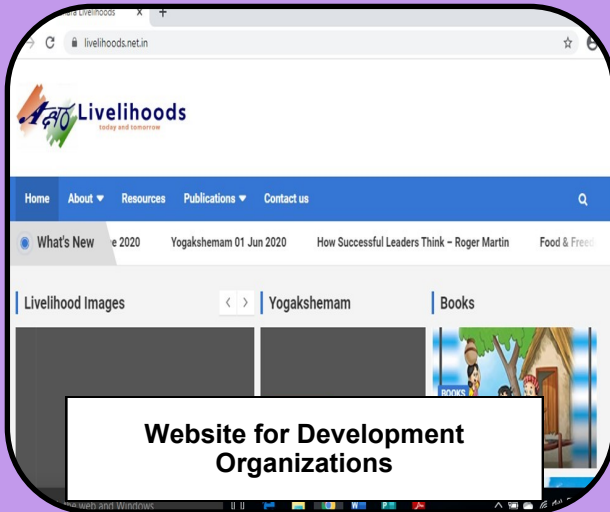


livelihoods

today and tomorrow

June 2020



**Understanding
Livelihoods on
Ground -
Volume I**

Publishing Soon

**Understanding
Livelihoods on
Ground -
Volume II**

Publishing Soon

Yogakshemam

Milk Day! Monsoon! Yoga!

Let us drink milk. Let us be thankful to our parents. Our fathers. Our mothers. Let us walk, cycle. Let us care environment. Let us fight droughts and desertification. Let us care our oceans. Let us respect wind. Panchabhuta. Let us tap renewable energy. Let us be safe. Let us be food safe. Let us care the needy. Let us be sensitive to people with brain tumours. Let us donate blood. Let us say no to drugs. Let us do yoga. Let us meditate. Let us exercise. Let us transcend. Let us say no to child labour. Let the children realize their potential. Let us be proud of our true public servants. CoVID Warriors. Poverty Warriors. LPRD workers. Let us appreciate music, in all hues. Let us support refugees, wherever. Let the widows have their lives. Let us appreciate science. Let us appreciate hydrography. Let us be sportive. Let us have sports. Let Olympics make us a single world. Let us wait for Olympics next year. Let us realize and appreciate various elements of universe. Including Asteroids.

Doctor | Post | CA | Population | Simplicity | Justice | Mandela | Pi | Parents | Nature | Hepatitis | Tiger

It is Lockdown 5.0/Unlock 1.0, 2.0 and 3.0 over next 100 days. Vaccine Trials are happening. We may bounce back with vengeance, let us be cautious. Let us take everyone along.

Here is our 152nd 'livelihoods'. Our picks of the month include: How to do Website for Development Organisations

Videos – "A micro MBA for Rural Women"; "Ending energy Poverty in India"

Fieldworker Dairy (Bharathi)

Classic Books – The Time Machine - H.G. Wells; Paradise Lost - John Milton

Classic Articles – Science and Hope; Servant Leadership; The Concept of Development

Three volumes on Livelihoods on Ground are being released soon in June.

With the faith and hope that you find this and evolving 'livelihoods' useful, we remain. We request you to join us our co-travel, and give more - notes, blogs, videos and pictures.



the 'livelihoods' team

'livelihoods' team

Editor-in-Chief	G Muralidhar
Working Editor	T Venkateshwarlu
Edit Associates	R Anvitha
	V Aravind Kumar
	K Chayadevi
	P Gaargi
	S Himabindu
	S Laxman
	Mahesh Patil
	S Mahidhar Reddy
	K Ramesh
	N Shruthi
	G Swathi

Walked/walking with us

V Ankit	D Narasimha Reddy
T Aparna Gayathri	Naval Shaini
K Bharathi	M Nilendu
G Bhargava	G Pulakeshi
Bhavya M	T Nirmala
Bhima Shankar	LB Prakash
Chandranshu Gupta	M Raja Srinivas
Dharmendhar	S Rekha
Glen Shewcheck	Ch Ramesh
S Janaki	B Ramya
K Krishna	G Ravindra
Chaithanya	B Sai Srinivas
P Kishore	M Siddhardha
Krishna Murari	K Sridevi
M Lavanya	Soumya
B Madhusudhan	R Swati
P Madhusudhan	A Venkata Ramana
G Madhu Vamsi	M Vijaybhasker
Mansi Koushik	K Visweswar Rao
P Mahesh	A Uma
V Murali	T Vina

