



Anil Uppalapati is from Ongole, Andhra Pradesh. He is a zealous explorer of the less trodden paths. Anil is on a quest to build regenerative living of his choices, and prefers dangerous freedom over peaceful slavery. He holds an Integrated Masters in Economics and Post Graduate diploma in Human Rights, and has served as a Gandhi fellow in Bihar.

As a 52 Parindey Fellow, Anil has explored Food Systems and natural ways of growing. He intends to continue exploring food systems, as he believes there is a lot more to learn, unlearn and relearn. He dreams of creating healthy food systems and resilient local communities and intends to pursue growing his own food.

Travellers^o
University

52 PARINDEY
FELLOWSHIP





- A** Orientation Workshop at DDS, Zaheerabad, Telangana
- B** Caxton Christdhas, Krishnagiri, Tamil Nadu
- C** Ksr Dinesh, Puducherry
- D** John Fennesy, Bengaluru, Karnataka
- E** Afrin Kale, Pimplegaon Ghode, Maharashtra
- F** Rajinish Kumar, Kudumkela, Chattisgarh
- G** Karanam Amarnath, Vanasthalipuram, Telangana
- H** Sama Yella Reddy, Marri Mustyala, Telangana
- I** Radha Krishna Reddy Alluru, Chennuru, Andhra Pradesh
- J** Reflection Workshop at Bhoomi College, Bengaluru, Karnataka

97 Days
 5656 kms
 8 Parindeys

What is food ?

I was having a narrow understanding about food.

I started understanding food when i was adviced to eat healthy.

Why Food Systems?

- The ways we produce, distribute, consume food touch every aspect of our life.
- Food is a basic human requirement not just a commodity.



There are many people already investing in making things healthy.

I don't want to stand still and watch the procession passing by.

I decided to walk with all those who are walking.

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The road I chose to travel.

designed for journey
not for destination



The Journey

**was a POEM
that I wrote to myself**

**travelling alone,
carrying home with me.**



Farming Activities

Growing Food



Delicious Local Food

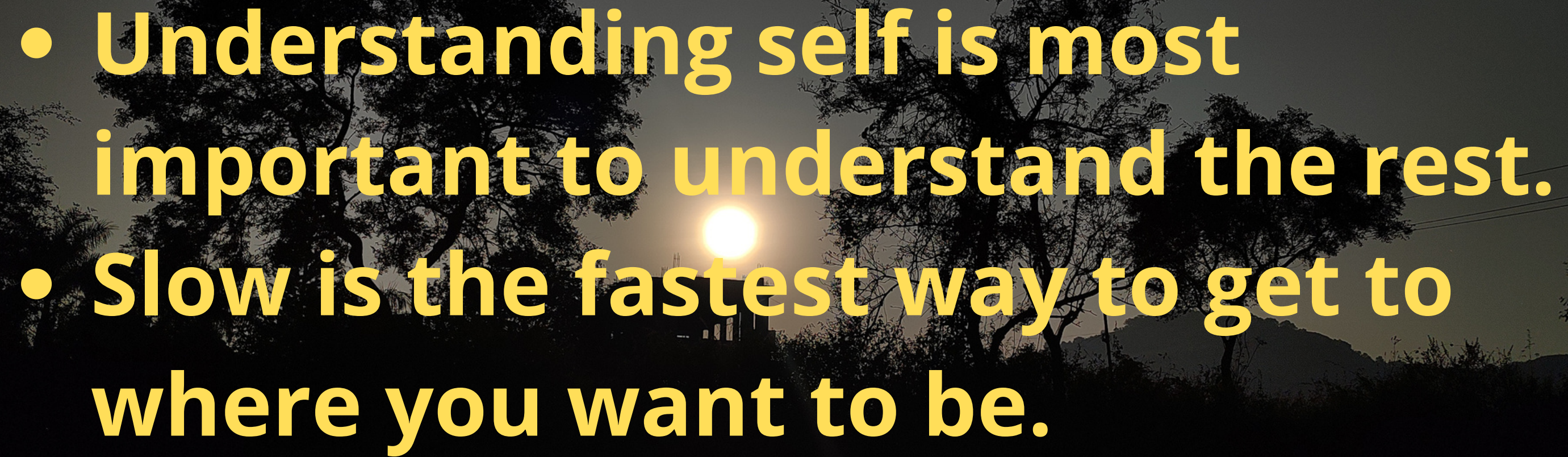




**There is First time
for everything we do.**



Rewards

- 
- **Understanding self is most important to understand the rest.**
 - **Slow is the fastest way to get to where you want to be.**



Alivelihoods

- **Regenerative**
- **make the one pushing it feel alive**

**Farming is not
just another livelihood.
It is a way of living**

**It is well to dream of glorious war sitting in armchair at home.
But its very different to see it first-hand.**

- **Environment**
- **Markets**
- **Limited knowledge**



The Beginning

I did for me. I loved it.
I was good at it. I was really alive.



THANK YOU

KEEP SUPPORTING