

Subject: Charter for Targetted PDS in Andhra Pradesh

Date: Mon, 30 Aug 1999 08:32:55 PDT

From: "Vinay Baidur" <v_baidur@hotmail.com>

To: il-rti@ilban.ernet.in

Charter for Targetted PDS

Right to Information

Each FPS will display information such as beneficiaries' entitlement of various essential commodities, the issue prices, periodicity at which ration can be drawn, name of Fair Price Shopkeeper, timings of opening and closing of FPS and weekly closing days, stock position, etc., at a conspicuous place (as per Annexures IV B).

The FPS will also display procedure for lodging the complaints with reference to quality or quantity of ration, and other problems being faced by the beneficiaries during course of getting their ration.

Allocation of various commodities to the Districts, Mandals and FPS will be given wide publicity through Press, AIR and Doordarshan. The Panchayat and Municipality will be informed of the allocation made and quantities actually distributed every month.

Information regarding allotment to and issue from any FPS of commodities can be obtained by any one for a period upto three months from the Mandal Revenue Officer on payment of prescribed fee.

Vigilance and Public Participation :

Government of Andhra Pradesh constituted Vigilance Committee (Food Advisory Committee) to review the functioning of the scheme periodically at Shop/Municipality/Ward/Corporation/Circle/Division/Mandal District/Area Level and State/UT level associating the members from Government officials, social organisations, consumer organisations, local body members, etc., viz.

i). The F.P.Shop/Ward Level Committees : Each F.P.Shop and in Municipality, a ward, shall have a Vigilance Committee consisting of representatives of card holders (some of whom shall be women), elected President of the Panchayat/Ward's elected representative, consumer activist and other social workers of repute. Where there is a big Panchayat having more than one FPS, then it can have one Vigilance Committee for each F.P.Shop.

ii). Mandal level committees will comprise five-six card holders attached to the FPS, local bodies, social workers of the areas, etc., and function under the RDO of the area. The mandal level committee will cover FPSs in a mandal and report to the Collector about the functioning of FPSs and other related problems.

iii). The District level committees : Each district level committee will comprise of about 10 members from the different segments like beneficiary groups, social/consumer organisations, people's elected representative and be presided over by District Collector. The District Collector has also been authorised to redress/solve the problems at his level to the maximum extent and whenever it is not possible, he would refer the same with his recommendation to the Secretary of State Food & Civil Supplies Department.

*HS - Please start a food policy / food security resource file.
1/9.*

*710
31/8/99*

iv). State/UT Level Committees : This will be constituted by the State Government. It will consist of concerned Senior Level Officials from the Government, Members of Parliament, Members of Legislative Assembly, consumer activists, youth & women organisations. The committee will function under the Chairmanship of Chief Minister or Minister Incharge of Food & Civil Supplies of the State and review quarterly the overall functioning of TDPS in the State, as a whole. The committee members will also visit the FPSs, meet beneficiaries of the Schemes, officers of Food and Civil Supplies Department, etc., and try to solve the problems on the spot. The problems which warrant attention of State Government or Central Government for final decision will be brought to the notice of the respective Government, who in turn will take decision within their Jurisdiction.

Charter for Targetted PDS

Inspection and Checking

To make System more effective and efficient and to introduce an element of accountability, the Government of Andhra Pradesh have prescribed an inspection schedule for all officers including Collectors as shown below

S.No.	Designation of the Official	Per month
1.	Collectors	5
2.	Joint Collectors	7
3.	D.S.Os / R.D.Os	10
4.	M.R.Os / A.S.Os	10

During these inspections, the quality and quantity of ration, being supplied through FPS, smooth functioning of the FPS with reference to opening and closing time of FPS, dealing of FPS owner/its workers with beneficiaries will be checked. Besides the above, inspections are conducted by the Vigilance Cell and Weights and Measures (Legal Metrology) officials on fair price shops and Mandal Level Stockist points with a view to see that the commodities are supplied to the cardholders at the prescribed prices and at correct weighment and measurement.

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WOMEN, AGRICULTURAL POLICY AND FOOD SECURITY

IDENTIFYING PRIORITIES FOR THE TENTH PLAN

Agriculture and women

The growth of the Indian economy is crucially dependent on the performance of agriculture, which absorbs the labour of 70% of the population and is the major supplier of wage goods and raw materials to the economy. The agriculture sector has links with every other sector, and agricultural prices can lead trends in general price levels besides having a direct impact on the real wages of labour in all sectors. The agriculture sector also provides a market for non-agricultural products and services, besides contributing to foreign exchange earnings.

Women have always played a central role in Indian agriculture – over 75% of workers in agriculture are women. Apart from ploughing, women perform all other agricultural operations - several micro-level surveys corroborate that women spend more time on agriculture-related tasks in any season, than men in the same families. Apart from their pivotal role in the cultivation of staple crops, they are primarily responsible for the production of secondary crops such as pulses and vegetables, which are often the only sources of nutrition available to families in lean seasons. Women also play a primary role in farming on homestead land and on community owned wastelands. The fact that, in spite of this, women are not recognised as farmers in their own right, is a reflection of their subordinate social status and is expressed in all the dimensions of their lives.

As agricultural workers, women are paid a lower wage than men for performing the same tasks. At the same time, the tasks traditionally performed by women are devalued and considered of lesser importance. As farmers, women cannot claim formal ownership of land or other productive assets. This in turn limits their access to the subsidised resources and agricultural support services that are made available to male farmers by the government. At the same time, their restricted mobility, responsibility for all household tasks, and lack of access to knowledge and information limit their opportunities for increasing their productivity. With the increasing degradation of natural resources, women are spending more and more time in collecting water, fuel and fodder. The pressures created by the triple burden of women - in production, reproduction and in management of community resources - are in turn passed on to girls, who subsidise the work of adult women inside and outside the home and is denied opportunities for education and self-development.

As a consequence of the decline of agriculture and the breakdown of traditional artisanal modes of livelihood, migration from rural areas, particularly the rainfed drylands, is increasing across the country. Migration is seasonal in nature and is mostly of men from landless and marginal or heavily indebted small farmer families. In

drought years, migration increases and women and children from poor and marginally less poor families also migrate. There is a steady increase in the number of women-headed households, and women have become the major stakeholders in farming of self-owned or leased lands. The high workload of women in a traditionally women dominated economy increases further as they now have to perform all activities in settled agriculture too, in addition to non-agricultural tasks that men used to perform. This phenomenon of "feminisation of agriculture" is now an issue of concern at the policy level.

Women, particularly Adivasi women, are facing additional problems stemming from the decline of traditional forms of agriculture, which incorporated several strategies to cope with situations of drought and scarcity. A combination of shifting agriculture and forest products is known to have ensured food security in the past. An important feature of the traditional tribal economy and culture was that the maximum sustainable yield was maintained both in the forests and the fields through a complex system of rules, regulations and beliefs that did not allow over-exploitation. Equally important, the resource ownership pattern was gender equitable to a great extent. Though women could not participate in formal bodies of decision-making, the practice of community resource ownership ensured access and control of men and women equally to every resource. Most of these mechanisms of resource management, sustainable use and protection of individual rights have disappeared or weakened over the years.

National Policy Framework

The National Agriculture Policy (NAP) announced by the government in 2000 aims to achieve a growth rate of more than 4% per annum in the agriculture sector. The policy further specifies that growth should be based on efficient use of resources and conservation of soil, water and bio-diversity, and should be sustainable technologically, environmentally and economically. In order to contribute towards the goals of social justice, agricultural growth should be equitably spread over regions and should benefit all sections of farmers. A demand-driven growth process that caters to domestic markets while also capitalising on exports, would be necessary in the face of the challenges arising from liberalisation and globalisation.

However, the present situation of agriculture in the country is a cause for serious concern. The contribution of agriculture to the GDP has been falling steadily since 1990-91 and stood at 26.8% in 1998-99. In the current year, it is estimated to be around 3%. Investment in agriculture today is half of what it was in the early-1980s, and public sector investment is less than a third. In the last decade, policy attention has shifted away from building capital assets that could contribute to long-term productivity growth. Rather, debates have focused on the issue of subsidies, and exploring the possibility of increasing the fertilizer price, levying user charges for canal irrigation and raising electricity tariffs. This, combined with the failure of institutional credit, has led to distortions in the pattern of resource use in agriculture. There is a declining trend in real wages and a sharp rise in the levels of poverty among agricultural workers.

The most visible aspect of the crisis in agriculture is the paradox of widespread hunger in a country that prides itself on its self-sufficiency in foodgrain production. Despite the deceleration in the growth of foodgrain production, India has been a net exporter of foodgrains for the last six years. There has been a steep rise in procurement prices in recent years – the minimum support price of wheat was raised by 45% between 1997-98 and 1999-2000 – leading to a glut in procurement. In many cases, traders saw the high price as an opportunity to offload their stocks. As a consequence, the issue prices of foodgrains have been raised in order to cover the high procurement and storage costs incurred by the FCI, leading to reduced offtake from the Public Distribution System. The mid-term appraisal of the Ninth Five-Year Plan indicates that the per capita availability of foodgrains, which was rising steadily during the 1980s, has declined during the 1990s.

The existence of chronic hunger in Orissa, Madhya Pradesh, Rajasthan and Andhra Pradesh, borne out by frequent reports of starvation deaths in these States, has invited the intervention of the Supreme Court and highlighted the need for pro-active policies to ensure food security of vulnerable groups.

Policy context

The prevailing policy context in agriculture has serious implications for human development in India. There is evidence of some trends that are likely to have an adverse impact on overall human development, particularly for women who depend on agriculture for their livelihoods.

- The post-reform emphasis on accessing international agricultural markets has led to a shift in cropping patterns from food crops to cash crops, which is reflected in the restructuring subsidies and incentives. This has adversely affected the number of days of work available for women. It has also reduced the land available for cultivation of subsistence crops and resulted in steep increases in the local prices of foodgrains.
- The earlier policy emphasis on land reform for a more equitable distribution of productive assets in agriculture appears to be weakening. Several States are now arguing for a relaxation of ceilings on land holdings, and for opening up land and lease markets to commercial interests. Experience in States like Karnataka indicates that this move is likely to push small and marginal farm families into landlessness and destitution.
- The expansion of opportunities in agriculture that are envisaged in the new national policy on agriculture could have the effect of increasing existing disparities. For instance, the policy envisages increased returns from agriculture through contract farming arrangements between farmers and agri-business corporations for the cultivation of high-value cash crops. This is likely to benefit only those large farmers who have access to high-quality inputs, rather than marginal farmers in dryland areas.
- The implications of the WTO agreements on agriculture, particularly for resource-poor farmers, need to be analysed in the context of India's overall position on trade liberalisation. For example, the Uruguay Round agreements will not only impact

growth in the agriculture sector, but also wages and employment in the economy in general.

- The degradation of the natural resource base, particularly in dryland and forest areas, along with the disappearance of traditional forms of sustainable resource management, has severely affected tribal communities. Media reports of starvation deaths in tribal communities in Orissa, Madhya Pradesh and Rajasthan are an indicator of the seriousness of the situation.
- Land alienation and indebtedness have also endangered the survival of tribal communities. An influx of outsiders, who have acquired land in spite of protective legislation, has led to the increasing impoverishment of tribal families. Land has also been alienated through the system of debt repayment. Indebtedness and debt servicing have become a regular feature of the tribal household economy and cumulative debt leading to bondage is common.
- The revamped Targeted Public Distribution System has had adverse impacts on families below the poverty line. The reduction in the quota of foodgrains, as well as the stipulation that the entire allocation is to be purchased at a time, has made it difficult for poor consumers to access their entitlements of foodgrains under the system.

These are only a few of the issues that demand urgent policy attention. It is imperative that women's perspectives on these and similar critical issues related to livelihoods in agriculture be brought to the attention of policy makers in the lead-up to the Tenth Plan.

In order to provide a platform for discussion on these issues, and to arrive at some focused policy recommendations for the agriculture sector, UNDP is organising a two-day workshop at Bhubaneswar on 23-24 November. Participants at the workshop will include representatives of NGOs working on issues of sustainable agriculture, representatives of agricultural research institutions, concerned officers of the State and Central governments, members of the Planning Commission and representatives of the UN System in India.

The outputs of the workshop would feed directly into the process of policy review and analysis in the lead up to the Tenth Plan, as well as contribute to the process of policy formulation at the State and national levels.

TENTATIVE AGENDA¹

DAY/TIME	TOPIC	LEAD SPEAKER
Day 1 1000-1100 hrs	Inaugural session	Saroj Jha to organise
TEA BREAK		
1130-1200 hrs	Background and introductions	Som Pal, Planning Commission Rita Sharma, MoA
1200-1330 hrs	<ul style="list-style-type: none"> • WTO regime and implications for women farmers 	Suman Sahay, Gene Campaign N.C.Saxena, Planning Commission
LUNCH		
1430-1600 hrs	<ul style="list-style-type: none"> • Traditional technologies 	Rukmini Rao, DDS Dr.Shiraz Ahmed, GEAG
TEA BREAK		
1630-1800 hrs	<ul style="list-style-type: none"> • Land and land rights 	P.V.Rajagopal, GPF D.Bandyopadhyaya
Day 2		
1000-1130 hrs	<ul style="list-style-type: none"> • Natural resources and subsistence agriculture 	Madhu Sarin Geeta Menon
TEA BREAK		
1200-1330 hrs	<ul style="list-style-type: none"> • Alternative systems of food security 	(WFP to suggest someone from Orissa)
LUNCH		
1430-1600 hrs	Groups to work on recommendations	(Facilitators and rapporteurs to be identified)
TEA BREAK		
Final plenary session 1630-1730 hrs	Presentations and recommendations from groups.	

¹ Not to be shared with participants until resource persons and sessions are finalised.

Subject: Integrating Local Action With the Dialogue on Water, Food and Environment

Date: Fri, 22 Feb 2002 15:01:34 +0100

From: Water <water@bothends.org>

To: "wangari.maathai@yale.edu" <wangari.maathai@yale.edu>,
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Dear colleagues:

In preparation to the Design Workshop on Local Action (Pune, 23-27 February) within the framework of the Dialogue on Water, Food and Environment, Gomukh and Both ENDS drafted the discussion paper ' <<020221_summary_email_discussion_draft1_and_2.doc>> . The paper sets out to: 1) stimulate discussion on adequate methodologies to promote the inclusion of Local Action in the overall Dialogue; 2) help develop a framework to select core issues which can be dealt with by Local Action dialogues in the coming years; 3) suggest an agenda that allows fruitful follow-up dialogues to emerge.

The Design Workshop in Pune can only accommodate a limited number of participants. However, as it is important that a wider range of stakeholders and experts is consulted on these questions, an email discussion was started to solicit comments and input. The discussion paper helped to surface a rich variety of constructive comments and suggestions.

Valuable comments and suggestions were received from various parts of the world. The respective respondents gave emphasis to greatly different concerns and challenges. Some respondent felt that the first draft discussion paper contained unnecessary provocative observations and views. Others stressed that it is essential that controversial issues are brought to surface to enable meaningful dialogue. Concerns were expressed that the first draft discussion paper was not enough in continuity with the steps already taken by the broader Dialogue. Other respondents felt that the discussion paper gave useful direction to start the Local Action dialogue process. Bearing in mind that the paper is meant to help focus and explore concrete steps to pursue Local Action within the Dialogue process, very useful recommendations were made with regard to key questions, guiding principles, criteria and methodology.

To the extent possible we have incorporated the comments and suggestions received. The third draft will be posted on the Both ENDS and Dialogue websites, and sent to you by a later email.

At this stage of the process, we are pleased to share with you a compilation of the feedback received. While trying to do justice to the respondents' input, we have edited the texts in order to keep the discussion focused and accessible. We incorporated both comments received on the first (12/1/2) and the second draft (31/1/2). If you are interested in the attachment, please contact us and we'll send you the available material. We hope this overview of comments, suggestions and ideas inspires you to give further input to the discussion.

You are invited to consult the websites of Both ENDS www.bothends.org and the Dialogue Consortium: www.Dialogue.org. Please send you comments to <water@bothends.org>.

Warm regards,

DN
25/2/02
Leis - Forward Policy file
to
25/2

Paul Wolvekamp/Danielle Hirsch,
Mehendale,
Both ENDS

Vijay Paranjpye/Ashwini
Gomukh

These and other suggestions were incorporated in the 2nd draft.

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↓
This has 21 pgs. Do you
need these?

Comments received on 2nd Draft (31/1/2)

R.Seenivasan and M.P.Vasimalai [dhan@dhan.org] or [dhan@md3.vsnl.net]

18/2/2

Attachment: "DHAN Foundation's Tank Program: Its contributions"

Attachment: "Local Management and suggested framework for Action in Irrigation Tanks of South India"

The paper circulated by you and the questions addressed and are excellent and congratulations for coming out with such a good piece. We share our experiences to provide answers to these questions. We also attach two notes prepared on Tanks and local management and contributions of our programmes of Tank sector.

- a) The best size of are for action shall be a basin which have hydrological linkages.
- b) The future local action dialogue shall be done at tank levels, cascade levels (watershed levels) and hydrologically linked basin levels.
- c) The structures like tanks of South India are known for local management for centuries and withstood the test of time. Learning from their history we realize that the present administration and management needs to be reformed towards reaching a local management structure. Our experience in this regard is very positive and done at a scale.

We are currently concluding research on Conflicts due to water in basin level, which also throws light on the institutional forms for effective management.

Henri Roggeri [henri.roggeri@nciucn.nl]

14/2/2

Attachment: "Wetlands of the world's arid zones", Richard T. Kingsford

attachment: "The key role of wetlands in addressing the global water crisis", Bureau of the Convention on Wetlands

1. One important issue when dealing with water, food and environment (at whatever level, i.e. national or local) is the conservation of water resources. It is not, or insufficiently dealt with in the draft, and will probably be altogether forgotten in the rest of the process if it is not even mentioned at this stage. One reason for this might be that the draft "discards" dryer or arid regions a little bit too easily(?) --, and forgets the biodiversity parts and while focusing on socio-economic aspects. But even then: water conservation is also important in humid regions. Water resources conservation is pivotal in managing water in a sustainable way, AND it does put limits to water use. Dealing with water uses (for whatever purposes, including food) therefore cannot be properly done without addressing water conservation. Is there too much of a "use"-bias in the draft, which would undermine "sustainability"? See Also "role of wetlands in global water crisis"
2. Water and food should also be addressed (more clearly) in relation to food produced (with or without human intervention) by water-dependant ecosystems such as wetlands. Especially poor people depend on such food production. Think of fish etc., and have a look at the attachment "wetlands and food security" for a few examples.

Subject: your final article for SCN News

Date: Fri, 25 Jan 2002 15:51:06 +0100

From: acescn@who.ch

To: flvalente@technlnk.com.br, ipsw@ygc.org, daniel.vandersteen@esn-be.org, s_clark@foodgrainsbank.ca, sochara@vsnl.com

Dear Flavio Valente, Linda Elswick, Daniel van der Steen, Stuart Clark and Drs. Narayan

1/28/02 8:16 AM

Thank you very much for your contributions to SCN News. We are a little behind schedule, but we do intend to go to the printer next week.

Here attached is the final text (pre-formatted).

Stuart, please check that I have your title correct at the end of your comment.

Being Canadian myself I wouldn't want to get it wrong!

Sincerely,

<<SR-Of Hopes and Frustrations.doc>>

Sonya Rabeneck PhD
Technical Secretary
ACC/SCN Secretariat
c/o World Health Organisation
29 Avenue Appia
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email: acescn@who.int
http://acc.unsystem.org/scn/

Name: SR-Of Hopes and Frustrations.doc
Type: Winword File (application/msword)
Encoding: base64

SR-Of Hopes and Frustrations.doc

①

Dear Dr Sonya Rabeneck,
Greetings from cam HHC Cell, Bangalore. Thanks for your
email regarding the SCN News. Dr. Lotius knows when it is out.
Best wishes
Shobha Narayan.

②

Lib - Food Policy - file

Send
11/2/02

TN / RN
29/1

Of hopes and frustrations: Non-governmental and civil society organizations in the food security debate

Comments from NGOs involved in the WFS/fyl preparation process

1 -- The heads of the three UN food-related organizations (FAO, IFAD and WFP) recently expressed their concern over the slow rate of reduction of the number of hungry people in the world since the World Food Summit in 1996. At the present rate, the goal of halving malnutrition by 2015 will only be reached in some 60 years. In the eyes of civil society, these numbers are not cold statistics. They represent real people who have names, families and dreams. Their precarious survival is the vivid proof of our *collective* failure to fulfill our obligation to respect, protect, promote and realize their human right to adequate food and nutrition. They are the millions (billions even) of victims of relentless violations of human rights.

Several UN reports coming from different quarters have warned us of the possible negative impacts of continued hunger on economic and political stability around the world as well as of the sustainability of the food system overall. They have also pointed to the need for more concerted actions to guarantee substantial reductions in hunger and poverty rates. Calls have been made for strong partnerships between governments and all relevant social actors. These partnerships are seen as the only way to reach the goals. They would enable a sustainable democratic process of community empowerment.

It seems clear that we are failing the test of putting economic and social development at the service of humankind as a stated goal of promoting human rights and development. In addition, we have yet to put effective strategies into practice. Organizations like the IMF and the WTO have been resistant to working decisively with the UN towards this common goal.

The international system is rife with glaring contradictions among intergovernmental organizations. This reflects not only their different governance mechanisms, but also the different interests which guide and control them. As such, the UN system reflects the internal contradictions of its member governments which themselves often defend contradictory positions in different international fora. This is how civil society assesses the UN and how it explains the difficulties the UN has in coordinating its work both at international and national level.

The ACC/SCN, for instance, has contributed significantly to more coordinated actions in the nutrition field and has facilitated civil society's participation in its discussions. However, it could do much more to integrate its work with that of the ACC Network on Food Security and Rural Development. Another example is the lack of integration of follow-up activities to the International Conference on Nutrition (ICN) with those of the WFS. The WFS/fyl is the opportunity (hopefully not missed) to combine all our efforts to date and to bring more sharply into focus the very concrete nutritional and human consequences of the recent economic developments. This is the only way to propose a sensible and sustainable course of action.

Civil society warned that the Uruguay Round as well as structural adjustment programmes in developing countries were harbingers of grim consequences in terms of household food security. Can the WFS:/y/, with all its assembled leaders, counteract the ominous consequences of the worldwide implementation of a liberalization model of international trade that is inequitable? Can the WFS:/y/ dismantle national food security policies that have led to further rural exodus and social exclusion?

Not by accident, over the last few years, have food-related civil society organizations (CSOs) and movements progressively shifted their attention to the WTO forum. Some believe that the fate of people's food and nutritional security is sealed there. In this context, FAO has been weakened in the eyes of many CSOs. This is because FAO is perceived as being out of the loop of influence to fulfil its mission of promoting and protecting food security of people in the international scene. The call on FAO made by the Global Forum on Food Sovereignty (see p x) to re-establish its mission and responsibility to coordinate the food security effort in the international sphere is symptomatic of this.

The postponement of WFS:/y/ to mid 2002 gives us an opportunity not to be missed to correct our course and to position CSOs in a more protagonist role in the updating of national and regional reports for the event. It also gives us an opportunity to concretely build on the interfaces of the WFS follow-up with the ICN and its National Plans of Action for Nutrition with the Earth Summit and with the upcoming UN General Assembly Special Session on Children.

We are all in the same boat. We must take up the challenge and window of opportunity to assess existing means to promote food and nutrition security and to squarely place them in the context of human rights. FAO should take the lead in this effort. If not, the global community may have to set up a new intersectoral governance mechanism capable of bringing together all relevant actors to tackle the real underlying and basic causes of food insecurity, malnutrition, hunger and poverty.

Flavio Valente, Brazilian Forum on Food and Nutritional Security, and a member of the ACC SCN Steering Committee representing NGOs civil society.
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2 -- The International Partners for Sustainable Agriculture is interested in food, nutrition, land and sustainable agriculture. These issues need to be addressed simultaneously to resolve problems of food insecurity. It is a struggle to get needed increased attention to these issues and to co-ordinate better with the various single-issue CSOs as well as with the specialized UN agencies that work in the area of food insecurity.

We have had good collaboration with FAO, but it takes constant effort to sustain this collaboration at an effective level. Our experience has been that once NGO representatives leave Rome, it is easy for them to go back to the old ways of working and to forget the commitments made.

In our joint work with the UN agencies, the perspectives of each group have been clarified to a degree. This has enriched everyone's understanding of decision-making processes in key institutions. We have learned that CSOs and UN agencies cannot be lumped together in a homogenous grouping. Because the WFS has a mandate from governments, NGOs have managed to have an official "seat at their table". This gives NGOs and CSOs a chance to speak up and be heard during the debate, rather than at the end of the day as a token contribution.

FAO is mandated to work with accredited NGOs and to engage in a multi-stakeholder dialogue with them as well as with governments. This has created an open arena in which to raise issues and concerns. The issues addressed so far have been of key significance to advance the cause of food, land and agriculture. The re-scheduled WFS/31 will be preceded by the Committee on World Food Security and five regional conferences between January and June 2002. It is up to all of us to make the best of this opportunity and to further link the four issues in our advocacy and lobbying. Although some institutions increasingly recognize the need for linkages, they are often unable or unwilling to address them head on.

Linda Elswick, International Partners for Sustainable Agriculture, ipsa@igc.org

3 -- Participation of civil society in the WFS/31 process has to be assessed from the perspective of NGOs themselves. Even if most of NGOs working in the food security area pay attention to all that happens in the most active international organisations, foremost among them the WTO, their interest in what happens at FAO is limited, except in key situations. This was the case during the World Food Summit. However, WFS follow-up by the non-governmental sector, especially during the World Food Security Committee meetings, was not optimal.

Accredited CSOs are of two kinds: one group is represented by international organizations with a permanent representative in Rome. Representatives based in Rome are often not very specialised in food security issues. The other group is represented by some very specialised and active food and agriculture NGOs/CSOs. This second group is small and those based in the South generally have no means to finance their travel and stay in Rome. It is very difficult to raise funds to cover participation of organizations from the South or from transition countries.

Since 1996, co-operation between FAO and NGOs/CSOs has improved, especially with the organizations of the second group. In particular

- there have been official joint meetings and independent consultations between FAO and these NGOs/CSOs in advance of global and regional meetings,
- there have been opportunities for these specialized organizations to present their positions at official meetings as full partners rather than as observers, and
- FAO has implemented a new policy of co-operation with the NGOs/CSOs sector.

Undoubtedly there has been progress, but more needs to be achieved. Cooperation with member governments of FAO needs to be strengthened. Member governments have been far less responsive on the whole. One factor that does not contribute to success in this area is the lack of consistent interest from NGOs/CSOs themselves in

follow-up to the Summit Plan of Action. Follow-up at the national level is a critical element, each organization should be in touch with its respective government. In this regard, should NGOs/CSOs look to the countries of the European Union for examples of success in this arena? This is an open question.

The range of opportunities for action is greater today than five years ago. NGOs/CSOs now need to mobilize their constituencies more forcefully on food and agriculture issues. They need to keep up their dialogue with peasants, with governments and with UN specialized agencies.

Daniel van der Steen, Colectief Strategies Alimentaires, Belgium,
daniel.vandersteen@csa-be.org

Some questions are still unanswered in the WFS:jf/ process

4 -- A lack of political will to address the most difficult issues and to focus primarily on the most disadvantaged groups is evident in the fact that, in spite of studies showing an alarming impact of the WTO Agreement on Agriculture (AoA) on food security, no revision of the trade policy aspects of the Summit Plan of Action is foreseen on the WFS:jf/ agenda. The historical chance to influence the ongoing Agreement negotiations is basically being given away.

Since 1996, a small number of large corporations have intensified their domination of global agricultural markets. Patents and genetically-modified organisms (GMOs) have accounted for much of their growth. Against a background of consumer protests in many countries, documented economic, environmental and health risks of GMOs and consumers' readiness to pay premium prices for non-GMOs, research, development and production of GMOs continues to increase. "Feeding the South" is very often the reason given by proponents of GMOs. GMO genes have been detected in fields where they were not even sown. GMO contamination reduces choice. A GMO contamination case in Canada showed that corporations will take farmers to court to retrieve their patented genetic material (in this case in canola seed) even though it cannot be shown how the material got into the fields.

Civil society organizations in the South largely oppose the GMO solution to the hunger problem. Genetic use restriction technologies, or GURTs, developed since 1996 (like the terminator technology) should be banned internationally. Voluntary renunciations by some corporations will not be sustainable if the patent-owning corporations merge with others or sell off parts of their assets, something that is now happening at an increasing pace. The WFS:jf/ event should adopt a ban on GURTs in order to safeguard food sovereignty and food security for the poor.

Since 1996, the issue of universal access to genetic resources has regressed as more and more patents limit access to these resources in an increasing number of countries. The Convention on Biological Diversity has placed genetic resources under national sovereignty; before this, they were considered a heritage of humankind. The International Treaty on Plant Genetic Resources adopted unanimously in November 2001 by FAO members (the USA and Japan abstained) could have mitigated these

effects much earlier. However, several countries delayed the proceedings by insisting on provisions aimed at limiting access. Implementation of the new Treaty depends on the willingness of parties to a) allow the free exchange of agricultural genetic resources and delete the provisions of Intellectual Property Rights on these resources, and b) increase the number of crops covered by the Treaty.

The related issue of sharing the benefits of commercial use of plant genetic resources will have a tremendous impact on food security. Optimism among those supporting these issues increased when in early November 2001 a letter from US Majority Leader Tom Daschle asked the US State Department to oppose any provisions that limit farmers' rights. Senator Daschle's letter did not change the wording of the Treaty, but it helped to instil optimism.

So far, the WFS/FAO draft Declaration makes no reference whatsoever to genetic resources for food and agriculture. FAO members should now use the opportunity to confirm the objectives of the Treaty and to push for its ratification and implementation.

Forum Umwelt und Entwicklung, gura@forumue.de

On the need for coordination amongst civil society actors

5 - While in some countries there is coordination among civil society organizations around the issue of food security, the overall picture is one of weakness and fragmentation. In all truth, there is no evidence of organized national campaigns in support of the implementation of the WFS Plan of Action. One thing missing is an expression of a strong political will of society at large, and civil society organizations as a collective, to do what is needed to ensure food security for all.

Greater coordination, new partnerships and concrete plans of action among civil society organizations are needed to overcome this situation. Some even talk of the need for a whole new social contract. For this we need to facilitate encounters that can consolidate new relationships between social and political activists and make them converge into a broad process of social transformation. But beware, civil society organizations also require some oversight to ensure they play the social function required of them. This is because a devolution of power to the grassroots is a necessary, but not sufficient, condition for local processes of collective empowerment to flourish. There is a risk of decision-making power being appropriated by local elites.

Additionally, new forms of partnership have to be fostered between:

- civil society organizations and the state. We have to be clear: civil society is not opposed to the state, it only demands to interact with it on equal terms.
- civil society and communities. People who face pressing immediate needs do indeed have the time and energy to contribute to development provided the new social contract opens the space they perceive is needed for their legitimate claims to be heard. The lack of interest in agricultural activities is worrying, though, in particular amongst the young.

Ultimately, achieving freedom from hunger depends on creating opportunities for effective action and on making individual and collective choices within the space created by these opportunities. Thus, the importance of local collective processes and actions to empower all stakeholders -- especially women.

We need to educate elected officials and members of civil society on the elements of the new social contract and its opportunities. The establishment of private non-profit mechanisms to strengthen these local capacities has been proposed.

Elena Mancusi-Materi, Society for International Development (SID) (2001) From aid to community empowerment: food security as a political project.
www.sidint.org/publications.htm

Experiences from an industrialized country

6 -- The WFS and its follow-up is seen by Canadian NGOs as both a symbolic and a substantive process. The symbolism of an international process to address hunger in a world of plenty is both hopeful and powerful. Canadians generally understand the symbolism and support the WFS goals. Canadian NGOs, therefore, joined the public debate during and since the Summit, in part reflecting Canadian politicians', the media's and the public's genuine interest in discussing the issue and also Canada's role in reaching the Summit goals.

The substantive process has been frustrating though, both nationally and internationally. In Canada, there seems to be a dysfunctional mismatch between the task at hand and the tools proposed. In Canada, it is the Ministry of Agriculture that has the lead role in Summit follow-up, but its ability to influence domestic social policy, official development assistance policy and the national budget is minimal. On the other hand, FAO clearly has expertise in the area of food and agriculture, but has had little authority to lead a major international campaign or process aimed at significantly reducing hunger in its many dimensions. Some Canadian government officials have been committed to the Summit follow-up and cooperation with NGOs. This is hopeful and has strengthened Canadian NGOs' commitment to the Summit follow-up process. Their efforts have focused on seeking greater accountability to the pledges made by both the Canadian government and Canadian civil society.

We see our challenge as one to find ways to push the substantive process: to use the force of our constituency (representing the public interest in our country) to change the major stakeholders (governments, the IMF, the World Bank and the WTO) political will to more decisively address hunger and poverty worldwide. That is how we understand the tool matching the job, and that is why the debate is sometimes hopeful and sometimes just plain frustrating.

Stuart Clark, Chair, Canadian Food Grains Bank, a Canadian NGO
s_clark@foodgrainsbank.ca

7 -- At the dawn of the new millennium, with all its new wealth, knowledge and technology base, it is critical we take an honest and hard look at the hunger and food security situation of the poorest in India. The poor continue to suffer and to be marginalized even while Indian government commitments are made in global UN conferences that reaffirm the fundamental human rights of the poor and their access to adequate food.

A 1996-97 survey carried out by the National Institute for Nutrition, published just two years ago, revealed the magnitude of the nutrition problem in comparison with earlier surveys in the country. About one half (48%) of households have chronic energy deficiency while 57% of preschool children are stunted. In two decades the proportion of well-nourished preschool children increased from 5.9 to 8.9% only. There are disturbing trends in protein, energy, iron and calcium intake in many segments of the population. Consumption of cereals, millets and pulses in all states is declining in some vulnerable groups while intake of milk, milk products, sugar and green leafy vegetables is also inadequate. During the past five years the infant mortality rate in ten states has stagnated or even worsened. The proportion of low birthweight babies continues to be high, at 30%.

However, the most significant finding is that nutrition and food security is severely compromised by the prevailing economic development policies. In ten years, the proportion of landless households increased from 30 to 41%. There has been a fragmentation of landholding size that contributes to increased food insecurity. Prices of some agricultural commodities crashed causing distress among poor farmers. The average monthly per capita income increased by the equivalent of only approximately 50 pence at constant prices. Other sources report an increase in suicides, indebtedness, unemployment and migration. Lack of money causes delayed marriages, mass marriages, pawning of household assets and impoverishment. The international community must address the root causes of poverty and hunger, namely social, economic and political injustice.

Broader people-centred policies, better access to markets, a lifting of agricultural subsidies in the North and greater social security in the South, removing barriers to developing countries' international trade, halting the negative effects of globalization and trade liberalisation -- these are all needed to reverse the negative social effects we are seeing, including the adverse nutritional effects. Public distribution systems which make essential food grains available to people are now forced to increase prices and reduce coverage rather than help increase equity and act as genuine safety nets.

Development strategies which have changed agricultural practices in India deplete the soil of micronutrients. In the meantime, pharmaceutical houses aggressively market vitamins and minerals and influence government agencies to introduce them in mass-based health programmes for women and children. Genetically modified crops and foods are being quietly introduced as well. The role of the state is being eroded. Between 1990 and 2000, in Karnataka, expenditures on nutrition interventions declined 4.3% a year (in real terms) adversely affecting nutrition support services. World Bank loans are negotiated for health and

nutrition programmes while structural adjustment and global trade agreements increase economic vulnerability and food insecurity of a large majority.

In this context, the Indian Peoples Health Charter adopted by a representative country-wide group in a National Health Assembly in Calcutta in December 2000, expressed concerns and made concrete demands regarding agriculture, trade, pricing and public health. The global Peoples Charter for Health adopted by the Peoples Health Assembly in Dhaka in December 2000 raised similar concerns. A worldwide movement is now being organized to systematically follow-up on these issues.

At the beginning of 2002 and over five years after the WFS, there are more unanswered questions than there are answers. Where exactly are we in relation to the 1996 Plan of Action? Where do we see economic and social rights taking central stage in the struggle against hunger and malnutrition? What is being done to address the root causes of malnutrition and the ineffectiveness of nutrition programmes currently implemented? What is the international community doing to address the added threats posed by the HIV/AIDS pandemic food security of poor people? Can collective peoples rights (as much as individual human rights) and social accountability of the big players be put squarely on the agenda? These are urgent issues for a more assertive civil society.

Drs Thelma and Ravi Narayan, Community Health Cell, Bangalore, India.
sochana@vsnl.com

Main Identity

From: "Vivek" <vivekose@yahoo.com>
To: <righttofood@yahoogroups.com>
Sent: Thursday, July 17, 2003 3:58 PM
Subject: [RightToFood] Update 20: LATEST DEVELOPMENTS

UPDATE 20: LATEST DEVELOPMENTS

Dear friends,

This Update discusses a sample of recent developments in various states. As always, we are unable to keep track of all the relevant activities, given the decentralised nature of the campaign. We take this opportunity to remind you that we are always interested in news from the field. Please send any useful information you may have to right2food@yahoo.co.in

Today's headlines:

1. MID-DAY MEAL UPDATE
2. UPDATE ON RECENT PUBLIC HEARINGS
3. MADHYA PRADESH: CORRUPTION IN RELIEF WORKS
4. ORISSA: CONSULTATION ON THE RIGHT TO FOOD
5. VIOLATIONS OF THE RIGHT TO FOOD IN U.P.
6. COMMISSIONER TO VISIT UTTAR PRADESH
7. REMINDER: BHOPAL WORKSHOP ON UNDERNUTRITION AND STARVATION
8. WEBSITE UPGRADE

1. MID-DAY MEAL UPDATE

The campaign for universal mid day meals in primary schools is in full swing as children flock back to school after the summer vacation. Here is a sample of recent developments:

(1) Full implementation in Karnataka: The Karnataka government extended the mid-day meal scheme to all districts in the first week of July (before that, the scheme was restricted to 7 districts).

Initial media reports highlight cases of children falling ill as well as parental objections to the appointment of Dalit cooks. Some parents from Government schools in the districts of Tumkur, Mysore and Chamarajanager refused to allow their children to eat school lunches prepared by Dalit women. Moreover, inferior quality of food grains and unhygienic cooking conditions are said to be the reasons

Lib - Reply to food/hunger march!

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for students taking ill. According to newspaper reports, the Government has ordered an inquiry into the incidents. To put things in perspective, "teething problems" of this kind have been a feature of the initial phase of mid-day meal schemes in many states. The situation typically improves over time. This is not to diminish the

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importance of the quality issues that emerge from these incidents.