Inside

Internal/External Videos	Videos of the Month	3
Classic Books & Images	Monthly Classic Books & Images	4
Articles	Articles of the Month	5
Livelihoods Weekly daily update & Field Worker's Diaries	Livelihoods Update Weekly Livelihoods Update	6
'Yoga'kshemam		7

Supplements / Videos

How To	Website for Development Organizations https://www.youtube.com/watch?v=WG-NnpyxUI&feature=youtu.be
Supplement (News)	Monthly Livelihoods Update (May 2020) https://drive.google.com/file/d/1p2MB3NbyxLVERirLxMghsl6vnH2UzW/view
Supplement (Images)	Monthly Images Compiled (May 2020) https://drive.google.com/file/d/1X7V47E4dtX2RugBBXLnlPlolvodvm8v/view

Private Circulation

Contact:

Akshara Livelihoods Pvt Ltd (ALPL)

HIG-II B12/F1 APHB Colony
Baghlingampally

Hyderabad - 500044

09951819345/ 9848930034

aksharakriti@gmail.com

www.aksharakriti.org
www.livelihoods.net.in

<https://www.facebook.com/livelihoods.portal.75>

<https://www.facebook.com/groups/355847681149768/>

<https://www.facebook.com/Livelihoods-People-168949873148505/?surface=rese>

Videos of the Month

How To



Link: <https://www.youtube.com/watch?v=WG-PNnpyxUI&feature=youtu.be>

External Videos

Videos of the Month

UNDP: Poverty rate in India has reduced over 10 years	https://www.youtube.com/watch?v=XPbaaNK3Wi8
Enhancing climate resilience of India's coastal communities with support from the Green Climate Fund	https://www.youtube.com/watch?v=UEi5MA3rqSQ&pbjreload=10
How climate change impacted the world in 2019	https://www.youtube.com/watch?v=rpVnNWMLgQw
Coronavirus - Covid-19: 1.25 billion workers see livelihoods threatened by the virus	https://www.youtube.com/watch?v=RGISOwMmeD8
Poverty & Freedom: Street Vendors Act Secures Indian Entrepreneurs' Livelihood Right	https://www.youtube.com/watch?v=yhyHe2SE2fs
COVID-19: India's extended lockdown could push more people into poverty	https://www.youtube.com/watch?v=JVy5IkC45p4
Eco India: An e-commerce website is helping artisans of Mumbai's Dharavi secure their livelihoods	https://www.youtube.com/watch?v=EngmLSuhGrA
Climate Change Adaptation in Agriculture	https://www.youtube.com/watch?v=mY2QuJtpyAs
Nirmala Sitharaman changes definition of MSMEs, extends 3 lakh crore collateral-free loans to them	https://www.youtube.com/watch?v=RueeCEZ1ikg
Eco India: Farmers in West Bengal have switched to solar-based pumps to become 'water entrepreneurs'	https://www.youtube.com/watch?v=zhkO_hchlpw
Ending energy poverty in India	https://www.youtube.com/watch?v=i0wwvn_hFho
Mission Water Conservation Under MGNREGS	https://www.youtube.com/watch?v=qM6cYWyaVvA
Eco India Shorts: How food delivery companies are trying to turn the tide on plastic waste	https://www.youtube.com/watch?v=AdPQYAIWe9A
Unemployment will rise by 2.5 million says ILO's World Employment and Social Outlook: 2020	https://www.youtube.com/watch?v=-twU9Hr3mfng
Biodiversity-based Products as an Economic Source for the Improvement of Livelihoods	https://www.youtube.com/watch?v=geTprCil6Bw
Anita Kumawat - Rural Women Entrepreneur in Rajasthan - NRLM - Ministry of Rural Development, India	https://www.youtube.com/watch?v=XLPSltjoJZM
Women Entrepreneurship Program - A Micro MBA for Rural Women	https://www.youtube.com/watch?v=zVY5c8F-Pml
Eco India Shorts: An alternate livelihood project is empowering Rajasthan's nomadic Raika community	https://www.youtube.com/watch?v=mp8zGUqNbzg
Keith Cressman, FAO locust forecasting expert gives an update on the situation in the Horn of Africa	https://www.youtube.com/watch?v=sar-KzO1ek

