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THE HINDU

Sunday farming a new mantra for farming enthusiasts

Dr. Abdul Jabbar demonstrating treadle pumping to the BSC Agriculture students of the College of Agriculture at Padannakadu under the Kerala Agricultural University on a Sunday farming session held at Thirunelly in Wayanad district recently



Hundreds of progressive youth and students in Kerala state have been harnessing agri-technologies through Sundayfarming@gmail.com.

Sunday farming (Sustenance through nurturing and dignifying approaches for youth in farming) may be a new term for many, but hundreds of progressive youth and students in Kerala state have been harnessing agri-technologies through Sundayfarming@gmail.com.

The United Nations had declared 2014 as the International Year of Family Farming and 2015 as year of soil. But in 2003 Sunday farming had launched family farming for nutritional security, soil wisdom, seed security and decentralized waste management as slogans for the past one decade. Many among them are now sharing their experiences through social media group and page on Sunday farming.

Sunday farming was developed by P.K. Abdul Jabbar, Assistant Professor (Agriculture Extension) of the Krishi Vigyan Kendra (KVK), Wayanad

under the Kerala Agricultural University to nurture and dignify farming in budding generation. He developed the concept while working as an agriculture officer at Vattankulam Krishi Bhavan in Malappuram district in 2003. The avid interest shown by a group of part-time farmers prompted him to launch the initiative.

“Though they were enthusiastic, many lacked professional guidance as were involved in farming only on holidays,” Dr. Jabbar said . When Dr. Jabbar launched the project with the support of Oisca International South India chapter there were four Sunday farming clubs in Malappuram district. Now there are 105 such clubs in Kozhikode, Ernakulam, Palakkad , Malappuram, and Wayanad districts.

'The programme is a wonderful initiative for the farming enthusiasts ,including government officials ,youths and business men, in urban and semi urban areas of the country as the group would get only a day in a week for spending agriculture' ,says Dr. M.J. Chandre Gowda, Principal scientist ,Agriculture Technology Application Research Institute under the ICAR ,Bangaluru .'More over the farmers' clubs under the initiative has a great potential in all cities in the country',Dr.Gowda adds.

Any youth keen on family farming, can constitute Sunday farming club. “The present agriculture system forgets the vast scope of technology transfer and bridging the digital divide by diffusing technologies through cyber space. Youngsters in the family can assume the role of retrieving technologies for the family.” he said.

What fascinates young generation to Sunday farming is its technology combination of nutrition garden, terrace farming, rain shelter farming, organic farming technologies, special varieties for family farming, homemade growth promoters, key hole farming, vermi wash production from kitchen waste , portable bio-gas production, treadle pumping, low cost drip and sprinkler system, banana macro propagation and triangular planting , mushroom from waste bottles,etc. Together all technologies provide ecological intelligence , horticultural therapy and safe food for stressed youth thus achieving organic freedom of villages.

After initial two hours multi media presentation for a club, further technologies will be transferred online from sundayfarming@gmail.com and to beneficiary emails and mobile phones through social media. So far 145 sessions have been handled for the members on holidays.

Family seed security is equally aimed as an integral part of achieving nutritional security in villages. A brinjal variety developed by Balakrishnan Nair of Vattankulam panchayat named 'Vattankulam brinjal' was popularised through Sunday farming . Treadle pumping, a link between organic farming and daily exercises, is promoted as a zero carbon technology for family farmers for an insight of reducing carbon foot prints.

Facilitating diffusion of technologies to the fingertips of new generation, it has become a virtual platform for transfer of farming technologies to citizens in family farming.

Till Mr. Jabbar launched Sunday farming, there was no online guidance exclusively for part-time farmers. The Coconut Board in 2009 and the Oisca International in 2012 and 2015 awarded him for his services. Sunday farming methodology was mentioned in standard VIII science text book by the State Education Department.

For more details readers can contact P.K.Abdul Jabbar on Karshikam@gmail.com or Mobile number 9447228022 .Caption- Dr.Abdul Jabbar demonstrating treadle pumping to the BSC agriculture students of the College of Agriculture at Padannakadu under the Kerala Agricultural University on a Sunday farming session held at Thirunelly in Wayanad district recently.

Control prices of pulses: Vasana

Observing that the prices of pulses have increased in the last 20 days ranging from 30 to 40 per cent in the State, Tamil Nadu Congress leader G.K. Vasana on Sunday urged the Centre and State governments to control the prices and protect the poor from market fluctuations.

The Central and State government should take steps to monitor and control the prices of essential commodities in the market by ensuring smooth supply of these commodities through the Public Distribution System, Mr. Vasan said, in a statement. Though it was the duty of the Centre to improve the country's economy, it should also protect the people's interests by continuously taking efforts to stabilise the prices of commodities, he said, adding that special focus should be on production and commerce. Claiming that the agricultural sector in the country was affected for the last 10 years, he said that those involved in agriculture have turned to other professions.

The Centre should prioritise agriculture and allow export only after satisfying the domestic demands and the producers should be protected from the middlemen, Mr. Vasan urged.

