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# THE HINDU

## UN climate summit begins in Peru



Members of the international confederation Oxfam hold a banner with a message for representatives meeting at the upcoming climate talks, on the grounds of the Huaca Pucllana archaeological site, in Lima, Peru, on Saturday.

Officials from over 190 nations, including India, on Monday converged here at the UN climate summit to negotiate on a new ambitious and binding deal to cut global carbon emissions, in the last chance to reach on a historic deal to be signed next year in Paris.

Negotiations have been ongoing for 20 years, as the UN continues to bring its member countries together to help curb the damaging effects of coal burning and petroleum use, among other sources of pollution.

During the 12—day summit in the Peruvian capital, countries will put forward what they plan to contribute to the 2015 pact in the form of Intended Nationally Determined Contributions (INDCs) by the first quarter of 2015, well in advance of the Paris conference in December.

The Lima conference needs to provide final clarity on what the INDCs need to contain, including for developing countries who are likely to have a range of options from, for example, sector—wide emission curbs to energy intensity goals.

Environment Minister Prakash Javadekar leads India's 17-member delegation to negotiate terms for the final agreement to be signed in Paris, which will take effect in 2020.

Ahead of the summit, a report by UN Intergovernmental Panel on Climate Change warned that populous coastal cities Mumbai and Kolkata are most vulnerable to loss of life and properties due to flooding in the second half of the century.

“Never before have the risks of climate change been so obvious and the impacts so visible. Never before have we seen such a desire at all levels of society to take climate action,” said Christiana Figueres, Executive Secretary of the UN Climate Convention.

The UN report warned against extreme weather events like occurrence of heatwave, heavy precipitation, droughts, floods, cyclones and wildfire that cause damage to ecosystems and human systems in various regions.

It suggested that given the current levels of greenhouse gases in the atmosphere and top polluters' expected emissions in the coming years, it may be impossible to stop the planet from warming to the breaking point of 2 degrees Celsius.

## What are the Centre and States doing to curb climate change, asks NGT



*'There is a conflict of interest between the Central Government and various States and because of this an important plan like the NAPCC has failed to get implemented in its true letter and spirit'*

The National Green Tribunal on Monday sought response from the Centre, States and Union Territories about the measures they have been adopting to check climate change and how the governments have implemented the National Action Plan on Climate Change (NAPCC).

A bench headed by NGT Chairperson Justice Swatanter Kumar issued notices to the Ministry of Environment and Forests (MoEF), Ministry of Power, Ministry of New and Renewable Energy and several States.

The Bench was hearing a petition filed by advocate Gaurav Kumar Bansal, who has been raising various environmental concerns before the NGT. Mr. Bansal sought directions to place on record the relevant materials and documents relating to steps taken by the Centre and States to implement the NAPCC.

The plea said, “As a part of the international commitment to cut greenhouse gas emissions in India, the then Prime Minister on June 30, 2008, had released the NAPCC and said it reflects the importance the government attaches to mobilising the national energies to meet the challenges of climate change.”

In August 2009, the Central Government had directed all States and Union Territories to formulate individual state action plan on climate change guided by and consistent with the structure and strategies of the NAPCC, but nothing has been done in this direction, it said.

“The idea behind the individual State Action Plan on Climate Change (SAPCC) was that individual States and Union Territories must lay out sector-specific as well as cross sector time-bound priority actions along with indicative budgetary requirements, supplemented with details of necessary institutional and policy infrastructure for operationalisation of actions,” it said. The plea claimed that despite the Central Government’s direction, Maharashtra has not drafted its SAPCC. It further claimed that while preparing the SAPCCs, no States offered a clear, consistent and well-argued set of recommendations with either a vision or an action plan.

“There is a conflict of interest between the Central Government and various States of the country and because of this an important plan like the NAPCC has failed to get implemented in its true letter and spirit,” the plea said.

On January 30, 2010, the Joint Secretary, MoEF, in a letter to the Executive Secretary of United Nations Framework Convention on Climate Change had informed that India will try to reduce the emission intensity by 20-25 per cent by 2020 in comparison to the 2005 level, it said.

## NASA to study climate change from the sky



NASA will send five new airborne field campaigns to the skies to investigate how long-range air pollution, warming ocean waters and fires in Africa affect our climate.

This is NASA's second series of "Earth Venture" sub-orbital investigations, as NASA began soliciting bids for these projects in 2007 at the behest of the National Research Council. The first series of five projects was selected in 2010.

"These new investigations address a variety of key scientific questions critical to advancing our understanding of how Earth works," said Jack Kaye, associate director for research in NASA's Earth Science Division in the US.

The five selected investigations are: Atmospheric chemistry and air pollution; ecosystem changes in a warming ocean; greenhouse gas sources; African fires and Atlantic clouds; and melting Greenland glaciers.

Each project is funded at a total cost of no more than \$30 million over five years.

Seven NASA centres, 25 educational institutions, three US government agencies and two industry partners are involved. IANS

## Lima climate talks kick off



A pro-solar message in Hindi is projected by Greenpeace at the Temple of the Sun in Machu Pichu, Peru on Monday.— Photo: PTI

The world's nations gathered in the Peruvian capital Lima on Monday in a renewed push for a deal to roll back carbon emissions threatening future generations.

The 12-day talks under the U.N. Framework Convention on Climate Change (UNFCCC) take place amid grim scientific warnings and a surge in interest in sealing a pact in Paris in December 2015.

“Never before have the risks of climate change been so obvious and the impacts so visible,” said UNFCCC chief Christiana Figueres. “Never before have we seen such a desire at all levels of society to take climate action.”

Ms. Figueres, flanked by Peru's Environment Minister Manuel Pulgar-Vidal, who will chair the conference, attended an interfaith candlelit vigil on Sunday to draw attention to victims of climate change.

About 10,000 delegates, activists, journalists and backroom staff have been accredited for the conference, with some 40,000 police providing security.  
— AFP

## Farmer gets paddy yield of 15.8 tonnes per hectare

*Thanks to application of bio-fertilizers, green manure*



Hands full :Officials watching M. Suruli measuring the paddy harvested from his field at Cumbum Pudhupatti village in Theni district.

