



livelihoods

today and tomorrow

February 2017

Natural Farming



Supplements

livelihoods
today and tomorrow

February 2017

Income & Expenditure Analysis and Traded-in and Traded-out

'How To'

Livelihoods interventions are based on the current (stable) assessment of livelihoods, community, village, or farm level. In the context of the National Action Plan (NAP) and the state's policy strategy, the livelihoods analysis is a key component of the overall livelihoods analysis. The livelihoods analysis is a key component of the overall livelihoods analysis. The livelihoods analysis is a key component of the overall livelihoods analysis.

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North Kerala and Mahadulils

'Kshetram & Sakshestram'

This document is intended for the members of the Mahadulils and Kshetram. It provides a detailed analysis of the livelihoods in the region. The document is intended for the members of the Mahadulils and Kshetram.

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Special Supplement

Nagarjuna-Sagar Reservoir Tiger Reserve

This document is intended for the members of the Nagarjuna-Sagar Reservoir Tiger Reserve. It provides a detailed analysis of the livelihoods in the region. The document is intended for the members of the Nagarjuna-Sagar Reservoir Tiger Reserve.

National Youth Day! Happy Makara Sankranti! Happy Republic! Martyrs!

Let us remember Swami Vivekananda to get inspired. Let us payback. Let us make payback a movement.

Demonetization heat subsides. Costs are known and benefits are yet to be visualized.

Jallikattu is ON through ordinance and bill, thanks to Chennai Makkal Movement.

Elections in 5 states have picked up momentum. We have to wait till March to have the results. It appears a tough fight, although SP's storm in a tea cup subsided, and SP and INC are in alliance.

In a smooth transition, Obama exits and Trump takes charge in USA, amidst huge protests. He gets cracking.

We need more and more professionals in Development Management domain. We can take people with good 3R (read, write, arithmetic) skills. May be graduates with 1-2 years experience or post-graduates. They need to go through a guided self-learning programme before they get absorbed in the domain work. The programme may be spread over two years –

- *three months of Orientation-Basics-Basic Skills-Research and Participation Skills-Field Stay and Field Work;*
- *2.5 months of Context courses building on the Field Stay – Development Theories and Practices; Livelihoods and Collective Action; Poverty-Vulnerability-Marginalization and Vulnerable Groups and Communities; Ecology, Environment and Production Systems; Organizations and Governance; Accounting; MIS/GIS Skills*
- *Followed by, 2.5 months of Conceptual and Functional Courses – Managerial Economics; Markets and Marketing; Costing and Finance; Financial Services; Organization Behaviour and Human Resources; Employment and Enterprises; Development Planning and Project Management*
- *Followed by Internship (Project work in an organization) of 1.5 months*
- *Followed by, 2.5 months of Integrative and Advanced Courses – Sectoral Dimensions, Policies, Programs and Issues; Social Responsibility; Individual Theme Paper(s) and Individual Project Work*
- *1-year online learning and integrated action based fellowship, with option for 1-year extended fellowship or support for incubation of social enterprise*

Similarly, appropriately designed community professional programme may be useful.

We can also think of long-duration initial orientation and immersion programmes for new professionals.

Let us get more committed competent passionate professionals to support poor, their collectives and their support organizations and programmes. Very quickly. In large numbers.

The time has come for the farmers to go back to basics. Natural Farming. But with intensity. Land has to be developed. Soil Nutrition has to be improved. Water has to be harvested. Moisture has to be conserved. Multiple crops have to be taken up. With varying durations. With varying heights. System of Root Intensification has to be tried. Local Seeds have to be preserved and used. Seeds have to be treated. Land needs to be prepared. Mulching needs to be done. Bijamritam, Jivamritam etc., have to be used. Non-pesticide management with natural methods have to be adopted. Harvesting and post-harvesting have to be systematic. Storage is useful. Local value-addition has to be attempted. Farmers have to be organized and peer-to-peer learning and farmer field schools have to be facilitated. Producer-consumer linkages have to be established. Early results are encouraging. Yields and net incomes are going to be better. In this context, 'livelihoods' has explored 'Natural Farming'.

Do not miss reading Gurucharan Das's 'India Unbound'.

The e-links include VCA - 'Paddy VCA in Revanapally Village'; subsector - 'Tomato Sub-sector in India: INDIA PROCESSING TOMATO SEGMENT'; e-book - 'From Poverty to Power-Duncan Green'; and v-book - 'MGNREGA-MP empowered and fully rural development - Rajgarh'. Livelihoods Management Notes (e-link) are on 'Livelihoods Support'.



Supplements include 'How to do Income and Expenditure Analysis, Traded-in and Traded-out Analysis?'; 'North Kerala' and 'Mahadalits'; and 'Nagarjunasagar-Srisaillam Tiger Reserve'.

With the faith and hope that you find this issue useful, we remain.

the 'livelihoods' team

Response



Dear Sir/Madam,

Livelihoods monthly magazine is very use full for us. So thank you very much.

Thanks and with regards,

MV Rao (Development Professional, UP)

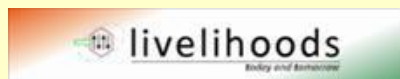
Hyderabad

Dear Lakshman

This issue is very good and it has given a very clear picture about Demonetization. Resource and social mapping has given thought refreshing. Very interesting issue in total.

Thanks and regards

S. Dass



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VCA	Paddy VCA in Revanapally Village http://livihoods.net.in/sites/default/files/pdf/paddy_vca_in_revanapally.pdf	
Sub-sector	Tomato Sub-sector in India: INDIA PROCESSING TOMATO SEGMENT https://avrdc.org/download/publications/technical-reports/reports/GIZ_India-Processed-Tomato-Study_16Sept2016.pdf	
e-Book	From Poverty to Power - Duncan Green https://www.oxfamamerica.org/static/media/files/From_Poverty_to_Power_2nd_Edition.pdf	
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Millions of people face food shortages in the Horn of Africa:

With as little as one-quarter of expected rainfall received, widespread drought conditions in the Horn of Africa have intensified since the failure of the October-December rains, FAO said. FAO estimates that over 17 million people are currently in crisis and emergency food insecurity levels in member-countries of the Intergovernmental Authority on Development (IGAD), namely Djibouti, Eritrea, Ethiopia, Kenya, Somalia, South Sudan, Sudan and Uganda, which are in need of urgent humanitarian assistance. Areas of greatest concern cover much of Somalia, north-east and coastal Kenya, south-east of Ethiopia as well as the Afar region still to recover from El Nino induced drought of 2015/16; and South Sudan and Darfur region of Sudan due to the protracted insecurity. Currently, close to 12 million people across Somalia, Ethiopia and Kenya are in need of food assistance, as families face limited access to food and income, together with rising debt, low cereal and seed stocks, and low milk and meat production. A pre-famine alert has been issued

for Somalia and an immediate and at scale humanitarian response is highly required.