Kerala SHG women show the way

Trained SHG women carrying out mechanised paddy transplantation at Vellakoil block in Tirupur district. —Photo: R. VIMAL KUMAR



A group of self-help group women from Kerala is showing the way in mechanised paddy transplantation which was now initiated for the first time in a commercial way in Tirupur district this season. Expertise of members of Haritha Vanitha Labour Bank, a women self-help group at Kollangode in Palakkad district, who were trained in mechanised paddy transplantation and harvest techniques by the Kerala Government, are called for to carry out

transplantation on 260 acres of various farmers' holdings in Vellakoil and Kangayam blocks.

They are here to help the farmers improve the yield, reduce the cost of production and thereby, augment the profitability.

“We are actually new to mechanised paddy transplantation and hence, the skills of SHG women are coming in handy to re-plant the saplings, first raised in mat nurseries set up adjacent to the main fields, using mechanised transplanters”, some of the veteran paddy farmers like P. Subramanian. R. Thirunavukkarasu and R. Ulaganathan from Muthur area, told *The Hindu* .

M. Shobana, secretary of the Self Help Group, said the group members had come with seven machines, all given free by the Kerala Government to carry out transplantation.

“We have also been educating the farmers here benefits of mechanised transplantation in cutting down labour requirements vis-a-vis traditional manual planting, to enthuse them to continue the method in subsequent seasons too”, she said.

Since peculiar spacing pattern is used, very less quantity of seeds is required. When around 50 kg of seeds are required for a hectare when saplings are planted in a cluttered manner in traditional method, only around 10 kg of seeds are needed here, the SHG women pointed out.

Joint Director of Agriculture A. Mahendran said that the department had decided to introduce mechanised paddy transplantation this time by giving back-ended subsidies to the farmers because the methodology gives 25 per cent more yield.

“In total, around 1,300 hectares of paddy are going to be raised in the district using transplantation method for the entire fiscal,” he added.

Turmeric auction fetches Rs. 1.45 crore

Turmeric was auctioned for Rs. 1.45 crore at the Tiruchengode Agricultural Producers Cooperative Marketing Society here on Saturday.

While 'Virali' variety fetched a price between Rs. 6,699 and Rs. 9,299 per quintal; the 'Kilangu' variety fetched a price between Rs. 6,579 and Rs. 8,199; and 'Panakali' variety fetched a price between Rs. 6,800 and Rs. 10,609.

Totally, about 2,900 quintals of turmeric was auctioned for Rs. 1.45 crore, a release from the Society issued here said.

Coconut kernels were auctioned for Rs. 3.50 lakh at the Mallasamudram branch of the Tiruchengode Agricultural Producers Cooperative Marketing Society on Saturday.

While first quality kernels fetched a price between Rs. 66.75 and Rs. 72.35 per bag; second quality kernels fetched a price between Rs. 38.55 and Rs. 48.95 per bag. About 125 bags of coconut kernels were auctioned for Rs. 3.50 lakh, the release said.

About 125 bags of coconut kernels auctioned for Rs. 3.50 lakh

Rise in prices good for agri sector: APC chairman

'This is the actual cost of products that farmers deserve'



Viju Krishnan, joint secretary of Akhila Bharatiya Kisan Sabha, inaugurated a seminar on agrarian crisis by watering a plant in Hassan on Sunday.—
Photo: Prakash Hassan

Prakash Kammaradi, chairman of the State Agriculture Prices Commission, has said that the increase in price of agriculture produce was good for the agrarian sector, provided its benefits reached the farmers. “Middle class families can afford to buy toor dal at Rs. 100 a kg or onion at Rs. 50 a kg . This is the actual cost of the products that farmers deserve,” he said while speaking at a seminar on agrarian crisis organised by the Karnataka Prantha Raitha Sangha here on Sunday.

. “The media in its debates over price rise projects only consumers, not the producers. These consumers become price-conscious when it comes to purchasing agriculture produce,” he said.

“The Centre does not give importance to export our products as much as it gives to importing agriculture produce. This move helps merchants, middlemen and multi-nationals, not the farmers. I have written to the Centre not to import onion as farmers of Karnataka alone have over 15 lakh tonnes of onion in the fields,” he said.

He also took a dig at the Union government for its direction against offering bonus that State governments had offered, in addition to the minimum support price of certain agriculture produces. “The Centre argues that providing bonus will cause inflation and also cause loss to private merchants. This is unfortunate. Should States not safeguard interests of farmers?” he questioned.

Viju Krishnan, joint secretary of Akhila Bharat Kissan Sabha, and Maruti Manpade, state president of KPRS were present.

Rocky terrain turned into mango orchards

Nabard helps farmers in cultivating barren lands with drip irrigation



A mango orchard at Lachunaik Thanda in Zaheerabad mandal of Medak district.

Sometime ago, Hariya Naik of Lachunaik Thanda, was among the farmers, who in spite of having land, were not able to take up cultivation for the fact that the land they owned was a rocky terrain where cultivation is a herculean task, though not impossible.

Thanks to the Tribal Development Fund Scheme being implemented by the National Bank for Agriculture and Rural Development (Nabard), Hariya Naik has been able to transform six out of 10 acres of his barren land into a mango orchard. He had sown mango plants and after four years of hard work, literally enjoying the sweet fruits of labour.

The farmer, an early bird to avail the assistance from the government scheme, first dug pits with 3-feet breadth, width and depth and planted mango saplings after filling them with green manure and fertiliser four years ago. He was also extended the drip irrigation facility to overcome the water scarcity in the terrain.