Books of the Month

The Time Machine - H.G Wells

The Time Traveller (for so it will be convenient to speak of him) was expounding a recondite matter to us. His grey eyes shone and twinkled, and his usually pale face was flushed and animated. The fire burned brightly, and the soft radiance of the incandescent lights in the lilies of silver caught the bubbles that flashed and passed in our glasses.

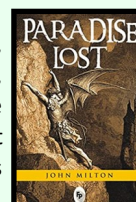
<https://www.planetebook.com/the-time-machine/>



Paradise Lost - John Milton

Of Man's first disobedience, and the fruit Of that forbidden tree whose mortal taste Brought death into the World, and all our woe, With loss of Eden, till one greater Man Restore us, and regain the blissful seat, Sing, Heavenly Muse, that, on the secret top Of Oreb, or of Sinai, didst inspire That shepherd who first taught the chosen seed In the beginning how the heavens and earth Rose out of Chaos: or, if Sion hill Delight thee more, and Siloa's brook that flowed Fast by the oracle of God, I thence Invoke thy aid to my adventurous song, That with no middle flight intends to soar Above the' Aonian mount, while it pursues Things unattempted yet in prose or rhyme.

<https://www.planetebook.com/free-ebooks/paradise-lost.pdf>



Gullivers Travels- Jonathan Swift

My father had a small estate in Nottinghamshire: I was the third of five sons. He sent me to Emanuel College in Cambridge at fourteen years old, where I resided three years, and applied myself close to my studies; but the charge of maintaining me, although I had a very scanty allowance, being too great for a narrow fortune, I was bound apprentice to Mr. James Bates, an eminent surgeon in London, with whom I continued four years.

<https://www.planetebook.com/free-ebooks/gullivers-travels.pdf>



Women in love - D. H Lawrence

Ursula and Gudrun Brangwen sat one morning in the window-bay of their father's house in Beldover, working and talking. Ursula was stitching a piece of brightly-coloured embroidery, and Gudrun was drawing upon a board which she held on her knee. They were mostly silent, talking as their thoughts strayed through their minds.

<https://www.planetebook.com/free-ebooks/women-in-love.pdf>



Images & Links

Images of the Month



Labour Work



Agriculture Work

[Link: Monthly Compiled Images - <https://drive.google.com/file/d/1X7V47E4dtX2RugBBXLnIPIolvodvm8v/view>]

Articles of the Month

The Uncertainty Principle

Quantum mechanics is generally regarded as the physical theory that is our best candidate for a fundamental and universal description of the physical world.

<https://livelihoods.net.in/wp-content/uploads/2020/05/The-Uncertainty-Principle.pdf>

Science and Hope by Carl Sagan

Science teaches us about the deepest issues of origins, natures and fates-of our species, of life, of our planet, of the Universe.

<https://livelihoods.net.in/wp-content/uploads/2020/05/Science-and-Hope-by-Carl-Sagan.pdf>

Democracy & the Right to Food, Jean Dreze

It is widely accepted that the right to food forms one of the basic economic and social rights essential to achieve 'economic democracy' in India.

<https://livelihoods.net.in/wp-content/uploads/2020/05/Democracy-the-Right-to-Food-Jean-Dreze-EPW.pdf>

Co-operatives and Rural Development in India- Katar Singh & R.S Pundir

It describes the contribution to rural development that is broadly defined as a set of desirable societal goals such as rural per capita income improvised income distribution and equitable access to education, healthcare and employment opportunities.