A paddy farmer in Cumbum Pudhupatti village has got a bumper yield this year, setting a new record in yield per hectare, thanks to the application of bio-fertilizers, green manure, proper split application of chemical fertilizers and adoption of modern agriculture practices.

He has harvested 15.8 tonnes per hectare against the district average of 10 tonnes this season. It was the highest in the last one decade, said Agriculture Department officials.

Narrating the techniques adopted by him, the farmer, M. Suruli of C. Pudhupatti in Uthamapalayam block, said he gave more importance to bio-manure.

“From preparing the field to flowering and panicle stage, I used bio-fertilizers instead of chemical-based ones. Use of green manure scaled down the quantum of chemical fertilizers used. Moreover, bio-fertilizer was used for seedling dip too. At the same time, I did not stop using chemical fertilizers fully. They were used minimally based on requirement,” he said.

First, the farmer applied bio-manure before preparing the land and later he adopted in-situ ploughing, blending plants in the field to enrich soil, said Agriculture Officer I. Ambika.

Bio-manure, including herbicide, was applied at the time of transplanting, flowering and panicle stage. Micro nutrient mixture was also applied for better plant growth, she added.

Following System of Rice Intensification method and minimum use of fertilizers helped him achieve better yield, said Assistant Director of Agriculture P.R. Asokan.

Removal of weeds using coco weeder and proper spacing between tillers provided air circulation in the field, thereby increasing the number of tillers from each plant. Increase in tillers ultimately enhanced yield per plant.

### **Method to go a long way**

His method of cultivation would be propagated among other farmers to improve paddy production in the district, he added.

## **2,651 tonnes of urea ready for distribution**

*Two shiploads of urea of 1,14,000 tonnes reaches Karaikal*



Fertilizer bags being unloaded from a goods wagon at the Railway yard in Tiruchi on Monday.— Photo: M. Srinath



A total of 2,651 tonnes of urea has arrived here for distribution to primary agricultural cooperative credit societies in Tiruchi, Thanjavur, Ariyalur, Perambalur, Karur, and Pudukottai districts.

Special arrangements have been made by the Indian Farmers Fertiliser Cooperative (IFFCO) and the Tamil Nadu Marketing Federation to distribute the input immediately. A large number of lorries were pressed into service at the Good Shed area in the town for moving the urea to different areas in the district – sporadic rain notwithstanding.

“There is a growing demand for urea among ‘samba’ paddy cultivators as it is the second top dressing period for the crop. With a view to ensuring timely supply of urea to farmers, the IFFCO has made arrangements for the supply of urea,” said D.Subramanian, Chief Area Manager, IFFCO, Tiruchi region.

He said that two shiploads of urea totalling 1,14,000 tonnes has arrived in Karaikal for onward distribution to a few States, including Tamil Nadu and Andhra Pradesh. He said that a major share of the urea to be off-loaded at Karaikal would be sent to Tamil Nadu. Keeping in mind inclement weather, IFFCO had taken care to ensure proper despatch of urea through trucks, he said.

## **Hope of more horticultural crop cultivation rises**

*Spices are likely to contribute much to the growth*

Unlike in the last three years which were affected by a drought-like situation, Tuticorin district received a considerable amount of rainfall this year. With this prevailing trend, the average cultivation area of horticultural crops is expected to be increased, according to Deputy Director of Horticulture, Tuticorin District, R. Avudayappan.

In the last three years, the average cultivation of horticultural crops was not achieved.

A bountiful annual rainfall – 710 mm – was last recorded in 2010. So far this year, the district had experienced 701 mm rainfall as against the average annual rainfall of 662 mm, he said.

Spice crops, including chilli and coriander, were expected to contribute much to the increase in cultivation. Around 11,500 hectares would be covered under chilli crop and 3,000 ha by coriander crop.

During last year, chilli was cultivated on 10,297 ha and coriander on 2,518 ha.

Among fruit crops, banana was the most preferred by farmers.

They expected to extend its cultivation to 10,500 ha this year as against 9,320 ha covered last year.

Tuticorin was the second largest producer of banana in the State, Theni district being the first. Cultivation of vegetable crops, including tomato, brinjal, bhindi, cluster beans, onion and drumstick, would cover 3,050 ha. Hybrid seeds and fruit saplings were being distributed to the farmers, Mr. Avudayappan noted.

Spice crops normally accounted for 49 per cent of total cultivated area, fruit crops 28 per cent, vegetable crops 11 per cent, plantation crops nine per cent, medicinal plants two per cent and flowers one percent.

To motivate the farmers, farm women groups comprising 10 committees had been formed in five blocks – Pudukottai, Udangudi, Kayathar, Ottapidaram and Karungulam – after conducting a baseline survey.

These farmers would enjoy the benefits of subsidy schemes launched by the government through the Horticulture Department, and they would be exposed to the latest techniques to improve cultivation, he pointed out.

Mr. Avudayappan said under Part-II Scheme, 101 farmer interest groups had been formed in Vilathikulam, Pudur and Ottapidaram to motivate cultivation of 'senna', a medicinal plant. Direct market linkage would be created to help senna farmers, he added.

### **Rice case worm attack in Kannur**

Rice case worm attack has been reported from different parts of the district. Agriculture experts on Monday asked paddy farmers to take precautions against the spread of the pest attack.

Officials of the Krishi Vigyan Kendra (KVK), Kannur, said acute attack had been reported from Panangattur, Kadannappalli, Koovod, Pattuvam, and Chapparappadavu.

The rice case worm was a pest found in irrigated and rain-fed wetlands. The pest was the larvae of white moth. The pest attacked the crop in the early transplanted stage. Leaf tips would be cut and plants defoliated, KVK sources said. A female moth laid 140-160 eggs. The larvae cut the leaf tips to make a tubular case, a KVK release said.

The pests could spread to weeds too.

- *Farmers urged to take precautions*
- *They may contact Krishi Vigyan Kendra if need be*

### **Awareness event on storing produce**

The Central Warehousing Corporation conducted an awareness programme for farmers on storing agricultural produces in its warehouses.

Speaking to *The Hindu* on the sidelines of the programme at Krishi Vignana Kendra R.C. Lal, manager, central warehouse, Panambur said that the corporation had one more warehouse at Mannagudda.

Farmers could store areca nut, pepper, rubber, paddy, pulses and other listed agricultural produces in them.

