



the Farmer of India

(A Resilience Resource)



This resource aims at building the:

1. **R**esolve and **R**esilience of our farmers.
2. **R**espect 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,
Occasionally,
but starting with morning tea, 3 times
Everyday,
need a lawyer, a policemen
a doctor, a businessman
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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