World Bank eyes Mindanao for pilot agri projects after PRDP:

Even as the Philippine Rural Development Program (PRDP) is carried out across the country in line with the Duterte administration's promotion of inclusive growth in the agriculture sector, the World Bank (WB) is already eyeing Mindanao as a pilot area for other programs when the PRDP ends in 2021. In a recent meeting with top Department of Agriculture (DA) officials, the WB expressed interest in the conceptualization and roll-out of agricultural development programs post-PRDP, as well as smaller interventions that may be immediately implemented in addition to sub-projects currently being pursued under the PRDP. The bank sees Mindanao as the entry point for a new engagement with the Philippine government, following the steps taken under the Mindanao Rural Development Program (MRDP), the PRDP's precursor. ❖

Padma awardees 2017: The government announced Padma awards to citizens of the country in recognition of their distinguished contribution in various spheres. These awards are conferred by the President of India at ceremonial functions which are held at Rashtrapati Bhawan usually around March/April every year. This year the President of India has approved conferment of Padma Awards to 89 persons as per the list below. The list comprises of 7 Padma Vibhushan, 7 Padma Bhushan and 75 Padma Shri Awardees. 19 of the awardees are women and the list also includes 5 persons from the category of foreigners, NRIs, PIOs and 6 posthumous awardees.

Padma Shri Award for Agri & Social Work: 1. Genabhai Dargabha Patel (Agriculture); 2. Daripalli Ramaiah; 3. Girish Bhardwaj; 4. Karimul Huk; 5. Bipin Ganatra; 6. Nivedita Raghunath Bhide; 7. Appasaheb Dharmadhikari; 8. Baba Balbir Singh Seechewal; 9. Dr. Mapuskar; 10. Anuradha Kohirala and 11. Chintakindi Malleshham (Science & Technology).

Rural ministry races against time to build houses for poor: The rural development ministry has to double its efforts to fulfill Prime Minister Narendra Modi's promise to build more houses for rural poor. In his address to the nation on the eve of the New Year, the PM announced that his government will build 33% more houses under the Pradhan Mantri Grameen Awas Yojna. For the ministry, grappling to meet the annual targets of houses, it means that a total 4.4 million new rural houses for poor have to be built in this year. The housing programme, a popular scheme in rural India was earlier named after Indira Gandhi but last November, the Modi government renamed it as Pradhan Mantri Grameen Awas Yojna.

India, UAE set to ink deals on marine affairs, agriculture, transport: INDIA AND the United Arab Emirates (UAE) are likely to sign agreements on maritime affairs, transport and training, agriculture, and small and medium industries when visiting Crown Prince of Abu Dhabi, Shaikh Mohammad Bin Zayed Al Nahyan, meets Prime Minister Narendra Modi. Officials said that while major focus of the visit will be signing the

comprehensive partnership agreement, pacts on other areas will signal the broad-based cooperation between the two countries.

Gram Sadak Yojana may meet road targets after five years:

After a gap of five years, the government's flagship rural road connectivity programme, the Pradhan Mantri Gram Sadak Yojana (PMGSY), is expected to achieve its annual target of constructing some 49,000 km of roads this year, two officials at the rural development ministry said. According to the first official, 48,812 km of rural roads will be laid by 31 March 2017, "as construction work picks up from January to May every year." "So far (January 2017), a total of 32,963 km of road has been completed which is 67.53% of the annual target," the official said. "This translates to 111 km of roads getting constructed every day. According to the annual target, the average per day construction should be 133 km. From April to August 2016, PMGSY achieved an average per day construction of 139 km and therefore by 31 March, 2017, we are sure of achieving the annual targeted length of 48,812 km," he said.

Only two buses for every 1000 people in India: report: Despite the growing emphasis on public transport across the country, India has only two buses for every 1,000 people according to a report released by an environmental NGO here. "On an average, India has only two buses for every 1,000 people - this is despite the growing emphasis on public transport as cities across the country succumb to severe air pollution."

Govt approves 3 per cent interest subsidy on homes loans up to Rs 21 lakh:

In a bid to ease EMI burden by ensuring cheap home loans in rural areas, the Centre today approved 3 per cent interest subsidy on loans of upto Rs 2 lakh for all households which are not covered under Pradhan Mantri Awas Yojana (Grameen). "The government is committed in its mission to ensure housing for all by 2022. The interest subvention will not only reduce the equated monthly installment (EMI) burden on the poor but will also help them in further construction or expansion of their current homes," Rural Development Minister Narendra Singh Tomar told PTI. ❖

Scheme	Public Service Institution
MGNREGS	Adult Education Centre (AEC)

The Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) has been implemented in Gantlavelli village, Farooqnagar mandal, Rangareddy district since 2006. The village has 118 families, and presently there are 415 job cards. The MGNREGS job cards issued to the various categories include: SC-205, ST-140, BC-70. There are 13 Srama Shakthi Sanghalu (SSS) in the village, and one of it is Physically Disabled Group (PDG). The mate leads each SSS group. Each group has 18-22 members. In the village, there are two cluster groups. The workers get their wage once a month from their bank account. The average wage rate in this village is Rs.151/- per day under the scheme.

The present Field Assistant (FA) is Charakonda Lingam and Technical Assistant (TA) is Vaani. Both of them coordinate well and provide works to MGNREGS job card holders. Most of the works are available from March to June in a year. At times, if they do not get work, the SSS fills the application and gets the signatures of all the members for work to be generated. The application is submitted to MPDO through FA. As on date, the village has completed works worth Rs.12 lakhs in this year. The village job cardholders earned about Rs. 2, 92,000, with the total man days of work being 6900. As part of the works, the job card holders do land leveling works; build dumping yards; take up road formation for agriculture fields and grave yards; build rainwater harvesting pits, feeder channel works, 18000 Haritha Haram pits; plantation of 100 palm trees; four check dams for preservation of rain water, clearing of bushes, etc. ❖

Adult Education Centre (AEC) is located in Gantlavelli village in Farooqnagar mandal, Rangareddy district in Telangana state. It was established on 30-11-2010, and has been providing adult education free of cost in the age group of 15-75 years. The AEC is located in the GP premises. It operates evening from 6:30 PM to 9:00 PM. The Saksharatha Bharath Coordinator, Balaraju is maintaining the AEC. He was appointed by the Village Development Association (VDA). The Centre has registered around 226 members; with 82 males and 144 females. The center enables adults to write their names and signatures, and also provides empowerment to illiterate people. The coordinator provides his services to the center. The AEC imparts functional literacy and numeracy to non-literate and non-numerate adults and improves their earning and living conditions. The coordinator teaches basics of mathematics, general science, social, telugu and moral stories etc..

The AEC has a huge number of books, Audio, Video aids and two computers. It provides stationary which can be accessed by the illiterate adults. There is a library service and local youth access to the facility. It conducts exams in March and August every year and those who qualify, are provided with certificates i.e., National Institute of Open School (NISO) certificate. The AEC is doing a commendable job empowering illiterate adults. The AEC is well-supported by the local GP, and the village has 100% sanitation; it has received the Swachh Bharat Puraskar from the Government of India (GOI). World Vision India is supporting to AEC. ❖

Traditional Institution	Individual Enterprise
Services Providers: Madiga Community	Milk Collection Centre