The result was phenomenal last summer with the mango trees giving the first yield, though it was low compared to the orchards in good soils. However, cultivating the land, leave aside getting any yield, was beyond his wildest of imagination.

“I was not aware about the mango price in the market and sold the entire produce for a mere Rs.11,000 when it was in the premature stage. But, I will be careful this year and sell it only after finding the market price”, Hariya Naik said with optimism of making better in the coming summer.

P, Jagadeehswar, a resident of Anekunta panchayat , said many farmers had benefitted with the Nabard scheme and the necessary on-field assistance from the implementation agency -- Society for Conservation and Protection of Environment (SCOPE).

“We are implementing the scheme in about 500 acres benefiting 500 farmers with an investment of Rs.1.7 crore and the results are encouraging so far”, Assistant General Manager of NABARD G. Ramesh Kumar told *The Hindu* .

Conference on weed science held

Indian Society of Weed Science and Professor Jayashankar Telangana State Agricultural University had jointly organised the 25th Asia-Pacific Weed Science Society Conference at the university auditorium from October 13 to 16.

More than 700 delegates from all over India and Asia-Pacific nations participated in the event.

This is the second time that India is hosting the conference. The first conference in India was organised in 1981 in Bengaluru.

Vegetable oils import up

A view of palm fruit bunches

Import of vegetable oils during September 2015 has risen by 16 per cent to 12.16 lakh tonnes from 10.48 lakh tonnes in September 2014, consisting of 12.05 lakh tonnes of edible oils and 11,039 tonnes of non-edible oils.

The overall import of vegetable oils during November 2014 to September 2015 has increased by 22 per cent to 129.41 lakh tonnes from 105.73 lakh tonnes.



India is being used as a dumping ground for excessive supply of edible oils in the world market. Excessive import has put tremendous pressure on the local prices, which are at a level where Indian oilseeds growing farmers are in distress and losing interest in oilseed crop. Country's dependence on imported oil has further increased to nearly 70 per cent, an alarming situation for the country's food security, according to the Solvent Extractors' Association of India.

Stock position

Current stock of edible oils as on October 1, 2015, at various ports is estimated at 7,80 lakh tonnes (CPO 3.50 lakh tonnes, RBD Palmolein 85,000 tonnes, degummed soybean Oil two lakh tonnes, crude sunflower oil 85,000 tonnes and 60,000 tonnes of rapeseed (Canola) oil and about 14.60 lakh tonnes in pipelines.

Total stock at ports and in pipelines decreased to 22.40 lakh tonnes from 23.25 lakh tonnes on September 1, 2015.

India's monthly requirement is about 16 lakh tonnes against which it currently holds stock of over 22.40 lakh tonnes, equal to 42 days requirements.

During November 2014 – September 2015, import of refined oil (RBD Palmolein) reported at 14.30 lakh tonnes compared to 14.33 lakh tonnes during the same period of last year. Share of imported crude oil rose to 89 per cent from 86 per cent at 113.41 lakh tonnes compared to 89.55 lakh tonnes during the same period of last year.

Non-edible oils

Import of non-edible oils during November 2014 to September 2015 is reported at 1.71 lakh tonnes compared to 1.85 lakh tonnes during the same period last year, that is, down by 8 per cent.

Social survey launched in tribal areas

A survey being held at the Chinnar Wildlife Sanctuary inside the Munnar Forest Division as part of collecting details on the social improvement of tribal people.



The Forest Department and the State Forest development agency have jointly launched a social survey inside the tribal settlements in the forest.

The survey has been meant to get the details of the total population of tribal people and the number of families, detail of their cattle population, and information on the cultivation of crops.

It has collected details of the benefits they received under the Forest Rights Act.

An official of the Forest Department on Saturday said the survey has been meant for collecting information on whether the people at the grassroots received the benefits given to them by various departments.

Improvement on the social front is also judged in the survey. It is in the final stage at the 11 tribal settlements in the Chinnar Wildlife Sanctuary.

There are seven Muthuvan settlements and four settlements of Malapulayas inside the sanctuary.

Saplings planted

As a mark of respect to former President of India, A.P.J Abdul Kalam, Tamil Nadu Forest Department Officials, CTC-Ainthinai, farmers and voluntary organisations organised saplings planting programmes in Chennai, Kancheepuram and Tiruvallur districts.

In Chennai, saplings were planted on Teacher's training campus at Saidapet.
— Staff Reporter

Sugarcane crushing season begins

Crushing season began at Mohanur Salem Cooperative Sugar Mills in Namakkal district on Saturday.

Sugarcane crushing operations in the Salem Cooperative Sugar Mill at Mohanur for the year 2015-16 commenced here on Saturday.

Collector V. Dakshinamoorthy along with officials dropped a sugarcane bunch into the conveyor and inaugurated the crushing season.



He said that 3.70 lakh tonnes of sugarcane has been proposed to be crushed during the current season obtained from 4,353 acres.

During 2014-15, about 3.59 lakh tonnes of sugarcane was crushed with an average sugar recovery of 8.69 per cent. The Collector added that farmers would be credited the amount to their bank accounts within 14 days after receiving the sugarcane.

