

20-04-2015

THE HINDU

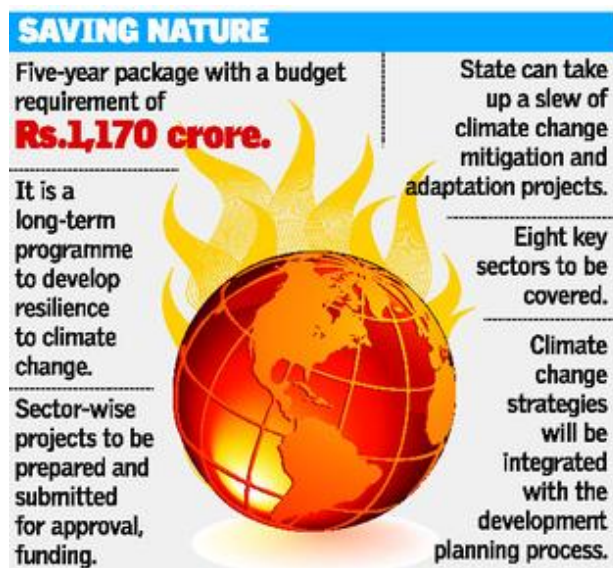
Agri varsity gets UGC accreditation

The Professor Jayashankar Telangana State Agricultural University (PJTSAU), which was carved out of the Acharya NG Ranga Agricultural University (ANGRAU) after the division of the united Andhra Pradesh, has been accredited by UGC as a State University and is empowered to award degrees.

The university is also accorded recognition by the Indian Council for Agriculture Research (ICAR) and is included in the list of agricultural universities for allocation of students from other states under ICAR Quota for the academic year 2015-16.

Similarly, the Indian Agricultural University Association (IAUA), New Delhi included PJTSAU as 63rd Regular Member of Indian Agricultural University Association (IAUA).

Nod for climate change action plan



SAVING NATURE

Five-year package with a budget requirement of **Rs.1,170 crore.**

It is a long-term programme to develop resilience to climate change.

Sector-wise projects to be prepared and submitted for approval, funding.

State can take up a slew of climate change mitigation and adaptation projects.

Eight key sectors to be covered.

Climate change strategies will be integrated with the development planning process.

Armed with a stimulus from the Centre, Kerala is all set to launch a long-term programme to develop resilience to climate change. The Ministry of Forest, Environment, and Climate Change (MoEFCC) has approved the

Kerala State Action Plan on Climate Change (SAPCC), strengthening the hands of the State in taking up a slew of climate change mitigation and adaptation projects.

The five-year package envisages a budget requirement of Rs.1,170 crore for projects in eight key sectors, namely agriculture and animal husbandry, fisheries and coastal ecosystem, forest and biodiversity, water resources, health, energy, urban front, and transport and tourism.

Institute for Climate Change Studies Director Keshav Mohan, who was in New Delhi recently to attend a meeting at MoEFCC, said the SAPCC for Kerala was endorsed by the national steering committee on climate change, based on the recommendations of an expert committee.

He said the sectoral projects would have to be prepared and submitted to the nodal agencies for approval and funding.

Prepared by the Department of Environment and Climate Change, the plan document for Kerala seeks to address the negative consequences of climate change and reduce the associated risks. It also aims at integrating climate change strategies into the development planning process.

The State plan identifies Alappuzha, Palakkad, Wayanad, and Idukki districts as climate change hotspots in Kerala, with a high degree of vulnerability to natural hazards such as flood and drought and impact on biodiversity and human life.

According to the projected climate change scenario, the atmospheric temperature across Kerala would rise by 2 degrees Celsius by 2050. It estimates that if the sea level rises by one metre, 169 sq km of the coastal region surrounding Kochi would be inundated.

The report estimates that paddy production in the State would drop by six per cent with each degree rise in temperature. Crops such as cardamom, coffee, tea, and black pepper were also likely to be affected by higher temperature and changing rainfall pattern.

Scripting an organic success story



Ten months ago, when the Niravu Farmer Club, aided by the National Bank for Agriculture and Rural Development (NABARD), conceived the idea of an outlet to market the excess vegetables and fruits its members organically produced in their backyards around the city, many laughed at it.

But that is an old story, and the organic produce outlet of the farmers' collective has already become a successful model now. According to P.P. Mohanan, treasurer of the club, the outlet at Nadakkavu in the city has registered a business of Rs.13.5 lakh. Only 10 per cent of the total turnover is set aside as running cost. "The rest is transferred directly to the club members' bank accounts proportional to what produce they had handed over for sale," Mr. Mohanan said.

