



☞ ☞ *Is Your Farming Model Sustainable— or Just Surviving?*

A Gau-Dharma Readiness & Rural Sustainability Self-Assessment

☞ *Why This Checklist Exists*

Most farmers are told they are failing because yields fluctuate or income feels tight. The deeper truth is often different.

☞ *Many farms are working hard but surviving poorly.*

☞ *Very few systems are designed for long-term dignity, stability, and
regeneration.*

*This checklist is not a test.
It is a **mirror**.*

Use it to understand whether your farming model is:

- *Merely reacting to costs and crises, or*
- *Quietly building resilience through Gau-Dharma principles*

☞ ☞ *HOW TO USE THIS TOOL*

Answer honestly based on current reality, not intention

Tick ✓ what already exists

Leave ✗ where dependency or stress remains

Do not rush—reflection is part of the process

SECTION 1: ECONOMIC HEALTH & COST SOVEREIGNTY

Is your farm earning—or bleeding quietly?

- ✳ *I produce at least **30% of my farm inputs** (fertilizer, pest control, fodder) on-farm*
- ✳ *My farming model works **without subsidies or loan rollovers***
- ✳ *I have at least **one daily or weekly income stream** (milk, eggs, value-added products)*
- ✳ *My input costs have **reduced or stabilized** in the last 3 years*
- ✳ *I know my **net income**, not just yield or sales*
- ✳ *I am not dependent on a **single buyer or market***

Reflection:

If external inputs doubled in price next season, would my farm survive?

SECTION 2: SOIL HEALTH & ECOLOGICAL CAPITAL

Is your soil alive—or just productive for now?

- ✳ *Earthworms or visible soil life appear after monsoon*
- ✳ *Organic matter in my soil is **increasing year-on-year***
- ✳ *Chemical fertilizer use is **declining**, not rising*
- ✳ *Crop residues are returned to the soil or animals*
- ✳ *My soil holds moisture longer than before*
- ✳ *Pest pressure has **reduced naturally** over time*

Reflection:

Is my soil improving—or am I borrowing fertility from the future?

SECTION 3: COW INTEGRATION & BIOLOGICAL INTELLIGENCE

Is the cow an asset—or an afterthought?

- ★ *Dung is composted, fermented, or used in bio-inputs*
- ★ *Urine is collected and used purposefully*
- ★ *Cows are integrated with crops, not isolated*
- ★ *Fodder is planned as part of cropping system*
- ★ *Animal care costs are stable or reducing*
- ★ *Cow outputs reduce my dependence on purchased inputs*

Reflection:

Do my animals work for the farm—or does the farm work against them?

SECTION 4: LIVELIHOODS, LABOUR & DIGNITY

Who benefits from your farming system?

- ★ *Women earn **direct income** from farm activities*
- ★ *At least **3 livelihood activities** exist on or around the farm*
- ★ *Elderly or landless family members have productive roles*
- ★ *Labour demand is spread across the year, not seasonal spikes*
- ★ *Youth see farming as viable, not temporary*

Reflection:

Does my farm create dignity—or just survival wages?

SECTION 5: ENERGY, INPUTS & DEPENDENCY

How free is your farm—really?

★ *Cooking or farm energy is partly renewable (biogas, biomass)*

★ *Fuel expenses are stable or declining*

★ *Most inputs come from **within the village or region***

★ *I am less affected by global price shocks than before*

★ *Waste from one activity feeds another*

Reflection:

Where does my money leak out every season?

SECTION 6: RESILIENCE & FUTURE READINESS

Can your farm withstand stress?

★ *Yields remain stable despite weather variability*

★ *Crop diversity exists across seasons*

★ *Savings or buffers exist for bad years*

★ *Debt is not increasing year-on-year*

★ *My system improves with time, not degrades*

Reflection:

Is my farm fragile—or antifragile?

✌ ✌ SCORING & INTERPRETATION

Count your ✓ marks.

🌱 0–20 | INPUT-DEPENDENT TRAP

Your farm survives by external support. Any shock can break it.

🌱 21–40 | TRANSITION PHASE

You are reducing dependency, but systems are incomplete.

🌱 41–60 | REGENERATIVE & GAU-ALIGNED

Your farm is quietly building resilience, dignity, and stability.

✌ ✌ THE DHARMIC QUESTION (DO NOT SKIP)

*If my children inherit this farm exactly as it is today—
will they thank me, or forgive me?*

✌ ✌ WHAT THIS CHECKLIST IS TELLING YOU

If your score is low, do not panic.

*Gau-Dharma is not about perfection.
It is about direction.*

*Small shifts—cow integration, input reduction,
livelihood stacking—change everything over time.*

👉👉 Interested in a Cow-Based or Integrated Farming Project?

If this checklist has sparked clarity, curiosity, or urgency—and you are **serious about building a cow-based or integrated farming system**, support matters.

I actively work on **cow-based, integrated, and regenerative farming projects**, including:

- 🌟 Project planning & system design
- 🌟 Cow integration with crops & livelihoods
- 🌟 Bio-input and low-cost farming models
- 🌟 Transition guidance from chemical to regenerative systems

Whether you are:

- A farmer planning a transition
- A landowner starting a new project
- An institution, NGO, or community initiative

👉 You can reach out directly to discuss your project.

*This is not consultancy for quick profit.
It is long-term system building rooted in ecology, economics, and Dharma.*