Scheduled Caste (SC) community; Sub-Caste: Madigas, are largest SC groups in India, have in ancient presence. Telangana State of Venkatapuram village, Mudigonda mandal, Khammam district is home to 80 SC Madiga families. Community was once a large hunting & food gathering tribe, but over the years; in medieval times, they were pushed down social structure to a really low level. Over the years, community has been pushed to do agriculture labour works and other menial works. Community in village performs various community based socio-ritual customs, are hereditary - customary rights. Communication of social events is one task, which is exclusively performed by the community & it is infamously called as Drum Beating event (Dappulu). Task is paid either in cash or in kind. Head of the community is known as Madiga Pedda, who has customary right to perform rituals to goddess "Yellamma". All the matters pertaining to the community are discussed and resolved in their Kula-Panchayat; a traditional political institution. Fines are imposed by the community, if individual is found guilty, and fine collected is utilized for their community development activities. Activities are performed in their local goddess temple's premises. Also perform animal sacrifices for other caste groups in the village. The community also have taken to mainstreaming of their own lives. Education has made inroads into their community, and traditional services provided by Madiga community are gradually reducing, except for some important socio-religious rituals. ❖

Narasimhulu (35) has been running a milk collection centre since 2010. He is living in Gantlavelli village, Farooqnagar mandal, Rangareddy district, Telangana. Apart from milk collection, which is Narasimhulu's part-time job and provides much-needed additional income to his family, he is also into agriculture. He collects milk daily from the 68 local villagers in two sessions such as from morning 6 am to 8 am and evening 6 pm to 9 pm. The collected milk quantity during morning hours is generally 160 liters and evening hours is 110 liters. Prior to collection of milk, the fat content in milk is checked with authorized equipment by respective dairy. The rate of the milk is decided based on fat content, and later rate of milk sold to the consumers is decided; the rate of cow milk is Rs. 15-35/- and buffalo milk is Rs. 26-35/-. Later, the collected milk is sent to Vijaya Dairy, Shadnagar. The quality of milk is measured with technical equipment which provided by Vijaya Dairy. Every weekend, he gets his payment of Rs. 72,000/-, and he pays due amount to the local villagers and they pay 70 paise commission per one litre of milk to the agent or the owner. He maintains a daily register of the milk quantity received and also notes it down in the pass book maintained by the consumers. One of the private hotel owners, purchases 20 litres of milk for his hotel. He earns Rs. 10,000/- to Rs. 12,000/- per month. ❖

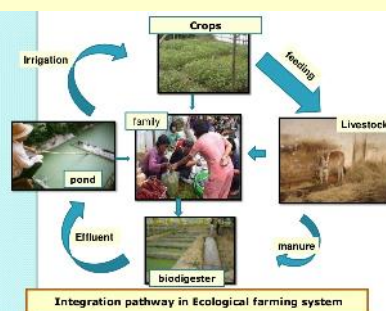
Natural Farming

Natural Farming (NF) was the original form of agriculture that dates back to pre-historic times & is considered to be the most resilient agro-ecosystem. All NF is considered to be organic farming. It was the form of forest gardening, which is world's oldest practice. The world witnessed advances in biochemistry & engineering during the pre-World War II period. These advancements brought profound changes in farming. Mechanized farm implements, hybrid seeds, changing labour equations, reduction in manual labour & animal labour, increase of herbicides, fertilizers and pesticides etc., created an era of mechanization of agriculture. The inorganic methods led to serious side effects on people and environment alike. This resulted in contemplation over the ongoing practices in agriculture and of revival of "modern organic farming". In this context livelihoods explore to understand 'Natural Farming'.

In post-World War II era, technological advances accelerated innovation in all aspects of agriculture, resulting in large advances in mechanization i.e., irrigation, fertilizers and pesticide usage. Chemicals, which were produced in large quantities for warfare i.e., Ammonium Nitrate & Dichloro-Diphenyl-Trichloroethane (DDT) were used for agriculture, as general insecticide and widespread use of pesticide too. This sophisticated farm machinery allowed single farmers to work in larger areas of land, fields grew bigger and bigger.

Green Revolution (GR) started in 1944, when an international campaign was launched in Mexico with funding from US. The main goal was to encourage development of hybrid plants, chemical controls, large-scale irrigation and heavy mechanization in agriculture around the world. High global population growth was widespread, which kept GR going. With increased pollution, in 1970s the global movements took momentum on environment protection with increased focus on organic farming. With time, distinction between organic and conventional farming became clearer. International Federation of Organic Agriculture Movements (IFOAM) was founded in 1975; Fukuoka emphasized his approach to small-scale grain production, with meticulous balance of local farming ecosystem and with minimum of human interference and labour by releasing his book "The One-Straw Revolution". By 1984, the first organic certification service was established in US and the Organic Foods Production Act of 1990 tasked United States Department of Agriculture (USDA) with developing national standards for organic products, and the final rule establishing the National Organic Program (NOP) was first published in Federal Register in 2000.

Increasingly, both farming and consumer groups across the globe are concerned about quality and safety of food. International agriculture experts, agricultural and ecological



scientists believe that large scale shift to organic farming will increase world's food supply and will eradicate hunger. Critics had expressed fear that a large-scale shift in its direction would cause billions to starve! A project involving nine million farmers on nearly 30 million hectares conducted by University of Essex

(looking at over 200 agricultural projects) converted to organic and ecological approaches; found that yields increased an average of 93 percent, with higher net profits, return on capital and labor. Natural farming is key and way forward for food security. Natural farming is a sophisticated combination of old wisdom and modern ecological innovations, helping to harness yield-boosting effects on nutrient cycles, beneficial insects and crop synergies. There are different methods involved in attaining sustainable agriculture, Integrated Farming (IF) is one among them. According to "International Organization of Biological Control (IOBC)", IF is a farming system, where high quality food, feed, fiber and renewable energy are produced by usage of resources, as well as regulating factors to farm sustainably and with less pollution inputs as possible.

The key objective of IF is based on attention to detail, continuous improvement & management of all available resources. It is through informed management processes that IF calls for attention to detail and continuous improvement in all areas of farming business. IF combines the best of modern tools and technologies with traditional practices and lays emphasis on holistic management. This model looks at the whole farm as a cross-linked unit on fundamental role & function of agro-ecosystems, on nutrient cycles; these are balanced & adapted to demands of crops, health & welfare of all livestock on farm. In IF, preserving & enhancing soil fertility; improving & maintaining a diverse environment; & the adherence to ethical & social criteria

are indispensable elements. IF is a management & planning approach, which includes regular benchmarking of targets set against results achieved.

Zero Budget Natural Farming (ZBNF) is another method of holistic agriculture. This method was promoted by Mr. Subash Palekar and Masanobu Fukuoka (Natural Farming).

It counters commercial expenditure and also reduces market dependency of farmers on external inputs (Seeds, fertilizers & pesticides). This method of farming involves utilization of locally available natural bio-degradable materials, and later combines it with scientific knowledge of ecology & modern technology, coupled with traditional farming practices, based on naturally occurring biological processes. ZBNF has some key principal methods, which are a) crop rotation; b) green manures; c) compost; d) biological pest control; and e) mechanical cultivation. The above measures use natural environment to enhance agricultural productivity and they are: a) legumes are planted to fix nitrogen in soil; b) natural insect predators are encouraged; c) crops rotated to confuse pests; d) renew soil and usage of natural materials (potassium bicarbonate & mulches) to control diseases & weeds.

Sustainable agriculture is farming in sustainable ways, based on understanding of services in an ecosystem, and study of relationships between organism & their environment. An integrated system of plant and animal production practices having a site-specific application that will last over the long term.

