



# Ricarearea News

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## Editorial

During the year 2018-19, The Retired ICAR Employees' Association (RICAREA) has continued to pursue the interests of the ICAR Pensioners to the best of its ability. It was pursuing with different ICAR Institutes to get the revised pension orders issued. As it facilitates the payment of arrears, RICAREA pursued this matter earnestly. In most of the cases, the revised pension orders were issued and the payment of arrears is in progress. We are also representing for the upward revision of pension in case of pre-2006 retirees, as ICAR did not follow the Government orders in right spirit. We are consolidating the individual representations and making efforts to represent to authorities for redressal.

Cashless medical treatment for the in-patient treatment of ICAR Pensioners at the recognized hospitals remains as an important demand to be achieved, without which, the Pensioners are experiencing enormous difficulties with regard to the down payment of large sums of money. According to the ICAR authorities, the ICAR Pensioners located in the CGHS zones are eligible for the facility; but in practice, it is not being extended to them.

It is hoped that this problem would be solved very soon, since RICAREA is pursuing the matter seriously with all earnestness.

We are happy to inform that two more new members joined RICAREA during the year. We celebrated the annual day on April 28, 2018. RICAREA has successfully conducted a one- day seminar on

“Sustainability of Small Farmer in Changing Agricultural Scenario” in collaboration with Professor Jayasankar Telangana State Agricultural University (PJTSAU) on December 22nd, 2018 at Rajendranagar, Hyderabad. Dr. R. S. Paroda, Former Director General, ICAR, delivered the keynote address. The recommendations which emanated from the seminar were circulated to the policy makers and scientific community. We are in the process of bringing out the proceedings and publishing them. We are also in the process of selecting a suitable person for the Dr M. S. Swaminathan Award, 2019.

The country is bracing up to face the consequences of the fifth consecutive sub-normal monsoon. The food grain production is expected to marginally fall to 281 million tons, compared to the record production of 285 million tons achieved in 2017-18. While the country is able to meet the food requirements of the people without much food inflation, the depleting ground water levels in large parts of the country is a matter of serious concern. The deteriorating economic situation of the farmers is even more depressing. While the Governments are unable to solve the chronic problems of poverty and indebtedness among the farmers, the election season has motivated political parties to offer loan waivers and investment support to farmers in a competitive way to attract their votes and support. Let us hope that the new Governments will find solutions to the problems of agriculture and the farmers!

### RICAREA

#### Objectives of the Association are:

- To serve as a pool of resource persons for scientific and extension bodies.
- To bring about awareness of developments in science and technology among the farming community and general public.
- To recognize and felicitate outstanding scientists for their life time achievements.
- To safeguard the general welfare and to provide a forum for sustaining professional interest of the members.

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## Loan waivers and Investment support to farmers

K. Purnachandra Rao\*

India is due for another round of general elections in 2019. The competition to represent the people in the Lok Sabha is quite intense among the national and regional parties. Andhra Pradesh, Orissa, Arunachal Pradesh and Sikkim states are also electing their Legislative Assemblies along with the Lok Sabha members. In order to win the favor of the electorate, different political parties are announcing various welfare measures, along with their development strategies. A few months before the elections, Government of India has announced a 'Kisan Samman' scheme under which the farmers owning less than five acres of land were offered a financial assistance of Rs. 6, 000 per year in three installments of Rs 2000 each. It would require a budget of Rs. 75, 000 crores in a year. The Government of Andhra Pradesh followed it up with a budget allocation of Rs. 5, 000 crores in the budget. It announced an additional contribution of Rs 9,000 per farmer in case of farmers owning less than 5 acres, raising the investment grant to Rs. 15, 000 per farmer. In case of the farmers owning more than 5 acres, Andhra Pradesh Government announced a support of Rs. 10, 000 per farmer, as they are not covered by the 'Kisan Samman' scheme of the Government of India. Perhaps it is to steal the thunder from the promise of the chief opposition party to provide an investment support of Rs 12, 500 per farmer per year!

While the country is making economic progress, the income inequalities are growing. Many people are left behind from the process of development due to lack of opportunities to participate and gain from the development process. The urban- rural income disparities are also widening. The living standards of farmers and agricultural labourers are at par with those of the urban poor. Their incomes are constrained by frequent crop failures and low and uneconomic prices during the instances of bountiful crop production. Despite meeting the requirements of the country and the people, they are entrapped in poverty. Prices of agricultural commodities in the country are consistently lower than the international prices due to the trade policies of the Governments. What is due to the farmers is not being paid to them in order to keep the agricultural commodity prices lower to the consumers. Just as employees are paid 'pension' after retirement as a 'deferred wage' or as compensation to the lower wages paid during service, farmers also deserve some support towards

'deferred prices' for receiving lower than fair prices perpetually offered to them. Since the farmers and agricultural labourers are deprived of their due share consistently, they deserve all the support that the state can offer to them.

Union and state Governments are providing 'old age pensions' to the rural and urban poor after they attain the age of sixty years. Although specifically not targeted to farmers and agricultural labourers, they are also included in them, by default, for being poor. While the Union Government is paying Rs1000 per month to the old aged poor, the state governments are adding their share to take it up to Rs. 2000 to Rs. 3000 per month. Both the Telangana and Andhra Pradesh governments are providing old age pensions of Rs 2000/and have promised to raise them to the level of Rs 3000/ per month. The main opposition party in India, Congress party is promising to provide 'Universal Minimum Basic Income' to all the families in the country. While these are the welfare measures targeted for all the poor, farmers who provide food and other agricultural products to the society require special and differential safety nets to rise out of poverty.

Special and differential safety nets provided to the farmers are taking two different routes in the recent years. One is loan waivers to the farmers. The rationale is that the farmers are unable to repay the loans due to crop failures and non-remunerative prices. At all India level, loan waiver was implemented twice. In 1990, loan waiver was implemented to a tune of Rs 10, 000 crores. Again, it was implemented in 2007 to a tune of about Rs. 70, 000 crores. Different states have implemented it a number of times in the recent years. Although it has increasingly become a tactic to win the elections, it has emerged as a safety valve to help the farmers move out of increasing indebtedness. On the eve of 2014 State Assembly elections, Telangana Rashtra Samiti (TRS) promised loan waiver to the farmers who had an outstanding loan amount of Rs. 100, 000 or less than that. It won the elections, although Congress promised to waive the loans up to Rs. 200, 000 per farmer. Similarly, Telugu Desam Party won the elections in the neighboring state of Andhra Pradesh by promising to waive loans up to Rs 150, 000 per farmer. Having won the elections, Telangana Government waived farm loans in five installments, totaling an outgo of Rs. 17, 000 crores. The resource-

starved state of Andhra Pradesh paid three installments and has promised to pay the remaining two installments during April, 2019, totaling a commitment of Rs. 24, 000 crores, in all. To counter the promise of Congress party to waive loans up to Rs. Two lakh, TRS promised to waive loans up to Rs. 100, 000 once again during 2018 Assembly elections. Having won the elections, TRS Government is again getting ready to waive the outstanding farm loans, in installments. The Telugu states are not the only ones that ventured to waive farm loans. Several other states have also implemented loan waivers during the last three years. AIADMK Government, which returned to power in 2016, indulged in loan waiver partially. NDA Government at the Centre declared that it is, in principle, opposed to loan waivers. But it has allowed its Uttar Pradesh unit to promise loan waiver in 2017 elections and reap victory. Their governments in Rajasthan and Maharashtra also implemented partial loan waivers to shore up their election fortunes. The Congress party used the same tactic to win the state elections in Punjab and Karnataka. It repeated the same promise and won the Assembly elections in the three states of Rajasthan, Maharashtra and Chattisgarh. Having tasted the success repeatedly, Congress party is making it a Pan-national promise to face the general election. Different state governments in the last five years have together spent more than Rs. 200,000 crores for loan waivers.

