retention for the arid soil have helped us rise above natural limitations and emerge triumphant in food production.

Earth Cycle

Another aspect is the soil. For farming, permaculture method was implemented in which different crops, plants and trees are cultivated together so that they complement each other in terms of water usage and nutrition.

Then there is aqua culture, where the fish clean the ponds and the water is used for farming and other purposes.

The smaller pond areas retain certain amount of water, around which medicinal plants are grown.

The villas are arranged around the farmland in such a way that they will always face the farmland.

At the same time, this will facilitate interaction between the residents and the farmers.

A pathway is created where residents will be able to walk and understand how the food is produced.

The wastage in farming is used as fodder for the animals. Dry leaves are used as mulch or in the vermi compost pits and the compost goes back into replenishing soil.

An interesting aspect about farming is that the kitchen garden behind every villa encourages small scale farming at an individual level. Besides giving the residents the pleasure of growing their own vegetables, it also provides best nutrition.



Energy Cycle

Organo harnesses solar power. Sun is the natural resource for this energy.

Solar energy is being produced and shared between these residences so that any variation in the energy supply versus demand will be taken care of by the solar panels.

Within the community, all villas are connected through a micro-grid. Energy sharing happens within this micro-grid.

Whenever, there is excess power in this internal grid, it is exported to the Main Government Grid.

The villas produce around 600 KW of solar power feeding all electrical appliances and loads.

The energy requirement was carefully calculated according to each appliance and arrived at 6 KW per villa which requires 600 sft. space on every roof.

There is also a Biogas plant produces around 200 cum of biogas per day (at full capacity) by treating and converting kitchen waste and cow dung generated within the community.

The sludge from the biogas plant is used as a fertiliser for crops.



Organic farming

An interesting aspect of farming is that the kitchen garden behind every villa encourages small-scale farming at an individual level.

Besides giving the residents the pleasure of growing their own vegetables, organic farming also provides the best nutrition.

Shelter

Another distinct model of sustainability is the Club House, which happens to be one of India's largest bamboo structures.

The structure - from the columns to the roof frames - was designed and erected meticulously.

Besides all day dining restaurant, it also houses multi- functional spaces inside.

This is the space for the residents to share their special recipes, participate in festivals, celebrate special occasions, listen to spiritual discourses etc.

The swimming pool next to it is a bio pond which has aquaculture that cleans the pond naturally.

Air Cycle

Natural air is cooled down below the earth's surface as a means of providing fresh air to villas by means of Tunnel Draft system.

A huge tunnel draft pipe runs all around in a ring main and there is the air inlet chamber where the air is sucked into these pipes.

There are pipes of 900 diameters on the lower level which you can access through the manholes in the upper levels; there is a connection in the above ground level.

The tunnel is 12 feet below the ground and by using the geothermal condition the air inside will automatically cool down.

The cool air is taken through the inlet chambers and let inside each villa through different AHU units that are exclusively allocated for this purpose.

It also involves UV lamps and filtration surfaces to filter germs and insects and keep clean air going inside the house.

People

The welfare and the health care is of utmost importance.

Being surrounded by bio-diverse forest and medicinal plants helps every resident inhale good health passively and actively.

Your morning walks become your highways to healthy routine.

At the same time, your kitchen garden encourages you to develop your farming skills.

The exchange of art, culture and spiritual practices automatically fosters a sense of wellbeing and sharing.

We bring back cultural values into the system.

Community living is encouraged with a common pool of resources.

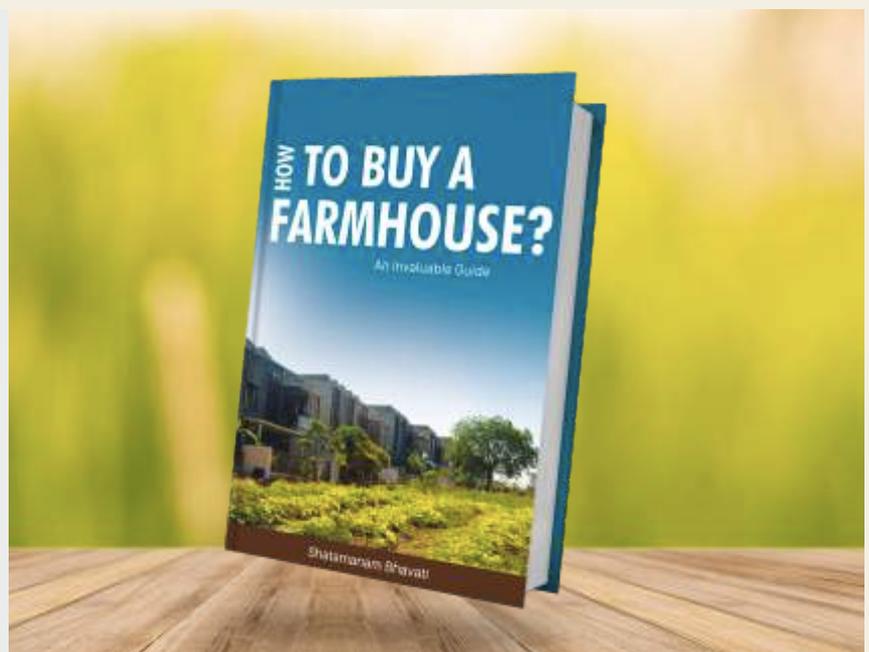
Every resident has a role to play in the kitchen and the social activities.



