

12 Principles of Permaculture:

- ✚ Observe and interact
- ✚ Catch and store energy
- ✚ Obtain a yield
- ✚ Apply self-regulation and accept feedback
- ✚ Use and value renewable resources and services
- ✚ Produce no waste
- ✚ Design from patterns to details
- ✚ Integrate rather than segregate
- ✚ Use small and slow solutions
- ✚ Use and value diversity
- ✚ Use edges and value the marginal
- ✚ Creatively use and respond to change

3 Ethics:

Earth Care, People Care, Fair Share

GK Report Feb to Oct 2018

In the first 6 months of the project the Green Kashmir Permaculture Trust (GKPT) got off to a cracking start going above and beyond its initial remit and set of objectives. This was made possible because Amber, one of the founding members of GKPT, gave up her full-time job in the UK, and went out to Kashmir in India on a voluntary basis to set up the project in person where she stayed for 4 months. She was supported logistically from Shah back in the UK until he could join her for the PDC, followed by the IPC in Hyderabad. Throughout this time, we used the 3 ethics and 12 principles of Permaculture to guide our way.

As a new initiative, and in the early developmental days of our project, but with a big heart-felt vision to roll out, the support offered to us from the Lush Sustainable Fund has enabled us to lay the foundations for a regenerative project in the conflict zone of Kashmir in Northern India. The project houses a vision that stretches from the grass roots of the Kashmir Valley all the way to peace building and mediation amidst parliamentary policy makers in the halls of power.

Since our last report, Amber has been obliged to stay in the UK due to the chronic ill-health and dementia of both of her parents, and has been forced to adapt her work in the field to work carried out remotely using technology to guide and support key developments at the HQ in Kashmir. This has been an example of creatively using and responding to change.

Feb 2018

We participated in the Lush Summit in London and presented a power point presentation on the work of GKPT in Kashmir in the Disaster Management category. At the Summit we had the chance to meet with some key players in the regeneration movement, and to make meaningful relationships with Lush staff from across the company who were inspired to hear about our work, and inspired to know that the Sustainable Lush fund was supporting our work. The positive feedback was uplifting! Jo Bridger arranged for us to have a video session at Beak Street which was really useful and some of the staff very kindly offered to help us with videoing our next crowdfunding venture, which is amazing! We were also enabled to meet with Mo Saleh and Alice Gray. We had heard a lot about Mo from Alice but as he lives in Palestine had not had the chance to meet him personally. This was the start of something new! More later...

March 2018

Shah and Rizwan, one of our volunteers who joined us for the PDC in Srinagar last year, created the Kashmir Permaculture Network (KPN) with creative artwork and regular posts on FB. This network linked all of the participants collectively from the PDC and the Teacher's Training course held last year in Kashmir, and was open for others to join too.

Amber managed to arrange the first KPN meeting remotely at the Kashmir Agriculture Uni where the PDC and teacher training took place previously. A doodle poll was prepared and sent out to all graduates until an overall decision was made. At the time members were new to the doodle poll but later went on to use this to create further meetings. We spoke with the Director Mr Zargar, who authorised the use of the room, and several of the KPN members attended and held the first recorded meeting, with an agenda that Amber and Rizwan had prepared, and the co-founders Shah and Amber were able to join by skype. Amber invited Rizwan to chair the first meeting and he did a great job with original artwork, photos, and minutes.

At the time of the spring Equinox there was a meeting of members at the Permaculture Demonstration Site, created in collaboration with GKPT. There was a site tour and a naming ceremony. We and Mr Nazki, the farmer of the smallholding that became the demo site with the financial support of GKPT, agreed to call the new site 'Navroz Bagh': The Garden of the New Dawn. This idea came about one day when Amber was speaking to Mr Nazki and he mentioned that the local village women were gathering each night to sing in preparation for the celebration of Navroz: the coming of the new spring. The first official tour of the new site took place on the 21st March hence an auspicious line up re-enforced the

choice of the name. The villagers were also asked beforehand what they thought of the name and they all liked it. We realised that by naming the site it not only personalised the experience but it was much more preferable to just repeatedly saying 'the permaculture demonstration site'. At this meeting key members held a second meeting and an action plan was put together on the back of the first KPN meeting.

With the help of remote co-ordination from Amber and Shah, a tree planting campaign was organised by key members in Kashmir and funded by GKPT. School children from a local school were invited to join in, and the children worked alongside the GKPT members, with the assistance of the forestry commission and 200 tree saplings were successfully planted that day.