As the public opinion is building against frequent loan waiver as a solution to farmers' woes, the TRS Government came up with a novel 'Rytu Bandhu' scheme to provide an investment support of Rs. 4000 per acre per season in 2018. It provided a total support of Rs. 8000 per acre to the farmers and it stood them in good stead to win the 2018 elections. The Orissa Government adapted this scheme with some modifications. It named it as 'Kaalia' and confined

the support to only the small and marginal farmers owning less than 5 acres. It also offered a support of Rs. 12, 500 to the tenant farmers. The Government of India was inspired by them in designing the 'Kisan Samman' scheme, but only provided very modest support to the farmers. 'Annadata Sukhibhava' of Andhra Pradesh Government built on it further, but pales in comparison to 'Rytu Bandhu' scheme of Telangana Government. The new TRS government increased the support to Rs. 10, 000 per acre per year. In many lands of the state, farmers do not hope to earn a net income of Rs 10, 000 per acre per year. The support provided by Telangana government has revived the interest of farmers in farming and boosted up the land prices in the state. This scheme is yet to be bettered by any other state in the country.

The new promise of Congress party to implement a 'Basic minimum income of Rs. 72, 000 per family per year to 20% of the poorest population, if elected to power, can be a competitor to the Investment support schemes to the farmers. All these schemes are viewed as election gimmicks or populist schemes, causing a heavy burden to the exchequer. But in a capitalist society where boundless profiteering is the norm and morals have no place, some safety net to the weak and meek provides a minimum assurance to life and insurance to human existence. As the farmers are relegated to this hapless position, agricultural sector of the country has to reconcile itself to be the least preferred pursuit of the people. It may be delivering the most important duty to the society, but is unable to provide the minimum needs to the farmers and their families. It is a paradox, but is unfortunately true!

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# I am Aging, no doubt, but am not Worn-out!

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PASSING through the 'earthly tunnel' of age, one wonders as to what is happening to him or her! The phenotype gets transformed gradually like a shrivelled ripe mango. The gait declines and becomes tardy. Walking slows down and wavers.

## Fading Memory

Someone approaches and greets you, "Hello Uncle, How are you doing?"

You try your best to remember the name of the person greeting you but fail at that moment! You put up a broad smile hiding your forgetfulness saying, "Thank you Beta. I am OK. How do you do? How is your father?" The gentleman responds, "I am fine, uncle; but my father passed away two years ago." You feel embarrassed and respond, "Sorry Beta... Now a days, I tend to forget many things".

After your day's activity you enter your house and get into the bedroom to change your dress. You keep your spectacles in a cupboard and walk into the washroom. On returning you look for your spectacles at all other places except in the cupboard where you had deposited it. You get dismayed and ask your wife, "Where are my specs?" She murmurs, "Again! You put it at one place and search all the others. Look into that cupboard." Now you got your specs--happy! But you worry, "what happened to me? Why am I like this?"

You are very particular not to miss your morning walks that you have been doing over many years. During your morning walk sessions now, you see many people overtaking you, which was not the case three to four years ago. While you walk, suddenly you have compulsive urge to pass urine and you don't find any toilets or wash rooms around. You face incontinence and you can't control the pressure of the bladder. You ask yourself, "What is happening to me? Am I getting worn-out?"

## Worrisome Forgetfulness

As adults age, many worry that they are becoming more forgetful. They think forgetfulness is the first sign of Alzheimer's Disease (AD). No, you are not getting worn-out. The reason for your forgetfulness and feeling of helplessness are due to the fact that your brain has been storing various kinds of information, memories, impacts and life events all these sixty to seventy years of your life. Hence, the storage of memories of current events depends on

the storage capacity of your brain, which would have reached its saturation point in many cases. That's why you remember the events and persons of very distant past; but you tend to forget the things of recent past. However, scientists now know that people can remain both alert and able as they age, although it may take them longer to remember things.

Apart from forgetfulness, other health issues of relevance to aged persons are briefly covered below.

## Joint Pains

After my return from the morning walk, I develop joint pains. The doctors tell me that it is because of loss of Calcium and weathering of the muscles and tissues.

- For Rheumatic Arthritis, drug therapy that modifies the immune system response and reduces joint damage continues to be the most effective course of action.
- For Osteo-arthritis, research now shows that lifestyle changes—weight loss and light resistance and flexibility exercises—can reduce the symptoms and provide better quality of life as we age.
- For advanced case of Osteo-arthritis with worn-out joints, good surgical intervention for successful joint-replacement is available.
- Back pain, which at times gets chronic, could be bothersome for the aged. Best way to manage back pain is by taking to Yogic exercises along with meditation

## Reduced Hearing

My grandchildren come and ask me some questions. I ask them to repeat what they asked. They exclaim "Dada, Why don't you listen properly!"

Presbycusis is age-related hearing loss. It becomes more common in people as they get older. The decline is slow. If one faces problems of hearing in this case, best option would be to go in for a hearing aid, which can be concealed in the ear.

## Avoid Falling

As we age, falls have become an increasingly common reason for injuries. Just ask any of the thousands of older men and women who fall each year and break a bone! Falls can occur as a result of other

changes in the body: Sight, hearing, muscle strength, coordination, and reflexes aren't what they once were as we age. Balance can be affected by diabetes and heart disease, or due to problems with your circulatory or nervous system. Some medicines can cause dizziness. Any of these things can make a fall more likely. Comprehensive approaches to reduce multiple fall risk factors in older persons have been shown in clinical trials to reduce risk of falling by up to 30%. The more you take care of your overall health and well-being, through right diet and exercise, the more likely you'll be able to lower your chances of falling. Ask your doctor about a special test—called a bone mineral density test—that tells how strong your bones are. If need be, your doctor can prescribe new medications that will help make your bones stronger and harder to break.

### **Skin Health**

My friends and relatives of my age ask me, "How is it your skin is smooth? Just Look at us. We have so much of wrinkles".

The simplest and cheapest way to keep the skin healthy and young is to stay out of the sun. Sunlight is a major cause of the skin changes we think of, as skin changes with age causing wrinkles, dryness, and age spots. However, the skin does change with age. For example, you sweat less, leading to increased dryness. As your skin ages, it becomes thinner and loses fat, so it looks less plump and smooth. It's never too late to protect yourself from the harmful effects of the sun. People who smoke tend to have more wrinkles than non-smokers of the same age, complexion, and history of sun exposure. It may be because smoking also plays a role in damaging ELASTIN proteins. Facial wrinkling increases with the number of cigarettes and number of years a person has smoked.

### **Incontinence**

Loss of bladder control is called urinary Incontinence. It can happen to anyone but is very common in older people. At least 1 in 10 people of age 65 years or older has this problem. Symptoms can range from mild leaking to uncontrollable wetting. In aged men this problem may be associated with Benign Prostrate Hypertrophy (BPH), which can be managed, successfully medically, without any worry.

Women are more likely than men to have incontinence. Aging alone does not cause incontinence. It can occur for many reasons: Urinary tract infections, vaginal infection or irritation, constipation, and certain medicines can cause bladder control problems that last for a short time. In most cases urinary

incontinence can be treated and controlled, if not cured. If you are having bladder control problems, don't suffer in silence. Talk to your doctor.

### **Hypertension and Diabetes**

As I age my anxiety seems to go up to complete various tasks that take time and this, in turn, leads to irritation and loss of temper. My close friends and relatives, who observe my unusual behaviour, tell me to check my blood pressure, sugar, Vitamin D and Vitamin B12 levels.

Hypertension is very common in elderly persons with type 2 diabetes. The coexistence of hypertension and diabetes can be devastating to the cardiovascular system. In these patients, tight blood pressure (BP) control is particularly beneficial.

It is recommended to lower BP in the elderly patient with diabetes to <140–150/90 mmHg, provided the patient is in good condition. In patients with isolated systolic hypertension, the same target is reasonable providing the diastolic BP is >60 mmHg. In patients with coronary artery disease and in patients with orthostatic hypotension, excessive BP lowering should be avoided. In elderly hypertensive patients with diabetes, BP levels should be monitored closely in the sitting and the standing position, and the treatment should be tailored to prevent excessive fall in BP.