Farmers could contact Mr. Lal over 9880137391 or Francis D’Cunha, manager, ware house at Mannagudda over 9448118874 for details.

### **Food, agri-hub plans hinge on Polavaram**

*West Godavari district, granary of the State, has been favoured by various agencies for setting up agri export zones*

The State government’s plans to harness the potential of West Godavari district as a food and agri processing hub remains a distant dream, due to delay in execution of the multi-purpose Polavaram project.

The district forming part of the KGPG (Krishna, Guntur, Prakasam and West Godavari) region has been reputed for its fish and prawn culture, horticulture products like sweet lime, mango and chikoo besides other agricultural products including turmeric, oil palm, cocoa, chillies and tobacco. Popularly known as granary of the State accounting for close to 50 per cent of rice production, the district had been favoured by various agencies for setting up of agri export zones (AEZs).

Given the opportunities likely to be thrown up by the yet to be tapped potential, the government had rightly prioritised West Godavari for setting up thriving food and agri processing zone. But, much of the progress on this count would depend on the completion of the Polavaram project, aimed at diverting Godavari water to Krishna delta covering major portion of the district en route.

### **Silver lining**

Even as the works on the project are under way, acute fund crunch appears to be a major road block to the project envisaging transfer of 84 tmcft of water to Krishna delta besides irrigating 7.40 lakh acres in East and West Godavari districts.

The declaration of the BJP-led Central government according national status to Polavaram had no doubt come as a silver lining to the project, but the progress of works continue to be at a snail's pace, thanks to a meagre Rs. 250 crore sanctioned in the Union Budget, causing concern to officials concerned.

Major Irrigation Minister Devineni Umamaheswara Rao, during his visit to the area few days ago admitted that the volume of project work being executed a day on an average failed to cross 25,000 cubic meters. "If the project is to be completed in the next three years as per the government's claim, the extent of work under execution should not be anything less than 2 lakh cubic meters on a daily basis", an Irrigation official told this Correspondent on condition of anonymity.

Superintending Engineer of the Polavaram project, C.S. Ramesh told the Minister that contracting agencies were reluctant to execute the project due to the delay in clearing the bills amounting to Rs. 800 crore.

## Plan to revive eight water resource institutions

*Committee's suggestions submitted to Minister M.B. Patil*

<b>CADAS AND THEIR REACH</b>		
Name of the CADA	Basin	Command area (hectares)
Tungabhadra, Munirabad	Krishna	4,66,339
Malaprabha and Ghataprabha, Belagavi	Krishna	6,50,777
Cauvery Basin projects, Mysuru	Cauvery	7,00,558
Upper Krishna, Bheemarayanagudi	Krishna	6,48,200
Bhadra, Shivamogga	Krishna	2,66,217
Irrigation Project Zone, Kalaburagi	Krishna & Godavari	1,45,066

  

<b>KEY RECOMMENDATIONS</b>		
Redefining the composition of CADAs	Restructuring jurisdiction of CADAs	Transferring water management and maintenance from nigams to CADAs
Command Area Development Authority*		

Comprehensive reforms are on the anvil to revive eight defunct water resources institutions — six Command Area Development Authorities (CADAs), Water and Land Management Institute (WALMI), Dharwad; and the Karnataka Engineering Research Station (KERS), K.R. Sagar, Mandya.

The main objectives of the reforms are to increase the efficiency of water management and making the institutions fiscally sound.

“We will implement short-term and long-term reforms suggested by a committee headed by M. Shivaswamy, Director, CADA, Directorate, Bengaluru, on functioning of CADAs, WALMI and KERS. We will revive almost defunct institutions,” Water Resources Minister M.B. Patil said on Monday after accepting the panel’s report.

### New irrigation panel

The CADA Act, 1980, empowered authorities, which were created on the recommendation of the Irrigation Commission Report, 1972.

He said a new Irrigation Commission would be constituted in January, 2015, to recommend reforms for maintenance of irrigation projects.

The panel recommended revision of water tax levied on farmers and industrialists who have been drawing water from canals for irrigation and industrial purposes.

### **Water tax for consumers**

A committee headed by Additional Chief Secretary, Water Resources Department, P.B. Ramamurthy, will recommend hike of water tax for consumers. The committee will submit its report in two months.

The Minister hinted that water tax would be increased by at least four times for different crops and different consumers who draw water from canals during the crop period. At present, for instance, water prices are fixed at Rs. 4 for sugarcane crop and Rs. 100 for paddy per acre.

Water tariff collection was a mere Rs. 23 crore against the target of Rs. 92 crore a year.

“We should collect at least Rs. 500 crore in the form of water tax a year,” he said.

Water rates are much higher in Maharashtra and Andhra Pradesh.

The seven-member committee, which visited Andhra Pradesh, Maharashtra, Gujarat and Rajasthan, studied the functioning of six CADAs based on first-hand experience in the four States.

### **Chicken prices drop, fish sales perk up**

*Panic over bird flu influence markets in Bengaluru, Mysuru, Mangaluru*

The price of chicken has dipped marginally in Bengaluru, Mysuru and Mangaluru in the wake of the outbreak of avian influenza in neighbouring Kerala.

Market sources in the three cities, however, show that the demand and consumption of chicken has not changed much. Manjesh Kumar Jadhav, secretary, Karnataka Poultry Farmers and Breeders' Association (KPFBA),

said, “The price of chicken has reduced from Rs. 70 to Rs. 60 per kg because of the panic over bird flu that has been reported in Kerala.”

Even though sale of fish has reportedly increased in Bengaluru, Mr. Jadhav ruled out the possibility of fish emerging as an alternative. Those who buy chicken will not substitute it with fish as the latter is expensive, he said.

S.K. Vivekanand, managing director, Fish Mart, said he has sold more fish over the last eight days. Retail sales increased from three tonnes a day to 3.9 tonnes a day in Bengaluru.

Around 40 varieties of fish reach Bengaluru from Mangaluru, Karwar and Kumta and are sold to homes, mega retail outlets and star hotels.

He said price of fish at present in Bengaluru are determined by fish availability and not influenced by the bird flu issue.