<https://livelihoods.net.in/wp-content/uploads/2020/05/Cooperatives-and-Rural-Development-IRMA.pdf>

The Concept of Development – Amartya Sen

"Whether explicitly put forward or discussed by implication- has to be examined in this broad perspective related to economics in general, rather than only in terms of "development economics".

<https://livelihoods.net.in/wp-content/uploads/2020/05/Concept-of-Development.pdf>

Leadership Development : Past , Present and Future - Gina Hernez- Broome and etc

This article describes about the notable trends in the leadership development field. In the past two decades, such trends included the proliferation of new leadership development methods and a growing recognition of the importance of a leader's emotional resonance with others.

<https://livelihoods.net.in/wp-content/uploads/2020/05/CCL-LeadershipDevelopment.pdf>

Change leader, change thyself – Nate Boaz and Erica Ariel Fox

The focus of article on two dimensions of looking inward that lead to self-understanding developing profile awareness and developing state awareness

<https://livelihoods.net.in/wp-content/uploads/2020/05/Change-leader-change-thyself-1.pdf>

Praxis, Learning, and New Cooperativism in Venezuela: An Initial Look at Venezuela's Socialist Production Units – Manuel Larrabure

It describes the cooperativism, how the struggle between reproductive and revolutionary praxis manifests within cooperative spaces, and whether or not something about the cooperative experience is conducive to participants learning to better fulfill their organization's goals and needs over those of the market.

https://livelihoods.net.in/wp-content/uploads/2020/05/Cooperatives-in-Venezuela-_-Larrabure.pdf

Coping with tragedies of the commons- Elinor Ostrom

Contemporary policy analysis of the governance of common-

pool resources is based on three core assumptions.

<https://livelihoods.net.in/wp-content/uploads/2020/05/COPING-WITH-TRAGEDIES-OF-THE-COMMONS-Elinor-Astram-1.pdf>

Servant Leadership- Tony V. Zampella

Servant leadership may be the most potent, personal, and public of all the models, as it has a deep history and embraces the full range of the human condition.

<https://livelihoods.net.in/wp-content/uploads/2020/05/Servant-Leadership-White-Paper.pdf>

Strategic Planning: A Ten Step Guide

Planning is a critical component of good management and governance.

<https://livelihoods.net.in/wp-content/uploads/2020/05/Strategic-Planning- 10 Steps-Guide.pdf>

Action Plan on Climate Change Adaptation and Resilience- World Bank Group

Climate change will affect human and natural systems in many ways, disrupting food and water supply, exposing them to deadly heat, destroying infrastructure, flooding homes, changing infectious disease vectors, eroding livelihoods, and decreasing economic opportunities, especially in agriculture.

<https://livelihoods.net.in/wp-content/uploads/2020/05/The-World-Bank-Group-Action-Plan-on-Climate-Change-Adaptation-and-Resilience-Managing-Risks-for-a-More-Resilient-Future.pdf>

A BEGINNER'S GUIDE TO SYSTEMS THINKING – Colleen Lannon

A systems diagram is a powerful means of communication because it distils the essence of a problem into a format that can be easily remembered, yet is rich in implications and insights.

https://livelihoods.net.in/wp-content/uploads/2020/05/Beginners-Guide-to-Systems-Thinking-_-Colleen-Lannon.pdf

Stages in the Life Cycle of a Development Project

The development project begins as an idea in a leader's mind. Then it passes through several stages. The leader analyses the current situation and the possible alternative solutions.

<https://livelihoods.net.in/wp-content/uploads/2020/05/Stages-in-the-Life-Cycle-of-a-Development-Project-1-1.pdf>

Working with the Concept of Organisation in the Mind - Jean Hutton

Organisation is the way the institution is structured and developed in order to deploy human and material resources to carry out its purposes.

<https://livelihoods.net.in/wp-content/uploads/2020/05/Organization-in-the-Mind-J-Hutton-Reed.pdf>

Leadership Can Be Taught - Sharan Daloz Parks

If leaders are not born simply, "born" can leadership be taught? It has been well acknowledged that it is difficult to teach for the world of professional practices.