### **Cancer**

One day, my old friend came to see me. He told me that he had a small swelling on his foot, which was not painful, but he was unable to put on his shoes. He said "I went to see my Physician. He did some blood tests. Examining the results of the blood test my Physician said 'Sorry Sir. You have cancer.' That devastated me. My family rallied around me and gave me the strength to overcome the trauma of surgery and face the therapy. Thank God, now I am out of it."

Cancer increases in incidence as one ages, rising more rapidly in mid-life. Cancer certainly can and does strike young people; it is, by and large, a disease of the aged. Risks for most types of cancer increase as we grow older for at least three reasons. First, we experience more cumulative exposure to the things that mess with our DNA in the cells in ways that can lead to malignant growth: sunlight, radiation, environmental toxins and noxious by-products of metabolism. Second, older cells become more vulnerable to this damage or less able to repair themselves. "Most aging cells develop genomic changes that make them more susceptible to the

carcinogens in the environment,” said oncologist Lodovico Balducci, who studied and treated cancer in the elderly at the Moffitt Cancer Centre in Tampa, Florida. Third, the various human body housekeeping systems—such as the immune defences—that keep our tissues healthy begin to break down with age, as a parallel to watchdogs falling asleep.

The old idea that cancer is less aggressive in the elderly is not entirely without merit: breast and prostate cancers tend to grow more slowly in older patients. But other types—colon and bladder cancer and certain kinds of blood cancer viz., leukaemia, lymphoma and multiple-myeloma, for example—are usually more aggressive and harder to treat. This may in part be because of certain age-related genetic mutations.

An older body also provides a different internal environment for the growth of cancer cells than a younger body does. Whereas the drop in oestrogen and other sex hormones that occurs with age can slow the development of some breast and prostate tumours. At least one other common change of endocrine, rising levels of insulin does the opposite, stimulating tumour growth. In addition, older tissues tend to exhibit more chronic inflammation causing a low-level infiltration of immune cells and substances.

- Age significantly increases the risk of cancer. In elderly people, other lifestyle- associated risks will also accumulate. Getting yourself periodically screened medically for cancer with an eye on ESR value might be helpful in early detection of various kinds of cancer, which may help in achieving speedy cure and recovery.
- Early-stage cancer can often be operated even though a patient is elderly. Surgery may improve the patient’s quality of life, even if the aim is not to extend her or his life span.
- There is only little research data on anti-tumour and radiation treatments of elderly patients.
- Chemotherapy and radiation therapy cause side effects more often and in greater severity to the elderly than to the young. Elderly patients also recover from treatments more slowly.

What is more revealing, they say, is the patient’s physiological age (not the calendar age)—a broad measure of health and well-being—and something called physiological reserve, which is essentially the ability to withstand stress, including the stress of surgery and chemotherapy. Hence it is very important that the elderly persons keep themselves fit with

good health always, so as to face any eventuality and come out successfully.

Prostate gland cancer is another kind of malignancy that occurs with advanced age, which can be detected by the following test.

- Prostate-specific antigen (PSA) test. Any abnormalities in the texture, shape or size of prostate gland observed by your doctor through digital examination of rectum may warrant further tests like PSA. A blood sample is drawn from a vein in your arm and analysed for PSA, a substance that’s naturally produced by your prostate gland. It’s normal for a small amount of PSA to be in your bloodstream. However, if a higher than normal level is found, it may indicate prostate infection, inflammation, enlargement including cancer. Since prostate cancer is localized, early detection by PSA helps in achieving certain cure.
- Surgical treatment for prostate cancer is an effective remedial measure. In specific cases, radiation treatment may also work.

### Psychology and Self-esteem

Old age is characterized to be “a period of a second childhood and childish behaviour,” says history.

The psychological changes associated with aging occupy a central position with regard to the age-related disabilities. The expectation of mental disorder shows a steep increase with advancing chronological age, and beyond 75 years a large part of this increase is accounted for by disorders associated with degenerative changes in the nervous system, for which we lack remedies at the present time.

One of the most important factors for depression in aged people is ‘vulnerable self-esteem.’ In the current trend of globalization and commercialization, the aged feel isolated without adequate care by their own kith and kin.

It has been found that there is conspicuous decline in self-esteem leading to depression among aged due to lack of adequate care and attention. Most of the cases of depression among the aged could be successfully managed with constructive group activity among people of similar age groups, which certainly builds up self-esteem.

Another problem faced by aged persons very frequently is ‘loneliness’ largely due to the unfortunate demise of spouse. If you are seeking someone in your life because you are lonely, you may be disappointed. While you are seeking a seat in their

heart, they perhaps simply want your chair. This has been a common observation in many cases. To the solution to the problem of void being felt due to so called loneliness, the following tips may be useful.

- Simplify and remove all clutter in your life
- Devote time for well-being of your mind and soul and
- Live in harmony with the feelings of love and kindness towards all.

Thus, you bridge the gap between the mind and soul. Look at every one including your supposedly detractors with empathy and positive attitude. Hence you get away from your past conditioned life, you realise that you are beyond all the problems of grief and loneliness.

Now the only person who wields the power to pull you out of your loneliness is YOUR SELF.

Aged people reading this article need not fear that the above are bound to happen in the case of old people. These days, we can see that all the above diseases occur among people who are below 50 years' age too! What is more important is that once a health problem is diagnosed; face it with equanimity without any concerns or worries for the reason that every health problem has a solution. Some solutions may be discernible and some are not. Those of the diseases with no apparent remedial measures; should be tackled through non-traditional methods of treatment or management. Physical fitness in old age is a wonderful correcting agent for many diseases.

### **Right Nutrition through Quality Food**

Diet plays an important part in keeping better health. It is said, "You are what you eat." Include green leafy vegetables, nuts, millets and their derivatives, fresh turmeric, cow's milk and coconut oil in your diet and avoid red meat or mutton, excess sugar and excessively fried stuff (with trans-fats). Consumption of fresh fruits before major meal and drinking plenty of water are also needed to maintain good health in old age.

Fruits, vegetables and nuts are not merely the providers of micro nutrients but are also form the power houses of nutraceuticals that have a direct bearing on improving health and wellness and reducing the risk of degenerative diseases like cancers. The powerful antioxidants such as Beta-carotene, Lycopene, Xanthophylls, Leutin, Ascorbic acid, Polyphenolic compounds, dietary fibre, Pectins, Anthocyanins, and Glycosides, are said to prevent cancers.

To prevent weakening of bones, it is important to consume foods containing enough calcium. It is also important to include regular weight-bearing exercises in your lifestyle. Getting enough calcium all through your life helps to build and keep strong bones.

### **Sleep Problems**

Aged persons often complain about lack of sleep and feel drowsy during day time. It is not infrequent that older persons don't get deep sleep in the night and wake up more often during the late-night hours. This causes napping during day hours. Sleep apnoea associated with snoring is another problem observed in many cases including older persons. Sleep apnoea if not corrected may lead to cardiac problems. Nevertheless, sound sleep at least for six to seven hours is necessary for sound health. Sleep problems may cause other health complications. Experts in sleep medicine say that sleep apnoea could be corrected easily. It is stated that lack of proper sleep in aged could be overcome with good physical activity and suitable exercise regimes including yoga.

**Constipation:** Bowel movement is another problem that many aged persons encounter. Difficulty in defecation is a real common problem which is not openly talked about. This problem can be overcome firstly by increasing the intake of water and secondly, by consumption of other healthy fluids like fruit juices containing fruit-pulp and by consuming fresh fruits and vegetables in adequate quantities.

Thirdly, while attending to the calls of nature it is recommended that one may rest feet on a small stool or bench placed right before the toilet commode. This process shall relieve the difficulty in bowel movement and facilitates easy defecation.