Most of the over 110 members of the farmers' club, constituted a year ago, had found at least 50 per cent of the vegetables they produced in excess of what they needed for their family's use. A part of it used to go waste even after sharing among neighbours. "It was then that we thought about pooling them together and making them available to those who like to buy them," said Babu Parambath, project coordinator of the initiative.

Initially, the outlet would open only on Sundays. "Later, we decided to keep the shop open on all days, at least for a fixed few hours," Sathyan, a member of the club and who mans the shop, said. "Interestingly, we used to sell out

whatever we have in that few hours as we had a steadily growing customer base,” said Mr. Sathyan.

Varied fare

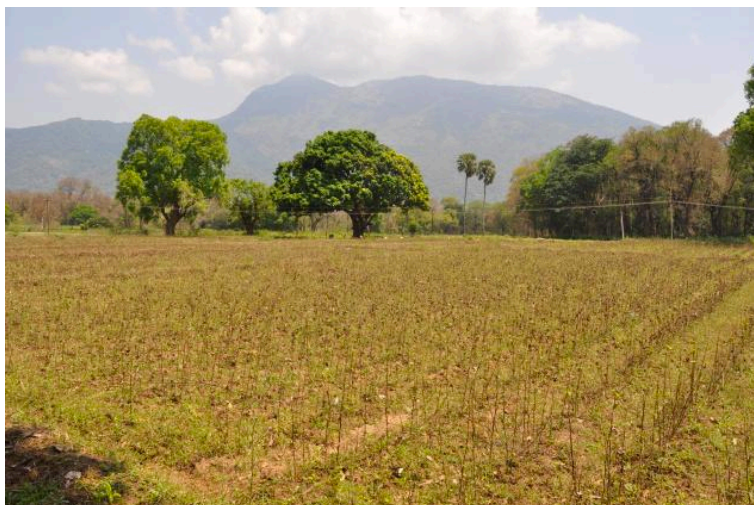
The members would bring almost all varieties of fruits and vegetables, including spinach, plantain, brinjal, cucumber, bitter gourd, mango, jack fruit, and papaya. The prices would be slightly on the higher side.

“But the entire process involved no middle-men or any kind of exploitation with the farmers getting the maximum benefit,” said Mr. Babu, who maintained that he himself earned more than Rs.8,000 a month from a few varieties of vegetable he supplied to the shop.

He said each member-farmer was given a code number, which would be tagged on the item they provided. A customer could trace the identity of the particular farmer and proceed with legal action if he or she was found to have used any chemical fertilizer or pesticide while cultivating their produce. “Each member is taken in after signing a contract to that effect,” said Mr. Babu.

The outlet witnessed brisk business during the Vishu. Besides vegetables and fruits, organic pest control solutions and fertilizers also are sold at the outlet. For details, call Ph: 9447276177.

‘Pudhu Vazhvu’ scheme frees tribal farmers from usury



Agriculture used to be an expensive proposition for P. Chokkalingam, who belongs to a tribal community living at Singapathi settlement located inside the Reserve Forest at Booluvampatti range of Coimbatore district.

Hiring a tractor for his lands meant an expenditure of Rs. 700 for every hour. And he needed three hours for just one acre. Apart from this, other expenses for seeds, fertilizer, and drivers meant he had no option but to turn to loan sharks who lent at usurious rates. Not any more. Now, he and 247 others farmers in the seven tribal settlements in Booluvampatti range spend just Rs. 100 an hour to hire a tractor, thanks to 'Pudhu Vazhvu' scheme of the State government.

"We have a committee in all villages that receives financial assistance through this scheme to modernise agriculture by purchasing modern implements. We have also set up a vermicompost unit," says Mr. Chokkalingam, who also doubles up as a community organiser. Each village committee has Rs. 6 lakh to fund such activities besides an equal sum that is used for giving out low-interest loans. Singapathi alone has around 58 acres of farming land, filling with grain, urad dal, horse gram, flowers and vegetables.

Even though agriculture has been going on for generations in this region, it was subject to the vagaries of nature. For, water was supplied through canals that were clogged with sand and leaves. Now, the Forest Department has laid pipelines from the Kovai Courtallam for both farming and drinking purposes.

Good response to cotton auction

The cotton auction at the Konganapuram branch of the Tiruchendur Agriculture Producers Cooperative Marketing Society held on Friday and again on Saturday has evoked good response.