Part of the GKPT vision has been to offer memorial tree planting and, on this day, the first memorial tree was planted, and GPS co-ordinates were recorded.

Amber gave a talk at Dhanakosa in Scotland about GKPT that was well received.

Shah and Amber attended the Ctrl Summit organised by the Permaculture Association UK where they developed their links with Andy Golding the CEO of PAUK, and Elizabeth Westaway, and international development worker who specialises in soil, organic food and nutrition in developing countries. It was good to see Elizabeth again as we met her at IPC Polam farm when she came along to our presentation on GKPT. During the Ctrl Summit Shah was interviewed and videoed by the Ethical Consumer.

April 2018

Navroz Bagh continued to be developed throughout the spring with the support of GKPT. Funds were sent for the polytunnels/green-house/water harvesting materials/compost/tools/farm assistants salary/seeds/equipment/building/pond/fencing/fruit tree saplings, etc.

Amber and Shah attended the Permaculture Ambassadors gathering in Birmingham organised by the Permaculture Association UK where they had the chance to network and to raise the profile about the project.

Amber attended the Taster day for Permaculture and International Development Workers organised by Chris Evans from the Himalayan Permaculture Centre and held in London. This was another opportunity for networking, for raising awareness about the Kashmir situation, and to deepen on-going connections with Chris and the HPC.

At this event Amber made a good connection with Lamis Jamil from the Lebanon who is very interested in the work of GKPT. Lamis is currently

working on her PhD on Permaculture in disaster zones in the Himalayan region. More to follow on this!

May 2018

Shah attends events all around the country on a regular basis and meets and talks to people all over the country about GKPT. He often recruits new volunteers for the project in this way. In this way he met Justin Robertshaw who is a Yogic Ayurvedic Practitioner as well as a Permaculture teacher. Justin was very touched by the project and offered to come to Kashmir and help in May on his way back from Bali. Justin was also at the IPC in Hyderabad although our paths did not cross at that time. Shah and Amber organised the itinerary for Justin who offered to take Permaculture into local schools in Srinagar and to do workshops. Justin has had a lot of experience in Bali and in Goa in India in teaching Permaculture to children. We contacted several schools and spoke to their Principals who were all really enthusiastic about the prospect of Justin's visits on behalf of GKPT. At this time, we had two offers from Clare and France who were also available at this time and wanted to volunteer for GKPT after seeing info on our website about our upcoming work in schools in Kashmir. We met Clare at the IPC at Polam farm when she came along to our presentation there. Clare has connections with Kashmir and is very interested in our work. She was a great asset to the team alongside Justin. France contacted me via our website and offered her skills as a documentary writer and photographer. The three of them worked really well together. We co-ordinated all the visits, travel, transport, accommodation, etc and they visited the schools to deliver the workshops. The children loved the visits and the teachers said that the children really suffer with all of the conflict, shut downs, curfews and strikes, and that all of the disturbance impacts dramatically on their education and schooling and on their outlook on life. In future we would like to collaborate with the teachers to put in place some eco-clubs for the schools.

During the 2-week visit there was a team bonding day organised remotely by Amber and headed by Zubair a new contact made in Kashmir last year. Zubair took the group to meet some remote villagers to hear their story, as well as to some stunning locations of natural beauty.

Whilst there Justin and Clare collaborated with the SMC (Srinagar Municipal Corporation) after several meetings were arranged remotely by Amber and Shah. Justin had an interview with the Chief Commissioner of the SMC, who had previously received a copy of the report organised by GKPT 'War on Waste: Waste Collection Practices in Srinagar'. Mr Reyaz Wani expressed an interest to work with GKPT: a training day was organised for his staff led by Justin, and Justin and Clare were invited to

talk at the World Environment Day in Srinagar where he talked about Permaculture and the work of the GKPT

Clare, Justin and France all gave reports to GKPT about the school visits, and collaboration with SMC, and many wonderful photos were submitted by all three. We are attaching a copy of France Lenne's report for your interest. The images of the children bringing in food scraps and waste from their mother's kitchens to add to the composting session in paper bags was a testament to youth.

The whole experience was extremely worthwhile and productive and all of the schools have requested follow up sessions which we will be planning for 2019.