### **Yoga for better Health:**

Fitness yoga is one activity which all senior citizens may practise. The thinking that aged persons can't practise yogic exercises for want of muscle and joint flexibility is not correct.

There are several items of yoga which people of more than 70 years' age too can practise.

Pranayama or breathing exercises including Brahmari, Praanayama, meditation (Dhyaana), simple physical aasanas or postures that don't cause strain on limbs, joints and muscles are very useful to enhance fitness of aged persons. The kind of yogic exercises that suit one person may not suit other. Hence, it is advisable to get the needed training in the yogic exercises that suit them.

### Outlook Change and Mind Training

To a considerable extent we should be able to shape our own ageing into positive experience even in the face of irreversible decline. By using adequate strategies of adaptation, we generally succeed in maintaining, restoring and enhancing relatively high level of well-being.

Are we succeeding this way? We do come across some aged persons mastering and controlling their negative emotions and displaying higher levels of well-being than might be expected. They find their ways to maintain their needs of competence and quality of life.

On the other hand, the underlying cause for all the above cited intricacies is that your body has become a prisoner of your mind and one totally identifies with bodily changes, though he / she could be free! Your physical body has passed through many years impacted by earthly factors; but your Spirit or your real self remains unchanged.

### Looking Inward and Conquering Mind

Your physical body is nothing but an earthly matter, which is sustained by your Spirit. Unfortunately, we forget this and identify ourselves totally with the physical body, which changes rapidly over years. Remember that Spirit rules the matter. Spirit (Aatman) is everlasting, eternal and infinite, whereas the body is constantly changing and prone to decay. Between the body and Spirit (Aatman) there is what is called the mental life (regime of mind), which needs to be understood, analysed and brought under the total control of Aatman in order to ensure perfect way of living. But our identification with the body ignoring the commands of Spirit is the real problem that is afflicting most of us!

If you can activate your Spirit by releasing your body from the clutches of mind, you would see your body acting in a manner more desirable and pulsating with dynamism. This phenomenon of activating spirit to attend to your mundane activities and events in a more positive manner can be achieved with practice.

According to psychologists, the cardinal points involved in this trial are

- Developing a positive attitude towards the world and happenings around oneself,
- Gradually getting rid of the feelings and lower emotions of anger, hatred, disgust, disdain and loathsomeness,

- Inculcating moderate mental and physical exercises in your daily schedule.
- Participation in spiritual sat-sanghs (groups of persons engaged in spiritual and seva /service activities) and
- Constant study of classics such as Bhagawadgita and Bhaagawata help greatly in this context.

Adhering to the Path of Devotion (Bhakti marg) with the understanding of the transitory nature of world objects including one's own body is a powerful tool that takes the seeker to Path of Wisdom (Jnaana Marg) to get over the influence of body and bodily changes. In other words, it is needed to divert the mind towards the Spirit or Soul or Atman. This is not easy; but is achieved through developing 'inward looking'. It is not to say that by this one doesn't experience pain/ change of the body. Pain/ change might always be there; but the person who is in his Spirit doesn't suffer due to pain or change. Once you come out of this enticing web of 'maya' or illusion of feeling of one-ness with body, all the above feelings of incapacity and helplessness vanish gradually.

Because of aging there are certain changes in the body, which have to be managed with positivity of thought without getting influenced or overwhelmed by the effects of bodily changes.

### Accept the Changes for Good and March Towards Ageing Gracefully

The common problem among aged is getting worried or agitated about the changes most of which cause reduction in physical fitness. Secondly the ingrained feeling of helplessness over the health anomalies is another problem observed in many over 65 years of age.

It is necessary to get over the above limitations by building up self-confidence at the same time taking the negative changes in one's stride. Also, it is imperative to enhance the quality of one's diet avoiding the food items that cause negative fitness. Thirdly good physical exercises including adoption of fitness yoga and importantly meditation. Participation in meetings and gatherings of likeminded persons of positive attitude is also needed. Regular medical check-ups once in six months is a must to ward-off any health anomalies that might crop-up.

Firstly, let us accept the changes coming up in our physical body. Be realistic about what is happening. Don't be depressed or disappointed or run-down. Tell yourself emphatically,



"I am not a party to the changes in my body for I am not the body. Yes! I can manage this body as the body is in my control! Nothing wrong with me."

That is to say, the person who has identified with his Spirit treating his body as only an earthly instrument or an appendage does not suffer due to bodily discomfitures or pain. Once you start practising it, you get-over all the above problems. Importantly, the ability to getting over the body-identity could be acquired through constant meditation, which is a major part of the training indicated above. This is certainly marching towards ageing gracefully.

*Happy Ageing!*

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## PARADOX OF RICE PRODUCTION

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According to the estimates of the Ministry of Agriculture, rice production in 2018-19 is touching a record figure of 115.60 million tons. This is around 2.38 per cent higher than the estimates for 2017-18. The bumper production is on account of substantial increase in production during the kharif season, estimated at 101.96 million tons. Also the area under rice during the rabi season has registered a substantial increase.

The paradox is the decline in the production of other cereals including wheat, pulses and oilseeds (Please refer the data of Ministry of Agriculture in the table below). This anomaly is reflected in the estimate of total food grain production (281.37 m tons), which has declined by 3.5 m tons as compared to that of previous year. This is attributed to the deficit (9%) rainfall (890 mm), causing drought in many parts of the country.

The above scenario points to the fact that area under rice crop is increasing since farmers are taking to rice production even with deficient water supply largely because of the procurement policy of the Government. While rice enjoys ready procurement at a reasonable price, the other crops viz., millets, pulses and oilseeds are totally left out of the procurement ambit. The minimum support prices announced for these crops are far below the actual cost of production.

The daily consumptive use of rice varies from 6 to 10 mm and its total water requirement ranges from 1000 to 1250 mm depending upon the agroclimatic situation. The average water requirement of rice crop stands at 1100mm. Even with SRI method of rice cultivation water need of rice crop is over 700mm. Production of rice under deficient water supply is less than 700 mm in many parts of India including Telangana State, where rice crop is grown under lift

irrigation. This preference for rice production amidst the water scarcity is considered uneconomical and wasteful. Millets, pulses and oilseeds can be successfully produced even with 400 to 500 mm of water. It is recommended that millets, pulses and oilseeds be grown in water scarce areas leading to higher yield levels and better profits, in place of rice.

However, due to the prevailing policy of the Government, most of the farmers are switching over to rice cultivation even under water deficit conditions, since rice procurement is assured unlike those of millets, pulses and oilseeds.

Water is the most critical input; but despite huge budgetary outlays, irrigated area for major crops has shown no marked enhancement. Several irrigation projects continue to languish unfinished, with time and cost over-runs experienced frequently.

If the current trend of encouraging rice area under limited water supply conditions at the expense of the crops with lower water requirement is continued, the country might face decline in agricultural production.

Crop estimates <small>(in million tonnes)</small>			
Crops	2nd Advance estimate 2017-18	4th Advance estimate 2017-18	2nd Advance estimate 2018-19
Rice	111.01	112.91	115.60
Wheat	97.11	99.70	99.12
Pulses	23.95	25.23	24.02
Maize	27.14	28.72	27.80
Coarse cereals	45.42	46.99	42.64
Oilseeds	29.89	31.31	31.50
Sugarcane	353.2	376.90	380.80
Cotton*	33.92	34.89	30.09
<b>Total foodgrains</b>	<b>277.49</b>	<b>284.83</b>	<b>281.37</b>

\*million bales of 170 kg each

Source: Agriculture Ministry

## Proceedings of the 21st General Body Meeting of The Retired ICAR Employees' Association (RICAREA) held on the 28th April 2018 in Hyderabad

The 21st Annual General body Meeting of the RICAREA was held on 28th April, 2018 at 09.30 A.M at the Auditorium of the Vysya Hostel, Kacheguda in Hyderabad. The meeting was chaired by Dr. M.V.R. Prasad, President of RICAREA and was conducted as per the Agenda indicated in the Notice dated the 20th March, 2018

**Agenda no. 1:** Invocation: The meeting started with an invocation song by Dr A.G.K.Murthy, Member of the Executive Committee

**Agenda no. 2:** Welcoming the RICAREA members: Dr G.G.S.N.Rao extended a warm welcome to the members attending the General Body meeting

**Agenda No. 3:** Election of new office bearers and executive committee: Dr V. Jaya Mohan Rao, former General Secretary of RICAREA, acted as the Returning Officer for the election of new office bearers and executive committee.

