

livelihoods

today and tomorrow

April 2020

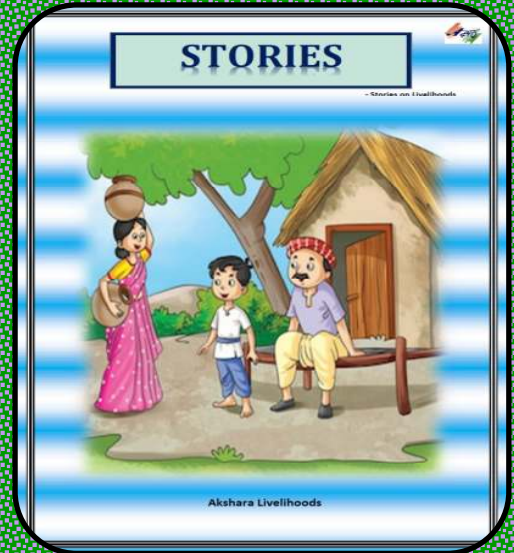
FPOs Compliances

Registration

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Licenses

Registers



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Srirama Navami! Akshaya Tritiya! Mahavir! Good Friday! Easter! Ramzan Month! Baisakhi! New Year! Babu Jagjivan Ram! Dr Ambedkar!

Let us care the Earth.

Let us be sensitive and care the blind and other differently-abled.

Let us respect autists. Let us support people with haemophilia. Let us fight malaria.

Let us have safe work. Let us be healthy.

Let us care mothers. Let us respect motherhood.

Let us not be averse to any medicare systems, including homeopathy. Let us use the best in each.

Let ayushman benefit the poor.

Let the services serve us fairly, efficiently and effectively. Civil Services. Maritime Services.

Let all livestock have access to veterinary care.

Let us be proud of heritage. Let us protect.

Let Panchayat Raj, as local government, offer sensitive democratic governance to its citizens.

Let us read good books. Let us spread the good content, with due credit.

Let us incentivize, may be modestly, the creative work. Let us value creative commons.

Let us be laughing fools.

May | Laughter | Press | Fire | Asthma | Aesthetics | Athletics | Red Cross | Thalassaemia | Mother | Technology | Nurses | Family | Endangered Species | Telecom | Museum | Armed Forces | Anti-Terrorism | Biological Diversity | Tobacco | Sankara | Ramanuja | Gurudev | Buddha

COVID 19 National Lock Down may get extended further. We need to get cracking on returning migrants; and on supporting the poor-vulnerable-marginalized with cash, ration and waivers. We need to shield elderly, ill and infants with care.

Stay home, stay safe. Do not touch face. Wash hands with soap often. Be positive. Less carbohydrates. More Proteins. Keep moving. Do exercise. Reflect. Plan forward.

As we reiterate our request to our co-travellers to give more - notes, blogs, videos and pictures, we present 150th 'livelihoods' herewith. Our picks of the month include:

How to do FPOs Compliances

Videos – “The wool is like gold to us”; ‘The Earth Recovery Business’

Fieldworker Dairy (Bharathi)

Classic Books –

Tribes; We need you to lead us – Seth Godin; Influencer – Kerry Patterson; Company of One – Paul Jarvis

Classic Articles –

The Most Respectful Interpretation; The Dunning-Kruger Effect; The Noise Bottleneck

We are also happy to announce the release of ‘STORIES’ as an e-book.

With the faith and hope that you find this and evolving ‘livelihoods’ useful, we remain.



the ‘livelihoods’ team

‘livelihoods’ team

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Walked/walking with us

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K Bharathi	G Pulakeshi
G Bhargava	T Nirmala
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Supplements / Videos

How to (?)	How to do FPOs Compliances https://www.youtube.com/watch?v=C9-1sXUp7Js&feature=youtu.be
Supplement (News)	Monthly Livelihoods Update (March 2020) https://drive.google.com/file/d/1vQndrfEd2EQ550B-mYd9HC6zQN-44SD/view?usp=sharing
Supplement (Images)	Monthly Images Compiled (March 2020) https://drive.google.com/file/d/1zslg6TTZ480y5NgIICRxRQXukpsfirk2/view?usp=sharing
Stories: Stories on Livelihoods (Akshara Livelihoods Book 5)	https://www.amazon.in/dp/B086Q55Q6D/ref=sr_1_1?dchild=1&keywords=stories+of+livelihoods&qid=1585898207&sr=8-1

'Yoga'kshemam

Krsna's Krsna is facilitating learning. Siva's Siva is facilitating unlearning, learning and re-learning. Bharathi is challenging us to learn on our own. N is helping us to build our own unlearning-learning ecosystem. U's flute is being played by N. Shakti takes charge. Mother takes charge. Krsna's Krsna, Siva's Siva, Srasta's Srasta take charge. Universe rejoices. N dances. With joy from from deep within.

These 40 days reconfirm HFPL+7R: Non-negotiable values - Hope, Faith, Promise, Love; and 7R - Read, Write, Arithmetic (3R), Reflect, unlearn-learn, practice, pursue, for the leader. Woman is best endowed with these. She should lead us to a better N, better U. She epitomises Hope in the children. She demonstrates Faith that they have within them. She Promises to be there forever with the child. Her Love is the best. She gives. She cares. She earns and gives. She learns and teaches. She challenges. She mentors. She offers the incentive. She punishes. Her Love has no parallel. She works with both brains, left and right. Language, Logic. Numbers. She demonstrates EQ and she has the innate IQ. She is in Reflection mode. She is a faster Unlearner and learner. She does not give up. She Practices and She Pursues relentlessly. For her N matters. For her N in U matters. She is the Adiguru. She is the God. Siva is hers. Krsna is hers. Srasta is hers. She is acting through them.

