

# **QUOTES OF Dr. KHADAR IN TELUGU, ENGLISH, KANNADA & HINDI**

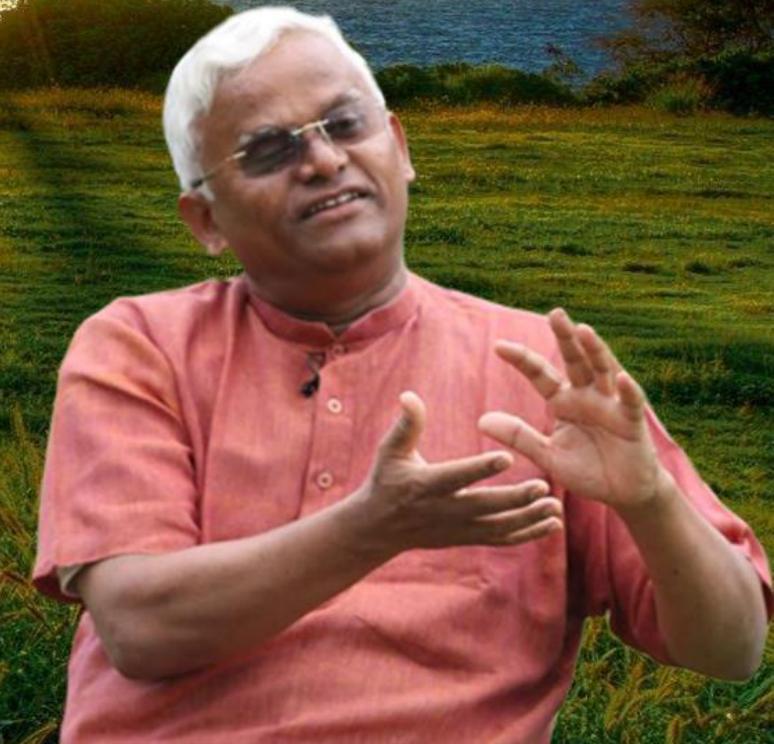
స్వంత లాబం కొంత మానుకు,

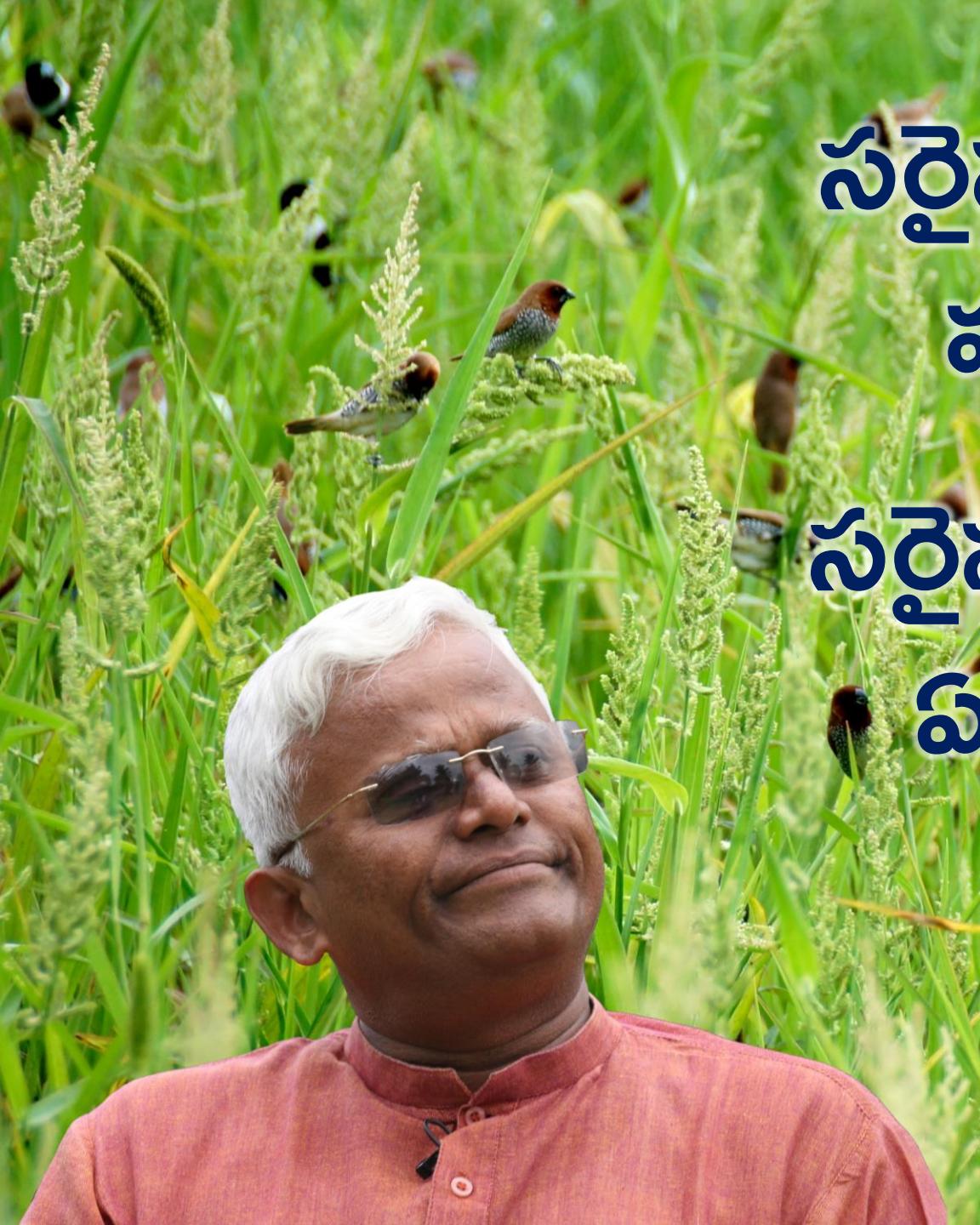
నేల తల్లిని చంపబోకు!

దేశమంట మనిషి కాదోయ్,

దేశమంట మన్మహాయ్!!