Due to lack of quorum, the meeting was postponed by few hours and was re-conducted. The list of Members who attended the meeting is given in Annexure.1.

The Retuning Officer invited the nominations for the positions of President, Vice-President-1, Vice President-2 General Secretary, Secretary-1, Secretary-2, Treasurer and the members of the Executive Committee.

It was proposed and approved that the current office bearers will continue for the next term of two years. i.e., 2018 - 2020.

Since Dr Ramakrishna Rao, Dr N.P.Sharma, Dr N.H.Rao and Dr Padmanabhan expressed their inability to work as the members of the RICAREA Executive Committee, the General Body appointed Dr Ravindrababu, Director (Retd.) ICAR-IIOR, Dr RamaRao, Director (Retd.), ICAR-NAARM, Dr S.V Rao, Principal Scientist (Retd.) and Sri MallaReddy, Technical officer (Retd.) ICAR-CRIDA as Members of the RICAREA Executive Committee along with Dr M.Lakshminarayana, Principal Scientist (retd.), ICAR-IIOR and Sri Kistaiah, Technical officer (Retd.), ICAR-IIOR.

### Executive Committee of RICAREA for 2018-2020

Post	Name	Address	Contacts
President	Dr. M.V.R. Prasad	No.63, Orion Villas, Sy. NO. 66/1. Old Bombay Road (Near Wells Fargo), RAIDURGAM, (Seri Lingampally Mandal), HYDERABAD - 500104. TS	(040) - 67238886 Mobile No.+91-9949178280 mvrprasad@yahoo.com manohar.maddipatla@gmail.com
Vice President	Dr. G. G. S. N. Rao	House No.1-1-196/9/1, Road no.2, Raghavendra Colony, Mohan Nagar, HYDERABAD - 500 035 Telangana State	(040) - 24145732 Mobile No. 9849766297 ggsnrao@gmail.com
Vice-President	Dr. V. Jaya Mohan Rao	H.No.8-2-401/C/8/302, "JYOTI BANJARA", Flat No.302, 3rd Floor Plot No.8, Road No.5, Banjara Hills HYDERABAD -500 034 Telangana State	(040)- 23350368 Mobile Nos. 9493250368 / 8106501305 dr.vjmrao@yahoo.com jmrao.vellanki@gmail.com
General Secretary	Dr. Y. Muralidharudu	ARC Complex, Flat No. 101, Vidyanagar, HYDERABAD - 500 044 Telangana State	(040)- 27642579 Mobile No. 9704542061 murali.dharudu@gmail.com

Secretary	Dr. A. G. K. Murthy	Flat 103,H.No.1-2-385/1, Tirumala Garudadri Nilayam, Gaganmahal Road, Domalguda, HYDERABAD - 500 029, Telangana State	(040)- 27660158 Mobile Nos.9848761784/ 7702139034 aysola_agk@yahoo.co.in
Secretary	Dr. K. Purnachandra Rao	Flat No.304, B Block, Vishnu Splendour Apartments, Srinagar Colony, HYDERABAD - 500 073 Telangana State	Mobile No. 8309859517, 7032811608 kpcr48@gmail.com, kpcr_48@rediffmail.com
Secretary Rajahmundry chapter	Sri V.V. Ramana Rao	H.No.16-3-7/7/1, Sriram Nagar, RAJAHMUNDRY - 533 105, East Godavari District, Andhra Pradesh State	(0883) - 2478230 Mobile No. 9885894424/ 8106826394
Secretary Vizag chapter	Sri G. Narayanappa	"Seethamsu", Flat T 1, Ramateja enclave, M. V. P. Colony VISAKHAPATNAM - 530 017, Vishakhapatnam District, AP	(0891) - 2504904
Treasurer	Dr. S. Indira	Flat101, Sai'sIndu Pride 5th Street, Czech Colony Sanantnagar, HYDERABAD - 18	(040) - 23811969 Mobile No. 9866449342 drsindira@rediffmail.com
Ex-President	Prof. K. Madhusudhana Rao	H.No.6-3-862/1 , Flat 404, Lakshminivas Apartments, Ameerpet, HYDERABAD - 500 016 Telangana State	040)- 23402008 (040) - 65523008 Mobile No. 9246598712 kmrao404@rediffmail. com
Member	Dr. G. Nagaraj	Flat No.210, Revathi Towers Marutinagar, Kothapeta, HYDERABAD - 500 060 Telangana State	(040) - 24042928 Mobile No.9848634680 guttarla@hotmail.com guttarla@yahoo.co.in
Member	Sri T. Damodaram	Flat No.302, Hanuman Residency Behind Chermas Show Room, Anandnagar, Malakpet, HYDERABAD - 500 036 Telangana State	Mobile No. 8297184888 tekuru.damodaram@ gmail.com damodaramtekuru@ yahoo.com
Member	Sri Dasari Gandhi	No.5-4-56, Bhavani Colony Rajendra Nagar, HYDERABAD -500 030 Telangana State	(040) - 24017825 Mobile No. 9396366498 gandhidasari@gmail.com
Member	Dr. V. Ravindra Babu	H.No.1-8-65/1, Padma Nilayam, Temple Alwal, Alwal Station Road, SECUNDERABAD -500 010 Telangana State	(040) - 27960105 Mobile No. 9440880366 rbvemuri1955@gmail. com
Member	Dr. D. Rama Rao	MIG-62, H.No.4-9-58, Muskmahal, HUDA Colony, Attapur, HYDERABAD - 500 048 Telangana State	Mobile No. 9441273700 dramarao@yahoo. com

Member	Dr. S. V. Rao		
Member	Dr. K. Krishnaiah	H.No.3-8-252, Plot no. 96, Road No 3, Chandrapuri Colony, L.B.Nagar HYDERABAD - 500 070 Telangana State	(040) - 24113127 Mobile Nos. 9866316327/ 9490116327 krishnaiahk2000@gmail. com krishnaiahk2000@yahoo. com
Member	Dr. Mahabir Singh	104, Satish Suits, Suman Housing Colony, West Maredpalli, SECUNDERABAD - 500 026 Telangana State	(040) - 27804702 Mobile No. 7093879699/ 9388216709 saimbs@yahoo.com drmahabirsingh5@gmail. com
Member	Dr. U. Prasada Rao	Flat No.203, H. No. 3-4-495, Jyohi Soudha Apartments Above State Bank of India, Barkatpura, HYDERABAD - 500 044 Telangana State	(040) - 27555528 Mobile No. 9581412481 upraoudayagiri@yahoo. co.in
Member	Dr. M. Lakshmi Narayana	401, Blue Lotus Hitex Road, Silpa Hills Khanamet, Kondapur HYDERABAD - 500 084 Telangana State	9848518885 manalakshmi@ gmail.com
Member	Sri K. Satyananda Rao	H.No.5-3-70, Premvathipeta, Rajendranagar, HYDERABAD -500 030 Telangana State	Mobile No. 9505030527 subba1978@gmail.com
Member	Dr. P. R. Vanamayya	501, Sri Vishnu Vardhan Abode, H.No. 2-2-647/77/G/7 Bagh Amberpet, HYDERABAD - 500 013 Telangana State	(040) - 27400267 Mobile No. 9177775742 vanamayya47@gmail. com
Member	Dr. K. Lakshmi Narayana	H No 5-4-986( Plot 15) Phase I, Road No.1, Subhadra Nagar Vanasthalipuram, HYDERABAD - 500 070 Telangana State	9618710819
Member	Sri B. Kistaiah	S-32, NERKHUDA-501 218 Shamshabad Mandal, Ranga Reddy District, Telangana State	9912061917
Member	Dr. K. Muralidharan	Block 11, Flat 2 , HIG II Bagh Lingampalli, HYDERABAD - 500 044 Telangana State	(040)- 27668238 Mobile No. 9985496767 muralidharan_km@ yahoo.com



# Annual Day Photos



Annual Day of RICAREA at Vysya Hostel, Kachiguda



RICAREA E.C. Members on Dias



RICAREA Members during Invocation



Dignitaries Dr. J. Venkateswarlu, Dr. D. Ramarao, Dr. V. Ravindrababu, Dr. Nammalwar & many audience.