A School of Leadership

Akshara is in the mind may be in 1987. It took 12 years to bring it into a reality, as a network for development support. 2 October 1998. Some 7 people came together to sign a memorandum, and articles of association. A 'Rama' was needed to initiate the work in some time. Volunteer, Slow-part timers did some early work. Significant in terms of foundation. After another 5-6 years, full-timers have come in. Several initiatives. A 'Nirmala' was required to go into 'livelihoods' today and tomorrow whole hog. Some volunteer to try a livelihoods volunteer force, Aksharasakthi. A no cash entity. A 'Krisnagopal' and 'Bhargava' to go into Akshara Livelihoods. A 'Vijaybhasker' to try Gurukulam. A 'Murali' to try Kshetra. A 'Kishore' and 'Mahidhar' to add 7L Coexistence. A 'Saraswathi' to try Ikya. Akshara slowly became a school that lets the leaders pass through with 'leadership' 'certification'. At least one a year. Narsi, Ashok, Anil, Raja, Nirmala, Mrudula, Krishnagoapl, Satyadev, Madhumurthy, Ashish Gupta, Usha, Vijayaswitha, Vijaybhasker, Rekha, Jayashree, Rani, Kishore, Bhargava, Visu, Madhu, Prakash et al. They are demonstrating outstanding authentic responsible servant leadership coupled with management professionalism, with spirituality of a kind.

Akshara facilitated 800+ rural development management servant leaders to emerge.

This school is unique. Works with individuals. Labelled as Associates. Considered as Lifeworkers. With understanding and experiencing Poverty-Vulnerability-Marginalization as closely as possible. Field is their kshetra. Works in dynamic groups. Gets attached to these leaders deeply. A long-lasting association. Joyous. Learning. They live and practice the values - 10,000 hours. They write diary. They plan and write. They read and articulate. They are self-aware and they manage themselves well. They have a VISION of their own and they go towards it. They remain current. For them, security is not an issue. But, sustainability and legacy matters to them. Simplicity, aarjava matters. They are aware, when crunch comes - air, water, food ... matters, nothing else.

They graduate through Participation, Inclusion, Collectivization and Communitization efforts, experiments and experiences. They internalize 3 Fs - Fish, Fishing and Meta-fishing. They realize what needs to be learnt on their own and learn. Yet they would not fall into false confidence. They go through 6 steps slowly - for identity, solidarity, capacity, rights-entitlements, wellbeing and freedom-choices. The leaders gradually play four roles combined - servant leader, management worker, social entrepreneur (or an intrapreneur) and gradually a mentor. To become employers. To support providing, and/or augmenting employment to PVM families.

They remain Akshara's associates for life. They remain unlearning learners. They remain simplifying simple lives. They remain time-investors in people. They live close to nature. They lead natural life, natural living, natural livelihoods, and natural linkages and relationships. They love. They love VUCA U. They love VUCA N. They journey the VUCA world together. They flow together. They are friends for life. They become a family. They become a family in the U family. They adopt geographies. They adopt themes. They adopt enterprises and efforts. They adopt younger leaders. They mentor. They help mentors to do better. They add model foundations. They add credible consulting groups.

They lead me.

They lead us and ourselves to be at it, nurturing leaders - loving servant leaders-management workers-social entrepreneurs-caring mentors for our Universe.

Join us in the world of yoga - aashramayoga for 7L. 100+ million hours are coming our way to be with us. ❖

G Muralidhar

'Yoga'kshemam

As Novel Corona Virus, COVID 19 (SARS-CoV-2), gets going, Planet Earth keeps fighting. WHO declared it as a global pandemic. First case in China was on 29 December 19. In 75 days, it reached about 200,000 confirmed cases across 114 countries. It is doubling in 24 days in the world; and in India, it is 5 days. In this context, it is important to lower the rate of infection – flatten the curve – so that the peak demand on healthcare system is lower. Most critical symptoms are fever (90%), dry cough (68%), fatigue (38%), sputum (33%), shortness of breath (19%), muscle pains (15%), sore throat (14%), headache (14%) and chills (11%). Runny nose is rare. Incubation period is 5-6 (1-14 days, even up to 27 days rarely). Disease lasts 2 weeks (up to 8). Current case fatality rate is at 0.7-3.7%. Elderly are at the greatest risk. Children are at the lowest risk.

Given this, India has cancelled all visas to visit India till 15 April. Gol and State Governments have closed schools and other 'places with people' till 31 March. Delhi Government has banned meetings that have more than 50 participants. Advise: Social Distance. Avoid Gatherings, Sleep Overs; Travel with care, only in emergencies; Be at home, work from home, use e-communication; wash hands, do not shake hands, read, walk, e-listen and e-talk, sleep, have vitamin c, eat fruits...

Corona is slowing us down. Slowing down double is the only way to frustrate and tackle Corona.

Visitors are asked to reschedule. Meetings have been downsized. Numbers are reduced. Travel has been curtailed. Driving is preferred rather than mass transit. Classes are cancelled. may send e-classes. We can meet in smaller groups. We can be in the field. We can go to 'woods' and reflect. We can e-communicate. We rest. Rest our throat. We catch up sleep. We can meditate. We can write....

Krsna guarantees: U offers oversight. N takes the command. Joy from deep within returns.

Natural Farming/Living - NFL Movement, Coalition, Network, Platform, Foundation

This is the time to get going. To initiate. To mobilize. To formalize. To build the core. Core Team. Core Fund. Corpus. We need practicing farmers as its foundation. We need lead farmers and community resource persons for leading farmers into NF. For showing the models. Ways. We need Professionals to help the CRPs. To build models. To showcase. To document-disseminate-advocate. To develop and deploy knowledge products and services. To plan, facilitate and track. To work on value-chains and link value-chain services. We need Community Organizations and Farmers' Organizations. We need Civil Society Support Organizations. We need Missions and Programmes. We need Friends. We need a Core. To build farmers and support federal organization(s), coalition(s), network(s). To make it a movement in India and outside. To be a knowledge platform(s). To be an e-platform(s). To be a research centre(s). To be a training centre(s). To be an Extension Agency(ies). Multiple locations. Portfolio of elements. Pan India, Global NF Architecture. Policy advocate. Institution of excellence. Owned and governed by people at large. Farmers, Consumers, Trainers, Researchers, States... at national, global levels.

