

Samiksha Lohar

Regenerative Farmer & Facilitator

Mumbai, India

Hello!

I am a Certified Permaculture Designer & Teacher.

I have worked on different permaculture projects and landscape designs in different locations.

I have experience in integrated farming, multilayer farming regenerative landscape designing, converting lawns to sustainable food forest/edible & productive spaces, and urban permaculture/ edible urban spaces.

My interest lies in designing low waste & energy-efficient sustainable landscapes that require minimal human intervention, thus focusing on soil building, water harvesting, native species restoration, multilayer space utilisation & more.

Raised on a regenerative farm, I have 20+ years of unlearning, learning & growing with local & indigenous communities.

WORK EXPERIENCE

Mrittika Regenerative Farm

Regenerative Farmer & Facilitator

- Soil Building
- Rainwater Harvest
- Grey Water Management
- Seed Saving
- Seed Bank
- Food Forest Design & Implementation
- Multilayer Farming
- Hugelkultur Design & Implementation
- Kitchen Garden
- Composting
- Live Fencing
- Waste Management
- Trellis & Pathway Creation
- Paddy Cultivation

India

PermaculturePlants

Writer

Florida, United States

GHC

Permaculture Designer & Illustrator (Hand Drawn + Digital Illustrations)

St. Louis, Missouri, United States

Unicef

Permaculture Designer (Assessment and Concept Design)

Panchamvan

Permaculture Designer

India

EDUCATION**Aranya Agricultural Alternatives**

Permaculture Design Course

The Course focuses on learning permaculture design as set forth by the movement's founder, Bill Mollison in 1978. The aim of Permaculture is to create systems that are ecologically sound, economically viable and self sustaining.

The premise of Permaculture is based on observation of natural systems, the wisdom found in traditional farming practices, entwined with modern technological and scientific know-how to create a conscious design and a cultivated ecology. It is a multidisciplinary toolbox that covers agriculture, water harvesting, renewable energy, natural building, agroforestry, waste management, animal systems, appropriate technology, economics and community development.

Zahirabad, India

Teaching Where It Matters

Permaculture Teacher's Training

- Practicing the Art of Facilitation: From deep listening to timeliness to working with challenges in the educational setting.
- Building a vocabulary of learning modalities, such as; shifting from passive to active learning, visual, auditory, kinesthetic learning, the eight intelligences, transformational learning, and using resources from researchers who have articulated how people best learn.
- Skill-building with a focus on teaching goals
- Enhancing abilities toward critical thinking
- Inclusive & Safe Learning Environment Creation
- Understanding intentions and goals as an Permaculture educator
- Understanding goal setting generates learning outcomes which evolve to content
- Keeping participants engaged through changing the conventional paradigm of teaching
- Community building: this includes transformational learning, the co-creativity model and more teaching strategies
- Creating the awareness of teaching about design and the relevancy of practical design application

India

LANGUAGES

English (Fluent)

Hindi (Fluent)

Marathi (Native)

SKILLS

Food Forest, Gardening, Landscape Design, Permaculture, Permaculture Design, Permaculture Education, Teaching, Urban Kitchen Garden

URBAN PERMACULTURE

Permaculture Design & setups specific to urban needs, space constrains & other challenges to help live a low waste, conscious & sustainable life.

Design Solution Highlights:

- Repurposing Waste for growing food
- Composting
- Microgreen Setups
- Perrenial Vegetation
- Energy Flow Maping
- Seed Saving
- Soil Building

RURAL PERMACULTURE

Permaculture Design Solutions for Rural Communities

- Native Plant Species Protection & Restoration
- Crop Rotation
- Biomass Plantation
- Cover Cropping
- Seed Saving
- Water Management
- Fire Management
- Integrated Farming