About 12,000 bags of cotton were auctioned for Rs. 2 crore at the society on Saturday and about 11,000 bags for Rs. 1.80 crore on Friday.

While the price of PT variety ranged between Rs. 3,850 and Rs. 4,550; the price of DCS variety ranged between Rs. 4,200 and Rs. 4,850 on both the days.

The farmers from the districts of Salem, Dharmapuri, Krishnagiri, Namakkal and Tiruvannamalai had brought the stock. Following good response, cotton auction will be held for the third consecutive day on Sunday too, the Society sources told *The Hindu* .

The cotton auction is usually held once a week only on Saturdays.

The cotton auction at the Konganapuram Society remained suspended for a month in March due to paucity of space following the failure of the traders to remove the auctioned stock. About one lakh bags of cotton worth Rs. 30 crore which was stocked in the godown and the yard of the Society during last month, was cleared only in the first week of April. Following this, the auction was resumed for three days last week i.e. April 10 - 12.

The cotton auction will be held hereafter every week regularly, the sources said and called upon the farmers and traders to take part in the same as usual.

‘TS can become a seed export hub’

The seed industry is hopeful that the State government will establish a ‘seed valley’ to meet its needs.

The global seed industry currently stands at \$37 billion with conventional seed share at \$19 billion and Genetically Modified (GM) seed at \$18 billion.

While the domestic market of India stands at \$2 billion, exports from India stand at \$360 million. The seed export industry is expected to rise to \$600 million in the next five years. Ram Kaundinya, Director General, Association of Biotechnology Led Enterprises (ABLE), feels that there is good opportunity in south-east Asia and African countries which are trying to enhance food production to meet the increasing demand. It was stated that there will be great demand for Genetically Modified (GM) seed that can withstand adverse weather conditions.

“Telangana can become the seed export hub of India as it has congenial weather conditions. We have to establish a seed export promotion council and a seed valley for this purpose, in addition to framing regulations that match the seed demand and regulations of various countries,” said Mr. Ram,

who was recently at International Crops Research Institute for Semi Arid Tropics (ICRISAT). He says that GM seed has good potential for export.

“There is also a need to establish a seed export zone, quarantine department, cold storage facility, testing and registration, marketing support from the government, logistic support, quick clearance and follow-up mechanism,” Mr. Ram told *The Hindu* . He said that up-scaling the production would be easy in Telangana as temperature and humidity is seed-friendly and field seed production experience among farmers at Karimnagar, Nizamabad and Warangal is high and handy in meeting the export market.

Even Pocharam Srinivas Reddy, Minister for Agriculture, who attended the meeting, wondered why the success story of Ankapur near Armoor of Nizamabad district cannot be replicated across the Telangana in developing quality seed.

Green technologies need to be developed on war footing: Jaitley



Asserting that India is prepared to play its part in combating the danger posed by climate change, Finance Minister Arun Jaitley has said the global community needs to develop greener technologies “on a war footing.”

“India is prepared to do its part toward solving this common problem,” Mr. Jaitley said in his intervention on Climate Change Finance Ministerial organised by the World Bank on the sidelines of annual Spring Meeting of the International Monetary Fund and the World Bank.

“We have a large stake in this not least because we recognise that a significantly warmer planet will disproportionately affect poorer parts of the world, including India,” he said.

“We are also acutely aware that rich countries can more easily and affordably adapt to climate change than us, hence our large stake in mitigation,” he said.

Mr. Jaitley said the challenge of climate change can be posed simply as reconciling the energy needs of poorer countries with the common global objective of restricting emissions of greenhouse gases (GHG).

The former will require that India and similar countries are provided adequate carbon space, he said. But as on a realistic growth and technology assumptions, coal will remain the most important source of energy for India and many other energy deficient countries, he added.

“Unless coal can be greened and cleaned, it may not possible to reconcile development and climate change goals.

The international community needs to therefore go on a war footing to generate greener technologies especially technologies that can help green coal,” Mr. Jaitley said.

Mr. Jaitley said in petroleum, India has moved from subsidising carbon to taxing carbon at levels well above the norm of USD 25 per tonne of CO₂.

In cooking gas, India has deregulated prices and is using direct benefit transfers to further reduce inefficiencies, he said.

India, Mr. Jaitley said, has increased the levy on coal and are using the proceeds to finance clean projects.

Highlighting that the Indian government has also embarked on an ambitious programme of promoting non-renewable energy, he said the target for

generation of energy from solar sources in the year 2022 has been enhanced from 20GW to 100GW.