Meanwhile, Naseer Hussain, a chicken dealer in Mysuru, attributed the marginal dip in prices of chicken to reduction in the quantum of exports to Kerala. Mysuru was sending about 75,000 live birds to Kerala before the outbreak. “Now, there has been a substantial dip,” he said.

Even though Mangaluru also witnessed a dip in the price of chicken, the sellers are divided over the reasons. While Iqbal A. who has a stall near Marnamikatta, said it was definitely the impact of fear prompted by media reports about avian flu in Kerala, Niyaz in Jeppu Market said this was common during this season. “There is no festival, so prices have come down,” he said. But the dealers were hopeful of prices picking up as Christmas and New Year approach.

### **Vigil mounted**

Meanwhile, Devdas, Deputy Director of Animal Husbandry Department in Mysuru, said all necessary precautionary measures have been taken to ensure that poultry does not enter Karnataka from Kerala. A vigil has been mounted at the State’s borders with Kerala. “Even though we have not banned export of poultry from Karnataka to Kerala, the vehicles are being disinfected on their return,” he added. “There is no cases of bird flu here.” He added that even the samples of migratory birds visiting the lakes in Mysuru and surrounding regions sent for lab tests in Bengaluru have not shown any instances of avian flu.

## **Coconut producers' consortium to make neera containers**

: The consortium of coconut producer companies has said that it planned to venture into making plastic containers for neera and value added products from the sweep sap of coconut flowers.

The consortium feels that the current price of coconut neera containers would affect the market price with containers for 200 ml neera now costing between Rs. 3 and 4.30 apiece, said a statement issued by the Coconut Development Board.

It said that when all coconut producer companies start launching their neera products, at least thousand containers and bottles would be needed daily. The retail value of coconut neera and value added products form it can be considerably reduced by reducing the cost of containers.

### **Prices**

The Consortium has also expressed concern at the falling price of coconut and appealed to the State Government to increase the procurement price of coconut to Rs. 35 a kg. The consortium, at a meeting presided by its Chairman Shahjahan Kanjiravilayil, also appealed to the Government to initiate other measures to ensure remunerative price for coconut farmers. The Consortium also appealed to coconut producer companies to launch coconut oil production with focus on quality.

Meanwhile, Coconut Development Board data say that a total of 7,548 coconut producer societies are in the process of being registered in Kerala, Tamil Nadu, Karnataka and Andhra Pradesh. Of these, 6,042 are in the process of being registered in Kerala and 5,438 have already been registered.



## The calorie countdown



*Forget New Year resolutions. Anytime is a good time to get fit and healthy, experts tell PREETI ZACHARIAH*

Mirrors don't lie. Neither do weighing scales. And it is that time of the year when your relationship with both is going through a rocky patch. Eid, Dussehra, Diwali, Halloween and Thanksgiving have whizzed past — leaving behind overfed tummies and a few extra pounds in their wake. Your daily sessions at the gym have dwindled to a monthly guest appearance — certainly not enough to keep the effects of boozy Sunday brunches, late night dessert fixes, countless cups of sugary tea, chocolates and greasy take-out at bay. Your shirts are a bit too snug, the waistband of your jeans chafes against your waist, the needle on the weighing scale oscillates wildly before settling at a number south of what it was at the beginning of the year.

Tomorrow, after all, is another day. And the New Year that is all set to sidle in is the perfect time to begin losing that extra pudg. Or so you tell yourself year after year.

But why wait asks Ajit Shetty of Score Gym, the man behind Suriya's six-pack in *Ghajini*, "Why wait till January to start on a healthier lifestyle?"

Make New Year your benchmark and begin working towards getting fit by then. Once you see results, you will continue with those lifestyle changes in the new year.”

“It is mostly in the mind,” says dancer and choreographer Jeffery Vardon, who heads group fitness at the O2 chain of health studios. “Anyone can look the way they want to — if they eat right and exercise. I normally advise a weight loss of around 3 kg but if you really push it you can lose 6-8 kg on a calorie-controlled diet of anywhere between 1200-1500 calories and high-intensity workouts.”

“You have to monitor what you eat. The first thing you need to do is cut sugar, increase protein and reduce (not cut) carbohydrates,” says Ajit.

Lifestyle coach Raj Ganpath of The Quad, who is known for his no-nonsense approach to health, believes that you need to “plan your nutrition before you start and have a plan that is built around wholesome and organic real foods. And, of course, throw all the junk out of the house.”

Exercise is non-negotiable if you want to knock off a few pounds .

“You have to have a legit training programme that contains strength, endurance and mobility training. First thing every morning, get in some low-to-medium intensity cardio but don’t overdo it. A 60-minute brisk walk or 40-minute run, swim or cycling is ideal. Get in a couple of extra workouts during the week and make them full-body workouts to ensure you don’t stress any particular joint too much,” says Raj.

Variety is the spice of life in more ways than one. “Try out different programmes to prevent boredom from setting in and keep motivated,” chips in Ajit. “Run, lift weights, take a class, do yoga. Mix it up — your body will love you for it.”

“Introduce a variety of colours, flavours and textures in your diet,” says Jeffery. “Replace simple carbs with complex ones, eat a variety of fresh fruits and vegetables, eat a balanced diet that your tongue enjoys.”

But weight-loss is not as simple as input and output. Other factors do impact the way you lose weight —stress, sleep patterns, social habits, water intake, activity level etc.

Raj believes that these have to be managed too, to get optimal results, “Manage your priorities and find a way to squeeze in at least seven hours of sleep a day. You won’t lose unless you snooze. Stay hydrated but just drink water or maybe coconut water. Stay away from energy drinks or anything that contains sugar and colour. Stay active throughout the day — don’t sit if you can stand, don’t stand if you can walk, don’t walk if you can run and don’t run if you can sprint. Do your chores and become the nice guy/gal who does everyone else’s chores,” he says.

Jeffery agrees. “It isn’t enough to exercise and then slump over your computer. Take the stairs, walk whenever it is possible, do chores around the house,” he says.

