

## **Integrating Organic Living as a Contemporary Subject @ NEP-2020**

Dr. Snehlata Pandya (M.Sc., M.Ed., M.Phil., Ph.D. NET, L.L.B.)  
Assistant Professor, A.G. Teachers College, Navrangpura Ahmedabad  
Ph-9426767377, [email-snehlata.pandya@agteacherscollege.ac.in](mailto:email-snehlata.pandya@agteacherscollege.ac.in)

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### ***Abstract***

We all know that all the countries are now striving to achieve sustainable developmental goals. All the goals seem interconnected when it comes to environment perspective. If our surrounding are not safe and healthy we won't be able to the rest of the goals as quality living is one of the important goals. The National Education Policy (NEP) 2020 emphasizes a holistic and multidisciplinary approach to education, focusing on experiential learning, critical thinking, and the development of responsible citizens. In this context, integrating organic living as a contemporary subject aligns perfectly with the policy's objectives. Organic living, encompassing sustainable practices in agriculture, health, lifestyle, and environmental stewardship, is increasingly relevant in addressing contemporary challenges such as climate change, food security, and public health. In many cultures, traditional farming practices are inherently organic. Integrating organic living into the curriculum can help preserve and promote these traditional practices, fostering a sense of cultural identity and connection to the land. Organic farming can provide economic opportunities for farmers, particularly in rural areas. Introducing students to organic farming techniques and marketing strategies can empower them to pursue sustainable livelihoods. Organic food production prioritizes natural methods, resulting in food that is often richer in nutrients and free from harmful chemicals. Teaching students about the health benefits of organic food and lifestyle choices can promote healthier eating habits and overall well-being.

### **INTRODUCTION**

Organic or Green living refers to opting lifestyles and making choices that reduce environmental impact and promote sustainability. Research on green living covers a range of topics, including the health benefits of green spaces, motivations for sustainable behaviors, and strategies for

creating greener urban environments Green living encompasses both individual lifestyle choices and community-level strategies that promote sustainability and health. Access to green spaces is consistently linked to better physical and mental health, while motivations for green living often stem from personal values and a sense of responsibility. Effective urban greening and holistic approaches to sustainable living can maximize both environmental and health benefits.

Organic Living is dedicated to making more informed choices when confronted with decisions that influence your health and the environment. It is a lifestyle that promotes sustainable development and encourages the application of natural methods in work, life and play wherever possible. More than this, to live an organic lifestyle means to enjoy the benefits of natural processes and ingredients. It is an approach to life that tries to eliminate unnecessary waste such as food waste and water waste through composting and rainwater harvesting. It is a community of likeminded people that encourage one another to grow their own fruit and vegetables; to enjoy gardening for all its physical and mental health benefits, and to spread this message to others. It is making the informed decision to buy products made from 100% recycled plastics where possible and to avoid harsh chemicals which pollute the environment and endanger wildlife. It is a lifestyle founded on five main tenets: reuse, reduce, recycle, repurpose and regrow.

### **CURRICULUM COMPONENTS**

- **Principles of Organic Farming:** Introduction to core concepts such as soil health, composting, crop rotation, natural pest control, and water conservation.
- **Organic Food Production:** Covers vegetable and fruit cultivation, animal care, and involves practical tasks like seed planting and garden maintenance.
- **Health and Nutrition:** Focus on nutritional value of organic foods and preparing healthy meals. Encourages balanced diets and informed food choices.
- **Sustainable Living:** Teaches waste reduction, water and energy conservation, eco-transport, and other sustainable lifestyle strategies.
- **Environmental Science:** Offers foundational knowledge of ecology, biodiversity, climate change, and pollution, highlighting ecological interdependence.



- Economics of Organic Farming: Discusses marketing, certification, pricing, and the business potential and challenges of organic agriculture.
- Traditional Knowledge Systems: Highlights indigenous agricultural, health, and ecological practices, encouraging integration with modern techniques.

## **PEDAGOGICAL APPROACHES**

To effectively teach organic living, pedagogies should be experiential, interactive, and inquiry-based:

- Hands-On Learning: Engage students in gardening, composting, and cooking to reinforce practical understanding.
- Field Visits: Trips to organic farms, markets, and environmental centers offer real-world exposure.
- Guest Lectures: Experts like farmers, nutritionists, and activists can provide diverse perspectives.
- Project-Based Learning: Encourage student-led projects like setting up school gardens or awareness campaigns.
- Collaborative Activities: Promote teamwork in researching and presenting organic living themes.
- Inquiry-Based Learning: Inspire curiosity and independent research.
- Subject Integration: Link organic living with science, math, social science, and language to foster interdisciplinary learning.

## **IMPLEMENTATION STRATEGIES**

Successful implementation of organic living as a contemporary subject requires careful planning and coordination. Some potential strategies include:

- Curriculum Design: Develop age-appropriate and NEP-aligned content.
- Teacher Preparation: Provide adequate training and instructional resources.
- Infrastructure Setup: Create gardens, compost systems, and kitchens for hands-on learning.



- Community Involvement: Partner with farms, markets, and NGOs for experiential learning.
- Assessment Tools: Evaluate students using practical work, projects, and presentations.
- Public Awareness: Run campaigns to highlight the value of organic living and encourage wider participation.
- Program Integration: Embed within health, environmental, and vocational education.
- Urban Greening: Prioritize native, low-maintenance plants that support local biodiversity.
- Design for Accessibility: Ensure green spaces are inclusive, promoting physical activity and social engagement.

## **HEALTH BENEFITS OF ORGANIC LIVING**

### **Mental Health:**

- Greater access to green space correlates with reduced anxiety, depression, and chronic illness—especially among children and economically disadvantaged groups.
- Green environments are linked to improved mood, lower stress levels, and enhanced cognitive performance.
- They promote social interaction and community pride, which can reduce crime and increase public safety.

### **Physical Health:**

- Exposure to green spaces strengthens immunity through natural plant compounds like phytoncides and other such chemicals.
- Encourages physical activity, improves sleep, and reduces risks of obesity and cardiovascular disease.
- Acts as natural air purifiers, lowering pollution exposure and improving outcomes like birth weight.

### **Blood Pressure & Cardiovascular Health:**

- Living in greener areas is associated with lower blood pressure and reduced hypertension, with particularly positive effects for women.



## **Mortality & Stroke:**

- Higher residential greenery is linked to lower rates of death from all causes, including cardiovascular and cerebrovascular diseases.

## **Physical Activity:**

- Urban green areas promote active lifestyles, such as walking and cycling. Agricultural green spaces foster gardening, with varying impacts on health depending on proximity and type.

## **MOTIVATIONS AND PROCESSES FOR GREEN LIVING**

- **Personal Responsibility:** Many adopt sustainable practices from a deep sense of duty and alignment with personal values.
- **Lifestyle Evolution:** Embracing a green lifestyle is a progressive journey that incorporates multiple habits and resources.
- **Social & Emotional Fulfillment:** Sustainable living often enhances community ties and provides purpose.
- **Lifestyle Diversity:** People engage with sustainability in different ways, leading to multiple forms of environmentalism.
- **Holistic Integration:** Green behavior is most effective when approached collectively, rather than as isolated actions. Green buying and other environmental actions are interconnected, suggesting that policies should address sustainable living as a whole rather than focusing on individual behaviors

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