“We are investing in railways so that lower carbon modes of transport are preferred for freight. We are promoting the use of solar pumps in agriculture and solar lamps for poorer households,” Mr. Jaitley said.

Farmers to conduct meetings across State

Farmers under the Tamizhaga Vivasayeegal Sangam banner will conduct meetings across the State to highlight their problems arising out of human-animal conflict. In a release, the organisation’s State president M.R. Sivasamy said that the farmers who had hitherto been fighting as small groups in various pockets would come together to stage protests on a large scale on April 21 in Krishnagiri, April 28 in Sathyamangalam and in the second week of May in the Nilgiris, Coimbatore, Erode, Krishnagiri and Vellore.

A preliminary meeting for this purpose would be held on April 22 in Thayanur.



PAU delegation to visit Pakistan agriculture varsity



If all goes well and visa formalities are completed in time, then it is going to be a journey down the memory lane for a delegation from Punjab Agricultural University (PAU) who are all set to visit the University of Agriculture in Faisalabad, Pakistan.

After the Partition in 1947, the Faisalabad (Lyallpur) varsity was set up after getting detached from PAU. Leading the 15-member PAU delegation will be Dr G S Kalkat, Chairman, Punjab State Farmers' Commission and an alumnus of the Faisalabad varsity.

A 1947-batch passout of BSc (Agriculture), Kalkat said, "They have invited us for an alumni meet and a symposium on 'Challenges in Agriculture'. I am hoping to meet a classmate, Mushtaq Ahmad, during the meet."

The delegation is expected to leave on April 24 and attend the meet and symposium on April 25 and 26. In 2012 and 2013, a delegation from the Faisalabad varsity led by Vice-Chancellor Dr Iqrar Ahmad had visited PAU, but this year the meet was cancelled due to issues in visa clearance.

During Indo-Pak negotiations in recent years, it was also proposed that a scientists' home be established on both sides of the Wagah border to ease exchange of information and arrange regular meetings for scientists of both nations, but the project is yet to get pace.

PAU Vice-Chancellor Dr B S Dhillon told Newslite, "We are excited to go there. The Pak varsity scientists have attended our alumni meet many times, but our visit will be after a gap of almost nine years."

Along with Kalkat, another alumnus, Dr S S Bains, former Director (Agriculture), Punjab, will be attending the meet.

H S Dhaliwal, Dean, College of Agriculture, PAU, who is organising the visit, however, said, "There are only three days to go and visa formalities are yet to be completed. Anything can happen at the last moment. It would be a unique experience for scientists to visit the Faisalabad varsity from which our PAU was born during Partition. We are also hoping for positive exchange of information on agricultural research."

Diet Diary: The ‘see’ food diet



Most of us would decline if offered *food* right after a meal, yet if something tempting is served to us, we would reach out for it. External cues are often hidden and are known to influence our appetite and have very little to do with hunger. These include family, friends, packages and plates, names and numbers, labels and lights, colours and candles, shapes and smell, distractions and distances, cupboards and containers. Visual cues are very powerful drivers to eating and determine how much we eat.

One of the strongest psychological motivators to eat more than what we should seems to be the need to empty our plates. The obligation to finish all that is on the plate from our childhood and the dislike of waste, drives us to eating regardless of our hunger. Don't let anyone put you on a guilt trip about hunger in Somalia and poor children. Don't worry about leaving a morsel on your plate when pleasantly full.

Also, the larger the portion, the more we eat; the bigger the container, the more we pour. It takes about 20 minutes before the brain gets the signal that the stomach is full, meaning that if you finish your meal in less than 20

minutes, then the sensation that the belly is full will arrive too late, likely to make you eat more than you need. So, eat slowly and pay attention to what you eat and stop when you are 80 per cent full. Put your spoon or fork down between each bite. Ask yourself whether you are hungry rather than wait to be full. The ‘not hungry’ situation happens early and that’s when you must stop.

When eating out, if portions are large, don’t hesitate to ask the waiter to pack some of it before it reaches the table. For the same reasons, don’t stock undesirable food around the house.

Don’t store undesirable food in transparent containers.

In some cases, looking at food can make you eat less. If you are presented with an indication of how much you have already eaten, perhaps by wrappers, bottles and bones or by ‘pre-plating’ your food or even on your food diary, you may be surprised to find that you will end up eating less.

By understanding why we eat the way we do, we can eat a little less, eat healthier and enjoy it a lot more. Take control of subtle influences in our environment that can persuade us to eat or overeat. How small changes in our daily habits can contribute to reducing our expanding girth is amazing.