And as *Chicago*’s *Velma Kelly* sings, “*I can’t do it alone.*”

*“Get a little help,” says Raj. “Find a friend who shares the same goal and do this together. After a couple of weeks, you’ll need someone to keep you going. Also, talk to your family and friends and let them know your goal and explain to them that you can do better with their support.”*

*So what are you waiting for? Lace up your sneakers, stock up your pantry, drink up your water, find that workout buddy and get plenty of zzzz’s.*

***Don’t sit if you can stand, don’t stand if you can walk, don’t walk if you can run and don’t run if you can sprint***

## **What yoga teaches you**

*How to love your body and respect it*

I hate shopping for jeans. I would rather endure a Brazilian wax by a novice waxer who is still angry from the fight she just had with her boyfriend than go shopping for jeans.

Don’t get me wrong; I love a good pair of jeans but there is something about the process of finding that perfect pair that leaves me feeling angry, frustrated, depressed....and oh, so fat!

It always starts out perfectly and you feel a sense of excitement at the possibility of how great you are going to look in your new jeans. You pick up a few with exciting labels like “butt-lifter” or “waist-enhancer”. The first

disappointment comes when you realise that even though you have convinced yourself, you are actually not the same size that you were in college and you have to ask the salesperson for everything a size (or two) larger.

Once you get the right size and manage to pull them beyond your hips, or button them around your waist, you are faced with the enemy — the changing room mirror. It ruthlessly offers you a multi-angled view of your body. My first thought is, “Oh, my God, is that how I look when I leave a room?”

This is just the beginning of a few hours of self-loathing and loud cursing. Eventually, of course, the right pair of jeans does come along, hopefully sooner than later, and all the angst fades away. After all, there is nothing like finding a good pair of jeans to make one feel wonderful.

This emotional sway between loving our bodies and hating our bodies, feeling good about ourselves and self-loathing, are all a part of life, especially if you are a modern woman. We are surrounded by unrealistic images of beauty and it is hard to learn to accept our bodies the way they are and even harder to learn to love our bodies the way they are.

Yoga can provide the tools that one needs to begin to love your body and, more importantly, to respect it. Every day we step onto the mat, it is just our bodies, our mat and the mind.

**1** We all have different tool kits. When you begin to practise yoga, you soon realise that everyone is different. There are some *asanas* that are easy for you and really difficult for others. Those are the fun ones. There are others which are really tough for you and yet you see students who have practised less handling them with ease. These differences have very little to do with height, weight, size or muscle-fat ratio. One of the strongest headstands I have ever seen was by a man with a large paunch. You realise that your body is the only tool kit you're going to be given. Some of us are strong, and have to work on flexibility; some of us are flexible and have to work on strength. Some have strong shoulders and others have a strong core. Sure, we work on changing and developing those parts which are weaker, but because we practise every day, we also learn to accept.

**2** Health has nothing to do with being skinny. The world of yoga is filled with skinny people. You see them on Instagram, Facebook and YouTube. The more I teach, the more I realise that the strongest, most advanced yogis are the healthiest students.

**3** Your body is your vehicle. It supports you and takes you through life. Why don't you care for it more? Through yoga, we learn that the body is strong, it's flexible, it can do wonderful things that we couldn't even imagine were possible. But we also learn that it is intricate and needs to be handled slowly, softly and with care.

**4** Internal organs and their functioning are very important to health, from digestion, elimination and lung capacity to heart, circulation, liver and thyroid gland.

**5** Your body is your temple. When it is clean and sparkling, then you can move inwards and begin to discover the divine.

My teacher Richard Freeman is fond of saying, "Some people think yoga will give them a perfect body. And if they practise it hard enough and with enough dedication, it will. That's possible. But they're still going to die. Then they'll have a perfect dead body."

***This emotional sway between loving our bodies and hating our bodies, feeling good about ourselves and self-loathing, are all a part of life***

## Winter recipe: How to make Makki Paratha Aluwala



Makki Paratha Aluwala

Who doesn't love Makki ki Roti with Sarson Ka Saag in Winters. Here's a variation for Makki lovers. Try making Makki Paratha stuffed with potato. We bet, you will love it.

### **Makki Paratha Aluwala Recipe**

For 4 paranthas

Time – 40 minutes

#### **INGREDIENTS**

1 cup (180 grams) Maize flour

1/2 cup (75 grams) Wheat flour

About 1/4 tsp Salt

1/4 tsp Carom seeds

**For stuffing:**

4 Boiled potatoes  
Salt as per taste  
About 1/4 Red chilly powder  
1/2 tsp Ginger paste  
1 (finely chopped) Green chilly  
1/4 tsp Mango powder  
1/2 tsp Coriander powder  
2-3 tbsp (finely chopped) Green coriander  
Oil (for roasting paranthas)

**METHOD**

Take maize and wheat flour in a big bowl. Add carom seeds and salt in flour and with help of lukewarm water knead soft dough.



Add carom seeds and salt in flour

Cover and keep aside the dough for 10-15 minutes to set.

Peel boiled potatoes and mash them finely. Now add salt, red chilly powder, ginger paste, green chilly, mango powder, coriander powder and green coriander. Mix all ingredients really well. Stuffing is now ready.



Now add salt, red chilly powder, ginger paste, green chilly, mango powder, coriander powder and green coriander.

After 15 minutes, you dough should be ready.



After 15 minutes, you dough should be ready.

Now grease your hands with some oil and knead the dough again until smooth. Dough for making paranthas is now ready.

Preheat tawa. Take some dough about the size of a guava and roll giving it a round shape. Dust with dry flour and place it on rolling pin.





Take some dough about the size of a guava and roll giving it a round shape. Now roll it into 3-4 inch diameter paratha. Place one part of stuffing over the rolled parantha. Lift paratha from all side and seal the stuffing nicely.



Lift paratha from all side and seal the stuffing nicely. Now press the dough ball gently with your fingers to flatten it. Dust it with dry flour and with help of rolling pin, roll making a thick parantha. Spread some oil over heated tawa and place the parantha gently over it.



Spread some oil over heated tawa and place the parantha gently over it. When paratha turns darker on surface flip the side and cook until it gets brown spots. Spread some oil on the surface evenly. Flip the sides again and spread some oil on this side as well. Roast the parantha on medium flame from both sides until it gets brown spots evenly.



When paratha turns darker on surface flip the side and cook until it gets brown spots. Place the roasted paratha on bowl kept over a plate. Likewise make all parathas. Serve these parathas with curd, green coriander chutney, raita or any sabzi with thick gravy and enjoy eating.