In 1978, Permaculture, a term coined by Bill Mollison & David Holmgren, was developed. This is a system of agricultural and social design principles, which are centered on simulating or directly utilizing the patterns and features observed in natural ecosystems. According to Mollison, "Permaculture is a philosophy of working with, rather than against nature; of protracted and thoughtful observation rather than protracted and thoughtless labor; and of looking at plants and animals in all their functions, rather than treating any area as a single product system." Permaculture has its roots way back in 1929, when, Joseph Russell Smith in a book titled "Tree Crops: A Permanent Agriculture" summed up his long experience of experiments with fruits & nuts as crops for human food & animal feed. The book inspired many individuals intent of making agriculture more sustainable and it was in 1930s, that Toyohiko Kagawa pioneered it in forest farming in Japan. Permaculture has many branches including ecological design, ecological engineering, environmental design, construction and integrated water resources management; thus, developing sustainable architecture, regenerative, self-maintained habitat and agricultural systems modeled from natural ecosystems. Permaculture is based on three core tenets and they are:



Care for the earth: Provision for all life systems to continue and multiply. This is the first principle, because without a healthy earth, humans cannot flourish; Care for the people: Provision for people to access those resources necessary for their existence;

Return of surplus: Reinvesting surpluses back into the system to provide for the first two ethics. This includes returning waste back into the system to recycle into usefulness. The third ethic is sometimes referred to as a Fair Share to reflect that each of us should take no more than what we need before we reinvest the surplus.

This method emphasizes patterns of landscape, function and species assemblies, as central concept of permaculture is to maximize useful connections between components & synergy of final design. It seeks to minimize waste, human labor & energy input by building systems with maximal benefits between design elements to achieve high level of synergy.

Layering is one of the tools used in agriculture, that is both sustainable and beneficial to humans. An ecosystem has numerous relationships between the various components i.e., trees, understory, ground cover, soil, fungi, insects and animals. Reason that plants grow in different heights, and as a result a diverse community of life is able to grow in a relatively small space. Thus, vegetation occupies different layers. In layering, there are seven recognized layers in a food forest.



1. Canopy: the tallest trees in the system. Large trees dominate but typically do not saturate the area, i.e. there exist patches barren of trees.

2. Understory layer: trees that revel in the dappled light under the canopy.

3. Shrub layer: a diverse layer of woody perennials of limited height. Includes most berry bushes.

4. Herbaceous layer: Plants in this layer die back to the ground every winter (if winters are cold enough, that is). They do not produce woody stems as the Shrub layer does. Many culinary and medicinal herbs are in this layer. A large variety of beneficial plants fall into this layer. May be annuals, biennials or perennials.

5. Soil surface/Groundcover: There is some overlap with the Herbaceous layer and the Groundcover layer; however, plants in this layer grow much closer to the ground, grow densely to fill bare patches of soil, and often can tolerate some foot traffic. Cover crops retain soil and lessen erosion, along with green manures that add nutrients and organic matter to the soil, especially nitrogen.

6. Rhizosphere: Root layers within the soil. The major components of this layer are the soil and the organisms that

live within it such as plant roots (including root crops such as potatoes and other edible tubers), fungi, insects, nematodes, worms, etc.

7. Vertical layer: climbers or vines, such as runner beans and lima beans (vine varieties).

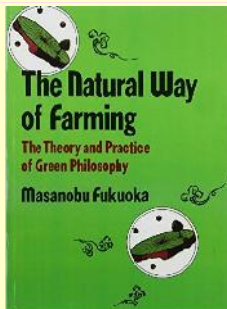
Pest control is as old as agriculture in order to keep crops free from pests and maximize food production. Conventional approach and techniques which were used includes crop rotation, companion planting (intercropping) and selective breeding of pest resistant cultivators. The arrival of chemical pesticides date back to 4,500 years when Sumerians used sulfur compounds as insecticides. With industrialization & mechanization of agriculture in 18th and 19th century and introduction of insecticides "pyrethrum & derris", pest control became widespread. Later in 20th century, synthetic insecticides i.e., DDT & herbicides boosted development, and it became the predominant type of pest control. Today, we are witnessing long-term effects, and there is a growing shift of pest control methods.

Integrated Pest Management (IPM) is a multifaceted strategy. It is also known as Integrated Pest Control (IPC). FAO, defines IPM as "careful consideration of all available pest control techniques and subsequent integration of appropriate measures that discourage the development of pest populations and keep pesticides and other interventions to levels, are economically justified and reduce or minimize risks to human health and environment. IPM emphasizes growth of a healthy crop with least possible disruption to agro-ecosystems and encourages natural pest control mechanisms." This mechanism includes managing insects, plant pathogens and weeds. Include synthetic pesticides as a last resort; both organic & conventional farms use IPM systems toward controlling pests.

Non-Pesticide Management (NPM) method, does not rely on pesticides and is used in organic production of food and in other situations when introduction of toxins is undesirable and pest control is achieved by biological means. In NPM, techniques include:

- Introduction of natural predators; Use of naturally occurring insecticides, such as Neem tree products, Margosa, Tulsi / Basil Leaf, Citrus Oil, Eucalyptus Oil, Onion, Garlic spray, Essential Oils. These are also referred to as Organic Pesticides; Use of trap crops which attract the insects away from the fields. The trap crops are regularly checked and pests are manually removed; Pest larvae which were killed by viruses can be crushed and sprayed over fields, thus killing the remaining larvae; Field sanitation; Timely sowing; Nutrient management; Maintain proper plant population; Go for soil solarisation; Deep summer ploughing.

Pests have withstood natural calamities & survived successfully. Since the introduction of chemical pesticides, the pests have developed resistance to extremely toxic chemical pesticides insecticides used by farmers. Thereby, attempt is being made to



use traditional knowledge of farmers, who will be able to identify various crops pests and their natural enemies (the farmer friendly insects).

The effort is to minimize pests & restore natural balance of insects in crop ecosystems. Crops and pests are synonyms and to address pest problem, Genetically Modified (GM) crops were introduced. The aim was to bring in resistance to certain pests, diseases or environmental conditions, reduction of spoilage, resistance to chemical treatments, improve nutrient profile of the crop. GM crops have increased farm income worldwide, but critics viewed that *Bacillus thuringiensis* (Bt). Cotton crop grown by small farmers in developing countries, showed economic returns highly variable over years, farm type and geographical location. GM technologies were developed to enable more sustainable agriculture, with aim of employing fewer land, water & nutrient resources. The GM engineering, patenting has led to the transformation of local variety of seeds into costly packets of intellectual property.

Various Multi-National Corporations (MNCs) i.e., Monsanto, DuPont, with assistance from World Bank (WB), World Trade Organization (WTO) have monopolized seeds. Advancement in agricultural biotechnology has pushed farmers to the door step of these large MNC seed giants. The prevailing model of industrial agriculture is burdening earth's resources; heavily reliant on chemical fertilizers, pesticides, fossil fuels and seemingly limitless supply of cheap water. The knowledgeable farmers were pushed to reduce diversity of crops, practice monocrops, reduce greater care for soil (rotation of crops), and these resulted out of GM technology advancements too.

Earlier, farmers saved seeds & other reproductive material i.e., tubers from grains, herbs, vegetables and flowers, toward use on yearly basis. The traditional way of farms & gardens were maintained in above mentioned way for last 12,000 years. Different seed saving methods involved different skills to ensure desired characteristics to be retained in landraces of plant variety, farmers maintained distance from plants belonging to same species for ensuring cross-pollination does not occur with another variety. They also ensured minimum number of plants to be grown, in order to preserve inherent genetic diversity. Farmers' skills involved knowledge & understanding breeding improvements, identification of diseases, which are seed-borne. Seeds are handled by women, in agriculture tradition across different cultures. Care, cleaning, treatment, storage & maintenance, etc., are done by women farmers. Local resource of ash is used as an important ingredient used by farmer community towards seed treatment.