The group also had the chance to visit Navroz Bagh and to meet Mr Nazki with whom GKPT is in partnership with. The feedback from the group visit was that everyone was inspired by the work that is going on collectively at the site. We had arranged for Justin to deliver a training day to local farmers but unfortunately Mr Nazki said that all of the farmers were busy planting rice in their fields at that time and were not able to attend. Next time!

June 2018

We carried on investing in the partnership with Navroz Bagh this month: some of the crops started to come to fruition and the surplus food was shared with the local villagers and their families. Saima Paul from the PDC who is an extension outreach worker came to the village and did some demonstrations of recipes with organic produce from Navroz Bagh for the local women and talked about the importance of food grown organically and the nutritional value of fresh vegetables. Saima was invited by some of the local women to visit their homes and to have a look at their kitchen gardens. A discussion on pickling vegetables for winter storage took place, and the best way to dry red chillies (the famous Kashmiri *mirch* or red chilli powder known all over India), aubergines (*wangan*), pumpkin (aloo), and sun-dried tomatoes.

Amber volunteered at Organiclea and gave a talk about the work of GKPT: everyone was really interested.

Amber and Shah visited the Forest Farm Peace Garden in Hainault and participated in a workshop on Therapeutic Horticulture. They also shared about the work of GKPT. There was a lot of interest in the possible good results for PTSD and Therapeutic Horticulture.

At an event in Dorset at Gant's House Shah had the pleasure of meeting with Helena Norberg Hodge and her work for Ancient Futures in Ladakh. She was giving a presentation there and invited Shah onto the stage for a

while to talk about our work in Kashmir with permaculture. Ladakh and Kashmir share the region of Jammu and Kashmir with Jammu and are the three main regions in the state. We have been to Ladakh many times and have always been interested in the renowned work of Helena so it was a privilege to meet her. Every 2 years there is an Ancient Futures conference held in Ladakh in September and Helena had kindly invited Shah to attend in September 2019 when the next conference will be held.

July 2018

One of the ways forward for GKPT is to deliver public talks and presentations as a means of awareness raising, volunteer recruiting, and fundraising. To this end Amber attended a one-day course on public speaking called 'Speaking Live', held at the Cambridge Buddhist Centre.

Amber and Shah have been in dialogue with Alice who is co-ordinating the PDC Wales at Tydden Teg in September this year. Alice has invited Amber to co-teach on the PDC Wales with her and Mo from Palestine as a way of developing Amber as a Permaculture Teacher and as a way to develop the friendships between Green Kashmir and Mostadam.

In preparation for this teaching opportunity Amber studied Climate Change, Water in a thirsty world, and Agriculture in the modern world as online courses to develop her knowledge base as a Permaculture Teacher.

Amber and Shah participated in the Refugee Tales held in Essex this month and shared stories about events in Kashmir.

Since 2016 Amber has been attending the London Permaculture Festival at Cecil Sharp House in Camden each summer to raise the profile about GKPT. It was here in 2016 that Amber met Than who went on to volunteer for Green Kashmir and to join Amber in Kashmir last autumn. They collaborated together on the instrumental report 'War on Waste'. Since then Than has become a trustee for the Green Hope Foundation, and attended the Lush Summit in February with Amber, Shah and Alice. Than came along to the London Permaculture Festival this year again to support Amber where she gave her first festival talk and power point presentation on Green Kashmir. The talk was very well received and several people who were in the audience that day have since been in touch to offer their help and services for the project, and the long-term organiser of the event, Kayode, gave Amber and her team some very good feedback about the response to the presentation.

Since then Ruth has been in touch to offer support with information about mediation and peace building in conflict zones and Sobia, who lives in Ilford and very close, who does work in Pakistan and with the Ilford Mosque and local diaspora community wants to meet up with the team to

talk about collaborations. Susannah who was also in the audience that day asked Amber if she could carry out an interview with her for a thesis she is doing. Susannah specialises in Therapeutic Horticulture and is interested to come to Kashmir to help with the PTSD work that GKPT carries out there.

In July Amber was contacted by Lamis Jamil, who she met at the Permaculture and International Development taster workshop organised by Chris Evans from HPC. Lamis wanted to interview Amber for her PhD thesis on Permaculture and Disaster Management in the Himalayan region. Lamis informed Amber that she was the only woman working on this subject in the Himalayan region that she had been able to identify. Amber and Lamis spent the day in London together exploring this subject. The full interview is available in transcript form or the audio recording from the full-length interview. Lamis will be submitting her paper in early November and has used the Green Kashmir project as one of her main case studies. This thesis will become part of an innovative body of academic work carried out for the first time on Permaculture and the region of Indian administered Kashmir in conflict.