Dr. Y. Muralidharudu, General Secretary, RICAREA Presenting Report



Dr. S. Indira, Treasurer Presenting accounts of RICAREA



Dr. GGSN Rao, Vice President Welcoming the Members



Dr V. Jaya Mohan Rao, Returning Officer conducting Elections at the GB Meeting





Dr. GGSN Rao, Vice President, Dr. V. Jayamohan Rao, Vice President and Dr. AGK Murthy, Secretary on the Dias



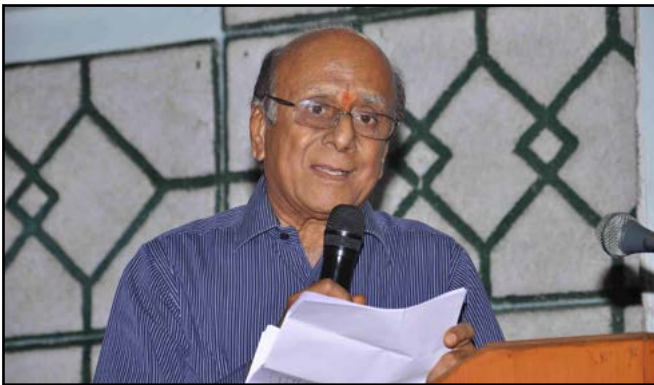
Dr U. Prasada Rao expressing his views at the Annual Day



Felicitating Dr M.V.R. Prasad and Mrs. Prasad



Dr. GGSN Rao, V.P and Dr. Y. Muralidharudu, G.S. Presenting a memento to Dr. MVR Prasad



Dr. MVR Prasad, President, RICAREA Welcoming the guests and presenting brief report on activities of RICAREA



General Secretary honouring Dr Seetharam with Shawl



Dr M.V.R. PRASAD & other Members of RICAREA Executive felicitating Dr A. Seetharam, Project Coordinator ICAR (Retd.) Small Millets.



Dr. Y. Muralidharudu, General Secretary presenting Secretary's Report





Dr M.V.R. Prasad receiving the Chief Guest Dr P. Appa Rao, Vice Chancellor, University of Hyderabad



Dr P. Appa Rao Chief Guest with Dr V.Ravindra Babu, Dr D.Rama Rao & Dr K. Madhusudan Rao of RICAREA



RICAREA E.C. Members felicitating Dr M.H. Rao & Mrs Rao



Dr. MVR Prasad, President offering Booky to the Chief Guest, Dr. P. Appa Rao



Dr. K. Madhusudhan Rao, former President RICAREA speaking to Audience



RICAREA E.C. Members felicitating Dr Nammalwar Rajan Principal Scientist (Retd). ICAR-CMFRI, Chennai

## **RETIRED I.C.A.R EMPLOYEES' ASSOCIATION (RICAREA)**

### **Established 1997 - Reg. No. 5959 of 199**

### **Hyderabad (Telangana) 500 038, India**

**Recommendations of the Seminar on 'Sustainability of small Farmer in Changing Agricultural Scenario' conducted on 22nd December, 2018 by Retired ICAR Employees Association (RICAREA) and Professor Jayashankar Telangana State Agricultural University (PJTSAU) Hyderabad.**

Almost 50% of India's total population consists of small farmers and their families, and 85% of all farms are less than two hectares. Plainly the situation of small farms is of enormous importance to the overall social wellbeing of India. Incomes for small farmers and landless workers are extremely low with no indications of improvement resulting in very poor quality of life. Farmer suicides account for 11.2% of all suicides in India.

In view of the declining economy of small holder families, the Retired ICAR Employees Association (RICAREA) conducted a Seminar on "Sustainability of Small Farmer in Changing Agricultural Scenario" in collaboration with Prof. Jayashankar Telangana State Agricultural University (PJTSAU) on December 22, 2018 in order to come up with strategies to augment the current sustainability of small holder families.

Dr R.S. Paroda former Secretary to the Govt. of India (DARE) & Director-General of ICAR was the Chief Guest of the Seminar, who inaugurated the Seminar and delivered Keynote Address on augmenting the income levels of farmers in general and small farmers in particular. The inaugural session was chaired by Dr. V. Praveen Rao, Vice-chancellor, Professor Jayasankar Telangana State Agricultural University and Dr. V. Damodar Naidu, Vice Chancellor, Acharya N.G. Ranga Agricultural University was the guest of honour.

Dr J.K. Jena, Deputy Director-General (Fisheries & Animal Sciences) ICAR, Dr B. Venkateswarlu former Vice-Chancellor, M.A.U. Prabhani (Maharashtra) & Director, ICAR-CRIDA, Dr S. Shikhamany Former Vice Chancellor, Dr. Y.S.R. Horticultural University and Director ICAR-IIHR, Dr V.Prabhakar Rao Former Vice-Chancellor, S.V. Veterinary University and Dr. K.P.C. Rao, Former Principal Scientist (Ag.Economics), ICRISAT & ICAR-NAARM were among the invited speakers of eminence who presented detailed papers. Dr. M.M. Krishna, Former Chairman & Managing Director, Modern Foods, US Soybean Export Council, and Dr S. Subrahmanyam, Advisor, National Fisheries Development Board were among the invited experts who participated in the Panel Discussion of the Seminar, chaired by Dr. R. S. Paroda. Two successful farmers who initially started as small farmers viz., Shri Hari Babu, Shamshabad, R.R. District (Telangana State) and Shri Tirupathi Reddy, Kothakota of Wanaparthy District (Telangana State) also participated in the Seminar on invitation. There were also relevant Poster Papers presented at the Poster Session of the Seminar,

The focal theme of the Seminar was „Empowering the Small Farmer.

The deliberations of the Seminar resulted in the following recommendations, which, if implemented, would augment the economy of small holder farmers thereby ensuring their sustainability which is vital for the agricultural economy of India. (Contd. on Page 2)

#### **RECOMMENDATIONS**

##### **(i) At Policy Level**

1. There is an urgent need to correct the policy bias against agriculture. Domestic prices of agricultural commodities should be set equal to their international or border prices. Fixation of minimum support prices should be at 50% higher than the C2 cost of production. Minimum support prices announced should be protected by effective procurement support. A market intervention fund of Rs 100, 000 crores should be created to protect the prices of commodities not covered by minimum support price policy.