(2) MMS in Delhi: The municipal Corporation of Delhi launched a "cooked mid-day meal" programme in about 400 primary schools in the capital on July 4, 2003 in collaboration with various NGOs and ISKCON (International Society for Krishna Consciousness). It is reported that children relished the lentil, rice and 'suji halwa' laid out on sparkling steel plates by the volunteers of ISKCON on the first day of the programme. ISKCON has agreed to provide cooked meals to 1,265 students in five schools near its temple in South Delhi as of now. It remains to be seen how the Delhi Government proposes to implement Supreme Court orders in the vast majority of schools not included in this project.

(3) MMS Research: A field survey of mid-day meals in three states (Rajasthan, Karnataka and Chhattisgarh) was launched earlier this year by a research team based at the Centre for Equity Studies, New Delhi. The study is nearing completion and a preview of the main findings is to be published in Frontline on 1 August. Here are some highlights of the summary report:

"The survey suggests that school meals have made a promising start around the country. However, there are serious quality issues, which need urgent attention if mid-day meal programmes are to realise their full potential.

On the positive side, mid-day meals have led to impressive increases in school participation. Taking the 81 sample schools together, Class-1 enrolment rose by 15% after mid-day meals were introduced. Especially impressive is the increase of 29% in female enrolment in the sample villages of Rajasthan in class 1. Informal evidence reveals that mid-day meals have also enhanced daily school attendance.

The survey did not find much evidence of open caste discrimination in the context of mid-day meals, such as separate sitting arrangements. Pupils of all social backgrounds seem to be quite happy to sit together and share the same food. However, caste prejudices do prevail in various forms, as when upper caste parents insist on their children coming home for lunch. Also, there is much resistance to the appointment of Dalit cooks. In Karnataka, half of the cooks are Dalits, but in Rajasthan, the survey did not find any Dalit cooks except in some all-Dalit villages.

The quality of school-meal programmes seems significantly better in Karnataka than in Chhattisgarh or Rajasthan. Karnataka has made comparatively good progress in building a sound infrastructure for mid-day meals: most cooks enjoy the assistance of a "helper", and a substantial proportion of schools (31 per cent) already have a pucca kitchen. In contrast, the mid-day meal infrastructure in Chhattisgarh and Rajasthan is still highly inadequate: most cooks have to manage on their own in the most challenging circumstances, without elementary facilities such as a helper, kitchen or proper utensils.

Mid-day meals are quite popular in each of the three sample states. A large majority of parents (91%) and teachers (84%) favour the continuation of the mid-day meal scheme. Those who advocate discontinuation belong mainly to privileged castes or classes who seem to see mid-day meals as a threat to the prevailing social

hierarchy."

(4) In a pioneering initiative, Bharat Gyan Vigyan Samiti (BGVS) proposes to start "monitoring" the mid-day meal scheme in Chhattisgarh through monthly visits to every school in six sample districts. The short questionnaire to be used for these monthly inspections will be posted in the "Mid-day meals" section of the website (www.righttofood.com) very soon, for possible use elsewhere. Readers interested in this initiative are invited to contact Mr. Lakhan Singh, BGVS-Chhattisgarh (lgbgvs@rediffmail.com).

2. UPDATE ON RECENT PUBLIC HEARINGS

As mentioned in earlier Updates (available on the website, in case you missed them), there was a wave of public hearings on the right to food last June, notably in Chittoorgarh (Rajasthan), Kalahandi (Orissa), Dindori (Madhya Pradesh), Shivpuri (Madhya Pradesh) and Sonwa (Madhya Pradesh again). In all cases, there has been active follow-up of the issues raised at the public hearing. In particular, cases of violations of the right to food have been taken up with the concerned authorities, with varying degrees of success. In some cases, as in Dindori, there was extensive on-the-spot redressal at the public hearing itself (see Update 19). In others, as in Shahdol (M.P.), partial successes in securing redressal during the follow-up phase have been mixed with incidents of suppression and repression. Below is a digest of recent feedback received from some of these areas:

(1) Dindori: Following the Jan Sunwai (public hearing) held on the 8 June 2003 at village Dhaba, district Dindori (M.P.), there has been encouraging progress on the decisions taken that day. The Baiga Mahapanchayat that organised the Jan Sunwai has informed Dr. Mihir Shah, advisor to the Commissioners for M.P., that the district administration has moved fast on distribution of Antyodaya cards to all members of the Baiga "primitive" tribe as per the latest order of the Supreme Court. The process is expected to be completed soon. As a direct result of the Jan Sunwai, employment programmes have also begun in many forest villages where they had been stalled for years due to restrictions imposed by the Forest Department. The District Collector has sent Dr. Mihir Shah a copy of his instructions to all line departments to take urgent steps to act upon the nearly 50 complaints received during the Jan Sunwai from the Baigas regarding non-payment of wages, corruption related matters, etc. The Baiga Mahapanchayat is closely monitoring action on this.

(2) Shivpuri: We have received a follow-up report on the Shivpuri public hearing (30 May 2003) from S.K. Singh of Sahariya Jan Andolan in Shivpuri. According to this report: "Shivpuri Jansunwai has created frantic ripples in the district. The machinery has been very quick to act upon the demands raised in the memorandum. No effort was made by any quarter to refute the allegations. The points raised in the memorandum were taken up in the district drought relief meetings and block level janpad meetings, the information given in the memorandum was totally verifiable, thus CMO and Sarpanch had no defence." The demands that have been dealt with include: outstanding payments to labourers employed on relief works; action against persons responsible for embezzling grain from the public distribution system; water supply arrangements in drought-affected villages;

distribution of Antyodaya cards to Sahariya families; starting of relief works in villages where there were none before. The report adds: "The sarpanch, secretaries and the block CEO seem agitated and upset of the activist as the information provided by them has been used against them as a result of which they have shown keen interest in helping the sangathan in every possible manner in future. While local community is happy that 'jansuwal' was helpful in raising their concerns, local PRI and block functionaries did not like it. They are feeling very embarrassed. Shivnarayan, the local activist is being cornered and provoked by name calling and threats of 'we will see you'."

3. MADHYA PRADESH: CORRUPTION IN RELIEF WORKS

Much has happened in recent weeks in Sheopur district, western Madhya Pradesh. This is one of the most deprived areas of M.P., with extremely high levels of undernutrition, especially among the Sahariyas. On 26-28 June, an intensive training on the "three Rs" (right to food, the right to work and the right to information) took place at the ashram of Ekta Parishad, a radical Gandhian organisation active in the area. About 50 activists of Ekta Parishad took part in this gathering. The training focused particularly on the problem of corruption in relief works and food schemes, which has deprived thousands of Sahariya families of their entitlements in recent months. Many trainees are now investigating cases of corruption in employment programmes and food schemes in their respective areas.

Around the same time, a team led by Shonali Sen, assistant to the Commissioner, started investigating corruption in relief works in the area, and other violations of the right to food. It did not take long for snacking instances or corruption to come to the surface. Following on this, the team initiated a "case study" of village Hissar, about 20 kms from the district headquarters. This involved a long hunt for the "muster rolls" of recent relief works. The team was sent from pillar to post by the local administration, and whenever muster rolls did surface, evidence of corruption quickly emerged. The team is preparing a detailed report on the food situation in Sheopur, on behalf of Dr. M.C. Saxena. The report will be released soon, and posted on the website.

4. ORISSA: CONSULTATION ON THE RIGHT TO FOOD

(Excerpts from a recent communication received from Orissa.) A one-day Consultative Meet of activists of Right to Food Campaign was organized at Agragamee Orissa Office on 17 June 2003 to chalk out future course of action for strengthening the campaign in the state. Mr. Sudarshan Das presided over the meeting. At the outset, Mr. Pradip Pradhan gave a quick overview on the chronological development of the activities of Right to Food Campaign in the state. He briefed about the Supreme Court verdict on the writ petition filed by PUCH, with appeal to direct the government to ensure food security to the poor living amidst hunger and starvation despite deposit of huge tons of food-grain in FCI god-down. He also suggested that programmes like rallies, marches and public hearings should be taken up at a national level. Mr. Raj Kishore Mishra presented the findings of the Public hearing organized in Korai Panchayat of Thuamul Rambur Block of Bolangir district on 4.6.02.

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After prolonged discussion on the suggestions given by the participants, the following decisions were unanimously taken in the meeting:

- 1) A state-level Public Hearing will be organized in Rhubaneswar in the month of October.
- 2) A study on Implementation of Supreme Court Verdict in the state will be undertaken and Mr. Sasikant Nayak and Mr. Naran Jena were given the responsibility to prepare the format and questionnaire for the study, which will be finalized in the first week of July.
- 3) State level campaign committee will be formed to spearhead the campaign on the Right to Food in the state.
- 4) Other issues relating to food security will be taken up.
- 5) Few blocks will be identified to experiment the right to food activities in the state.

5. VIOLATIONS OF THE RIGHT TO FOOD IN U.P.

(Based on communication received from Sanjay Rai, Lucknow.) Even though people working under SGEY in Mau District, situated in the Eastern part of the state Uttar Pradesh, are entitled to Rs. 23 and 5 kg of rice per working day, the workers have only received the cash allowance and not the rice for the period between April 2002 and March 2003. On average, about 100 kg of rice is already owed to each worker under the scheme. Considering the low cash payment, the people and their families are highly dependent on this rice ration. It is reported that 584.5 tons of rice has been issued to the Local Marketing Inspector, out of which only 247 tons have been delivered further to the Gram Panchayats (village administrations). Even these 247 tons did not reach the people they were meant for: the total amount of missing rice comprises over 300 tons! Although the responsible inspector apologised on 26 April 2003 and promised to distribute the missing rice within a week, nothing has happened. Furthermore, some district authorities have claimed that the "disappeared" rice, which was meant for the poor, is sold in the black market of the neighbouring states.

In Bharainch, U.P. displaced people have been denied BPL Ration Cards. Bharainch is one of the most backward districts of UP. Though it has rich natural resources in terms of water and forest, the main source of water, Ghaghra River, has been shifting its course since 2000. About 1200 families in the last 2 years have been displaced. The main occupation of these families was agriculture but the river has submerged all their land. There is no land with the local Gram-panchayats for redistribution and the government is providing sandy land to the families for relocation. Since there are no forests or ponds in the area and no scope for labour, people do not want to settle there. Women are especially facing problems due to this situation. Since there is no opportunity for agriculture due to loss of land, people are solely dependent upon labour work for which they migrate to cities like Lucknow, Dehli, Ludhiana and Amritsar. However, because of unavailability of labour even in these cities, people are coming back empty handed. This has become the main cause of food insecurity. The displaced people have no grain. Some of them manage through either loan or labour work. Some displaced people take a loan for their food requirement. Since the loan provider is only local moneylender he has been lending money at the rate of Rs.10/hundred/month. Visthapit Sangharsh Morcha (a people's

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Main Identity

From: 'jsk' <jsk@cal2.vsnl.net.in>
 To: "Rajashi Mukhenee" <rajashi177@yahoo.co.in>; "Right Track" <righttrack@rediffmail.com>; <RightToFood@yahoogroups.com>
 Sent: Thursday, August 07, 2003 12:22 AM
 Subject: [RightToFood] public hearing

RIGHT TO FOOD AND WORK- WEST BENGAL NETWORK

324, Basunagar, Madhyamgram.

Kolkata- 700129

To

Date: June 19, 2003

Dear Sir/ Madam

As you are aware, the Honourable Supreme Court of India has passed a number of interim orders in the PIL on the Right to Food and Work (Writ Petition (C) No. 196/2001). The orders aim at reaching foodgrains to the poor, instead of allowing them to lie rotting in Government godowns.

In an interim order on 28 th November 2001, the Supreme Court ordered the Central and State Governments to identify all beneficiaries and to properly implement eight central food -related schemes within 1st January 2002. These schemes make provision for cheap food grains through the Public Distribution System for below poverty line families. They include special schemes for old people and other social assistance schemes for pregnant women and for relief after death of the principal bread earner. Schemes for provision of cooked food in primary schools and supplementary nutrition for infants are also included. In its latest order dated 2nd May, 2003, the Court has ordered extension of the Antodaya Anna Yojana for provision of 35 kgs of wheat and rice at Rs.2 and Rs.3 per kg respectively to aged, disabled, destitute men and women, pregnant and lactating women, widows and other single women with no regular support and other vulnerable groups. It has also given an order that all ration shops that do not function properly shall be liable for cancellation of their licences.

Again, on 8th May 2002, the Apex Court directed the Central and State Governments to properly implement the Sampurna Grameen Rojgar Yojana Scheme to provide wage employment through Gram Panchavats. It has recentiv , on 2nd May, 2003, asked the Central Government to double its allocation of foodgrains and cash for creation of

lib - Right To Food Campaign / Hunger Watch file
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employment under this scheme for the scarcity months of May to July.

Besides, the Honorable Court has also passed orders for Gram Sabhas to do a social audit of Panchayats to prevent corruption and misuse of funds. The court has also set up a redressal mechanism with Commissioners at the central level and assistants at the State level and special Nodal Officers in each State Government. Chief Secretaries of State Governments are also to be held directly responsible for any subsequent starvation deaths in their States.

These judgements are of far reaching importance in providing some relief in basic problems like unemployment, poverty and starvation. With a view to organising public opinion and examining the problems and realities in the enforcement of the Honourable Supreme Court's orders, a Public Hearing has been arranged at the Loreto Day School, near Scaldah, Kolkata, on 10 August, 2003, from 10 A.M.

We cordially invite you to the Public Hearing. We sincerely believe that you will come forward to uphold the cause of the hungry by taking part in the programme.

Thanking you,

In Solidarity,

Chitta Ranjan Chatterjee /Sukumar Gaine

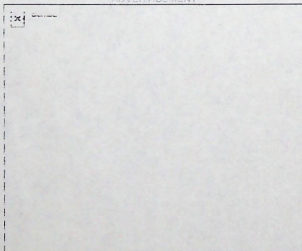
Date : 10 August, 2003

For Right to Food and Work- West Bengal Network

Venue : Loreto Day School, Kolkata

Time : 10 A.M.

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STARVED OF LOGIC

Callousness, cussedness and apathy combine to write a tragedy of massively cruel irony

By BHAVDEEP KANG and AJITH PILLAI

WHEN the Supreme Court last fortnight censured the Centre and states for failing to provide food to starving millions despite a 60-million-tonne surplus of foodgrains rotting in godowns countrywide, it was exposing serious flaws in the government's food policy and the new Targeted Public Distribution System (TPDS). What

particularly shocked the apex court was a Government of India affidavit which stated that against the minimum basic requirement of 75 kg of food per month per family of five, it was providing, on an average, a mere 10 kg through the public distribution system!

The court was amazed to know that 16 States and two Union territories hadn't even identified Below Poverty Line (BPL) families. Orissa, in the throes of a starvation-death controversy, doesn't have a clue on the precise number of poor it has. *Outlook's* own investiga-

THE DRAIN (Diversion to the black market at the national level):

Rice: 31%
Wheat: 36%
Sugar: 23%

(Source: Planning Commission)

DIVERSION: Stocks diverted to the black market by a nexus of officials and traders through fake BPL cards.

BOGUS BPL CARDS IN CIRCULATION NATIONWIDE: 7.9 million (official figures)



60 million tonnes surplus foodgrains in government godowns

1 million tonnes lost in storage per year

325 million below poverty line

50 million 'on the brink of starvation'

Graphic by ANIL AHUJA



THE STEAL
PDS (BPL) PRICES (Rs/kg)

Rice: Rs 6.10
Wheat: Rs 4.65
Sugar: Rs 15.00

OPEN MARKET PRICES (IN DELHI) (Rs/kg)

Rice: Rs 12.00
Wheat: Rs 5.50
Sugar: Rs 17.00

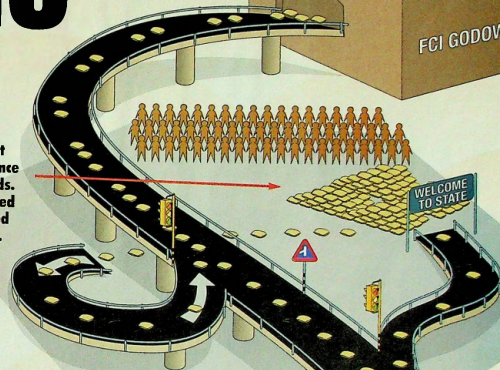
OPTAKE BY STATES (APRIL 2007), WHEAT/RICE IN LAKH TONNES:
APL: Allocated: 370.7 / 539.6
Optake: 315 / 145.0
BPL: Allocated: 528.0 / 659.8
Optake: 145.6 / 326.9
Antyodaya: Allocated: 21.0 / 25.0
Optake: 14.8 / 16.5

All figures from Department of Food and Civil Supplies
BPL: Below poverty line, APL: Above poverty line

RETURNED TO ROT: Unsold foodgrain returns to government godowns, goes to waste and is lost.



THE STATE: BPL families are not identified by state hence not issued ration cards. Poor are thus bypassed and the undistributed foodgrain returned.



'THE DEATHS ARE LOAN-RELATED SUICIDES'

The media's focus on Karnataka CM S.M. Krishna as an IT-savvy politician irks him; he tells B.R. Srikanth he's very conscious of the food crisis in the state. Excerpts:

Why don't states lift foodgrains from PDS godowns?

Transportation costs are very high. Plus, the quality of foodgrains is so poor that if we lift one tonne, only half of it is edible. I made some surprise visits to godowns and found that low-quality rice from Punjab had been shipped to Bangalore. I expressed my reservations to the central government. How severe is the drought in Karnataka? Has food scarcity led to loss of life?

The situation is extremely grim in 146 of the 175 taluks of our state. There are no deaths but some farmers have committed suicide because they could not repay loans. It's more than a month since the central team came to assess the enormity of the loss of crops and fodder and acute scarcity of drinking water. It's almost a month since I called on the PM and sought intervention. We had sought financial assistance of Rs 900 crore and immediate disbursement of Rs 100 crore. Unfortunately, the central government has not responded to our pleas of assistance.



Why have you joined others for decentralised procurement of foodgrains?

I had welcomed it in the initial euphoria. But on detailed thinking, I found it would be like walking into a trap. So I wouldn't want to commit myself to such a scheme.

What is your reaction to the abnormal situation of surplus food on the one hand and starvation deaths on the other?

This is cruel irony. This is an unusual anomalous situation and all us in the state and central governments must apply our minds to see that it does not happen again.

tion reveals an inexcusable arbitrariness in the BPL and 'poorest of poor' estimates. Thus, till the court came down on the government, Delhi had no BPL families, leave alone the poorest of the poor category. The court's criticism belatedly has the Delhi administration talking about a BPL population of at least 20 lakh families.

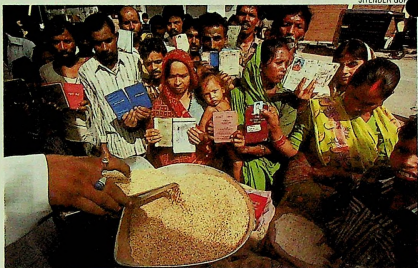
The government's inability to provide for the poor despite an increasingly unmanageable foodgrain surplus is a sordid tale of callousness and corruption. For one, the central and state governments are reluctant to accept the existence of a large constituency of poor (325 million BPL and 50 million of the poorest of poor) who are either underfed or are on the brink of starvation. In fact, no state government has yet accepted the occurrence of a starvation death.

But here are some grim facts that even central and state governments do not deny:

- BPL families have not been identified under the new TDS introduced three years ago, so millions are outside the PDS loop.
- Even at BPL prices, the rural poor do not have the purchasing power to buy foodgrains at fair-price shops (FPS).
- The Food Corporation of India (FCI)-trader-politician nexus has used fake ration cards to siphon off as much one-third of surplus foodstocks from government godowns.
- Even at the district level, the local administration has connived with FPS to fudge records to show rations have been issued, consequently denying actual beneficiaries their due. Affidavits and ration cards submitted to the Supreme Court illustrate this point.
- Food-for-work programmes have failed miserably because the schemes are flawed.

But the existing deplorable scenario hasn't got the government to get its act together and alleviate the plight of the hungry. Whenever Union food minister Shanta Kumar is confronted with stories of starvation deaths, his answer has been typical: "There is no lack of food. *Intezaam ki kami hai* (there is a lack of arrangements)." States, he points out, haven't been lifting the foodgrains allocated to them.

State governments have their own defence. They say the TDS links the cost of even BPL foodgrains to 50 per cent of the economic cost of production, which computes the minimum support price (MSP) given to farmers, storage and transportation costs. Every time the farmer lobby pressures the government to raise the MSP, the econo-



At a PDS shop: cardholders all, but who's the real beneficiary?

mic cost of foodgrains goes up. So, at the present Rs 5.64 a kg of for BPL cardholders, there are few buyers. Since the stocks remain unsold, and the targeted beneficiary shifting to cheaper foodgrain like bajra, states don't avail of all that the Centre allocates to them.

Under pressure from the Centre to trim the number of PDS beneficiaries, there is a vested interest in identifying the poor incorrectly. Thus, millions who are poor have been categorised as Above Poverty Line (APL). They hold cards entitling them to foodgrains from the PDS at rates much higher than what those classified as BPL pay. In reality, they buy at prices much steeper than prevailing open market rates. This is because the APL price structure factors in 100 per cent cost of procurement, storage, transportation and administration. This, effectively, becomes higher than the local mandi or wholesale market rates as mandi rates don't involve government overheads. The price factor has turned away large numbers of cardholders from the PDS, partially explaining the low offtake of stocks.

Indeed, state governments admit that they do not lift their full allotment of foodgrains as the pricing has killed demand. Maharashtra government officials are candid that the APL quota has not been lifted for the last one-and-a-half years. An allocation of 10.2 lakh metric tonnes has not been sourced following a 33 per cent

increase in central issue prices in April 2000. On August 29, the state government decided to reduce the **APL** quantum per household from 30 kg to 5 kg per month. This will further reduce the state's offtake.

The arbitrariness of the **APL** categorisation is also visible in Maharashtra. When **TPDS** was introduced, the state's estimate was that 77 lakh families were below the poverty line in rural Maharashtra alone. The state was going by the figures in the Integrated Rural Development Programme Survey. However, when the central government's expert committee came up with 60.45 lakh **APL** families for the entire state, the state government promptly revised its poverty line.

THE figures that this categorisation threw up in Mumbai were astonishing. In Dharavi, Asia's largest slum, only 151 families were identified as **APL**. Just 1 per cent of ration cardholders were declared **APL** in Mumbai and Thane districts.

In Rajasthan, which has been the focus of the petition filed in the Supreme Court by **PUCJ** and which has shocked the apex court into action, the situation is alarming. The state is already reeling from three successive droughts but the relief work and food-for-work programmes ran for only three months before the monsoon in a majority of the districts.

The actual state support for the poor was recently computed from government figures submitted to the Supreme Court by Jean Dreze and Reetika Khera of the Delhi School of Economics. The total allocation per person below the poverty line in 2000-01 is Rs 2.10. This includes Rs 1.40 under drought relief programme, Rs 0.40 through **PS** and Rs 0.30 from other social security schemes.

Says Kiran Shaheen of the Centre for Equity Studies, a Delhi-based NGO which has done extensive studies in Orissa and Rajasthan and provided field reports and inputs for the **PUCJ** petition: "In village after village, we found ration cardholders were denied their rations. Many of the schemes were not operational and very little relief provided."

Given the high price of both **APL** and **APL** foodgrains, the Union food ministry's committee on pricing has already recommended drastically slashing both in order to clear the enormous glut in **FCI** godowns. While **APL** prices were marginally lowered, the finance ministry has refused to entertain the idea of a higher **APL** subsidy which would make the foodgrains more affordable for the poor. This stand has proved counterproductive—the cost of storing the foodgrains is Rs 6,000 crore per year, a little less than half the total foodgrains subsidy bill of Rs 13,500 crore.

The Centre, however, points out that it's not just a question of purchasing power. Even the Antyodaya Yojana, a scheme for the poorest of the poor which provides rice at Rs 2 per kg and wheat at Rs 3 per kg, has seen very poor offtake.

The maximum controversy centres around the food-for-work programme, meant specifically to feed people in drought-hit areas. The foodgrains are supposedly provided 'free' but comes with a rider—a day's daily wage is split into cash and food components; the Centre provides the food, the state must provide the cash. But the problem is that most state governments say they are strapped for cash. "From



SCHEMES WITH NO TAKERS

● **Midday meal scheme for poor children:**
Allocation (2001-02): Rice: 18.84 and wheat: 9.37 (all figures in lakh tonnes)
Offtake up to July 2001:
Rice: 1.42 and wheat: 0.43

● **Annapoorna Yojana for poor senior citizens:** Allocation (2001-02): Rice: 8.65 and wheat: 0.19
Offtake up to June 2001:
Rice: 0.06 and wheat: 0.00

● **Food for work for drought-hit areas:** Allocation (2001-02): Rice: 11 and wheat: 10
Offtake up to September 2001:
Rice: 6.0 and wheat: 6.9

● **Subsidised scheme for SC/ST/OBC student hostels:** Annual allocation since 1994: Rice and wheat: 2.45
Offtake: Nil for the last three years

Government of India figures

A food-for-work scheme: flawed from start

October, they will not have that excuse," says Shanta Kumar. "As the prime minister promised, the Centre will provide Rs 5,000 crore in cash and a similar amount in kind."

In a knee-jerk reaction, Shanta Kumar issued the **PS** control order last week. It provides for stringent punishment for **PS** fraud, bringing into focus the phenomenon of pilfering. Findings of studies of the **PS** are shocking. In Bihar and Assam, for instance, 64 per cent of rice stocks disappear from the **PS**. As for wheat, Bihar boasts a diversion rate of 44 per cent, Nagaland 100 per cent. Diversion of sugar is relatively less, at 47 per cent in Bihar and 32 per cent in Madhya Pradesh. And in Delhi, at the seat of the Indian government, over half the **PS** stocks of rice and wheat and a quarter of the sugar find their way into the black market.

The Ninth Plan mid-term appraisal carries a stinging indictment of the **PS** system in Bihar. It says: "Only government staff

agents...benefit from it.... The state Civil Supplies Corporation has no money to buy from **FCI**, no money for petrol, staff does not receive salaries for months.... Dealership is seen as a position where money can be made and most appointees are clients of **MLAs**." Says Shanta Kumar: "For two years, we have been chasing the state governments to improve the **PS** and plug the leaks. *Ab najaboob hokay, hamay yeh order pass kija* (Now we are forced to pass this order)."

"It's not a lack of *itezaam*. It's a lack of conscience. How can you claim to be a representative government with starvation deaths on your conscience?" asks noted economist L.C. Jain. The entire system of central procurement and channelisation of foodgrains through the **PS** is flawed, he says. The Centre, as *mai-baap*, doles out food to the states, resulting in unnecessary expenditure on storage, transportation, etc. "If Gandhi would have seen the massive **FCI** building on Delhi's Barakhamba Road, he would have invited an assassin to do away with him," he says.

Adds Harsh Mander, country director of Actionaid India, which has been monitoring the famine and starvation in Orissa: "In these times of globalisation, desperately poor people are being marginalised and are becoming invisible. Even in colonial times, a famine was regarded as high priority. In India, a few years ago,

HOW TO MILK THE DIRT-POOR

Even in the dust-bowls of Orissa, the unscrupulous thrive

BOLANGIR is identified as among the country's poorest districts. But going by government statistics, it has more APL families than those BPL. Because of recurring droughts, two subdivisions out of a total of three have been declared drought-prone areas. In the two subdivisions, Titlagarh and Patnagarh, people classified under BPL are provided with specially-subsidised rice every month. In the district, then, there are a total of 1,06,900 persons termed BPL and 1,61,100 APL.

According to a poverty profile study conducted by Delhi-based NGO Actionaid India, allocations for the very poor exist mainly in the realm of theory. The poor in Bolangir now get their monthly quota once in two or three months and all together for the whole period. That means he or she gets a minimum of 40 kg of rice at the same time. The



PRASHANT PANJARI

question is, how does he or she pay for all the rice? An amount of Rs 80 to get 40 kg of rice is too big to make a one-time payment in this backward Orissa district.

The PDS dealer is not willing to give the BPL cardholder too much time to organise the money either. So what does the BPL beneficiary do? He buys whatever he can, an entry is duly made in his ration card which proves that the entire quota has been allotted. If by any chance the poor illiterate comes back for more foodgrains, he is informed about the perfectly legitimate entry in his ration card. The result is a huge surplus which the dealer is most happy to sell in the black

A Bolangir family: damned by poverty

market. Says an old man from Patharmunda village: "If you don't go at the time allotted by the dealer, you're sure to lose the quota."

In some cases, in order not to let the BPL rice quota lapse, individuals mortgage their assets to the local moneylender at an interest rate of 10 per cent. Surekha Suna of Santika village in Bolangir availed of 60 kg of rice by mortgaging her bowl and vessel for Rs 270. She failed to repay the amount in "due time" and hence lost her "assets". This is the India of the Green Revolution and an ever-growing food surplus.

despite socialism being reduced to rhetoric, there was still tokenism. Now even that has been abandoned. We have to look at long-term solutions like employment guarantee with the food component being included as legal entitlement."

Jaipur has another solution: local self-sufficiency through decentralised storage. "The stomach is a biological tyranny. Hunger demands immediate availability of food. We have 3.5 lakh panchayats in this country. In every single panchayat, let us have a grain storage facility." The massive Rs 70,000-crore rural development budget surely permits the setting up of such village-level facilities within the year, he says. The Centre need only store a buffer of, say, 10 million tonnes. Let the rest go to the villages and encourage the panchayats to achieve local self-sufficiency in growing foodgrains. In times of scarcity, let the sarpanch rather than the food minister answer to the people.

THE reluctance of the states to go in for decentralised procurement despite the urging of the Centre he puts down to bureaucratic recalcitrance. Many bureaucrats would be rendered redundant. Now in the food ministry point out that the Centre only needs to exercise some political will to push the scheme through and the states would perforce fall in line. After all, West Bengal and Madhya Pradesh have already successfully implemented decentralised procurement.

Says Madhya Pradesh chief minister Digvijay Singh: "In India, it is not a question of scarcity. It is a question of surpluses and unequal distribution, whether of wealth or foodgrains. I think if we can answer how the surplus is to be distributed, our battle is won."

Let's face it: the PDS as it is does not benefit the poor. For one, the Planning Commission's definition of who is BPL needs a serious

MORE RATION CARDS THAN PEOPLE

State	No. of BPL households	No. of BPL cards issued	Bogus Cards
Andhra Pradesh	40.63	113.6	72.97
Gujarat	21.20	33.97	12.77
Karnataka	31.29	62.87	31.58
Orissa	32.98	41.23	8.25
Tamil Nadu	48.63	65.51	16.88
Kerala	15.54	20.41	4.87

ALL INDIA FIGURES: BPL households: 652.04 lakh
BPL cards issued: 731.46 lakh

Figures in lakh

Government of India figures

rethink, specially at a time when unemployment is spiralling. An APL family, today, could be BPL tomorrow. There seems to be no logic in the government's attempt to whitewash the issue by pushing, through statistical sophistry, the poor above the poverty line.

The stark and apparently enduring Indian reality remains: half of all Indian children are undernourished. Half of all adult Indian women suffer from anaemia. A third of all Indian infants have low birthweight. Undernutrition in India is the highest in the world, except for Bangladesh. Food and nutrition is one priority area that the government needs to address with more earnestness, political will and pragmatism. ■

With Priyanka Kakodkar and Soni Sinha in Jaipur

By RAJESH JOSHI in Kashipur, Raigada

THE Orissa government's predicament is pretty much like that of the French royalty on the eve of the revolution. Chief minister Naveen Patnaik seems to suggest that if bread is not available to the tribals, then they should eat cake. Put another way, rice is available in plenty, but people, alas, prefer to eat rotten mango kernel.

A fortnight after starvation deaths became public knowledge, there seemed no truth in the Orissa government's assertion that the 24 tribals who died in Raigada were victims of their tradition of consuming mango kernel and boiled grass even while grain is available. Those who died had actually been driven to eat poisonous, fungus-ridden mango kernel for want of a better choice. They were victims of starvation who were denied basic medical attention after they trudged miles to the nearest government hospital.

In this deceptively idyllic and lush green landscape of Raigada lurk hunger and death, even as a callous state government machinery turns a blind eye. The fact that of the 280 families in one of its villages only 30 have below poverty line (BPL) cards points to the shocking state of the PDS here.

Based on interviews of villagers as well as officials, conducted by this correspondent in Tikiri, Bilamal, Pan-asgunda, Pitajodi and other villages in Kashipur block, where the 24 starvation deaths occurred, *Outlook* can confirm the following facts:

- The administration is deliberately perpetuating a complete falsehood—that tribals eat mango kernel and boiled grass out of preference.

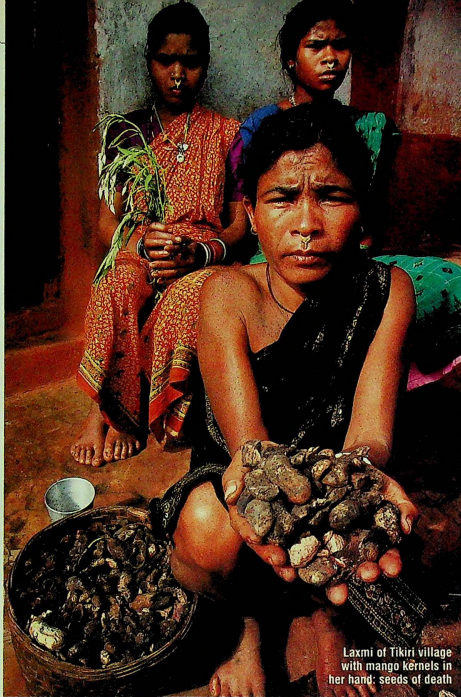
- There is no food security of any kind in the area since the PDS is flawed. Rice is considered a precious commodity. No one wants to finish their stock of foodgrains fast. Mango kernel and grass are eaten during the rainy season.

- The administration's claim that the PDS is fully functional is baseless. While official records show that rice is being lifted by BPL cardholders, it is actually being siphoned off by a clique of government officials and local middlemen.

- Many tribal families who should fall into the 'poorest of the poor' category have been declared as being 'above the poverty line (APL)'. So, there is a lot of resentment among them.

- Medical facilities in the district are near zero. There was no doctor posted in Tikiri primary health centre till a day before the CM visited the area. Raigada district collector Bishnupada Sethi admits that "medical facilities in the district don't exist and the medical officers are careless and callous". He should know.

But nobody knows it better than Alme Majhi of Bilamal village, whose three dying family members—her brother-in-law Payala Majhi, Payala's wife Sulme and father Sado Majhi—were turned back from Raigada hospital. Alme's husband, Surata Majhi, died on



Laxmi of Tikiri village with mango kernels in her hand: seeds of death

Photographs by SWAPANI NAYAK

A KERNEL OF TRUTH

A web of sheer lies, surrounding systemic neglect, describes the starvation-death scenario in Raigada. And even page-one shock treatment is no cure.

THE MAN WHO COULDN'T CARE

Orissa Chief Minister Naveen Patnaik lives in his own private world, and even a calamity seems unable to jostle him out of it

HE is invisible, inaudible, inaccessible and incommunicado. There is no chief minister more divorced from reality than Naveen Patnaik in India today. The Deon School alumnus and buddy of Gore Vidal and Mick Jagger jells better with the strawberries-and-cream crowd at Wimbledon than with the hapless, emaciated tribals of Kashipur district. According to sources close to him, Patnaik—Pappu to his pals—can't understand why the media is making so much fuss over 24 tribals dying in a remote corner of his state.

For four weeks now, the Orissa chief minister has used his best *angrez* accent

to sell the story that the tribals have strange eating habits. That they clearly prefer crushed mango kernel to rice and that they had died due to food poisoning. Of course, few believed the story and when after four weeks of inaction Patnaik decided to visit the district, he was subjected to the wrath of the tribals. Bijoy Mahapatra, an ex-UP leader, says, "Had the government reacted swiftly, the situation could've been contained. The state has surplus rice in its godowns. Yet, people died of starvation."

Rather than endure the mango kernel

Sombre Naveen: reality doesn't bite



ASSOCIATED MEDIA

and dust of Kashipur, Patnaik would have much preferred a quiet drink with a Deon School buddy like energy minister A.V. Singho, in the air-conditioned comfort of his house in Bhubaneswar. In fact, after becoming chief minister a year ago, he used to catch up with friends every evening at the Oberoi. But media flak put paid to that, and he's since retreated to a den behind his house.

Now everyone in government knows that the chief minister places a high premium on his private space and social life. Says a UP MLA, "We all know it's not advisable to talk to him in the evenings!" Chips in another local leader: "Advisable or not, it is certainly difficult to track down a chief minister who does not own a mobile phone and remains cloistered with his friends most evenings."

So disconnected is Patnaik that even his political friends speak of his total lack of interest and motivation in affairs of state. Says a UP MLA from Orissa: "He became chief minister too easily. He rode on his father's sympathy wave and when that wears off he will return to

Delhi. He gives the impression of a man who is just biding his time until the next elections. He knows that he'll be routed, and then when this party (and) he will return to the other kind of parties he is comfortable with in Delhi."

Very clearly, for Patnaik, Kashipur is far too distant a reality to be upset about. So those who speculated that he would take up "pedestrian" issues like drought and famine when he boarded the CM's special plane to attend the National Development Council (NDC) in Delhi last week got it all wrong. A nonplussed Patnaik was into discussing "broader" economic issues. Kashipur was not even on his agenda. Afterwards, he stayed on in Delhi to have dinner with old friend, the affluent high-flying Rajya Sabha member from Orissa, Jai Panda.

But even such barbs only go so far with the chief minister. Naveen Patnaik rolls on—Kashipur or no Kashipur.

"We all know it's not advisable to talk to him in the evenings. He's hands-off, it's the bureaucrats who run the show."

the hallmark of his style of governance. Says a UP MLA: "He has a hands-off policy. It is the bureaucrats who run the show." According to him, this attitude stems from the fact that the chief minister has a genuine problem in communicating with the people of his state.

Orisa is not one of Patnaik's strengths. When he is pushed to speak it, he reads from a Roman script and that too in an embarrassing anglicised accent. According to bureaucrats, he switches on when speaking in English and switches off when someone uses Oriya. The joke doing the rounds among Congressmen from Orissa is that if only the tribals of Kashipur could have made their representation in pucca Queen's English, they might have had a patient hearing from their chief minister.

But even such barbs only go so far with the chief minister. Naveen Patnaik rolls on—Kashipur or no Kashipur.

Pritya Sahgal

August 9 in the presence of doctors. The other two died within two days with no medical help.

On August 8, Alme and her family had boiled *mudra* (millets) and mango kernel to prepare a gruel. Next day at 6 am, Alme and Payala felt giddy and went to the Tikri dispensary. The doctor, on his arrival in the evening, referred them to the district hospital at Raigada. By then Sado, Payala and Sulme had also started vomiting. Sulme was taken to Samant Kona village by her parents and the rest were taken to Raigada. But it was too late.