NFM invests time-investors in people – farmers, consumers, community professionals, professionals and friends of natural farming and living. NFM works closely with nature, relationships and linkages. NFM supports natural farming and natural living. NFM is a family, friend for U and N. NFM adopts geographies. NFM adopts themes. NFM adopts enterprises and efforts. NFM adopts younger leaders. NFM mentors. NFM helps mentors to do better. NFM adds model foundations. NFM adds credible consulting groups.

Can we start now? In 100 days? In this year? With Rs. 2.0 Crore as Core Funds in Y1? With 1 lakh farmers; 2000 community resource persons/lead farmers; 200 NF Professionals; 100 CBOs/FPOs; 100 CSOs; 100 Friends; 25 ICT-Technical Support Organizations.

Y1:1 Lakh farmers as members – Rs.1.0 Crore membership fee; Y5: 1 Million, Rs.250 Crore@2500

G Muralidhar

Y1: **2000 Community Resource Persons** – Rs.0.5 Crore;
Y5: 10000, Rs.50 Crore@50000

Y1: **200 NF Professionals** – Rs.0.2 Crore; Y5: 1000, Rs.50
Crore@500000

Y1: **100 CBOs/FPOs** – Rs.0.1 Crore; Y5: 500, Rs.50
Crore@1000000 (1000 per farmer, 1000 farmers/FPO)

Y1: **100 CSOs** – Rs.0.1 Crore; Y5: 500, Rs.50
Crore@1000000 (1000 per farmer; 100000 per resource
person)

Y1: **100 Friends** – Rs.0.1 Crore; Y5: 500, Rs.50
Crore@1000000

Y1: **25 ICT-Technical Support Organizations**

Y1: **Total Core Fund - Rs.2.0 Crore; Y5: Rs.500 Crore –
Total Core Fund-Equity**

Y5: **Rs.50 Cr – Consulting Fee Raised/Year; Platform
Services – Rs.10 Cr/Year; Grants – Rs.50 Cr/Year.**

Can we become Rs.500 Crore Core Funds by Y5? With 1
million farmers; 10000 community resource persons/lead
farmers; 1000 NF Professionals; 500 CBOs/FPOs; 500
CSOs; 500 Friends; 25 ICT-Technical Support
Organizations.

Can we be friends with NFM?

We need to live, lead and be led. For Nature. Natural
Farming, Living, Life, Livelihoods, Learning, Linkages and
Relationships. Let us lead ourselves to be at it, nurturing
leaders – loving servant leaders-management workers-
social entrepreneurs-caring mentors for N in U.

Join us in the world of yoga –prakritiyoga for 7L. 100+
million with associates are coming into N way. ❖

Field Diaries / Story

Field Worker's Diary

A Field Worker's Diary - Part 8

The village of Ballavpur Danga is inhabited by the Santhal tribe. It is 3 km away from Bolpur, West Bengal, which houses the famous Shantiniketan (Vishva Bharati University) of Rabindranath Tagore. The pristine village of Ballavpur Danga is nestled in the green foliage of Sonajhuri forest.

https://drive.google.com/open?id=1_dO-tcfIRQZcLcyvRgw2dwbV-XU1qq_4

A Field Worker's Diary - Part 9

A few years ago, after we formed Self-help Groups (SHGs) as part of the rural development project I was working with, we had started forming them into higher level federations such as Village Organisations (VOs) at the village level with 2 representative members from each SHG. At that time, we used to conduct VO meetings twice a month during the night-time'.

https://drive.google.com/open?id=1Om5xPvfrQJIXGL79I-ffRDZX_3mkmBKh

A Field Worker's Diary - Part 10

In an earlier post, I had mentioned about how after joining Andhra Pradesh Rural Poverty Reduction Project, I was given the assignment to stay at a village for 1 month and to start a welfare programme. If you remember, as part of the assignment I went to Orvakallu village of Guntur District of and stayed with Yakub's family. His family was dependent on Yakub, his mother and his father's daily wages for sustenance.

<https://drive.google.com/open?id=1zCBxqE4gfuKAvt7UosmntQAUpSuEaXO>

A Field Worker's Diary - Part 11

It was the year 2002; a time when there were no cell phones to keep you connected with the rest of the world. My work at that time involved supervising the implementation of Velugu Project (Andhra Pradesh Rural Poverty Reduction Project) in 4 Mandals. The incident that I am about to recount happened just after I was newly made incharge.

<https://drive.google.com/open?id=1eLvCkWBSOWUFL4s2fAs6aFhyGGriL6>

A Field Worker's Diary - Part 12

The 2004 tsunami had wreaked havoc across the coastal regions of the country as there had been large-scale loss of life and damage to property. Even though Guntur District had not been much-affected by the tsunami, fishermen's boats and nets had been damaged in some coastal villages in the district.