How to buy a Farmhouse?

An Invaluable Guide

LEARN MORE



<https://www.organo.co.in/is-buying-farmhouse-a-good-investment>

Here comes the Sun ... And I say it's all right!



The onset of the summer season reminds us to switch on our ACs and reduce the thermostat setting to 18 deg C, lower our blinds and switch on lights, increase the fan setting to max etc. It also reminds us to take out our fancy pair of sunglasses and apply multiple layers of high SPF sunscreen and sunblocks to protect our skin from the harmful UV rays.

So when I began humming this song, I questioned whether the lyrics are apt for us? In true conscience, do we say it's alright when the sun falls on us?

Well, the answer is a loud NO! Especially when the scorching sun hits the roof of our terraces and makes our homes feel like a hot oven.

Most often, we don't realise that by turning the thermostat set to 18 deg C, not only are we not addressing the issue, but we are spending more money to cool our homes.

So how do we solve this problem for us? The solution is simple; we protect our homes just the way we protect ourselves.

Let's say you live in a villa; the best way to protect your rooftop is by installing solar

panels. Or you are living in a high rise apartment, your solution here is the same too (however, high-density communities have limited roof space, but something is better than nothing).

Not only do rooftop solar panels generate electricity, but they cool the rooftop's immensely. It's like putting on your sunglasses. Residents in many communities have realised this potential and have covered their rooftops with solar panels.

When we had a casual conversation with one of the residents in a gated villa community in Gachibowli, she proudly said that it's a one-time investment and a long term benefit for her family and the environment.

The rooftops are the most unused space in homes, which absorb the heat from the sun and dissipate this inside homes.

If you open Google Maps and check the aerial view of the densely populated communities, you can see grey patches all over and little pockets of greenery.

These grey spaces have a high 'thermal mass'.



To simplify, they are bad insulators of heat, thus making our homes hotter and hotter.

Hence, the smartest thing would be to protect or insulate our roof's and solar panels just do both.

India has seen rapid growth in terms of solar capacity, which has increased in the last 5.5 years from 2.6 GW (Gigawatt) to more than 34 GW.

This makes India now at 5th global position for overall installed renewable energy capacity.

The Ministry of New and Renewable Energy (MNRE) is encouraging the usage of solar power by offering incentives and encouraging states to give subsidies to end-users.

Henry Ford once said, "Coming together is a beginning. Keeping together is progress. Working together is a success." The same holds for community rooftop solar panel installation.

Through our new initiative called Organo Et Communities, we are approaching various gated communities in Hyderabad to

understand how they can save energy bills through solar installation. There are, of course, challenges to this, and we would like to understand them better through you.

If you or your community have thought of installing solar but could not get them yet, the following survey form will help us help you. As a first step, you can circulate this **survey link** on your common WhatsApp groups to your neighbours and community association members to make the impact larger.



Take the survey:

<https://docs.google.com/forms/d/e/1FAIpQLSfdxrAwEt-ice0YeXjyJrAQHB54lXN8138RbmdCsH-2ABZ17A/viewform>

We have learned many lessons while developing our Net Zero Energy Community at Organo Naandi.

We want to help you make your community become the next Net Zero Energy Community through our experience.

Farm Store by Organo: Safe and witnessed food from farms to your doorstep



At Organo, our consistent endeavour is to provide a holistic living experience of which food is a cornerstone.

As a part of this, we have started social impact initiatives that help forge a connection between the producer and the consumer (residents of Organo's eco-habitats) in the village of Antharam.

The outcome of this initiative is two-pronged, one is to help provide safe and witnessed food, and the other is to source such food locally and reduce the food miles.