'కృషిరత్నం' డా॥ ఖాదర్ వాఁ

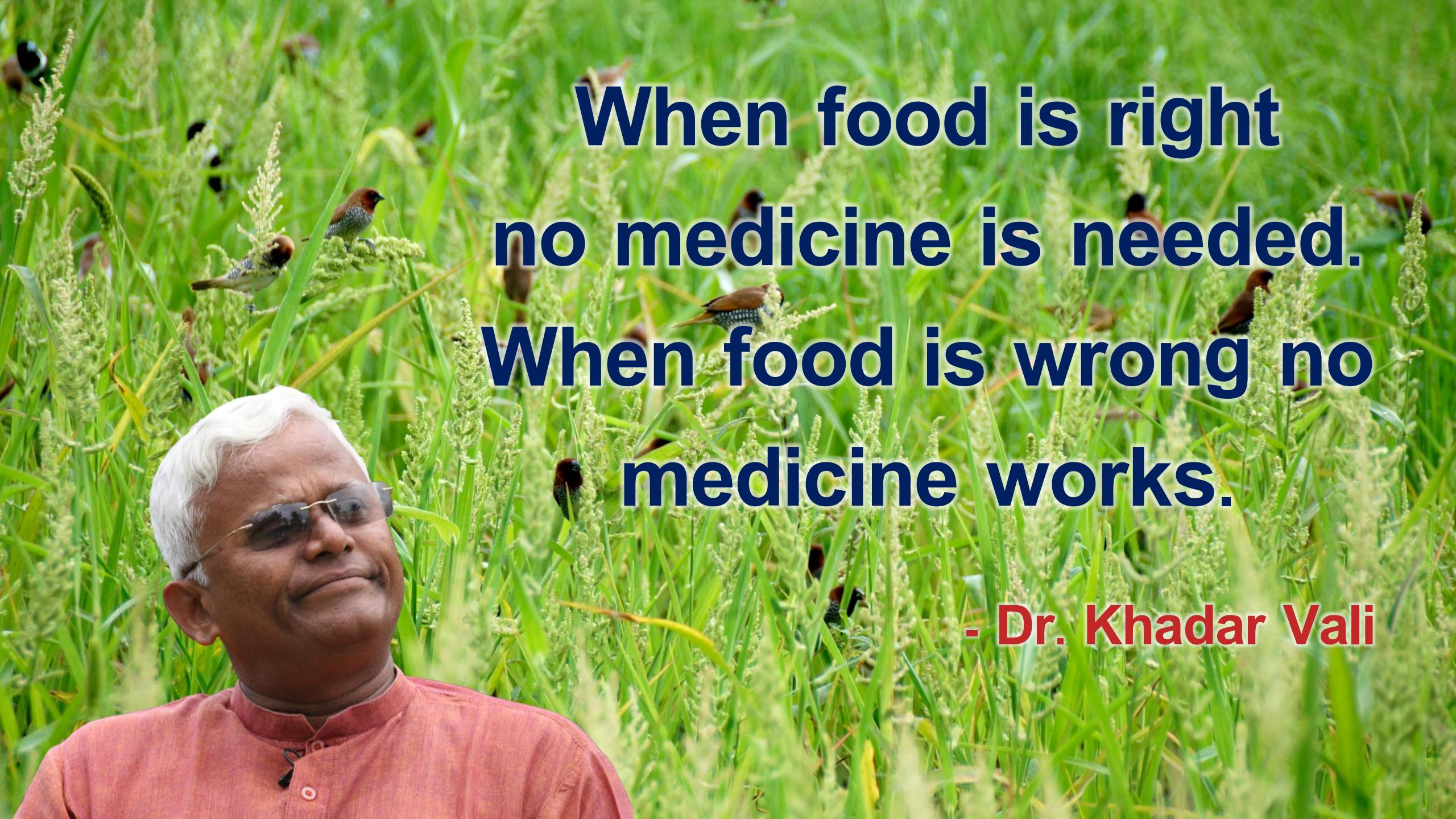




సరైన ఆప్టికల్ తీసుకుంటే ఏ  
మందు అవసరం లేదు.

సరైన ఆప్టికల్ తీసుకోకపోతే  
ఏ మందు పని చేయదు.

కృషిరత్న డాక్టర్ || ఖాదర్ వా

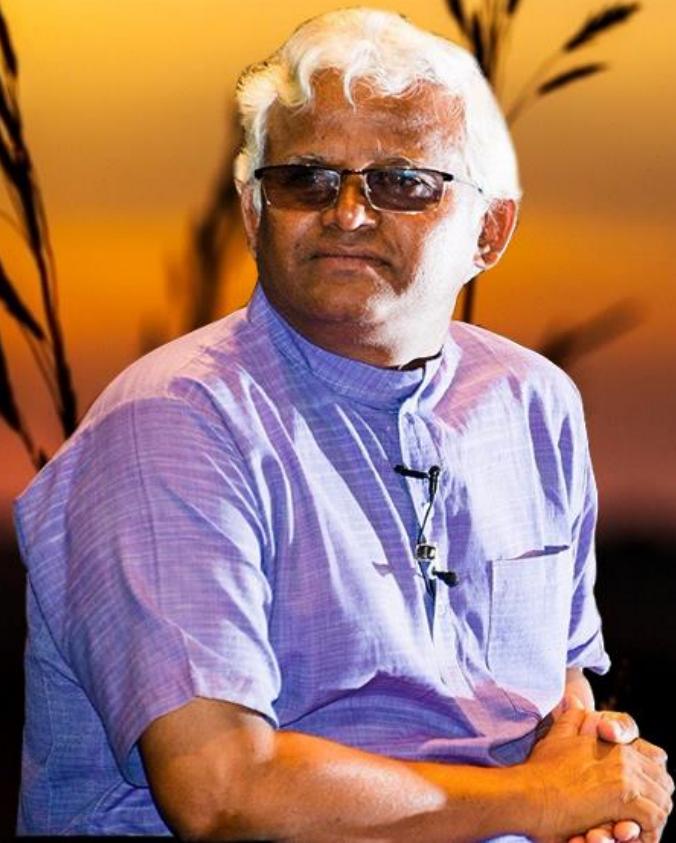
A photograph of an elderly man with white hair and dark sunglasses, wearing a red shirt, looking upwards and to his right with a slight smile. He is positioned in the lower-left foreground of a field of tall, green, blade-like grass. Several small, brown and white patterned birds are visible throughout the scene, some perched on the grass and others flying. The background is filled with more of the same green grass.

**When food is right  
no medicine is needed.  
When food is wrong no  
medicine works.**

**- Dr. Khadar Vali**

"పంట వంట మాత్రమే  
నిజమైన పనులు  
మగిలనవన్నీ వ్యవహరాలే."

కృష్ణరత్న డాక్టర్, ఖాదర్ వి



వల నుండి సిలకి పయనం.  
ముందుతరాల ఆరోగ్యసిల కొరకు,  
వలన వదలండి.

'కృషిరత్నమ్' డా॥ ఖూదర్ వలి



మన దేశం అభివృద్ధి చెందాలంటే  
నీలను, రైతులను గౌరవించండి.