<https://drive.google.com/open?id=1ZH-dWnWcmwLizh6tRiJa8nVLLwBdFIQL>

Videos of the Month

How To

FPOs Compliances

Registration

Licenses



Meetings

Registers

How to do FPOs Compliances

<https://www.youtube.com/watch?v=C9-1sXUp7Js&feature=youtu.be>

External Videos

Videos of the Month

Livelihoods Improvement of Urban Poor Communities	https://www.youtube.com/watch?v=Oi4HziqKLrs
Pastoralists in Kachchh, Gujrat: "The wool is like gold to us, but we have to throw it away"	https://youtu.be/ycOHyEJBxZ8
Eco India: How old municipal buses have become a sustainable sanitation solution for women in Pune	https://www.youtube.com/watch?v=-VHAGbcL1WY
The Future of Livelihoods: The Earth recovery business	https://www.youtube.com/watch?v=ntaQF7Rz2Vk
Introduction to Permaculture Creating Sustainable Ways Of Agriculture The Art Of Living	https://www.youtube.com/watch?v=LBlvBgmP-8g
Livelihoods and Resilience	https://www.youtube.com/watch?v=2uvhqR3anlw
Climate change in the 2020s: What impacts to expect	https://www.youtube.com/watch?v=2CQvBGSiDvw
Coronavirus outbreak... UNICEF	https://www.youtube.com/watch?v=ujWFj_6FaMY
Sustainable Livelihoods and Adaptation to Climate Change	https://www.youtube.com/watch?v=5qaDDSV5V-Q
Eco India: An e-commerce website is helping artisans of Mumbai's Dharavi secure their livelihoods	https://www.youtube.com/watch?v=EngmL5uhGrA
Jharkhand's Livelihood Society Is Empowering Lakhs Of Women In The State	https://www.youtube.com/watch?v=zVEi1Xv9Vpl&pbjreload=10
Coronavirus: Volunteers make reusable masks for medical workers to combat shortage	https://www.youtube.com/watch?v=7vcSdMDWlJc&pbjreload=10
Livelihoods Video: Coronavirus Declared Global Health Emergency By WHO As Virus Continues To Spread	https://www.youtube.com/watch?v=_06Cb0dWfVvE

Images of the Month



Earthen Pots Making



Leafy Vegetables Tying



Foxtile Millets Harvesting



Spraying the Dravajeevamrutham

[Link: Monthly Compiled Images - <https://drive.google.com/file/d/1zslq6TTZ480y5NqIICRxRQXukpsfkrk2/view?usp=sharing>]

‘Yoga’kshemam

Universe confirms and seeks us to take the natural ways of life, living, livelihoods, linkages, leadership, learning and love. Natural Farming and Living Movement(s), Campaign(s), Network(s), Coalition(s), Organization(s), Enterprise(s), Foundation(s), Mission(s) and Program(s) have to multiply and get going double quick. Novel Corona Virus, COVID 19 (SARS-CoV-2) confirms that the window is small. It may not be till 2030 as projected earlier. Let us reflect, plan and act within this window. Let us mobilize and galvanize ourselves for the changes required. Livelihoods change. Products change. Services change. Pace changes. Technologies change.

Therefore, we resolve to initiate NFL Movement spearheaded by a Foundation, Coalition and/or Network this year. With Rs. 2.0 Crore as Core Funds in Y1. With 1 lakh farmers; 2000 community resource persons/lead farmers; 200 NF Professionals; 100 CBOs/FPOs; 100 CSOS; 100 Friends; 25 ICT-Technical Support Organizations. With a Y5 Vision of Rs.500 Crore Core Funds; 1 million farmers; 10000 community resource persons/lead farmers; 1000 NF Professionals; 500 CBOs/FPOs; 500 CSOS; 500 Friends; 25 ICT-Technical Support Organizations.

We will use the time during these testing times. We will develop the Articles/Charter. May be a Trust Deed. Local, State, National and Beyond Mechanisms. Thematic Centres-Schools. Resource Centres – Organizations – Forums – Platforms. Geographies. Pooling up Literature, Books, Case Studies, Reports, Material, Modules, Models, Micromodels, Portfolios, Videos, Policy Documents, Research Notes etc. Lists of Practitioners, Explorers, Researchers, Best Practitioners, Resource Persons, Consultants, Communicators, Advocates, Mentors, Friends. Partners, Philanthropies, Influencers, Writers, Social Media, Weblinks etc. We will develop the initial core group/team. Initial governance fraternity. Initial Action Plan. Initial Infra. Long-term Agenda and 5-year plan. Initial Proposals to Friends, Associates, Partners. Results Frame and Budgets. Consulting Group and Support Agenda. Support to NFL Entities/NFL Support Entities. Initial Modus operandi.

Coronavirus Times

Corona, global pandemic, discovered on 29 December 2019, now spread across the world, is slowing us down. Slowing down double is the only way to frustrate and tackle Corona. India is moving into phase 3, local transmission. Next will be Community Transmission. India has moved to total lockdown, shut down, from social distancing. A la Night curfew, and minimal

movement during the day. All States, UTs; All Districts. Trains stopped. Flights stopped. Ports closed. Public Transport is being stopped. Limited movement. For Essentials and emergencies. By select workers. Governments are giving Rs.1000/1500 per family along with ration to ‘survive’. Employers are asked to pay wages in full to employees, while they work from home, where possible. Government of India may also step in to help the poor to survive. More testing centres are coming up. More isolation wards, camps, buildings. More treatment hospitals. ICUs. Ventilators. More people in self-isolation. Reduced non-vegetarian consumption. More stocking up - increased groceries at homes, that can afford. India masks faces. India washes hands. India slows. India Battles. India is at War. War Chests. Health Army. All India Lock Down for at least 21 days till 14 April. National Emergency. Police, CRPF and Army takes charge.

We are entering into a 100+ day period of ‘testing times’ – slowing down, working from work, or no work outside. Locking down may get extended.

[Courtesy, Deepa Krishnan]. Mumbai’s Bubonic Plague in 1896, we can draw parallel to. Something to learn from, although it was some 100 years ago.

In 1896, a strain of bubonic plague of Chinese origin, came to Mumbai. First it reached Hong Kong, and then came via ship from Hong Kong to Mumbai, carried by the rats in ships. When the rats died, the fleas on the rats jumped on to the nearby humans, infecting them. Naturally, more people started getting infected and dying in droves in south Mumbai. The main brunt was borne by the mill workers, mainly Hindu migrants from other parts of India.