Authentic witnessed food from safe sources

While the farmers around our communities take a few seasons to produce safe and witnessed food, we have started 'Farm Store by Organo' which identifies farmers' cooperatives that practice natural farming stringently.

The food products sourced by our Farm Store are "safe" with low or no harmful residues.

To ensure this, all the food sources are visited and witnessed by our staff periodically at the farms as a verification protocol.

Our staff verifies the methods of cultivation followed in the farms and the inputs used for growing food.

We do not claim the food products to be organic or certified organic.

Of late, we have observed that many agencies are providing organic certifications that aren't entirely reliable or authentic.

Hence, we refer to the food products sourced by us as 'safe and witnessed'.

At your doorstep

We are currently servicing the residential communities where our Organo residents live full-time in the city.

In case you would like to procure from our Farm Store, we would be delighted to service the neighbouring residents living in these communities.

We believe in being transparent and empowering consumers with information to make informed decisions.

We strongly believe that one must know the producer (farmer) and their farming practices.

We source our food products from:

Bhoongadi Organic Farmers Producers Company Limited:

Bhoongadi Organic FPCL is a Producer Company made up of tribal farmers from the Dantewada district of Chhattisgarh State. They produce safe and residue-free farm produce.

No artificial chemicals or pesticides are added to in the manufacturing of these products. This company is being guided by volunteers from Birla Institute of Technology, Pilani, and Xavier Institute of Management, Bhubaneswar.



Handel Social Ventures:

Handel Social ventures work with farmers from Chikmagalur district and areas surrounding Sakleshpur in Haasan district.

“Gomathe Savayava Krishi Sangha, Alur” is one such farmer producer organization (FPO) that produces safe and witnessed food.

We are starting this initiative with a humble list of food products. Below is the link to access the list of products.

Through the link, you can place your order, and we shall deliver the products in 2 days post the order being placed.



Link to place the order:

<https://forms.gle/fmXGXwRJ5ccdcZrw6>

Earth Facts



India's Net Zero Mission

Organo aligns its vision with IGBC

Organo signed up for IGBC's (Indian Green Building Council) IGBC Mission on Net Zero, which was recently launched on the occasion of Earth Day 2021. This is a big step for Organo because IGBC's vision of India GBC's Net Zero movement aligns with ours.

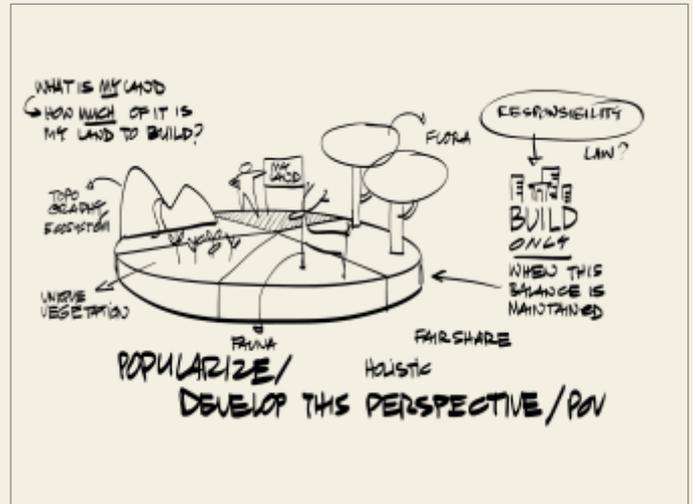


What is IGBC?

Indian Green Building Council (IGBC)

Green Homes is the first rating programme developed in India, exclusively for the residential sector.

The objective of IGBC Green Homes is to facilitate the effective use of site resources, water conservation, energy efficiency, handling of household waste, optimum material utilisation and design for healthy, comfortable & environmentally friendly homes.



What is the Net Zero mission?

Net Zero initiative by IGBC aims to facilitate 'India to become one of the foremost countries in transforming to 'Net Zero' by 2050'. They are strongly urging stakeholders to set intermediary targets every five years starting from 2025. More than 1,000 participants attended the life through zoom. Many other social media platforms & close to 300 organisations signed up for the pledge supporting IGBC's Mission on Net Zero.



International support

Many countries across the world have already set targets or committed to reaching net zero on timescales. This has a formidable future in the areas of:

- ☑ CO₂ emission reduction
- ☑ Clean air
- ☑ Adoption of cleaner fuels
- ☑ Health benefits
- ☑ New businesses & employment opportunities

Organo's belief

It's critical that real estate companies join such missions so that many more key milestones and roadmaps can be achieved in the coming future.

Organo believes that the earth is not inherited from our ancestors but borrowed from our children. We share this planet with millions of other species.

