

**PRINCIPLES AND PRACTICES OF
NATURAL FARMING**

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Preface

The book “Principles and Practices of Natural Farming” has been written with the aim of providing comprehensive knowledge on the foundations, methods, and applications of natural farming. At a time when agriculture faces multiple challenges—soil degradation, declining biodiversity, climate change, rising input costs, and farmer distress—the search for sustainable and eco-friendly farming approaches has become more critical than ever. Natural farming offers a viable alternative, rooted in harmony with nature, local resources, and traditional wisdom while integrating scientific insights.

This book attempts to bridge the gap between theory and practice by presenting the guiding principles of natural farming along with practical techniques that farmers, students, researchers, and extension workers can adopt. It discusses soil health management, use of bio-inputs, crop diversification, integrated pest and nutrient management, water-use efficiency, and eco-friendly practices that ensure productivity without compromising sustainability. Real-world case studies, farmer innovations, and success stories are also included to demonstrate the transformative potential of natural farming.

The text is designed to be useful for a wide readership—ranging from academicians, policymakers, and extension personnel to progressive farmers seeking to reduce dependence on synthetic inputs. It is hoped that this book will serve as a valuable resource for promoting natural farming as a pathway to resilient, profitable, and environmentally sound agriculture.

Dr. Anil Kumar

Dated - 4 June 2025

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