The British cracked down fast on further spread by quarantining, strict isolation, disinfecting and washing streets, and insisting those who were infected get treatment. Fairs and pilgrimages were cancelled. House to house searches were made, and people forcibly evacuated and moved to camps. They had strict inspection in train compartments, with examination of both men and women to see if they were infected. Infected belongings were burnt to limit the epidemic.

However, all containment measures were of no use, as some fled the city. As the deaths continued, more

people fled into the interiors, taking the infections still further with them. Within the first 4 years of its arrival, the plague had killed 8 million people, say some accounts. Others say it was 6 million over a decade. Either way, it was a very high number. The deaths peaked in 1907, although the plague started in 1896. Rich or poor, it spared no one. The mortality rate, by the way, was less than 2%.

Once people started fleeing everywhere, the British switched to vaccination (developed by Dr Haffkine) as a method to treat it. Quarantine and forceful evictions from houses continued. However, the bubonic plague continued to kill people for 30 years. But the numbers were only high in the initial outbreak locations for the first 4 years. After that, people got smarter in keeping track of dead rats and outbreaks. Haffkine institute continued to do testing and control. There was no crazy panic. Vaccinations grew. They finally recorded 12.7 million deaths from 1896 to 1957. This strain of the bubonic plague was active till 1960. In that year, the worldwide casualty had dropped to about 200 people, and WHO classified the pandemic as over. So that's what it took. 60 years, for the plague to go away.

For Corona, we may not relive the entire Mumbai Plague story. But the numbers will, in all likelihood, increase significantly across the country in the next 2-3 months. R Laxminarayan projects up to some 30 Crore if we are not careful. But a Crore of them will be severely affected. This, if the curve flattens, India can handle. We need to shield the elderly, infants, and the people with severe health conditions. Eventually, over a couple of years, all of us will get infected, if not vaccinated. But we will be ready to treat it for sure. Fatality rate itself will reach a fraction of a percent.

We need to discipline ourselves and practice living in Corona times.

First, we should be aware of symptoms – mostly together – fever, dry cough, fatigue, sputum, breath shortness, muscle pains, sore throat, and headache; without runny nose. Indigestion, Diarrhoea can be fatal.

Second, we should know that it has 5-6 day incubation, and the disease lasts 2 weeks. We should maintain physical distancing and social distancing.

Keep washing hands. Keep masks on the face, when outside.

Third, we should shield more vulnerable – elderly, children, persons with severe health conditions, and care the poor economically, financially, socially, emotionally and spiritually. There will be economic slowdown, for sure. May be, we go back by a year or more. We need to tighten our belts. Poor need to be helped.

Fourth, we should note more such epidemics are likely. We should remain ever ready now.

Fifth, we should note that COVID talks away the time, energy, funds, and resources and the funds for other programs, activities, and agenda (may be essential) would come down.

Sixth, we should take social distancing as a new normal. Less visits; less travel; more field for longer time, and less office; more work from home, at least those who can afford; less meetings; less numbers in the meetings; E-communications, conversations, meetings, classes; less currency etc.

Seventh, we should use this 'slow down' to reflect; to look deeper inside with N; to discover our life's purpose – an intersection of what we love, what we are good at, what the world needs, and what we can be rewarded for; to realize purpose is in our work with lasting joy; to vision and make long-term plans; to plan for experimenting, a few minutes a day, a few hours a week, a few days a month, a few weeks a year or a gap period; to rest, to catch up sleep; to rest our throats; to relax; to meditate; to 'write'; to stop using 'should' or 'should not'; to be with nature; to be frugal; to practice simple living; to seek happiness from within; to discover new purpose(s), and realign, where required; to reduce physical, emotional energy consumption; to invest in relationships; to invest in 'learning'; to invest in 'fitness' for longer usefulness; and we continue our lives.

Krsna guarantees: U offers oversight. N takes the command. Joy from deep within returns. If we do not negotiate Hope, Faith, Promise, and Love, with 'learning'. If we live, lead and be led by N. For N. Let us be and nurture loving servant leaders-management workers-social entrepreneurs-caring mentors for N in U. ❖

Articles of the Month

Systemic Risk of Pandemic via Novel Pathogens –

Coronavirus: A Note

“we are dealing with an extreme fat-tailed process owing to an increased connectivity, which increases the spreading in a nonlinear way... While there is a very high probability for humanity surviving a single such event, over time, there is eventually zero probability of surviving repeated exposures to such events.” The authors discuss the nature of risk posed by coronavirus and alternative lines of thinking and practical measures to contain it in an increasingly interconnected globe. A short read.

https://drive.google.com/file/d/1w7K4RzUxLRoTRsAekURZ7NVGHSPitrcu/view?usp=sharing&fbclid=IwAR2Xgk_fHAuu1y4jhSW5kVqIHFiEPRkhGe5qt7RCdFr9QE4C4GQQxpTIt4

The Almost Perfect Baby- Jean-Hugues Déchaux

“...pre-implantation diagnosis (PGD) coupled with IVF (in certain rare contexts of a particular serious family or personal history) and, in the near future, germline editing, bring the possibility of another rationale: positive selection, in which the parents’ choice focuses on the best genome configuration, either by choosing between several available embryos (in the case of PGD) or by directly altering the future child’s genetic make-up (with germline editing).” The author describes the genetics, eugenics and reproduction behind creating the perfect genome.

<https://booksandideas.net/The-Almost-Perfect-Baby.html>

The problem is beyond psychology: The real world is more random than regression analyses- Nassim N. Taleb and Daniel G. Goldstein

“...the tools themselves underestimate randomness”

The authors talk about how statistical tools exclude random events, the nature of fat tailed events and how such assumptions lead to an underestimation of real-world risks. An interesting read for mathematicians and statisticians.

<https://fooledbyrandomness.com/Taleb-Goldstein-IJF2012.pdf>

India's Informal sector: The vilified-glorified 'other' side of the Formal

“It is not very difficult to see how this entire debate is oversimplified because there is rarely an attempt to see the informal sector from its own perspective. It is always analysed from the perch of the formal, in ‘negation’ of it or an ‘other’ to it. “

The author says that the informal and the formal are not opposites and that the increasing push towards formalization may be counterproductive.