THE TIMES OF INDIA

Nawada farmers yet to get price of paddy sacks

The state government has fixed the price of each sack (jute gunny bag) used by farmers to sell paddy to the Primary Agriculture Credit Societies (PACSS) /SFC at Rs 10 each and to be paid along with the price of purchased paddy but the farmers remain deprived of the refund amount for years. The amount runs into crores.

Managing director (MD), Nawada Central Co-operative Bank, Vikram Jha, said the government had not released the price of the sack since 2012. The

sacks are never returned to the farmers. The MD also blamed the state government for the delay in releasing the amount of the paddy purchased by the PACS/ SFC. He said in 2015, paddy worth Rs 124 crore has been purchased from farmers but the state government has released only Rs14 crore to the Nawada Central Co-operative Bank causing resentment among the farmers on account of non-payment.

This year the purchase price for paddy has been fixed at Rs 1,660 per quintal, which includes the bonus amount of Rs 300 per quintal. Although the PACS/ SFC are supposed to provide sacks to the farmers prior to making the purchase, they never do so forcing the farmers to make their own arrangement. A new jute sack costs around Rs 18 in the market. So farmers generally use old/used sacks to sell paddy. Since every quintal of paddy requires at least three sacks on an average a farmer is forced to use 300 sacks per hundred quintal.

Constructions in Moira paddy field get TCP notice

The town and country planning (TCP) department issued a show-cause notice to Gurudas Kerkar on April 15 and ordered him to stop all work on the basis that he misrepresented facts while applying for permission to construct physical structures in agricultural land.

The comunidade of Moira says that it owns the land and attempts were being made to usurp the land and utilize it for development. The town and country planning department, Mapusa, has given Kerkar technical clearance to construct a compound wall, pump house and a well in a paddy field in Moira, next to the panchayat office, as seen in a document, which is in STOI's possession. The clearance had been given on the premise that Kerkar claimed to be the owner of the land. His son, Chandru Kerkar, said. "We bought the land from the comunidade, but, the neighbours started harassing us and burning our fields so we built a wall." The comunidade of Moira denied that the land had been sold to anyone and pointed out that the comunidade had not received any compensation or notice.

"The impunity with which the above illegal constructions have been resorted to is such that they (Kerkars) have even resorted to silencing local opposition," denied Moira comunidade president Tome Jose Gama.

Local villagers have alleged that the Kerkars leased the paddy fields to a

third party, who aims to develop the land into a residential complex. Further, while building the wall, Kerkar encroached into three persons' properties after allegedly threatening them, another local, Vigilia de Sa, said.

Kerkar allegedly destroyed the boundary wall, encroached into the property and threatened de Sa, Joseph Coelho and Sailesh Sawant, said Floriano Lobo, general secretary, Goa Su-Raj Party, who is also a local resident. "Once we get the notice from TCP, we will take action," Moira sarpanch Oswald Cordeiro told STOI. Complaints have also been filed against Kerkar before the public works department and at the local police station.

Best vegetarian sources of protein



Perhaps one of the most neglected meal components - Protein is the reason behind muscle regeneration, performance, and upkeep.

Without it, you will find it impossible to get fitter. Animal protein helps maintain a well-balanced diet for most non-vegetarians. But what about the vegetarians? Does one really need to switch meal preferences to gain the maximum protein punch? Not at all. Today we bring you the best vegetarian sources of protein that will help you gain muscle tone and maintain good nutrition. [Read on...](#)

Whole grains: Although a fine line between carbs, cereal and protein - whole grains like quinoa and barley are excellent sources of protein. At

approximately 18gms of protein per cup of cooked quinoa, this wonder grain is one of the best vegetarian sources of protein. Unfortunately, quinoa isn't easily available in India, since it's a South American crop. However, some premium stores do stock it. Failing that, barley or jowar and other whole grains are also sufficient vegetarian sources of protein.

Soy: A wonderfully versatile ingredient, soy in all its shapes and forms is a great protein source for vegetarians. Drink soy milk, stir in tofu with your salads, or simply munch on soy nuts. You'll find that soy products can be roped in with just about any meal or snack - from vegetarian biryanis to light noon-time salads...Even mid-evening beverages. One cup of tofu contains approx. 18-20gms of protein. Most packaged tofu and soy milk is fortified with even more nutrients that would serve a vegetarian well.