And it's critical to understand & ensure that all species continue to inhabit this planet - and not become extinct.

As a token of appreciation towards our commitment, they enclosed a Certificate of Acknowledgement for collection and suitable uses.

IGBC Net Zero Energy Buildings Rating

The IGBC rating tool enables the designer to apply energy efficiency concepts and adopt appropriate renewable sources by design to achieve Net Zero Energy Status.

For existing buildings, it enables the implementation of energy-efficient measures to reduce energy consumption.

It also meets the rest of the energy requirements through renewable energy sources to help in:

- Improvement in energy efficiency & reduce annual energy consumption to the tune of about 30% with respect to the national baseline.
- Reliable source of power supply, if combined with energy storage devices.

Adapting Net Zero Water helps in:

- Improvement in water efficiency and hence reduction in annual water consumption to the tune of up to 50% with respect to the national baseline.
- Reduced dependency on raw water.

You can see the YouTube link of the complete session here:

https://youtu.be/Lo7_owU20dE



Earth Day webinar with Northstar amplification

Being planet-first: Doing good while doing well

What is planet-first thinking? Why is it relevant now more than ever? Meenakshi Iyer Founder of NorthStar Solutions and Services & Personal Agility Coach organised and hosted a virtual coffee meet on Earth Day.

Nagesh Batulla — Founder & MD of Organo eco-habitats, discussed setting & building accountability through coaching. Joining the discussion was Sudha Krishnan from ICF-ACC, India. This blog gives insights on the main takeaways from the discussion.

NorthStar Solutions and Services
Empowering partners to purpose-driven outcomes

Being planet-first: doing good while doing well
Setting intention and building accountability through Coaching

Saturday, April 24, 2021, 10.30am New York, 11.30am São Paulo, 3.30pm London, 6.30pm Dubai, 8pm New Delhi

90-minute Virtual Event | FREE registration on Uwitty.com

Speakers:
 - Sudha Krishnan, ICF - ACC, Systems Team Coach, Relationship Coach, Founder ICF Community Services, ICF Hyderabad Chapter, India
 - Nagesh Batulla, Founder and Managing Director, Organo Eco-Habitats, 2020
 - Meenakshi Iyer, MBA, Founder and Principal, NorthStar Solutions and Services, USA

KEY TAKEAWAYS

- What is planet-first thinking?
- Why is it important?
- What are barriers to adopting this thinking?
- How might coaching help economic them?
- Featured Success story: **Organo Eco-habitats**

WHO SHOULD ATTEND: Business Leaders, Leaders in and around the Coaching, Business Strategy Markets

Did you know:

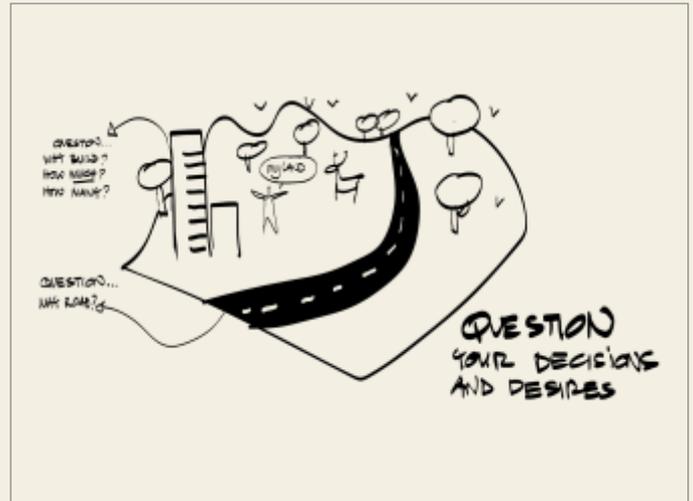
E-commerce in the US resulted in the felling of a million trees every year!

Half a liter of soft drink or aerated drink requires 35 liters of water!

It's rightly said that earth is not inherited from our ancestors but borrowed from our children. We share this planet with millions of other species. And it's critical to understand & ensure that all species continue to inhabit this planet — and not become extinct.

Nagesh is architecting and envisaging Organo's vision with the planets & IGBC's. They've taken up the challenge of developing eco-habitats in harmony with nature.

"We promote the 'Rurban' way of life with an integrated alternative-living experience," says Nagesh.



The role of coaches in nature-human conflict



Nagesh added to the role of coaches in advancing planet-first thinking. He said that coaches inspire people and can make a difference. He pointed out how humans shifted their focus from the environment to only financial progress.