The mill was selected at the national level for best technical performance for 2014-15 and bagged the second prize. Officials said that maintenance works were carried out for the smooth functioning of the mill in the current season and asked farmers to cooperate.

They added that the molasses-based distillery, which produces rectified spirit, will also begin operations. Managing Director of the Mill R. Priya, Administrative Committee chairman M. Sivabagyam and officials participated.

Theatre as a counselling tool

Students of UAS-B have come up with a 20-minute play, Parivarthana, to counsel farmers against suicide



While agricultural experts and psychiatrists are struggling to come up with methods to curb suicide among farmers, some students of the University of Agricultural Sciences-Bengaluru have chosen theatre to instil confidence among them.

A few theatre-enthusiasts pursuing final year B.Sc. Agriculture have come out with a short Kannada play that tries to convince farmers in distress that suicide is not a solution to financial crisis.

Parivarthana, the 20-minute play directed by Pallakki Radhakrishna, talks about wrong steps such as resorting to mono-cropping, taking recourse to moneylenders, and not being innovative, which finally lead farmers into the debt trap. When the lead actor in the play attempts suicide when his borewell dries up, a teacher stops him and convinces him that death is not the answer. What is needed is ending problems, fear, darkness, and ignorance, but not life, the teacher says, explaining to him the measures and schemes that could help him.

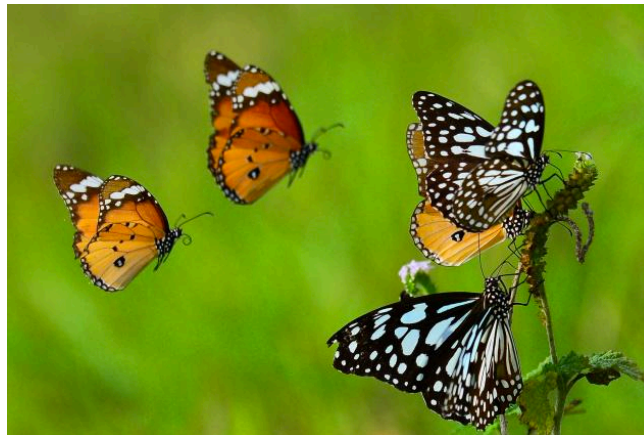
The idea of using theatre to reach out to farmers struck the students when they were undergoing their three-month Rural Agricultural Work Experience

(RAWE) programme during which they camp in villages and work with farmers to understand their problems and requirements. While camping in the parched district of Chickballapur recently, the students realised the effectiveness of theatre as an agricultural extension tool. Wasting no time, they started working on the script with help from Mr. Radhakrishna. According to UAS-B's Agricultural Extension professor K.P. Raghuprasad, who is also co-ordinator of the RAWE, the students were thrilled as the play got a good response from farmers when they staged it for the first time in a village. In fact, farmers suggested adding some dialogues to make it more effective.

Mr. Raghuprasad said the play would be enacted during the varsity's Krishi Mela to be held from November 19 to 22.

Butterfly populations in England at risk

A study of climate change and land-use impacts on butterfly populations in England has revealed that persistence of a business as usual scenario will lead to widespread drought-sensitive butterfly population extinctions occurring as early as 2050.



Apart from climate change due to greenhouse gas emissions, diversion of semi natural habitat areas by fragmenting them for food and energy needs is another factor in drought sensitive butterfly population collapses. However, there is a 50 per cent probability of achieving persistence right through 2100 if landscape management (restoring the semi natural habitats to reduce

fragmentation) is combined with a drastic reduction in emissions, notes a paper published recently in *Nature Climate Change*.

The study used extensive long-term butterfly population data from 129 sites of the UK Butterfly Monitoring Scheme to assess historical responses of 28 species to an extreme drought event in 1995. This was the most severe summer since records began in 1776.

Butterflies, though warmth-loving, can exhibit declines in population due to heat stress to larvae and absence of host plants under aridity conditions. The study calculated recovery rates by measuring population change in the four years following the drought and found that the recovery rate was greater in a semi natural habitat with large contiguous area unlike a highly fragmented one. When recovery times exceed return times of drought, it would lead to continual population erosion, and ultimately local extinction, the authors say.

The study authors refer to the extent of fragmentation as “edginess,” meaning that there are more edges in a fragmented habitat and the more the edges the more the population decline due to less soil moisture at the edges. Explaining this, the study’s lead author, Dr. Tom Oliver from the University of Reading School of Biological Sciences, UK said in an email to this correspondent: “This is simply due to the physics that things tend to dry out at their edges first. The centres of woodlands, which are dense and shady, remain moist for longer. In contrast, the edges dry out quicker, probably because they receive more sunlight which dries out the forest floor and also there are more air currents which lead to higher rates of evaporation.”

In comparison to this scenario, populations on the brink of extinction can be rescued if there is improved connectivity to neighbouring fragments and populations. This rescue effect refers to the phenomenon whereby, when a population becomes locally extinct, it can be re-colonised by individuals from nearby populations.

However, individuals only tend to move across landscapes (and produce the rescue effect) when the landscapes are less hostile. In contrast, when there are larger amounts of favourable butterfly habitats in the intervening landscape (i.e. a well connected landscape), then individuals are more likely to move across it and lead to the rescue effect allowing recovery of the population that went locally extinct.

