

 **AddikaChannels**

Cow Economy - Download Kit

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1. FARM CIRCULAR LOOP WORKSHEET

Title: Farm Circular Loop Worksheet — Visualizing the Cow Economy

Description: Learn the full cycle of the **cow economy** — how fodder, milk, dung, compost, and crops form a regenerative loop of fertility and livelihood. Use this worksheet to identify how every output becomes an input.

Worksheet Table

Inputs	Outputs	Regeneration Path
Crop residues, fodder, kitchen waste	Milk, calves	Nutrition & income
Dung, urine	Compost, biogas	Soil fertility & renewable energy
Manure & compost	Soil nutrients	Healthy crops → fodder → feed

Micro Exercise:

Draw your farm’s circular loop. Label points of input, output, and leakage.

Tip: reuse waste to feed soil or livestock.

Quote: “A healthy cow is not an expense — she’s an investment in circular abundance.”





2. DHARMIC BALANCE SHEET TEMPLATE (EXCEL)

Sheet 1: Dharmic Balance Sheet

Category	Description	Example	Notes
Assets	Soil fertility, herd health, biodiversity	Healthy soil microbes, 2 cows	Stewardship capital
Liabilities	Soil erosion, debt, pollution	Chemical inputs, high loans	Reduce yearly
Duties (Karma)	Daily cow care, composting, seed saving	Milking, cleaning shed	Service = sustainability
Social Credits	Training others, community compost sharing	Mentoring youth	Record annually

Formula Tip (Excel):

=SUM(Assets)-SUM(Liabilities) → *Your Dharmic Wealth Index*





3. ONE-SEASON COW EXPERIMENT (12-WEEK PLAN)

Goal: Pilot one regenerative loop using a cow-based system.

Duration: 12 Weeks

Week	Focus	Task	Reflection
1–2	Observe	Measure soil moisture, note current waste	What leaks can I plug?
3–4	Prepare	Start compost pit, collect cow dung & dry leaves	Smell the earth change
5–6	Apply	Add compost to vegetable beds	Track plant vigor
7–8	Diversify	Try biogas or urine-based foliar spray	What improves yield?
9–10	Share	Teach neighbor or local group	How did they respond?
11–12	Reflect	Measure soil & milk data	What grew — soil, or soul?

“Economics begins when gratitude becomes measurable.”





4. STARTER HERD BUDGET PLANNER (EXCEL)

Sheet 1: Inputs & Costs

Item	Quantity	Unit Cost (₹)	Total (₹)
Indigenous cow	2	35,000	70,000
Fodder (monthly)	200 kg	8	1,600
Housing & shade	1	15,000	15,000
Vet & medicines	—	—	2,000
Water & cleaning	—	—	500

Sheet 2: Outputs & Income

Product	Monthly Qty	Price (₹)	Monthly Value (₹)
Milk	60 liters	60	3,600
Compost	200 kg	5	1,000
Biogas savings	—	—	800
Total Monthly Income	—	—	₹5,400

Profit = Income – Expenses → adjust for seasons.





5. POLICY ADVOCACY LETTER (WORD)

Subject: Supporting Indigenous Cows & Regenerative Farming

Respected [Official's Name],

I am writing as a concerned citizen and advocate for **sustainable farming in India**. Current policies prioritize industrial inputs, while our indigenous cow breeds — the heart of rural resilience — are undervalued.

I urge you to consider:

1. **Breed-conservation incentives** for indigenous cows.
2. **Payment for Ecosystem Services (PES)** rewarding soil regeneration and biodiversity.
3. **Community biogas and compost hubs** with training support.
4. **Commons protection and grazing rights** for pastoral families.

These measures align with national sustainability goals and revive the circular **cow economy** that sustains millions.

Respectfully,

[Your Name]

[Your Village / District]

[Contact Information]





6. MICRO-EXERCISE CHECKLIST

Daily Dharmic Stewardship Checklist

Task	Frequency	Done
Clean and feed the cow	Daily	<input type="checkbox"/>
Collect dung & urine for compost	Daily	<input type="checkbox"/>
Turn compost pile	Weekly	<input type="checkbox"/>
Check water trough & fodder	Daily	<input type="checkbox"/>
Observe soil moisture in field	Twice/week	<input type="checkbox"/>
Reflect in Dharmic journal	Weekly	<input type="checkbox"/>

Compost Recipe (Quick Mix)

1. 1 part cow dung
2. 1 part dry leaves
3. ½ part kitchen waste
4. Turn every 5 days, ready in ~45 days.

“Compost is the memory of the soil — return what you take.”