In July Shah attended the Buddhafield Festival where he had a stall on the work of Green Kashmir and gave a talk. His work was well received and more people came forward to offer their skills and time for the project.

August 2018

Shah has been in touch with Robin Clayfield who he met at IPC Polam Farm to discuss the possibility of Robin coming to Kashmir next year to teach Social Permaculture. Discussions are under way.

Shah has also been in touch with Angus Stor from the North East Permaculture network UK. We met Angus when we were doing our first PDC in Burnley and he expressed an interest in our work. Like Robin he too is very busy but dialogue continues to see if Angus can come out to Kashmir in the future to teach.

Amber continues to be in contact with Dr Saleem and Dr Zargar from the Shere Kashmir Agricultural University where the PDC and Teacher Training took place last year in Kashmir. She is also in dialogue with the Vice-Chancellor to continue the discussion about putting Permaculture on the university syllabus as a module and the likelihood of some of the graduates who were all students of the university as well of being able to teach on the module. There is still on-going dialogue about the possibility of having some land on one of the universities sites in order to be able to start a university permaculture demonstration site.

In August the first ever Indian Disaster Management Conference was held in New Delhi and GKPT is delighted to have been able to support one of our Trustees in Kashmir, the environmental journalist Athar Parvaiz, to attend the 2-day conference. At the conference Athar was able to participate in the discussion about the need for a Disaster Management Plan for the future risk of flooding in Kashmir to be considered, after the disastrous flooding that took place in September 2014, where many lives, homes, businesses, land and livelihoods were washed away, and where aid was not forthcoming and where people are still endeavouring to put their lives back together. When the river Jhelum flooded its banks with a furious deluge in 2014 that flooded two thirds of the city of Srinagar the people were left to fend for themselves. Last year the environmental damage ensuing from this flood was still evident. In an unusual season where no rain fell for 5 months, the alluvial silt and residue from the flooded banks of the river were a major contributor in dust and air pollution. The occurrence of respiratory disease is even higher now than the statistics that predate the flood.

Athar was able to make some key contacts at the conference, and to raise awareness about the situation in Kashmir on behalf of GKPT.

One of the future aspirations of GKPT is to be able to offer help during disasters to the people of the region where other charities and aid workers are not permitted in, or allowed to be issued with visas due to the sensitive nature for the Indian government of the on-going conflict.

To date no external aid agencies have been able to assist the Kashmiri people, unlike other parts of the world like Nepal, the Philippines, Thailand, etc to name but a few. The only help available to the people of this region are the likes of Athrout 'Helping Hand' which are entirely financed by resident Kashmiris. Although home grown aid agencies have a hard time of it from the State Government, the J&K police, and the Indian Army who can revoke licences at will. When we were in Kashmir in 2016 after the worst of the pellet gun abuses on peaceful protestors in the streets of Srinagar by the armed forces, the CEO of Athrout took us to the hospital to meet some of the victims of pellet gun attacks. They had been able to help by transporting victims to hospital in the organisation's own ambulances that were driven by volunteer drivers, and by offering free medicines and tinted glasses for those with pellets in their eyes, and by offering tea and water to the relatives of the injured when they visited the hospital grounds. We found out later that the volunteer drivers of the ambulances had had their licenses revoked by the state government.

So being able to offer help during future disasters is high on our agenda. During the curfews, strikes, shut downs and disturbances women are often not able to get to hospital to deliver their babies at the time of

going into labour. In future Shah would like to finance some 'maternity ambulances' available to help women to get to and from hospital safely during the disturbances at the time of delivering their babies.

In this month Amber gave 2 further talks on GKPT at Dhanakosa in Scotland, which were very well received with offers from people who would like to volunteer for the project.

September 2018

In September Amber joined Alice and Mo in Wales at Tydden Teg to co-teach on the PDC Wales. The organic farm in Wales was an amazing venue for the PDC and due to the hard work of Alice and the nature of the collaboration with Green Kashmir and Mostadam the course attracted a very diverse group of participants. Three of the young men on the course were British Muslims, and during the course of the programme very good connections were made. These young men were very inspired by the work of Alice and Mo and of Green Kashmir. As well as teaching Amber had the opportunity to deliver a power point presentation about Kashmir. All of the young men had links either to India, Pakistan or Kashmir ancestrally although they had been born and raised in Britain. It was very interesting when they all shared with us their wish to visit Kashmir and to help countered by the fact that when applying previously to get visas for India they had all individually been declined at different times due to the given that their fathers were from Pakistan. We were shocked to realise that young British Muslims were being denied visas to India due to their parentage alone.