'కృషిరత్నమ్' డాక్టర్ ఐంగార్ వలి

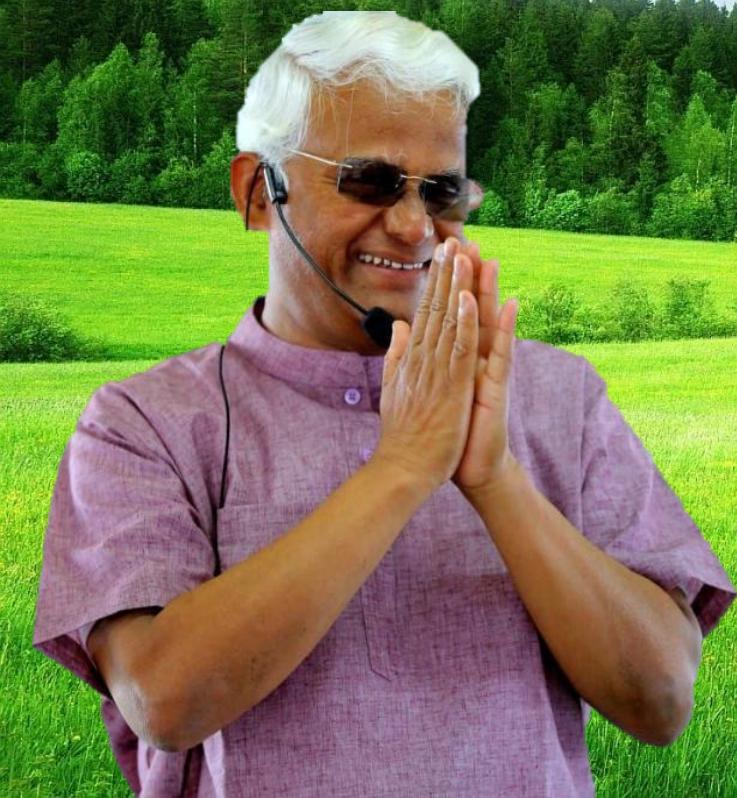




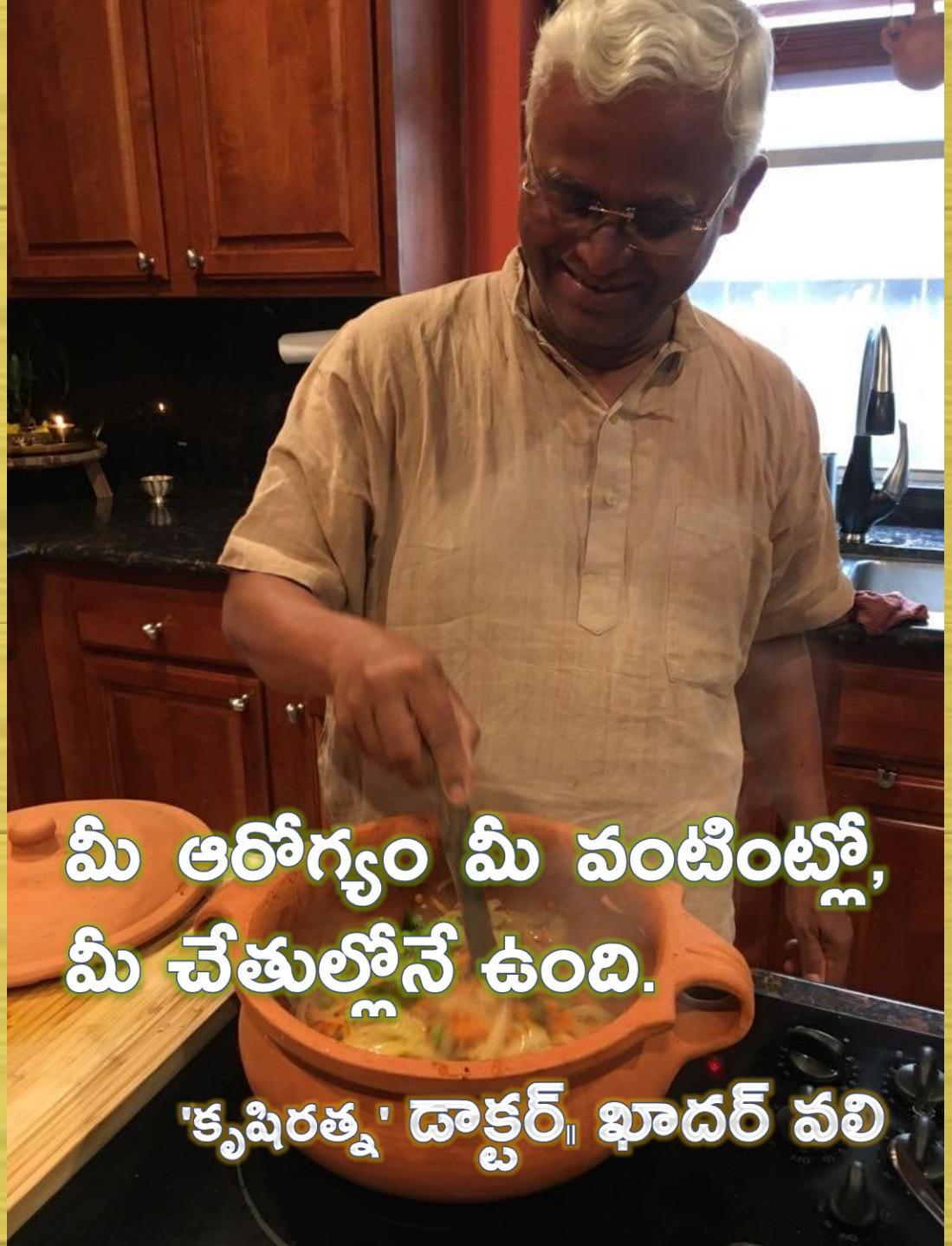
భూతాపోన్ని తీపై  
పోరండుతున్నాను !  
అందుకే...మంసాహరాన్ని  
త్వజించాను !!

- కృషిరత్న డా॥ ఖాదర్ వలి

సమాజత్వమే  
ఆరోగ్యానికి రక్ష.

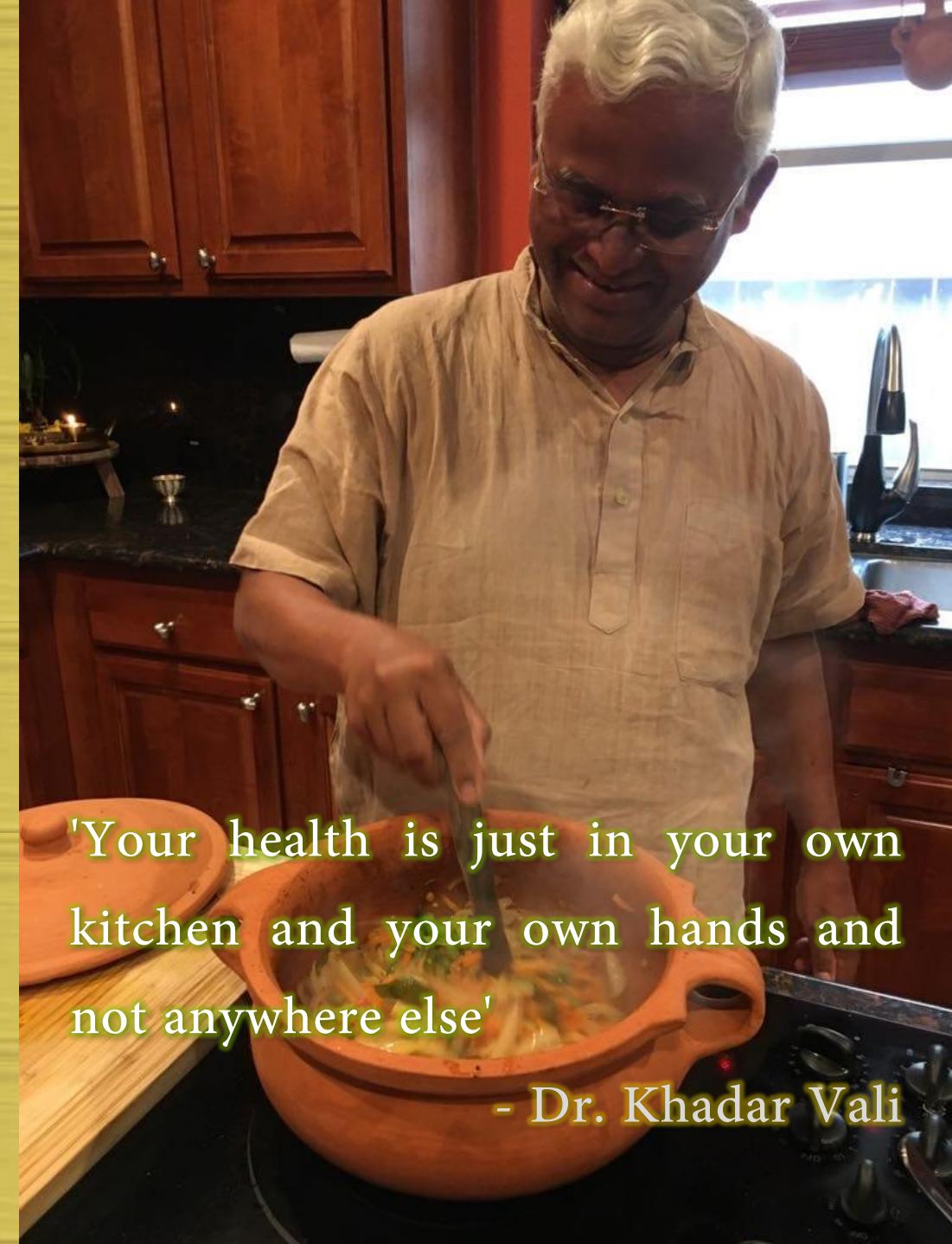


డం॥ ఖుందర్ వలి



మీ ఆరోగ్యం మీ వంటింట్లో,  
మీ చేతుల్నినే ఉండి.

'కృష్ణరత్న' డాక్టర్, ఖాదర్ వలి



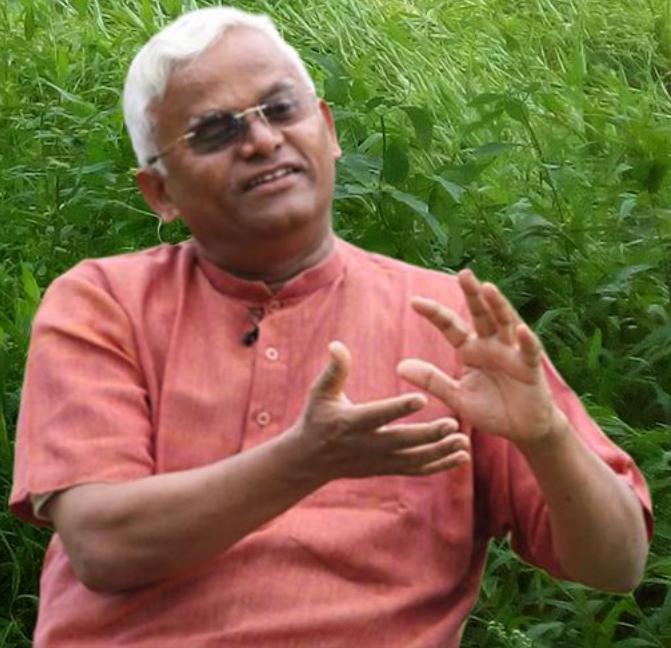
'Your health is just in your own  
kitchen and your own hands and  
not anywhere else'

- Dr. Khadar Vali



అహింస మానవుని ఉనికిక్  
ఉపాయిల కావాలి.