The government machinery, which till then was an epitome of lethargy, swung into action. Sethi tried to punch holes in a news report that none of the families where deaths took place on August 8 had rice to eat. He called the report "highly mischievous". The district collector maintained that three days before his death Sado Majhi had purchased 32 kg of rice and that the people of Bilamal village had "adequate foodgrain". He attributed the deaths to eating of poisonous mushrooms.

VILLAGERS of Bilamal contradict Sethi's claim. They say Sado couldn't have picked up 32 kg of rice because rice is sold only to the cardholders. Sado's *pan* status had been terminated two years ago when the government surveyors saw some cement placed in front of his shanty. There were no entries in his card after 1998. The most recent entry: 16 kg "free rice" provided after the deaths.

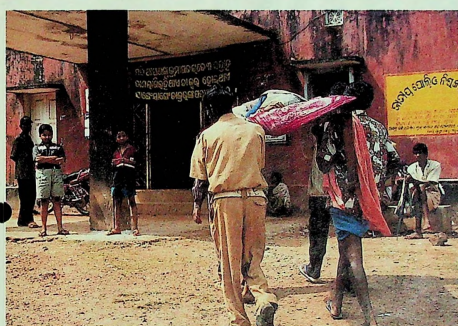
The villagers also counter the government's claim that eating mango kernel is part of their food habit. Says Sora Beni of Jhuda-asal, a village of Tikri village: "We use rice and we won't eat *taku*, *paik* (mango kernel gruel)." On days when we have work we get Rs 25 but we hardly get seven days of work in a month. As things stand, we are even running out of mango kernel."

A railway project was the main source of employment for them



from 1980 to 1990. Despite that, starvation deaths had taken place, prompting then prime minister Rajiv Gandhi to announce the Rs 60-crore Orissa Tribal Development Project (OTDP).

A decade after the 'completion' of the project there are no visible signs of progress. But it has helped the administration find an explanation on why it has reduced the number of *pan* cardholders. Says Sethi: "Between 1992 and 1997, 14,000 extra families were added to the new *pan* list in the district. But only Kashipur block contributed 9,000 families to the list. There is a clamour for *pan* cards in Kashipur where it should have been less because of the Rs 60-crore project." What he implies is that the fruits of the project have reached the



From left: Singari with daughter-in-law Majhi (left) lost four members of her family; the Kashipur block health centre

poorest of the tribals and they have moved above the poverty line.

Probably, Panasgunda's Vishwanath Majhi (25) is the most striking example of how the Orissa administration resorted to lies to hide their apathy. In July, seven tribals working on his fields died. They included his five-year-old son Sunduru, wife Harso and mother Wanoo. Even though Vishwanath is an ex-convict, the administration spread lies that he was a landlord and had employed 20 labourers to work on his fields. This to prove that a

landlord's family members' couldn't have died of hunger. However, the fact remains that he owns 1.3 acres of unproductive hilly tract where, according to tribal tradition, he had requested his relatives to help him out. By no definition can Vishwanath be categorised a landlord. Sethi, however, is insistent: "He may be poor but he was still an employer.... How can they die of starvation?"

Dr Parmar Sethi of the Kashipur government hospital seconds the collector's thesis. "A starvation death is when there is no food material found in the stomach. In this case it's their traditional habit of eating mango kernel.... It's edible, it's nutritious" he echoes the chief secretary's words who wants everyone to believe that rotten mango kernel is full of nutrients.

Even after 24 starvation deaths, Dr Sethi is cold enough to feel odd statistics to prove there were no starvation deaths: "Fourteen people have died of food poisoning, one haematuria, four or five of bacterial dysentery, four of hepatitis, four died of anaemia and 30 died to old age. But our target has not been fulfilled." The choice of words, though unfortunate, lends an ironic edge to the official line. In a house, 70 people have died but the annual target is 1,300 people."

The CM has surveyed the area; medics/payers have been sent and gone. The first round of the ritual seems to be over. But Raigada tribals still hope that they will get one kg of rice for one kg of mango kernel... promised by the government... The tribals are also waiting to be issued ration cards. The *pan* status holds out the promise of a compensation of 200 days of the week. □

Commitment, Leadership, Strategy and Action

February 8' 2003

Dear Friend,

This is to request you to submit nominations for the **Third Sarojini Naidu Prize for Best Reporting on Women in Panchayati Raj** in the print media. The prize awards three individuals for the best-published articles on this subject – one for articles in English, one for Hindi and the third for entries in any Other Indian language.

Each Prize will include a cash award of Rs. Two lakhs to enable the reporter to continue his or her work on the subject. The decision to award three such prizes every year reflects the need to recognize and promote effective press coverage of the processes unleashed by the 73rd Amendment to the Constitution. These processes hold the key to the expansion and strengthening of grassroots democracy, but have not received the media attention they deserve.

It is the function of mass media to break the mindset of cynicism that impedes women from playing a constructive role in overcoming challenges in the fields of health, education, nutrition, environment and other vital areas of human development. To encourage the press to play its crucial role in this historic process, The Hunger Project has constituted the *Sarojini Naidu Prize*.

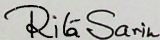
Entries for the *Sarojini Naidu Prize* should include a brief biodata of the writer and photocopies of published newspaper articles on any aspect of Women in Panchayati Raj. The articles should be submitted to the New Delhi office of the Hunger Project, B-3/18, Second Floor, Vasant Vihar, New Delhi 110057, Tel: 011- 26154181-84, fax: 011- 26154186, email: thp@vsnl.net or sumedha@thp.org no later than 15 July, 2003.

A jury of eminent Indian journalists and academics will evaluate the entries. The jury consists of Ajit Bhattacharjya (Director, Press Institute of India); Usha Rai (Development Journalist and Editor); N.S. Jagannathan (former editor-in-chief, The Indian Express); George Mathew (Director, Institute of Social Sciences); Syeda S. Hameed (former Member, National Commission for Women); and Kalpana Sharma (Deputy Editor, The Hindu, Mumbai).

The Second Sarojini Naidu Prize was awarded to two journalists on 2nd October 2002 in the category of Hindi and English. No award was given in the category of Other Indian languages. The Third Sarojini Naidu Prize will be awarded on October 2' 2003.

With best wishes to you and your colleagues.

Sincerely



Rita Sarin
Country Director
The Hunger Project - India

PRESS RELEASE

THE HUNGER PROJECT

Announces the Third Sarojini Naidu Prize for Best Reporting on Women in Panchayati Raj

The Hunger Project announces the Third Sarojini Naidu Prize for Best Reporting on Women in Panchayati Raj, in support and encouragement of the vital contribution that the media can make to India's future. Named in honour of a champion of women's causes, Sarojini Naidu, the Rs. 2-lakh prize each will be awarded to three journalists on 2nd October 2003.

The press plays a critical role in India. Throughout the twentieth century, India's media have participated in the Freedom Movement, generated response to famine and disaster, and strengthened Indian democracy. India's new constitutional commitment to women's leadership in Panchayati Raj is the next unfolding of human freedom and development in India.

Through accurate and increased coverage of the historic process of women's participation in Panchayati Raj—including their battles to achieve hard-won success—democracy can be a reality in India.

Given the critical role of the press in this historic process, The Hunger Project is committed to supporting the press to energetically and prominently report the breakthroughs and success stories of women's leadership in Panchayati Raj.

The Sarojini Naidu Prize annually honors three journalists for outstanding reporting on women in Panchayati Raj. The awards will be presented in three categories:

- Best English-language reporting
- Best Hindi-language reporting
- Best reporting in other Indian Languages

Each prize includes a Rs. 2 lakhs cash award to enable the reporter to continue his or her work on this issue.

The Second *Sarojini Naidu Prize* was given to two journalists on 2 October, 2002. The prizewinners were Ms. Mamta Jaitly (Vividha Women's Documentation and Resource Center, Jaipur, Rajasthan) for Hindi and Mr. Deepak Tiwari (The Week, Bhopal, Madhya Pradesh) for English. No prize was awarded for the category of Other Indian languages.



The prize is limited to reporting in the print media in the country. Only articles published in newspapers and magazines are eligible for the award. Copies of the articles may be sent directly to address given below. Entries must be submitted by 15th July 2003.

*Country Director
The Hunger Project
Second Floor
B-3/18, Vasant Vihar
New Delhi 110057*

For further information regarding The Hunger Project's work in India and the Sarojini Naidu Prize please write to us at the above address or email us at thp@vsnl.net or sumedha@thp.org

The Jury:

Chairperson: **Ajit Bhattacharjea**
Director, Press Institute of India

Members: **Syeda S. Hameed**
Former Member National Commission for Women

N. S Jagannathan
Former Editor-in-chief, Indian Express

Usha Rai
Development Journalist and Editor

Kalpana Sharma
Deputy Editor, The Hindu, Mumbai

George Mathew
Director, Institute of Social Sciences

Rita Sanik

ಸಮಗ್ರ ಪೌಷ್ಟಿಕ ಆಹಾರ ಯೋಜನೆ - ಕರ್ನಾಟಕ

ಉದ್ದೇಶ: ಸಮುದಾಯದ ಬಡವರ್ಗದ ಜನರಲ್ಲಿ ಪೌಷ್ಟಿಕಾಂಶದ ಮಟ್ಟವನ್ನು ವೃದ್ಧಿಸುವಲ್ಲಿ ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಪುರಕ ಯೋಜನೆಗಳಿಗೆ ಅಗತ್ಯ ಸಹಾಯ ಹಾಗೂ ಬಲವನ್ನು ನೀಡುವುದು.

ಗುರಿ: ಯೋಜನೆಯು ಈ ಕೆಳಗಿನ ಗುರಿಯನ್ನು ಹೊಂದಿದೆ.

★ ಪೌಷ್ಟಿಕಾಂಶಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ ಸಮುದಾಯದಲ್ಲಿ ಅರಿವನ್ನು ಮೂಡಿಸುವುದು. ಗುಣಗತ್ಯಕ ಪೌಷ್ಟಿಕಾಂಶದ ಬಗ್ಗೆ ಕಾರ್ಯ ನಿರ್ವಹಿಸಲು ಅಂಗನವಾಡಿ ಕೇಂದ್ರಗಳಿಗೆ ಹಾಗೂ ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳಿಗೆ ಸಹಾಯ ನೀಡುವುದು.

★ ಸಮುದಾಯದಲ್ಲಿ ಸ್ವಲ್ಪಳಿಯ ಹಾಗೂ ಕಡಿಮೆ ವೆಚ್ಚದ ಆಹಾರ ಸಾಮಗ್ರಿಗಳಿಂದ ಪೌಷ್ಟಿಕ ಆಹಾರವನ್ನು ತಯಾರಿಸಿ ಅವನ್ನು ಸೇವಿಸುವ ರೂಢಿಯನ್ನು ಬೆಳೆಸುವಂತೆ ಬಾಗ್ಯತೋಟವನ್ನು ಮೂಡಿಸುವುದು.

★ ಮಹಿಳೆಯರನ್ನು ಸ್ವಸಹಾಯ ಗುಂಪುಗಳ ಮುಖಾಂತರ ಸಂಸ್ಕರಿಸುವುದು. ಇದರಿಂದ ಯೋಜನೆಯ ಸಂಪೂರ್ಣ ಜವಾಬ್ದಾರಿಯನ್ನು ಮಹಿಳೆಯರೇ ವಹಿಸಿಕೊಳ್ಳುವುದು ಹಾಗೂ ಆರೋಗ್ಯ ಪೌಷ್ಟಿಕತೆ ಮತ್ತು ತಿರುಗಳ ಆರೈಕೆಯ ಬಗ್ಗೆ ಅವರಿಗಿರುವ ತಿಳುವಳಿಕೆಯನ್ನು ಉತ್ತಮಪಡಿಸುವುದು.

★ ಆಪೌಷ್ಟಿಕ ಮಕ್ಕಳ ಸುಧಾರಣೆಗಾಗಿ ಪೌಷ್ಟಿಕ ಪುನರ್ವಸತಿ ಕೇಂದ್ರಗಳನ್ನು ಸ್ಥಾಪಿಸುವುದು.

ಯೋಜನೆಯ ರೂಪುರೇಷೆಗಳು

ದಕ್ಷಿಣ ರಾಜ್ಯಗಳಲ್ಲಿನ ಮಕ್ಕಳ ಪೌಷ್ಟಿಕ ಮಟ್ಟವನ್ನು ಹೋಲಿಸಿ ನೋಡಿದಾಗ ಕರ್ನಾಟಕದ ಸ್ಥಿತಿಯು ಶೋಚನೀಯವಾಗಿದೆ. ಈ ಕಾರಣದಿಂದ ಕರ್ನಾಟಕ ಸರ್ಕಾರವು ಸಮಗ್ರ ಪೌಷ್ಟಿಕ ಆಹಾರ ಯೋಜನೆಯನ್ನು ಆಯ್ದು ನಾಲ್ಕು ಜಿಲ್ಲೆಗಳಲ್ಲಿ ಅನುಷ್ಠಾನಗೊಳಿಸಲು ಯೋಜಿಸಿದೆ.

ರಾಯಚೂರು, ಗುರುಗ, ತುಮಕೂರು ಮತ್ತು ಚಿಕ್ಕಮಗಳೂರು.

ಈ ಯೋಜನೆಯು ಮಕ್ಕಳಲ್ಲಿಯ ಪೌಷ್ಟಿಕತೆಯ ಸಮಷ್ಠಿಯನ್ನು ನಿವಾರಿಸಲು ಹಾಗೂ ಆಹಾರದಲ್ಲಿ ಪೌಷ್ಟಿಕಾಂಶಗಳನ್ನು ಹೆಚ್ಚಿಸಿ ಮಕ್ಕಳಲ್ಲಿಯ ರೋಗಗಳನ್ನು ತಡೆಗಟ್ಟುವುದು ಹಾಗೂ ಆಪೌಷ್ಟಿಕತೆಯಿಂದ ಉಂಟಾಗುವ ತಿರು ಮರಣವನ್ನು ತಡೆಗಟ್ಟುವ ಗುರಿಯನ್ನು ಹೊಂದಿದೆ. ಆದರಲ್ಲಿಯೂ ವಿಶೇಷವಾಗಿ ಈ ಯೋಜನೆಯಲ್ಲಿ ಎರಡು ಹರ್ಷವೋಚನ ಮಟ್ಟಗಳು.

ಆದರಲ್ಲಿಯೂ ವಿಶೇಷವಾಗಿ ಈ ಯೋಜನೆಯಲ್ಲಿ ಎರಡು ವರ್ಷದೊಳಗಿನ ಮಕ್ಕಳು, ಪ್ರಾಯವೂ ಮಕ್ಕಳು ಹಾಗೂ ಗರ್ಭಿಣಿ ಮತ್ತು ಬಾಣಂತಿಯರ ಆರೋಗ್ಯ ಹಾಗೂ ಪೌಷ್ಟಿಕತೆಯ ಬಗ್ಗೆ ಹೆಚ್ಚಿನ ಕಾಳಜಿಯನ್ನು ವಹಿಸಲಾಗುತ್ತದೆ.

ಯೋಜನೆಯ ಒಟ್ಟು ಅಂದಾಜು ವೆಚ್ಚ ರೂ. 565 ಕೋಟಿ ಇದ್ದು ಇದರ ಅವಧಿಯು ಐದು ವರ್ಷದ್ದಾಗಿರುತ್ತದೆ. ಯೋಜನೆಯು ಏಳು ಅಂಶಗಳನ್ನು ಒಳಗೊಂಡಿರುತ್ತದೆ.

1. ಮೂಹಿತಿ ಶಿಕ್ಷಣ ಹಾಗೂ ಸಂಹವನ
2. ಆಹಾರವನ್ನು ಪೌಷ್ಟಿಕ ಅಂಶಗಳೊಂದಿಗೆ ಅಭಿವೃದ್ಧಿ ಪಡಿಸುವುದು
3. ಮೂರು ವರ್ಷದೊಳಗಿನ ಮಕ್ಕಳಿಗೆ, ಪ್ರಾಯವೂ ಮಕ್ಕಳಿಗೆ, ಬಾಲಕಿಯರಿಗೆ ಹಾಗೂ ಗರ್ಭಿಣಿ ಮತ್ತು ಬಾಣಂತಿಯರಿಗೆ ಆಹಾರದಲ್ಲಿ ಕಬ್ಬಿಣಾಂಶವನ್ನು ಪೂರೈಸುವುದು.
4. 9 ತಿಂಗಳಿಂದ 6 ವರ್ಷದೊಳಗಿನ ಮಕ್ಕಳಿಗೆ ವೈಟಿಮಿನ್ ಎ ನೀಡುವುದು.
5. ಹೆಚ್ಚು ಪೌಷ್ಟಿಕಾಂಶಯುಕ್ತ ಹಣ್ಣು ಹಂಪಲ ಹಾಗೂ ಇತರ ತೋಟಗಾರಿಕಾ ಆಹಾರಗಳನ್ನು ನೀಡುವುದು.
6. ಆರೋಗ್ಯ ಸೇವೆಗಳನ್ನು ನೀಡುವುದು.
7. ಯೋಜನೆಯ ನಿರ್ವಹಣೆ
8. ಮೇಲ್ವಿಚಾರಣೆ ಹಾಗೂ ಪೌಲ್ಕಮಾಪನ.

ಯೋಜನೆಯ ಅನುಷ್ಠಾನ ವಿಧಾನ: ಯೋಜನೆಯ ಅನುಷ್ಠಾನ ವಿಧಾನವು ರಾಷ್ಟ್ರೀಯ ಪೌಷ್ಟಿಕ ಮಂಡಳಿಯು ನೀಡಿದ ಮಾರ್ಗದರ್ಶನದಂತೆ ಇರುತ್ತದೆ.

ಎ. ಸಮಾಜದ ಎಲ್ಲಾ ವರ್ಗದವರಿಗೆ ಆಪೌಷ್ಟಿಕತೆಯ ಬಗ್ಗೆ ಜಾಗೃತಿಯನ್ನು ಮೂಡಿಸಲು ಶಿಬಿರಗಳನ್ನು ಏರ್ಪಡಿಸುವುದು.

ಬಿ. ಎರಡು ವರ್ಷದೊಳಗಿನ ಮಕ್ಕಳ, ಪ್ರಾಯವೂ ಮಕ್ಕಳ, ಬಾಲಕಿಯರ ಅಪೌಷ್ಟಿಕತೆಯನ್ನು ತಡೆಗಟ್ಟಲು ಹಾಗೂ ಕಡಿಮೆ ತೂಕದ ಮಕ್ಕಳ ಜನನವನ್ನು ಕಡಿಮೆಗೊಳಿಸಲು ನೇರವಾದ ಕ್ರಮಗಳನ್ನು ಕೈಗೊಳ್ಳುವುದು.

ಸಿ. ಪೌಷ್ಟಿಕತೆಯ ಬಗ್ಗೆ ಮೇಲ್ವಿಚಾರಣೆ ಮಾಡಲು ಪೌಷ್ಟಿಕ ನೆಕಾಟಿಯ ವಿಧಾನವನ್ನು ಅಳವಡಿಸುವುದು.

ಸರ್ಕಾರದಿಂದ ಅನುಷ್ಠಾನಗೊಳ್ಳುತ್ತಿರುವ ಯೋಜನೆಗಳನ್ನು ಬಲಪಡಿಸಿ ಪೌಷ್ಟಿಕಾಂಶದ ಮಟ್ಟವನ್ನು ಸುಧಾರಿಸುವ ರೀತಿಯಲ್ಲಿ ಯೋಜನೆಯನ್ನು ರೂಪಿಸಲಾಗಿದೆ. ಸ್ಥಳೀಯ ಸ್ವಸಹಾಯ ಗುಂಪಿನ ಮಹಿಳೆಯರು ಪ್ರಮುಖ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತಾರೆ. ಸ್ವಸಹಾಯ ಗುಂಪಿನ ಮಹಿಳೆಯರಿಗೆ ಅವರ ತಿಳುವಳಿಕೆಯ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸಿ ಅವರಲ್ಲಿ ಶಕ್ತಿಯನ್ನು ತುಂಬಲು ತಾಂತ್ರಿಕ ಸಹಾಯವನ್ನು

ನೀಡಲಾಗುತ್ತದೆ. ಬಿ ಸಿ ಡಿ ಎಸ್ ಹಾಗೂ ಆರೋಗ್ಯ ಇಲಾಖೆಯ ಸಿಬ್ಬಂದಿಯವರ ಶಕ್ತಿಯನ್ನು ಬಲಪಡಿಸುವ ಗುರಿಯನ್ನು ಯೋಜನೆಯು ಹೊಂದಿದೆ.

ಯೋಜನೆಯು ಸ್ವಸಹಾಯ ಗುಂಪು, ಅಂಗನವಾಡಿ ಕಾರ್ಯಕರ್ತ, ಆರೋಗ್ಯ ಸಹಾಯಕಿ ಹಾಗೂ ಶಾಲಾ ಶಿಕ್ಷಕರನ್ನೊಳಗೊಂಡ ಗುಂಪನ್ನು ಬಲಪಡಿಸುವುದರೊಂದಿಗೆ ಅನುಷ್ಠಾನಗೊಳಿಸಲ್ಪಡುತ್ತದೆ. ಇವರಿಂದ ಎಲ್ಲ ವರ್ಗದ ಫಲಾನುಭವಿಗಳು ಪೌಷ್ಟಿಕತೆ, ಆರೋಗ್ಯ ರಕ್ಷಣೆ ಮುಂತಾದವುಗಳ ಬಗ್ಗೆ ಮಾರ್ಗದರ್ಶನ ಪಡೆಯಲು ಸಹಾಯವಾಗುತ್ತದೆ.

ಮಹಿಳಾ ಸ್ವಸಹಾಯ ಗುಂಪುಗಳು ಈ ಕೆಳಗೆ ಕಾಣಿಸಿದ ಘಟಕಗಳನ್ನು ಕೈಗೊಳ್ಳಲು ಸಹಾಯ ನೀಡಲಾಗುತ್ತದೆ.

ಎ. ಪೌಷ್ಟಿಕ ಆಹಾರ ತಯಾರಿಕಾ ಘಟಕವನ್ನು ಸ್ಥಾಪಿಸುವುದು.

ಬಿ. ಸಮುದಾಯದಲ್ಲಿ ಭೋಷಿತ ಕುಟುಂಬಗಳು ತರಕಾರಿ ಹಾಗೂ ಹಣ್ಣುಗಳನ್ನು ಬೆಳೆಸುವ ಬಗ್ಗೆ ಹಾಗೂ ಅವುಗಳನ್ನು ಸಂಸ್ಕರಣೆ ಮಾಡುವ ಬಗ್ಗೆ ತಿಳುವಳಿಕೆ ನೀಡುವುದು.

ಸಿ. ಪೌಷ್ಟಿಕ ಮತ್ತು ಆರೋಗ್ಯ ಶಿಕ್ಷಣ ನೀಡುವುದು.

ಪ್ರತಿಯೊಂದು ಸ್ವ ಸಹಾಯ ಗುಂಪುಗಳಿಗೆ ಪೌಷ್ಟಿಕಆಹಾರ ತಯಾರಿಕಾ ಘಟಕಗಳನ್ನು ಸ್ಥಾಪಿಸಲು ರೂ.15,000 ವರೆಗೆ ಲೀಜು ಧನವನ್ನು ನೀಡಲಾಗುವುದು. ಆಹಾರ ವೆಚ್ಚ ಘಟಕವು ತಯಾರಿಸಿದ ಆಹಾರವನ್ನು ಮಾರಿ ಬಂದ ಹಣದಿಂದ ಭರಿಸಬಹುದಾಗಿದೆ.

ನಿರೀಕ್ಷಿತ ಪರಿಣಾಮಗಳು: ಯೋಜನೆಯ ನಿರೀಕ್ಷಿತ ಪರಿಣಾಮಗಳು ಹಾಗೂ ಪ್ರಗತಿಯ ಮಾನದಂಡಗಳು ಈ ಕೆಳಗಿನಂತಿರುತ್ತವೆ.

<u>ನಿರೀಕ್ಷಿತ ಪರಿಣಾಮಗಳು</u>	<u>ಪರಿಣಾಮ ಮಾನದಂಡಗಳು</u>
30% ಕಡಿಮೆ ತೂಕದ ಜನನವನ್ನು ಕಡಿಮೆಗೊಳಿಸುವುದು.	ಕಡಿಮೆ ತೂಕದ ಜನನ ಪ್ರಮಾಣ
★ 0-3 ಮಕ್ಕಳ ಆಸ್ಪತ್ಯಕತೆಯನ್ನು 5 ವರ್ಷದೊಳಗಾಗಿ ಕಡಿಮೆ ಗೊಳಿಸುವುದು.	★ ಶಿಶು ಮರಣ ಪ್ರಮಾಣ ★ ಕಡಿಮೆ ತೂಕದ ಮಕ್ಕಳ % ★ ಮಕ್ಕಳ ಬೆಳವಣಿಗೆ ಕುಂಠಿತ % ★ ರಕ್ತ ಓಣನತೆಯ ಮಕ್ಕಳ % ★ ಇಳಿಗಣ್ಣು ಹೊರಿಸುವ ಗರ್ಭಿಣಿಯರ %

* ಕಬ್ಬಿಣಾಂಶಗಳ ಕೊರತೆಯಿಂದ ಬಳಲುವ
ಪ್ರಕರಣಗಳೇ

* 5 ವರ್ಷದೊಳಗಾಗಿ ಪ್ರತಿಶತ 50 ರಷ್ಟು
ರಕ್ತ ಹೀನತೆಯಿಂದ ಬಳಲುವವರ
ಸಂಖ್ಯೆಯನ್ನು ಕಡಿಮೆಗೊಳಿಸುವುದು.

* ರಕ್ತ ಹೀನತೆಯಿಂದ ಬಳಲುವ ಗರ್ಭಿಣಿ
ಹಾಗೂ ಬಾಣಂತಿಯರ %
* ರಕ್ತ ಹೀನತೆಯಿಂದ ಬಳಲುವ
ಸ್ತ್ರೀಯವುರಾರ್ಥ ಬಾಲಕಿಯರ %

What is Malnutrition?

Malnutrition is a condition caused due to lack of availability, intake and/ or utilization of certain essential nutrients in the right amount to the body.

Who is most affected?

There are certain periods in life e.g., **pregnancy, early childhood and adolescence** when growth takes place at faster rate, therefore nutritional demand during that period increases and needs special attention. If adequate nourishment is not provided during these stages of life it leads to malnutrition.

Malnutrition is transmitted across the generations. Malnourished women gives birth to a low Birth Weight Child (LBW), who if remains malnourished during childhood grows as a malnourished adolescent and malnourished adult. These women when pregnant deliver LBW babies. Early marriage and teenage pregnancies further make the situation worse.

What are the causes of malnutrition?

Lack of proper food intake and lack of proper utilization of food due to **disease** are the two immediate causes of malnutrition.

However, there are certain underlying causes of malnutrition also. These can be **inadequate mother and child care practices** e.g., care about food, health check ups and rest during pregnancy, lack of availability of exclusive mother's milk to the infants during first 6 months of life, delayed introduction (after 6 months) of semi-solid food to infants, lack of hygiene and sanitation etc.

Insufficient access to food and poor water, sanitation and health practices.

Other factors contributing to malnutrition are, illiteracy, poverty, lack of knowledge, gender discrimination and discriminatory attitudes and practices and to some extent pollution.

What are the Consequences of malnutrition?

Good nutrition is needed at all stages – infancy, childhood, adolescence and adulthood- specially for girls and women. If malnourished it may lead to:

Impaired physical growth

Impaired mental and intellectual development

Higher vulnerability to chronic infections and diseases

High risk of death.

What should be done?

Improvement in:

- ✓ Mother care and feeding practices specially during pregnancy and lactation.
- ✓ Infant and child care and feeding practices
- ✓ Hygiene and sanitary practices specially while cooking, serving and feeding
- ✓ Access to maternal and child health services, hygiene and sanitation facilities, iodized salt and clean drinking water
- ✓ Access to food

The purpose of INP, Karnataka is to improve nutritional status of people by reducing all forms of malnutrition.

For whom the project is?

Project will adopt the **life-cycle approach** for solving the problem of malnutrition. It will aim at young children, adolescent girls, pregnant and lactating women.

What will be done?

Malnutrition is the result of many interrelated factors related to number of sectors. This project aims at solving malnutrition problem by bringing all the sectors together.

The main aim of this project is to empower women of the community so that they can look after the health of people in their community.

The main components of the project are:

1. Information, Education and Communication(IEC)

- (i) Provide support to women's Self Help Groups (SHGs)- These groups after getting trained will:
 - prepare nourishing food for young children, adolescent girls and pregnant and lactating women.
 - educate community about proper mother and child care.
 - educate community about growing fruits and vegetables preservation of fruits and vegetables in the peak season.
 - monitor the nutrition situation in the village and keep the records of progress of children's nutritional status.
- (ii) Nutrition and Health Education: People will be helped to change their practices that will help in preventing malnutrition. All possible opportunities will be used to convey the messages to people. These can be health melas, weekly markets, fixed health days, religious functions, literacy programmes, mahila mandal meetings etc.
All possible methods of communication, one to one and mass communication will be used. Face to face or one to one communication will be through SHGs, AWWs, ANMs, school teachers, rural development teachers, TBAs, NGOs or any other field workers.
Nutrition topics will also be included in school syllabus.

- (iii) Training: All the grass root level workers should have knowledge of good caring practices so that they can convey uniform and correct messages to community. These messages can be exclusive breastfeeding to children from birth to 6 months, timely introduction of semi-solid foods at 6 months of age, emphasis on good nutrition of adolescent girls and pregnant and nursing women etc. They should also know how to influence people for improving their practices. Therefore appropriate training will be provided to all field level workers and women of SHGs.
2. (i) Food fortification: It is a very good strategy to improve micronutrient malnutrition. Foods most commonly used by people can be fortified with minerals and vitamins to improve nutritional status of people. Local cereals e.g., ragi or jowar will be fortified with vitamins and minerals at the local chakkis where people take their cereals for grinding.
(ii) Fortified supplementary food prepared by women of SHGs will be distributed to 6m-6 years old children, adolescent girls and pregnant and lactating women. *It can be considered to recover a nominal cost of the food from the beneficiaries.*
3. (i) Supplements of Iron and Folic Acid (IFA) will be distributed to pre school children, adolescent girls and pregnant and lactating women to prevent anaemia and it's associated problems.
(ii) Vitamin A supplements will be distributed to children from 9m-5years old children.
4. Promotion of production and consumption of fruits and vegetables: women of SHGs and other field level workers will be trained to educate community on production, consumption and processing of fruits and vegetables which is the long term solution to the problem of micronutrient malnutrition.
5. Health and nutrition are strongly interlinked. Therefore, joint health and ICDS teams will be formed to deliver combined services to people. There will be:
-joint communication drives
-AWW as depot holder for IFA tablets, Vitamin A and ORS
-joint house hold visits for severely malnourished cases
-joint updating of records
-support of ANM in growth monitoring and promotion sessions
-joint meetings with MSS or SHGs
any other innovative activity can be identified at district level
6. Monitoring and Evaluation:
Base line survey
Mid term and end evaluation
Regular monitoring of the process and achievements
Community based monitoring (by women of SHGs) to provide timely information required for taking action at community as well as government level

Nutritional Status of Women and Children in Karnataka

The Important Indicators

	Karnataka	India
• IMR –	51.5	67.6
• CMR –	19.3	29.3
• % with BMI below 18.5 kg/m	38.8	35.8
• % of women with anemia	42.4	51.8
• % of women with severe anemia	2.3	1.9
• % of children ex. Breastfed in 0-3 m	66.5	55.2
• % of children got semi-solids at 6-9 months	38.4	33.5
• % of under weight children	43.9	47.0
• % of children stunted	36.6	45.5
• % of wasted children	20.0	15.5
• % of children with anemia	70.6	74.3
• % of families eating iodized salt	12.9	16.8

Underlying factors of malnutrition

• Age of women at marriage(median age)	14.7	
• Median age first pregnancy	16.0	
• Percent of institutional deliveries	52.9	
• Percent of deliveries attended by health prof	61.9	
• Percent of children recd all vaccination	60.0	42.0
• Food consumption by women		
• Female literacy	55%	58.2
• Women's autonomy		
Not involved in decision making	8.1%	9.4%
Decision making in what to cook	88.4%	85.1%
About their health care	49.3	51.6

WHAT THE CONCERNED SECTORS COULD DO

Agriculture :

- To promote production of coarse grains, pulses, fruits and vegetables, milk, nuts and oil seeds.
- To promote horticulture at the community and household levels.

Food and Public Distribution :

- To ensure food and nutrition security at the household level.

Education :

- To include nutrition in all formal and non-formal curricula.

Health :

- To give due emphasis to nutrition at every level - medical education, training, primary health care and disease surveillance.

Rural Development and Urban Development :

- To ensure universal access to safe drinking water and sanitation

Information and Broadcasting :

- To help create a climate of nutritional awareness in the country.

Women and Child Development :

- To focus on eradication of malnutrition through various women and child development programme.

ಗರ್ಭಧಾರಣೆ ಕುರಿತಾದ
ಪ್ರಾಮುಖ್ಯ ಸಂದೇಶಗಳು

- 1 18 ವರ್ಷಕ್ಕಿಂತ ಮುನ್ನ ಹಾಗೂ 35 ವರ್ಷಪ್ರಾಯದ ನಂತರ ಗರ್ಭಿಣಿಯಾಗುವುದು ತಾಯಿ ಹಾಗೂ ಮಗು ಇಬ್ಬರ ಆರೋಗ್ಯಕ್ಕೂ ಹಾನಿಕರ.
- 2 ಎರಡು ಮಕ್ಕಳ ಜನನದ ನಡುವಣ ಅಂತರ ಎರಡು ವರ್ಷಕ್ಕಿಂತಲೂ ಕಡಿಮೆ ಇದ್ದರೆ, ಮಕ್ಕಳು ಸಾಯುವ ಸಾಧ್ಯತೆ ಶೇಕಡಾ 50ರಷ್ಟು ಅಧಿಕವಿರುತ್ತದೆ.
- 3 ಮೂರಕ್ಕಿಂತ ಹೆಚ್ಚು ಮಕ್ಕಳನ್ನು ಹೊಂದುವುದರಿಂದ ಗರ್ಭ ಮತ್ತು ಹೆರಿಗೆಯ ಸಂದರ್ಭದ ಆರೋಗ್ಯ ಸ್ಥಿತಿ ಹದಗೆಡುವ ಸಾಧ್ಯತೆ ಹೆಚ್ಚು. ನಾಲ್ಕನೆಯ ಬಾರಿ ಗರ್ಭತಳೆದ ನಂತರ ಇದು ಅತ್ಯಧಿಕ.

- 4 ಕುಟುಂಬ ಯೋಜನೆ, ದಂಪತಿಗಳಿಗೆ ಯಾವಾಗ ಮಗು ಬೇಕು, ಎಷ್ಟು ಮಕ್ಕಳು ಬೇಕು, ಅವರ ವಯಸ್ಸಿನ ನಡವಿಸಿ ಅಂತರವೆಷ್ಟಿರಬೇಕು ಹಾಗೂ ಗರ್ಭಧರಿಸುವುದನ್ನು ಯಾವಾಗ ನಿಲ್ಲಿಸಬೇಕು ಎಂಬುದನ್ನು ನಿರ್ಧರಿಸಲು ಅವಕಾಶ ನೀಡುತ್ತದೆ. ಎರಡು ಮಕ್ಕಳಿರುವ ಕುಟುಂಬ ಮಕ್ಕಳ ಆವಶ್ಯಕತೆಗಳನ್ನು ಪೂರೈಸಲು ಸಮರ್ಥವಾಗಿರುತ್ತದೆ.

ಗರ್ಭಧಾರಣೆ ಕುರಿತಾದ

ಪೂರಕ ಮಾಹಿತಿಗಳು

1
18 ವರ್ಷಕ್ಕಿಂತ ಮುನ್ನ ಹಾಗೂ 35 ವರ್ಷ ಪ್ರಾಯದ ನಂತರ ಗರ್ಭಿಣಿಯಾಗುವುದು ತಾಯಿ ಹಾಗೂ ಮಗು ಇಬ್ಬರ ಆರೋಗ್ಯಕ್ಕೂ ಹಾನಿಕಾರಕ.
ಭಾರತೀಯ ಅಕೆಅಂಡ

- ಭಾರತದಲ್ಲಿ ಪ್ರತಿ ವರ್ಷ 125,000 ಮಹಿಳೆಯರು ಗರ್ಭಕ್ಕೆ ಹಾಗೂ ಹರಿಗೆ ಸಂಬಂಧಿಸಿದ ಸಮಸ್ಯೆಗಳಿಂದಾಗಿ ಸಾಯುತ್ತಾರೆ. ಇದರಿಂದಾಗಿ ಸುಮಾರು 250,00 ಮಕ್ಕಳು ಅಸಾಹಜರಾಗುತ್ತಾರೆ. ಗರ್ಭಧಾರಣೆಯನ್ನು ಯೋಜಿಸುವುದರ ಪ್ರಾಮುಖ್ಯತೆಯ ಕುರಿತು ಸಮಗ್ರವಾದ ಜ್ಞಾನವನ್ನು ಉಪಯೋಗಿಸಿ, ಇಂಥ ಸಾಧ್ಯ ಗಳಲ್ಲಿ ಹೆಚ್ಚಿನವು ಗಳನ್ನು ಸಾಧ್ಯ ತರಬೇತಿಯು ಮಾಡುವುದು.

- ಆರೋಗ್ಯವನ್ನು ಗಮನದಲ್ಲಿರಿಸಿಕೊಂಡು 18 ವರ್ಷಕ್ಕಿಂತ ಕಡಿಮೆ ಹುಡುಗಿಯರು ಗರ್ಭಿಣಿಯಾಗಬಾರದು. ಒಂದು ಹುಡುಗಿಯು ಶರೀರವು 18 ವರ್ಷ ವಯಸ್ಸನ್ನು ಮೊದಲದ ಗರ್ಭಧರಿಸಲು ಕಾರಿಂಕವಾಗಿ ಅವಕಾಶವಿರುವುದಿಲ್ಲ. ಹರಿಗೆಯು ವರ್ಷ ವಯಸ್ಸಿಗಿಂತ ಮೊದಲೇ ಮಹಿಳೆಯೊಬ್ಬಳು ಮಗುವನ್ನು ಹೆತ್ತರೆ, ಮಗು ಸಮಯಕ್ಕಿಂತ ಮೊದಲೇ ಜನಿಸುತ್ತದೆ ಅಥವಾ ಜನಿಸಿದಾಗ ಅತಿ ಕಡಿಮೆ ತೂಕವನ್ನು ಮೊದಲಿರುತ್ತದೆ. ಇಂಥಾ ಮಕ್ಕಳು ಮೊದಲ ವರ್ಷದಲ್ಲಿ ಸಾಯುವ ಸಾಧ್ಯತೆ ಅಧಿಕ. ಎಲ್ಲಾ ಹುಡುಗಿಯರಿಗೂ, ಮಹಿಳೆಯರಿಗೂ ಬೇಕಾದಷ್ಟು ಸಮಯ ನೀಡಿ, ಅವರೇ ತಾಯಿ ಆಗಲು ಬಿಡಬೇಕು. ಬಹಳ ಸಣ್ಣ ಪ್ರಾಯದಲ್ಲಿ ಹುಡುಗಿಯರು ಬೆರಿಗಿನ ಮದುವೆಯಾಗುವ ಸಮ್ಯ ಸಮಾಜದಲ್ಲಿ ದಂಪತಿಗಳು ಕಾಲುಬು ಯೋಜನೆಯನ್ನು ಬಳಸಿ ಮೊದಲ ಹರಿಗೆ ಬೆರಿಗಿನ ಅನಂತರ ಅಂದರೆ ಹುಡುಗಿನ 18 ವರ್ಷ ಆಗುವವರೆಗೆ ತರಬೇತಿಯು. ಕೆಲಸಗಳ ಸ್ಥಾನೀಯರ ವಯಸ್ಸು 18 ವರ್ಷವಂತೂ ಆಗಲೇಬೇಕು.