<http://www.forbesindia.com/article/iim-bangalore/indias-informal-sector-the-vilifiedglorified-other-side-of-the-formal/47245/1>

The Most Respectful Interpretation

“Learning to be “good-tempered” and “well-adjusted” requires us to try to be more self-aware, situationally aware, and to acknowledge our self-centered nature.” The author says that we should fight off our tendency to assume the worst about people during hard times by adopting the most respectful interpretation.

<https://fs.blog/2017/01/most-respectful-interpretation/>

Swachh Bharat Is Focused On Using Latrines That People Won't Use: An Interview With Diane Coffey

“It doesn’t focus on teaching people about twin-pit latrines, why they are useful, how long it takes for it fill up, how can the pits be emptied and on changing people’s mindsets about latrine systems and emptying them. The lack of communication is a really big problem”

The researchers say that a major reason for the failure of Swachh Bharat in reducing the incidence of open- defecation is that people associate emptying the pit with manual scavenging (a taboo in a caste-based system).

<https://caravanmagazine.in/vantage/interview-diane-coffey?fbclid=IwAR3cXrXGwkmf6kOBYI8NoaBCRidYu5yebAZynEU4gYVf3xTF2hcVBg73NPA>

The mathematics behind the AAP's subsidies for electricity and water

With a chunk of expenditure spent on building capital infrastructure and revenue directed towards reducing debt, AAP has demonstrated excellent budgetary management. In doing so, it has increased its revenue substantially which

made the provision of electricity and water subsidies possible.

https://caravanmagazine.in/government/delhi-elections-2020-aap-bjp-budget-campaign?fbclid=IwAR3qMv9gU8IObm_bTAbQ-ATbzERx780Gzm7xSorcm6SN-ta2bVaUbvKkw4

Joan Didion on Self- Respect

“To assign unanswered letters their proper weight, to free us from the expectations of others, to give us back to ourselves — there lies the great, the singular power of self-respect.”

<https://www.brainpickings.org/2012/05/21/joan-didion-on-self-respect/>

How to Read a Book: The Ultimate Guide by Mortimer Adler

“The goal is not to achieve an overall understanding of any particular book, but rather to understand the subject and develop a deep fluency.” Adler identifies and defines 4 levels of reading, namely, elementary, inspectional, analytical and synoptical reading.

<https://fs.blog/how-to-read-a-book/>

How Life (and Death) Spring From Disorder

“This randomness is equated with the thermodynamic quantity called entropy—a measurement of disorder—which is always increasing.”

<https://lnkd.in/fMyTXay>

Who has the Right to Die?

“We, as humans, have the possibility to weigh our own life and decide to end it.” The author talks about the consequences of Euthanasia in Belgium.

<https://lnkd.in/fwBzjDS>

An overview of the Dunning- Kruger effect

“In many cases, incompetence does not leave people disoriented, perplexed or cautious. Instead, the incompetent are often blessed with an appropriate confidence, buoyed by something that feels to them like knowledge.”

<https://www.verywellmind.com/an-overview-of-the-dunning-kruger-effect-4160740>

Can It Be That the Chinese People Deserve Only “Party-Led Democracy”?

“Regardless of how great the freedom-denying power of a regime and its institutions is, every individual should still fight

to the best of his or her ability to live as a free person.”

Nobel Peace Prize winner Liu Xiaobo writes on politics in China

The Noise Bottleneck: When More Information is Harmful

“When the volume of information increases, our ability to comprehend the relevant from the irrelevant becomes compromised.” Nassim Taleb differentiates between noise and signal.

<https://lnkd.in/fZVQWJb>

Identity Crisis: Rethinking the Politics of Community and Region in South Asia - Ayesha Jalal

“While religion as faith can be seen to be a matter of personal belief, religion as social demarcator aims specifically at establishing boundaries with other communities.”

<https://lnkd.in/fdh5wZd>

Where do children’s earliest memories go?- Kristin Ohlson

“If the memory was a very emotional one, children were three times more likely to retain it two years later”

<https://lnkd.in/f5pyagB>

Good and Bad Procrastination - Paul Graham

“There are three variants of procrastination, depending on what you do instead of working on something: you could work on (a) nothing, (b) something less important, or (c) something more important. That last type, I'd argue, is good procrastination.”

<http://www.paulgraham.com/procrastination.html>

Extreme chemistry: experiments at the edge of the periodic table

“Rather than chasing new elements, scientists are going back to deepen their understanding of the superheavy ones — roughly speaking, those with an atomic number above 100 — that they have already made. “

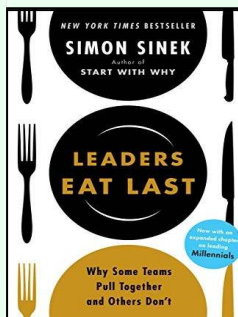
<https://www.nature.com/articles/d41586-019-00285-9>

Caring for your Introvert

“For introverts, to be alone with our thoughts is as restorative as sleeping, as nourishing as eating” The author gives insights into the nature of introversion.

<https://www.theatlantic.com/magazine/archive/2003/03/caring-for-your-introvert/302696/> ❖

Books of the Month

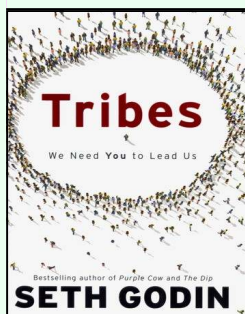


Leaders Eat Last: Why Some Teams Pull Together and Others Don't – Simon Sinek

Sinek explores what makes people love their jobs, and how you can sculpt your leadership style to inspire those around you. To become an effective leader, Sinek postulates that you must protect your team and make them feel included. This fascinating read shares a number of thought-provoking, real-life examples of how long-term, sustainable success will only come as a result of building empathy, imbedding the right culture and effectively playing on the old adage that people are more productive if they are happy and engaged.