<https://livelihoods.net.in/wp-content/uploads/2020/05/Leadership-can-be-taught-Parkes-1.pdf>

Human Rights and Capabilities - Amartya Sen

Human rights and capabilities — go well with each other, so long as we do not try to subsume either entirely within the other.

https://livelihoods.net.in/wp-content/uploads/2020/05/Human_Rights_and_Capabilities.pdf

Dregs of Destiny – P. Sainath

As a story, it captured the essence of disparity.

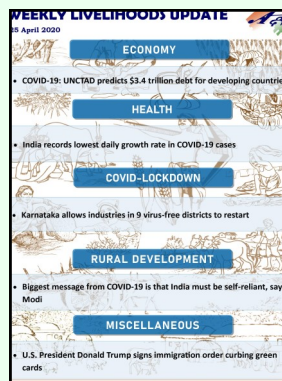
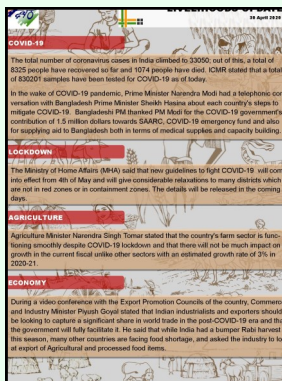
<https://livelihoods.net.in/wp-content/uploads/2020/05/Dregs-of-Destiny-P-Sainath.pdf>

How to Develop Ethical Leaders - John Knights

Ethical Leadership is and then explains its principles and practicalities, introducing a new principle for the 21st century.

<https://livelihoods.net.in/wp-content/uploads/2020/05/How-to-Develop-Ethical-Leaders.pdf>

Livelihoods Weekly and Daily 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.

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

[Link: <https://drive.google.com/file/d/1p2MB3NbyxLVERirLxxMghsl6vnH2UzGw/view>]

Field Diaries / Story

Field Worker's Diary

#LPRD# A Field Worker's Diary #Part 17 # 5 May 2020

While I was working in the poverty reduction program implemented by the government, my main work was to identify women from poor and poorest of the poor households in the project villages and form them into Self Help Groups (SHGs). All the schemes that were planned for the poor by the project were to be implemented through these groups.

<https://livelihoods.net.in/wp-content/uploads/2020/05/A-Field-Workers-Diary--Part-17-1.pdf>

#LPRD# A Field Worker's Diary #Part 18 # 12 May 2020

As a part of the Andhra Pradesh Rural Poverty Reduction Programme (APRPRP), I spent some time working on a Health and Nutrition pilot programme as a coordinator in Guntur district. The pilot programme aimed to improve the nutritional status among pregnant and lactating women and bring down the mother and infant mortality rates.

<https://livelihoods.net.in/wp-content/uploads/2020/05/A-Field-Workers-Diary-diary-Part-18.pdf>

#LPRD# A Field Worker's Diary #Part 19 # 19 May 2020

Around ten years back, I was part of a team which was assigned the task of evaluating the outcomes and performance of a HIV / AIDS control and prevention program that was taken up in the erstwhile united Andhra Pradesh state and prepare a report on it. The said project was funded by an international funding agency.

<https://livelihoods.net.in/wp-content/uploads/2020/05/A-Field-Workers-Diary-Part-19.pdf>

#LPRD# A Field Worker's Diary #Part 20 # 26 May 2020

In Guntur district, Repalle and Nizamapatnam mandals were the only coastal mandals that fall under the project area of Andhra Pradesh Rural Poverty Reduction Project (APRPRP). In a district with a coastline of around 75 km, these two mandals have the maximum coastline. In 2004, our team was working with the families of the fishing community.

<https://livelihoods.net.in/wp-content/uploads/2020/05/A-Field-Workers-Diary-Part-20.pdf>

'Yoga'kshemam

Yogakshemam 07052020

Sangha and Songs for Life

Siddhartha Gautama **Buddha** is a philosopher, mendicant, meditator, and spiritual teacher (some 2500 years ago). A reformist within the Sramana movement. An advocate of Nirvana, out of Duhkha. Lumbini, Bodh Gaya, Sarnath, Sravasti and Kushinagar are important locations associated with Buddha.