- 35 ವರ್ಷ ವಯಸ್ಸಿನ ನಂತರ, ಗರ್ಭಧರಿಸುವ ಮತ್ತು ಹರಿಗೆಯ ಸಂದರ್ಭದಲ್ಲಿ ಆರೋಗ್ಯಕ್ಕೆ ಅಪಾಯ ಬರುವ ಸಾಧ್ಯತೆ ಅಧಿಕ. ಮಹಿಳೆಗೆ 35 ವರ್ಷಕ್ಕಿಂತ ಅಧಿಕ ವಯಸ್ಸಾಗಿದ್ದರೆ, ಹಾಗೂ ಆ ಮೊದಲ ಮೂರು ಅಥವಾ ಅಧಿಕ ಬಾರಿ ಗರ್ಭವತಿ ಆಗಿದ್ದರೆ, ಇನ್ನೊಂದು ಬಾರಿ ಗರ್ಭವತಿ ಆಗುವುದರಿಂದ ಅವಳ ಆರೋಗ್ಯಕ್ಕೆ ಹಾಗೂ ಮುಟ್ಟಿರುವ ತಿರುಗಿಗೂ ತೀವ್ರವಾದ ಅಪಾಯವಿದೆ. 4 ನೆಯ ಬಾರಿ ಗರ್ಭಧಾರಣೆಯ ನಂತರ ಈ ಅಪಾಯ ಅತ್ಯಧಿಕ.

2
ಎರಡು ಮಕ್ಕಳ ಜನನದ ನಡುವಣ ಅಂತರ 2 ವರ್ಷಕ್ಕಿಂತಲೂ ಕಡಿಮೆ ಇದ್ದರೆ, ಚಿಕ್ಕ ಮಕ್ಕಳು ಸಾಯುವ ಸಾಧ್ಯತೆ ಕಡಿಮೆ 50 ರಷ್ಟು ಅಧಿಕ.

- ತಾಯಿಯಿಂದ ಮತ್ತು ವಿವಿಧ ಆರೋಗ್ಯಕ್ಕಾಗಿ, ತಮ್ಮ ಚಿಕ್ಕ ಮಗುವಿಗೆ ಕನಿಷ್ಠ 2 ವರ್ಷವಾದ ನಂತರವೇ ತಂದೆತಾಯಿಯಿಂದ ಇನ್ನೊಂದು ಮಗುವನ್ನು ಹರಿಯುವ ಕುರಿತು ನಿರ್ಧರಿಸಬೇಕು.
- ಜನನ ಸಮಯದ ನಡುವಣ ಅಂತರ ಬಹಳ ಕಡಿಮೆಯಾಗುವುದು. ಅಂತಹ ಮಕ್ಕಳು

ಮಾನಸಿಕವಾಗಿ ಮತ್ತು ಕಾರಿಂಕವಾಗಿ ಎರಡುವರ್ಷಕ್ಕಿಂತ ಅಧಿಕ ಅಂತರವಿದ್ದ ಮಕ್ಕಳನ್ನು ಅಭಿವೃದ್ಧಿ ಹೊಂದಿರುವುದಿಲ್ಲ.

- ಎರಡು ವರ್ಷಕ್ಕಿಂತ ಕಡಿಮೆ ವಯಸ್ಸಿನ ಮಗುವಿನ ಆರೋಗ್ಯ ಮತ್ತು ಬೆಳವಣಿಗೆಗೆ ತೊಂದರೆ ಉಂಟುಮಾಡುವ ಅತ್ಯಂತ ದೂಡ್ಡ ಅಂತರ ಎಂದರೆ, ಇನ್ನೊಂದು ಮಗುವಿನ ಜನನ. ದೂಡ್ಡ ಮಗುವಿಗೆ ಮೊಲೆಹಾಲು ಕೊಡುವುದನ್ನು ತಾಯಿ ಒಮ್ಮೇಲೆ ನಿಲ್ಲಿಸಬೇಕಾಗುತ್ತದೆ. ಆ ಮಗುವನ್ನು ನೋಡಿಕೊಳ್ಳುವುದರಲ್ಲಿ, ಉಣಿಸುವುದರಲ್ಲಿ, ತಾಯಿಯಿಂದ ಬಳಸುವ ಸಮಯ ಇರುವುದಿಲ್ಲ, ದೂಡ್ಡ ಮಗುವಿನ ಹೇಗೆ ಗಮನ ಕೊಡಲಾಗುವುದಿಲ್ಲ. ವಿಶೇಷವಾಗಿ, ದೂಡ್ಡ ಮಗು ಅಸಾರೋಗ್ಯ ಹೊಂದಿದಾಗ ಇದು ಬಹಳ ಸಮ್ಯ ಆಗುತ್ತದೆ. ಇದರ ಪರಿಣಾಮವಾಗಿ ದೂಡ್ಡ ಮಗು ಸರಿಯಾಗಿ ಬೆಳೆದು ಅಭಿವೃದ್ಧಿ ಹೊಂದುವುದಿಲ್ಲ.

- ಗರ್ಭಧರಿಸುವುದರಿಂದ ಹಾಗೂ ಹರಿಗೆಯಿಂದಾಗಿ ಶರೀರದ ಮೇಲಾದ ಪರಿಣಾಮವಿಲ್ಲದ ಸಂಪೂರ್ಣವಾಗಿ ಸಾಮಾನ್ಯ ಸ್ಥಿತಿಗೆ ಬರಲು ಕನಿಷ್ಠ ಎರಡು ವರ್ಷಗಳಾದರೂ ಬೇಕು. ಅದರಿಂದ ಒಂದು ಹರಿಗೆಯಿಂದ ಇನ್ನೊಂದು ಹರಿಗೆಯ ಮಧ್ಯೆ ಸಮಯ ಕಡಿಮೆ ಇದ್ದರೆ, ತಾಯಿಯು ಆರೋಗ್ಯಕ್ಕೆ ಹೆಚ್ಚಿನ ಅಪಾಯವಿದೆ. ತಾಯಿ ತೃಣ ಗರ್ಭವತಿ ಆಗುವ ಮುನ್ನ, ಅವಳ ದೈಹಿಕ ಶಕ್ತಿ ಮತ್ತು ಸಾಮರ್ಥ್ಯ ಸಾಮಾನ್ಯ ಸ್ಥಿತಿಗೆ ಮರಳಿ ಬರುವಂತಾಗಲು ಸಮಯ ಹಿಡಿಯುತ್ತದೆ.

- ಒಂದು ಬಾರಿ ಹರಿಗೆಯಾಗಿ, ಸಂಪೂರ್ಣವಾಗಿ ಸಾಮಾನ್ಯ ಸ್ಥಿತಿಗೆ ಬರುವುದಕ್ಕೆ ಮೊದಲೇ ಆ ಮಹಿಳೆ ತೃಣ ಗರ್ಭವತಿ ಆದರೆ, ಅವಳ ತಿರು ಸಮಯಕ್ಕಿಂತ ಮೊದಲೇ ಜನಿಸುವ ಸಾಧ್ಯತೆ ಇದೆ. ಆ ತಿರುಜಿನ ತೂಕ ಬಹಳ ಕಡಿಮೆ ಇರುವುದು. ಕಡಿಮೆ ತೂಕವಿರುವ ಮಕ್ಕಳು ಕಾರಿಂಕ ಬಳವಣಿಗೆ ನಿರಾಸವಾಗುತ್ತದೆ, ಅಸಾರೋಗ್ಯ ಹೊಂದುವ ಸಾಧ್ಯತೆಯಿದೆ ಅಧಿಕ. ಪ್ರಾಣಭಕ್ತ, ಸಾಮಾನ್ಯ ತೂಕವಿರುವ ತಿರುಗಿನಿಂತ ಕಡಿಮೆ ತೂಕವಿರುವ ತಿರುಗು. ಮೊದಲ ವರ್ಷದಲ್ಲಿ ಸಾಯುವ ಸಾಧ್ಯತೆ ನಾಲ್ಕು ಪಟ್ಟು ಅಧಿಕ.

3
ಮೂಲಕ್ಕಿಂತ ಹೆಚ್ಚು ಮಕ್ಕಳನ್ನು ಮೊದಲದ್ದರಿಂದ ಗರ್ಭ ಮತ್ತು ಹರಿಗೆಯ ಸಂದರ್ಭದ ಆರೋಗ್ಯಕ್ಕೆ ಹರಿಗೆಯವ ಸಾಧ್ಯತೆ ಹೆಚ್ಚು. ನಾಲ್ಕನೆಯ ಬಾರಿ ಗರ್ಭತಳಿದ ನಂತರ ಇದು ಅತ್ಯಧಿಕ.

- ಮಹಿಳೆಯೊಬ್ಬಳಿಗೆ 3 ಮಕ್ಕಳು ಮುಟ್ಟಿದ ನಂತರ, ಅತಿ ಹೆಚ್ಚು ಗರ್ಭವತಿ ಆದರೆ ತಾಯಿ ಮತ್ತು ಮಗು ಇಬ್ಬರ ಆರೋಗ್ಯ ಹಾಗೂ ಪ್ರಾಣಕ್ಕೆ ಅಪಾಯ ಹೆಚ್ಚು. ವಿಶೇಷವಾಗಿ ಹಿಂದಿನ ಹರಿಗೆಗಳ ನಡುವಣ ಅಂತರ ಎರಡು ವರ್ಷಕ್ಕಿಂತ ಅಧಿಕವಾಗಿರದಿದ್ದರೆ, ಈ ಅಪಾಯ ಬಹಳ ಅಧಿಕ. ಹರಿಗೆ ಹರಿಗೆ ಗರ್ಭತಳಿಯುವುದರಿಂದ, ಹರಿಗೆಯಿಂದ, ಎರಡುಬಾರು ಉಣಿಸುವುದರಿಂದ, ಚಿಕ್ಕ ಮಕ್ಕಳನ್ನು ನೋಡಿಕೊಳ್ಳಬೇಕಾಗುವುದರಿಂದ, ಮಹಿಳೆಯು ಶರೀರದಲ್ಲಿ ನಿಕ್ಷೇಪತೆ ಉಂಟಾಗುತ್ತದೆ. ಹೆಚ್ಚು ಹೆಚ್ಚು ಗರ್ಭ ತಳಿಯುವುದರಿಂದ ಅವಳ ಆರೋಗ್ಯ ಹದಗೆಡುತ್ತದೆ.

- ಮೂರುಬಾರಿ ಗರ್ಭ ತಳಿದ ನಂತರ ಅನಿರೀಯಾ (ತೆಲಿಂಟ್ರಿ), ಹ್ಯಾ ಮೊಣಕೆ (ರಕ್ತದ ಕೊರತೆ) ನಂತರ ಗಂಭೀರ ಸಮಸ್ಯೆಗಳು ತಲೆದೋರುವ ಅಪಾಯ ಇರುತ್ತದೆ. ನಾಲ್ಕು ಬಾರಿ ಗರ್ಭತಳಿದ ನಂತರ ಗರ್ಭತಳಿದರೆ ಅಥವಾ 35 ವರ್ಷ ವಯಸ್ಸಾದ ಮೇಲೆ ಗರ್ಭ ತಳಿದರೆ ಅಂಗುಶಿಲ ತಿರುಗಿನಿಗೆ ಜನ್ಮ ನೀಡುವುದು. ಅಥವಾ ಕಡಿಮೆ ತೂಕದ ತಿರುಗಿನನ್ನು ಹರಿದು ಸಾಧ್ಯತೆ ಇದೆ.

ಸುರಕ್ಷಿತ ಮಾತೃತ್ವ
ಪ್ರಾಮುಖ್ಯ ಸಂದೇಶಗಳು

- 1 ಗರ್ಭವತಿ ಆಗಿರುವ ಸಮಯದಲ್ಲಿ ಸಮೀಪದ ಆರೋಗ್ಯ ಕಾರ್ಯಕರ್ತರ ಬಳಿ ನಿಯಮಿತವಾಗಿ ಆರೋಗ್ಯ ತಪಾಸಣೆ ನಡೆಸುವುದರಿಂದ ಹೆರಿಗೆ ಸಮಯದ ಅಪಾಯಗಳನ್ನು ಬಹಳವಾಗಿ ಕಡಿಮೆಗೊಳಿಸಬಹುದು.
- 2 ಹೆರಿಗೆಯಲ್ಲಿ ತರಬೇತಿ ಪಡೆದ ವ್ಯಕ್ತಿಗಳೇ ಪ್ರತಿ ಹೆರಿಗೆ ಸಮಯದಲ್ಲಿ ಸಹಕರಿಸಬೇಕು.
- 3 ಗರ್ಭವತಿ ಆಗಿರುವಾಗ ಮತ್ತು ಹೆರಿಗೆ ಸಮಯದ ಅಪಾಯಗಳನ್ನು ಕಡಿಮೆ ಮಾಡಲು, ಎಲ್ಲಾ ಕುಟುಂಬಗಳೂ ಮುನ್ನೆಚ್ಚರಿಕೆಯ ಕ್ರಮಗಳ ಬಗ್ಗೆ ತಿಳಿದಿರಬೇಕು.
- 4 ಮದಿಕೆಯರು ಗರ್ಭವತಿಯರಾಗಿದ್ದಾಗ ಅವರಿಗೆ ಅಧಿಕ ಆಹಾರದ ಅವಶ್ಯಕತೆ ಇದೆ. ಎಲ್ಲಾ ಗರ್ಭವತಿಯರಿಗೂ ಹೆಚ್ಚು ವಿಶ್ರಾಂತಿಯ ಅಗತ್ಯವಿದೆ.
- 5 ಗರ್ಭತಳಿಯುವ ಮಧ್ಯೆ ಕನಿಷ್ಠ ಎರಡು ವರ್ಷಗಳ ಅಂತರ, ಇದುವುದರಿಂದ, 18 ವರ್ಷಗಳಿಗಿಂತ ಕಡಿಮೆ ಹಾಗೂ 35 ವರ್ಷ ವಯಸ್ಸಿಗಿಂತ ಅಧಿಕ ವಯಸ್ಸಿನಲ್ಲಿ ಗರ್ಭಧರಿಸದೇ ಇರುವುದರಿಂದ, ಗರ್ಭಧಾರಣೆಯ ಸಮಯದಲ್ಲಿನ ತೊಂದರೆಗಳು ಬಹಳಷ್ಟು ಕಡಿಮೆ ಆಗುತ್ತವೆ.
- 6 ಆರೋಗ್ಯವಂತರಾಗಿರುವ ಹಾಗೂ ತಮ್ಮ ಬಾಲ್ಯದಲ್ಲಿ ಮತ್ತು ಹದಿಹರೆಯದಲ್ಲಿ ಚೆನ್ನಾಗಿ ಆಹಾರ ಸೇವಿಸಿದ ಹುಡುಗಿಯರಿಗೆ ಗರ್ಭ ತಳೆದ ಸಮಯದಲ್ಲಿ ಹಾಗೂ ಹೆರಿಗೆ ಸಮಯದಲ್ಲಿನ ಸಮಸ್ಯೆಗಳು ಕಡಿಮೆಯಿರುತ್ತವೆ.

ನೈರ್ಮಲ್ಯ

ಕುರಿತು ತಿಳಿದುಕೊಳ್ಳಲು ಪ್ರತಿಯೊಂದು ಕುಟುಂಬ ಹಾಗೂ ಸಮುದಾಯಕ್ಕೆ ಹಕ್ಕಿರುವ ವಿಷಯಗಳು.

ನಿವೇದಕರಿಗೆ ಸೂಚನೆ

ಹೆಚ್ಚಿನ ರೋಗಾಣುಗಳು ನೀರು ಮತ್ತು ಆಹಾರದಿಂದ ಬಾಯಿಯ ಮೂಲಕ ಮಕ್ಕಳ ಶರೀರ ಸೇರಿ, ರೋಗ ಮತ್ತು ಸಾವುಗಳಾಗುವ ಕಾರಣ ಅರ್ಧಕ್ಕಿಂತ ಹೆಚ್ಚು. ಈ ಅಧ್ಯಾಯದಲ್ಲಿ ನೀಡಿದ 6 ಪ್ರಮುಖ ಸಂದೇಶಗಳಿಂದ, ಕುಟುಂಬಗಳು ಹಾಗೂ ಸಮುದಾಯಗಳು ಈ ಜೀವಾಣುಗಳ ಹರಡುವಿಕೆಯನ್ನು ತಡೆಗಟ್ಟಿ, ರೋಗ ಮತ್ತು ಸಾವು ಸೋಪುಗಳನ್ನು ನಿಯಂತ್ರಿಸಬಹುದು.

ಈ ಸಂದೇಶಗಳು ಸಂಪೂರ್ಣ ಪರಿಣಾಮಕಾರಿಯಾಗಿರಬೇಕಾದರೆ, ಪ್ರತಿಯೊಬ್ಬನೂ ಇವುಗಳನ್ನು ಅನುಸರಿಸುವುದು ಬಹುಮುಖ್ಯ ಎಂಬುದನ್ನು ಸ್ಪಷ್ಟಪಡಿಸಬೇಕಾಗುತ್ತದೆ.

ಶೌಚಾಲಯಗಳಲ್ಲದೆ, ಶುದ್ಧವಾದ ಕುಡಿಯುವ ನೀರಿನ ವ್ಯವಸ್ಥೆ ಇಲ್ಲದೆ, ಸುರಕ್ಷಿತವಾಗಿ ಕೊಳಚೆಯನ್ನು ತೊಲಗಿಸುವ ವ್ಯವಸ್ಥೆ ಇಲ್ಲದೆ, ರೋಗಾಣುಗಳು ಹರಡುವುದನ್ನು ತಡೆಗಟ್ಟುವುದು, ಯಾರಿಗೇ ಆದರೂ ಬಹಳ ಕಷ್ಟದ ಕೆಲಸ. ಆದ್ದರಿಂದ, ಸರಕಾರ, ಸಾಮುದಾಯಿಕ ಬೆಂಬಲ ನೀಡುವುದು ಅತ್ಯಗತ್ಯ. ಕನಿಷ್ಠ ಪಕ್ಷ, ಶೌಚಾಲಯಗಳನ್ನು ನಿರ್ಮಿಸಲು, ಕುಡಿಯುವ ನೀರಿನ ಪೂರೈಕೆಯನ್ನು ಅಭಿವೃದ್ಧಿ ಪಡಿಸಲು, ಬೇಕಾದ ವಸ್ತುಗಳು ಮತ್ತು ತಾಂತ್ರಿಕ ಸಲಹೆಗಳನ್ನು ಒದಗಿಸಲೇ ಬೇಕು.

ಇಂತಹ ಸೇವೆಗಳನ್ನು ನೀಡುವಂತೆ ಒತ್ತಾಯಿಸಬೇಕಾದರೆ, ಅನಾರೋಗ್ಯ ಹೇಗೆ ಹರಡುತ್ತದೆ ಎಂಬುದನ್ನು ಜನರು ತಿಳಿದಿರುವುದು ಅಗತ್ಯವಾಗಿದೆ.

ಸೈಮಲ್ಯ
ಪ್ರಾಮುಖ್ಯ ಸಂದೇಶಗಳು

- 1 ಆಹಾರ ವಸ್ತುಗಳನ್ನು ಮುಟ್ಟುವ ಮೊದಲು ಮಲ ಅಥವಾ ಶೋಕು ಮುಟ್ಟಿದ ಕೈಗಳನ್ನು ನೀರಿನಿಂದ ತೊಳೆದರೆ ರೋಗಗಳನ್ನು ತಡೆಗಟ್ಟಬಹುದು.
- 2 ಶೌಚಾಲಯಗಳನ್ನು ಉಪಯೋಗಿಸುವುದರಿಂದ ಕಾಯಿಲೆಗಳನ್ನು ತಡೆಗಟ್ಟಬಹುದು.
- 3 ಶುದ್ಧವಾದ ಕುದಿಯುವ ನೀರನ್ನು ಬಳಸುವುದರಿಂದ ಕಾಯಿಲೆಗಳನ್ನು ತಡೆಗಟ್ಟಬಹುದು.
- 4 ಕುದಿಯುವ ನೀರು ಸುರಕ್ಷಿತ ಮೂಲದಿಂದ ಪೂರೈಕೆ ಆಗದಿದ್ದರೆ, ಅದನ್ನು ಕುದಿಸಿ ಬಳಸುವುದರಿಂದ ಕಾಯಿಲೆಗಳನ್ನು ತಡೆಗಟ್ಟಬಹುದು.

- 5 ಆಹಾರ ಪದಾರ್ಥಗಳನ್ನು ಸ್ವಚ್ಛವಾಗಿ ಇಡುವುದರಿಂದ ಕಾಯಿಲೆಗಳನ್ನು ತಡೆಗಟ್ಟಬಹುದು.
- 6 ಮನೆಗಳಲ್ಲಿ ಉಂಟಾಗುವ ತ್ಯಾಜ್ಯ ವಸ್ತುಗಳನ್ನು ಉರಿಸುವುದರಿಂದ ಅಥವಾ ಹೂಡುವುದರಿಂದ ಕಾಯಿಲೆಗಳನ್ನು ತಡೆಗಟ್ಟಬಹುದು.

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ನೀರು ಪದ್ರಪಾಗಿವರೂ ಸಹ, ಅದು ರೋಗಾಣಿಗಳಿಂದ ಮುಕ್ತವಾಗಿರಲಾರದು. ಅತ್ಯಂತ ಸುರಕ್ಷಿತ ಕುಡಿಯುವ ನೀರು, ಪೈಪ್‌ಗಳ, ಮೂಲಕ ಕೊಳವೆ ಬಾವಿ ಅಥವಾ ಅಳವಡಾದ ಪ್ಯಾಂಡ್‌ಪಂಪ್ ಮೂಲಕ ಸರಬರಾಜು ಆಗುತ್ತದೆ. ಇತರ ಮೂಲಗಳಿಂದ ಪಡೆದ ನೀರಿನಲ್ಲಿ ರೋಗಾಣಿಗಳಿರುವ ಸಾಧ್ಯತೆ ಅಧಿಕ.

ನೀರನ್ನು ಕುಡಿಸುವುದರಿಂದ ಅದರಲ್ಲಿರುವ ಜೀವಾಣುಗಳು ಸಾಂಯುಕ್ತವೆ. ಅದ್ದರಿಂದ, ಕೀಟಗಳು, ಹಳಿಗಳು, ಬಾವಿಗಳು, ಕೆರೆಗಳು, ತೋಟಗಳು ಅಥವಾ ಸಾರ್ವಜನಿಕ ಪಂಪ್‌ಗಳಿಂದ ಪಡೆದ ನೀರನ್ನು ಸುಮಾರು 5 ನಿಮಿಷಗಳ ಕಾಲಕುಡಿಸಿ, ತಣಿಸಿ, ಅಮೇಲೆ ಕುಡಿಯಲು ಬಳಸಿ. ವಿಹಂಗಳಿಗೆ ಮತ್ತು ಬೆಕ್ಕು ಮಕ್ಕಳಿಗೆ ಕೊಡುವ ನೀರನ್ನು ಕುಡಿಸಿ, ತಣಿಸುವುದು ಬಹಳ ಅಗತ್ಯ. ಯಾಕೆಂದರೆ, ಅವರ ಶರೀರದಲ್ಲಿರುವ, ರೋಗಾಣುಗಳನ್ನು ತಡೆಗಟ್ಟುವ ಶಕ್ತಿ, ವಯಸ್ಕರಿಗಿಂತ ಕಡಿಮೆ.

ನೀರನ್ನು ಕುಡಿಸುವುದು ಸಾಧ್ಯವಿಲ್ಲವಾದರೆ, ಕುಡಿಯುವ ನೀರನ್ನು ಒಂದು ಮುಟ್ಟುಳವಿರುವ ಪಾತ್ರೆಲೂ ಅಥವಾ ಗ್ಲಾಸ್‌ನಿಂದ ಬಳಸಿ, ಬಳಸುವ ಮುನ್ನ ಅದು ಎರಡು ದಿನಗಳ ಕಾಲ ಸೂರ್ಯನ ಬೆಳಕಿನಲ್ಲಿರಲಿ.

5

ಅಪಾರ ಪದಾರ್ಥಗಳನ್ನು ಸ್ವಚ್ಛವಾಗಿ ಇಡುವುದರಿಂದ ಕಾಯಿಲೆಗಳನ್ನು ತಡೆಗಟ್ಟಬಹುದು.

● ಅಪಾರದಲ್ಲಿರುವ ರೋಗಾಣುಗಳು, ಮಣ್ಣಿನ ಶರೀರ ಪ್ರದೇಶವಾದಿ ಕಾಯಿಲೆ ತರುತ್ತವೆ. ಅಪಾರವನ್ನು ಸುರಕ್ಷಿತವಾಗಿಡುವ ವಿಧಾನವೆಂದರೆ:

- ಅಪಾರ ಪದಾರ್ಥವನ್ನು ಸರಿಯಾಗಿ ಬಿಡಿಸುವುದು, ಅದರಲ್ಲೂ ವಿಶೇಷವಾಗಿ ಮಾಂಸ ಮತ್ತು ಮೊಟ್ಟೆಯನ್ನು ಸರಿಯಾಗಿ ಬಿಡಿಸಬೇಕು.
- ಬಿಡಿಸಿದ ನಂತರ ಹೆಚ್ಚು ಸಮಯದ ತನಕ ಇಟ್ಟಿರಬಾರದು. ಅಂದರೆ ಅದು ಪಾಳುಗೂಡ ಮುನ್ನವೇ ಸೇರಿಸುವುದು.

ಅಪಾರ ಪದಾರ್ಥವನ್ನು 5 ಗಂಟೆಗಳಿಗಿಂತ ಹೆಚ್ಚುಕಾಲ ಇಟ್ಟಿರುವುದಾದರೆ, ಸೇರಿಸುವುದಕ್ಕಿಂತ ಮೊದಲು ಅದನ್ನು ಬಿಸಿಮಾಡಬೇಕು.

○ ಮಳೆ ಮಾಂಸ, ವಿಶೇಷವಾಗಿ ಪೌಲ್ಟಿಯಲ್ಲಿ ರೋಗಾಣುಗಳು ಅಧಿಕವಾಗಿ ಇರುತ್ತವೆ. ಅದರಿಂದ ಇಷ್ಟು, ಬಿಡಿಸಿದ ಮಾಂಸದ ಜೊತೆ ಸಂಪರ್ಕವೊಂದರಬಾರದು. ಕಚ್ಚಾ ಮಾಂಸ ಸಿದ್ಧಪಡಿಸಿದ ನಂತರ ಪಾತ್ರೆಗಳು ಮತ್ತು ಅಪಾರ ಸಿದ್ಧಪಡಿಸುವ ಮೇಲ್ಮೈಯನ್ನು, ರುಚಿಸಿಬಿಡಿಸಬೇಕು.

ಅಪಾರ ಸಿದ್ಧ ಪಡಿಸುವ ಸ್ಥಳದ ಮೇಲ್ಮೈಯನ್ನು ರುಚಿಸಿಬಿಡಿಸಬೇಕು.

○ ಅಪಾರವನ್ನು ಕುಚಿಸಿಯಾಗಿ ಇಟ್ಟಿರಬೇಕು. ಅದ್ದುಗಳು ನೋಡು-ಸೊಳ್ಳಿಗಳು, ಇರಿಗಳು ಅಥವಾ ಇತರ ಪ್ರಾಣಿಗಳಿಂದ ದೂರ ಇರುವಂತೆ ಮುಟ್ಟುಳ ವಾಕಿ ಭದ್ರವಾಗಿ ಇಟ್ಟಿರಬೇಕು.

6

ಅರೋಗ್ಯವಂತರಾಗಿರುವ ಹಾಗೂ ತಮ್ಮ ಬಾಲ್ಯದಲ್ಲಿ ಮತ್ತು ಹದಿಪರೆಯದಲ್ಲಿ ಬೆಸ್ಪಾಗಿ ಅಪಾರ ಸೇವಿಸಿದ ಪುಡಿಯಿರಿಗೆ ಗರ್ಭ ತಳೆದ ಸಮಯದಲ್ಲಿ ಹಾಗೂ ಪಿರಿಗೆ ಸಮಯದಲ್ಲಿಯೆ ಸಮಸ್ಯೆಗಳು ಕಡಿಮೆಯಿರುತ್ತವೆ.

● ರೋಗಾಣುಗಳು ಸೋಣುಗಳ ಮೂಲಕವೂ ಹರಡುತ್ತವೆ. ಈ ರೋಗಾಣುಗಳು ತ್ಯಾಜ್ಯ ಅಪಾರ ಪದಾರ್ಥಗಳನ್ನು, ಕೊರೆಯಿಲ್ಲದ-ತರಕಾರಿಗಳು ಇದ್ದು ಗಳಲ್ಲಿ ಸಿರಿ ತಮ್ಮ ಸಂಸ್ಕೃತಿಯನ್ನು ವ್ಯಕ್ತಿಸುತ್ತವೆ. ಪ್ರತಿ ಕುಟುಂಬವೂ, ಊರಿನಿಂದ ಪದಾರ್ಥಗಳನ್ನು ಹೂಡುವುದು ಅಥವಾ ಉರಿಸುವುದು ಹೊಂದವನ್ನು ಹೊಂದಿರಬೇಕು.

ಮೊಲೆಹಾಲು

ಉಣಿಸುವುದು

ಕುರಿತು ತಿಳಿದುಕೊಳ್ಳಲು ಪ್ರತಿಯೊಂದು ಕುಟುಂಬ ಹಾಗೂ ಸಮುದಾಯಕ್ಕೆ ಹಕ್ಕಿರುವ ವಿಷಯಗಳು.

ನಿವೇದಕರಿಗೆ ಸೂಚನೆ

ಇತರ ಅಹಾರ ನೀಡಿದ ಮಕ್ಕಳಿಗೆ ಹೋಲಿಸಿದರೆ ಮೊಲೆಹಾಲು ಕುಡಿದ ಕಡಿಮೆ ರೋಗಕ್ಕೆ ಶುತ್ತಾಗುವುದು ದಾಗಲೀ ನ್ಯೂನ ಪ್ರೋಷಣೆಗೆ ಒಳಗಾಗುವುದು ದಾಗಲೀ ಬಹಳ ಕಡಿಮೆ. ಬಾಟಲ್‌ಫೀಡಿಂಗ್, ವಿಶೇಷವಾಗಿ ಬಡ ಕುಟುಂಬಗಳಲ್ಲಿ, ಹಿಲಿಯುಗಟ್ಟಲೆ ಮಕ್ಕಳ ಜೀವಕ್ಕೆ ಹಾಗೂ ಆರೋಗ್ಯಕ್ಕೆ ಅಪಾಯಕಾರಿಯಾಗಿದೆ.

ಈ ಅಧ್ಯಾಯದಲ್ಲಿ ನೀಡಲಾಗಿರುವ ಐದು ಮುಖ್ಯ ಸಂದೇಶಗಳು, ಅಂತಹ ಅಪಾಯವನ್ನು ಎದುರಿಸಲು ಸಹಾಯ ಮಾಡುವುದಲ್ಲದೆ, ಮಕ್ಕಳ ಆರೋಗ್ಯಕರ ಬೆಳವಣಿಗೆಗೆ ಸಹಾಯಕವಾಗಿದೆ.

ಹೆಚ್ಚಿನ ತಾಯಂದಿರು, ಮೊಲೆಹಾಲು ನೀಡುವ ಕುರಿತಾಗಿ ತಮ್ಮಲ್ಲೇ ವಿಶ್ವಾಸವನ್ನು ಹೊಂದಿರುವುದಿಲ್ಲ. ಅವರಿಗೆ ತಂದೆ, ಮಹಿಳಾ ಸಂಘಟನೆಗಳೆ, ಸಾರ್ವಜನಿಕ ಮಾಧ್ಯಮಗಳ, ಕಾರ್ಮಿಕ ಸಂಘಟನೆಗಳ ಹಾಗೂ ಮಾಲಿಕರ ಪ್ರೋತ್ಸಾಹ ಹಾಗೂ ಬೆಂಬಲದ ಅಗತ್ಯವಿದೆ.

ಮೊಲೆಹಾಲು ಉಣಿಸುವುದು
ಪ್ರಾಮುಖ್ಯ ಸಂದೇಶಗಳು

- 1 ಜೀವನದ ಮೊದಲ ಆರು ತಿಂಗಳಲ್ಲಿ ಮಗುವೊಂದು ಪಡೆಯುವುದಾದ ಅತಿ ಶ್ರೇಷ್ಠ ಆಹಾರವೆಂದರೆ ಮೊಲೆಹಾಲು ಮಾತ್ರ.
- 2 ಶಿಶು ಜನಿಸಿದ ಕ್ಷಣದಿಂದಲೇ ಮಗುವಿಗೆ ಮೊಲೆಹಾಲು ನೀಡಬೇಕು. ಪ್ರತಿಯೊಬ್ಬ ತಾಯಿಯೂ ಮಗುವಿಗೆ ಮೊಲೆಹಾಲು ನೀಡಲು ಸಮರ್ಥಳಾಗಿರುತ್ತಾಳೆ.
- 3 ಮಗುವಿಗೆ ಅಗತ್ಯವಿರುವಷ್ಟು ಮೊಲೆಹಾಲು ಉತ್ಪತ್ತಿಮಾಡಲು ಮಗು ಬಾಯೊಳಕ್ಕೆ ಎಳೆದುಕೊಂಡು ಹೀರುವುದು ಅಗತ್ಯವಾಗಿದೆ.

- 4 ಬಾಟಲ್‌ಫೀಡಿಂಗ್ ಗಂಭೀರ ರೋಗ ಹಾಗೂ ಸಾವಿಗೆ ಕಾರಣವಾಗಬಹುದು.
- 5 ಮಗುವಿಗೆ ಏರಡು ವರ್ಷ ವಯಸ್ಸಾಗುವ ತನಕ ಮೊಲೆಹಾಲು ಉಣಿಸಬೇಕು ಹಾಗೂ ಸಾಧ್ಯವಿದ್ದಲ್ಲಿ ಅಧಿಕ ಸಮಯದವರೆಗೆ ಮುಂದುವರಿಸಬಹುದು.

ಉದ್ದೇಶ ಮಾಡುವ ಸ್ಥಳಗಳಲ್ಲಿ ಮಗುವನ್ನು ನೋಡಿಕೊಳ್ಳುವ ವ್ಯವಸ್ಥೆ ಇರಬೇಕು. ಆದುದರಿಂದ ಮಾಲಿಕರು ಹಾಗೂ ಕಾರ್ಮಿಕ ಸಂಘಟನೆಗಳು ಎದೆಹಾಲು ನೀಡುವ ವಿಷಯದಲ್ಲಿ ತಮ್ಮದೇ ಆದ ಜವಾಬ್ದಾರಿ ಹೊಂದಬೇಕು.

3

ಮಗುವಿಗೆ ಅಗತ್ಯವಿರುವಷ್ಟು ಮೊಲೆಹಾಲು ಉತ್ಪತ್ತಿಮಾಡಲು ಮಗು ಬಾಯೊಳಕ್ಕೆ ಎಳೆದುಕೊಂಡು ಹೀರುವುದು ಅಗತ್ಯವಾಗಿದೆ.

- ಮಗು ಜನಿಸಿದಾಗಲಿಂದ, ಮಗುವಿಗೆ ಬೆಳೆನಿಸಿದಾಗಲೆಲ್ಲಾ ಮೊಲೆಹಾಲು ಉಳಿಸಬೇಕು - ಅಳುವುದರ ಮೂಲಕ ಅದು ತನ್ನ ಅಗತ್ಯತೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸುತ್ತದೆ. ಅಳು ಕೇಳಿದಾಗ ಮೊಲೆಹಾಲು ನೀಡುವುದು ತಾಯಿ ಹಾಗೂ ಮಗುವಿಗೆ ಉತ್ತಮ. ಹಾಗೂ ಅಧಿಕ ಹಾಲು ಉತ್ಪತ್ತಿಯಾಗಲು ಮಗು ಅಗಾಗ ಮೊಲೆಹಾಲು ಹೀರುವಂತೆ ಮಾಡುವುದು ಅಗತ್ಯ.
- ಅಗಾಗ ಬೆಳಿಗ್ಗೆ ಧರಣದ ಮೊಲೆ ಬಾಕುಕೊಳ್ಳುವುದು ಹಾಗೂ ನೋವಾಗುವುದನ್ನು ನಿಲ್ಲಿಸಬಹುದು.
- ಎದೆಹಾಲಿನ ಜೊತೆ ಹಾಲಿನ ಪುಡಿಯ ಉತ್ಪಾದನೆಗಳು, ದನ ಅಥವಾ ಎಮ್ಮೆ ಹಾಲು, ನೀರು, ಚಹಾ ಇತ್ಯಾದಿ..... 'ಮೊಲೆನ ಅಹಾರ' ನೀಡುವುದರಿಂದ ಮಗು, ತಾಯಿಯ ಹಾಲು ಕುಡಿಯುವುದು ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಇದರಿಂದ ಮೊಲೆಹಾಲನ್ನು ಉತ್ಪಾದಿಸಲು ಕಡಿಮೆಯಾಗುತ್ತದೆ.
- ಇತರ ದ್ರವ ಪದಾರ್ಥಗಳನ್ನು ಕುಡಿಯಲು ಬಾಟಲಿ ಉಪಯೋಗಿಸುವುದರಿಂದ ಮಗು ಮೊಲೆಹಾಲು ಕುಡಿಯುವುದನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ನಿಲ್ಲಿಸುತ್ತದೆ. ಬಾಟಲಿನಿಂದ ಹಾಲು ಹೀರುವುದು ಮೊಲೆ ಹೀರುವುದರಿಂದ ಸಂಪೂರ್ಣವಾಗಿ ಬೆರೆ ರೀತಿಯಾಗಿದೆ. ಹಾಗೂ ಬಾಟಲಿನಿಂದ ಹಾಲು ಹೀರುವುದು ಸುಲಭವಾದುದರಿಂದ ಮಗು ನಿರಾಸವಾಗಿ ಅದನ್ನು ಬಯಸುವುದು.