However, not to be easily deterred, they have all expressed an interest to be involved in some way. Two of the guys have a brilliant track record for fundraising in local Mosques, and as this is an area where GKPT will need support, this could be a great way forward to gain essential financial support. One of the guys said to Amber: 'I am deeply touched, you are not even a Muslim and look at what you are doing in Kashmir! You have inspired me to act and to do more.' This sentiment would have been extended to Alice as well for the unceasing work that she also does with few resources.

The PDC Wales was a great success! And a further result to come out of the collaboration is the deepening of the bonds between Green Kashmir, Mostadam and Tydden Teg and Alice. Mo from Palestine, Alice from the Teg and Amber from Green Kashmir had a meeting during the PDC and put the possibility of doing a PDC in Kashmir in 2019, with Shah, on the map. This could be a very exciting development and an example of the kind of cross-pollination that is possible when vibrant partnerships

nurtured and supported by Lush come together to create new and more powerful combinations.

Shah and Amber are due to meet with some of the guys from the PDC Wales to talk about fundraising in November. It has been one of our longer-term plans to work with the Mosques and the Muslim communities to raise awareness about Kashmir and the need for help and financial assistance, etc. It has also been on our longer-term plan to reach out to the UK Kashmiri Diaspora. This encounter in Wales has renewed our hope that help for such a wide-reaching project can come from many previously untapped sources.

In September Amber and Shah attended the Lush Showcase in Manchester where we had the chance to talk to many members of the public about our work that has been supported by the Lush Sustainable Fund. We found that the Lush customers were really inspired by our work and the fact that we have been supported by their favourite cosmetics company. Many people said to us that it made it far more real for them to be able to meet us face to face, and to see images of our work, and that it really brought it home to them that Lush really is an ethical company, and that by supporting ethical consumerism that real life projects can be supported in this way. It really was a win-win situation! Many of our conversations led people and ourselves to shed tears. Alice was with us over both of the two days and she did a fantastic job too of sharing her experiences with the public of being supported by Lush to do her work in Palestine!

The other great boon from being at the Lush Showcase was the opportunity to meet and talk with Lush staff from across the company. We spoke with staff from all over the UK and even from Venice in Italy! And the staff who supported us that day in the Disaster Zone were truly amazing. A lot of love, inspiration and tears were shed here too, once again with many offers of help for the project. We were feeling the love...which is such a change from the feeling of isolation that we were feeling even just a few years ago. Lush has truly made a difference.

And last but not least we got the chance at the Lush Showcase to deepen our connections with Andy Golding, Chris Evans, and Looby Macnamara who were also at the Showcase. We went along to the live interview that James held with Looby, which was excellent, and later spent some time with Looby. Shah asked her if she could come to Kashmir to deliver the Cultural Emergence training, that is a further development from Social Permaculture, and Looby said that she will consider it in the future but currently for 2019 her calendar is already very full. However, Looby advised us to take her online course on Cultural Emergence and to go ahead and teach it ourselves in Kashmir. What a great idea and

suggestion. Andy told Shah about his work with Permaculture and the UN and said that he would put us in contact with some of the departments he has made links with to see if we can get some support with our peacebuilding and mediation work in Kashmir. And last but not least we met some of the Lush shop managers who said they would love us to come and talk about our work in Kashmir supported by Lush to their staff after the Christmas season as this would be a very informative and inspiring exchange. We also met Carl from Lush's Charity Pot and had a deep, heartfelt conversation with him. So, there were some excellent opportunities for networking at the Manchester Showcase this year.

October 2018

This month we have been doing further planning and designing with Alice for the prospects of the PDC Kashmir 2019.

We have been given access to a small plot of land on the outskirts of Srinagar and we are developing this into a CSA (Community Shared Agriculture) with the help of Amir Rasool and his wife. We have given support to improve the soil with organic matter, with seeds and with tools. This will be an opportunity for local women who do not have access to their own kitchen gardens to be a part of a community growing initiative and to be able to benefit themselves and their families from organic home-grown produce.