Seed protection in traditional methods ensures valuable adaptive traits, unique to local varieties. Open pollination was most common method practiced by farmers for seed savings. As plants that reproduce through natural means tend to adapt to local conditions overtime & evolve as reliable performers. In

latter part of 20th century, shift occurred from saving to purchasing seeds annually from seed suppliers. GM made inroads, pushing farmers as buyers from “seed savers.” Seed saver farmers, used various traditional methods associated with agriculture and one among them was Intercropping & Mixed cropping; which has been our traditional method.



Multiple cropping is a practice of growing two or more crops in the same piece of land, during a single growing season. Sowing different types of crops on the same plot & harvesting them at different times, is a tradition that is being revived. Double cropping is another method, where the second crop is planted after the first has been harvested. Companion planting is a method where gardening and intensive cultivation of vegetables and fruits are done. Intercropping is a multiple cropping practice, which involves growing two or more crops, and the goal is to produce greater yield in small patch of land, by utilizing available resources. Farmers in harmony with nature, practiced traditional agriculture as a sustainable way of living.

India is proudly known as the world’s second largest food producer; however, the more farmers here are quitting from farming day by day due of lack of sustainability. In a nation, where more than half of the population directly depends on farming, farming in increasingly become unprofitable. Distress in farming, effects of industrial agriculture, small & landless farmers needing to increase capital investment, low returns, climate variability, poorly maintained irrigation systems, etc., have resulted in farming becoming neither economical nor environmentally sustainable. Yields dropping from farms, increase in population, show us a bleak picture of food scarcity in not-so-far future. The continuing prevalence of grim situation and deep agrarian crisis, has made policy makers, agriculture scientists and other key players to note & rethink of alternatives to save farmers-farming-agriculture. The answer seems to be that Natural Farming is the way forward. Farming in harmony with nature, promoting healthy soils, water, moisture & land, etc. addresses all concerns surrounding agriculture.

To address distress in farming sector, various initiatives have been proposed to promote NF. It may help in restoring dignity in farming, reassuring farmers, increasing farmers’ incomes, improving food security, reducing debt burden. However, climate change and weather variability continue to remain a challenge. With increase in temperature & carbon dioxide, frequency & severity of droughts & floods is posing a challenge for farmers, thereby threatening food security. Climate change is disrupting ecosystems affecting agricultural production, changing in farming practices & technologies. Extreme temperature & precipitation is preventing crops from growing extreme events, especially floods & droughts are harming crops

& reducing yields. Dealing with drought has become a challenge in areas, where rising temperatures are causing soils to become drier. Livestock are at risk directly from heat stress & indirectly from reduced quality of food supply. Fisheries are affected by changes in water temperature, which is making water more hospitable to invasive species and shifting lifecycle timing of certain fish species. Climate

variations; consecutive droughts and freakish weather, etc. are denting food grain production and are worsening rural distress. Weather woes coupled with drop in price of key crops. Horticulture has escaped weather shocks and production of fruits & vegetables increased/ either unaffected. Horticulture, with both long duration and short duration crops grown with assured irrigation, remains immune to monsoon deficits. Horticulture is grown mostly by marginal & small farmers, and resource poor farmers benefit most from growth in horticulture.

Natural Farming as an alternative path for sustainable agriculture, and has its examples set in India. Sikkim in India became the first fully organic state; the state had implemented organic practices on around 75,000 hectares of agricultural land based as per guidelines laid down in National Programme for Organic Production (NPOP) and this led to strike a harmonious balance with a complex series of ecosystems. This initiative began in 2003 and has led to subsistence of agriculture, bio-diversity conservation, and environmental protection. It has greatly built the soil health, resulted in sustained increased crop production. The State is already offering lessons to other states in organic farming. The old practice of jhum/ shifting cultivation, too are methods of natural farming. Apart from these methods, there are different models of farming; Annapurna, Giri-Laxmi & Navadhanya. These models assure nutritional security at household level and supply regular income to farmers. Different varieties of short, long duration crops, vegetables, fruits are cultivated in small patches of land. These models have proved a success.

Organizations such as Society for Elimination of Rural Poverty (SERP), Jattu Trust, Kovel Foundation have successfully implemented & are implementing the above models in agency tracts of Visakhapatnam, Andhra Pradesh. With the revival of NF techniques, it is being ensured that small/marginal farm holders get food security. Revisiting of NF by new generation of young farmers is being encouraged by the growing health consciousness among population for organic food and is reinstating hope among small, marginal & tenant farmers. Combination of old wisdom, coupled with modern ecological innovations have already begun showing results; increase in yields, restoring healthy soils, retaining moisture, judicious use of land & water. Effective & positive synergies in a given environment for sustainable agriculture are yielding results.

Natural Farming in totality encompasses forestry, fisheries, livestock, kitchen gardens (homesteads) and gardens and has the

potential to eradicate hunger & feed population. Farmers in their backyard kitchen gardens and as well in their small farms are cultivating organic medicinal plants too which are proving beneficial to farmers i.e.

Natural Farming, reduces risks for farmers, such as; a) elimination of risk towards seed procurement; b) increased usage of landraces; c) optimal utilization of existing natural resources; d) increased efficiency of soils (nutrients); e) retaining healthy moisture in soils; f) reduced water pollution; g) natural methods to control pests; h) elimination of dependency on artificial synthetics; i) increased availability of healthy food to both consumers & farmers families; j) risk of extreme climatic conditions can be arrested with horticulture, mixed cropping; h) greater reduction in inputs costs by farmers; leading to increase in net incomes of farmer families; i) growing demand for organic food.

Organic certification in India is done by Agricultural & Processed Food Products Export Development Authority (APFEDA), under Ministry of Commerce and Industry. Organic products hold promise for organic producers to tap a market which is growing steadily in domestic market. The Government of India (GoI) has implemented NPOP which is a national programme, involving accreditation for Certification Bodies, standards for organic production, promotion of organic farming. The aim of certification is to assure quality & prevent fraud and promote commerce. There are different methods to certify a farm. Third Party certification and Participatory Guarantee System (PGS), and other alternative certification options are there too. Third Party (TP) certification involves following steps:

Study the organic standards, which cover in specific detail what is and is not allowed for every aspect of farming, including storage, transport and sale. Compliance — farm facilities and production methods must comply with the standards, which may involve modifying facilities, sourcing and changing suppliers, etc.. Documentation — extensive paperwork is required, detailing farm history and current set-up, and usually including results of soil and water tests. Planning — a written annual production plan must be submitted, detailing everything from seed to sale: seed sources, field, crop locations, fertilization and pest control activities, harvest methods, storage locations, etc.. Inspection — annual on-farm inspections are required, with a physical tour, examination of records, and an oral interview. Fee — an annual inspection/certification fee (currently starting at \$400–\$2,000/year, in US and Canada, depending on agency and size of the operation). There are financial assistance programs for qualifying certified operations. Record-keeping — written, day-to-day farming and marketing records, covering all activities, must be available for inspection at any time. PGS is an alternative to Third Party certification, adapted to local markets & short supply chains. Certification process enables direct participation of producers, consumers & other stakeholders in the choice and definition of standards; the development and implementation of certification procedures; the certification

decisions. Effective measures taken and principles followed in NF can enable small & marginal farmers to increase their net incomes. NF scalability can be done with Farmer to Field Schools (FFS). Farmers, especially small & marginal ones, require ongoing education in agricultural operations. FFSs increase farmers' knowledge in areas of agriculture & help them adopt practices, which are environmentally sound, profitable & contribute to quality of life. Natural Farming, through FFS, leads to less harm to environment, reduced water & chemicals for crops, increased profits, sound financial management decisions, discover new economic opportunities, balance of ecosystem, improved production & marketing methods.