Being a consumerist is the core problem of the nature-human conflict. This selfish interest should be refocused on balancing eco-systems to reside in harmony with other species on the planet.

- There's a need to shift from the lifestyle that's being projected today
- Self-preservation is the cause of a majority of environmental issues
- Nature has given every species an instinct to protect itself — humans probably the most selfish amongst all

Taking a cue from Hawkins' Ecological Awareness model

Professor Prof Peter Hawkins is an international pioneer in leadership. This model focuses on how humans lack awareness and are unable to recognize the different parts of the ecological system.

Hawkins believes that the process is only a part of a deeper human pattern of consciousness. It's a capacity that resulted in many positive developments for humanity through our species' short time on this planet.

Happiness vs materialism

There's a need to adapt from models like this and change the general mindset in relevance with sustainability. The planet-thinking mindset shift is the focal point of Organo

"In my family, my wife loves gardening. Wherever possible, she would do gardening & grow vegetables, fruits, etc. Being a housewife is her choice. She loves spending time with the kids, pursuing her passion for gardening, and taking charge of the house. But this gives her happiness -- and in turn, this reflects in every facet of our life," says Nagesh.

He explains that often people just search for materialistic pleasures where peace & happiness is very limited. It's usually spending time with family on weekends, while rest of the week -- everyone is busy!

Laying the foundation for Organo

Nagesh was observing the real estate industry along with a drastic shift in the way people live. However, he continued to feel a void in his professional life.

Rather than just designing spaces that are not serving or doing the planet any good -- he shifted his focus towards sustainability & environment-friendly architecture.

While CSR was always an option, he wanted to do something more. He wanted to make a difference. He started focussing more on the triple bottom line thinking of -- people, planet & profit.

And that's when it struck him that he could design living systems that could create a harmonious eco-system -- while providing a balance of urban & rural facilities.

What is the triple bottom line?

According to Nagesh, simply put, the triple bottom line is integrating the lifestyle of our forefathers & ancestors. A time when agriculture was not a business but a culture. Today, it's the other way round.

Organo hopes to reverse this culture. They want to bring back the importance of agriculture. A culture where:

- Individuals give back to nature.
- They share their food with other animals, birds & insects.
- Promote pesticide-free farming that is good for the soil, water, and earth!



Project Organo

Nagesh's design team, colleagues, and coaches like Sudha Krishnan supported him in this endeavor to start Organo. For him, Organo became a purpose. Something he looked forward to every day.

The end result was a real estate venture that made him happy from within. Nagesh put together a team that had a vision that aligned with his. For him, Organo is an intention to bring an all-inclusive business thinking and mainstream it. A shift from the standard industry paradigms.

Sustainability and Organo

Rakesh Koti - Head of Sustainability - Organo emphasizes that the idea of self-preservation precedes all other instincts. And Organo capitalized on this idea to strike a balance between sustainability and modern conveniences.

Making a difference

According to relationship coach Sudha Krishnan, even isolated acts by individuals could make a huge difference. She believes that when discussing the future of work, the focus on technology takes away the attention from the people.

There are areas where the land will soon be overtaken by water because of rising sea levels — islands that will be completely wiped out!

Krishnan talks about an island in South-East Asia where the inhabitants were suffering from malaria. They called the WHO (World Health

Organization) for help. WHO sent supplies of DDT to control malaria.

But what happened next was something no one imagined...

Using DDT, malaria was controlled, but the side effects were that other organisms were killed too — leading to chaos in the ecological balance.

For Organo, the planet & people come first. As an architect, this inspired him to create homes focussed on eco-living. Habitats that celebrate nature every day! Everyone working at Organo is aligned with this vision.

If you want to know more about our initiatives visit: <https://www.organo.co.in>



Sudha Krishnan,
ICF-ACC
India

An ICF-certified Systemic Team and Relationship Coach, Sudha is a NorthStar design Psychology Professional with 30 years of experience in various sectors like Financial Services, ITES, and Corporate learning & Development. A trained counsellor with a Masters in Psychology, Sudha is also a Trained NLP Practitioner, which helps her to skillfully integrate the techniques and process of NLP with modern Psychology and traditional Vedanta.

Sudha is also the Co-Founder of **Dialogue in the Dark India (DID)**, a dynamic Social Impact organisation that offers darkness-based exhibition, Corporate Workshops and Dining experiences, all of which happens in complete darkness.

As an Emotional Alchemist, Sudha finds purpose in helping people to move from **Limitation to Liberation!** Having travelled widely, and is currently based in Hyderabad, India.

Visitors of Naandi



Photo credit: Madhu Reddy



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