Amber has been invited by the Buddhist Action Group at the Cambridge Buddhist Centre to give a talk about the work of Green Kashmir in the spring of 2019.

Shah has successfully managed the Green Kashmir FB page and it now has over 1,000 followers. The website still continues to attract attention and offers to get involved from local Kashmiri academics, and travellers to the region alike.

This month, for the first time in all its time as a surveillance presence in Kashmir, the UN has presented a dossier of over 50 pages of entries of Human Rights Abuses committed in Indian Administered Kashmir to the Central Indian Government. The evidence was abruptly dismissed by the Central Government on the grounds that the research and collation of statistics was carried out by an investigator of the Muslim faith and therefore would not be free from bias.

We have been in touch again with the President of the All-Party Parliamentary Group (APPG) on Kashmir, MP Christopher Leslie (christopher.leslie.mp@parliament.uk). In January 2017, for the first time in the Commons for 25 years, there was a debate about Kashmir prompted by the Kashmiri constituents of the constituencies of several UK MP's. The

MP's had been admonished by their Kashmiri constituents to be heard in the House of Commons expressing their concerns on their behalf about the Human Rights Violations taking place in Indian Administered Kashmir in 2016 during the 4-month long curfew where peaceful protestors were wrongfully injured by illegal pellet guns used on them by the police and the army.

MP Chris Leslie has expressed an interest in having GKPT submit any information relevant to the APPG on Kashmir when it next convenes. He will inform us when the next meeting is to take place. When Lord Ahmad Nazir was the President of the APPG on Kashmir a few years ago he invited Amber to the meeting at the Houses of Parliament, and later read a poem about the death of a young man, caused by the army, when he was playing cricket in the street and refused to stop when ordered by the soldiers, who subsequently shot him 3 times in the chest. Amber had written a poem in response to this tragedy and Lord Ahmad Nazir read it out in the House of Lords. The poem was subsequently printed in the Greater Kashmir newspaper as well.

The GKPT believes that peace building starts from the grass roots then percolates through to the top when individuals act with courage and from the heart to be the change they and others wish to see. The Kashmir situation is a very complex situation embedded in seven decades of non-resolution. Today, with eco-refugees on the increase due to the degradation on human societies of unjust wars, where their environments are not only destroyed but polluted for generations to come, and where global warming from the burning of fossil fuels is pushing the planet to extinction, where the wars of the future will not be over oil but over water, who has time to care about or even think about Kashmir? A sobering reminder of the need to think about and care about Kashmir is the melting of the third pole. As global warming increases, as the mighty ice caps of the Himalayas melt into non-existence and the rivers of Asia that provide the water supply for 1.3 billion people in Asia dry up, it is worth reminding ourselves that the flashpoint of the conflict in Kashmir, where the 2 countries either side of the line of control: namely India and Pakistan, are both in possession of nuclear weapons, and that a (nuclear) war over water could only be a matter of time? Then and only then might we come to the realisation that the overlooked dilemma of Indian controlled Kashmir needs to be of our concern. Or will it be too late by then?

Going Forward into 2019

- ✚ Presentations and talks for fundraising and awareness tour: we have copies of all of the power point presentations delivered so far and are very happy to share these with Lush if they would like to see them. We found that we needed new equipment though to make our UK tour planned for 2019 viable. The equipment at the London Permaculture Festival was not compatible with the format, and in Wales Amber had to re-format the whole presentation which took over 3 hours in order to be able to present on the equipment in Wales. We are investing in a projector, screen and new laptop in order to be able to deliver professional presentations on the upcoming tour.
- ✚ CSA for women who do not have access to their own kitchen gardens
- ✚ HQ roof: our Head Quarters in Srinagar was not able to accommodate all of our guests last year, and money was spent on housing guests elsewhere. We need to raise £5,000 to develop the final storey of the building so that we can offer extra accommodation to visiting teachers, experts and volunteers. We will add a bathroom, simple kitchen, bedroom and a meeting room on the top floor. This will save the project a lot of money in the long-term.
- ✚ December trip: Shah and Amber will be returning to Kashmir in December for a few weeks to meet with our colleagues, to oversee the work so far, to finalise our registrations and documents, and to lay the foundations for the coming year.
- ✚ French scouts/Khadija: at the IPC last year we met Antoine and Khadija who teach permaculture in schools in Jordan. They came to Kashmir to visit us after the conference was over. Khadija has been in touch to say that a group of French scouts have contacted her as they would like to come to Kashmir and to do some environmental work out there. We are currently co-ordinating with them over a tree-planting campaign, and large-scale litter pick in collaboration with the SMC and local schools and colleges.
- ✚ Anna Zimmer and permaculture in schools: Khadija introduced us to Anna Zimmer who lives in Delhi and who works with a local charity to teach organic growing and permaculture in Delhi schools. We are in dialogue with Anna at present to see if she can join us next summer in Kashmir as part of our upcoming programme with Alice and Mo.
- ✚ PDC KMR 2019: we would like to collaborate with Mo and Alice to deliver the next PDC in Kashmir in July/August 2019 and to deliver training in a variety of diverse settings to a wide variety of people.