Nuts and seeds: These are protein sources that even non-vegetarians can't ignore. Nuts like almonds, peanuts, walnuts and seeds like flax, sesame, sunflower, pumpkin are protein and energy powerhouses. However, nuts are also high in fat, so munch on the side of caution. You can even make your own homemade nut butters by simply grinding the nuts of your choice with a dash of olive oil and some more flavourers.

Sprouts: Although technically, sprouts come under the beans, legumes and lentils category in vegetarian protein sources, they deserve a special mention. You can sprout already healthy ingredients like alfalfa, mung beans, chickpeas, peas, and soybeans. These sprouts are highly nutritious and rich in protein. Eat them raw with salads, or mix them in with a spicy, hearty dish - either way, your day's protein requirements can be sufficiently met with these wonder sprouts. Do remember that for people with acidity, sprouts aren't the best protein sources.

Beans and lentils: Chalk one up for Indian cuisines, because our diets are already rich in these hearty vegetarian protein sources. Whether it's the ever-loved Rajma Chawal or the various East coast beans and lentil curries with kokam and tamarind, beans and lentils are an intrinsic part of our food culture. And rightly so. One cup of beans (kidney, black, red) contains approximately 15gms of protein. These do not, however, perform as optimally as dairy and soy sources of protein. Therefore, vegetarians must

still take care to include all the other protein sources mentioned here.

Dairy: Dairy has received some bad press recently (Re: Lactose intolerance being more common than we think). However, if you do not have any digestion problems or adverse reactions to natural whey protein and simple plain yogurt, we say give it a try. Whey protein is simply the leftover residue from the cheese-making, paneer-making process. Resort to artificial (closest to natural state) whey protein only if you aren't getting enough protein in your daily diet. Yogurt is easier to digest than milk, and is a great protein source for vegetarians.

20 best foods for good digestion

Are you suffering from issues like bloating, acidity, abdominal discomfort, and nausea? To help you bounce back to the pink of health - inside and outside - today, Priya Kathpal, Nutritionist, Mumbai, shares a list of 20 best foods that can make your digestive system run smoothly and swiftly...

1: Red beets

Beetroots are excellent for digestive problems like constipation or abdominal upsets. Beetroots are rich in fiber, potassium and magnesium, which help to remove the waste. All the nutrients present in beetroots help to maintain a healthy digestive system.

2: Beet greens

The green tops of beetroot help to give significant relief to your stomach. They are rich in beta-carotene, iron and calcium. These excellent nutrients help maintain the health of the digestive tract lining and help in smooth movement of the muscle fiber which helps in the bowel movement. Do not over indulge in beet greens as they can weaken your teeth enamel since they contain acidic substance.

3: Apples

The quote "an apple a day keeps the doctor away" is all true and very correct as it provides a variety of health benefits. They are rich in vitamin C,

vitamin A, folate, minerals, potassium and phosphorous. All these contents offer various digestive benefits like lowering constipation problems and improving satiety. The presence of pectin, in apples helps to raise the good bacteria which help in proper functioning of the intestinal health.

4: Bananas

"This yellow fruit is perfect for the proper functioning of the bowel moment. It is a must-have food if you are suffering with diarrhea, because it helps to restore the amount of electrolytes and potassium that are lost during the passage of stools," says Priya. Besides, it is also loaded with fiber which aids in good digestion.

5: Sweet potatoes

Sweet potatoes, especially when consumed with their skins on, are a superb food for digestive health. They provide dietary fiber, complex carbohydrates and manganese. Sweet potatoes help in treating peptic ulcers, duodenal ulcers and some other serious bowel ailments.

6: Avocados

This tiny fruit is loaded with fiber, and is one of the most fiber-rich fruits available. This fruit is easy to digest and contains loads of healthy monounsaturated fats. This helps in maintaining the health of the digestive tract, and proper functioning of pancreas and gall bladder. It also converts beta-carotene into vitamin A which helps in developing a healthy mucosal lining in your GI tract.

7: Oats

Oats are rich in soluble fiber, selenium, thiamin, phosphorus, copper, vitamin E and zinc. Presence of soluble fiber helps in proper functioning of the digestive system and extraction of waste and a good pace. Priya says, "Please consult a nutritionist, if you have problem with gluten consumption."

8: Cod liver oil

Cod liver oil is loaded with vitamin A and vitamin D. The presence of these

vitamins is essential to keep the digestive tract healthy and also prevents in the development of various digestive problems in the GI tract.