4

ಬಾಟಲ್ ಫೀಡಿಂಗ್ ಗಂಭೀರ ರೋಗ ಹಾಗೂ ಸಾವಿಗೆ ಕಾರಣವಾಗಿದೆ.

- ಬಾಟಲ್‌ನ ಮೂಲಕ ನೀಡಿದ ದನ ಅಥವಾ ಎಮ್ಮೆ ಹಾಲು, ಹಾಲಿನ-ಪುಡಿಯ ದ್ರಾವಣಗಳು, ಮತ್ಸ್ಯ ತಿರು ಅಹಾರಗಳು ಮಗುವಿಗೆ ದಯೇರಿಯಾ, ಕೆಮ್ಮು ಹಾಗೂ ನಗದಿಯು ಓರುವ ರಕ್ತಕ್ಕೆ ನಿದಾನವಾಗಿರುತ್ತದೆ.
- ಮಗು ಪುಟ್ಟ ಬಾಲ ಕುಡಿಯುವ ಮೊದಲು ನೀರನ್ನು ಕುಡಿಸದಿದ್ದರೆ ಹಾಗೂ ಬಾಟಲ್ ಮತ್ಸ್ಯ ತಿರು ಅಹಾರ ನೀರನ್ನು ವಾಕ್ ಬೆನ್ನಾಗಿ ಕುಡಿಸದಿದ್ದರೆ, ಬಾಟಲ್ ಫೀಡಿಂಗ್‌ನಿಂದಾಗಿ ವ್ಯತಿರೇಕದಂತಹ ರೋಗ ಉಂಟಾಗಬಹುದು. ಅಗಾಗ ಮಗುವಿಗೆ ಅನಾರೋಗ್ಯವು ಏರ್ಪಡದೆ, ಕನ್ನಡ ಭೋಜನೆ ಅನುಪಮಾನವಾಗಿ ಅಧಿಕವಾಗುತ್ತದೆ. ಆದುದರಿಂದ, ಕುದ್ರ ನೀರಿನ ಕೊಬ್ಬು ನೀಡುವ ಕುಡಿಯುವುದಕ್ಕೆ ಮೊದಲ ನಾಲ್ಕರಿಂದ ಆರು ತಿಂಗಳವರೆಗೆ ಮೊಲೆಹಾಲನ್ನು ಕುಡಿದ ಮಕ್ಕಳಿಗೆ ಮೊಲೆಹಾಲನ್ನು, ಬಾಟಲಿನಿಂದ ಅಹಾರ ಪಡೆದ ಮಕ್ಕಳು ವ್ಯತಿರೇಕದಂತಹ ಸಾಮಾನ್ಯವು ದೇಹದ 25 ರಷ್ಟು ಅಧಿಕವಾಗುತ್ತದೆ.
- ಯಾವುದೇ ಕಾರಣಗಳಿಂದಾಗಿ, ಮಗುವಿಗೆ ಮೊಲೆಹಾಲು ಕುಡಿಯಲು ಸಾಧ್ಯವಾಗದಿದ್ದರೆ, ಒಂದು ತಿಂಗಳ ಮೊಲೆಹಾಲು ಉತ್ತಮ ಅಹಾರವಾಗಿದೆ. ಇದನ್ನು

ಕುಡಿಯುವ ನೀರನ್ನೂ ಹಾಕಿ ಪುಟ್ಟಗೊಳಿಸಿದ ಗ್ಲಾಸ್ ಅಥವಾ ಚಮಚಿಯ ಮೂಲಕ ನೀಡಬೇಕು. ಗ್ಲಾಸ್‌ಗಳು ಹಾಗೂ ಚಮಚಗಳನ್ನು ಸುಲಭವಾಗಿ ಸ್ವಚ್ಛ ಮಾಡಬಹುದಾದ್ದರಿಂದ, ಅಷ್ಟುಗಳು ಬಾಟಲಿಗಿಂತ ಸುರಕ್ಷಿತವಾಗಿವೆ. ಉದ್ದ ಹಿಡಿಯು ಸಂಪೂರ್ಣವಾಗಿ ಚಮಚಗಳು; ಕುಡಿಸಲು ಬಹಳ ಯೋಗ್ಯವಾಗಿವೆ.

- ತನ್ನ ತಾಯಿಯ ಮೊಲೆಹಾಲು ಸಿಗದ ಮಗುವಿಗೆ ಬೇರೆ ತಾಯಿಯ ಮೊಲೆಹಾಲೇ ಉತ್ತಮ ಆಹಾರ.
- ಜಾನುವಾರುಗಳ ಹಾಲು ಕೊಡಬೇಕಾಗಿ ಬಂದರೆ, ಅತನ್ಮು ಬಾಟಲಿನಲ್ಲಿ ಕುಡಿಸದೆ, ಗ್ಲಾಸ್ ಅಥವಾ ಚಮಚಿಯ ಮೂಲಕ ಕುಡಿಸಬೇಕು. ಕುಡಿಸಿ, ತಣಿಸಿದ ನೀರನ್ನೂ ಹಾಲು-ಪುಡಿಯ ದ್ರಾವಣಗಳನ್ನು ಮಾಡಿ ಕುಡಿಸಬೇಕು.
- ಪ್ರಮಾಣ ಹೆಚ್ಚು ಮಾಡಲು ಹಾಲಿಗೆ ನೀರು ಬೆರೆಸಿ, ಹಸು ಅಥವಾ ಎಮ್ಮೆಯ ಹಾಲು ನೀಡಿದಲ್ಲಿ ಬೆಳವಣಿಗೆ ಕುಂಠಿತವಾಗುತ್ತದೆ.
- ಹಸು ಅಥವಾ ಎಮ್ಮೆಯ ಹಾಲು, ಕೋಗೇಯ ಉತ್ಪಾದನೆಯಲ್ಲಿರುವ ಬಿಟ್ಟರೆ, ಕೆಲವೇ ಗುಣಗಳಲ್ಲಿ ಕೆಡುತ್ತದೆ. ತಾಯಿ ಹಾಲು 8 ಗಂಟೆಗಳ ತನಕ ಕೋಗೇಯ ತಾಪಮಾನದಲ್ಲಿ ಇಟ್ಟುಕೊಂಡು ಕೊಡುವುದಿಲ್ಲ.
- ಕಡಿಮೆ ವರಮಾನವಿರುವ ಕುಟುಂಬಗಳಲ್ಲಿ, ಪ್ರಾಣಿಗಳ ಹಾಲು, ಅಥವಾ, ಹಾಲು-ಪುಡಿ, ಬಾಟಲ್, ನಿಪ್ಪಲ್ ಹಾಗೂ ನೀರು ಕುಡಿಸಲು ಬೇಕಾದ ಇಂಥವುಗಳಿಗೆ ತಗಲುವ ಬಹಳ ಅವರ ಅದಾಯದ ಬೇಕದ 25-50 ರಷ್ಟು ಇರುತ್ತದೆ.

5

ಮಗುವಿಗೆ ಎರಡು ವರ್ಷದ ವಯಸ್ಸಾಗುವ ತನಕ ಮೊಲೆಹಾಲು ಉಳಿಸಬೇಕು. ಸಾಧ್ಯವಿದ್ದಲ್ಲಿ ಅಧಿಕ ಸಮಯದವರೆಗೆ ಮುಂದುವರಿಸಬೇಕು.

- ಮೊಲೆಹಾಲು, ಪೈಟಿನ್ ಮತ್ತು ಶಕ್ತಿಯು ಒಂದು ಪ್ರಮುಖ ಮೂಲ. ಇದು ಎರಡನೇ ವರ್ಷಕ್ಕೆ ಮಗುವನ್ನು ರೋಗ ರಾಜಿಗಳಿಂದ ರಕ್ಷಿಸುತ್ತದೆ.
- ಹಿಮ ಅಂಜಿಗಾಲಿಗಳು, ನಡೆಯಲು, ಓಣಾಣಾಲು ಆರಂಭಿಸುವಂತೆ, ಅಗಾಗ ಕಾಯಿಲೆ ಬೀಳಬಹುದು. ಕಾಯಿಲೆ ಬಿದ್ದಾಗ ಮೊಲೆಹಾಲು ಅಗತ್ಯ ವಸ್ತು ಕಳೆದುಕೊಂಡು ಇತರ ಅಹಾರ ತೆಗೆದುಕೊಳ್ಳಲು ನಿರಾಕರಿಸಿದಾಗ, ಮೊಲೆಹಾಲು ಸುಲಭವಾಗಿ ಜೀರ್ಣವಾಗುತ್ತದೆ.

ಮೊಲೆಹಾಲು ಉಣ್ಣಿಸುವುದು ಪುರಕ ಮಾಹಿತಿಗಳು

1

ಜೀವನದ ಮೊದಲ ಅದು ತಿಂಗಳಲ್ಲಿ ಮೂವತ್ತೊಂದು ವರ್ಷೆಯವರಾದ ಅತಿ ಶ್ರೇಷ್ಠ ಆಹಾರವೆಂದರೆ ಮೊಲೆಹಾಲು ಹಂದಿ.

- ಜನಿಸಿದಲ್ಲಿಂದ ಅದು ತಿಂಗಳ ತನಕ ಮೊಲೆಹಾಲೇ ಮೂವಿಸ ಆಹಾರ ಹಾಗೂ ಪಾನೀಯ. ಇದೊಂದೇ ಮೂ ವರ್ಷೆಯವರಾದ ಉತ್ತಮ ಆಹಾರ. ಇದರ ಬದಲಾಗಿ ನೀಡುವ, ದನದ ಹಾಲು, ಹಾಲು-ಮರಿವೆಂದ ತಯಾರಿಸಿದ ಆಹಾರ ಇತ್ಯಾದಿ ಕೆಳವರ್ತಿಯ ಸ್ಥಾನ ಪಡೆಯುತ್ತದೆ.
- ವಿಳಿ, ಒಣ ಪದಾರ್ಥಗಳೂ ಮೂವಿಸಿಗೆ ಬೇಕಾದಷ್ಟು ನೀರಿನ ಪ್ರಮಾಣ ಮೊಲೆಹಾಲಿನಲ್ಲಿ ಇರುತ್ತದೆ. ಹೆಚ್ಚಿನ ನೀರು ಅಥವಾ ಸಕ್ಕರೆ ಪಾನೀಯ ಮೂವಿಸಿನ ಬಾಯಾರಿಕೆ ತಣಿಸಲು ಬೇಕಾಗುವುದಿಲ್ಲ.
- ಎದೆಹಾಲು ಮೂವಿಸನ್ನು ವಯೋನಿಯಾ, ಕೆಮ್ಮು ಮತ್ತು ಇತರ ಸಾಮಾನ್ಯ ರೋಗಗಳಿಂದ ರಕ್ಷಿಸುತ್ತದೆ. ಮೊದಲ ಅದು ತಿಂಗಳಲ್ಲಿ ಮೂವಿಸಿಗೆ ಕೇವಲ ಮೊಲೆಹಾಲು ನೀಡುವುದರಿಂದ ಈ ರಕ್ಷಣೆಯ ಅತಿ ಅಧಿಕವಾಗುತ್ತದೆ.
- ಮೂ ಸಾಮಾನ್ಯ ಅದು ತಿಂಗಳ ಪ್ರಾಯ ಮೊಂದಿದಾಗ ಬೇರೆ ಆಹಾರ ಹಾಗೂ ಪಾನೀಯದ ಅವಶ್ಯಕತೆಯಿದೆ. ಒಂದುತ್ತ ಅಥವಾ ಹತ್ತು ತಿಂಗಳ ಅನುವರದಗೆ ಮೂವಿಸಿಗೆ ಬೇರೆ ಆಹಾರ ಕೊಡುವುದಕ್ಕೆ ಮೊದಲು ಮೊಲೆಹಾಲು ನೀಡಬೇಕು.
- ಮೊಲೆಹಾಲನ್ನು ಮೂವಿಸಿಗೆ ಎರಡು ವರ್ಷ ಅನುಪ ಆಗುವ ತನಕ ನೀಡಬೇಕು:- ಹಾಗೂ ಸಾಧ್ಯವಿದ್ದಲ್ಲಿ ಅಧಿಕ ಸಮಯದವರೆಗೆ ಮುಂದುವರಿಸಬಹುದು.
- ಪದಕಪಡೆ ಎದೆಹಾಲು ನೀಡುವುದರಿಂದ ಸುಖಪಟ್ಟ ತನಕವಾಗಿ ಬರುವುದಕ್ಕೆ ಗರ್ಭಧಾರಣೆಯನ್ನೂ ಮುಂದೆ ಹಾಳಲು ಸಹಾಯವಾಗುತ್ತದೆ. ಆದರೆ ಎದೆಹಾಲು ಕೊಡುವುದು ಮಾತ್ರವೇ ಕುಟುಂಬ ಯೋಜನೆಗೆ ಸಂಬಂಧವಾದ ಉಪಾಯವಲ್ಲ.

2

- ಜನಿಸಿದ ಅತಿ ತಿಂಗಳಲ್ಲಿ ಮೂವಿಸಿಗೆ ಮೊಲೆಹಾಲು ನೀಡಬೇಕು. ಪ್ರತಿಯೊಂದು ತಾಯಿಯೂ ಮೂವಿಸಿಗೆ ಮೊಲೆಹಾಲು ನೀಡಲು ಸಮರ್ಥಳೆಂಬುದು.
- ಜನಿಸಿದ ಕೂಡಲೇ ಮೊಲೆಹಾಲು ನೀಡಲು ಪ್ರಾರಂಭಿಸುವುದರಿಂದ ಮೊಲೆಹಾಲು ಉಣ್ಣುವುದಕ್ಕೆ

- ಸಹಾಯವಾಗುತ್ತದೆ. ಸಾಧ್ಯವಾದಲ್ಲಿ, ಮೂ ಜನಿಸಿದ ಒಂದು ಗಂಟೆಯ ಒಳಗಾಗಿ ಮೊಲೆಹಾಲು ಉಣ್ಣಿಸಲು ಪ್ರಾರಂಭಿಸಬೇಕು.
- ಭಾರತದ ಹೆಚ್ಚಿನ ಭಾಗಗಳಲ್ಲಿ, ಮೂವಿಸಿಗೆ ದಪ್ಪ ಹಳದಿಯುಣ್ಣಿದ ಮೊಲೆಹಾಲು (ಕೊಲೆಸ್ಟ್ರೋಮ್) -ಅನ್ನು ಕುಡಿಸಬಾರದೆಂದು ತಾಯಿಗೆ ಉಪದೇಶಿಸುತ್ತಾರೆ. ಇದು ಜನ್ಮ ನೀಡಿದ ಮೊದಲ ಕೆಲವು ದಿನಗಳವರೆಗೆ ಉತ್ತಮವೆಂದಾಗುತ್ತದೆ. ಈ ಬುದ್ಧಿವಾದವು ತಪ್ಪು. ಕೊಲೆಸ್ಟ್ರೋಮ್ ಮಕ್ಕಳಿಗೆ ಉತ್ತಮವಾಗಿದ್ದು ಮೂವಿಸನ್ನು ಸಾಮಾನ್ಯ ಮೊಂಗಳಿಂದ ರಕ್ಷಿಸುತ್ತದೆ. ತಾಯಿಹಾಲು 'ಉಂಟಾಗುವ' ತನಕ ಮೂವಿಸಿಗೆ ಬೇರೆ ಯಾವುದೇ ಆಹಾರದ ಅಗತ್ಯವಿಲ್ಲ.
 - ಹೆಚ್ಚಿನ ತಾಯಂದಿರಿಗೆ ಮೊದಲಬಾರದಿಗೆ ಮೂವಿಸಿಗೆ ಹಾಲುನಣಿಸಲು ಸಹಾಯ ಬೇಕಾಗುತ್ತದೆ. ವಿಶೇಷವಾಗಿ ಮೊದಲ ಮೂವಿಸ ಸಂದರ್ಭದಲ್ಲಿ. ಮೊಲೆಯುಗಿ, ಅಭ್ಯಾಸವಿರುವ ಹೆಂಗಸಿನಂಥಾ ಪದಕತೆ ಹಾಗೂ ಕೆದುಕಾಮೆಯೇ ಒಟ್ಟು, ತಾಯಿಗೆ ಎದೆಹಾಲಿನ ಸಮಸ್ಯೆಯನ್ನು ಪರಿಹರಿಸಲು ಸಹಕರಿಸಬಹುದು.
 - ಹೆಚ್ಚಿನ ಎಲ್ಲಾ ತಾಯಂದಿರೂ ಮೊಲೆಯುಣ್ಣಿಸಬಹುದು. ಆದರೆ,
 - ಆದರೆ ಸಂಯುಕ್ತ ಸ್ತ್ರೀಯಲ್ಲಿ ಅದನ್ನು ಅಥವಾ ಅದಕ್ಕೂ ಮೊಲೆಗೆ ಬಾಯಿ ಇಟ್ಟಿರಬೇಕು.
 - ಲಾಕ್ವಿಯಾಲ್ಯ ಒಳಗೊಂಡಂತೆ ಮೂವಿಸಿಗೆ ಬೇಕಾದಾಗಲೆಲ್ಲಾ ಮೊಲೆ ಬೇಕಿರಬೇಕು.
 - ಮೂವಿಸನ್ನು ಎದೆಗೆ ಹಿಡಿದಿರುವ ಸ್ತ್ರೀ ಸಂಯುಕ್ತವೇಕೆ. ಸಂಯುಕ್ತ ಎದೆಗೆ ಹಿಡಿದಿರದಿದ್ದರೆ ಪಲೆಬೇಸರಿಯಾದುದು ಸಮಸ್ಯೆಗಳೆಂದರೆ -
 - ಸಿಗದ ಅಥವಾ ಹುಟ್ಟಿದ ಮೊಲೆಕೊಟ್ಟು • ಬೇಕಾದಷ್ಟು ಪಾಲಿಸಿಡುವುದು • ಮೊಲೆಯುಗಿಸಲು ನಿಲಾಕರಿಸುವಿಕೆ
 - ಮೊಲೆಹಾಲನ್ನು ಸಂಯುಕ್ತ ಸ್ತ್ರೀಯಲ್ಲಿದ್ದು ಕುಡಿಯುತ್ತಿರುವ ಮೂವಿಸ ಲಕ್ಷಣಗಳೆಂದರೆ,
 - ಮೂ ಸಂಪೂರ್ಣವಾಗಿ ತಾಯಿ ಕಡೆ ಹಿಡಿದಿರುತ್ತದೆ.
 - ಮೂ ನಿಲಾಕರವಾಗಿ ಹಾಗೂ ಸಂಸೇವಿಸವಾಗುತ್ತದೆ.
 - ತಾಯಿಗೆ ಮೊಲೆಕೊಟ್ಟು ಸೇವಿಸುವುದಿಲ್ಲ.
 - ಆಗುವುದು ಕೃತಕ ಆಹಾರ ಬೇಕಾಗುವುದು ಲಕ್ಷಣವಲ್ಲ. ಅದು ಸಾಮಾನ್ಯವಾಗಿ ಮೂ ಹೆಚ್ಚು ಎತ್ತಿಕೊಳ್ಳಲು ಹಾಗೂ ಅತ್ತಿಕೊಳ್ಳಲು ನೀಡುವ ಸಂಕೇತ. ಕೆಲವು ಮಕ್ಕಳು ಸುಮ್ಮನೆ ಮೊಲೆ ಬೇಕು ಬಯಸುತ್ತದೆ. ಮೂವಿಸಿಗೆ ಹಸಿವಾಗಿದ್ದರೆ, ಎಷ್ಟು ಹೆಚ್ಚು ಮೊಟ್ಟೆ ಬೇಕೆನ್ನುವುದೇ ಆದ್ದು ಹಾಲು ಉಣ್ಣುವುದೆಂದಾಗುತ್ತದೆ.
 - ತಮಗೆ ಸಾಕಷ್ಟು ಮೊಲೆಹಾಲು ಇಲ್ಲವೆಂದು ತಿಳಿದ ತಾಯಂದಿರು, ತಮ್ಮ ಮಕ್ಕಳಿಗೆ ಮೊಲೆನ ಆಹಾರ ಕೊಡಲು ಬೇಕು ಆರಂಭಿಸುತ್ತಾರೆ. ಇದರಿಂದಾಗಿ ಶಿಶು, ತಡೆದು ಬಾರಿ ಮೊಲೆ ಕುಡಿಯುತ್ತದೆ. ಆದ್ದರಿಂದ ಮೊಲೆಹಾಲಿನ ಉತ್ಪನ್ನವನ್ನು ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಹಾಗೂ ಇದನ್ನು ತಪ್ಪಿಸಲು, ತಾಯಂದಿರು, ತಮ್ಮ ಶಿಶುಗಳಿಗೆ ಕೇವಲ ಮೊಲೆಹಾಲನ್ನೇ ಕುಡಿಸಬೇಕು. ಶಿಶುವಿಗೆ ಬೇಕಾದಷ್ಟು ಕುಡಿಸಲು ಸಾಧ್ಯವೆಂಬುದನ್ನು ಅವರಿಗೆ ಮನದಟ್ಟು ಮಾಡಬೇಕು. ಆದರೆಗೆ ಅವರ ಕುಟುಂಬದವರಿಂದ ಪ್ರೋತ್ಸಾಹ ಮತ್ತು ಎಲ್ಲಾ ತರಹದ ಬೆಂಬಲ ಸಿಗಬೇಕು. ಮುದ್ದವಾಗಿ ಮೂವಿಸ ತಂದೆ, ಅಕ್ಕಿ ಸಕ್ಕರೆ ಮೊಲೆಹಾಲು, ಗೆಣಿಯದು, ಆದೇನು ಕಾಲರ್ಪಣೆಗಳನ್ನು, ಮೂವಿಸ ಸಂಭಾಷಣೆಗಳು - ಎಲ್ಲರೂ ಸಹಕರಿಸಬೇಕು.
 - ಉದ್ಯೋಗದಲ್ಲಿದ್ದು ಮುಟ್ಟಿಯಿಂದ ಅಲ್ಲದವರ ರಜೆ (ಮುನೀಟಿ ರೀಡ್) ಸಾಕಷ್ಟು ಸಿಗಬೇಕು. ಕೆಲವರ ದಿನಗಳಲ್ಲಿ ಮೊಲೆಹಾಲು ಉಣ್ಣಿಸುವುದು ತಪ್ಪಿಮೊಟ್ಟುತ್ತದೆ. ಹಾಗೂ ಕ್ಷುಧೆಗಳು....

ಶ್ರೀಶು ಬೆಳವಣಿಗೆ

ಕುರಿತು ತಿಳಿದುಕೊಳ್ಳಲು ಪ್ರತಿಯೊಂದು ಕುಟುಂಬ ಮತ್ತು ಸಮುದಾಯಕ್ಕೆ ಹಕ್ಕಿರುವ ವಿಷಯಗಳು

ನಿರ್ದೇಶಕರಿಗೆ ಸೂಚನೆ

ನ್ಯೂನ ಪ್ರೋಜೆಕ್ಟ್ ಮತ್ತು ಸೋಂಕಿನಿಂದಾಗಿ ಲಕ್ಷಗಟ್ಟಲೆ ಮಕ್ಕಳ ಮಾನಸಿಕ ಹಾಗೂ ಶಾರೀರಿಕ ಬೆಳವಣಿಗೆ ಕುಂಠಿತವಾಗುತ್ತದೆ. ಈ ಅಧ್ಯಾಯದಲ್ಲಿ ನೀಡಲಾದ ಎಂಟು ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಸಂದೇಶಗಳು, ಮಕ್ಕಳನ್ನು ನ್ಯೂನ ಪ್ರೋಜೆಕ್ಟಿಯಿಂದ ಮುಕ್ತಗೊಳಿಸಲು ತಾಯಿ ತಂದೆಯರಿಗೆ ಸಹಾಯಕವಾಗಬಹುದು. ಇದು ಕಡಿಮೆ ಆದಾಯ ಇರುವ ಕುಟುಂಬಗಳಿಗೂ ಅನ್ವಯಿಸುತ್ತದೆ.

ಬರಕನ್ನಾ ಮುಯ್ಯದ್ ಅಥವಾ ಬಡತನದಿಂದಾಗಿ ಕೆಲವು ತಂದೆ-ತಾಯಂದಿರು ತಮ್ಮ ಮಕ್ಕಳಿಗೆ ಸಾಕಷ್ಟು ಆಹಾರ ಒದಗಿಸಲು ಸಮರ್ಥರಾಗಿರುವುದಿಲ್ಲ. ಕೆಲವೊಮ್ಮೆ ಭೂ ಸುಧಾರಣೆ, ಆಹಾರ ಪದಾರ್ಥ ಉತ್ಪನ್ನಗಳಲ್ಲಿ ಬಂಡವಾಳ ತೊಡಗಿಸುವಿ ಕೆಲಗಿನ ಆರ್ಥಿಕ ಮತ್ತು ರಾಜಕೀಯ ಕ್ರಿಯೆಗಳು ಬಡವರ ಈ ಸಮಸ್ಯೆಗಳನ್ನು ಬಗೆಹರಿಸಬಹುದಾಗಿದೆ.

ಅಭಿವೃದ್ಧಿ ಶೀಲ ರಾಷ್ಟ್ರಗಳಲ್ಲಿನ ಹೆಚ್ಚಿನ ಜನರು ತಮ್ಮ ಮಕ್ಕಳಿಗಾಗಿ ಸಾಕಷ್ಟು ಆಹಾರ ಪದಾರ್ಥ ಬೆಳೆಸುತ್ತಾರೆ ಅಥವಾ ಆಹಾರ ಒದಗಿಸಲು ಸಾಕಷ್ಟು ಆದಾಯ ಗಳಿಸುತ್ತಾರೆ. ಆದರೆ ಅವರಿಗೆ ತಮ್ಮ ಚಿಕ್ಕ ಮಕ್ಕಳ ಆಹಾರದ ಅಗತ್ಯ-ಆವಶ್ಯಕತೆಗಳು ಏನೆಂಬುದು ಅವರಿಗೆ ತಿಳಿದಿರಬೇಕು ಅಥವಾ ಅವರ ಸಮುದಾಯ ಅಥವಾ ಸರ್ಕಾರ-ಅವರಿಗೆ ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಬೆಂಬಲ ನೀಡಬೇಕು.

ಮಗುವಿನ ಬೆಳವಣಿಗೆ
ಪ್ರಾಮುಖ್ಯ ಸಂದೇಶಗಳು

- 1 ಮಗು ಜನಿಸಿದ ಒಂದು ವರ್ಷದ ತನಕ, ಅದರ ತೂಕವನ್ನು ಪ್ರತಿ ತಿಂಗಳು, ಹಾಗೂ, ಎರಡು ಮತ್ತು ಮೂರನೆಯ ವರ್ಷದಲ್ಲಿ ಪ್ರತಿ ಎರಡು ತಿಂಗಳಿಗೊಮ್ಮೆ ನೋಡುತ್ತಿರಬೇಕು. ಪ್ರತಿ ಎರಡು ತಿಂಗಳಲ್ಲಿ ತೂಕ ವೃದ್ಧಿಸದಿದ್ದರೆ ಏನೋ ತೊಂದರೆ ಇದೆ ಎಂಬುದನ್ನು ತಿಳಿದುಕೊಳ್ಳಬೇಕು.
- 2 ಮಗುವಿನ ಜೀವನದ ಮೊದಲ ನಾಲ್ಕರಿಂದ ಆರು ತಿಂಗಳ ತನಕ ಮೊಲೆಹಾಲು ಮಾತ್ರವೇ ಉತ್ಕೃಷ್ಟ ಆಹಾರ.
- 3 ಆರು ತಿಂಗಳು ವಯಸ್ಸಾದಾಗ, ಮಗುವಿಗೆ ತಾಯಿಹಾಲು ಮಾತ್ರವಲ್ಲದೆ ಮೇಲಿನ ಆಹಾರ ಕೊಡಲು ಆರಂಭಿಸಬೇಕು.
- 4 ಮೂರು ವರ್ಷಕ್ಕಿಂತ ಕಡಿಮೆ ವಯಸ್ಸಿನ ಮಗುವಿಗೆ ದಿನಕ್ಕೆ ಐದು ಅಥವಾ ಆರು ಬಾರಿ ಆಹಾರ ಕೊಡಬೇಕು.
- 5 ಮೂರು ವರ್ಷಕ್ಕಿಂತ ಕಡಿಮೆ ವಯಸ್ಸಿನ ಮಗುವಿಗೆ ನೀಡಲಾಗುವ ಮೇಲಿನ ಆಹಾರದಲ್ಲಿ ಸ್ವಲ್ಪ ಅಂಶ ಕೊಬ್ಬು ಅಥವಾ ಎಣ್ಣೆ ತುಂಬಿರಬೇಕು.
- 6 ಎಲ್ಲಾ ಮಕ್ಕಳಿಗೂ ಕೊಡುವ ಆಹಾರದಲ್ಲಿ ವಿಟಮಿನ್ A ಸಾಕಷ್ಟು ತುಂಬಿರಬೇಕು.
- 7 ಮಗು ಕಾಯಿಲೆ ಬಿದ್ದು ಬೇತರಿಸಿಕೊಂಡಾಗ ಹೆಚ್ಚುವರ ಆಹಾರ ನೀಡಿ ಕಾಂಠಿತಗೊಂಡ ಬೆಳವಣಿಗೆಯನ್ನು ಮತ್ತೆ ಸರ ದಾರಿಗೆ ತರಬೇಕು.
- 8 ಮಗುವಿನ ಶಾರೀರಿಕ, ಮಾನಸಿಕ ಮತ್ತು ಬೌದ್ಧಿಕ ಬೆಳವಣಿಗೆಗೆ ಅವಕಾಶವನ್ನು ಮಾಡುವುದು, ಆಟವಾಡುವುದು ಮತ್ತು ಅವರ ಮೇಲೆ ಪ್ರೀತಿ ತೋರಿಸುವುದು ಅತೀ ಅಗತ್ಯ.

ಮಗುವಿನ ಬೆಳವಣಿಗೆ ಪೂರಕ ಮಾಹಿತಿ

1

ಮಗು ಜನಿಸಿದ ಒಂದು ವರ್ಷದ ತನಕ, ಅದರ ಶೂಕಣೆ ಮತ್ತು ತಿಂಗಳು ಹಾಗೂ ಎರಡು ಮತ್ತು ಮೂರನೆಯ ವರ್ಷದಲ್ಲಿ ಪ್ರತಿ ಎರಡು ತಿಂಗಳಿಗೊಮ್ಮೆ ನೋಡುತ್ತಿರಬೇಕು. ಪ್ರತಿ ಎರಡು ತಿಂಗಳಲ್ಲಿ ಶೂಕಣೆ ಪೂರ್ಣವಾದರೆ ಒಂದೇ ತೆರನಾದರೆ ಇದು ಎಂಬುದನ್ನು ತಿಳಿದುಕೊಳ್ಳಬೇಕು.

- ಮಗುವಿನ ಒಟ್ಟಾರೆ ಬೆಳವಣಿಗೆ ಮತ್ತು ಅಭಿವೃದ್ಧಿಯು ಅತಿ ಪ್ರಾಮುಖ್ಯವಾದ ಕಾರಣವೆಂದರೆ, ಮಗುವಿನ ಭಾರ ಹೆಚ್ಚುವುದು ಮತ್ತು ಹೊರತು ಆದನ್ನು ಬೇರೆ ಮಗುವಿಗೆ ಮೂಲಿಸಬೇಕಾದಿಲ್ಲ.

- ಅಧಿಕಾರದ ಮಗುವಿನ ಭಾರವನ್ನು ಪ್ರತಿ ತಿಂಗಳು ನೋಡುವುದು ಅತಿ ಅಗತ್ಯವಾಗಿದೆ. ಎರಡು ತಿಂಗಳ ಅವಧಿಯಲ್ಲಿ ಮಗುವಿನ ಶೂಕಣೆ ಹೆಚ್ಚಾಗದಿದ್ದರೆ, ತಂದೆ-ತಾಯಿಯಿಂದ ಮತ್ತು ಆರೋಗ್ಯ ಕಾರ್ಯಕರ್ತರು ಎಚ್ಚರಗೊಳ್ಳಬೇಕು. ಮಗುವಿಗೆ ಯಾವುದೇ ಕಾಯಿಲೆಯಿದೆ, ಅಥವಾ ಗಮನ ಸಿಗುತ್ತಿಲ್ಲ ಎಂಬುದು ಸ್ಪಷ್ಟ ಕಡಿಮೆ ಬೆಳವಣಿಗೆಯ ಕಾರಣಗಳನ್ನು ಹಾಗೂ ಮಗುವಿನ ಬೆಳವಣಿಗೆಗಾಗಿ ತಾಯಿತಂದೆಯರು ತೆಗೆದುಕೊಳ್ಳಬೇಕಾದ ಪ್ರಮುಖ ಹೆಜ್ಜೆಗಳ ಕಂಡು ಇಲ್ಲಿ ತಿಳಿಸಲಾಗಿದೆ.

- ಮೊಲೆ ಹಾಲಿನ ಸಾಂದ್ರತೆ ದೊಂದ, ಮಗುವಿಗೆ ರೋಗ ರುಜನಗಳಿಂದ ರಕ್ಷಣೆ ದೊರೆಯುತ್ತದೆ. ಇದು ಜೀವನದ ಮೊದಲ ಕೆಲವು ತಿಂಗಳುಗಳ ಬೆಳವಣಿಗೆಗೆ ಕಾರಣವಾಗುತ್ತದೆ. ರೋಗಗಳನ್ನು ತಡೆಗಟ್ಟುವ ಶಕ್ತಿ ಮಗುವಿನ ಮೊದಲ ವರ್ಷದಲ್ಲಿ ಬಹಳ ಅಗತ್ಯ. ಆದ್ದರಿಂದ ಅಪಾಯಕರತೆಯನ್ನು ಉಂಟುಮಾಡುವ ರೋಗಗಳಿಂದ ಮೊಲೆಹಾಲು ರಕ್ಷಣೆ ನೀಡುತ್ತದೆ.

- ಮೊದಲ ನಾಲ್ಕು ತಿಂಗಳುಗಳಲ್ಲಿ ಮೊಲೆಹಾಲು ಮಾತ್ರವಲ್ಲದೆ ಮೇಲಿನ ಆಹಾರ ಕೊಡಬೇಕಾಗಿ ಬಂದಾಗ, ಸೂಂಕು ತಗಲುವ ಸ್ಥಾನಕ್ಕೆ ಬಿಟ್ಟು ಆಮಲೆ, ಮಗುವಿನ ಭಾರ ಹೆಚ್ಚಾಗುತ್ತದೆ ಎಂಬುದನ್ನು ಗಮನಿಸುವುದು ಅತಿ ಅಗತ್ಯ. ಕುಟುಂಬದಲ್ಲಿ ಆಹಾರದ ಕೊರತೆ ಇಲ್ಲದಿದ್ದರೂ ಮೂರು ವರ್ಷಕ್ಕಿಂತ ತಿಳಿಗಿನ ಮಗುವಿನ ಶೂಕಣೆ ಹೆಚ್ಚುತ್ತಿಲ್ಲ ಎಂದಾದರೆ ಬಂದಿತವಾಗಿಯೂ ಕೇಳಲೇಬೇಕಾದ ಪ್ರಶ್ನೆಗಳೆಂದರೆ:-

○ ಮಗು ಅಗಾಧ ಸಾಕಷ್ಟು ಆಹಾರ ಸೇವಿಸುತ್ತಿದೆಯೇ? (ಮಗು ದಿನಕ್ಕೆ 3-6 ಬಾರಿ ತಿನ್ನುವೇಕು.)

ಮಗುವಿನ ಆಹಾರದಲ್ಲಿ ಶಕ್ತಿ ನೀಡುವ ಎಲ್ಲ ಅಂಶಗಳೂ ಇದೆಯೇ? (ಸ್ವಲ್ಪ ಪ್ರಮಾಣದ ಎಣ್ಣೆ, ಕೊಬ್ಬು ಇತ್ಯಾದಿ)

○ ಮಗು ಅಗಾಧ ಕಾಯಿಲೆ ನಿವಾರಣೆ ಆಹಾರ ಸೇವಿಸದಿದ್ದರೆ? (ಕಾಯಿಲೆಯಿದ್ದಾಗ, ಉಂಟಾದುದು ಒತ್ತಾಯ ಮಾಡಬೇಕಾಗುತ್ತದೆಯೇ? ಅಥವಾ ನೋಡಬೇಕಾದ ಇತರ ಆಹಾರ ಸೇವಿಸಲು ಒತ್ತಾಯ ಮಾಡಬೇಕಾಗುತ್ತದೆಯೇ?)

ಮಗುವಿಗೆ ಸಾಕಷ್ಟು ಪ್ರಮಾಣದಲ್ಲಿ ಉಪಚಿಕಿತ್ಸೆ - A ಸೇವಿಸಿದೆಯೇ? (ಮಗು ತರತರಂ ಪ್ರತಿವಿಧ ಕೊಡಬೇಕು.)

- ಮಗುವಿಗೆ ಬಾಟಲೆ ಮೂಲಕ ಹಾಲು ಕುಡಿಸಲಾಗುತ್ತಿದೆಯೇ? (ಬಾಟಲ್ ಮತ್ತು ನೀರು ಶುದ್ಧವಾಗಿರಲಾರದು, ಹಾಲಿನ ಬದಲಾಗಿ ಸಕ್ಕರೆಯನ್ನೊಳಗೊಂಡ ಪಾನೀಯಗಳನ್ನು ಬಳಸುತ್ತಿರಬಹುದು)
- ಆಹಾರ ಮತ್ತು ನೀರನ್ನು ಶುದ್ಧವಾಗಿ ಇಡಲಾಗಿದೆಯೇ? (ಇಲ್ಲವಾದರೆ, ಮಗು ಅಗಾಧ ಕಾಯಿಲೆ ಬೀಳಬಹುದು)
- ಮಲವನ್ನು ಶೌಚಾಲಯದಲ್ಲಿ ಹಾಕಲಾಗುತ್ತಿದೆಯೇ? ಅಥವಾ ನೆಲದಲ್ಲಿ ಹೂತುಡಲಾಗುತ್ತಿದೆಯೇ? (ಇಲ್ಲವಾದರೆ, ಮಗು ಅಗಾಧ ಕಾಯಿಲೆ ಬೀಳಬಹುದು)
- ಮಗುವಿನ ಹೊಟ್ಟೆಯಲ್ಲಿ ಹುಳುಗಳ ಉಪಸ್ಥಿತಿ ಇದೆಯೇ? (ಆರೋಗ್ಯಕೊಂದಿದ್ದರೆ, ಹುಳುಗಳನ್ನು ಹೋಗಲಾಡಿಸುವ ಔಷಧಿ ಅಗತ್ಯ)
- ಮಗು ಹೆಚ್ಚಾಗಿ ಒಲೆಯಾಗಿದೆಯೇ? ಇದರ ಕಾರಣ: (ಮಗುವಿಗೆ ಹೆಚ್ಚು ಗಮನ ಹಾಗೂ ಪ್ರೀತಿ ಬೇಕಾಗಿದೆ)

ಮಗುವಿನ ಬೆಳವಣಿಗೆಯ ರೇಖಾಚಿತ್ರದಲ್ಲಿ ಒಂದು ಬಿಂದುವನ್ನು ಪಾಕಿ. ಪ್ರತಿ ಬಾರಿ ಭಾರ ನೋಡಿದ ನಂತರ ಒಂದು ಬಿಂದು ಪಾಕಿ. ಈ ಬಿಂದುಗಳನ್ನು ಗೆಲೆಯಿಂದ ನೋಡಿ. ಇದರಿಂದ ಮಗುವಿನ ಬೆಳವಣಿಗೆ ಕಂಡು, ತಾಯಿ ಸುಖಭದ್ರದಲ್ಲಿ ಅರಿತುಕೊಳ್ಳಬಹುದು. ರೇಖಾಚಿತ್ರದಲ್ಲಿನ ಗೆರೆ ಮೇಲೆ ಮೇಲೆ ಮುಕ್ತವಾಗಿ, ಮಗುವಿನ ಬೆಳವಣಿಗೆ ಚೆನ್ನಾಗಿದೆ ಎಂದರ್ಥ. ನೇರವಾಗಿ ಇದ್ದರೆ, ಚಿಂತಾಜನಕ. ರೇಖೆ ಕೆಳಮುಖವಾಗಿ ಬಾಗುತ್ತಿದ್ದರೆ, ಮಗುವಿನ ಆರೋಗ್ಯ ಸರಿ ಇಲ್ಲ ಎಂದರ್ಥ.