'కృషిరత్నమ్' డా॥ ఖాదర్ వాలి



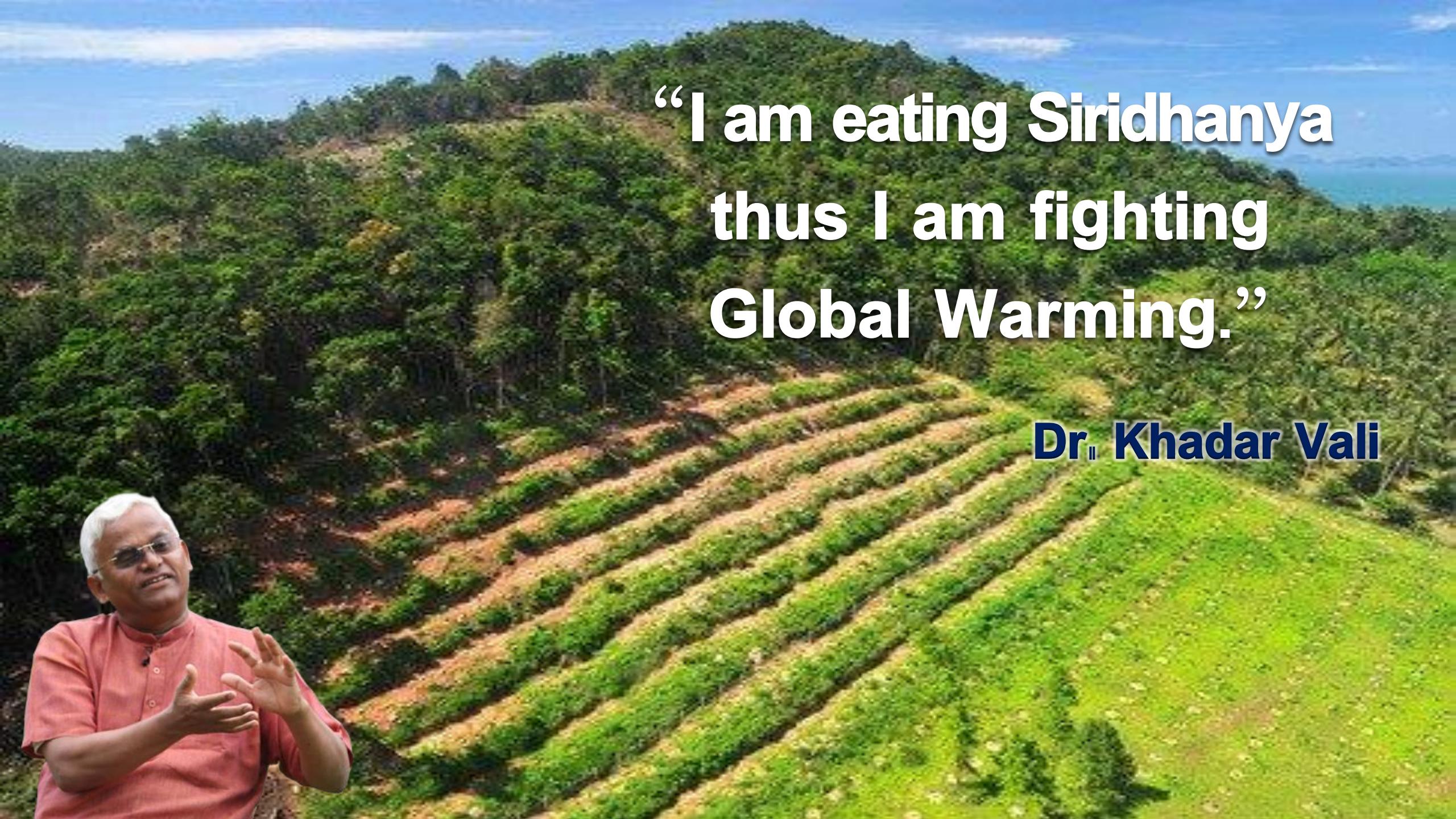
“Non violence is the essence  
of human existence.”

Dr. Khadar Vali



నేను సిలధాన్యాలను  
మూల ఆహారంగా  
వాడుతూ భూతాపోన్నాతిపై  
పోరాడుతున్నాను.

**'కృషిరత్నా'** డా. ఖాదర్ వలి

A photograph of a man with white hair and glasses, wearing a pink shirt, standing in the bottom left corner. He is gesturing with his hands as if speaking. Behind him is a large, green, sloping hillside with several rows of crops planted in the soil. The sky is blue with some white clouds.

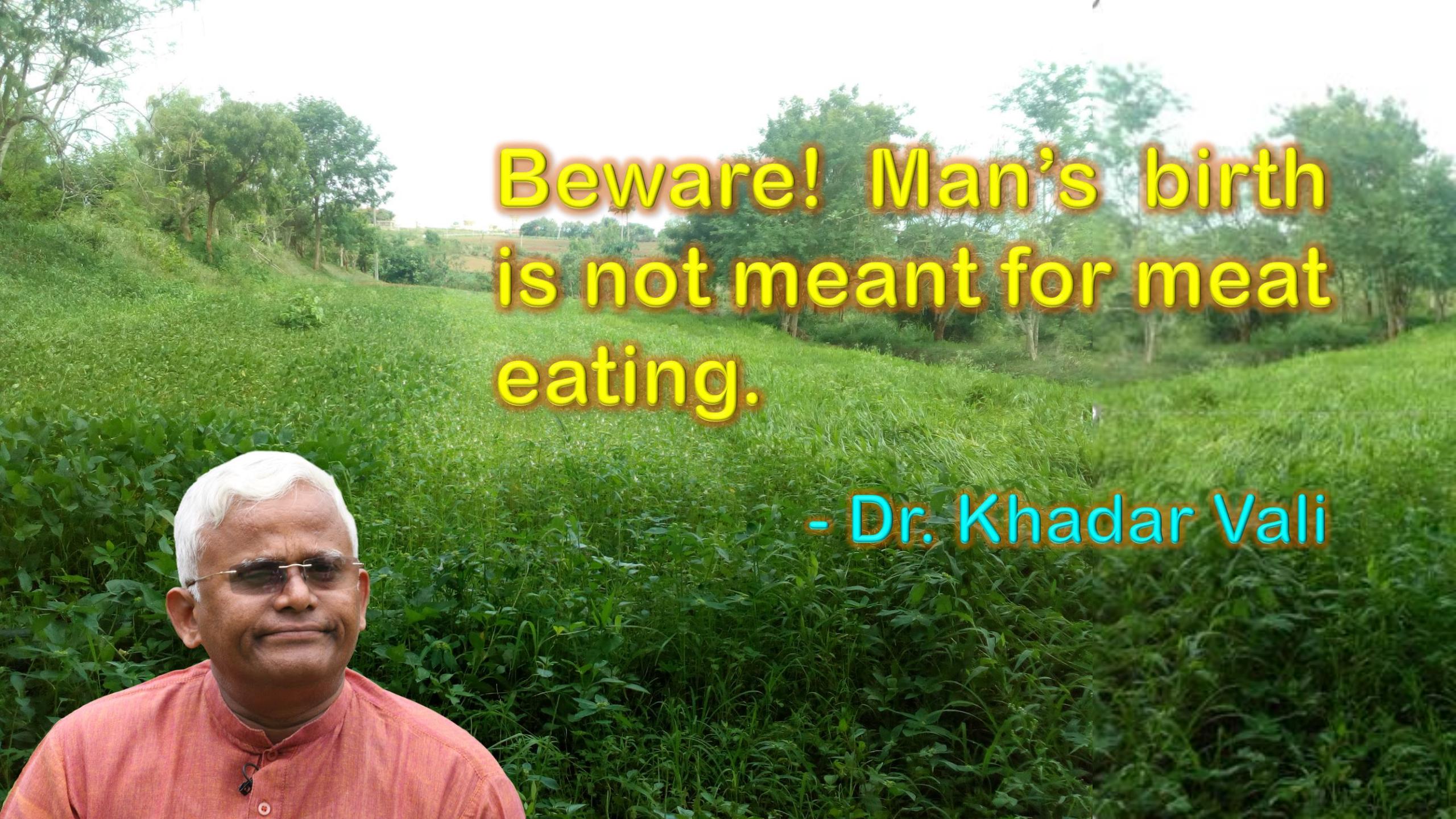
**“I am eating Siridhanya  
thus I am fighting  
Global Warming.”**

**Dr. Khadar Vali**



మనిషి పుట్టించి మాంసము  
తినేందుకు కాదు.