One possibility is that microevolution of drought tolerance could mitigate some future impacts. Although there are examples where evolution in response to climate change can occur rapidly, in Britain it may not occur because butterfly populations are small.

Green initiative of university varsity

As part of its Green Campus initiative, the Bharathidasan University has drawn up a scheme to plant 5,000 saplings of indigenous species of trees on its main campus.

V.M. Muthukumar, Vice-Chancellor, inaugurated the plantation programme. He said the saplings would be watered through a drip irrigation system.

Tea sector seeks export policy

S.V. Balasubramaniam, chairman, Bannari Amman Group of Companies, presenting awards to the children of plantation workers who scored high marks in Class X examinations in 2015, at the annual meeting of Planters' Association of Tamil Nadu in Coimbatore on Saturday.- Photo: S. Siva Saravanan

The government should draft and implement an export policy for tea to increase exports and improve the unit value realisation, according to V. Suresh Menon, chairman of Planters' Association of Tamil Nadu (PAT).

Speaking at the annual meeting of the association here recently he said that more than 3.5 lakh hectares is under tea in the country and one-fifth of it is in the southern States (Karnataka, Kerala and Tamil Nadu). Nearly two lakh hectares is under coffee and it is also mostly confined to these three States. About 2.5 lakh hectare is under rubber.

In India, the domestic market for tea is huge. Tea producing countries such as Sri Lanka, Kenya and Indonesia have increased production and they export most of the production. With competitiveness in the international market, there is an impact on prices.

“This trend prevailing in the world market particularly in the context of increasing cost of production is squeezing the margins of Indian producers and is threatening the viability of the industry,” he said.

With increase in cost of inputs since last year, the tea sector is facing higher cost of production. As an export-oriented industry, it has no means of fixing the price of its products. The Central and State Governments should share the social cost with the industry.

The industry also fears that with “unreasonable and uneconomic wage demands”, its ability to survive is under question.

N. Dharmaraj, president of United Planters’ Associations of South India, said the rubber sector in the country is affected by excess imports and the tea sector in the south needs to look at increasing exports. It should explore opportunities in the emerging markets.

S.V. Balasubramaniam, chairman of Bannari Amman Group of Companies, said the agro industry, such as tea and sugar, are facing problems related to over production, carry over stock, etc. For the sugar industry, several measures have been taken and prices are beginning to look up. There are opportunities behind the challenges.

V. Suresh Menon, general manager of The Bombay Burmah Trading Corporation, has been re-elected chairman of the PAT for 2015-2016 and Suresh Jacob, senior vice-president (plantations) of Neelamalai Agro Industries, has been re-elected its vice-chairman for the year.

Panel enhances performance of Tuticorin fishing harbour

It has recorded a savings of Rs. 1 crore within a short period

Tuticorin Fishing Harbour Management Committee, which was formed six years ago to bring about changes in the regular functioning of the 42-year-old mechanised boats berthing point, has achieved its objectives within the short period and its savings has touched nearly Rs. 1 crore.

Impressed by its telling performance and growth, the State government has instructed fisheries department officials to formulate plans to replicate the 'Tuticorin Fishing Harbour Management Committee' model in all fishing harbours and fish landing centres across the State.

Of the three major fishing harbours and similar number of medium-sized fishing harbours and seven fish landing centres in Tamil Nadu, Tuticorin fishing harbour stands apart with its 250-odd mechanised boats that return to their base with around 300 tonnes of marine products, worth about Rs. 1 crore to Rs. 1.50 crore every day.

Though business transaction in the harbour is high, the Department of Fisheries, which is managing this harbour, had to look up to the State government for funding even for creating minor facilities in the harbour.

To address this issue, the officials formed the committee in 2009 and got it registered. But the management of the harbour premises came under the committee only in 2013. The committee comprising two arms – an advisory committee with the Collector as its head and management committee with the Joint Director of Fisheries as its leader – now manages the fishing harbour.

“After the formation of the committee, we revised berthing charges, entry fee, cinema shooting charges, cycle parking bay lease amount, room rent, etc. With the increased revenue, we could appoint 10 sanitary workers and five security guards, and we could ensure visible changes and better sanitary conditions on the premises,” said Sivakumar, Assistant Director of Fisheries (Fishing Harbour).

Joint Director of Fisheries R. Amal Xavier said that the committee's deposit with the bank had increased to Rs. 96.87 lakh in the past two years. Fisheries ment officials from Andhra Pradesh recently visited the harbour to study its success story.

Promises go organic

PROMISES GALORE IN UDF, LDF MANIFESTOS



- UDF promises social audit of all developmental projects.
- Drinking water, housing for the poor and poison-free vegetable campaign among other poll promises.
- LDF for sustainable waste management solutions

With the campaign for next month's local government elections yet to pick up momentum, the political fronts in Thrikkakara municipality are promising clean governance, a project for proper waste disposal, social audit of development projects and drinking water for all homes.

Drinking water scarcity is an acute problem in Thrikkakara and the Left Democratic Front (LDF) has promised piped water for all homes. A spokesman for the LDF said another key issue in Thrikkakara was disposal of waste. The system of sending waste to the Brahmapuram plant was not sustainable, said the spokesman.

He said waste treatment at source and decentralised plants would bring about a permanent solution to the problem facing the municipality now.