2

ಮಗುವಿನ ಜೀವನದ ಮೊದಲ ನಾಲ್ಕು ವರ್ಷದ ಆರು ತಿಂಗಳ ತನಕ ಮೊಲೆಹಾಲು ಮಾತ್ರವೇ ಉತ್ತಮ ಆಹಾರ.

ಮಗು ಜನಿಸಿದಾಗಲೇ ನಾಲ್ಕು ತಿಂಗಳುಗಳ ತನಕ ಮಗು ಚೆನ್ನಾಗಿ ಬೆಳೆಯಲು ಬೇಕಾದ್ದು ಎಂದರೆ ಕೆಲವು ಮೊಲೆ ಹಾಲು. ಆರಂಭದ ಈ ತಿಂಗಳುಗಳಲ್ಲಿ ಮೊಲೆಹಾಲು ಮಗುವನ್ನು ಧೈರ್ಯವಾಗಿ ಹಾಗೂ ಇತರ ಸಾಮಾನ್ಯ ಕಾಯಿಲೆಗಳಿಂದ ಅದನ್ನು ರಕ್ಷಿಸುತ್ತದೆ.

ಮಗುವಿಗೆ ಅತ್ಯಂತ ಪೌಷ್ಟಿಕ ಮತ್ತು ಉತ್ತಮ ಆಹಾರವೆಂದರೆ ಮೊಲೆಹಾಲು. ಸ್ವಾಧೀನವಾದ, ಮಗುವಿನ ಎರಡನೇ ವರ್ಷಕ್ಕೂ, ಅಥವಾ ಅನಂತರದ ತನಕವೂ ಮೊಲೆ ಹಾಲು ಉಳಿಸುತ್ತಿರಬೇಕು.

3

ಆರು ತಿಂಗಳು ಬಯ್ಯುವಾಗ, ಮಗುವಿಗೆ ತಾಯಿಹಾಲು ಮಾತ್ರವಲ್ಲದೆ ಮೇಲಿನ ಆಹಾರ ಕೊಡಲು ಆರಂಭಿಸಬೇಕು.

ನವಜಾತ ಶಿಶುವಿಗೆ ಮೊಲೆಹಾಲು ಮಾತ್ರವೇ ಉತ್ತಮ ಆಹಾರ. ಮಗುವಿಗೆ ಸುಮಾರು ಆರು ತಿಂಗಳಾದಾಗ, ಹೆಚ್ಚುವರೆ ಆಹಾರ, ಅಂದರೆ, ಸಕ್ಕರೆ, ಹಾಲಿನ, ಹಾಳೆಹಣ್ಣು ಇತ್ಯಾದಿಗಳನ್ನು ಕೊಡಬಹುದು. ಆದರೂ ಮೊಲೆಹಾಲು ಕೇವಲವು ದನ್ನು ಮುಂದುವರಿಸಬೇಕು.

- ಮಗುವಿಗೆ ಒಂದು ವರ್ಷವಾಗುವ ಮೊದಲೇ ರೋಗನಿರೋಧಕಗಳನ್ನು ನೀಡಿ.
- ಸದಾ ಬೋಲಿಯಗಳನ್ನು ಬಳಸಿ, ನಿಮ್ಮ ಕೈಗಳನ್ನು, ಆಹಾರ ಮತ್ತು ಆದಿಗಿ ಮನೆಯನ್ನು ನಿರ್ಮಲವಾಗಿಸಿ.

8

ಮಗುವಿನ ಕಾರಣಿಕೆ, ಮಾನಸಿಕ ಮತ್ತು ಬೌದ್ಧಿಕ ಬೆಳವಣಿಗೆಗೆ ಅಪರೂಪದ ಮಾತನಾಡುವುದು, ಆಟವಾಡುವುದು ಮತ್ತು ಆದರ ಮೇಲೆ ಪ್ರೀತಿ ತೋರಿಸುವುದು ಅತಿ ಅಗತ್ಯ.

- ಕಾರಣಿಕ ಆಗಮ್ಯಪ್ರಾಪ್ತಿಯಲ್ಲಿ, ಮಗುವಿಗೆ ಇನ್ನೂ ಎರಡು ವರ್ಷಗಳಾಗುವ ಅಗತ್ಯವಾಗಿವೆ. ಒಂದು ಮಾನಸಿಕ ಬೆಳವಣಿಗೆ ಹಾಗೂ ಇನ್ನೊಂದು ಬೌದ್ಧಿಕ ಬೆಳವಣಿಗೆ.

ಪ್ರೀತಿಯ ಅಗತ್ಯ

- ತಮ್ಮ ಹಿರಿಯರ ಜೊತೆ ಎಲ್ಲಾ ಮಕ್ಕಳೂ ಬಹಳ ಸನಿಹದ, ಸಂಪರ್ಕದ ಸೇವೆ ಮತ್ತು ಪ್ರೀತಿಯ ಸಂಬಂಧವನ್ನು ಬಿಡುವುದಿಲ್ಲ.
- ಜೀವನದ ಮೊದಲ ದಿನದಿಂದಲೇ, ತಿರು ಎಲ್ಲವೂ ತೋರುವ ಹಾಗೂ ತೋರಿಸಿಕೊಳ್ಳುವ ಸಂಬಂಧವನ್ನು ಬೆಳೆಸುವ ಸಾಮರ್ಥ್ಯವನ್ನು ಹೊಂದಿವೆ. ಎಲ್ಲವೂ - ಪ್ರೀತಿಯ, ಅಕ್ಕಿಯ ಈ ಸಂಬಂಧ. ಮಗುವಿನ ಅಂತರಿಕ ಬೆಳವಣಿಗೆಗೆ ಅತಿ ಅಗತ್ಯ ಮಗುವಿಗೆ ತನ್ನ ಭದ್ರತೆಯ, ಆತ್ಮರಕ್ಷೆಯ ಹಾಗೂ ಇತರರೊಡನೆ ಹೊಂದಿಕೊಳ್ಳುವ, ವಿವಿಧ ಜೊತೆಗಿನ ಸಂಬಂಧದ ಅನುಭವದ ಮೂಲವೇ ಇದು.
- ಹೆಚ್ಚಿನ ನಿರಂತರ ಪದಗಳು ಮತ್ತು ಕ್ರಿಯೆಗಳಿಂದ ಮಗುವಿಗೆ ಭದ್ರತೆಯ ಅನುಭವ ಉಂಟಾಗುತ್ತದೆ. ಮಾನವ ಸಂಬಂಧಗಳಿಂದ ಬಯಸುವುದೇ ಏನು ಎಂಬುದನ್ನು ಮಗು ತಿಳಿಯುತ್ತದೆ. ಯಾವುದು ಸರಿ ಯಾವುದು ತಪ್ಪು ಎಂಬ ತಿಳುವಳಿಕೆಯನ್ನು ಹೊಂದುತ್ತದೆ.
- ಮನೆಯಲ್ಲಿ ಸಿಟ್ಟು, ಆರಾಂಭಿಕ, ಉಂಟಾದರೆ ಅದು ಮಗುವಿನ ಅಂತರಿಕ ಬೆಳವಣಿಗೆಗೆ ಧಕ್ಕೆ ಉಂಟು ಮಾಡಬಹುದು.
- ಚಿಕ್ಕ ಮಗುವಾಗಿದ್ದಾಗ ಹೊಂದಿದ ಸಂಬಂಧಗಳಿಂದ, ಮಗು ತನ್ನ ಬಯಸು ಜೀವನದಲ್ಲಿ ಸಂಬಂಧಗಳನ್ನು ಬೆಳೆಸಲು ಸಾಂದಿಯಾಗುತ್ತದೆ.

ಉತ್ತೇಜನದ ಅಗತ್ಯತೆ

- ಮಗುವಿನ ಮನಸ್ಸು ಹಾಗೂ ದೇಹ ಬೆಳೆಯಲು, ಸಹಾಯ, ಸಹಕಾರ ಬೇಕಾಗುತ್ತದೆ. ಮನಸ್ಸಿನ ಬೆಳವಣಿಗೆ ವೇಗವಾದ ಮೂರು ಪ್ರಾಮುಖ್ಯ ಆಹಾರಗಳು ಎಂದರೆ ಭಾಷೆ, ಆಟ, ಮತ್ತು ಪ್ರೀತಿ.
- ಆದರೆ ಪ್ರಾರಂಭಿಕ ದಿನಗಳಿಂದ ಮಗುವಿಗೆ ಮಾತು ಕಲಿಸಬೇಕಾಗುತ್ತದೆ. ಅಕ್ಕಿ, ಕೊಬ್ಬು, ನಗಬೇಕು, ಕೀಳುಬೇಕು ಹಾಗೂ ಸ್ವರ ಮತ್ತು ಚಲನೆಗಳ ಮೂಲಕ ಪ್ರತಿಕ್ರಿಯಿಸಲು ಪ್ರೋತ್ಸಾಹ ಬೇಕಾಗುತ್ತದೆ. ಎಲ್ಲಾ ಮಕ್ಕಳು ಇತರರೊಡನೆ ಮಾತನಾಡುವ ನಡವಳಿಕೆ. ಅವರನ್ನು ಸ್ಪರ್ಶಿಸುವ, ಮಾತನಾಡುವ, ನಗೆಯಾಡುವ, ಪ್ರತಿಕ್ರಿಯೆ ನೀಡುವ, ಪ್ರತಿಕ್ರಿಯೆ ಪಡೆಯುವ ಜನರು ಬೇಕು. ಇದು ಬಹಳ ಅಗತ್ಯದ ಅಂಶ.

- ಮಗುವಿನ ಕಡಿ ಸಾಕಷ್ಟು ಗಮನ ಪಡೆಯದಿದ್ದರೆ, ಅದು ಅಸಂತುಷ್ಟವಾಗುತ್ತದೆ. ಗಮನ ಕೊಡದಿದ್ದರೆ ಮಗು ಜೀವನದಲ್ಲಿ ಅಸಕ್ತಿ ಕಳೆದುಕೊಳ್ಳುತ್ತದೆ. ಹೆಚ್ಚು ಕುಗ್ಗುತ್ತದೆ. ಮಾನಸಿಕವಾಗಿ ಹಾಗೂ ಕಾರಣಿಕವಾಗಿ ಬೆಳೆಯದೆ ಇರಬಹುದು.
- ಮಕ್ಕಳು ನೋಡಿ ತಿಳಿಯುತ್ತಾರೆ ಮಾದಿ ಕಲಿಯುತ್ತಾರೆ. ಮಗು ಬೆಳೆದಂತೆ ಆಟವಾಡಲು, ಹೊಸದನ್ನೇನಾದರೂ ಮಾಡಲು ಸ್ವತಂತ್ರತೆಯ ಅಗತ್ಯವಿದೆ. ಆಟ ಆಗಮ್ಯವಲ್ಲ. ಬೆಳವಣಿಗೆಯ ಅತ್ಯಂತ ಪ್ರಮುಖ ಅಂಶಗಳಲ್ಲಿ ಇದು ಒಂದು. ಆಟ, ಮಕ್ಕಳ ಮಾನಸಿಕ, ಸಾಮಾಜಿಕ, ಹಾಗೂ ಬೌದ್ಧಿಕ ಬೆಳವಣಿಗೆಗಳು. ಮಾತು ಮತ್ತು ಸಹಿಯ ಪರಿಣತಿಯನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಇದರಿಂದ ಶಾಲಾ ಕಾಲಗಳಿಗೆ ತಯಾರಿ ಆಗುತ್ತದೆ ಹಾಗೂ ಸಂತರದ ದಿನಗಳಲ್ಲಿ ಕಲಿಯಬೇಕೆಂದು ಉಪಯುಕ್ತ.
- ಆಟ ಎಂದರೆ ಸಮಸ್ಯೆಗಳನ್ನು ಬಗೆ ಹರಿಸುವುದು ಒಂದು ಅಥವಾ ಹಿರಿಯರು ನೀಡಿ ಪರಿಹಾರ ನೀಡುವುದು ತಲಪುವುದು ಅಲ್ಲ. ಮಗು ತಾನೇ ತಾನಾಗಿ ಆಡುವುದು ಅಷ್ಟೇ ಅಗತ್ಯ.
- ಮಗುವಿಗೆ ಆಟದ ಸಾಮಗ್ರಿಗಳನ್ನು ನೀಡಿ ಅದು ತಾನೇ ತಾನಾಗಿ ಆಡುವಂತೆ ಪ್ರೋತ್ಸಾಹಿಸುವುದು, ಮಕ್ಕಳನ್ನು ಬೆಳೆಸುವ ಒಂದು ಅತ್ಯಂತ ವಿಧಾನ. ಆಟದ ಸಾಮಗ್ರಿಗಳು ದುಬಾರಿ ಆಗಿರಬೇಕು ಎಂದೇನಿಲ್ಲ. ಮಾಲಿ ಪೊಟ್ಟಣಗಳು ಮನೆಯಲ್ಲಿರುವ ಚಿಕ್ಕ ಪುಟ್ಟ ಸಾಮಾನುಗಳೂ ದುಬಾರಿ ಆಟಗಳನ್ನು ಉಪಯುಕ್ತ. ಉಪಯುಕ್ತವಾದ ಆಟ, ಉದಾಹರಣೆಗೆ ಮಗು ತನ್ನ ಹಿರಿಯರಂತೆ ನಟಿಸಿ ಆಡುವುದು ಆದರೆ ಅಭಿವೃದ್ಧಿಗೆ ಬಹಳ ಮುಖ್ಯ.
- ಮಗುವಿನ ಕ್ರಿಯಾಶೀಲತೆ ಅಭಿವೃದ್ಧಿ ಹೊಂದಲು ಅದಕ್ಕೆ ಸಹಾಯ ಬೇಕೇ ಬೇಕು. ಸಮಸ್ಯೆಗಳಿಗೆ ಉತ್ತರ ಹುಡುಕುವ ಸಾಮಗ್ರಿಗಳನ್ನು ಅವರು ಎದುರಿಸಬೇಕು. ಅಭಿವೃದ್ಧಿ ಅತ್ಯಂತ ಮುಖ್ಯ ಉತ್ತರ ಯಾವುದು ಎಂಬುದನ್ನು ಅವರೇ ನಿರ್ಧರಿಸಬೇಕು. ಮಗು ತನ್ನ ಯೋಜನೆಗಳನ್ನು ಹಾಗೂ ನಿರ್ಧಾರಗಳನ್ನು ಕಾರ್ಯರೂಪಕ್ಕೆ ತಂದು ಒಗ್ಗೂಡಿಸುವುದು ಎಂಬುದನ್ನು ನೋಡಬೇಕು. ಆದರೆ ಇದು ಸರಕ್ತವಾಗಿರಬೇಕು ಅಷ್ಟೆ.
- ಹಾಡುಗಳನ್ನು ಹೇಳುವುದು, ಕಲಿಯುವುದು, ಚಿತ್ರವಿಡಿಸುವುದು ಮತ್ತು ಕಥೆಗಳನ್ನು ಗಟ್ಟಿಯಾಗಿ ಓದುವುದರಿಂದ ಮಗುವಿನ ಮನಸ್ಸು ಬೆಳೆಯುತ್ತದೆ. ಮಗು ಓದಿ ಬರೆಯುವ, ಕಲಿಯುವ ಹವ್ಯಾಸ ಬೆಳೆಸಿಕೊಳ್ಳುತ್ತದೆ.
- ಅರಣ್ಯಗೃಹದ ಬೆಳವಣಿಗೆಗಾಗಿ, ಎಲ್ಲಾ ಮಕ್ಕಳ ಪ್ರಯತ್ನವನ್ನು ಹೊಗಳಬೇಕು. ಚಿಕ್ಕ ಮಕ್ಕಳಿಗೆ ಮನಸ್ಸು ನೀಡಬೇಕು.

ರೋಗ ನಿರೋಧಕ

ಕೌರಿತು ತಿಳಿದುಕೊಳ್ಳಲು ಪ್ರತಿಯೊಂದು ಉಚಿತ ಮತ್ತು ಸಮುದಾಯಕ್ಕೆ ಹಕ್ಕಿರುವ ವಿಷಯಗಳು

ನಿವೇದಕರಿಗೆ ಸೂಚನೆ.

ರೋಗ ನಿರೋಧಕ ನೀಡದೆ, ಪ್ರತಿ ನೂರು ಶಿಶುಗಳಲ್ಲಿ ಮೂರು ಶಿಶುಗಳು ದವಾರದಿಂದಾಗಿ ಸಾಯುತ್ತವೆ. ಎರಡು ಶಿಶುಗಳು ಕಿಮ್ಮಿ ಹಾಗೂ ಒಂದು ಮಗು ಟಿಟನಸ್‌ನಿಂದಾಗಿ ಸಾವಿಗೀಡಾಗುತ್ತವೆ. ಪ್ರತಿ ಇನ್ನೂರು ಮಕ್ಕಳಲ್ಲಿ ಒಂದು ಮಗು ಪ್ಲೋರಿಯೋಸಿಸಿನಿಂದ ಅಂಗವಿಕಲತೆಗೆ ಒಳಗಾಗುತ್ತವೆ. ಈ ಅಧ್ಯಾಯದಲ್ಲಿನ ಸಮಗ್ರ ನಾಲ್ಕು ಪ್ರಧಾನ ಆರೋಗ್ಯ ಸಂದೇಶಗಳು. ಈ ಪರಿಷ್ಕರಿಸಿದ ತಡೆಗಟ್ಟು ಸಮುದಾಯವಾಗುತ್ತವೆ.

ಮಕ್ಕಳಿಗೆ ಚುಚ್ಚುಮದ್ದು ಮತ್ತು ಲಸಿಕೆ ಕನಿಷ್ಠವು ವರು ಮೂಲಕ ಈ ರೋಗಗಳಿಂದ ರಕ್ಷಣೆ ನೀಡಬಹುದು.

ಚುಚ್ಚುಮದ್ದಿನ ಸೌಲಭ್ಯ ಇದ್ದರೂ ಸಹ, ಇವುಗಳು ಅಗತ್ಯವಿದ್ದರೂ ಅನೇಕ ಮಂದಿ, ತಮ್ಮ ಮಕ್ಕಳಿಗೆ ರೋಗ ನಿರೋಧಕಗಳನ್ನು ಕೊಟ್ಟಿರುವುದಿಲ್ಲ.

ಅದ್ದರಿಂದ, ಪ್ರತಿಯೊಬ್ಬ ತಂದೆ ತಾಯಿಯಿರೂ ಸಹ, ಅವರ ಶಿಶುಗಳು, ಎಲ್ಲಿ, ಏಕೆ, ಯಾವಾಗ, ಎಷ್ಟು ಬಾರಿ ರೋಗ ನಿರೋಧಕಗಳನ್ನು ಪಡೆಯಬೇಕು ಎಂಬ ಕುರಿತಾದ ಪ್ರಾಥಮಿಕ ಹೊಂದಿವು ವು. ಬಹಳ ಅವಶ್ಯಕ. ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳು ಇವುಗಳನ್ನು ಕೊಡದಿದ್ದರೆ, ತಾಯಿ ತಂದೆಯರು ತಮ್ಮ ಸಮುದಾಯದ ಸಂಘಸಂಸ್ಥೆಗಳ ಮೂಲಕ ಸ್ವತಃ ಅವನ್ನು ಕೊಳ್ಳಿ ಪಡೆಯುವಂತಾಗಬೇಕು.

ರೋಗ ನಿರೋಧಕ
ಪ್ರಾಮುಖ್ಯ ಸಂದೇಶಗಳು

1 ರೋಗ ನಿರೋಧಕಗಳು ಅಪಾಯದ ಹಲವಾರು ರೋಗಗಳಿಂದ ರಕ್ಷಣೆ ನೀಡುತ್ತವೆ. ರೋಗ ನಿರೋಧಕ ಸಿಗದಿದ್ದ ಮಗು ಬಹು ಬೇಗನೆ ಸ್ಥೂನ ಪೋಷಣೆಗೆ ಒಳಗಾಗಿ, ಅಂಗವಿಕಲತೆ ಹೊಂದುವ ಅಥವಾ ಸಾವಿಗೀಡಾಗುವ ಸಾಧ್ಯತೆ ಇದೆ.

2 ರೋಗನಿರೋಧಕ ಕೊಡಿಸಲು ವಿಳಂಬ ಮಾಡಬಾರದು. ಎಲ್ಲಾ ಪ್ರಾಥಮಿಕ ರೋಗ ನಿರೋಧಕಗಳು ಮಗುವಿನ ಜನನದ ಮೊದಲ ಪರ್ಷದಲ್ಲೇ ಕೊಡಿಸಬೇಕು.

3 ಮಗುವಿಗೆ ಕಾಯಿಲೆ ಇದ್ದರೂ ಸಹ ರೋಗ ನಿರೋಧಕಗಳನ್ನು ಕೊಡಿಸಬಹುದು.

4 15 ಮತ್ತು 44 ವರ್ಷ ವಯಸ್ಸಿನ ಪ್ರತಿಯೊಬ್ಬ ಮಹಿಳೆಗೂ ಟಿಟನಸ್‌ನಿಂದ ರಕ್ಷಣೆ ಪಡೆಯುವ ಸಂಪೂರ್ಣ ರೋಗ ನಿರೋಧಕ ಕೊಡಿಸಬೇಕು.

ಕಡಿಮೆ ಖರ್ಚಿನಲ್ಲಿ ತರಕಾರಿ ಒಣಗಿಸುವುದು.

ಆಹಾರವನ್ನು ಶೇಖರಿಸಿಡುವ ಬಹು ಪುರಾತನವಾದ ಹಾಗೂ ಪ್ರಾಚೀನವಾದ ಕ್ರಮಗಳಲ್ಲಿ ಒಣಗಿಸುವಿಕೆ ಒಂದಾದ್ದು. ಇತರ ಒಣಗಿಸಿದ ಆಹಾರಗಳು ಹೆಚ್ಚಿನ ಸಾಂದ್ರತೆಯಿಂದ ಕೂಡಿವೆ. (ಕ್ರಮಗಳಲ್ಲಿ ಶೇಖರಿಸಿದ ಆಹಾರಗಳಿಗೆ ಹೋಲಿಸಿದರೆ) ಒಣಗಿಸುವ ಮುಖ್ಯ ಉದ್ದೇಶವೆಂದರೆ ಸೂಕ್ಷ್ಮಜೀವಿಗಳ ಹಾಗೂ ಎನ್‌ಜೈಮ್‌ಗಳ ಚಟುವಟಿಕೆಗೆ ಬೇಕಾಗಿರುವ ನೀರನ್ನು ತಗದು ಶೇಖರಿಸುವುದು. ಇದರಿಂದಾಗಿ ತೂಕ ಹಾಗೂ ಗಾತ್ರ ಪ್ರಮಾಣವೂ ಗಣನೀಯವಾಗಿ ಕುಗ್ಗುವುದರಿಂದ ಶೇಖರಣೆ, ಸಾಗಣೆ ಹಾಗೂ ಪಾಕೇಟಿಂಗ್‌ಗಳ ಖರ್ಚು ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಸುಲಭವಾಗಿ ಹಾಳಾದುದರಿಂದ, ಒಣಗಿಸುವಿಕೆ ಎಂದರೆ ಪ್ರಕೃತವತ್ತವಾದ ಗಾಳಿ ಮತ್ತು ಸೂರ್ಯನ ಶಾಖವನ್ನು ಉಪಯೋಗಿಸಿ ಆಹಾರದಿಂದ ನೀರನ್ನು ಬಾಷ್ಪೀಕರಿಸುವುದು. ಡಿಡ್ರೋಪಿಸ್ (ನೀರನ್ನು ಅರಿಸುವಿಕೆ) ಎಂದರೆ ಕೃತಕ ಶಾಖದಲ್ಲಿ ತಾಪಮಾನ, ತೇವಾಂಶ ಹಾಗೂ ಗಾಳಿ-ಬೀಜಕೀಯವನ್ನು ಬಾಗರೂಪತೆಯಿಂದ ನಿಯಂತ್ರಿಸುವುದನ್ನು ಒಣಗಿಸುವುದು. ಡಿಡ್ರೋಪಿಸ್ ಮೂಲಕ ಒಣಗಿಸಿದ ಆಹಾರಗಳು, ಪದಾರ್ಥಗಳು ಸೂರ್ಯನ ಶಾಖದಲ್ಲಿ ಒಣಗಿಸಿದ ಆಹಾರಗಳಿಂದ ಶ್ರೇಷ್ಠವಾಗಿದ್ದರೂ ತುಂಬಾ ದುಬಾರಿಯಾಗಿವೆ.

ತರಕಾರಿಗಳ ಪ್ರಾಮುಖ್ಯತೆ:-

- ಭಾರತೀಯರ ಆಹಾರ ಕ್ರಮದಲ್ಲಿ ತರಕಾರಿಗಳು ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತವೆ.
- ಜನಸಂಖ್ಯೆ ಹೆಚ್ಚಾದಂತೆ ತರಕಾರಿಗಳ ಪ್ರಾಮುಖ್ಯತೆಯು ಬೆಳೆದು ಅರಿವೂ ಹೆಚ್ಚುತ್ತಿದೆ. ಯಾಕೆಂದರೆ ಇದೊಂದು ಆಹಾರದ ಮೂಲ. ತರಕಾರಿಗಳು, ಆಗತ್ಯವಾದ ಜೀವಸತ್ವಗಳನ್ನು ಒದಗಿಸುತ್ತವೆ ಎಂಬ ಅರಿವು ಮೂಡಿದೆ. ಈ ಜೀವ ಸತ್ವಗಳು ಇತರ ಮೂಲಗಳಿಂದ ಅಷ್ಟು ಸುಲಭವಾಗಿ ಸಿಗುವುದಿಲ್ಲ.
- ಕಾರ್ಬನ್ ಹೈಡ್ರೇಟ್‌ಗಳು, ಪ್ರೋಟೀನ್, ಖನಿಜಸತ್ವ, ವಿಟಮಿನ್‌ಗಳು ಹಾಗೂ ಕ್ಯಾಲ್ಷಿಯಂ ಆಫ್‌ಫೋಸ್‌ಫೇಟ್‌ನ್ನು ಒದಗಿಸುತ್ತವೆ. ತರಕಾರಿಗಳ ಈ ಪೌಷ್ಟಿಕ ಸತ್ವಗಳೆಲ್ಲ ಸಮತೋಲಿತ ಆಹಾರದ ಅಂಶಗಳಾಗಿವೆ.
- ಪೌಷ್ಟಿಕತೆಯಲ್ಲಿ ಅಧುನಿಕ ಪಾತ್ರವಹಿಸುತ್ತವೆ. ಇವು ಅಕರ್ಷಕತೆಯನ್ನು ಅಧಿಕಗೊಳಿಸುವುದಿಲ್ಲ. ಆಹಾರ ಪದಾರ್ಥಗಳಿಗೆ ವಿವಿಧ ಬಣ್ಣ ಹಾಗೂ ತಮ್ಮ ಸುವಾಸನೆಯನ್ನು ನೀಡಿ ಸೇವಿಸಲು ಆಸೆಯುಂಟಾಗುವಂತೆ ಮಾಡುತ್ತವೆ.
- ನಮ್ಮ ದೇಶದಲ್ಲಿ ಬೆಳೆಯುವ ತರಕಾರಿಗಳು ಸಮ್ಮತವಾದವಾಗಲಿ ಜನಸಂಖ್ಯೆಗೆ ಸಾಕಷ್ಟಿಲ್ಲದಿರುವುದು ದುರದೃಷ್ಟಕರ.
- ಭಾರತದಲ್ಲಿ, ಕೊಯ್ಲಿನ ನಂತರ ಉಂಟಾಗುವ ಸವ್ಯಗಳಿಂದಾಗಿ, ಒಟ್ಟು ಉತ್ಪಾದನೆ ಹಾಗೂ ಉಪಯೋಗಿಸಲು ಸಿಗುವ ತರಕಾರಿಗಳ ಒಟ್ಟು ಮೊತ್ತದಲ್ಲಿ ದೊಡ್ಡ ಅಂತರವಿರುತ್ತದೆ.
- ಕೊಯ್ಲಿನ ನಂತರದ ಪಾನಿಯನ್ನು ಕಡಿಮೆಗೊಳಿಸಲು, ಸಾಧ್ಯ ಸಮ್ಮತವಿರಲಿ ಸಾಮರ್ಥ್ಯವನ್ನು ಹಾಗೂ ತರಕಾರಿಗಳ ಸಂಪೂರ್ಣ ಸೌಲಭ್ಯವನ್ನು ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಬೇಕು.
- ಒಣಗಿಸಿಡುವ ಮೂಲಕ ಕಡಿಮೆ ಖರ್ಚಿನಲ್ಲಿ ತರಕಾರಿಗಳನ್ನು ಕಡವಂತೆ ಇಡುವುದು, ಹಾಗೂ ಸುಲಭವಾಗಿ ಇದಲು ಆಗುತ್ತದೆ. ಇದು ಪ್ರಯೋಜನಕಾರಿಯಾದುದು. ಶೇಖರಿಸಿಟ್ಟು ತರಕಾರಿಗಳ ಹೆಚ್ಚು ಸ್ವಚ್ಛವಾದ ಬೇಕಾಗುವುದಿಲ್ಲ. ಹಾಗೂ ತರಕಾರಿಗಳು ಬೆಳೆಯುವ ಸಮಯದಲ್ಲಿ ಇವನ್ನು ಉಪಯೋಗಿಸಬಹುದು.

ಒಣಗಿಸಿದ ತರಕಾರಿಗಳ ಪ್ರಯೋಜನ

- ತರಕಾರಿಗಳನ್ನು ಒಣಗಿಸುವುದರಿಂದ ಅದರಲ್ಲಿರುವ ಕ್ಯಾಲೊರಿ ನೀಡುವ ಪದಾರ್ಥಗಳಿಗೆ ಅಥವಾ ಖನಿಜ ಪದ್ಧಗಳಿಗೆ ಹಾನಿವುಂಟಾಗುವುದಿಲ್ಲ.
- ಸಂಯಾದ ಕ್ರಮದಲ್ಲಿ ಪ್ಯಾಕ್ ಮಾಡಲಾದ ಹಾಗೂ ಸಂಗ್ರಹಿಸಿದಲಾದ ಒಣಗಿದ ತರಕಾರಿಗಳು ಬಹುಕಾಲ ಉಳಿಯುತ್ತವೆ.
- ಈ ತಾಂತ್ರಿಕತೆಯಿಂದ ಸಾಗಣೆ ಹಾಗೂ ಶೇಖರಣೆಯ ಬೀರ್ಪ ಕಡಿಮೆಯಾಗುತ್ತದೆ.
- ಇವು ಉತ್ಪನ್ನವನ್ನು ಏಕರೀತಿಯಲ್ಲಿ ಒದಗಿಸುತ್ತವೆ ಹಾಗೂ ಆಧುನಿಕ ಮಾರ್ಕೆಟ್‌ಗೆ ಬೇಕಾದ ಆಗವ್ಯವಸ್ಥೆ ಪೂರೈಸುತ್ತವೆ.
- ಗೃಹಕ್ಕೆ ತಾನು ಬಯಸಿರುವುದು ದಲ್ಲವನ್ನೂ ಬಳಸುತ್ತಾನೆ. ಏನನ್ನೂ ಹೊರಗೆ ಎಸೆಯಬೇಕು ಗುವುದಿಲ್ಲವಾದ್ದರಿಂದ ಮಾಲಿನ್ಯ ಕುರಿತಾದ ಸಮಸ್ಯೆಗಳಿರುವುದಿಲ್ಲ.

ಒಣಗಿಸುವ-ಮುನ್ನ ಮಾಡಬೇಕಾದ ಸಂಸ್ಕರಣೆಗಳು.

ಕೆಳಗೆ ನೀಡಿದ ಒಣಗಿಸುವ-ಮುನ್ನ ಮಾಡಬೇಕಾದ ಉಪಚಾರಗಳು, ಒಳ್ಳೆಯ ಗುಣಮಟ್ಟದ, ಒಣಗಿಸಿದ ಉತ್ಪನ್ನ ಪಡೆಯಲು ಆಗುತ್ತವಾಗಿವೆ. ಇಲ್ಲವಾದರೆ, ಉತ್ಪನ್ನಗಳು ಕಪ್ಪಾಗಿ, ಪರಿಮಳಹೀನವಾಗುತ್ತವೆ. ಒಣಗಿಸಲಿರುವ ತರಕಾರಿಗಳನ್ನು ಜಾಗರೂಕತೆಯಿಂದ ಆರಿಸಬೇಕು. ಅವುಗಳು ತಾಜವಾಗಿಲ್ಲದ, ಬೇಯಿಸುವ ಸ್ಥಿತಿಯಲ್ಲಿಲ್ಲದಿದ್ದರೆ, ಒಣಗಿಸಲು ಅರ್ಹವಲ್ಲ. ತರಕಾರಿಗಳನ್ನು ಕೊಯ್ಲಿನ ದಿನವೇ ತೋಳೆದು, ತಯಾರುಮಾಡಿ, ಸಂಸ್ಕರಿಸಬೇಕು.

ಪ್ಯಾಂಚಿಂಗ್ (ಬಿಳುಪೇರಿಸುವಿಕೆ):

- ಈ ತಾಂತ್ರಿಕತೆಯಿಂದ ತರಕಾರಿಗಳಲ್ಲಿರುವ ಕೀಟಗಳು ಹಾಗೂ ಕಲವು ಸೂಕ್ಷ್ಮ ಜೀವಾಣುಗಳನ್ನು ನಾಶಗೊಳಿಸಬಹುದು. ಆದರೆ ಇದು ಅಹಾರ ಶೇಖರಿಸುವಲು ಉದ್ದೇಶಿಸಿದ್ದಲ್ಲ.
- ಕೀಟಗಳು ಪ್ಲೋಟಿನ್‌ಅನ್ನು ಒಳಗೊಂಡ ಜೀವರಾಸಾಯನಿಕ ಸಂಯುಕ್ತಗಳಾಗಿದ್ದು ಜೀವಕೋಶಗಳಲ್ಲಿರುವ ಪಾಗೂ ರಾಸಾಯನಿಕ ಚಟುವಟಿಕೆಗಳಿಗೆ ಕಾರಣವಾಗಿದೆ.
- ಒಣಗಿಸುವ-ಮುನ್ನ ಮಾಡುವ ಎಂದೂ ಸಂಸ್ಕರಣೆ ವಿಧಾನವೇ ಪ್ಯಾಂಚಿಂಗ್. ಇದಕ್ಕೆ ಕಾರಣವೆಂದರೆ ತರಕಾರಿಯನ್ನು ಒಣಗಿಸಲು ಬೇಕಾದ ಶಾಯಿಂದ ಕೀಟಗಳನ್ನು ನಾಶಪಡಿಸಲು ಸಾಧ್ಯವಾಗುವುದಿಲ್ಲ.
- ತರಕಾರಿಗಳನ್ನು ಒಣಗಿಸುವ ಮೊದಲು ಪ್ಯಾಂಚಿಂಗ್ ಮಾಡಬೇಕು. ಕೀಟಗಳು ಬಣ್ಣ ಪರಿಷ್ಕೇಷಣೆ ಹಾಗೂ ಪೋಷಕಾಂಶಗಳನ್ನು ನಾಶ ಮಾಡುತ್ತವೆ.
- ಪ್ಯಾಂಚಿಂಗ್‌ನಲ್ಲಿ, ತರಕಾರಿಗಳನ್ನು ಜೋರಾಗಿ ಕುದಿಯುವ ನೀರಿನಲ್ಲಿ (ಅತಿ ಪರಿಣಾಮಕಾಲ) ಆದವಾ ಹವೆಯಲ್ಲಿ ಎಂದೂ ನಿರ್ದಿಷ್ಟ ಸಮಯದವರೆಗೆ ಇಡಬೇಕಾದ ಹಾಗೂ ತಕ್ಷಣ ಕೋಗಿಸಲು ತಾಪಮಾನಕ್ಕೆ ತರಬೇಕು.

- ಪ್ಯಾಂಚೆಂಗ್‌ಗೆ ಉಪಯೋಗಿಸುವ ಸಮಯ ದಾಗೂ ಪಾಪಿ ತೀವ್ರವಾಗಿಲ್ಲದಿದ್ದರೂ ತರಕಾರಿಗಳು ಬಹಳ ಮೆದುವಾಗಿವೆ ದಿಲ್ಲ ಅಥವಾ ಅವುಗಳ ಪರಿಮಳ ನಷ್ಟವಾಗುವ ದಿಲ್ಲ. ಆದರೂ, ಕೆಲವೊಂದು ಬಿವಿವಿ ಸತ್ತಾಗೂ ಹಾಗೂ ನೀರಿನಲ್ಲಿ ಕರಗುವ ವಿಟಮಿನ್‌ಗಳು ಪಾಪಿಲ್ ಪ್ಯಾಂಚೆಂಗ್‌ನಲ್ಲಿ ಕಳೆದುಹೋಗುತ್ತವೆ.
- ಜಸೂ ತರಕಾರಿಯ ಬಣ್ಣ ಉಳಿಸಲು ಪ್ಯಾಂಚೆಂಗ್ ನೀರಿಗೆ ಕೆಲವೊಮ್ಮೆ ಸೋಡಿಯಂ ಬೈಕಾರ್ಬೊನೇಟ್ ಸೇರಿಸಲಾಗುತ್ತದೆ. ಇದರಿಂದ ವಿಟಮಿನ್ ಪ್ರಮಾಣ ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಕ್ಯಾಲ್ಸಿಯಂ ಕ್ಲೋರೈಡ್ ಅನ್ನು ಬಳಸಿ ಮೆದುತ್ವವನ್ನು ಕಡಿಮೆ ಮಾಡಬಹುದು.