- ✚ Event in Delhi in December: Shah and Amber will be giving a talk at an exhibition in Delhi in December 2018, and running a stand to raise awareness about the work in Kashmir. The event is called 'Yoga, Veganism and Zero Waste'.
- ✚ New sites e.g. Saiboog: we have made a contact in the village of Saiboog with a large farming community who want to work with us to introduce permaculture into their farming systems as they are coming under pressure from the authorities to start using GMO, fertilisers, pesticides, and herbicides.
- ✚ Capacity Builder: in the same way that we were able to finance a farm assistant to help the work on the permaculture demonstration site, so we would like to be able to employ a person in Kashmir to work to oversee some of the projects. The idea of welfare and altruism are still in their infancy in an area where survival is the top priority and people need to put their own needs and those of their families first. We have realised that in the face of these imperatives that we cannot always rely on people to be able to offer their services as volunteers. To this end we would like to raise funds to be able to pay a salary to key workers. We believe that this will engender loyalty and commitment.
- ✚ TOLFA: Tree of Life for Animals. We have spoken several times with the organisers of this great charity. They already do wonderful work with animals in India in Rajasthan and would like to help us to set up the animal care side to our work. We also have some vets and a well-known animal healer Elizabeth Whiter who want to come to Kashmir to help us to set up an animal welfare outlet, and to collaborate with local vets in Srinagar.
- ✚ Cultural Emergence for Social Workers: We have started to study online with Looby and plan to hold an introduction to Social Permaculture and Cultural Emergence whilst in Kashmir in December. We also need to take some books with us for this.
- ✚ Mental health and PTSD: Due to the unfortunate side effects of conflict there are many people in the Kashmir valley with mental health issues. We would like to support these areas with Therapeutic Horticulture, Yoga Therapy, and by exploring the potential for atonement and justice that could follow on from the peace building measures involved in our mission.
- ✚ Lush Charity Pot: we met Carl at the Lush Showcase and he was very interested in our work and said to stay in touch and to share the link to the Charity Pot with any suitable potential beneficiaries.
- ✚ Introduction to permaculture at the Kashmir University: we carried out a lot of work last year at SKAUST but would like to build our connections with the Kashmir University from now onwards too. There would be opportunities to work with Social Workers,

Ecologists, Students of Women's Studies, etc. on this campus. We were encouraged last year by Rosemary Morrow to work with the Agricultural University students but we feel very strongly that our work needs to include a diverse range of students with diverse study options and career paths.

- ✚ Boot camp follow-up at SKAUST: as a follow-up from last year's PDC we would like to offer a boot camp set-up to the graduates from last year to add a very practical dimension to the theory, e.g. sheet mulching, composting, building from reclaimed materials, installation of renewable energy sources, e.g. solar panels, small turbines, etc.
- ✚ Policy-makers/Municipality/State and Central Government: As part of the paradigm shift for peace-building we have seen that for policy to change and for mediation to be successful that the whole initiative needs to be supported from the grass roots up with real life examples of change taking place on the ground that is led by communities of real like-minded people.
- ✚ NVC/Mediation /Peace-Building: we will be offering training in NVC and mediation for local communities to use and implement for conflict resolution locally, regionally and nationally, even globally! When theory is not embedded in rhetoric but real-life experience and founded in deeply held belief, then and only then do citizens have the chance to see real change take place: not just the kind of change that they dream of but the kind of change that can manifest into real-life, every day circumstances. The tipping point is within sight, we just need to reach for it collectively.

