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This Independence Day, Take A Break From Toxic And Go Organic



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This Independence Day, break away from toxins that are polluting you every day. Here's where to start



It's a crazy toxic web we're all inhabiting – starting from the toothpaste we use to brush our teeth in the morning to the food we eat and the air we breathe. "The most hazardous of them is the cell phone. A day trip to Karjat is a small effort to make people realise how good it can be to stay away from these toxins, at least for one day," says Captain Joseph Pinto, volunteer at SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) that's organising the trip.

A two-and-a-half-hour drive away from Andheri, at an organic farm, there'd be demos for making healthy smoothies, community cooking of a healthy lunch and evening snacks of salads and dips, millet pulao and payasa fruits and sipping lemon and water through the day. Top it up with trekking, childhood games like lagori and dance. All of this, and no mobile phones allowed. "We strongly believe that if we can truly connect with nature, all our problems will be sorted," says Captain Pinto who has seen people heal quickly when they have plant-based diets and connect with nature at their 21-day health retreat.

He also organises organic farmers market in the city. "That's why we thought to try it out with people for one day and equip them to handle the situation themselves. This programme is designed to make people connect with their roots, drop inhibitions and learn the importance of gratitude as well," he adds.

It's a must for people who are disappointed or tired with life and don't know how to get out of the rut. Also those looking for good healthy life to avoid all lifestyle diseases. The group will be planning similar trips frequently during winter.

When: 6 am, August 15

Where: Meet at Four Bungalows, Andheri West

Entry: ₹2,500 per person (including food and travel)

Contact: 9920332307

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