UDF's promises

The United Democratic Front is promising social audit of all developmental projects. A spokesman for the UDF said the front would also establish local forums to settle disputes among residents in the municipality. Together with these forums, there would also be family counselling centres.

All SC/ST residents in the municipality would get homes, said the UDF spokesman. He also said the front wanted to launch a campaign to encourage people to take up cultivation of vegetables in backyards and on terraces.

“The aim of the campaign is to ensure that people get poison-free vegetables throughout the year,” he added. The Left front has also promised a corruption-free governance. Strict action would be taken against corruption both at the political and bureaucratic level, said the LDF spokesman.

Turning all schools in the municipality into smart schools is another poll promise by the UDF. Renovation of all housing colonies and repair of the houses built under the one-lakh mass housing programme is also on the list of promises by the UDF.

Congress candidates will contest 35 of the 43 divisions and Indian Union Muslim League candidates will battle it out in eight divisions.

The CPI(M) will contest 34 divisions while the CPI has been given six divisions. The Janata Dal, the Congress (S) and the NCP candidates will contest from one division each.

The aim of the campaign is to ensure that people get poison-free vegetables throughout the year.

The logo for Hindustan Times, featuring the word "hindustan" in black and "times" in blue, both in a bold, sans-serif font.

Five steps to breaking your food addiction

Last week, I explained how we can become addicted to food, and why it's so difficult to break the habit. Now I'll show you some well-researched ways to rewire your pathways.

Step 1 Acknowledge the issue:

You will never be able to beat an addiction unless you first acknowledge that there is an addiction. Write it on a piece of paper: the act of writing and the tactile sensation of pen on paper reaffirm what you write.

Step 2 Visualise the positive outcome:

Do this daily, because you need to replace the old addictive pathways with new, healthy pathways. See yourself as a healthy, happy and confident person. Write down the positive outcomes of breaking your addiction and link them to positive emotions such as joy.

Step 3 Identify the triggers and make a plan:

If you are able to identify the triggers, it will help you beat the addiction because then you'll know what to watch out for.

But knowing the triggers is not enough. You need to plan how to deal with them because, as all addicts know, moderation is meaningless. You have to give up the food you're addicted to completely because you need to bring your unconscious behaviour into the realm of the conscious.

For example, if you need your tea at 4pm, set your alarm for 3.45pm, get up when the alarm goes off, walk around, chat with a colleague, sip some nimbu pani – distract yourself before the trigger is activated.

If you drink coffee and snack often during boring meetings, chew saunf or elaichi, and tell the pantry staff to give you green tea or hot water.

Step 4 Get a support group:

Non-judgemental friends who understand the issue can offer help and distractions, and help you break your addiction.

Step 5 Enjoy small victories:

Change takes time, and to sustain the momentum, it's important to enjoy and take pride in your achievements, however small they may be. So celebrate with a spa day or a movie or shopping. Don't celebrate with food.



[Economic policy, marketing strategy tips for farmers](#)

On the second day of the Agro Tech Festival underway at the Krishi Vidnyan Kendra (KVK) of the Yashwantrao Chavan Maharashtra Open University (YCMOU), farmers were told about the economy, budget and the marketing policies in Maharashtra.

Economist Dr Vinayak Govilkar shared his views, along with a demonstration on packaging and marketing tips with the farmers.

It was promising to see farmer groups producing seeds together and marketing them with YCMOU's assistance.

"Farmers need to know the states policies and changing trends of marketing," said Govilkar. He shared tips on global marketing of Indian farm produce and how farmers could avail benefits of the 'Make in India' campaign.

"The food processing, packaging and marketing industry is going to witness a huge boom in the near future. Government has several schemes directly involving farmers in this development journey," he added. Professor Raosaheb Patil, head of KVK, told the farmers about the sources of consistent income across the year.

YCMOU has opened its 100-acre farm for visitors during the three-day technology festival. Planned use of water, inhouse water conservation technique, and compost plant within farms are soem of the sessions attracting the farmers. District superintending agriculture officer of Nashik Tukaram Jagtap, agriculture officer A K Gujal and representatives from the animal husbandry and social forestry department also shared their views with the farmers.

[Devendra Fadnavis promises to help rice farmers, millers](#)

Indian paddy growing farmers and rice mill owners have to opt for the latest technology if they want to remain competitive at national and international level, said chief minister Devendra Fadnavis while inaugurating the Rice Milling Expo at Gondia on Sunday.

Fadnavis lauded Gondia District Rice Millers Association for organizing the expo at Circle Ground and said decentralized paddy purchase policy of Government of Madhya Pradesh and Chhattisgarh has largely benefited paddy farmers and rice millers. He said Maharashtra, in consultation with central government, will take positive decisions to help paddy growing farmers and rice millers out of the present turmoil in a fortnight.

He said the state is mulling reduction in electricity tariff as demanded by industrialists in Vidarbha and Marathwada, and state may give bonus to farmers in some other form. He also announced special workshop for both stakeholders with agriculture experts and professors in agriculture

universities to benefit farmers and rice millers by introducing new technology.

3 best protein sources for vegetarians



Does being vegan means less protein? No. These foods are the best sources of protein for vegetarian. Take a look!

Tofu:

A tasty alternative, this yummy food can add as much as 10 grams of protein per cup to your food. Besides the creamy texture that it lends to your food, it can also be made into desserts, and even gravy.

