



OE24A09

## Food for Thought: Sowing Seeds for a Sustainable Food System



Purvi Vyas

[www.instagram.com/farmingmatters](https://www.instagram.com/farmingmatters)

### ABOUT

Purvi Vyas is a full-time organic farmer, part-time consultant, and academic who teaches courses on the politics of food. Her self-sustainable integrated farm supplies 75% of her food needs, with the remainder bartered locally. With fifteen years of experience as a single-woman farmer, she is passionate about the issues faced by farmers, particularly women, and their identities. Purvi's work focuses on supporting rural communities in transitioning to sustainable practices and raising awareness among urban communities about the essential roles of farmers. She emphasizes the importance of food choices, helping students and communities understand their impacts on self, society, and the environment. Through workshops, seminars, and educational programs, she strives to bridge the urban-rural gap, empowering people to reclaim their food systems, understand the agrarian crisis, and advocate for food justice.

### OVERVIEW

Food is fundamental to life, connecting us deeply to culture, care, and community. Yet, current food systems contribute to environmental, economic, and social crises, with existing "solutions" proving inadequate. This elective explores food as a foundation for addressing personal health, environmental sustainability, and social justice. By examining food's relational aspects—its capacity to nourish and drive change—participants will envision systems prioritizing care at every level: personal, generational, and planetary. Engaging with themes of reciprocity, sustainability, and cultural traditions, this elective invites participants to design a future where food fosters collective growth and ecological harmony.

### METHODOLOGY

The elective is structured to be interactive and immersive. It combines lectures with discussions, hands-on activities, and collaborative design projects. Participants will start by revisiting cultural traditions and practices, understanding their significance in fostering a sense of belonging and inclusivity. Then, they will reimagine human interactions with food, exploring how care can be woven into every aspect of food production, distribution, and consumption. Finally, participants will work on repairing and redesigning food systems to address broken connections within social, ecological, and cultural contexts. The workshop will also include cooking demonstrations, reflective exercises, and case studies to ensure a holistic learning experience.

### LOCATION

Ahmedabad

### MAXIMUM PARTICIPANTS

20

### KEYWORDS

Reciprocity, Sustainability, Collective growth, Traditional wisdom.