## Late-night snacks may damage memory



Late-night meals may interfere with your memory, a new study has warned. The study in mice found that eating during times of day when one would normally be sleeping impaired the animals' memory for objects they had seen, even when the rats got the same amount of sleep as mice on a normal eating and sleeping schedule.

Study co-author Christopher Colwell, of the University of California, Los Angeles, and a team of researchers acclimated mice to a normal sleep schedule, sleeping during the day. Mice are nocturnal, so they are normally awake at night and asleep during the day.

Then, the researchers allowed some of the animals to eat only during the time they were typically asleep, while allowing others to eat when the animals would normally be awake, 'LiveScience' reported.

The mice on the misaligned eating schedule had shifted sleep times, but they still slept for the same total amount of time, ate the same amount of food and weighed the same as the mice that ate at normal times, Colwell said.

The researchers then tested the mice's memory. In one experiment, they put the mice in a box with two different objects, and allowed them to explore.

Then, after putting the animals on different feeding schedules, the researchers placed them in the box with one of the familiar objects and one new object, and measured how long the mice spent exploring each one.

Compared with the mice on the aligned eating schedule, the misaligned mice showed a significant decline in memory.

The animals on the altered feeding and sleep schedule spent more time exploring the familiar object, suggesting they didn't remember encountering the object before

In a second experiment, the researchers conditioned both groups of mice to feel fear in a certain location, and later put them back in that location to see if they showed fear.

The mice on the shifted eating schedule froze less often in the fearful situation than their normal-schedule peers, suggesting the odd eating and sleeping schedule affected the animals' memory of scary situations.

The researchers also found that the mice that ate during normal sleeping periods learned less quickly than the mice that ate at normal times.

The study was presented at the annual meeting of the Society for Neuroscience in Washington, DC.

## THE TIMES OF INDIA

[Try these healthy, winter delights](#)



*It's that time of the year when the fruit and vegetable markets are awash with the best seasonal produce.*

Says city-based dietitian Priya Karkera, "Not only dark red carrots, but orange squash, spinach, leafy greens, turnips, fresh peas and more are all available and taste excellent at this at this time." She tells you why you ought to tuck into three of these...

**Amla:** This fruit, loaded with vitamin C can be found even in small market nooks now. Since amla is rich in polyphenols, it aids in better absorption of insulin and hence is very beneficial for diabetic patients in managing blood sugar. It's high iron content and aids in reliving menstrual cramps if taken regularly. It serves as an excellent immune booster, must be given to children less than five years of age to prevent frequent coughs and cold.

**How to have it:** It can be taken as amla juice, dried and powdered, and can be used in chutneys, gravies to add a pungent flavour. Raw amla can be used in salads.

**Sweet potato:** An excellent low glycemic index tuber, it is loaded with fiber. It is also antioxidant rich and contains beta carotene, which is converted to vitamin A in the body. Sweet potato is also an excellent source of vitamin B6, manganese, zinc, magnesium. The high vitamin A content proves it to be beneficial for excellent vision.

**How to have it:** This can be given to diabetic patients as it has a low glycemic index. It can be used as a substitute for potatoes in recipes like pavbhaji, wada.etc.

**Singhara:** This is an energy-loaded winter fruit also called water chestnut. It is rich in antioxidants and has high carbohydrate content, hence must be avoided by diabetic patients.

It is rich in antioxidants and helpful in prevention of cancer. Singhara can also boost energy and is thus apt for athletes and those with a strenuous schedule.

**How to have it:**

Dried shinghara flour is used during fasts.

Boiled shinghara in water. This can be used to cure dysentery.

## Eat more fruits, vegetables to cut stroke risk

*Researchers have said that eating more fruits and vegetables may reduce the risk of stroke worldwide.*

Researchers conducted a meta-analysis of 20 studies published over the last 19 years to assess the effects of fruit and vegetable consumption on risk of stroke globally. The combined studies involved 760,629 men and women who had 16,981 strokes.

Stroke risk decreased by 32 per cent with every 200 grams of fruit consumed each day and 11 percent with every 200 grams of vegetables consumed each day.

Yan Qu, M.D., the study's senior author, director of the intensive care unit at Qingdao Municipal Hospital and professor at the Medical College of Qingdao University in Qingdao, China, said improving diet and lifestyle is critical for heart and stroke risk reduction in the general population.

Qu said in particular, a diet rich in fruits and vegetables is highly recommended because it meets micronutrient and macronutrient and fiber requirements without adding substantially to overall energy requirements.

Macronutrients (carbohydrates, protein and fat) provide calories or energy. Our bodies need smaller amounts of micronutrients such as vitamins and minerals.

The researcher cited studies demonstrating that high fruit and vegetable consumption can lower blood pressure and improve microvascular function. It has favorable effects on body mass index, waist circumference, cholesterol, inflammation and oxidative stress.

The beneficial effects of fruits and vegetables applied consistently to men and women, stroke outcome and by type of stroke (caused by clot or bleeding). Researchers found no significant difference in the effect on age (younger or older than 55).

The study has been published in the American Heart Association's journal *Stroke*.

## Best foods for quick weight loss



*No matter how healthy your daily routine might be, sometimes, the sudden need for quick weight loss manages to creep in unannounced.*

Whatever the reason - a school re-union or your 30th birthday - none of us are above the need to lose weight and lose it fast. And here's some good news: Coupled with the right exercise and healthy nutrient intake you can lose weight quickly and surely by consuming these best foods for quick weight loss. Remember the first tenet of a healthy diet is portion control, and you're on your way to quick weight loss success...

**Lean protein:** A recent study from Purdue University has proved yet again that lean protein enables weight loss through appropriate appetite control. While non-vegetarians can get lean protein from lean meat and egg white, vegetarians should look to include these protein foods in their daily diet: Chickpeas, soybeans, kidney beans, tofu, other beans and pulses, and dairy. Even peanut butter is a good substitute as an appetite controller here.

**Fruits and vegetables:** This is a best practise followed by people who lose permanent weight successfully. Even if you love meat, including at least 2-3 whole fruits and a side serving of vegetables with each meal goes a long way in curbing your appetite and enabling quick weight loss. So leave those diet pills, exotic foods that you buy just once and never eat again, and step over to the neighbourhood grocery store. Your best bet with quick weight loss lies within these humble, yet extremely healthy, fruits and vegetables.