Primary disciples took 'Buddha' forward. These include: two chief disciples Sariputra, Moggallana, before him; Mahakasyapa; Rahula (son); Ananda (cousin); Purna, Subhuti, Katyayana, Anirudha, Upali et al.

Can we be in Buddhist circuit in a year? For significant time? Extinguishing of the "fires" of desire, hatred, and ignorance?

Buddha is asking us to appreciate that there are four cycles of worldly conditions co-exist and keep turning around: gain and loss, fame and disrepute, praise and blame, pleasure and pain.

All thoughts, words, and deeds derive their moral value, positive or negative, from the intention behind them. We think, therefore, it comes about. Suffering, impermanence and non-self are real. Perceiving otherwise lead to appropriation, formation of attachments, desire and aversion, and strengthened ignorance. Our sense of self is both logically and emotionally just a label that we impose on these physical and mental phenomena in consequence of their connectedness.

Buddha is not denying to honour our basic social relationships, as long as we are alive: parents and children, teacher and students, husband and wife, friend and friend, employer and workers, follower and guides. Buddha is not denying to pursue fulfilment and happiness in this very life – from accomplishments through persistent efforts, protection, friendship, and balanced living. Therefore, Buddha advocates asthaangapath – eight-fold path: right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration. Mahatruth, referred as Four Noble Truths: Duhkha, Kaaran, Adukhka is possible, Pathways. This is the enlightenment.

[<https://livelihoods.net.in/wp-content/uploads/2020/05/Yogakshemam-07.05.2020.pdf>]

Yogakshemam 20052020

Transitions

When about 100 rich have the wealth of the bottom half of the world, it has its own repercussions. Pandemic has been pushing

the state to take charge of education, health, childcare, eldercare, housing, minimal employment etc. It is also time we discuss employment, underemployment and dignified employment. Minimum wages have to be redefined so that life with dignity is not lost. Can we go towards more and more worker-owned enterprises?

Life's Transitions

We need to apportion all our expenditure into 6 parts: 1 Part reserved for Learning-Seeing the ground truth; and 1 Part for 'care'. By the same token, we need to divide our time into 6 parts: 1 Part for 'learning'; and 1 part of volunteering and care. I seek co-life-workers to join me in dedicating next 10-12 years (4000 days/50,000 hours) in the following way – in five parts: 1 - field-travel; 2 - being with change agents, people who make a difference; 3 - raising resources for them; 4 - survival; and 5 – spirituality.

[<https://livelihoods.net.in/wp-content/uploads/2020/05/Yogakshema-20.05.2020.pdf>]

Yogakshemam 01062020

G Muralidhar **Unlock**

It is Lockdown 5.0/Unlock 1.0, 2.0 and 3.0 over next 100 days. All activities outside containment zones are allowed (with curfew during 2100-0500 hrs; children below 10, elders above 65 to stay home). To be resumed in a phased manner. Phase 1: Economy, Worship, Hospitality, Shops, Local Travel with no or graduated restrictions; Phase 2: Education; Phase 3: Others including International Travel, Metros, Entertainment, Congregations.

Safe distance, face mask, hand wash – to continue. Work from Home/Anywhere is to be preferred. There will be many who cannot do these.

Still Corona is strong: 6.3 million (191,000) cases, 375,000 (5,400) deaths. Economy is opening up and catching up slowly, may pick up speed of 2019, only in 2021/2. Some migrant still reaching their native locations; some wondering how should we get back; and quite a number wondering what to do. Some of us are talking 'new ways' and some of us are talking 'how do we get back to old ways'. Many of us in between – lost and directionless. Is it transience? Reasonably long transience? Or a temporary pause, slow down?

[<https://livelihoods.net.in/wp-content/uploads/2020/06/Yogakshemam-Jun-2020-01.pdf>]

Yoga'kshemam' 30 April 2020

Yoga'kshemam'

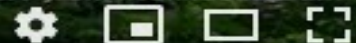
Video Series



G Muralidhar

with support from livelihoods team

0:02 / 7:14



Yoga'kshemam' 30042019

Link: <https://www.youtube.com/watch?v=tO09dYX3sBc>

