

Received 4 October 2025, Accepted 12 November 2025, Published on 11 December 2025

## BOOK REVIEW

Vishwambhar Prasad Sati: *Farming Systems and Sustainable Agriculture in the Himalaya*, Springer Nature, Switzerland AG 2024, Pages: XXIV, 145. ISBN: 978-3-031-64687-4.

*Farming Systems and Sustainable Agriculture in the Himalaya* by Vishwambhar Prasad Sati makes a vital contribution to the literature in the field of sustainable agricultural practices with special relevance to mountain development in the Indian Himalayan region. The book, published as part of *Springer Nature Sustainable Development Goals Series*, covers Himalayan farming practices in the broader contexts of ecological resilience, livelihood options, and their adaptability towards the global sustainability agenda of the United Nations.

The book, spanning over twelve chapters, offers a systematic exploration of land use and land cover change, cropping systems, agro-biodiversity, and agro-ecological zones in the Central Himalayan region. Special attention is given to the dominant traditional farming practices, such as the *Barahnaja* (multi-cropping) and *Sar/Sari* (rotational) cropping systems. These practices exemplify centuries-old adaptations of the indigenous populations of the region to the fragile Himalayan mountainous environments. The author also discusses recent shifts in agricultural patterns, for example, the decline in production of millets and temperate fruits, and the rising preference of the inhabitants for paddy and wheat, due to the broader consequences of increasing outmigration of

the young generation and extreme climate events. A key strength of the work is its integration of climatic data with socio-economic analyses, which considers the link between rainfall variability, temperature anomalies and humidity trends with observed alterations in crop productivity and land use patterns in the region. The book further underscores these complex factors that are responsible for reshaping the Himalayan agriculture. The book also provides case studies and village-level analyses, which offer additional depth, demonstrating both vulnerabilities and adaptive strategies critical for the region.

Beyond diagnosis, the book further emphasises a forward-looking approach towards the role of agribusiness, infrastructural development, crop suitability analysis, and community participation in revitalising rural livelihood options for indigenous communities. Policy recommendations emphasise the need to integrate traditional knowledge with modern interventions to achieve sustainability goals in a broader context. The author's lifelong engagement with the region strengthens the academic rigor and personal authenticity of the book. The book will serve as a valuable resource for scholars, students, and policymakers interested in agriculture, environmental change, and sustainable development in the Himalayan mountainous regions.

*Reviewed by*  
**Shri Kant Tripathi**  
Professor of Forestry  
Mizoram University  
Aizawl 796004