**Broth-based soups:** Pureed and chunky broth (not cream) based hot soups tend to satisfy a range of food cravings, while filling you up on low-calorie healthy foods. Additionally, making these soups at home is quite simple. Just buy some vegetables, puree the pulpy ones, chop the hard ones, start with a steam or stir fry and slowly add water with stock for volume. Don't forget the seasoning. Quick weight loss largely depends on how you control your appetite with healthy substitutes to unhealthy, high-fat and creamy foods.

**Whole grain:** A list of best foods for quick weight loss can never be complete without whole grains. Even without changing other areas of your daily diet, just a shift from processed to whole grain will work wonders for quick weight loss. Whole grains are nutrient-packed powerhouses and are excellent appetite controllers.

**Low-salt and low-starch foods:** Cutting back on sodium and high-starch foods (read: bad carbs) results in a kind of cheat weight loss, which - if properly maintained can lead to permanent weight loss. In the short run, this strategy leads to low fluid retention and what you lose initially is 'water weight'. This is why most weight loss diets that promise quick weight loss begin with a no-carb, no-salt shock phase. You can do this cleverly by cutting down reasonably and continuing a daily exercise routine to maintain healthy appetite and calorie burn.



# THE HINDU BusinessLine

## Bankers in tizzy as Karnataka coffee growers default



### **Bengaluru, December 1:**

Despite a surge in coffee prices, growers in Karnataka – the largest producing State – are not willing to repay their loans, bankers said.

The issue of non-performing assets (NPAs) and recovery in coffee loans figured at the 129th meeting of the State Level Bankers Committee on Monday.

“It is a matter of concern that the NPAs in the coffee advances are mounting and bankers are finding it to difficult to recover them,” said TK Srivastava, Executive Director, Syndicate Bank, the lead banker in the State.

Further, Srivastava sought co-operation of the Coffee Board as well as the State administration to help bankers recover loans.

According to bankers, coffee growers owe a total of around Rs. 1,250 crore in Karnataka. Of this, dues including the NPAs are pegged at around Rs.850 crore and are rising.

Major bankers in the coffee-growing regions of Karnataka including Syndicate Bank, State Bank of Mysore, Canara Bank, State Bank of Mysore

and Corporation Bank among others have exposure to the coffee loans. The bank wise break-up was not available.

Bankers said that loans sanctioned and disbursed prior to 2002 are still outstanding, even after repeated restructuring in the line of package advised by the Coffee Board.

Also the Kisan Credit Card loans disbursed after 2002 are not renewed by planters for several years. Further, term loan instalments are not being paid, even as per the restructured payment schedule, while some planters are reluctant to even sign letter of revival, they said.

The Karnataka Government is expected to take up the issue with the Coffee Board on taking steps to reduce the NPAs.

In 2010, the Centre had announced a Rs. 363-crore debt relief package for the coffee sector, that benefitted largely the small growers.

Coffee prices are on a upswing in the recent past on concerns over supplies from Brazil, the largest producer.

K Kurian, Chairman of the Karnataka Planters Association, said that it was possible that a section of growers could not have repaid their loans.

He said coffee prices have gone up only in the recent past and due to volatility and one is not sure of how long this would be sustained.

He said that growers, reeling under the impact of changing climate, have faced higher incidence of pest attacks this year, especially the white stem borer menace that will have an impact on the yield and output.

The State-run Coffee Board has pegged the 2014-15 crop at 3.44 lakh tonnes comprising 1.05 lakh tonnes Arabica and 2.39 lakh tonnes Robusta.

The Board is yet to come out with its post-monsoon forecast for the 2014-15 season. However, growers expect it to be around last years levels at 3 lakh tonnes.

## 70 UP mills to start crushing cane by month-end

Most sugar units in the State expected to be fully operational by January 5



### **New Delhi, December 1:**

Around 45 sugar mills have begun crushing sugarcane in Uttar Pradesh the second largest sugar producing State, as on Monday.

Of these, 31 are private mills and 14 are cooperatives, according to figures provided by the Indian Sugar Mills Association.

At least 70 mills are expected to start production by December-end, industry sources told *BusinessLine*.

The figure is significant since just 9-10 mills had begun crushing at this time last year, and private millers had threatened to suspend operations this season that began on October 1, due to unfair State pricing for cane procurement.

“It is better this season. Most mills should begin by January 5,” said an industry official. Of the 119 sugar mills in the State, besides that of the UP State Sugar Corporation Ltd, 95 are private ones, while 23 are cooperatives.

An assurance by the State to provide reimbursement and subsidies for procurement is believed to have provided impetus for the mills to start crushing, albeit a few weeks late.

## **Low sugar price**

The official said low sugar prices made profitability and timely payments to farmers a challenge. As of November 28, arrears stood at Rs. 1,200 crore and ex-factory prices were at Rs. 2,700-2,750/quintal.

“This leaves mills with a gap between production cost and sugar sale price. There will be surplus production this year as well, so unless prices improve and domestic stocks are reduced, we don’t really see a bright future,” he said, adding that the State must adopt the Rangarajan panel’s linkage price formula for cane.

The State Advised Price announced last month was unchanged at Rs. 280/quintal at 9.2 per cent recovery for the 2014-15 season.

While Rs. 240/quintal is to be paid within the first 14 days of purchase, Rs. 40/quintal would be due within three months after crushing.

For the second tranche, the UP Government would pitch in Rs. 20 through reimbursements like a society commission ( Rs. 6.60/quintal), purchase tax ( Rs. 2/quintal) and entry tax ( Rs. 2.80/quintal), along with Rs.8.60/quintal, subject to market movements once cane payments are made.

“The State has been more responsive and we’ve said that while it doesn’t make the industry viable, it’s some help,” said Deepak Gupta, Secretary, UP Sugar Mills Association.

## **Banks apprehensive**

The issue of mills financing working capital through banks, which lend up to 85 per cent of stock value, is perhaps the most acute.

Traditionally, banks received the first charge on sugar stocks pledged for loans, but the Allahabad High Court ruled that cane dues to farmers should get priority over bank claims.