Beans:

Easily available in Mumbai, these are packed to the hilt with nutrients and antioxidants. A mere half cup of black, white and even red kidney beans, known as rajma, can contain up to eight grams of proteins. An advantage is the fact that several Indian dishes can be easily prepared with beans.

Chickpeas:

Another legume that is easily found in India, chickpeas or Kabuli chana, is high on protein. Besides being nutrient-dense, a 100 gram serving contains almost nine grams of protein. Sprouted chickpeas also contain beneficial amino acids like lysine, isoleucine, tryptophan and total aromatic amino acids.

BusinessLine

Rising prices: Govt imposes stock limits on pulses

To prevent hoarding of pulses and check price rise, the Centre today imposed stock limits on pulses held by licenced food processors, importers, exporters as well as large departmental retailers such as Big Bazaar.

It has also directed state governments to intensify anti-hoarding operations and keep a check on black-marketing and profiteering by traders.

The stock limits on holding of pulses have been in place for the last few years. Recently, while extending the stock limits on the commodity for one more year till September 2016, the government had exempted these four categories.

“To increase availability and prevent hoarding of pulses, government amended the central order under Essential Commodities Act, 1955 with immediate effect to enable imposition of stock limits on pulses sourced from imports, stocks held by exporters, stocks to be used as raw-materials by licenced food processors and stocks of large departmental retailers,” Food Ministry said in a statement.

The government has now withdrawn exemptions to stocks of pulses held by these four categories, it added.

The ministry said that the Cabinet Secretary has also been reviewing the price situation on a daily basis. “He directed all departments to keep a close watch on prices of essential commodities, especially pulses and work in close coordination with all states to control price rise.”

“All states have been advised to intensify anti-hoarding operations and keep in check black-marketing and profiteering by traders,” it added.

The prices of pulses have risen unabated for the past few months due to a fall in domestic output by about 2 million tonnes (MT) to 17.20 MT in 2014-15 crop year (July-June) owing to deficient monsoon and unseasonal rains.

Retail prices of tur dal have risen by up to Rs. 190 per kg in most parts of the country, from Rs. 85 per kg a year ago.

Similarly, urad dal prices rose to nearly Rs. 190 per kg from Rs. 100 per kg in the year-ago period.

However, Kendriya Bhandar and Mother Dairy’s Safal outlets are selling imported tur dal at Rs. 120-130 per kg in Delhi from October 16 in order to give relief to the common man.

Andhra Pradesh and Tamil Nadu have also started selling imported lentils.

The government has imported 5,000 tonnes of tur dal through state-owned MMTC. Tenders have been floated for import of additional 2,000 tonnes of the commodity.

Last week, the government decided to buy 40,000 tonnes of pulses (tur and urad) from farmers at market rates to create a buffer stock for controlling prices.

The decision followed meeting of an inter-ministerial group, headed by Finance Minister Arun Jaitley, last week.

The group had decided to create a buffer stock of pulses using the Price Stabilisation Fund (PSF) to boost supply and check prices, take strict action

against hoarders and black marketers, and encourage states to lift stocks of imported pulses, among others.

No N-E monsoon until Oct 25 as super typhoon Koppu weakens

Super typhoon Koppu may have crashed into the Philippines but indications are that the North-east monsoon will not arrive over India until after October 25, a delay of not less than five days.

Koppu has hit the northern Philippine island of Luzon with a flourish and is reportedly drenching the area in what could be a sustained and intensely strong wet spell over the next few days.

According to the US Joint Typhoon Warning Centre, Koppu is the strongest storm to hit Luzon in over the last five years.

STORM WEAKENS

Koppu has weakened on landfall, and the remnant will track towards the north over Luzon and head into Taiwan. The landfall has been a keenly awaited moment for watchers of the North-east monsoon in India.

The weakened storm has already influenced the winds in East China Sea and adjoining north-east stretches of South China Sea to being northeasterlies.

These northeasterlies must establish in strength over the rest of the South China and adjoining Andaman Sea/Bay of Bengal to bring in the North-east monsoon.

This is not expected to happen until after October 25, according to wind projections put out by various global models.

India Met Department projected the weak northeasterlies over the Bay being made to blow as southwesterlies to feed 'Koppu' and twin typhoon 'Champi' in the northwest Pacific.

DELAYED MONSOON

It too projected winds behaving indifferently until October 25, till when forecasts were available this morning.

What emerges from these is that the North-east monsoon will be delayed until then, which is at least five days after the median of October 20.

A US Centre for Climate Prediction said that the rainfall would be below normal for most of Tamil Nadu, Andhra Pradesh and Kerala (except the South-west coast and extreme south) until October 30.

In fact, Sri Lanka will be the only monsoonal region to get excess rainfall during the week ending October 30, the US agency said suggesting a delayed onset of the seasonal rains over the island nation by that time.

Monsoon watchers suspect that the North-east monsoon might be losing the early bird advantage (that the El Nino provided) to the lately-evolving positive phase Indian Ocean Dipole (positive IOD).

Here, the western Indian Ocean warms up relative to the East (neighbourhood of the Bay) in which the former takes away some of the moisture that would have otherwise accrued to the latter.