9: Blueberries

Blueberries are loaded with fiber and vitamin C. Besides providing various digestive health benefits it also possesses cancer-fighting antioxidants. Priya recommends whole blueberries over blueberries juice.

10: Cantaloupe

This fruit is packed with vitamin A, vitamin C and myoinositol. Cantaloupe contains a great amount of digestive enzymes. It also contains powerful agents that help to fight against intestinal cancer. Besides, it helps relieve anxiety, insomnia and prevents hardening of the arteries.

11: Kiwi

People with digestive dysfunction should consume kiwi fruit, as it is loaded with linolenic acid, actinidin, vitamin C, vitamin E, magnesium, potassium and other fatty acids. Presence of all these elements eases the functioning of digestion, as kiwi includes pepsin. Pepsin is substantially needed for the proper functioning of the digestive system.

12: Papaya

This tropical fruit is excellent for digestive health. Presence of papain helps in easy breakdown of proteins in the stomach, and this helps in good absorption of the nutrients and facilitates proper bowel functioning.

People with upset tummies should eat papaya, as its anti-inflammatory properties help soothe the stomach. Besides, it helps in good digestion of food, dissolves fats instantly and also relieves heartburn and food allergies.

13: Peaches

This fruit is not only nourishing but also tasty. It is loaded with potassium, fiber, iron, calcium and vitamin C. These elements help in proper digestion and proper functioning of your heart and circulatory system.

14: Tomatoes

Tomatoes are loaded with potassium and magnesium. These contents provide loads of health benefits. The presence of lycopene, vitamins, minerals and other nutrients aids in maintaining digestive health.

15: Carrots

Normally carrots are known for healthy vision. You will be surprised to know that carrots also aid in maintaining digestive health as they are loaded with fiber and antioxidants vitamins.

16: Hot water

Sip on some hot water early in the morning or at regular intervals. This is the best natural technique to treat an upset tummy and it also aids in proper bowel movement.

17: Yoghurt

Probiotics or normal yoghurt is a good natural treatment to treat an upset tummy. Yoghurt helps in treating various digestive problems like irritable bowel syndrome and traveler's diarrhea.

18: Cucumber

Cucumber is loaded with dietary fiber, fats, folate, calcium and vitamin C. Cucumber is good for people suffering from stomach and lung problems. Consuming cucumber juice daily provides relief from heartburn, stomach acidity, gastritis and peptic ulcer. Erepsin, a protein present in cucumber aids in proper digestion.

19: Ginger

This spice is a perfect home remedy to treat various stomach problems like vomiting, gas, loss of appetite and diarrhea. Priya says, "Though it is loaded with benefits, too much consumption can cause heartburn."

20: Lemon water

Another natural supplement to treat indigestion is lemon water. Consuming lemon water in the morning will give quick relief from indigestion and will remove harmful substances which will further enhance your appetite.

BusinessLine

THE HINDU

China again cuts reserve requirement ratio to spur growth

China will lower banks' reserve requirement ratio (RRR) by one percentage point for a second time this year in a bid to increase funding for private sector investment to spur growth as the world's second largest economy continued to slow down.

The cut, effective from tomorrow, is the second such move this year. On February 4, the country's central bank, the People's Bank of China lowered the RRR, the amount of cash that banks must hold as reserves, by half a percentage point.

Meanwhile, to step up financial support to targeted areas, the central bank decided to cut the RRR by an extra one—percentage point for certain commercial banks lending to small enterprises, the farming sector and major water projects, state—run Xinhua news agency reported.

The Agricultural Development Bank of China, the sole policy lender for agriculture, gets a RRR reduction of 2 percentage points.

Today's RRR cut was within market expectation following lacklustre economic performance in the first quarter.

China's gross domestic product (GDP) growth slowed to 7 percent in the first quarter from 7.3 percent in the final three months of last year, marking the worst result in six years and indicating continuing downward pressure on the economy.

Last year the economy registered 7.4 per cent, lowest in 24 years.

Business Standard

Even as agricultural income rises, Andhra Pradesh plans industrial future

Agriculture's share in the gross domestic product (GDP) of truncated [Andhra Pradesh](#) is growing—unlike the [decline](#) India is witnessing—but the state plans an industrial future for itself.

Doubling per capita annual income of Rs 90,517 (in 2014-15) over four years and becoming home to India's richest people—Andhra-ites are now 10th on the national income scale—by 2029. That's the ambition laid out by finance minister Yanamala Ramakrishnudu in the [second budget](#) after AP's reorganisation.