ಸಲ್ಫಿಟೇಷನ್

- ಪ್ಯಾಂಚೆ ಮಾಡಿದ ತರಕಾರಿಗಳನ್ನು ಸಲ್ಫಿಟೇಟ್ ದ್ರಾವಣದಲ್ಲಿ ಮುಳುಗಿಸಿ ಒಣಗಿದ ತರಕಾರಿಯ ಬಣ್ಣ ಮತ್ತು ಗುಣಮಟ್ಟ ಉಳಿಸುವ ಪ್ರಕ್ರಿಯೆ ಇದು.
- ತರಕಾರಿಗಳನ್ನು ಸಾಕಷ್ಟು ಸಮಯ (0.5% ಪೂಜಾಸೀಯಂ ಮೀನಾ ಬೈಸಲ್ಫೈಟ್ ದ್ರಾವಣದಲ್ಲಿ ಇಡುವುದರಿಂದ ಅವುಗಳನ್ನು ಸಲ್ಫೈಟ್ ಮಾಡಲಾಗುತ್ತದೆ.
- ಎರಡು ಕೆಲಸ ತರಕಾರಿಯನ್ನು ಮುಳುಗಿಸಲು ಸುಮಾರು 1 ಲೀಟರು ದ್ರಾವಣ ಸಾಕು.

ತರಕಾರಿಗಳನ್ನು ಕಡಿಮೆ ಪರ್ಚೇಸ್‌ನಲ್ಲಿ ಒಣಗಿಸುವ ವಿಧಾನ.

ವಿಸಿಲಿನಲ್ಲಿ ಒಣಗಿಸುವಿಕೆ :

- ಧಾರಾಳವಾಗಿ ವಿಸಿಲು ಇದ್ದು, ಒಣಗಿಸುವ ಸಂದರ್ಭದಲ್ಲಿ ಮಳೆ ಕಡಿಮೆ ಅಥವಾ ಬಾರದೇ ಇರುವ ಪ್ರದೇಶಗಳಲ್ಲಿ, ಹೆಚ್ಚಾಗಿ, ವಿಸಿಲಿನಲ್ಲಿ ಒಣಗಿಸುವ ಪದ್ಧತಿಯಿಂದ ತರಕಾರಿಗಳನ್ನು ಒಣಗಿಸುತ್ತಾರೆ.
- ಪಾರಂಪರಿಕವಾಗಿ, ವಿಸಿಲಿಗೆ ಒಣಗಿಸುವ ಪದ್ಧತಿಯನ್ನು, ಸಾಧಾರಣ ವಿಸಿಲು ಬೇಳುವ ಪ್ರದೇಶಗಳಲ್ಲಿ ಅನುಸರಿಸಲಾಗುತ್ತದೆ. ತರಕಾರಿಗಳು ಒಣಗಬೇಕು ಹಾಗೂ ಅವುಗಳು ತೇವಗೊಳ್ಳದೆ, ಹಾಳಾಗದೆ, ತೇವರಣೆ ಆಗುವಂತಾಗಬೇಕು.
- ಸನ್‌ಡ್ರೈಯಿಂಗ್ ನಮ್ಮ ನಿಯಂತ್ರಣದಲ್ಲಿಲ್ಲದ ಅಷ್ಟೇಕ ವಿಷಯಗಳ ಮೇಲೆ ಅವಲಂಬಿಸುವಂತಾಗುತ್ತದೆ. ಅದರಿಂದ ಸದಾ ಉತ್ತಮ ಗುಣಮಟ್ಟದ ಉತ್ಪನ್ನಗಳು ದೊರೆಯುವುದಿಲ್ಲ.
- ಈ ಪ್ರಕ್ರಿಯೆ ಬಹಳ ನಿಧಾನವಾಗಿ ಆಗುತ್ತದೆ. ಅದರಿಂದ ಉತ್ತಮ ಗುಣಮಟ್ಟದ ಉತ್ಪನ್ನಗಳು ಸಿಗುವುದಿಲ್ಲ. ತರಕಾರಿಯ ಮೇಲೆ ಫೂಳು, ಕೊಳೆ ಮತ್ತು ರೋಗಾಣುಗಳು ಬಂದು ಸೇರಿಕೊಳ್ಳುತ್ತವೆ. ಮಾತ್ರವಲ್ಲ ಅಗತ್ಯಕ್ಕಿಂತ ಹೆಚ್ಚಾಗಿ ಒಣಗುವ ಸಾಧ್ಯತೆ ಇದೆ.
- ವಿಸಿಲಿನಲ್ಲಿ ಒಣಗಿಸುವ ಪ್ರಕ್ರಿಯೆಯಲ್ಲಿ, ನೇರವಾದ ಸೂರ್ಯನ ಕಿರಣ, ಸಸ್ಯದ ಪಿಕ್‌ಮೆಂಟ್‌ಗಳನ್ನು ನಾಶಗೊಳಿಸುತ್ತದೆ.

ನೆರಳಲ್ಲಿ ಒಣಗಿಸುವುದು-ಶೇಡ್ ಡ್ರೈಯಿಂಗ್

- ಚೆನ್ನಾಗಿ ಗಾಳಿಯಾಡುವ ಕೊಠಡಿಯೊಂದರಲ್ಲಿ, ಅದರಲ್ಲಿರುವ ನೀರಿನ ತೇವ ಅಂಶವನ್ನು ಸಲುಬಾಗಿ, ವಿಸಿಲಿನಿಂದ ದೂರ ತರಕಾರಿಗಳನ್ನು ಪಡಲಾಗುತ್ತದೆ.
- ಒಂದು ಸೀಲಿಂಗ್ ಫ್ಯಾನ್ ಹಾಕಿದ್ದರೆ ಒಣಗುವ ಪ್ರಕ್ರಿಯೆ ತ್ವರಿತವಾಗುತ್ತದೆ.
- ಎಲ್ಲಾ ಬದಿ ಒಂದೇ ರೀತಿ ಒಣಗಲು, ಪ್ರತಿ ನಾಲ್ಕು ಗಂಟೆಗಳಿಗೊಮ್ಮೆ ಅವುಗಳನ್ನು ತಿರುಗಿಸಿ, ಹಾಕಬೇಕು. ಸುಮಾರು ಓಂಟು ತೇವಾಂಶ ಇರುವಲ್ಲಿ ತರಕಾರಿಗಳನ್ನು ಒಣಗಿಸಬೇಕು. ಅಂದರೆ ತರಕಾರಿಗಳು ಸಂಪೂರ್ಣವಾಗಿ ಒಣಗಿ ಗರಿಮುರಿ ಆಗುವ ತನಕ.

ಕಪ್ಪು ಪೋಲೀಥಿನ್ ಕವರ್ ಡ್ರೈಯಿಂಗ್

- ಕಪ್ಪು ಪೋಲೀಥಿನ್ ಕವರ್ ಡ್ರೈಯಿಂಗ್‌ನ ರಚನೆಯನ್ನು ಸುಲಭವಲ್ಲದ ದೂರವಿರುವ ಸ್ಥಾನೀಯ ಪದಾರ್ಥಗಳು, ಅಂದರೆ ಬಿರಿಯ, ಮಿಠೈ, ಇಟ್ಟಿಗೆ ಇತ್ಯಾದಿಗಳಿಂದ ಮಾಡಬಹುದು.
- ಇದರ ರಚನೆ ಹೇಗೆ ಮಾಡಬೇಕೆಂದರೆ, ಇದರೊಳಗೆ ತರಕಾರಿಗಳನ್ನು ಹಾಕಿ ಇಟ್ಟಿರುವ ತಟ್ಟೆಗಳು-ಟ್ರಯ್‌ಗಳನ್ನು ಸುಲಭದಲ್ಲಿ ಇಡುವಂತಿರಬೇಕು.
- ಈ ರಚನೆಯನ್ನು ಕಪ್ಪು ಪೋಲೀಥಿನ್‌ನಿಂದ ಆವರಿಸಬೇಕು. ಅದರ ರಚನೆಯು, ಕೆಳಗಿನಿಂದ ಒಣಗಾಳಿ ಅದರೊಳಗೆ ಬಂದು ಮೇಲ್ಭಾಗದಿಂದ ತೇವ ಗಾಳಿ ಹೊರ ಹೋಗುವಂತೆ ಇರಬೇಕು.

ಪ್ಯಾಕೇಜಿಂಗ್

- ಪ್ಯಾಕೇಜಿಂಗ್‌ನ ಮೊದಲು, ಒಣಗಿದ ತರಕಾರಿಗಳು ಕ್ರಿಮಿಕೀಟಗಳಿಂದ ಮುಕ್ತವಾಗಿವೆ ಎಂದು ದೃಢೀಕರಿಸಿ ಪಡೆಸಿಕೊಳ್ಳಬೇಕು.
- ಒಣಗಿದ ತರಕಾರಿಗಳನ್ನು ಒಣಗಿಸಿ, ತಣ್ಣಗಾದ ಕೊಠಡಲೇ ಪ್ಯಾಕ್ ಮಾಡಬೇಕು. ಇಲ್ಲವಾದರೆ ಅವುಗಳು ಬೇಗನೆ ಮಾಲಿನ್ಯಕ್ಕೆ ಒಳಗಾಗುತ್ತವೆ.
- ಒಣಗಿದ ತರಕಾರಿಗಳನ್ನು ಮೊದಲು ಪೋಲೀಥೀನ್ (ಪ್ಲಾಸ್ಟಿಕ್) ಚೀಲಗಳಲ್ಲಿ/ಸಣ್ಣಚೀಲಗಳಲ್ಲಿ ಇಟ್ಟು ಅವುಗಳನ್ನು ಭದ್ರವಾಗಿ ಮುಚ್ಚಿ ಸೀಲ್ ಮಾಡಬೇಕು.
- ಪ್ಯಾಕೇಜಿಂಗ್‌ನಿಂದ ದೂರವಿರುವಂತೆ ಪ್ಲಾಸ್ಟಿಕ್ ಚೀಲಗಳನ್ನು ಲೋಡದ ಕಂಟೈನರ್‌ಗಳಲ್ಲಿ ಸಾಧ್ಯವಾದಷ್ಟು ಒತ್ತಾಗಿ ಇಡಬೇಕು. ಅದರ ತರಕಾರಿ ಒತ್ತಡಕ್ಕೆ ಸಿಕ್ಕಿ ಪುಡಿಯಾಗದಂತೆ ಎಚ್ಚರ ವಹಿಸಬೇಕು. ಮುಚ್ಚುವನ್ನು ಭದ್ರವಾಗಿ ಹಾಕಬೇಕು.
- ಡಬಲ್ ಪೋಲೀಥಿನ್ ಪೌಚ್-ಪ್ಯಾಕೇಜಿಂಗ್ ತಂತ್ರಜ್ಞಾನ ಬಳಸುವುದು ಉತ್ತಮ. ಇದರಿಂದಾಗಿ, ಉಳಿಸಿಕೊಂಡ ತರಕಾರಿಗಳ ಸತ್ವಾಂಶ ಹಾಗೂ ರುಚಿಯು ಉತ್ತಮವಾಗಿರುತ್ತದೆ.

ತರಕಾರಿಗಳನ್ನು ಬೀಜಗಳನ್ನು ಬೇಕಾದ ಅವಶ್ಯಕತೆಗಳು

ತರಕಾರಿಗಳು	ತಯಾರಿ	ಕುರಿತು ನಿರೀಕ್ಷಿಸಿದ ವ್ಯಯ	ಸರಿಯಾದ 0.5% KMS ದ್ರವ್ಯದ
ಆದರ ಫಲ	ಬಳಿಯ ಎಲೆಗಳನ್ನು ಹಾಗೂ ಬಳಿಯ ಬಾಗಗಳನ್ನು ಸ್ವಲ್ಪದ ಪ್ರತ್ಯೇಕಿಸಿ ಕರೀಭಾಗಗಳನ್ನು ಕೈಬಿಡಬಹುದು. ಕೊಳೆಯನ್ನು ತೆಗೆಯಬಹುದು. ಜಾಗರೂಕತೆಯಿಂದ ತೆಗೆಯಬಹುದು.	3-4 ನಿಮಿಷಗಳು	10 ನಿಮಿಷಗಳು
ಬೀಜ	ನೀರಿನಲ್ಲಿ ತೊಳೆದು, ಸ್ವಲ್ಪ ತುಂಬು ಗಳನ್ನಾಗಿ ಮಾಡಿ.	3-4 ನಿಮಿಷಗಳು	20 ನಿಮಿಷಗಳು
ಹಾಗೂ ಕಾಯಿ	ಪುಟ್ಟ ನೀರಿನಲ್ಲಿ ತೊಳೆದು, ಆದರ ಎರಡೂ ತುದಿಗಳನ್ನು ತುಂಬಿಸಿ, ಹಾಗೂ ಕಾಯಿಯನ್ನು 6 ಮಿ.ಮಿ. ದಪ್ಪದ ತುಂಬುಗಳನ್ನಾಗಿ ಮಾಡಿ.	6-8 ನಿಮಿಷಗಳು	20 ನಿಮಿಷಗಳು
ಕೆಂಪು ಮೂಲಂಗಿ	ಹಾಳಾಗಿರದ ಎಲೆಗಳನ್ನು ಹೊರತೆಗೆ ಗಳನ್ನು ಬಳಸಿ ನೀರಿನಲ್ಲಿ ಬಿಸ್ಕುಗಿ ತೊಳೆಯಿರಿ. ಆದರ ಬೀಜಗಳು ಮತ್ತು ಕಾಂಡವನ್ನು ಪ್ರತ್ಯೇಕಿಸಿ, ಸಿಪ್ಪೆ ತೆಗೆದು 4 ಮಿ.ಮಿ.ದಪ್ಪದ ತುಂಬು ಗಳಾಗಿ ಮಾಡಿ.	4-5 ನಿಮಿಷಗಳು	20 ನಿಮಿಷಗಳು
ಹೂಕೋಸು	ಎಲೆಗಳು ಮತ್ತು ದಂಡನ್ನು ತೆಗೆದು ಬಿಸ್ಕುಗಿ ತೊಳೆಯಿರಿ.	4-5 ನಿಮಿಷಗಳು	30 ನಿಮಿಷಗಳು
ಮೆಂತೆ	ಕಂತಿಯಿಂದ ಎಲೆಗಳನ್ನು ತೆಗೆದು ಹಾಗೂ ಗಟ್ಟಿ ಕಾಂಡಗಳನ್ನು ತೆಗೆಯಿರಿ, ನೀರಿನಲ್ಲಿ ಬಿಸ್ಕುಗಿ ತೊಳೆಯಿರಿ.	2-3 ನಿಮಿಷಗಳು	10 ನಿಮಿಷಗಳು
ಒಳ್ಳೆ	ಬಿಸ್ಕುಗಿ ತೊಳೆದು, ಎರಡೂ ಎಲೆಗಳನ್ನು ತುಂಬಿಸಿ ತೆಗೆಯಿರಿ ಹಾಗೂ 6 ಮಿ.ಮಿ. ದಪ್ಪದ ತುಂಬುಗಳನ್ನಾಗಿ ಮಾಡಿ.	3-4 ನಿಮಿಷಗಳು	20 ನಿಮಿಷಗಳು
ಪಾಲಕ್	ಬಿಟ್ಟ ಕಾಂಡವನ್ನು ತುಂಬಿಸಬಹುದು ಸಂಕುಚಿತ ಹಾಗೂ ನೀರಿನಿಂದ ಬಿಸ್ಕುಗಿ ತೊಳೆಯಿರಿ.	3-4 ನಿಮಿಷಗಳು	10 ನಿಮಿಷಗಳು
ಬಟಾಣಿ	ಸುಲಿಯು ಡ್ರೈಂಗ್ ಮಾಡಿದ ಎಲೆ ಬಟಾಣಿಗಳನ್ನು ಅರಿಸಿದ ಒಣಗಿದ ಲುಪ್ಪುಗಳು ಲುಪ್ಪುಮಾಡುವುದು. ಬಿಸ್ಕುಗಿ ತೊಳೆದು, ಸಿಪ್ಪೆ ತೆಗೆದು 1/4 ಇಂಚು ದಪ್ಪದ ಲುಪ್ಪು ಅಥವಾ 1/8 ಇಂಚು ದಪ್ಪದ ಅಥವಾ ತುಂಬುಗಳನ್ನಾಗಿ ಮಾಡಿ.	3-4 ನಿಮಿಷಗಳು	20 ನಿಮಿಷಗಳು
ಆಲೂಗಡ್ಡೆ	ಇಂಚು ದಪ್ಪದ ಅಥವಾ ತುಂಬುಗಳನ್ನಾಗಿ ಮಾಡಿ.	4-5 ನಿಮಿಷಗಳು	30 ನಿಮಿಷಗಳು

• ಒಣಗಿದ ತರಕಾರಿಗಳ ಕಂಪ್ಯೂನರ್‌ಗಳನ್ನು ಒಣಗಿದ - ತಂಪಾದ ಮತ್ತು ಕತ್ತಲೆ ಜಾಗದಲ್ಲಿ ಇಟ್ಟಿರಬೇಕು.

• ಶೇಖರಣಾ ಸಮಯದಲ್ಲಿ ತೇವಾಂಶ ಸೇರಿಕೊಳ್ಳದಿರಲು ಮುಂಜಾಗರೂಕತೆ ವಹಿಸಬೇಕು.

• ತರಕಾರಿಗಳಿರುವ ಪ್ಲಾಸ್ಟಿಕ್ ಬ್ಯಾಗ್‌ಗಳನ್ನು ಮೆಟಲ್ ಕ್ಯಾನ್‌ಗಳಲ್ಲಿ, ಸಿಲಿಕಾ ಜೆಲ್ ಬಟ್ಟಿಗಳ ಬ್ಯಾಗ್‌ಗಳನ್ನು ಹಾಕಿ ಶೇಖರಿಸುವುದು ಪ್ರಯೋಜನಕಾರಿ.

• ಶೇಖರಣಾ ತಾಪ ಕಡಿಮೆ ಇಡುವುದರಿಂದ ಒಣ ತರಕಾರಿಗಳು ಹೆಚ್ಚು ಬಾಳಿಕೆ ಬರುತ್ತವೆ.

ಎಲೆ ತರಕಾರಿಗಳ ಮಹತ್ವ

• ಎಲೆ ತರಕಾರಿಗಳಲ್ಲಿ ಅಧಿಕ ಪ್ರಮಾಣದ ಮೈಕ್ರೋ ನ್ಯೂಟ್ರಿಯಂಟ್‌ಗಳಿರುತ್ತವೆ. ಉದಾಹರಣೆಗೆ ಕ್ಯಾಲ್ಷಿಯಂ, ಕಬ್ಬಿಣ ಸತ್ವ, ಕ್ಯಾರೋಟೀನ್ ಮತ್ತು ವಿಟಮಿನ್-ಸಿ ಹೇರಳವಾಗಿರುತ್ತದೆ. ಇತರ ತರಕಾರಿಗಳು, ಗದ್ದೆ ಗಣಸುಗಳಲ್ಲಿ ಇವು ಅಷ್ಟೊಂದು ಪ್ರಮಾಣದಲ್ಲಿ ಇರುವುದಿಲ್ಲ.

• ಕೆಲವೊಮ್ಮೆ ತರಕಾರಿಗಳಲ್ಲಿರುವ, ಬಳಸಬಹುದಾದ ಎಲೆಯು ಭಾಗವನ್ನು ಉಪಯೋಗಿಸದ ಕೇವಲ ಮಧ್ಯಸ್ಥಾನವನ್ನೇ ಬಳಸಲಾಗುತ್ತದೆ. ಆದರೆ ಇದರಿಂದಾಗಿ ಮೈಕ್ರೋ ನ್ಯೂಟ್ರಿಯಂಟ್ಸ್ ಇರುವ, ಎಹಳೆ ಉಪಯುಕ್ತವಾದ ಅಂಶವನ್ನು ನಾವು ಕಳೆದುಕೊಳ್ಳುತ್ತೇವೆ ಎಂಬುದು ಗಮನಾರ್ಹ.

• ಕೆಲವು ಅಸಾಧಾರಣ ಎಲೆ-ತರಕಾರಿಗಳು, ಅಂದರೆ, ಕಸವಿನ ಎಲೆ, ನುಗ್ಗೆ, ನವಿಲುಗೋಸು ಎಲೆ ಟರ್ನಿಪ್ ಎಲೆ ಇವುಗಳಲ್ಲಿ, ಇತರ ಸಾಧಾರಣ ಎಲೆ-ತರಕಾರಿಗಳಿಗಿರುವ, ಅಂದರೆ, ಆಮರಾಂತ ಪುಷ್ಪ, ಮೆಂತೆ ಸೊಪ್ಪು, ಸಾಸಿವೆ, ಪಾಲಕ್(ಸಿನಿನ್ಜಾಟ್) ಇವುಗಳಿಗಿಂತ ಹೆಚ್ಚು ಪೌಷ್ಟಿಕಾಂಶಗಳನ್ನು ಹೊಂದಿವೆ.

ಅಸಾಧಾರಣ ಎಲೆ-ತರಕಾರಿಗಳನ್ನು ಒಣಗಿಸುವುದು.

• ಅಸಾಧಾರಣ ಎಲೆ-ತರಕಾರಿಗಳ ಅಗತ್ಯ-ಅವಶ್ಯಕತೆಗಳ ಕುರಿತು ಜನ ಜಾಗೃತಿ ಮೂಡಿಸುವ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳುವುದು ಅತಿ ಅಗತ್ಯವಾಗಿದೆ.

• ಅಸಾಧಾರಣ ಎಲೆ-ತರಕಾರಿಗಳನ್ನು ತಾಜಾತನ ಇರುವಾಗಲೇ ಮಾರಾಟಮಾಡಲು ಸಾಧ್ಯವಿಲ್ಲವಾದರೆ ಅವುಗಳನ್ನು ಒಣಗಿಸಿ, ಶೇಖರಿಸಿ ಇಡಬಹುದು.

• ಸಾಮಾನ್ಯವಾಗಿ, ಒಣಗಿಸುವ ಕ್ರಿಯೆಯಲ್ಲಿ, ಸುಮಾರು 50% ಕ್ಯಾರೋಟೀನ್ ನಷ್ಟವಾಗುತ್ತದೆ.

• ಆದರೂ, ಒಣಗಿದ ಕ್ಯಾರೋಟೀನ್ ತುಂಬಿರುವ ಅಸಾಧಾರಣ ತರಕಾರಿ, ವಿಟಮಿನ್ A ಕೊರತೆ ಇರುವವರಿಗೆ, ಅದನ್ನು ಒದಗಿಸುವ ಮುಖ್ಯ ಮೂಲವಾಗಿಯೇ ಉಳಿಯುತ್ತದೆ.

• ಒಣಗಿದ ತರಕಾರಿಗಳನ್ನು ಪುಡಿಯಾಗಿಸಿ, ಗೋಧಿ ಒಟ್ಟಿನ ಜೊತೆ ಮಿಶ್ರಣ ಮಾಡಿ, ಸಾಪ್ತಜನಿಕ ವಿತರಣೆ ಮಾಡಬಹುದು.

ತರಕಾರಿಗಳಲ್ಲಿರುವ ಮೈಕ್ರೋ ಸ್ಯಾಟ್ರಿಯಂಟ್ ಅಂಶ

	ಶ್ಯಾ mg/100g	ಕಬ್ಬಿಣದ ಅಂಶ mg/100g	ಕ್ರೋಮಿಯಂ µg/100g	ಮಿಟಿಮಿನ್ - 9 mg/100g
ವಾದ್ಯ ಬೇರುಗಳು, ಟ್ಯೂಬರ್‌ಗಳು ಹಾಗೂ ಇತರ ಭಾಗಗಳು				
ಅಮರಾಂತ ಪುಷ್ಪ	397	25.5	5,520	99
*ಕಸುವಿನ ಎಲೆಗಳು	227	10.0	10,278	12
ಕೊತ್ತಂಬರಿ ಸೊಪ್ಪು	184	18.5	6,918	135
*ನುಗ್ಗೆ ಮರದ ಎಲೆಗಳು	440	7.0	6,780	220
ಮೆಂತೆ	395	16.5	2,340	52
ವಿಳಿ ಮೂಲಂಗಿ	265	3.6	5,295	81
*ಸೋಲ್-ಕೋಲ್ ಎಲೆಗಳು	740	13.5	4,146	157
*ಟರ್ನಿಪ್ ಎಲೆಗಳು	710	28.4	9,396	180
*ಶೆಂಪು ಮೂಲಂಗಿ ಎಲೆಗಳು	340	8.8	5,700	79
ವಾದ್ಯ ಬೇರುಗಳು, ಟ್ಯೂಬರ್‌ಗಳು ಹಾಗೂ ಇತರ ಭಾಗಗಳು				
ಕೆಂಪು ಮೂಲಂಗಿ	80	2.2	3	3
ಕೆಸು (ಕೊಲಿಕೋಸಿಯ)	40	1.7	2	0
ಟರ್ನಿಪ್	30	0.4	0	43
ನುಗ್ಗೆಕೊಂಬು	30	0.18	110	120

*ಅನಾಮಾನ್ಯ ಎಲೆ ತರಕಾರಿಗಳು

ಮೂಲ : ಸ್ಯಾಟೆನಲ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಸ್ಯಾಟ್ರಿಯಂಟ್, ಹೈದರಾಬಾದ್

ಭಾರತ ಸರ್ಕಾರದ WCDರಿಗೆ ಈ ವಾರ್ಷಿಕ-ಪತ್ರವನ್ನು ಹೊಗಳುವುದಿಲ್ಲ. IARIಯ ಹೈಡ್ರೋ & ಹಾರ್ಟಿಕಲ್ಚರಲ್ ವಿಭಾಗದ ಎಮಿರ್ಜೆಟಸ್ ವಿಜ್ಞಾನಿ ಪ್ರೊ. ಸುದಾಂತ ಕೆ. ಶಾಂತ್ ಅವರು ತಯಾರಿಸಿದ್ದಾರೆ.

SPECIAL REPORT OF THE COMMISSIONERS TO THE HONOURABLE SUPREME
COURT

(A follow-up to the Fourth Report submitted in August 2003, with advice for immediate orders)

The four reports submitted earlier aimed at evaluating the implementation of food and employment related schemes and of the Honourable Court's orders. We wish to reiterate our earlier concern that the right to food cannot become a reality till due recognition is given to the crucial link between it and the right to work as well as the right to information.

This special report follows a series of meetings held with government, as directed by the Hon'ble Court. Many agreements have been reached, such as the discontinuation of grain exports and a ban on the use of labour-displacing machines on public works. However, some of the orders of the Honourable Court have not been complied with. The most flagrant cases of non-compliance are discussed below.

1 Mid-day Meal Scheme

- 1.1 There is much evidence of the benefits provided by cooked meals both in terms of higher enrolment rates and better nutritional status of children (including that of the girl child). It was in this view that the Honourable Court ordered all the states to provide cooked meals in all government and government aided primary schools.
- 1.2 However recent reports show that the midday meal scheme has not been started at all in the states of Bihar, Uttar Pradesh and Uttaranchal. Some states like Jharkhand and Orissa have interpreted an earlier order of the Court¹ directing them to start the scheme in at least one fourth of the districts, to justify the non-implementation in the entire state. Still other states like West Bengal have implemented the scheme in a few blocks and within these, only in a few schools. Further communication reveals that little effort is being taken to ensure that the coverage is universalised to cover all eligible schools.
- 1.3 We have also been informed that in Mizoram, parents are being asked to contribute towards the costs of mid-day meals. Government orders to this effect appear to have

¹ Order dated 8 May 2003, whereby the bench directed Jharkhand and others to implement the scheme in at-least one fourth of the districts.

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been issued, asking teachers to extract payments or donations from parents to meet the costs of fuel and utensils.

In this light we advise the Honourable Court to:

- A. Direct the states that are yet to initiate cooked mid-day meals in primary schools as well as those that have implemented it partially to comply with the order of November 28, 2001.
- B. Issue clarificatory orders that the order dated 8 May 2003 permitting partial implementation was only a temporary measure and the intention is to ensure universal coverage of all government and government-assisted primary schools with midday meal scheme immediately.
- C. Direct that the conversion costs needed to provide a hot nutritious meal are not recovered in any form or percentage from the parents of the children enrolled in these schools.

2 Antyodaya Anna Yojana

- 2.1 In the last few months an attempt was made to ascertain the degree to which the interim order directing the Government of India to issue additional Antyodaya cards to identified priority groups has been complied with.
- 2.2 We find however that the guidelines issued by the Governments in this regard are flawed in two respects. This in turn fails to make these priority groups particularly the primitive tribal groups (PTG's) eligible as a 'matter of right', as recommended by the petitioner and directed by the Court². First, they explicitly require BPL status as a pre requisite for eligibility to receive benefits under the expanded programme thereby ensuring that Antyodaya cards are only issued from among existing BPL cardholders. In order to ensure that the poorest are issued cards it is important that individuals from the priority groups be given Antyodaya cards even if they have been inadvertently or wrongfully excluded from the BPL lists.³ Orders to this effect have already been issued in West Bengal.

² In the order of 8 May, 2003

³ This was also agreed upon in a recent meeting convened by the Department of Food and Public Distribution. This meeting held in New Delhi on 19 September 2003, was called to discuss the recommendations made by the Commissioners in their fourth report.

- 2.3 Second, the governments of many states have interpreted the order incorrectly to mean that the number of Antyodaya cards issued in each district should simply be increased from 15% of the existing BPL cards to 23%. Such an automatic increase does not allow for differing numbers between districts of the priority groups mentioned in the order. The result is that in areas of intense poverty, where the need for cards is greater, only a small proportion of the vulnerable households are covered. This problem was found, for instance, in villages of Dahi block in Madhya Pradesh and Lakhanpur block in Chattisgarh. Persons representing the commissioners came across many destitute households belonging to the PTC's of Bharia and Hill Korwa respectively who had not been issued Antyodya cards.
- 2.4 Thirdly, in all states other than MP, Chattisgarh, Rajasthan, Sikkim and Nagaland the process of identification is yet to be completed.

In the light of the above, we advise the Honourable Court to:

- A. Direct the Government of India and State Governments to issue revised guidelines ensuring that the possession of a BPL card is not a necessary eligibility criterion for inclusion in the expanded Antyodaya programme.
- B. Direct the States to ensure that the inclusion of priority groups is done as a matter of right, as per the orders of the Court.
- C. Direct that the cards must be issued within four weeks to all primitive tribes and within eight weeks for other priority groups, for those states that are yet to complete the process of identification and distribution of cards.
- D. Direct the Government of India to ensure that grain allocations under Antyodaya Anna Yojana are raised as may be required for the implementation of these directions.

3 Annapurna and NSAP

- 3.1 The Annapurna scheme, from being a centrally sponsored one was transferred to the State Plan wef 2002-2003. Since then a number of States including MP, Karnataka, Haryana, Punjab, Arunachal Pradesh, Assam, Chattisgarh, Gujarat, Kerala, Manipur,

Nagaland, UP and Uttaranchal⁴ have discontinued the scheme, in many cases without providing any alternative. In both the districts of Sheopur and Dhar in MP, our investigators met many elderly persons who were dependent on the Annapurna benefits for their survival but had been abruptly deprived of it since March 2003. Moreover this had been done without providing for any other alternative arrangement. This had been brought to the attention of the state government in July 2003 but field visits made in November showed that no heed had been paid to the Commissioners recommendation that these benefits not be withdrawn.

In the light of the above we advise the Honourable Court to:

- A. Direct that no scheme covered by the orders of the court (including the National Old Age Pension Scheme and the National Family Benefit Scheme and in particular Annapurna) be discontinued or restricted in any way without the prior approval of the court. If any of the schemes have already been discontinued, the States should reintroduce them with retrospective effect.
- B. Direct states, which contend that allocations under Annapurna are not required, since the entire eligible population has been covered under the national and state pension schemes, to establish before the Court that this indeed reflects the situation at the ground level. Adequate proof must be furnished and submitted to the court that no one in the state wishes to get benefits under this scheme.
- C. Direct the GoI to make full allocation for NSAP in its budget. At present against a requirement of more than Rs 1400 crores, only Rs 680 crores is being provided, resulting in huge backlog of non-payment in the states.

4 Moving towards an Employment Guarantee

- 4.1 We have mentioned earlier the inextricable link between the right to work and the right to food. The Government of India has in the past also recognised this by conceiving of and announcing the implementation of Jaya Prakash Narayan Employment Guarantee Yojana (JPEGY) in the budget of 2002 - 03 (Budget speech of the Finance Minister, February 2002) more than a year and a half ago. In particular the programme clearly lays down that any individual in the selected districts, should

⁴ Grains are allotted by the Department of Food and Public Distribution on receipt of demand from the states. The mentioned states have not been allotted grain under the programme for the year 2002-2003

be able to get employment at the legal minimum wage within one fortnight of registration, and should be eligible for compensation if employment is not thus provided. However nothing has been done since the budget announcement.

We therefore advise the Honourable Court to:

- A. Direct the Government of India to implement the Jaya Prakash Narayan Employment Guarantee Yojana in the identified 131 backward districts forthwith and in any case not later than one month from the date of the order.

5 Integrated Child Development Services (ICDS)⁵

- 5.1 It may be recalled that in an order dated 28 November 2001, the Hon'ble Court had directed all states to ensure that there is an Anganwadi centre in "every settlement". The intention of the order was to provide universal access to ICDS. However, the Department of Women and Child Welfare has admitted in a recent meeting, that orders aimed at compliance with this directive have not been issued. Further, the Department maintains that due to financial constraints it is unable to cover "each child, pregnant & nursing mother and adolescent girl" under the scheme as directed by the Supreme Court.⁶ Requests made by the Department for enhanced financial allocations have been turned down.
- 5.2 The response of the Department indicates that the Supreme Court Orders have been interpreted within the existing guidelines, rather than as directions that go beyond the same. This is the rationale used for not universalising the scheme either in terms of reaching every "settlement" or in terms of covering "each" beneficiary (child within the age group of 0-6, pregnant and nursing mother, adolescent girls).
- 5.3 The net result is that only 3.4 crore children are getting the benefit of supplementary nutrition under ICDS. This is nowhere near the number of children in the relevant age group (over 15 crores), or the numbers that are malnourished (8.5 crore), or even the numbers belonging to families below the poverty line (6 crores). The percentage of adolescent girls being covered is much less as the scheme for them has not been

as per the information received from FC1 as on 26.6.2003

⁵ The content in this section is largely drawn from a meeting convened by the Department of Women and Child Welfare, held at New Delhi on 25 November 2003. The meeting was called to discuss the recommendations made by the Commissioners regarding the ICDS programme as well as analyze to what extent the Hon'ble Courts orders have been complied with.

⁶ Dated 28th November 2001.

operationalised for all Anganwadi centres. The coverage of settlements is also not complete. At present for around 14 lakh habitations, there are only 6.05 lakh reporting Anganwadi centres. Thus the present coverage of the scheme is clearly insufficient to meet the needs of all those who require it.

We may add that 3.4 crore is the theoretical entitlement, actual coverage is much less, as the states do not provide sufficient funds to meet the cost of nutrition.

In the light of the above we advise the Honourable Court to:

- A. Issue clarificatory orders that the term "settlement" as used in the Order dated 28 November 2003 pertains to a cluster of households within a village. The order must not be interpreted by the Department, as only operationalizing the present number of sanctioned ICDS projects.
- B. Issue orders that the ICDS services be extended to every child, pregnant and lactating mother and adolescent girl, as directed in the order dated 28 November 2003. The services must not be restricted to disadvantaged families or to a predetermined number identified and given to the states.

6 The Right to Information

- 6.1 Documents pertaining to food and employment related schemes are still being routinely denied to the public, and even to the Commissioners investigation teams. Despite the necessary authority, open access to information and records dealing with these schemes is still not readily attainable. The non-accessibility can be on account of continued absence of the concerned authority and thereby his non-availability to those who require his services, blanket refusal to provide the information as well as the phenomenon of prohibitive pricing. A case in point is the price charged for photocopying muster rolls in Madhya Pradesh, which at a steep Rs 20 per page is ten times more than that charged for photocopying one page of most other documents. Two letters addressed to the Chief Secretary of the state by the Commissioners have not even received a response let alone any action. A recent trip to Dhar district of MP several months after the letters were sent has confirmed that no order revising the price has been issued, as was requested by the commissioners.

- 6.2 Letters have also been sent to all the state governments requesting, that documents related to the PDS including the list of beneficiaries and the stock register be made public. Though several state governments have issued standard orders in this regard, actual implementation of these orders at the ground level is not carried out. In November 2003 the Commissioners representatives visited the district of Dhar in MP. Despite having the required authority and thereby being promised the relevant information none was forthcoming. It appears that there is little accountability on not providing the information. Measures must therefore be taken to ensure that information and documents are available at a cost effective and time bound manner.

In light of the above, we advise the Honourable Court to:

- A. Direct that all documents pertaining to food and employment schemes, including those mentioned in the interim order of 28 November 2001, should be treated as public documents, open to public scrutiny and accessible for consultation by any individual at any time. In cases where an application is made for a copy of these documents, certified photocopies should be provided within one week of the application. The charge for the photocopies should be no greater than the cost of photocopying and in any case no higher than Rs. one per page.
- B. Direct the States and the Government of India to submit an affidavit clarifying the procedure required to apply for these documents, and the available redressal mechanisms when records are not provided on time. This should explicitly include measures to be undertaken on account of refusal to accept complaints and letters of application in addition to required action that must be taken against any official found to be guilty of repeated inaction.
- C. Direct the GoI to bring into force the Right to Information Act passed by Parliament and to issue rules and procedure pertaining to the Act.

Main identity

From: "S Vivek" <right2food@yahoo.co.in>
To: "Sochara@Vsnl.Com" <sochara@vsnl.com>
Sent: Tuesday, December 02, 2003 3:15 AM
Subject: Update 25

Dear Friends,

Welcome to "right to food updates", a periodic bulletin about India's right to food campaign, circulated once a month or so. This 25th Update is being sent to an expanded list, including not only the 2000-odd supporters who have been patiently reading earlier updates, but also many new recipients.

If you have missed earlier updates, you can find them on the campaign website (www.righttofood.com). The website also contains a wealth of related material of interest - Supreme Court orders on the right to food, reports of campaign activities, selected articles, and much more.

If you wish to be deleted from the list, please send a line to right2food@yahoo.co.in

In this Update, we have further news of recent activities around the country, including the "truck yatra" in Rajasthan, complaint camps in West Bengal, demonstrations for mid-day meals in Jharkhand, and the Parivartan struggle in Delhi, among other items. There is also an important section on a "special report" just submitted by Dr. Saxena and Mr. Sankaran to the Supreme Court. The next hearing is due tomorrow.