Wage hike not augur well for sustenance of the industry: Tea planters

Tea planters in Tamil Nadu have termed the recent hike in wages for tea plantation workers in the neighbouring state of Kerala as unworkable and said that it would not augur well for the sustenance of the industry.

Referring to the wage agreement of Rs. 301 arrived at for the workers in Munnar in Kerala, United Planters Association of Southern India Chairman N Dharmaraj today said this was “unnatural and unworkable”, since 60 per cent of the cost of production in plantation industry was labour cost.

In his address to the 62nd conference of Planters’ Association of Tamil Nadu (PAT) here, Dharmaraj claimed that the agreement was arrived at in a

suspicious manner and the Kerala government should get to its root, to know the reality.

The silence of the Central and State governments on the inter-ministerial committee recommendation for sharing of social costs incurred by plantations has only aggravated the situation, PAT Chairman, Suresh Menon, said.

The industry was currently plagued by a severe financial crisis, arising out of spiralling cost of production, under recovery of prices, stiff international competition in the export markets and shortage of labour, Menon said.

He said uniformity in sales tax would pave the way for better price realisation for all segments of the tea sector.

He said Tamil Nadu government should abolish the 'discriminatory' VAT sales tax rate of five per cent on tea sold by corporate tea factories, as against the just one per cent for teas sold by bought-leaf tea factories and INDCOSERVE, a government run factory.

The proposal of the Centre to declare practically whole extents in the Western Ghats as 'Ecologically Sensitive Area (ESA) was objectionable, he said.

An approach similar to the one adopted by Kerala, whereby lands on the Western ghats cultivated with plantation an agricultural crops have been excluded from the purview of ESA, should be followed in the case of Tamil Nadu also, he said.

Monsanto India JV sues 8 seed cos over Rs. 400—cr 'trait fees'

Monsanto India's joint venture firm MMB has moved court against eight domestic seed companies for refusing to pay over Rs. 400-crore 'trait fee' for using its Bollgard Bt technology in the cotton hybrids, a top company official said.

The due amounts are mainly on sales of genetically modified cotton seeds — incorporating the patented technology — during the 2015 kharif planting

season, Monsanto India CEO Shilpa Divekar Nirula said.

Monsanto partnered Mahyco to form an equal joint venture company MMB for sub—licensing the Bollgard II and Bollgard technologies to Indian seed companies. These seed firms are selling hybrid cotton seeds using this technology for last 10 years.

She said eight seed companies ——— Prabhat Agri Biotech, Ajeet Seeds Ltd, Kaveri Seed, Ankur Seeds, Nuziveedu Seeds, Green Gold Seeds, Ram Agrigenetics and Amar Bio Tech ——— have refused to pay the dues, citing the state governments’ price control order on cotton seeds.

She charged that these seed companies have “breached the contracts” agreed mutually between the two parties and also attacked the Seed Association for “trying to project the bilateral dispute as an industry issue.”

“We have licensed our technology to 49 seed companies, including state—owned seed corporations, out of which eight have effectively refused to pay the trait fee of over Rs. 400 crore,” Nirula told PTI.

Refuting these seed companies submission that the state government has included the trait fee while fixing the maximum retail price of cotton seed, Nirula said, “This is far from the reality.” There is no law/notification under which the trait value has been fixed. Therefore, the trait fee as agreed under the contract between two parites is liable to be paid, she added.

“Unlike other commercial contracts where there is physical exchange of goods and service, here the technology was transfered several years back. It is an understanding that for the one—time transfer of technology, seed companies will pay the fee for using our technology every year,” she said.

Nirula also questioned the intention of these eight firms and said other 41 seed companies are continuing to pay the trait fee as per the agreed terms under the contract.

Currently, MMB receives a trait fee of Rs. 122.96 per packet for Bollgard I and Rs. 183.46 per packet for Bollgard II technologies, inclusive of service tax. The trait fee has been constant for the last four years, the company said.

Cotton seed prices are fixed in the range of Rs. 830—1,000 per packet (450 grams) in different states.

Asked if the company would seek the central government's intervention, Nirula said, "In our opinion, these are bilateral contracts, something that parties should sort out between themselves."

"The bilateral contracts do not need solution which is regulatory in nature, especially when there is willfully breach of contract," she added.

The Bollgard technology has been adopted on over 95 per cent of the India's cotton area of 12 million hectares.

Pulses stock cap to cover departmental stores, food processors

The Centre on Sunday imposed stock limits on imported pulses, exporters' stocks, and reserves with departmental stores as well as with food processors. The move, to prevent hoarding, follows the spiralling of prices of all the pulses over the past two weeks on short supplies.

"In its earlier order extending the imposition of stock limits on pulses, edible oils and edible oilseeds for one year up to September 30, 2016, the government had granted exemption to four categories of stocks, that is, stocks sourced from imports, held by exporters, by licensed food processors and large departmental retailers.

"The government has now withdrawn exemptions to stocks of pulses held by these four categories," an official statement clarified.

The Centre had earlier announced a ban on pulses exports, extension of zero import duty, and a further purchase of 5,000 tonnes from overseas markets under the price stabilisation fund. It also aims to create a 40,000-tonne buffer-stock from the new arhar (tur) and urad crops, which will hit the market between November and early-January.

"All these measures are likely to increase the availability of pulses and cool prices," the statement added.