



**Neha Upadhyay**  
Food Psychologist  
Daylesford Organic Cookery School  
Whole Food Harmony (Macrobiotics)  
Msc. from King's College London

We're a start up that encourages a holistic lifestyle by organising organic macrobiotic food workshops around the city and retailing organic macrobiotic products. We are partners with **UN FAO - SAVE FOOD initiative.**

We have conducted workshops in the past in New Delhi, Mumbai and Ladakh at Zorba The Buddha, Infusion Studio, Teen Murthi Bhavan, Nirvaaha - Naturally pure and organic, Nehru Memorial Centre, Dastkar- Nature Bazaar, India International Centre, Mums at work, Summer House Cafe, Out of the blue, Slow Food Dubai, Aman Bagh, Piccoli Tortini Tamakchik (Leh) and India food Banking network.

We have also been featured in the Indian Express, Mid Day, The Pioneer, Hindustan Times Mint, Rashtriya Sahara, Navbharat Times, Pravasi Shakti, Down to Earth Magazine, Esvasa Magazine, Times city, Time Out New York, Pure & Eco India Magazine.

We would like to connect students from your establishment to organic agriculture and it's practice. We have tie ups with certified organic farms in and around the city that are not resorts or retreats but eco-systems of traditional agriculture with animals, bio-gas plants etc etc.

**"Disconnecting from technology & reconnecting with ourselves, nature is absolutely essential for wisdom" - Arrianna Huffington**

Cost for a visit to an **organic farm** that is 40 minutes away to accommodate 100 children of each grade from your establishment. The Day trip will include organic lunch, drink and several rural farm activities (no-fire cooking etc) for the Students. Charges for up to class 6th will be INR 700/- and from 7th onwards will be INR 900/- per student.

Through this, the children will gain a better understanding of the following :-

1. **Cost economics for a farmer** : Includes supply and demand of organic vs industrial crops.
2. **Environmental effects** : Soil, seeds and Water.
3. **Chemical inputs into food** and their impact on food quality, health, nutrition and concentration.
4. **Loss of Desi, local varieties of crops.**

**Vishwadeep Trust**

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