Conclusion/Summary

Due to the vulnerability and the needs of our elders, Amber's parents, we were obliged to adapt and change the way that we worked. We had to learn how to organise and co-ordinate parts of the project remotely using technological means rather than our presence on the ground in Kashmir. This has led to us developing new and expansive skills, and has encouraged us at a very early stage of the project to develop our Kashmiri colleagues back in Kashmir, and the strength and skills of our International colleagues, who with some guidance and back up were able to oversee essential parts of the project on the ground.

- ✚ We would like to develop more permaculture demonstration sites, especially in collaboration with others, e.g. farmers with small holdings in villages with an emphasis on organic growing, enrichment of the soil, and biodiversity.

- ✚ We are developing CSA with a community of local women who do not have access to their own kitchen gardens.
- ✚ We plan to develop our work with schools in Kashmir and to set up eco clubs for the children that can be pursued even when the schools are shut down due to the disturbances.
- ✚ We want to deliver an introduction to the 'Cultural Emergence' programme at the University of Kashmir to social workers with the view of developing collaborations to help capacity build in local areas where those who are most affected by the conflict in the region can be supported to build new communities, and new lives.
- ✚ We plan to continue our work with the SMC and to work on further environmental strategies and systems that are in harmony with permaculture principles and ethics.
- ✚ Mr Nazki is now in a position to need less financial support from us at Navroz Bagh: he has benefitted fully from the PDC, teacher training, visit to IPC, and development of Navroz Bagh into a permaculture demonstration site with a paid assistant. We will need to continue to contribute to the lease of the land.
- ✚ We will continue to work with the Shere Kashmir Agricultural University and the Vice-Chancellor to explore the possibility of having Permaculture as a module on the University syllabus, and to using some land on one of their many sites to develop a permaculture demonstration site where students can put their learning into practice.
- ✚ Our plans for Therapeutic Horticulture will support us to do vital work with those suffering from PTSD.
- ✚ The work of Dru Yoga on De-Traum, where yogic practices have been used in war and conflict zones to help with PTSD will be supported in Kashmir.
- ✚ To this end Amber will be developing her skills as a Yoga Therapy Teacher and will be able to offer restorative yoga and yoga nidra to those whose lives have been destroyed by the ravages of the conflict by introducing these gentle practices to local communities and to also work alongside the work of the hospitals and clinics. This will lead to the training of other practitioners in the area, and eventually will be delivered to community workers, social workers, health professionals, etc.
- ✚ The work of NVC, mediation and peace building will continue at a local level and at a policy making level. This is part of the long-term plan.
- ✚ In 2019 a nationwide tour has been planned in the UK to offer presentations and talks about the work of the Green Kashmir Permaculture Trust. To this end we have invested in a projector and screen and will need a suitable laptop to travel with us on the tour.

The aim of this tour is to raise awareness, recruit volunteers and to carry out much needed fundraising.

- ✚ We will continue with our crowdfunding.
- ✚ We will work with mosques in Britain and the Kashmiri Diaspora to raise awareness about Kashmir and to seek financial support for the essential outreach work and training that needs to be delivered.
- ✚ We are collaborating with several PDC tutors to be able to continue to invite training opportunities in Kashmir for local people.
- ✚ In July/August 2019 we plan to teach permaculture in Kashmir with Alice and Mo in a variety of settings and to a diverse group of people.
- ✚ Etc, etc, etc.

To these ends we will continue to collaborate with a broad spectrum of people from across the globe; we will continue to build our capacity and that of those who work with us; we will continue to fundraise; to build and empower local communities through the tools of permaculture and the ensuing diverse systems of healing that permaculture opens up to us; to walk the long path towards peace-building; and to care for the environment by caring for people who will then be able to care for their world. We have dedicated our lives to the turning point and to the paradigm shift that is needed to pull this endangered species: homo sapiens back from the edge of the precipice that it is currently hurtling towards. We do hope that you can continue to join us on this big-vision, ground-breaking adventure! For such a small organisation, with your help and financial support and mentoring, we have climbed mountains in such a short number of days. It is breath-taking! It can only mean one thing, and that is that the time is right...

Key Permaculture Principles invoked so far:

- ✚ Observe and interact
- ✚ Apply self-regulation and accept feedback
- ✚ Integrate rather than segregate
- ✚ Use small and slow solutions
- ✚ Use and value diversity
- ✚ Use edges and value the marginal
- ✚ Creatively use and respond to change

Thank you!

Shah and Amber