- కృష్ణరత్న డా॥ ఖాదర్ వలి



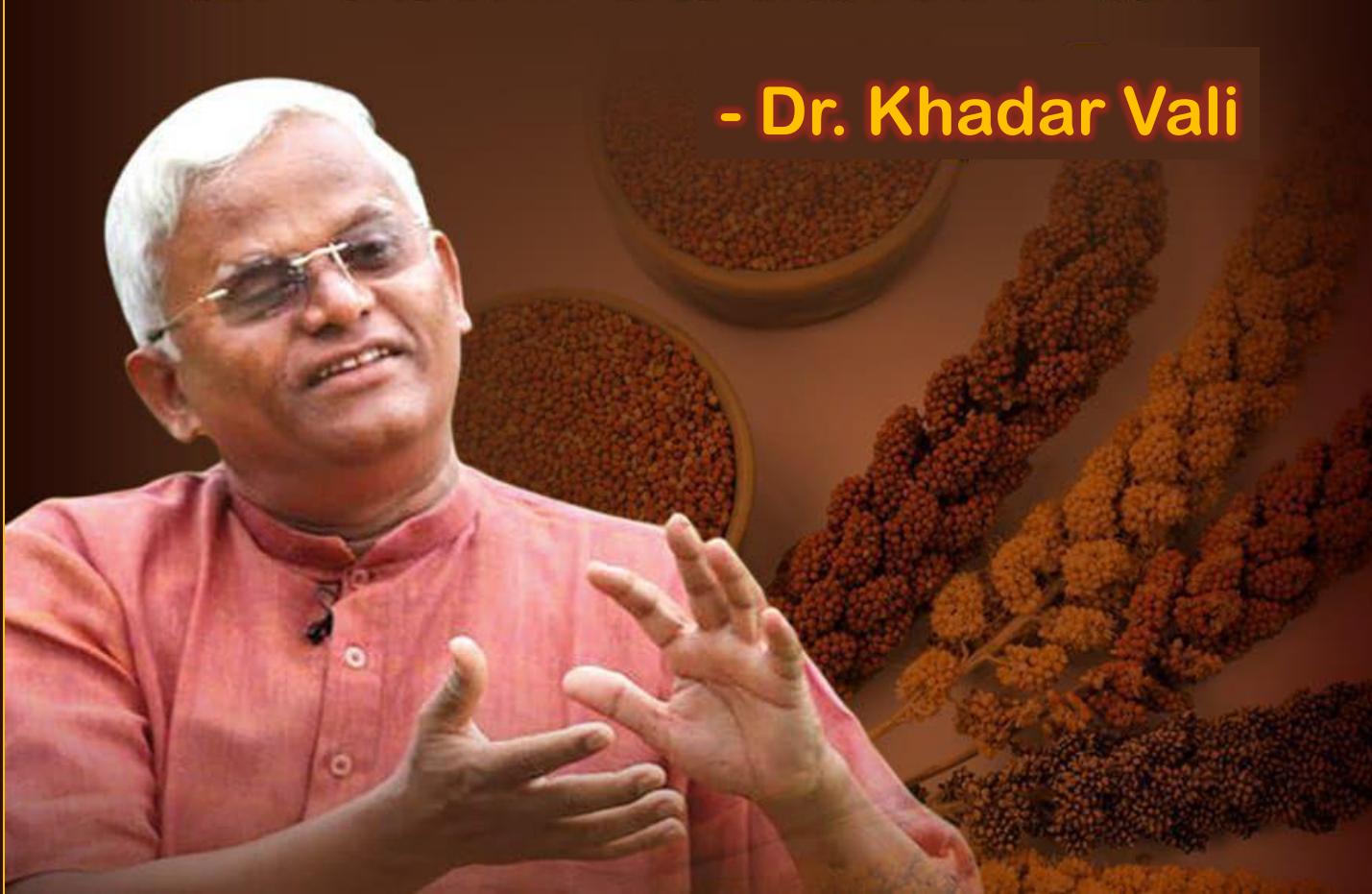
Beware! Man's birth  
is not meant for meat  
eating.

- Dr. Khadar Vali

Beware!

# MAN'S BIRTH IS NOT MEANT FOR MEAT EATING.

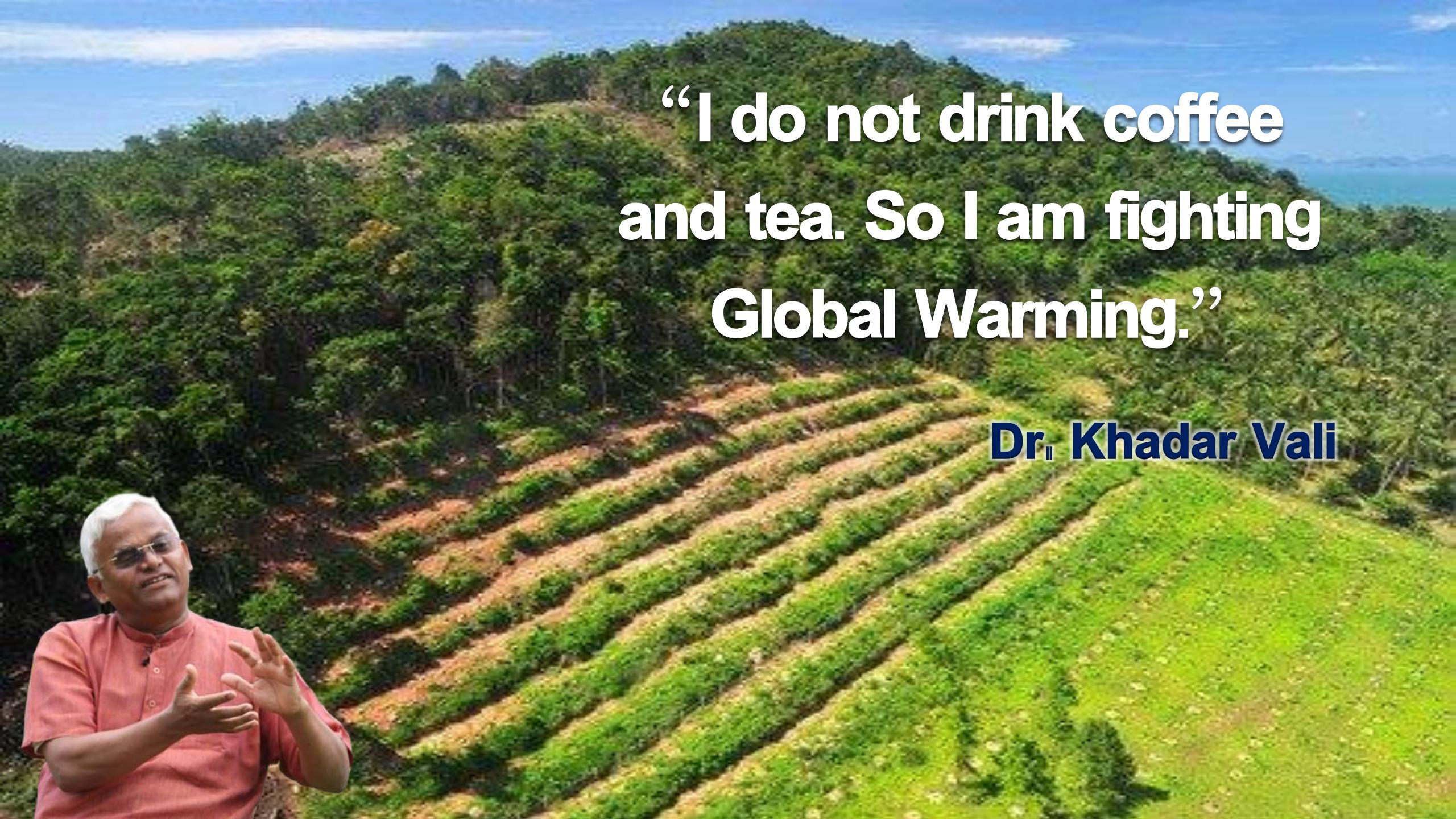
- Dr. Khadar Vali





భూతాపీణ్ణుల్లే  
పీరాటం కోసం కాఫీ, ఉ  
తాగటం మానేశాను.