Download: <https://b-ok.cc/book/2324775/9af054>

Buy: <https://www.amazon.in/Leaders-Eat-Last-Together-Others/dp/1591845327>

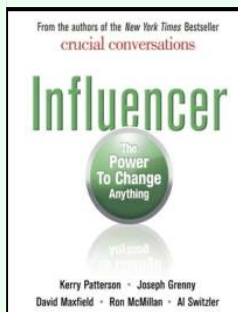


Tribes: We Need You to Lead Us – Seth Godin

Forming a tribe has been human nature for thousands of years. Godin looks at how this mindset is still prevalent, and what you can do to become the leader of your modern-day “tribe.” He examines how social media has created millions of tiny “tribes” that center around specialized topics, and how even the most unlikely person can lead these groups.

Download: <https://b-ok.cc/book/1231477/c69e4c>

Buy: <https://www.amazon.in/Tribes-We-need-you-lead/dp/0749939753>

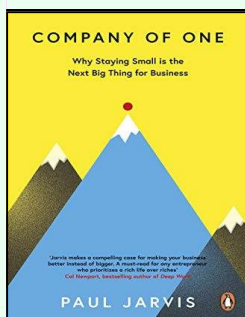


Influencer: The New Science of Leading Change – Kerry Patterson

A great idea alone can't drive change; it takes influence to inspire new attitudes and behaviors. This book breaks down the science of change, supporting its findings with research and case studies. Readers also learn how to use the principles to drive real transformation in their everyday lives.

Download: <https://b-ok.cc/book/2543989/543407>

Buy: <https://www.amazon.in/Influencer-Science-Leading-Change-Paperback/dp/0071808868>

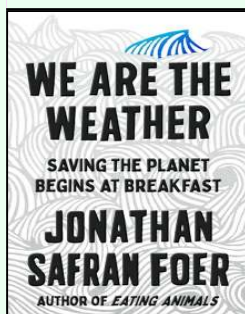


Company of One: Why Staying Small is the Next Big Thing for Business – Paul Jarvis

In the book, author and veteran solopreneur, Paul Jarvis, breaks down his practical philosophy (and actionable approach) to building a self-funded, profitable and enjoyable business that's designed to deliver the lifestyle you want to live. In a world overflowing with advice telling entrepreneurs to launch a “fast growing” startup, get investor funding and aim for billions in revenue, Company of One is a refreshing path for entrepreneurs to instead focus on building a purposeful, single-person business that's designed to last.

Download: <https://b-ok.cc/book/3675615/40a785>

Buy: <https://www.amazon.in/Company-One-Paul-Jarvis/dp/0241380227>



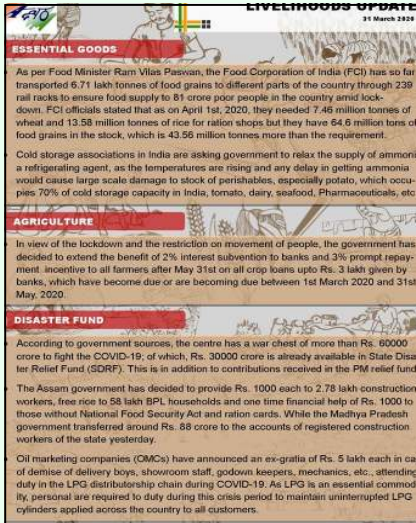
We are the Weather: Saving the Planet Starts at Breakfast – Jonathan Safran Foer

The link between animal agriculture and the climate crisis has historically been ignored, but collective actions such as decreasing meat consumption could play a huge part in reducing carbon emissions. The bestselling author of Eating Animals has written a fresh take on the climate crisis detailing what we can do to make a change, starting with the food chain. Delivered with Safran Foer's signature wit, he discusses and debates our personal reluctance to give up creature comforts while revealing the profound and immediate effects it could have on the planet.

Download: <https://b-ok.cc/book/5247747/3d0fac>

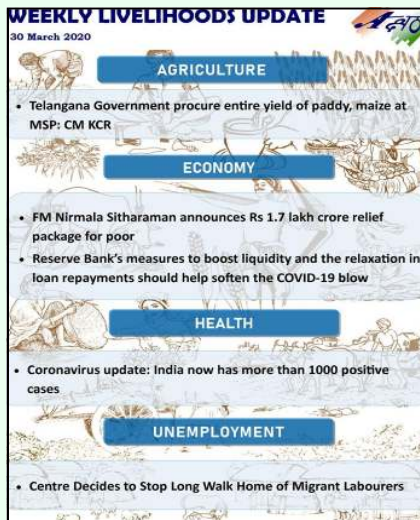
Buy: <https://www.amazon.in/We-Are-Weather-Saving-Breakfast/dp/0735233071>

Livelihoods Update



We collect the livelihoods related (agriculture, rural development, livelihoods, economy, enterprise, partnerships, energy, entrepreneurships, health, education, service sector, skill development, climate change, monsoon and etc.) news every day and put a form and upload in Social Media.

Weekly Livelihoods Update



We collect the livelihoods related (agriculture, rural development, livelihoods, economy, enterprise, partnerships, energy, entrepreneurships, health, education, service sector, skill development, climate change, monsoon and etc.) articles every week and put a form and upload in Social Media

'Yoga'kshemam

Srirama Navami! Mahavir! Good Friday! Easter! Baisakhi! New Year! Babu Jagjivan Ram! Dr Ambedkar! Ramzan Month! Akshaya Tritiya! Earth Day! Blindness! Autism! Mines! Health! Homeopathy! Motherhood! Haemophilia! Malaria! Safe work! Maritime! Civil Services! Veterinary! Ayushman! Heritage! Panchayat Raj! Books! Copy Right! Intellectual Property! Fools!