Growing health consciousness among consumers, in recent years, has increased demand for organic produce. Natural Farming (NF), holding future to food security & feeding the population, needs to be converged. Family & small farms are vital to our economy & well-being as a nation. They protect & enhance natural resources & the environment, provide nursery for development of new enterprises & marketing systems, maintain rural populations, reduce distress in agriculture & migration. Need for convergence at all levels in various government schemes holds significance.

Convergence with line departments, increases confidence, production & profits for small / marginal farm holders, increase in improved practices & reduction in production costs, Increase risk management, identify & establish market opportunities, all farmers having equal access to various government programs & services. Convergence & collectivization of small/ marginal land holders is important with potential positive outcomes for reduction in rural poverty and ensuring continuous food supply. Collectivization of farmers enables small/marginal farmers to raise capital for themselves, reduction in input costs & also enables them to develop corpus fund for future sustainable agriculture operations. It enables farmer to farmer learnings & helps them to share their experiences. Aggregation of their crop produces for better marketing price. Lobby & advocacy for their rights, entitlements & demands. Reduction in distress migration. Increased risk bearing capacity, collective value addition to their produce & increased control on the value chain of their produce. Rise of organic farming among small, independent producers and demand for produce by consumers, is being witnessed to changing rules of agribusiness in organic market.

In recent decades, there has been growth in organic market, accelerating participation of agribusiness interests. To mitigate global warming, NF is a way forward in reducing energy consumption & mitigate negative effects of energy emissions, NF can provide and help farmers adapt to climate change, through strengthening of agro-ecosystems, diversify crops & increase livestock production, build farmer's knowledge base to prevent & confront changes in climate. Natural Farming method, with its many advantages, may well help improve the quality of food our citizens consume without the fear of eating food full of chemicals. ❖

Earn More Money

Can you introduce yourself?

My name is Peeliya, and I'm 35 years old. I am married, and belong to the SC community. I am an illiterate. My native place is Dharamgarh block, Kalahandi district, Odisha state. I am living with my wife and children. I have two sons and three daughters.

What are you doing at present?

Since a few months, I have been working in a bricks kiln in Peddakonduru village, Choutupal mandal, Yadadri district in Telangana. Before that, I migrated here along with some of my villagers as the wages were low in my village. I came to know about this opportunity through a contractor, and he assured me of work and paid me in advance. As all five of my family members are engaged in the brick kiln activity, we make around 2000 bricks per day. We get paid Rs. 2000/- per week, and work from 7.00 am to 6.30 pm. We purchase groceries every week for a family of seven members.

Where did you work earlier?

In my village, I have three acres of dry land which I cultivated; but I had no option but to migrate due to continuous drought

and crop failure.

What type of problems are you facing?

We live in temporary shelters at work place; with no ventilation, safe drinking water, transportation; open defecation, no medication, shrubs with poisonous snakes and insects nearby. My children used to go to school earlier (Odiya: medium of instruction), now they are school dropouts, as there are no schools where Odiya is the medium of instruction here.

Do you have any problems?

We have health problems due to overwork and unhygienic conditions. I have joint pains, while my wife keeps falling sick. My children are not able to attend school, which is a big worry for me.

Did you avail any benefits from the government?

Yes, I have availed ration, Aadhar, election and MGNREGS job card.

What are your future goals?

I want to work more to earn more money and fulfil my family needs. ❖

Provide Quality Education to My Children

Can you introduce yourself?

I am Kotaiah and I'm 40 years old. My native place is Mudigonda village & mandal, Khammam district, Telangana. I belong to the SC community. I'm married, and live with my wife & two children. My elder daughter is studying in 5th class in Government school and my son is in kindergarten.



What are you doing?

I am a Person with Disabled (PWD) and have been working as an attender in the Primary Health Centre (PHC) for the past 10 years. Prior to this, I worked as a watchman in the same hospital. Later, I was promoted as an attender, and now I do clerical works in PHC, and earn Rs. 1500 per month. Moreover, the local Village Development Committee (VDC) appointed me as a Saksharatha Bharath Coordinator, and run the centre daily from evening 6:30 pm to 9:30pm. I also provide adult education to elders in the village. I accommodate & provide adult education books, Teaching Learning Materials (TLM), daily newspapers and magazines to local youth and to adults. As on date, around 100 adults have attained literacy and have been empowered through literacy. In Saksharatha Bharath, various programmes are going on like Akshara Bharathi, Akshara Sankranthi, etc.

I follow higher officials' suggestions and improve literacy levels of adults in the village. Sometimes, I have to do Gram Panchayat (GP) works like collecting water taxes, house taxes, trade license taxes etc. I own 10 Guntas (40 Guntas = 1 acre) of agricultural land, and cultivate red gram & paddy with the help and support of my brothers. My wife too supports our family in agriculture & MGNREGS works.

What are the problems you are facing?

I'm facing economic insecurity as my pay is too less, and moreover, my salary is always late. If I am given a full-fledged post of an attender, with higher pay package, my economic insecurity can be solved. So far, I have not received Aasara pension, as I am a Saksharatha Bharath coordinator. I will financial stability through the pension. I do not even have tricycle.

Did you get any benefits from the Government?

Yes, I have an aadhar and voter card, and have availed the IAY housing scheme.

What are your future plans?

I want to provide quality education to both my children, and also want to secure an attender post in a government office in my own village. ❖

Work for SHGs Empowerment

Can you introduce yourself?

I am Narsing Rao, and I'm 30 years old. My native place is Eturu nagaram mandal, Bhupalapalli district, Telangana. I completed my Intermediate.



Can you tell us about your family?

I live with my parents, my wife and children. My elder son is studying 1st class and younger son is in UKG. I belong to the Backward Caste (BC) community. My family owns four acres of wet land, and we cultivate paddy and chillies.

What do you do?

I have been working as a Cluster Coordinator (CC) in Eturu nagaram Mandal Samakhya (EMS) for the past one year. I am coordinating four villages, four Village Organizations (VOs), 82 Self Help Groups (SHGs) and 38 Disabled Self Help Groups (DSHGs). My role involves forming of SHGs; imparting Capacity Building (CB) training to SHGs and VOs; reviving existing defunct & default groups; strengthening groups; conducting and attending weekly meetings; supporting groups for linking with government projects and banks for economical support, etc. As on date, I have facilitated SHG members in availing loans of Rs.7,50,000/- to SHG members through Andhra Pradesh Grameen Vikas Banks (APGVB).

Where did you work earlier?