'కృషిరత్నమ్' డా. ఖాదర్ వలి

A photograph of a man with white hair and glasses, wearing a red shirt, gesturing with his hands while standing in front of a large, rolling hillside covered in lush green tea bushes. The tea plants are arranged in distinct, parallel rows that descend from the top of the hill towards the foreground.

**“I do not drink coffee  
and tea. So I am fighting  
Global Warming.”**

**Dr. Khadar Vali**

మానవజాతి కబెళ్లంచే (consuming)  
ఆర్థిక (economic) విధానాల నుంచి  
సంరక్షించే (conserving) జీవావరణ  
(ecological) క్రమాల వైపు నడవాలి.



కృష్ణరత్న డాక్టర్ || ఖాదర్ వలి



"Human race has to move from an economic model, which is a consuming culture, to an ecological model, which is a conserving culture."

- Dr. Khadar Vali

కోతి మానవుడవటం పరిణామం  
కాదు. మానవుడు జ్ఞానం మరియు  
రాజనం వదిలి సాత్మ్యకుడు కావటం  
నిజమైన పరిణామం (evolution).

- కృష్ణరత్న డా॥ భాదర్ వలి





ప్రకృతి నుంచి అడవి  
అడవి నుంచి వ్యవసాయం(కృషి)  
వ్యవసాయం నుంచి ఆహారం  
ఆహారం నుంచి ఆరోగ్యం  
ఆరోగ్యం నుంచి సభ్యసమాజం.

'కృషిరత్నం' డా. ఖాదర్ వలి

A photograph of a man with white hair and glasses, wearing a pink shirt, gesturing with his hands while standing in front of a large, green, sloping hillside. The hillside shows signs of agricultural cultivation with several parallel paths or furrows. The sky above is clear and blue.

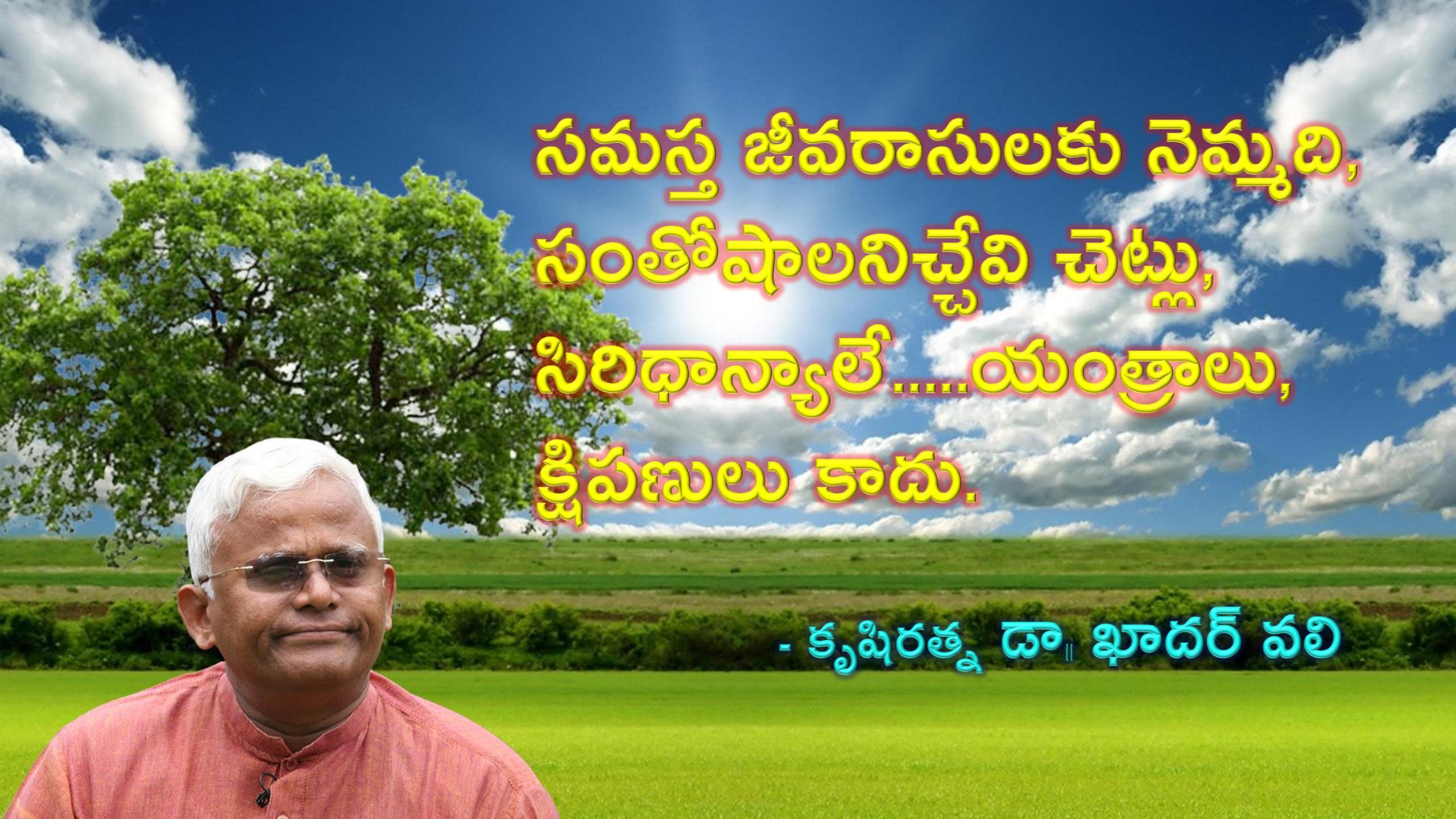
**From Nature Arises Forest**  
**From Forest Comes Agriculture**  
**From Agriculture Grows Food**  
**From Food Comes Health**  
**From Health Raises Civil Society**