May | Laughter | Press | Fire | Asthma | Aesthetics | Athletics | Red Cross | Thalassaemia | Mother | Technology | Nurses | Family | Endangered Species | Telecom | Museum | Armed Forces | Anti-Terrorism | Biological Diversity | Tobacco | Sankara | Ramanuja | Gurudev | Buddha

Coronavirus, COVID 19 goes forward. 7+ Lakh infected, 25,000 succumb. India is in stage 2. 1250+ infected; 32 succumb. Janata Curfew – followed by National Lock Down till 14 April. May get extended further. Another 28 days. Another 49 days. We need to get cracking on testing. We need to get cracking on returning migrants. We need to be cracking on supporting the poor-vulnerable-marginalized with cash, ration and waivers. We need to shield elderly and infants with special focus and care. We need to stay home, stay safe, with no face touches and keep washing hands with soap. We need to assert positivity.

Surely, we are going back by a year or more. Small enterprises and self-employed units need help to withstand. Some grants. Some no interest loans. Some new investments.

Some need rehabilitation after the loss of family members. Some need to resurrect from the collapse they are experiencing. Some need new skills, tools, and orientation change for new emerging situation of the future.

We should reflect and be future (Post-Corona) ready.

Let us be more electronic. Let us be equipped to do more e-conferencing, video conferencing. Let us make videos and send. Let us do e-classes. Let us do e-tests. E-selections. E-training. E-payments. E-services. E-consulting. E-conversations. E-books. Blogs. Vlogs. V-clips.

Let us be ready for future 'Coronas'. Let us be chemical free. Let us invest in health infrastructure. Let us have more Health HR at various levels. Including paramedics. Health-centred social entrepreneurs. Food-Nutrition-Health-WASH centred social entrepreneurs. Climate-centred Social Entrepreneurs. Education-centred Social Entrepreneurs.

Let us be current. Let us read the classics – new classics and make them available to people at large. Let us generate 10,000 hours of material that everyone should be mandatorily going through. In text, picture, audio, video formats. In experiencing format. Another Million Hours or ten million hours of Material

may be available for people to choose and cherish.

Let us write.

Let us go rural. Live in a small community. Be frugal. Be natural. Be local-reliant. Let us work on models. In a small way. Let us work with young. In small numbers. Let us work with Development Leaders, Social Entrepreneurs, PR and Community Leaders, Collective Leaders. In a small way. Let us work on Schools. On Health. 0-18 years. 1000-days+3-18 years. With villages in an integrated manner. A variety. In small numbers.

Let us intensify the working on climate change. TRUE livelihoods. Human dignity. Self-help. Natural living and natural farming. Collectivization and collective conscience. With commitment to global universal values – Hope, Faith, Promise and Love.

Let us demonstrate working on realizing the potential – for the child, for the community.

Let us 'see' the world again. In 3 years. All states and UTs. 100 Districts. 300 Blocks. 1500 GPs. 30,000 Poor-Vulnerable-Marginalized.

Let us work with people who are making a difference. In 5 years. 50 Lead Mentors. 250+250 Mentors. In themes and in

geographies. Working in Districts. Working in Thematic Areas. 6000 local facilitators, trainers, young professionals, community professionals. 60,000 community leaders, cadres and animators. 40,000 in community institutions and local governance. 25,000 institutions.

Let us work with Community Leaders. Business Leaders. Social Leaders. Academic Leaders. Knowledge Leaders. Science-Technology Leaders. Policy Leaders. Bureaucratic Leaders. Political Leaders. Spiritual Leaders. May be 1,000 of them in 5 years. 1,000 each in 10 years.

These are transition times. We need to get going. Mentally. Emotionally. Physically. And importantly spiritually. Let the human spirit prevail. Let us live, let the life live.

Let us unlearn and learn. Till the end. Let us remain useful. Let us grow and let our children grow into this paradigm fully. Let our leaders grow into this. Let the Will and Genius of Universe keep us there. **Let us be there flowing in N.** This is siddhayogam. Can we be there? **Yes, if we pursue Atma Yoga.** If we are in N! If we practice! Krsna confirms One with N becomes 'him'.

Join us in the world of yoga – for life – towards bhavayogasiddhi. You will not regret it. ❖

G Muralidhar

Covid 19 - Corona Virus in India



The total number of positive cases (including deaths) in India: 1,945 as of April 2. Total deaths in India: 67

Haryana: 1 Uttar Pradesh: 2 Telangana: 12 Madhya Pradesh: 6 Karnataka: 3 Delhi: 2 Maharashtra: 16 Punjab: 4 Bihar: 1 Gujarat: 6 West Bengal: 7 Himachal Pradesh: 1 Tamil Nadu: 1 Jammu and Kashmir: 2 Kerala: 3

States/UT with confirmed positive cases: (State-wise details are updated as we receive information) Kerala: 265 (including 8 foreigners)

Kerala: 265 (including 8 foreigners) Punjab: 44 Delhi: 152 (including 1 foreigner) Jammu and Kashmir: 62 Ladakh: 13 Rajasthan: 129 (including 2 foreigners) Uttar Pradesh: 107 (including 1 foreigner) Maharashtra: 338 (including 3 foreigners) Karnataka: 110 Tamil Nadu: 124 (including 6 foreigners) Telangana: 124 (including 11 foreigners) Haryana: 43 (including 14 foreigners) Andhra Pradesh: 111 Himachal Pradesh: 4 Gujarat: 86 (including 1 foreigner) Uttarakhand: 7 (including 1 foreigner) Odisha: 4 West Bengal: 27 Chandigarh: 13 Chhattisgarh: 18 Madhya Pradesh: 98 Bihar: 24 Puducherry: 6 Manipur: 2 Mizoram: 1 Goa: 6 Andaman and Nicobar Islands: 10 Jharkhand: 1 Assam: 16

No. of people discharged: 133