the Farmer of India

(A Resilience Resource)
This resource aims at building the:

1. **Resolve** and **Resilience** of our farmers.

2. **Respect** of farmers in the society.
I am Farmer

I am strong
COVID Crisis made me strong? 

No!

I was already strong and Covid made me prove it.
Happiness can be found even in the darkest of times if only one remembers to turn on the light.
Even the darkest night will end and
Sun will rise.
Who stays positive in a negative situation
Wins.
Most noble
Most useful
Most mindful
Most healthful

employment is

Farming
Farming
A profession of hope

Farmer
An incorrigible optimist
A healthy nation is not possible without a healthy farmer.
Most unhappiness is self-induced.

Farming teaches me to be grateful.
Nature never stops
Neither do we.
My Strength and courage define me not my illness.

I always think about what I am instead of what I am not.
Sometimes reaching out and taking someone's hand is the beginning of a journey.

At other times it is allowing someone to take yours.

I Seek help. I Don’t shy.
Mental Health
5 T’s

1. Talking
2. Teaching
3. Training
4. Tools
5. Taking Care
We rarely need a lawyer, a policemen, occasionally a doctor, a businessman, but starting with morning tea, 3 times everyday need a FARMER.
When lockdown was announced
none rushed to buy gold, land, cars, or expensive phones
but, everyone rushed for
fruits, vegetables, milk and bread.
So say
Thank you farmers.

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