**- Dr. Khadar Vali**



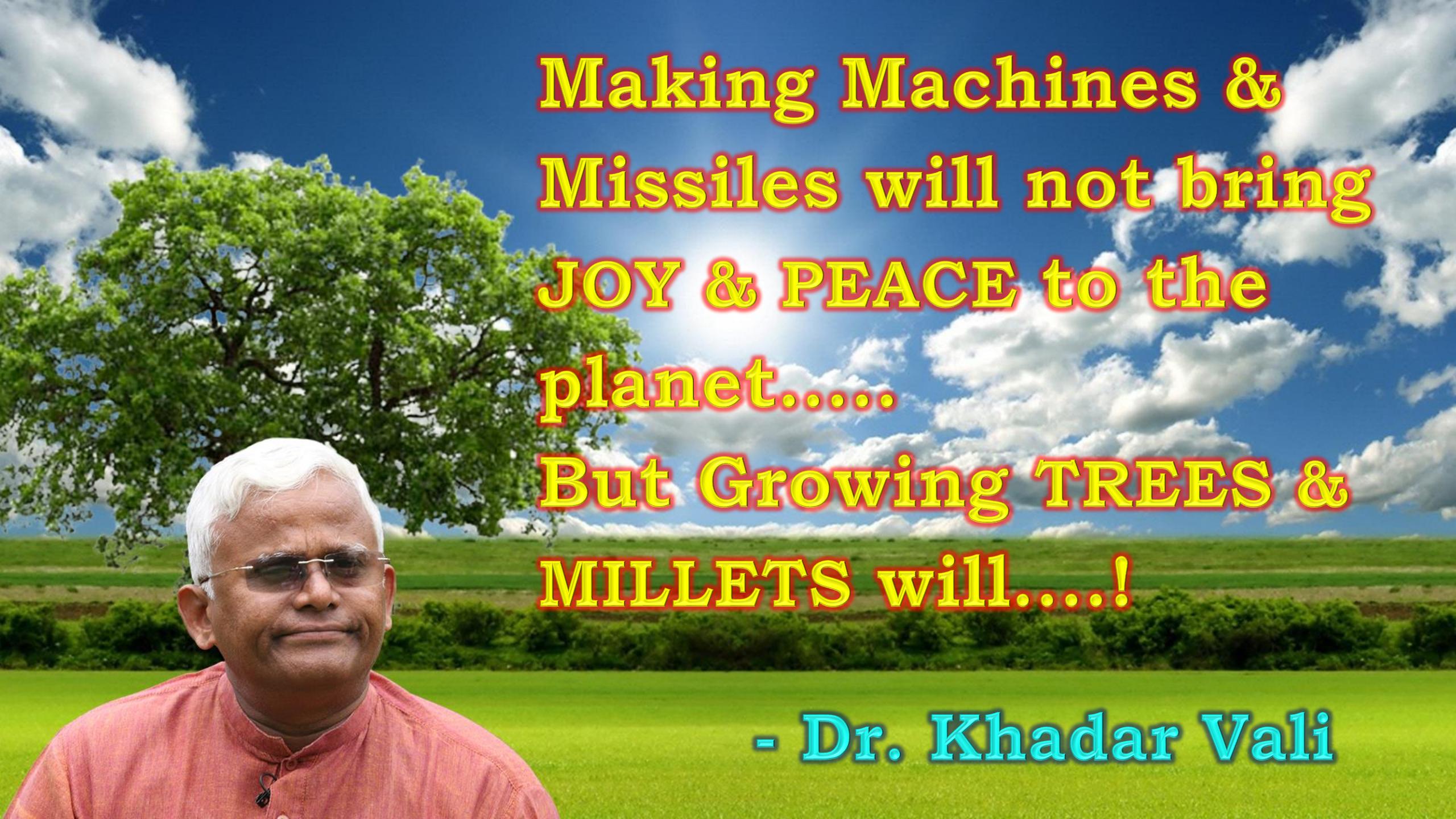
ನೇನೆರ ದಿಂದ ಕಾಡು  
ಕಾಡಿ ನಿಂದ ತೃಣ  
ತೃಣ ಇಂದ ಆಹಾರ  
ಆಹಾರ ದಿಂದ ಆರೋಗ್ಯ  
ಆರೋಗ್ಯ ದಿಂದ ಸಭ್ಯಸಮಾಜ

- ಡಾ. ಖಾದರ್ ವಲಿ



సమస్త జీవరాసులకు నెమ్ముది,  
సంతోషాలనిచ్చేవి చెట్లు,  
సీరిధాన్యాలే....యంత్రాలు,  
క్షీపణలు కాదు.

- కృష్ణరత్న డా॥ ఖాదర్ వా



Making Machines &  
Missiles will not bring  
JOY & PEACE to the  
planet.....

But Growing TREES &  
MILLETS will....!

- Dr. Khadar Vali

“ఇమ్యూనిటీ ని పెంచుకోండి  
కమ్యూనిటీ ని కాపాడండి”

- డాక్టర్ ఖాదర్ వలి

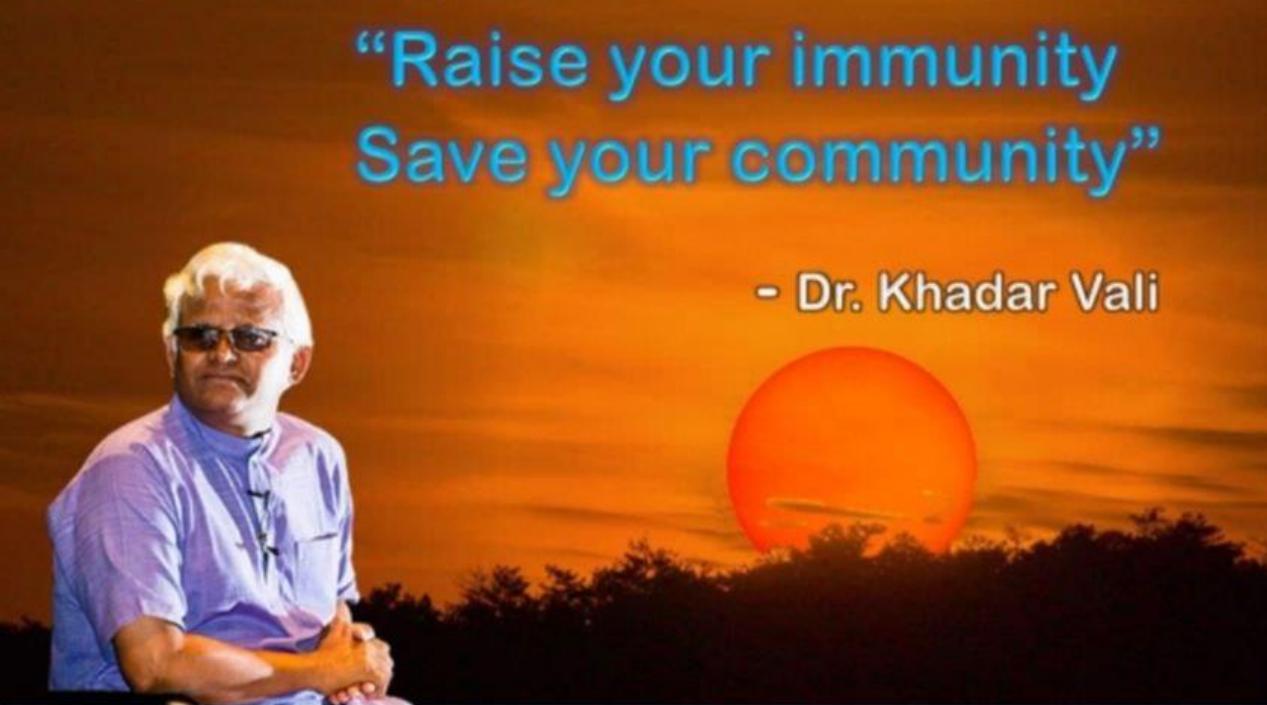


కాపాయ రంగు సూర్యుడిని  
చూడటం మరవకండి. ఇమ్యూనిటీ  
వృద్ధి కి విటమిన్ డి మరియు  
ఇంకా కొన్ని జీవరసాయనాల ను  
ఈ కిరణాలు ఉత్సవాల్లి చేయటంలో  
సాయపడుతాయి.

- డాక్టర్ ఖాదర్ వలి

“Raise your immunity  
Save your community”

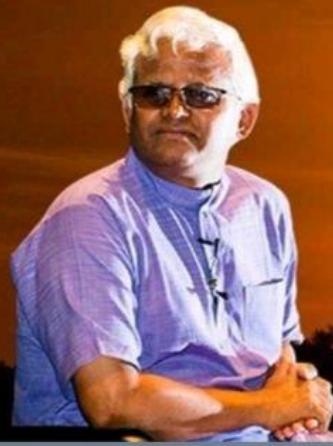
- Dr. Khadar Vali



Do not forget to spend  
15minutes watching Sun rise  
and Sun set at dawn and dusk.  
The orange light helps to build  
many biochemicals (Ex: Vit D)  
to increase your immunity.

“ಇಮ್ಮೋನಿಟ್ ಬೆಳಸಿ  
ಕರ್ಮೋನಿಟ್ ಉಲ್ಲಿಸಿ”

- ಡಾ. ಖಾದರ್ ವಲೀ

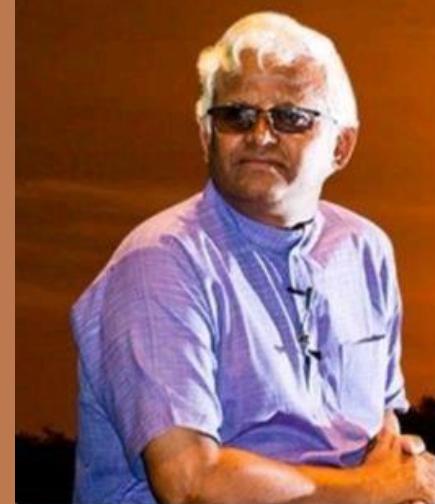


ಕಾಷಾಯಬಣ್ಣ ದ ಕಿರಣಗಳು  
ರೋಗನಿರೋಧಕಶಕ್ತಿ ಗೆ  
ಬೇಕಾಗಿರುವ ವಿಟಮಿನ್ ಇ  
ಮತ್ತು ಇತರೆ ಜೀವರಸಾಯನಗಳ  
ಉತ್ಪಾದನೆಯಲ್ಲಿ ಮುಖ್ಯ ಘಾತ್ರ  
ವಹಿಸುತ್ತದೆ.