“Even if Rs. 240 is to be paid, mills still need to be able to sell sugar at Rs. 3,000/quintal. As of now, the industry is already down Rs. 300/quintal, so banks are sceptical of our balance sheets,” the official said.

## **Export promotion**

The industry is pinning its hopes on the export subsidy scheme being extended, under which raw sugar of up to 40 lakh tonnes (lt) would receive a Rs. 3,300/tonne subsidy, reviewed every two months.

The scheme was criticised by Brazil, Australia and Colombia, among others, at the World Trade Organisation for distorting global markets.

“Unless exports rise, we don’t see prices getting better, without which we won’t be able to maintain a healthy balance sheet,” he added.

India exported about 12 lt of raw sugar last season, about 7 lt under the incentive. Food Minister Ram Vilas Paswan had indicated that a decision on that front would be tied to cane arrears being repaid.

Domestic production for 2014-15 is estimated at 250-255 lt, almost 4-4.5 per cent higher than last year.

The current season began with an opening stock of 75 lt.

## **Cardamom loses flavour on rising arrivals**

### **Kochi, December 1:**

Cardamom prices decreased last week as arrivals continued to surge at the auctions

Buyers have slowed purchases due to inadequate infrastructure and labour to handle the huge volume of capsules at Bodinayakannur, the main trading hub and processing centre in the country, trade sources told *BusinessLine* .

The prevailing high prices have encouraged growers to release whatever they harvest and it has been inflating supply, they said.

The declining trend was reflected on the Cardamom Planters’ Association (CPA) auction where the arrivals were 49.2 tonnes against 62.8 tonnes last Monday. The maximum price was Rs. 806 a kg, while the auction average dropped to Rs. 703.34 from Rs. 731.51 the previous Monday.

Exporters were slow but still they bought an estimated 50 tonnes of capsules last week. Exportable variety was available, but higher prices were said to be restricting them.

The third round of picking is currently under way and it will end by mid-December.

As the harvesting is about to enter the fourth round, supply of extra bold and good quality produce has begun to decline, trade sources said.

At the Sunday auction held by the Kerala Cardamom Processing and Marketing Company arrivals decreased to 124.9 tonnes from 135.3 tonnes a week ago. The entire quantity was sold out. The maximum price was Rs. 1,007 a kg. The auction average fell to Rs. 732.25 (757), PC Punnoose, General Manager, CPMC, told *BusinessLine*.

During the current season, prices have been ruling above Rs. 700 a kg. During the same time last season, average prices were ruling between Rs. 580 and Rs. 620 a kg, he said. During current season, the crop is estimated to be normal, he said.

Supply of 8mm bold cardamom constituted around 30 per cent of the lots and good colour bold capsules fetched Rs. 925-950 a kg.

Total arrivals during the season are 8,044 tonnes against 9,016 tonnes a year ago. Sales were 7,896 tonnes against 8,716 tonnes.

The individual auction average as on November 30 was Rs. 738 a kg against Rs. 585 in the same period a year ago.

Prices of graded varieties (Rs./kg): 8mm bold 925-950; 7mm-8mm 800-825; 6mm-7mm 725-730; below 6 mm 640-680.

## **Outlook looks weak for cotton**

Prices for the natural fibre are expected to rule mixed in the medium term



The Cotton Corporation of India (CCI) is likely to resort to a major procurement drive to support growers with major producing States such as Gujarat and Maharashtra asking the Centre to speed up buying.

### **Cotton acreage**

Despite a delay in sowing, a record area has been brought under cotton this year as revival of monsoon resulted in sowing picking up pace after mid-July.

According to the Ministry of Agriculture, cotton has been planted on 12.6 million hectares this year, 7.7 per cent higher compared with 11.7 million hectares a year ago. In view of this record acreage, cotton output is expected to be above 400 lakh bales (of 170 kg) in the 2014-15 season.

### **Demand and supply**

According to data from the Cotton Association of India (CAI), cotton production is expected to be 405.5 lakh bales this crop year to September against 407.25 lakh bales a year ago.

The decline is expected because of a fall in output due to unseasonal rains in Gujarat and Maharashtra affecting the crop.

According to CAI, Gujarat is likely to produce 126 lakh bales this season compared with 129.25 lakh bales a year ago, while Maharashtra is expected to produce 83 lakh bales, down 4.6 per cent from 87 lakh bales in 2013-14.

Total supply will be 477.4 lakh bales and domestic consumption is projected to be 306 lakh bales, leaving a surplus of 171.4 lakh bales.

### **Export scenario**

The Cotton Advisory Board (CAB) estimates exports at 65 to 70 lakh bales in the current season. This figure is down by almost 45 per cent compared with the 118 lakh bales exported in 2013-14 season.

This fall is attributable to weak demand from top consumer China. China's cotton imports in October dipped to 81,900 tonnes, down by 42 per cent year-on-year. China, the world's largest cotton importer, accounts for more than 60 per cent of total cotton exports from India.

Bangladesh may also opt to import from the US and Pakistan due to lower prices.

However, despite lower demand from China and Bangladesh, India is expected to see good demand from Thailand and Pakistan, which might offset partially the negative impact.

The decline in world prices, and rise in arrivals have led to a sharp fall in recent months, with prices dipping below the minimum support price level of Rs. 4,050/quintal.

### **CCI procurement**

Given this scenario, the Cotton Corporation of India has started procurement to protect the interests of farmers, with buying underway in Karnataka, Telangana, Andhra Pradesh, Gujarat and Maharashtra.



The CCI has said it plans to procure a record of 10 million bales this season. Around 8 lakh bales have been procured so far in Telangana, Andhra Pradesh and Madhya Pradesh; it will buy 60 lakh bales (of 170 kg each) of cotton from Telangana, Andhra Pradesh, Madhya Pradesh and Maharashtra.

Depending on market conditions, the CCI is expected to ease its inventory over 12-15 months. However, exports, with domestic prices hovering above overseas prices, will be difficult.

### **Price outlook**

In the medium term, cotton prices are expected to trade on a mixed to weak note, as the demand slowdown in China, and expectations of bumper crop from US and India work to keep prices under check.

However, procurement by the CCI, which is expected to pick up pace in the coming days, may provide support to domestic prices.

The writer is Research Analyst, Geofin Comtrade Ltd. Views are personal