2. Credit facilities must be extended to small and marginal farmers to enable them take up supplementary enterprises like dairying, small ruminant rearing, piggeries, fish and prawn culture, sericulture, poultry and horticultural enterprises with credit guarantee from the state and central Governments. Whenever small and marginal farmers take land on lease, they may be given crop loans if a co-obligant stands guarantee without insisting on collateral security.
3. Input delivery system for agriculture should be strengthened so as to facilitate farmers getting the needed inputs for agriculture in time and right quality.
4. Farmer Producer Companies and Marketing Co-operatives must be provided working capital loans to take up aggregation of produce and realize economies of scale in processing and marketing.
5. Every state may set up Farmers' Commission on the lines of Haryana and as recommended by Radhakrishna Committee in Andhra Pradesh in order to monitor the problems of small and marginal farmers for quick redressa

**(ii) At Research Level:**

6. Research institutions must monitor the changes in climate and focus their research on developing climate resilient trees like *Pongamia pinnata* (karanj) & *Tamarindus indica* (tamarind), crops and varieties that can perform well under adverse climatic conditions in different agro-climatic regions.
7. There should be a greater focus on community rain water harvesting and recycling research with more equitable distribution of water for protecting the interests of small and marginal farmers in a watershed framework.
8. More effort should be focused on the development of small sized farm machinery that could be used by small farmers either individually or jointly.
9. Research institutions and Krishi Vigyan Kendras may take up evaluation trials on natural farming, organic farming and conservation agriculture vis-à-vis the (to P3) technologies recommended by the research organizations. Exotic varieties of dragon fruit may be grafted on indigenous varieties for developing appropriate planting materials

**(iii) At Extension Level:**

10. Practices like high density planting, introduction of high value species and popularization of promising new technologies should be made attractive for adoption by the small farmers to increase and sustain their incomes. Farmers' innovative practices like covering grape bunches with metal cones to escape damage from hailstorms may be popularized.
11. Wherever feasible, small farmers may be enabled to practice aquaculture by offering them training, technical support, term loans and insurance.
12. Central and state governments should make soil testing a more widespread activity such that the small farmers would apply only the soil-test based nutrients through organic and inorganic sources for reducing the cost of production and increasing their incomes.
13. Low cost post-harvest processing technologies like cool chambers, solar dryers must be popularized for reducing the wastage and adding value to the producers. Small farmers may be encouraged to adopt such promising technologies by providing loans.

### Seminar on Sustainability of Small Farmer



Dr. MVR Prasad, President, Welcoming Chief Guest, Dr. R.S. Paroda



Dr. V. Jayamohan Rao, VP, Giving Bookay to Dr. V. Praveen Rao, VC, AMGRAU



Dr. V Praveen Rao, V.C., PJTSAU lighting the lamp at the Seminar



Dr. MVR Prasad, President, RICAREA lighting the lamp at the Seminar



Dr. V. Damodar Naidu, VC, ANGRAU lighting the lamp at the Seminar



Dr. GGSN Rao, VP giving Bookay to Dr. Damodar Naidu, VC, ANGRAU



Dr. MVR Prasad, President, RICAREA welcoming the delegates



Audiance at the Auditorium PJTSAU during RICAREA Seminar





Dr V. Prabhakara Rao Former V.C, S.V. Veterinary University being honoured by Dr (Mrs) Indira



Dr K.P.C. Rao being felicitated by Dr G. Nagaraj



Invited dignitaries with the office bearers of RICAREA



Shri Hari Babu, Farmer speaking at the Seminar



Dr S. Subrahmanyam speaking at the Seminar



Dr (Ms) Lavanya PJTSAU (Anchor) presenting the agenda of the Seminar



**INDIAN COUNCIL OF AGRICULTURAL RESEARCH  
KRISHI BHAVAN : NEW DELHI**

F.No.GAC-21(20)/2019-Cdn.

Dated 9 April, 2019

**ENDORSEMENT**

Department of Pension & Pensioners' Welfare, Ministry of Personnel, Public Grievances and Pensions, Government of India has issued OM No. 42/04/2019-P&PW(D) dated 6.3.2019 regarding grant of Dearness Relief to Central Government Pensioners/Family Pensioners at revised rates effective from 1.1.2019. The above mentioned OM has been uploaded on the ICAR website [www.icar.org.in](http://www.icar.org.in) and e-office for information.

*Ajai*  
11/4/19

**(Ajai Verma)**  
**Under Secretary (GAC)**

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SL. No. 1(R)

293971  
29/3/19

No. 42/04/2019-P&PW(D)  
Government of India  
Ministry of Personnel, Public Grievances & Pensions  
Department of Pension & Pensioners' Welfare

3<sup>rd</sup> Floor, Lok Nayak Bhavan,  
Khan Market, New Delhi - 110003  
Dated the 06th March, 2019

**OFFICE MEMORANDUM**

**Sub: Grant of Dearness Relief to Central Government pensioners/family pensioners – Revised rate effective from 01.01.2019-reg**

The undersigned is directed to refer to this Department's OM No. 42/06/2018-P&PW(G) dated 18.09.2018 on the subject mentioned above and to state that the President is pleased to decide that the Dearness Relief admissible to Central Government pensioners/family pensioners shall be enhanced from the existing rate of 9% to 12% w.e.f 01.01.2019.

2. These rates of DR will be applicable to (i) Civilian Central Government Pensioners/Family Pensioners including Central Govt. absorbee pensioners in PSU/Autonomous Bodies in respect of whom orders have been issued vide this Department's OM No. 4/34/2002-P&PW(D) Vol.II dated 23.06.2017 for restoration of full pension after expiry of commutation period of 15 years (ii) The Armed Forces Pensioners, Civilian Pensioners paid out of the Defence Service Estimates, (iii) All India Service Pensioners (iv) Railway Pensioners/family pensioners (v) Pensioners who are in receipt of provisional pension (vi) The Burma Civilian pensioners/family pensioners and pensioners/families of displaced Government Pensioners from Burma/Pakistan, in respect of whom orders have been issued vide this Department's OM No. 23/3/2008-P&PW(B) dated 11.09.2017.
3. The payment of Dearness Relief involving a fraction of a rupee shall be rounded off to the next higher rupee.
4. The payment of arrears of Dearness Relief shall not be made before the date of disbursement of pension/family pension of March, 2019.
5. Other provisions governing grant of DR in respect of employed family pensioners and re-employed Central Government Pensioners will be regulated in accordance with the provisions contained in this Department's OM No. 45/73/97-P&PW (G) dated 2.7.1999 as amended vide this Department's OM No. F.No. 38/88/2008-P&PW(G) dated 9<sup>th</sup> July, 2009. The provisions relating to regulation of DR where a pensioner is in receipt of more than one pension will remain unchanged.
6. In the case of retired Judges of the Supreme Court and High Courts, necessary orders will be issued by the Department of Justice separately.
7. It will be the responsibility of the pension disbursing authorities, including the nationalized banks, etc. to calculate the quantum of DR payable in each individual case.

Contd/-----

28.3.19  
Shastri - KK

293971/2019/CON  
29/3/19

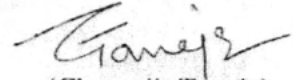
-2-

8. The offices of Accountant General and authorised Pension Disbursing Banks are requested to arrange payment of relief to pensioners etc. on the basis of these instructions without waiting for any further instructions from the Comptroller and Auditor General of India and the Reserve Bank of India in view of letter No. 528-TA, H/34-80-II dated 23/04/1981 of the Comptroller and Auditor General of India addressed to all Accountant Generals and Reserve Bank of India Circular No. GANB No. 2958/GA-64 (ii) (CGL)/81 dated the 21<sup>st</sup> May, 1981 addressed to State Bank of India and its subsidiaries and all Nationalised Banks.

9. In their application to the pensioners/family pensioners belonging to Indian Audit and Accounts Department, these orders issue after consultation with the C&AG.

10. This issues in accordance with Ministry of Finance, Department of Expenditure's OM No. 1/1/2019-E.II(B) dated 27th Feb,2019.

Hindi version will follow.



(Charanjit Taneja)

Under Secretary to the Government of India

1. All Ministries/Departments of the Government of India/Chief Secretaries and AGs of all States/UTs.
2. Copy for information to Reserve Bank of India(RBI) and all authorized Pension Disbursing Banks.