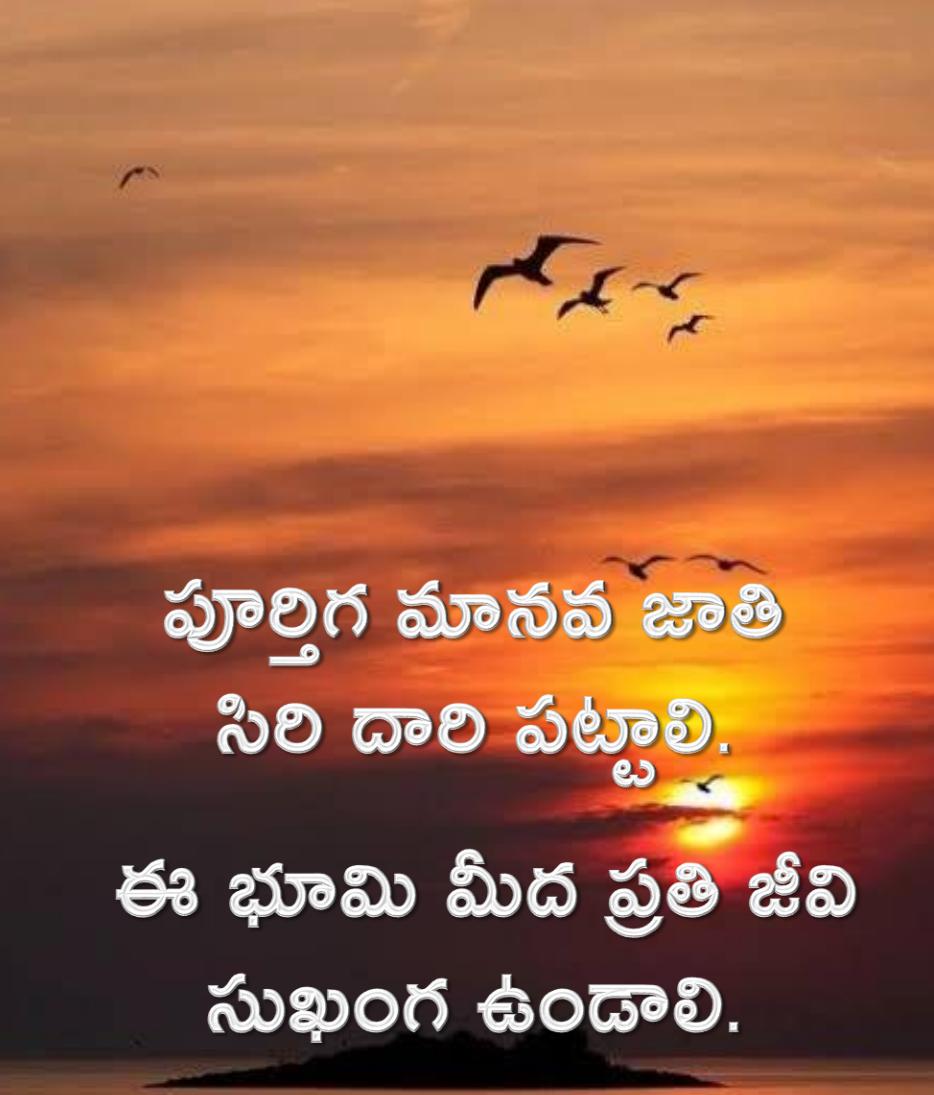
- ಡಾ. ಖಾದರ್ ವಲೀ

“ಬಢಾಗೆ ಅಪನೀ ಇಮ್ಯೂನಿಟಿ  
ಬಚಾಗೆ ಅಪನೀ ಕಿರಣಗಳಿಗೆ”

- ಡಾ. ಖಾದರ್ ವಲೀ



सूर्य की नारंगी किरणें सुबह और शाम  
जरूर लें। इससे आपको विटामिन-डी  
मिलता है, जो आपकी रोग प्रतिरोधक  
शक्ति को बढ़ाता है और कई शारीरिक  
प्रतिक्रियाओं के लिए जरूरी है।



పూర్తిగ మానవ జాతి  
సిలి దాలి పట్టాలి.

ఈ భూమి మీద ప్రతి జీవి  
సుఖంగ ఉండాలి.

- డా.బిందు వలి

# SAVING WATER – THE REAL PATH



## MEAT

- To grow 1kg – 50,000L of water

We can grow  $\frac{50000}{300} = 166$  kg Siridhanya

- 1kg Meat can be fed to 5 people

1kg Siridhanya can be fed to 10 people

With just 50,000L of water 166kg Siridhanya can be grown and fed to  $166 \times 10 = 1,660$  people

- Ratio SIRIDHANYA : MEAT =  $1660 : 5 = 332 : 1$  per 50,000L of water i.e.,

Water consumed is 332 times more in case of Meat.

- To feed 1,660 people we need 332 kg of Meat. To grow 332 kg of Meat we need  $50000 \times 332 = 1,66,00,000$ L of water.

**To feed 1660 people we need 50,000L Water for Siridhanya = 1,66,00,000L Water for Meat**

- People talk of saving Water. Here is the real and only way for human race.
- Eat Siridhanya and avoid rice, wheat, milk, eggs, coffee, tea etc if you want your next generation to drink some water.
- People do not want to talk about the real thing.
- You can harvest any amount of water but of no use unless you change these important water guzzling habits of human race.



**DR. KHADAR VALI**  
Independent Scientist  
Food & Health Specialist

# SAVING WATER – THE REAL PATH



## RICE

➤ To grow 1kg – 9,000L of water

$$\text{We can grow } \frac{9000}{300} = 30 \text{ kg Siridhanya}$$

## SIRIDHANYA

To grow 1kg – 300L of water

➤ 1kg Rice can be fed to 5 people      1kg Siridhanya can be fed to 10 people

With just 9,000L of water 30kg Siridhanya can be grown and fed to  $30 \times 10 = 300$  people

➤ Ratio SIRIDHANYA : RICE = 300 : 5 = 60 : 1 per 9,000L of water i.e.,

Water consumed is 60 times more in case of Rice.

➤ To feed 300 people we need 60 kg of Rice. To grow 60 kg of Rice we need  $9000 \times 60 = 5,40,000$ L of water.

**To feed 300 people we need 9,000L Water for Siridhanya = 5,40,000L Water for Rice**

- People talk of saving Water. Here is the real and only way for human race.
- Eat Siridhanya and avoid rice, wheat, milk, eggs, coffee, tea etc if you want your next generation to drink some water.
- People do not want to talk about the real thing.
- You can harvest any amount of water but of no use unless you change these important water guzzling habits of human race.



**DR. KHADAR VALI**  
Independent Scientist  
Food & Health Specialist

# SAVING WATER – THE REAL PATH



SUGAR



## SUGAR

- To produce 1kg – 28,000L of water
- Palm Trees grow on their own along coasts. They needn't be watered.
- Average production of sugar in India per year is approximately 30 billion kilograms.  
**Sugar production alone guzzles 30 billion × 28000 litres of water  
= 8400 trillion litres of water.**

By giving up sugarcane production in just one year we can save so much water.

- This saves a lot of money being spent on mammoth water projects which also cause ecological imbalance.
- Palm Jaggery is very nutritious and good for health while Cane Sugar only invites diseases.
- Palm Jaggery helps the rural folks make a livelihood with ZERO investment.

## PALM JAGGERY

PALM JAGGERY



**Replace Sugar with Palm Jaggery and SAVE 28000L of WATER per kg**

- People talk of saving Water. Here is the real and only way for human race.
- Eat Siridhanya, Palm Jaggery and avoid rice, wheat, milk, eggs, coffee, tea etc., if you want your next generation to drink some water.
- People do not want to talk about the real thing.
- **You can harvest any amount of water but of no use unless you change these important water guzzling habits of human race.**



DR. KHADAR VALI  
Independent Scientist  
Food & Health Specialist