Earlier, I worked as a Community Coordinator (CC) from 2004 -2011 for Persons with Disabilities (PWD) in Mangapeta mandal. My job involved forming DSHGs and promoting savings, repayment, internal lending, keeping records and conducting meetings once a month and providing support to group's linkages with local APGVB banks. The DSHGs were empowering themselves by taking loans from the bank. I facilitated hostel facility, and skill development training for PWDs. I supported them in attending SADARAM camps for PWDs.

What are the problems you face in your daily work?

In women's SHGs, women do not repay loans on time; it leaves a bad remark on SHGs and the VOs, and grading of SHGs and VOs are also affected.

Did you get any training?

Yes, I have received training for one week on DSHGs in Ananthapur, and SHG related topics trainings on bank linkages, Non Pesticide Management (NPM) etc.

Did you get any benefits from the Government?

Yes, I have availed ration, aadhar and voter card.

What are your future plans?

I want to foster development of SHGs, and enable women to come out of poverty. ❖

Eradication of Jogini System in the Society

A native of Utkoor mandal, in Mahabubnagar district, Telangana state, Hajamma is 42 years old crusader for eradication of Jogini system! While studying in 6th standard, Hajamma's parents decided to dedicate her to the goddess & make her a "Jogini". Since then, she has faced many hardships and problems in the village. This is her story as to how she evolved as a community leader.

Hajamma was Lakshamma & Thayappa's second child. Her elder sister Chennamma, a Person with Disability (PWD) by birth, was married off to her uncle by her parents. Later, Chennamma was blessed with two daughters. But soon after, Chennamma's husband, who migrated to Mumbai in search of better livelihoods, went missing. Therefore, the responsibility of taking care of her PWD sister and two nieces fell on Hajamma's shoulders. A couple of years later, a few villagers went in search of Chennamma's husband to Mumbai, but they couldn't find him. In 1985, due to abject poverty faced by Hajamma's family, her parents decided to dedicate her to goddess "Jogulamba" as a Jogini. After becoming a Jogini, she along with other villagers migrated to Mumbai in search of livelihoods. Her sufferings had just begun; Hajamma was harassed by the contractors at the construction sites in Mumbai, as they knew her vulnerability as a Jogini. Unable to bear the harassment at work, she returned to village in search of job. It was here, that she came in touch with the ASHRAY organization and its team members Mr. Neeliah & Grace Nirmala, who provided support to her. The organization



took up the Jogini issues and had put up those to the government; however, as of date, the government has not provided adequate support to them. While being with ASHRAY, Hajamma was approached by one of her villagers, Laxmaiah, who willing came forward to marry her. She was hesitant at first, but it was the ASHRAY team who convinced her, and finally she agreed. However, many villagers opposed their marriage as it was against the Jogini system. A few of the Joginis even attempted to stall the marriage. Consequently, ASHRAY approached the District Collector, who had taken the initiative and performed social marriage; Hajamma was a married women.

Jogini system is very rampant in Narayanpet, Makthal, Gadwal, Alampur and Kodangal in Mahabubnagar district, with about 5000 Joginis present. Hajamma is a role model and a leader, who goes around villages and creates awareness among the villagers on the social evil of "Jogini System". She has also participated in various activities of the organization, delivered many speeches in different countries like South Africa, Germany and Netherland, etc.. She is also the recipient of many awards, notably, the Best Volunteer award in 2004, TV9 -Naveena award in 2007, Mother Teresa award in 2010, Best Social Activist award in 2015, and "Virangana Savithribhai Phule National Fellowship Award -2016". She has the determination to continue her fight, and she strives to educate women and young girls on the ill effects of Jogini system. ❖

Develop Farmers Producer Company

Can you introduce yourself?

I am Aarti Narayanrao Pankhraj, and I'm 42 years old. I'm a native of Nagpur city, Maharashtra. I'm from a middle class family.

How did you get into development sector?

I always aimed to do something different; therefore, I completed my Masters in Social Work (MSW) and started working in the Government sector; however, I quit it unable to bear the corruption culture. I joined YUVA and worked there for 14 years on prevention of violence against women and children (gender issues). Later in 2006, YUVA organized a National Workshop on Reality and Challenges in BT cotton, and then I decided to work on farmers' issues. My role was to develop farmers' institutions, train them in CB activities, campaign co-ordination, convergence of government schemes and gender justice (farmers' context).

Where are you presently working?

Currently, I am working with Vikalp-Society for Development Organization, in rural areas of Nagpur in Maharashtra.

Vikalp's activities include: 1. Socio-economic rehabilitation of development project affected persons. 2. SHG formation, strengthening 3. Entrepreneurial support and facilitating village youths in land based income generation. 4. Promotion of Agriculture and Horticulture activities through technological extension, demonstration and dissemination through centers. 5. Group Building and Awareness Programs for Tribal and Rural Women, JFM focused activities and etc. Running schools and hospitals in rural areas.

What are your job responsibilities?

My job involves developing community based income generation activities (dairy, dal mill, oil mill, honey collection, organic production, marketing etc, developing smart village clusters in affected areas, providing skill development training for rural



youth; project and concept development; & facilitating rehabilitation and resettlement work.

What are your achievements and experiences?

I participated in the following programs - Network Building and Launching of "We can campaign- Stop Violence against Women's" in Vidarbha and Konkan regions. A cadre of 150 has been developed by me.

Awareness campaign on impact of GM crops in the state of Maharashtra, mobilizations of various groups for National consultation on BT brinjal.

A study involving 150 women farmers whose husbands committed suicides in Vidarbha. Later, developed indicators on "Gender mainstreaming in agriculture program within the organization, which resulted in women's entitlement to agriculture land. Around 300 women, could achieve their right to land.

What are your challenges?

My challenges are financial support, proper support from government department and need to update myself.

How did you overcome the problems?

Study and update myself, Involved lots of likeminded people in this process, giving priority to grassroots work personally and developing low cost and high effective finance activity strategies.

What is your vision?

My vision is to develop a single women's Farmers Producer Company (FPO) for their development. Also want to see Vidarbha back in co-operative business activity, which will help farmers. I am trying to establish a model of co-operative business in Nagpur rural areas, which is based on "community based dairy business module". Lastly, I want to be a good grassroots worker. ❖

Marginal Livelihoods (CS)

Pardhi Tribes

Pardhi tribe is found scattered across a wide area of central India in states of Andhra Pradesh, Madhya Pradesh, Gujarat & Maharashtra. Most abundantly found in Maharashtra and parts of Madhya Pradesh, the Pardhis were traditionally a hunting-gathering-foraging tribe. They were branded as criminals in 1871 under the Criminal Tribes Act (CTA). The tribe came under the influence of Maratha, and took to whatever jobs were available. Generally, Pardhis comprise of distinctive sub-groups. They are predominantly an isolated group, who gradually shifted from hunting-gathering-foraging to begging, theft as means of livelihood.