The share of [agriculture](#) in AP's [GDP](#) has increased from 22.96% to 27.59% in 2014-15, and the share of industries has reduced from 24.33% to 20.62%. The share of services has declined marginally from 52.72% to 51.79%, according to the finance minister.

Bifurcation of the state might have something to do with this anomaly. The new state of Telangana now has possession of Hyderabad, the primary economic engine of undivided AP. Before the split, agriculture's share in GDP was 18%-19%; industry's 23%-25% and services' 55%-57%, according to planning commission [data](#).

The industrial thrust includes a [special industrial city](#) for Japanese investors; special [automobile-manufacturing zones](#); a grand plan for [14 new ports and three international airports](#), and a 2-lakh-acre [land bank](#) for industries, [new rail lines](#) and [highways](#).

At the core of the plans from Chief Minister [Chandrababu Naidu](#) is a new capital city, [Amaravati](#). The [budget](#) has set aside Rs 3,168 crore over 2015-16 for its construction.

“The total land required is being secured by obtaining consent from the land owners of capital city consisting of about 33,252 acres,” said Ramakrishnudu. “Out of this land, 50% will be used for common infrastructure for the city which is required to build state-of-the-art infrastructure. About 25% will be returned to the land owners in the form of developed reconstituted plots. This leaves about 7,000 acres of land with the state for constructing its capital complex as well as bringing investments to provide sustainable jobs for the residents of the capital city.”

But states have realised their core constituencies and problems require special attention.

If Jammu and Kashmir had a separate [power budget](#), AP has an [agriculture budget](#). Naidu will also bear in mind that despite pleasing CEOs, rural dissatisfaction was instrumental in his election loss in 2004 .

With 84.58 million people — more than Egypt, Turkey or the UK — when last counted in 2011, AP has a mixed record on social indicators such as education, sex ratio and health:

- The literary rate is 67% against the national rate of 73%, and the sex ratio (females per 1,000 males) is 993 against the national average of 943.
- Infant mortality rate, an estimate of [infant deaths](#) for every 1,000 live births, is 39 against the national average of 40.
- Maternal mortality ratio, the number of women aged 15-49 dying of [maternal causes](#) per 100,000 live births, is 92 in Andhra Pradesh against the national average of 167.

The government has [reduced](#) expenditure on social services, from Rs 40,900 crore in 2013-14 to Rs 38,169 crore. The reduction has mainly been in housing (from Rs 2,083 crore to Rs 897 crore).

The finance minister said the total increase in the budget for 2015-16 is 1.1%; rising to Rs 1,13,048 crore from the budget estimate of Rs 1,11,823 crore for 2014-15.

“The increase in plan budget from Rs 26,672 crore to Rs 34,412 crore, an increase of 29.02% and increase in capital budget from Rs 7,069 crore to Rs 9,818 crore, up 38.88%, are significant achievements,” said Ramakrishnudu. “We have actually been able to bring down non-plan expenditure from Rs

85,151 crore to Rs 78,636 crore and non-plan revenue expenditure from Rs 78,976 crore to Rs 73,223 crore.”

While non-plan revenue expenditure refers to programme expenses, salaries and other spending, plan expenditure is for building assets.

The state's outstanding debt is expected to increase to Rs 1.46 lakh crore (\$23 billion) at the end of the financial year 2015-16. In comparison, Tamil Nadu's [debt](#) is likely to cross Rs 2 lakh crore (\$32 billion) and Maharashtra's [Rs 3 lakh crore](#) (\$48 billion).

The state has moved from a revenue surplus of Rs 344 crore in 2013-14 to a deficit of Rs 14,242 crore in 2014-15. This is expected to be reduced by nearly 50% to Rs 7,300 crore in 2015-16.

Nuclear agreements would've huge impact: Modi

Prime Minister [Narendra Modi](#) on Sunday said that the agreements with France and Canada are big achievements and would have a huge impact in the coming days.

Addressing members of parliament of the Bharatiya Janata Party, Modi said that even though every government tried to push through the nuclear deals, but it was successful now.

Modi discussed the various government schemes and said that the government has been dedicated to the poor of this country from the very first day. He attacked the Opposition for trying to project his government as anti-poor on issue of Land Acquisition Bill

During his address, the prime minister also spoke about India's success in the rescue process during the Yemen crisis and lauded Ministers [Sushma Swaraj](#) and V.K. Singh for their efforts.

He also said that the government should always be thankful to the people for reposing their faith in them and electing them with a complete majority.

The meeting took place just days before the Modi government completes a year in office.