INDIAN COUNCIL OF AGRICULTURAL RESEARCH  
KRISHI BHAWAN: NEW DELHI

F. No. GAC-21-46/2017-CDN

Dated 30 November, 2017

**ENDORSEMENT**

Ministry of Health & Family Welfare, Government of India, New Delhi has issued O.M. regarding procedure for treatment at private hospitals empanelled under CGHS/CS (MA) Rules, 1944. The said O.M. No. Z15025/105/2017/DIR/CGHS/EHS dated 09.11.2017 has been uploaded on the ICAR website [www.icar.org.in](http://www.icar.org.in) and e-office for information

(Ajai Verma)  
Under Secretary (GAC)

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**Manisha Dubey & Associates**  
CHARTERED ACCOUNTANTS

**AUDIT REPORT**  
 RETIRED ICAR EMPLOYEES ASSOCIATION

RETIRED ICAR EMPLOYEES ASSOCIATION					
BALANCE SHEET AS ON 31.03.2019					
Liabilities	Amount (Rs.)	Amount (Rs.)	Assets	Amount (Rs.)	Amount (Rs.)
<b>Capital Fund</b>			<b>Fixed Assets</b>		
Opening Balance	937,979.00		Furniture	25900.00	
Add: Corpus Fund Donation	628,472.00		Depreciation	<u>1295.00</u>	24,605.00
Add: Donation	50,000.00				
Add: Excess of Income Over Expenditure	19,061.68				
Less: Refunded	0.00	1,635,512.68	Fixed Deposit		1,551,942.00
<b>Souvenir Receipts</b>			<b>Current Assets</b>		
Opening Balance	414,795.00	-	Cash In Hand		26,416.00
Add: Recd. During the year	0.00		Cash at Bank		395,414.68
Less: Expenses During the year	<u>0.00</u>	414,795.00	TDS Receivable		24,666.00
			Refund 16-17		11,651.00
Dr Indira Payable		5,500.00	Advances Given		21,113.00
		<u>2,055,807.68</u>			<u>2,055,807.68</u>
					0.00

As per our report of even date attached



**RETIRED ICAR EMPLOYEES ASSOCIATION**  
**RECEIPTS & PAYMENTS ACCOUNT FOR THE YEAR ENDING 31-03-2019**

Receipts	Amount	Payments	Amount
To Opening Balance:		By Furniture purchased	-
Cash in Hand	416.00	By Loan from andhra bank	71,558.00
Andhra Bank	33,710.68	By Advance for expenditure	70,000.00
		By Meeting & Conference Expenses	56,900.00
To Membership Fees(Corpus Fund)	414,250.00	By Audit fees	3,540.00
To Sale of Seminar Proceedings	170,000.00	By Bank Charges	419.00
To Advertisement	8,000.00	By Postage & Courier	-
To Interest on SB A/c	4,148.00	By Printing & Stationery	108,758.00
To Interest on FD	23,268.00	By Website Expenses	
To Book Sale	9,345.00	By Conveyance	10,200.00
To Donations	50,000.00	By Membership fees	
To Fixed Deposit	81,711.00	By Fixed Deposit	51,643.00
		<b>Closing Balances :</b>	
		Cash in hand	26,416.00
		Andhra Bank	395,414.68
	<u>794,848.68</u>		<u>794,848.68</u>

**RETIRED ICAR EMPLOYEES ASSOCIATION**

**INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31.03.2019**

Expenditure	Amount	Income	Amount
To Audit fees	3,540.00	By Sale of Seminar Proceedings	170,000.00
To Bank Charges	419.32	By Advertisement	8,000.00
To Conference payments	-	By Interest on S/B A/c	4,148.00
To Conveyance	12,000.00	By Interest on FD	23,268.00
To Depreciation	1,295.00	By Book Sale	9,345.00
To Interest on loan	-		
To Meeting & Conference Expenses	74,368.00		
To Postage & Courier	3,713.00		
To Printing & Stationery	100,364.00		
To Excess of Income over Expenditure	19,061.68		
	<u>214,761.00</u>		<u>214,761.00</u>

## RICAREA Regional Meet on Rajahmundry



**ICAR-INDIAN VETERINARY RESEARCH INSTITUTE**  
**IZATNAGAR - 243 122, BAREILLY (U.P.)**

**NOTICE** HT 5/4/19

The Director, ICAR-IVRI has been pleased to announce that henceforth retired employees of this Institute will be entitled to indoor treatment on cashless basis from ICAR approved hospitals. To avail this facility the pensioners are requested to fill up the revised format for pensioner's card. This will serve as Identity Card for taking cashless treatment at Shri Ram Murti Smarak Institute of Medical Sciences, Bareilly. The format is available of IVRI Office (E./E.II/E.III/ Sections) or may be downloaded from the Institute website ([www.ivri.nic.in](http://www.ivri.nic.in)). Proof of the dependence/eligibility has to be furnished while submitting form for pensioners card.

Last date for submission of application for revised Pensioner's Card will be 20<sup>th</sup> April, 2019. **For Director**





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10. వంగ కాండం తొలుచు పురుగు
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13. క్యాబేజి రెక్కల పురుగు
14. వరి కాండం తొలుచు పురుగు
15. వరి కాండం తొలుచు తెల్ల రెక్కల పురుగు
16. చెఱకు తలకొట్టు పురుగు

B.O. 1) 23-6-129, Shop No. 15, Sri Ranganayaka Swamy Complex, Patnam Bazar, GUNTUR. A.P., Ph : (0863) 6643200  
2) 20-29-11/A, Near Chinnaravur Rly. TENALI - 522 001, A.P. Ph : (08644) 232105  
3) Shop No. 6, Shiva Baba Complex, Station Road, Warangal, TS. Ph : (0870) 6690545

## Obituary

RICAREA expresses its deep sorrow and condolences to the following members, who expired during 2018-19

1. Sri C. K. Ramanatha Chetty, Former Principal Scientist (Agricultural Statistics) and Acting Director, ICAR-CRIDA, Hyderabad on 2nd July 2018 passed away
2. Dr J. RmaKrishna Rao, RICAREA's former Treasurer for long period and former Head Head Division of Plant Breeding (Rice), ICAR-IIRR, Hyderabad passed away on the 7th July 2018
3. Sri S. Rengan, Former Chief Administrative Officer, ICAR-NAARM passed away on 25th September 2018
4. Sri C. Kistaiah, Former Technical Officer, ICAR-IIMR, Hyderabad passed away on 12th November, 2018
5. Sri Ambati Suryanarayana, ICAR-CTRI, Rajahmundry expired on 8th January 2019
6. Dr S.V. S. Sastry, renowned rice scientist and founder ICAR-IIRR and founder member of RICAREA, expired on 3rd February, 2019
7. Dr J. S. Kanwar, Former DDG, ICAR and Former DDG, ICRISAT and renowned Soil Scientist expired on 1st March, 2019
8. Dr. H. K. Jain, Former Director, ICAR-IARI, New Delhi, renowned Rice Breeder expired on 8th April, 2019
9. Sri P. Venkatachary, T-5, Technical Officer, CTRI - Rajahmundry expired on 22nd September 2017
10. Sri P.V. Achyutha Ramana, AAO, CTRI, expired on 4th August, 2018
11. Sri R. B. Narayana Rao, Technical Officer, T-5, expired on 22nd January 2019

### New Members of RICAREA

RICAREA welcomes the following two members, who joined RICAREA during 2018-19

1. Dr. Thangellapalli Ganga Nageshwar Rao, Former Director, IIMR, Hyderabad, retired from ICAR on 20th July, 2017.
2. Dr. N. Jagan Mohan Reddy, Principal Scientist (Agricultural Entomology), Indian Institute of Horticultural Research, Bengaluru, voluntarily retired from ICAR on July, 2000.
3. Bellala Suryanarayana Reddy, Asst. Chief Technical Officer, CTRI, Rajahmundry
4. Veliseti Narasimha Murthy, Retired T-5 Technical Officer, CTRI, Rajahmundry

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Printed Matter

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**Edited by K.P.C. Rao, Y. Muralidharudu and G. Nagaraj**

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