In a few states, they earn their livelihood by way of catching snakes or as snake charmers; making & selling baskets, chisel household grinding stones, etc.. With the passage of time, many of Pardhi families in urban centers are living in slums. These days, their main earning time is during the festival seasons, when they

earn through sale of local varieties of fruits, flowers & other festival essentials, so their livelihoods are generally assured during festival time; but, these days due to the establishment of organized retailers in various urban localities, Their community does not have access to institutional credit, and being unorganized, they seek informal credit from local money lenders at a very high interest rate, and later purchase festive material from wholesale markets. Due to organized retail outlets, which have sprung up in urban centres, the Pardhis' market shares have been taken over by organized retail outlets, as these outlets are selling all the local products that Pardhis sell; thus, their livelihood security has been hit severely. Customers too are visiting & purchasing local products (festival) from organized outlets. A community which has, with time, changed its livelihoods to keep up with the times, continues to struggle for its survival till date, and with little hope for a better tomorrow. ❖

Classic

India Unbound

Author: Gurucharan Das

"India Unbound", written by Gurucharan Das, describes the economic situation of India from the period of pre-independence to post-independence. The author claims how prosperity had increased more in 21st century than in earlier centuries.

In pre-independence India, though the Britishers had introduced many innovative ideas to India such as, transportation system, mechanization, communication in English language, etc., they had also taken away Indian wealth, and impacted the Indian society. The Britishers, in their own way, aided the caste system by taking only the people of upper castes such as, Brahmins in clerical jobs in their administration.

The author says how after independence, Nehru had introduced new economic policies in the road to poverty reduction. The book touches upon many topics such as, 'how the industrialization changed the Indian economy', 'the capitalist and socialist influences in Indian economy', and describes, how the Indian government nationalized public sector banks and decentralized wealth to poor people, how the free trade policy changed the Indian economy. It narrates the faults in the development strategy, impact of British Raj, lesson from U.S, caste system, understanding the reforms, Indian corporate sector, etc.

The author traces India's recent social and economic transformations in an eminently readable, impassioned narrative. He states that in the path of economic reforms, the Indian government has followed the principles of liberalization and privatization and globalization. He narrates the road map to



India, how far-east countries and western countries effectively utilized the human resources and their products for export.

He claims that In India, the policies are in contrast when compared to western countries, especially Indian policies which had created the scarce capital cheap, labour expensive, overhauled exchange rates and reduced competitiveness.

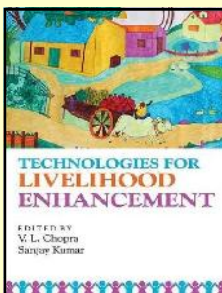
After Indian reforms, our nation has followed foreign elements for success. Moreover, India has not begun a serious reform of the educational system. It needs to develop equity with growth. The author, through his book, definitely has a delightful effect on the reader. It is a good book for those who want to know the Indian perspectives and policies. ❖

Latest

Book Name: **Technologies for Livelihood Enhancement**

Editors: V.L. Chopra, Sanjay Kumar

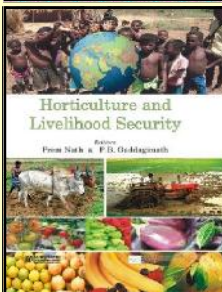
Publisher: New India Publishing Agency



Book Name: **Horticulture and Livelihood Security**

Editors: Prem Nath, P.B. Gaddagimath

Publisher: Scientific Publishers Journals Dept



Story

Friends Forever

A mouse and a frog were friends. Every morning the frog would hop out of his pond and go to visit his friend who lived in a hole in the side of a tree. He would return home at noon.

The mouse delighted in his friend's company unaware that the friend was slowly turning into an enemy. The reason? The frog felt slighted because though he visited the mouse everyday, the mouse on his part, had never made an attempt to visit him.

One day he felt he had been humiliated enough. When it was time for him to take leave of the mouse, he tied one end of a string around his own leg, tied the other end to the mouse's tail, and hopped away, dragging the hapless mouse behind him.

The frog dived deep into the pond. The mouse tried to free himself but couldn't, and soon drowned. His bloated body floated to the top.

A hawk saw the mouse floating on the pond's surface. He swooped down, and grabbing the mouse in his talons, flew to the branch of a nearby tree. The frog, of course, was hauled out of the water too. He desperately tried to free himself, but couldn't and the hawk soon put an end to his struggles.

In Africa they have a saying: 'Don't dig too deep a pit for your enemy, you may fall into it yourself'. ❖

[Source: <http://www.english-for-students.com/Friends-Forever.html>]



‘Yoga’kshemam

Happy Makara Sankranti!

Republic Day! Martyrs’ Day!

Jeff Goins’ ‘The Art of Work’ focuses on discovering what we were meant to do. It informs us that finding our purpose is more of a path/journey rather than a plan. There seem to be three phases (preparation, action and completion) or seven distinct/overlapping stages –

Preparation: awareness, apprenticeship, practice;

Action: discovery, profession, mastery;

Completion: legacy.

Awareness comes from living and listening to our lives. It does not just happen. It needs to be cultivated. It is not around our existing ability but around our potential. If we see our various significant events/activities in our lives, we notice a thread, a thread of our potential. No portions of our lives are wasted. They are all leading us in the direction of our life’s works. Work prepares us for the next step. Regular/continual reflection as a practice helps us in becoming more and more aware.

G Muralidhar

This calling us does not come individually.

A group of mentors are involved in the process. Help is available. Apprenticeship may last several years. It might take about 10 years to be a master of a craft. We need help in apprenticeship deliberate/accidental. May be a series of them. May be with multiple Mentors. We need to be open and look in right places and accept humbly what we find. Thus, it is an intentional process of choosing the opportunities we need towards our life’s works. We come to cross roads where we have to decide way forward and we need to decide.

Practice may be painful but has to be endured. We may have to do more and more. Several failures, injuries and hurts are part of it. It is not just the amount of practice. It includes of right kinds of practice. It is important to try and improve. We need to discipline ourselves to lean in the most difficult parts rather than quitting. Practice requires love, context, inherent motivation and to our limits. Here, the calling, resonance with calling, and the pace of progress in practice comes into the picture of delivering eminent performance in something good to this world.

Discovery is through a series of intentional decisions. ‘We just know’ is not true generally. Get a call, respond to the call through action, and begin to believe through testing and conformations are the stages in discovery. Call does not wait for us to be fully prepared and ready. It appears a bit earlier than that. Many a time, we do not take a leap but we get on to the bridge. Following the direction rather than the destination drives us. All of us can bring our best to the table and contribute.

Profession leads us forward, moving on from failures and reinforcing successes in the direction of our life’s works. It is a constant progression of submitting to a larger purpose through action. Failures are not bad. They help us move forward.

Mastery is in having a portfolio life that lets us learn more and use it in creative ways forward. Calling is not one thing. It is a set of things. We embrace a diverse set of activities. We may have fee work, salary work, homework, study work and gift work. Or Work, home, play and purpose. Mastery is doing our absolute best, without trying to be famous, for the benefit of the world.

A life is not significant except for its impact. Our purpose is our entire life. It is more than doing something good. It is becoming some one good and let the goodness impact the world. Can this legacy drive us? We must become our calling. It is not settling for good when we were called to greatness. Work supports life and not vice-versa. Life is to be lived the fullest. We do our work well passionately while letting go of the result. In the end, what significant legacy we leave behind matters the most. Thus our purpose/calling is familiar, visible, challenging, requiring faith and time. It is bigger than us and it integrates well with rest of our life.

We need to move in the direction of finding our purpose and move. All of us can.

This is paramarthayogam.

Can we be there? **Yes, if we pursue Atma Yoga.** If we live and practice! Krsna confirms that devotion, knowledge and action take us into the Universe for sure.

Join us in the world of yoga –for flowing in the flow of life of legacy –towards krsnatvayogasiddhi. You will not regret it. ❖

