

Sustainability of Organic Farming

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Abstract: *The two key elements of food quality and safety are receiving more and more attention from the general public. The inclusion of increased levels of pesticide residue, more nitrate, heavy metals, hormones, antibiotic residue, and genetically modified organisms in conventionally farmed food has a significant negative impact on health. Additionally, foods grown traditionally are less nutrient-dense and contain fewer antioxidants, which are protective. Due to its potential health benefits and rising food safety concerns, demand for foods grown organically has expanded over the past few decades. Organic farming is growing food without using synthetic insecticides, growth hormones, or antibiotics, as well as chemical fertilisers and synthetic pesticides. A growing number of people are choosing to eat organic foods because of their advantages in terms of nutrition and health. Additionally, organic farming safeguards the environment and has a bigger socioeconomic impact on a country. India is a nation endowed with native abilities and growing potential for organic agriculture. India, which for a variety of reasons lagged behind other countries in adopting organic farming, is now one of the world's top producers of organic food, thanks to its tremendous rise in organic agriculture. As a result, organic farming has a significant impact on India's health.*

Keywords: History organic farming, 5 government initiatives to support organic farming in India, The organic farming procedure.

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