Today's headlines:

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1. JHARKHAND: FURTHER ACTION ON MID-DAY MEALS
 2. RAJASTHAN: TRUCK YATRA ROLLS ON
 3. DELHI: LINKING THE RIGHT TO FOOD WITH THE RIGHT TO INFORMATION
 4. WEST BENGAL: COMPLAINTS AND REDRESSAL
 5. MAHARASHTRA: ANI YODAYA CARDS FOR PRIORITY GROUPS
 6. MAHARASHTRA: RALLY FOR BETTER DROUGHT RELIEF
 7. CHHATTISGARH: DRAFT "RIGHT TO WORK BILL"
 8. COMMISSIONERS CALL FOR UNIVERSAL CHILD CARE SERVICES
 9. COMMISSIONERS' WORK: OTHER MATTERS
 10. MISCELLANEOUS
 1. JHARKHAND: FURTHER ACTION ON MID-DAY MEALS

Jharkhand activists are back on the streets, trying to persuade the government to start providing mid-day meals in primary schools. An extensive signature campaign took place recently in about

10 districts. Following on that, over seven hundred people from all over Jharkhand gathered in Ranchi for a series of campaign activities, starting with a press conference on 10 November 2003. The next day, a rally was taken from Goskar College to the Secretariat. En route, further signatures were collected. This was followed by a public mid-day meal for children, aimed at embarrassing the government, and a colourful 'bal sansad' (children's parliament).

An appointment had been sought with the Chief Minister. When the rally reached the Secretariat, people decided to stage a sit-in demonstration on the spot. Most responsible officials as well as the Chief Minister were inside the building, for a Cabinet meeting. Though the CM did not meet the group, a delegation was received by the Chief Secretary of Jharkhand.

The Chief Secretary said that the government had decided to start providing mid-day meals, and that Rs 20 crores had been sanctioned for the current financial year. The programme is due to begin on 15 December, 2003. He further stated that a proposal for a full-fledged mid-day meal programme, with a budgetary provision of Rs. 136 crores per year, was with the Cabinet Committee. The proposal envisages an expenditure of Rs. 2.50 per child per day and takes on board most of the demands made by the right to food campaign in Jharkhand. It also includes a provision of Rs 15,000 per school for building kitchen sheds. A follow-up meeting with the Education Secretary and other senior officials was fixed for 19 November 2003, for further discussions of the guidelines of the scheme.

2. RAJASTHAN: TRUCK YATRA ROLLS ON

Mazdoor Kisan Shakti Sangathan (MKSS), along with other local organisations, have been campaigning for a "peoples' agenda" in Rajasthan, in the context of the forthcoming elections in the state. Under the banner of Jan Niti Abhiyan (campaign for a people's agenda), a 'truck yatra' has been criss-crossing Rajasthan during the last three months. The truck yatra is part of a larger effort to promote participatory democracy and to articulate common people's priorities.

Emerging priorities include the right to work (including an Employment Guarantee Act); the right to food; the right to information and other tools of participatory and accountable governance; concerns arising from the privatisation of public utilities like water and electricity; the living conditions of marginalized communities; struggles against oppression waged by the Dalit and women's movement, etc. These and related issues will be compiled in a "Jan Ghoshna Patrika" (People's Manifesto), to be widely distributed and discussed in the final phase of the truck yatra.

The final phase (November 13-26) started with an intense campaign at the Pushkar Fair, which was innovatively used to reach out to a large number of people on electoral issues. From there it proceeded to cover six districts of Rajasthan. The team pays as much attention to the mode of communication as to the message itself. The issues are conveyed through catchy and imaginative mediums such as street plays, songs, spoofs and puppet shows.

The yatra ended on 26 November. In the past three months, it has covered most districts of the state. It has also combined with a set of other activities including a "people's assembly" coinciding the previous assembly session; an "election watch" process to ensure participatory verification of electoral rolls; wide dissemination of information on the disclosure made by candidates; etc. The common goal of these activities is to foster participatory democracy and ensure that people's priorities are reflected on the political agenda.

For a first-hand report on the truck yatra, see <http://geocities.com/righttofood/data/truckyatra.pdf>

3. DELHI: LINKING THE RIGHT TO FOOD WITH THE RIGHT TO INFORMATION

Parivartan, a Delhi-based organisation committed to the right to information, has been actively trying to eradicate corruption from the public distribution system (PDS). Despite strong protests from the PDS dealers, supported by sections of the administration, Parivartan has stepped up its campaign, and there are early signs of success.

Parivartan has mobilised a large number of people in Delhi and helped them to apply for their PDS records under the right to information act. Initially the concerned officials refused to disclose the records, but later they started sending letters to the applicants specifying the time and place where records could be verified. On 23 September 2003, five women went to the specified office with two Parivartan activists. In anticipation of their visit, several PDS dealers had reached the spot. They beat up the activists and threatened to lynch them if they continued with their work. Government officials and the police also started intimidating people who had applied, forcing some of them to withdraw their applications. But most applicants have withstood the pressure and the dealers are now begging them not to press for action.

Meanwhile, the incident was taken up with the Chief Minister. Following her prompt intervention, the intimidations have stopped. Full records of 15 PDS shops were obtained in Balswa, Welcome colony and Gautampuri. The process has had a dramatic impact in these areas: the PDS shops have started opening regularly, and people are reported to be getting their rations. Parivartan is planning a social audit of several ration shops immediately after the forthcoming elections (1 December 2003) in Delhi.

4. WEST BENGAL: COMPLAINTS AND REDRESSAL

In the last Update we shared with you the concept of complaint camps being conducted in West Bengal. Initiated by Paschim Banga Khet Majoor Samity and Shramajibee Mahila Samity, this system of collecting complaints of people in an organised fashion, and taking them up for redressal, has made an impact in several places.

The process is conducted under the aegis of the Commissioners, but with no direct inputs from them. According to Anuradha Talwar (advisor to the Commissioners for West Bengal), the long shadow of the Supreme Court goes a long way in getting the local administration moving even without direct intervention from the Commissioners. Even senior officials do not want to take chances, and have become much more responsive to people's complaints.

In one case in South 24 Parganas district, the BDO of Pathar Pratima block had stated in a report to the District Magistrate that ration shops functioned perfectly well. Since he knew that the local organisations would take up this matter, he started organising public meetings in each Gram Panchayat to redress people's complaints. When it was pointed that these meetings contradicted his claim that all was well with the PDS, he replied that he had to submit a rosy report in order to save his job, but was actually keen to redress the complaints.

Another interesting situation arose in Nakashipara block in Nadia district, where many PDS dealers had not supplied any grain for eight months. The local groups wanted grain to be supplied with retrospective effect. The dealers asked to be forgiven and promised regular supplies henceforth, but argued that 'what has happened has happened'. As a compromise, they finally agreed to supply with retrospective effect for four months. All this was to be done without official cognisance.

5. MAHARASHTRA: ANTYODAYA CARDS FOR PRIORITY GROUPS

In May 2003, the Supreme Court directed the Government of India to issue Antyodaya cards to all

regular support, aged persons without support, among others). This process, however, has faced serious hurdles in most states.

While the Supreme Court order states that ALL people belonging to these priority categories should be covered, the Government of India has raised the number of Antyodaya cards by just fifty lakhs (from a base of one crore), which is grossly inadequate. In many states, even this expansion has not been done properly. In Maharashtra for example, the state government did not issue further Antyodaya cards, as this would have entailed additional transport cost. Anna Ani Arogya Adhikar Abhiyan took up this issue with the state government and demanded the timely distribution of additional cards. The state government responded with an order for the 'Extended Antyodaya Scheme' on October 16, 2003. The campaign groups have distributed the order widely and watched its implementation on the ground.

Recent reports suggest that the distribution of Antyodaya cards to priority groups leaves much to be desired. The direction of the Supreme Court in this respect is brazenly violated in most places, when local officials are aware of it at all. Even district-level officials are often unaware of it. And we are yet to hear of a district where efforts have been made to distribute Antyodaya cards to all widows without support (one of the main "priority groups"). Further feedback on these issues would be appreciated - just send a line to right2food@yahoo.co.in

6. MAHARASHTRA: RALLY FOR DROUGHT RELIEF

This year has seen pockets of drought in some parts of the country. In drought-affected Sangli district of Maharashtra, local organisations are campaigning for better drought relief. A rally took place on November 2, 2003 to press for timely provision of grain under the Employment Guarantee Scheme (EGS) and for proper implementation of all food-related schemes. The rally ended with a charter of demands including separate arrangements for grain distribution to EGS labourers; provision of work within 2-3 kms of residence; supply of grain at Antyodaya rates to all families in drought-affected areas; provision of temporary ration cards for migrant labourers working on sugarcane plantations; and full implementation of all food schemes.

7. CHHATTISGARH: DRAFT "RIGHT TO WORK BILL"

As mentioned in the last Update, the Government of Chhattisgarh is actively considering a possible "right to work bill". A draft bill prepared by the government is available on the campaign website (www.right2food.com). If you have any comments on the draft bill, please send us a line at right2food@yahoo.co.in. Efforts are on in Chhattisgarh to pursue the issue and build popular support for an Employment Guarantee Act. For example a meeting took place in Raigarh last month, with 300 participants, to build support for the right to work.

8. COMMISSIONERS CALL FOR UNIVERSAL CHILD CARE SERVICES

The Commissioners of the Supreme Court, Dr. N.C. Saxena and Mr. S.R. Sankaran, have just submitted a "special report" to the Court. The report reiterates earlier concerns that the right to food cannot become a reality till due recognition is given to the crucial link between it and the right to work as well as the right to information. It also discusses some flagrant cases of violations of Supreme Court orders relating to the right to food, and calls for immediate orders to address these lapses.

In particular, the Commissioners call for strict orders to ensure that basic health and nutrition services reach all children under the age of 6. These children are meant to be covered by the Integrated Child Development Services (ICDS), but the report notes that the actual coverage of

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ICDS is very small - barely one fifth of the relevant age group. The government has failed to act on an earlier order calling for an anganwadi centre to be provided in "every settlement".

According to the Department of Women and Child Development, a recent request for financial allocations was "categorically rejected" by the Cabinet.

Other flagrant cases of non-compliance with Supreme Court orders include: (a) failure to initiate mid-day meals in primary schools in several states; (b) abrupt discontinuation of food schemes such as Annapurna; (c) failure to disclose public records relating to food and employment schemes. In the light of these and other transgressions, the Commissioners call for immediate orders from the Supreme Court, including:

* Universalisation of the Integrated Child Development Services (ICDS).

* Immediate provision of mid-day meals in all primary schools.

* Implementation of Jaya Prakash Narayan Employment Guarantee Yojana (JPEGY) within one month.

* No withdrawal or dilution of any food entitlements covered by Supreme Court orders without the approval of the Court.

* Antyodaya cards to be given to "priority groups" (e.g. widows without support) as a matter of right.

* All records pertaining to food- and employment-related schemes to be available for public scrutiny.

The full report (7 pages) is available on the campaign website (www.righttofood.com - see "Reports" in the "Commissioners' Work" section, or click on the moving banner at the top of the Home Page). For further information, please contact Shonali Sen (assistant to the Commissioners) at shonalisen@hotmail.com + pt. downloaded

9. COMMISSIONERS' WORK: OTHER MATTERS

Aside from preparing this special report, the Commissioners have continued their routine work and intensified their efforts to ensure compliance with Supreme Court orders. Some highlights of recent and forthcoming activities:

* Dr. Saxena convened a meeting with the Department of Women and Child Development on 25 November, to discuss court orders relating to the Integrated Child Development Services (ICDS). An important insight from this meeting is that the Department has no intention to implement the Court directive (28 November 2001) calling for the provision of an anganwadi centre in "every settlement". The Department clearly stated that it has neither the money nor even a "mandate" for universalisation of ICDS. As per official guidelines, ICDS has always been for specific project areas, and even within those areas, only for "disadvantaged families". A recent proposal for expansion of ICDS by "categorically rejected" by the Cabinet, on the grounds that there was "no money". Therefore, the Department's efforts are confined to "universalisation within the present guidelines", so to speak, i.e. the operationalisation of ICDS centres that have already been sanctioned. Dr. Saxena patiently explained that the purpose of the Court order was precisely to nudge the government beyond the present guidelines, but there was little meeting ground on this point. This matter figures prominently in the Commissioners' "special report" (see previous item), and is likely to be return to the Supreme Court.

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* In early November, the Commissioners sent an investigation team to Dahi (district Dhar, Madhya Pradesh), following complaints of non-payment of minimum wages in relief works. The team's report notes that "the system of non-payment of minimum wage has been institutionalised in the entire block". Wages paid ranged from Rs 35 to Rs 40, as against a legal minimum of Rs

53. Further, the administration despite being well aware of the situation has chosen to turn a blind eye". In fact, the system of task-based wage payment has become a "tool of exploitation" in the area, according to the report. The team also uncovered gross irregularities in the implementation of other food-related schemes, e.g. failure to distribute Antyodaya cards to families belonging to primitive tribes and abrupt discontinuation of benefits under Annapoorna.

* Dr. Saxena visited Bihar again in late November, mainly to review the functioning of ICDS centres. He visited close to 15 anganwadi centres in Muzaffarpur and Vaishali districts. A report on this will be available shortly.

* Mr. Prasad Chacko has been designated as Advisor to the Commissioners for the state of Gujarat. He may be reached at xsxfesad1@sancharnet.in or at Behavioural Science Centre, St Xavier's Nonformal Education Society, St Xavier's College Campus, Navrangpura, Ahmedabad.

* Mr. Sankaran is scheduled to visit Maharashtra in the first week of December. His tentative itinerary includes Nasik, Rajgad and Thane. Aside from field visits, Mr. Sankaran is likely to meet the Chief Secretary and various citizens' organisations. For further details, please contact Dr. Abhay Shukla, advisor to the Commissioners in Maharashtra, at cebatnup@vsnl.com

10. MISCELLANEOUS

10.1. Mid-day meals in UP: In Uttar Pradesh, Mr Ashok Bajpai, Minister for Civil Supplies, recently made a public statement to the effect that the government was not planning to provide mid-day meals in primary schools. He even said that the government would seek a reversal of the Supreme Court order on this. The same article, published in Times of India, quoted senior officials and "experts" who claimed that cooked mid-day meals had been found ineffective elsewhere. However, within a week of this faux pas, the government issued a statement clarifying that mid-day meals would be introduced "soon" in 18 districts. This promise, however, should not be taken at face value as several announcements of this kind have been made earlier. On 13-14 November, a two-day protest meeting was organised in Lucknow, based on a 17-point charter on various aspects of education including mid-day meals.

10.2. Gram Sampark in MP: The Government of Madhya Pradesh has developed a web-based monitoring and information system, aimed at providing month-by-month information on eleven basic services in every single village. These services include schools, health centres, water supply and several food-related programmes. If any facility is defective, it comes under the 'defaulter' list, which is available online for anyone to check. This list is supposed to be reviewed every month at the block, district and state levels, and the concerned authorities are expected to produce monthly "action taken" reports. The credibility of the system remains to be seen, but if the information is credible, it presents a potential campaign tool of some interest. The information can be accessed at www.mp.nic.in/gramsampark

10.3. ICDS study: The Centre for Equity Studies is planning to launch a study of ICDS under the aegis of the Commissioners of the Supreme Court. This will be based on a field survey of ICDS in 5-6 states, mainly but not exclusively in the Hindi belt. The study will be action-oriented, and CES is keen to collaborate with organisations committed to ICDS. For further details please write to icdsstudy@yahoo.co.in

10.4. Website address: Perhaps you have noticed that the website address www.righttofood.com

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was dysfunctional for a few days. This happened because the domain name registration had expired. The problem has been fixed, and the site is also accessible at <http://zeocities.com/righttofood>.

10.5. Next Supreme Court hearing: The next hearing is expected on 2 December 2003.

■ FOOD SECURITY

For a world free of hunger

An Asia-Pacific Consultation in Chennai comes out with a 10-point scientific and public policy agenda on eliminating hunger.

ASHA KRISHNAKUMAR

IN 1974, the World Food Conference in Rome resolved that by 1984 "no child, woman or man should go to bed hungry and no human being's physical or mental potential should be stunted by malnutrition." Twenty-two years later, and 12 years after the deadline, the World Food Summit was convened again in Rome in 1996 and it reaffirmed "the fundamental right of every human to be free from hunger." But at that point in time over 700 million people the world over were going to bed hungry, 800 million suffered from chronic under-nutrition in the less developed countries and 200 million children under the age of five were suffering from malnutrition in the 88 low-income countries. So it diluted the goal set in 1974 and set a less ambitious goal of halving the number of undernourished people by 2015. Five years have passed and hardly any progress has been made towards solving the problem. As against the required quantum of reduction of 200 million every year if the 1996 goal of halving the number of malnourished people is to be met, the decline has been hardly of the order of 8 million.

In order to review the situation and to reset targets, heads and Ministers of governments are to meet again in Rome, in November this year. To assess the progress in achieving the goals set during the 1996 World Food Summit and to work out a strategy to provide sustainable food security and nutritional adequacy to the poor, the Chennai-based M.S. Swaminathan Research Foundation (MSSRF) organised a four-day Asia-Pacific Consultation in June. The consultation came out with a document, the Chennai Declaration, which, with its 10-point scientific and public policy agenda, should constitute an important input for the Rome meeting.

Food stocks are piling up in India, and yet the country remains home to a fourth of the world's poor and hungry - 208 million undernourished and 250 million poor people. In the light of this paradoxical situation, the participants discussed the issue

of access to foodgrains for the poor.

While matching the demand for grain with supply is a major issue in Asia, and India in particular, the participants felt that sustaining foodgrain supply itself is emerging as a critical issue. The task has become especially daunting in Asia, which has 57 per cent of the world's population and only 33 per cent of the world's arable land. With the available arable land itself shrinking rapidly and reaching the limits of its carrying capacity, the continent in general, and India in particular, is on the verge of a serious crisis. The reason for this is the over-exploitation of natural resources, which has led to the degradation of land, deforestation, water depletion and contamination, and loss of biodiversity - that is, a major drain on the resource base. The picture is made more dismal by the looming threats of global warming and climate change, which will impact particularly severely on farm productivity and production.

In this context, the solution may lie with science, or specifically farm research. Important areas are biotechnology, integrated natural resource management and effective linkages among research, extension and market. But a link between science and policy formulation, particularly in the context of globalisation and liberalisation, is crucial. Some key policy areas that need immediate attention are sanitary and phytosanitary regulations, food quality and safety standards, intellectual property and farmers' rights, regulation of biotechnology and its products, and the management of marine exclusive economic zones.

The Chennai Declaration's 10-point programme which provides a framework for scientific policy-making to reduce hunger and poverty and also a basis for discussion at the coming World Trade Agreement on Agriculture at Doha in November are:

- ★ Shifting from a commodity-centred approach, the basis of the Green Revolution of the 1960s, to a farming systems-based approach built on the foundation of integrated natural resource management to produce more from every

unit of water, land and other inputs on a sustainable basis.

- ★ Stressing environmentally sustainable technologies by blending traditional wisdom and practices with frontier science. Not only quantity but quality should be a crucial factor in designing and popularising technologies. Improving post-harvest technologies would go a long way in improving quality, which is particularly relevant with the removal of quantitative restrictions (Q.Rs) on imports. According to Dr. Suman Sahai of the Gene Campaign, the Codex Alimentarius food standards, to promote food safety, is tending to become a mechanism to impose protectionist measures in foreign trade, particularly in discriminating against food imports from developing countries. This trend, the participants of the Consultation felt, should be opposed by developing countries at Doha.

- ★ The Asia-Pacific region is characterised by small farm holdings. The per capita availability of arable land and irrigation water is diminishing rapidly with intensive cultivation and increased biotic and abiotic stresses. In order to combat the problems associated with the scale of production and input-use, the Chennai Declaration recommends cooperative farming with stress on agri-clinics (to provide services such as soil health-care, water conservation and integrated nutrient management and to disseminate principles of eco- and precision-farming) and agribusiness (to provide at the farmgate value adding processes and marketing services).

- ★ Widening the narrow food security basket to include local cereals, millets, grain legumes, tubercrops and vegetables could be an effective strategy to combat hunger. The Food and Agriculture Organisation (FAO), the Chennai Declaration insists, should classify millets as 'nutritious cereals' instead of 'coarse cereals' and should increase the economic stake in the conservation and cultivation of such crops.

- ★ The case for the rights of conservers of agrobiodiversity and holders of traditional knowledge should be highlighted. This should be recognised both in accordance



S. GOPALAKRISHNAN

would find the arithmetical sums trivial and finish them quickly, but that was not the case.

The results of the test show that children in Class IV of schools in the DPEP districts perform remarkably better than those in non-DPEP districts; in some cases they outperform the much older students of Class IX. We tested for the proportion of Class IV children who could get grade A in writing. In Malappuram, Kasaragod and Thiruvananthapuram districts it was 45, 31, and 65 per cent, while in Kozhikode, Ernakulam and Kollam it was 19, 16 and 16 per cent respectively. Similarly, for reading comprehension it was 71, 51 and 51 per cent respectively in the three DPEP districts as against 17, 30 and 11 per cent in the non-DPEP districts. In the case of arithmetical operations the figures were 65, 53 and 54 per cent respectively compared to 16, 42 and 31 per cent respectively in the latter districts. When it comes to identifying one's own district and the capital of Kerala on a map, the percentage of children who got grade A was 88, 60 and 71 in Malappuram, Kasaragod and Thiruvananthapuram, compared to 41, 56 and 59 respectively in Kozhikode, Ernakulam and Kollam districts.

The corresponding figures for Class IX (the DPEP is not followed in any district for high school classes) are in sharp contrast to the performance of Class IV children. In writing abilities the percentages were 12, 11 and 36 respectively in Malappuram, Kasaragod and Thiruvananthapuram districts and 19, 39 and 15 respectively in Kozhikode, Ernakulam and Kollam districts. Similarly, for arithmetical operations it was 33, 51 and 65 per cent and 57, 75, and 42 per cent in the six districts respectively. This shows that in simple sums in addition, multiplication and so on, 65 per cent of the Class IV children of Malappuram district got grade A as against 33 per cent of Class IX children. Similarly, the question on map reading should have been simple for Class IX pupils, but in the six districts only 19, 40, 36, 17, 16 and 11 per cent respectively won grade A. It is indeed shocking to find that most pupils of Class IX cannot identify their own district on the map of Kerala and cannot even show the State's capital.

We certainly expected much more from high school students in Kerala, a State that the entire country looks up to for inspiration in achieving universal education. Indeed "universal education" must mean much more than this poor level of achievement.

Detractors of the DPEP had insisted that children taught under the system made more mistakes in writing. Our study contradicted this claim. In a random sample, while children of Class IV in DPEP districts made only 49 spelling mistakes, Class IV children of schools in non-DPEP districts made 134 such mistakes and those in Class IX made 117. There is nothing to show that language abilities are better developed when schools resort to more "traditional" teaching techniques, such as the teaching of alphabets, dictation, copy-writing, rote memorisation and so on. Similarly, this analysis also revealed that traditional methods of teaching mathematics, through rote, drill, multiplication tables and so on, do not lead to better performance even in Class IX, by which stage all children should know how to compute $56 \text{ plus } 78 \text{ or } 436 \text{ minus } 248$ or, for that matter, even 15 multiplied by seven. In the random sample, whereas Class IV children of schools in DPEP districts made only 19 and 25 mistakes in simple addition and subtraction respectively, Class IX students made 42 and 45 mistakes respectively, while Class IV children of schools in non-DPEP districts made 66 and 59 mistakes respectively.

We had hoped that these results would serve one purpose – of at least convincing people, especially officials and other persons concerned, who may not understand the intricacies of curriculum design or child psychology, that they were on the right course. Much more orientation is required in the Education Department itself, so that its officers may understand and promote the process of curriculum renewal. Matters relating to curriculum require more sophisticated consideration than "personal opinion" and need to be discussed with primary teachers and other experienced practitioners. It can take years of painstaking efforts by thousands of people in the field to build a good programme, but just a stroke of the pen can undo all that. One can only hope that Kerala will not retract from this effort, as any such move would be at the cost of the future of its children.

This article is based on a study by an external experts committee sponsored by the Primary Education Society of Kerala (PEDSK) – the agency implementing the District Primary Education Programme – on the impact of the programme in primary schools in Kerala. Dr. Anita Rampal, one of the members of the committee, is the Director, National Literacy Resource Centre, Lal Bahadur Shastri Academy of Administration, Mussoorie.



Union Minister for Rural Development M. Venkiah Naidu, Union Minister for Agriculture Nitish Kumar, Tamil Nadu Minister for Agriculture R. Jeevanantham and Chairman of the M.S. Swaminathan Research Foundation Dr. M.S. Swaminathan at the inauguration of the four-day Asia Pacific Consultation on June 25.

with the Global Convention on Biological Diversity and the FAO's revised International Undertaking on Plant Genetic Resources. Hence, agrobiodiversity-rich developing countries should build a case for the FAO adopting a universal declaration on 'Plant Genome and Farmers' Rights' on the lines of UNESCO's Human Genome and Human Rights. A fair and transparent reward and recognition system should be introduced.

★ Reaching the unreached and including the excluded in terms of technology dissemination is important. Modern biotechnological innovations such as vermiculture, biopesticide, bioindicators and bioremediation agents provide uncommon opportunities to enhance productivity, profitability and sustainability of farming systems. International organisations such as the FAO and the UNDP (United Nations Development Programme) should be forced to take the benefits of functional genomics, proteomics, DNA (deoxyribonucleic acid) microchips and microarrays, as well as the advantages of modern information and communication technologies to the rural poor.

★ Synergy between technology and public policy is crucial if the benefits of innovations in science are to reach everyone. In this context, every country should establish an empowered National Commission on Food and Livelihood Security.

★ Food security is best defined in terms of million person years of jobs rather than in million tonnes of grain. Unfortunately, the World Trade Agreement on Agriculture could destroy livelihood opportunities in poor countries as it is designed to favour 'factory farming' and not 'farmer farming'.

Therefore, the FAO should introduce a 'Livelihood Security Box' in the revised Agreement on Agriculture. To retain, and attract, farmers in agriculture, it is important for governments to work out strategies to provide assured and remunerative marketing of their produce.

★ Climate change has serious implications for food and livelihood security, particularly in the tropical and sub-tropical regions. For instance, a recent study by the Indian Council of Agricultural Research (ICAR) shows that a one-degree-Celsius rise in temperature reduces the duration of a wheat crop by a week and yields by 500-600 kg a hectare. International organisations such as the FAO should convince the industrialised countries, which are responsible for over 80 per cent of the greenhouse gas emissions leading to global warming, to take actions that would mitigate the effect it has on poor countries.

Said Dr. M.S. Swaminathan: "So far, the Agreement on Agriculture has been adverse to poor nations, their people in particular. It is important for less developed countries to articulate their position unanimously at the Doha meeting." According to Kerala State Planning Commission member Dr. K.N.N.S. Nair, the real failure is that we have not used properly the opportunity provided during earlier WTA negotiations. This needs to be rectified.

N. Ram, Editor, *Frontline*, said during a media workshop on "Impact of the World Trade Agreement on Agriculture in India": "Lack of preparedness by the less developed countries and India, in particular, has accentuated the unequal global trade bargain between the developed and less developed countries." He said there was a need for the less developed countries to campaign

for the inclusion of a "Livelihood Box", an exemption like the "Blue Box" and the "Green Box" introduced by developed countries in the Agreement on Agriculture.

According to Suman Sahai, it is important for countries such as India to introduce special safeguard mechanisms as an alternative to Q.Rs. The developed countries, which already have high levels of farm subsidies, have introduced safeguards into agriculture and food security and are restricting the entry of farm products into their countries by resorting to non-transparent technical barriers. India should, therefore, get into the standard-setting process at the WTA discussion at Doha, Suman Sahai said.

The developed countries have an obligation to help the less developed countries with both funds and technology. Most of the centres of origin of the 30 crops that provide humans 95 per cent of the dietary energy and proteins are in the less developed countries. Another aspect is the inequitable pattern of economic growth and the unsustainable pattern of consumption, which impact on access to food. Developed countries, which account for less than 25 per cent of the world's population, consume 80 per cent of the resources. Unless these disparities are narrowed, if not removed, there cannot be sustained development. In the context of globalisation and the opening up of the farm sector, the inequities between the developed and less developed countries are increasingly being used by the former in farm trade. If, as former U.S. President Bill Clinton said, "trade and not aid is important in poverty alleviation", then economic inequity becomes a crucial issue. The basic inequities in the system has to be nar-

rowed and there should be a serious indictment of the developed countries for using various means, such as food standards and sanitary and phytosanitary measures, to restrict imports from developing countries.

According to Dr. Swaminathan, India has a unique opportunity to achieve the World Food Summit's goal of freedom from endemic, hidden and transient hunger by utilising the 60 million tonnes of grain stockpiled in government godowns. A World Bank report states that half the stock with the Food Corporation of India (FCI) is at least two years old, 30 per cent up to four years old and the rest, about 16 years old. This calls for immediate disbursal of grain to achieve the twin goals of preventing its wastage and feeding the millions who do not have access to food.

The Chennai Declaration suggests a decentralised community grain banking system, which would ensure local-level food security. The structure of the grain bank, which would involve all irrespective of religion, caste, age and gender, can be as follows:

Every village or a cluster with a population of 2,000 to 5,000 can set up a community grain bank. This can function under the overall guidance of a society or a council, which would have as its members three groups of people – the entitlement group that benefits from government schemes such as the targeted public distribution system, the Integrated Community Development Scheme, and so on; the ecology group, which would consist of those desirous of joining the food-for-work programme; and the ethics group – including pregnant and nursing mothers, infants and children and the old and the infirm – which is entitled to free access to foodgrains. All the three groups can be managed by self-help groups, supported by revolving food stocks including grain from the local areas. This, the participants at the Consultation felt, would have low transaction costs and also be self-perpetuating. It recommends that the Central government allocate five million tonnes of foodgrains for this.

While most of these issues and solutions have been discussed at various international conventions, there has been no political will to implement them. All the ills of India's farm sector are conveniently attributed to the inherent biases in the World Trade Agreement on Agriculture and the unfair practices of developed countries, but the government cannot shrug off its responsibility. Ultimately, the success of the Food Summit will depend to a large extent on the political commitment of the governments of the participating countries. ■

■ FOOD SECURITY

Negotiating for food security

India should plan a long-term strategy to push its agriculture-related interests in the forthcoming international trade negotiations by making alliances. It should participate vigorously and competently in the negotiations.

SUMAN SAHAI

THE Uruguay Round of the General Agreement on Tariffs and Trade (GATT) negotiations went rather badly for India. This happened because the Indian negotiating teams comprised solely of bureaucrats. They were ill-prepared and no experts were consulted either before or during the long-drawn-out (1986 to 1994) negotiations. India was unable to protect its interests in any sector, not in the traditionally important area of textiles where the country got clobbered, not even in the crucial and sensitive sectors of food and health.

In the Agreement on Agriculture (AoA), India has negotiated equally disastrously. India's efforts to protect agricultural products from imports were pegged foolishly on its adverse balance of payments (BOP) position. This is permissible under GATT. At the same time, India pursued an aggressive strategy to increase its foreign exchange reserves and to seek as much foreign direct investments as possible. Increasing foreign exchange reserves cancelled out the BOP vulnerability and India had to lift quantitative restrictions (Q.Rs) on imports. The European Union (E.U.), on the other hand, negotiated Q.Rs on agricultural produce of interest to it in the agriculture negotiations. So the E.U., which provides \$ 365 billion as subsidy to agriculture, will continue to impose its Q.Rs but India has had to lift its restrictions.

Fortunately for India, the AoA is being reviewed. The negotiations will in all likelihood stretch out over a number of years, so India should plan a long-term strategy to push its interests, make alliances and participate vigorously, and what is more important, competently in the negotiations.

The first step of India's AoA strategy will have to be a determined mobilisation of pressure to get the E.U. and the United States to reduce substantially their domestic as well as export subsidies. This will not be easy but it is fundamental to reducing trade distortion. Of foremost concern to India and all developing countries seeking access to the markets of developed countries are the very high, clearly trade-distorting subsidies given by the E.U. and the U.S. Running into hundreds of billions of dollars annually, these subsidies given for domestic agricultural production and for agricultural exports, formally preclude any access to European and American markets. What is more, Indian produce cannot compete with the heavily subsidised American and European produce for Third World markets.

The other trade-distorting aspect of the agriculture policy of developed countries is the very high tariff they impose on some important traded products. This "dirty tariffification" (a commonly used term referring to the excessively high tariffs imposed by the U.S. and the E.U.) has set tariffs as high as 390 per cent for certain products. In effect this tariffification has emerged as being far more protectionist than the non-tariff barriers of the earlier years. These tariffs will also have to be corrected if further negotiations on agriculture are to have any meaning for the developing countries.

The AoA, with its emphasis solely on commercial agriculture, completely ignores the vulnerability of most developing countries where agriculture is, more than being a commercial activity, a means of livelihood and most farmers fall within the small to marginal range. In addition to this, almost all developing countries have food security concerns. India must emphasise and insist that the AoA cannot be allowed to come in the way of domestic



The Indian position must insist that food security, rural employment and rural development through agricultural activity will be the foundation on which India will negotiate the Agreement on Agriculture.

food demands. The AoA should not be allowed to impact on food production for domestic consumption and it should have mechanisms to protect small and household farmers who do not engage in commercial activity but produce for their own needs.

The notion that agriculture is a multi-functional activity, a concept floated by developed countries, suggests that apart from the production of food, agriculture has other functions, all equally important. These include maintaining traditional cultures, affording recreation and keeping a balance in the environment. The multi-functionality concept must be resolutely opposed by India. It should propose instead that for developing countries, by far the most crucial aspect of agriculture is the production of badly needed food. The Indian position must insist that agricultural activity is primarily intended to ensure food and nutrition to impoverished communities and that food security, rural employment and rural development through agricultural activity, will be the foundation on which India will negotiate the AoA. This central dogma must inform all the positions India takes in the AoA.

India has officially proposed a Food Security Box along the lines of the Green, Blue and Amber Boxes relating to subsidies in its submission to the AoA negotiations. The Food Security Box concept requires

that measures for poverty alleviation, rural development and diversification of agriculture be exempt from reductions. The Indian submission has also asked for the continuation of the safeguards mechanism allowed under Article 5 of the AoA, to introduce QRs in the event of import surges so as to protect domestic markets and domestic producers. These are good steps, but only if the negotiators will stand by this position when they go to Geneva.

Also associated with agriculture is an area where India has been traditionally weak and infamously tardy. This refers to the conditions set out by the agreement on sanitary and phytosanitary standards (SPS). SPS sets food standards so that food that is traded is safe for human consumption. SPS standards deal with the kind of chemicals, for example pesticide residues that are permissible in foods. The SPS standards will determine what concentrations, for example how many micrograms per kg of food, of a certain chemical residue are allowed. Although the SPS is an agreement separate from the AoA, it is treated in tandem with it and the SPS standards are used as reference points for the AoA. It is therefore very important for India to participate proactively in what is happening in the SPS negotiations.

Levels of residues, the chemicals considered safe or not, the extent of growth hormones allowed and other such aspects

are sometimes fixed arbitrarily. Although it is no one's case that food standards should be lax, these standards should not be allowed to become protectionist weapons, as they so often do. A clear case of protectionism was witnessed when the E.U. banned American beef because of the very high levels of hormones found in the meat. When the case was taken to the WTO (World Trade Organisation) dispute settlement board, the board ruled that the E.U. could not ban the high-hormone beef of the U.S. and would have to import it.

At the moment all food standards are being set in a body called Codex Alimentarius which is completely dominated by the developed countries. India should, together with other developing countries, press for regional centres to set standards for food. The developing countries should express their viewpoint and bring their concerns into the standard-setting process. The SPS is going to be a very important instrument for regulating food

trade and should not be underestimated. The regional head of an international food agency was recently heard lamenting how shoddy and inadequate India's participation was in the SPS negotiations, and how this would go against India's interest in agriculture in the WTO.

Finally, another related but still nascent development that will relate to trade in agriculture is the question of setting up a Working Group on Biotechnology in the WTO. This issue is hanging fire but the developed countries, particularly the U.S., are pushing it strongly. The reason is quite simple. The Americans are sitting on stocks of genetically modified (GM) food that nobody wants. Consumer resistance is pushing GM foods off market shelves and countries are closing their doors to these foods. Even the official Indian policy is not to allow the import of GM foods. India should oppose the setting up of a Biotech Working Group because it has no benefits, only drawbacks from it. If such a working group indeed comes into being, countries like India with no tracing and monitoring facilities will become the dumping ground for GM and similar foods. That is surely the last thing India wants. ■

Dr. Sunam Sahai is co-chair of the Gene Campaign based in New Delhi.

Technology for development

C.T. KURIEN

Human Development Report 2001 – Making New Technologies Work for Human Development by the United Nations Development Programme, Oxford University Press, New York, 2001; pages 264, Rs.475.

THE United Nations Development Programme's (UNDP) recently released 11th Human Development Report deserves attention for more than one reason. It provides a detailed account of the status of human development at the end of the 20th century. In doing so, it makes use of the specific, quantified and monitorable goals for development stated in the United Nations Millennium Declaration. And it enters into the controversial area of the role of new technology for human development.

As the 21st century dawns, the challenges of human development remain large. "Of the 4.6 billion people in developing countries, more than 850 million are illiterate, nearly a billion lack access to improved water sources, and 2.4 billion lack access to basic sanitation. Nearly 325 million boys and girls are out of school. And 11 million children under age five die each year from preventable causes – equivalent to more than 30,000 a day. Around 1.2 billion people live on less than (the equivalent of) \$1 a day (1993 PPP U.S. \$), and 2.8 billion on less than \$2 a day. Such deprivations are not limited to developing countries. In OECD (Organisation for Economic Co-operation and Development) countries, more than 130 million people are income poor, 34 million are unemployed and adult functional illiteracy rates average 15%" (pages 9-10).

Global inequalities in income are also high. In 1993, the poorest 10 per cent of the world's people had only 1.6 per cent of the income of the richest 10 per cent. The income of the richest 1 per cent added up to that of the poorest 57 per cent. The richest 10 per cent of the U.S. population (around 25 million people) had a combined income greater than that of the poorest 43 per cent of the world's people (around 2 billion people).

Not a pretty picture, but not one

to be dismissed as totally hopeless. For, in terms of the targets set by the Millennium Declaration the performance has been quite mixed. The goals of the Declaration to be achieved by 2015 are:

- ★ To halve the proportion of the world's people suffering from hunger,
- ★ To halve the proportion of the world's people without access to safe drinking water,
- ★ To achieve universal completion of primary schooling,
- ★ To achieve gender equality in access to education,
- ★ To reduce maternal mortality ratio by three quarters,
- ★ To reduce under five mortality rates by two thirds,
- ★ To halt and begin to reverse the spread of HIV/AIDS, malaria and other major diseases.

In addition, three international development goals have been accepted – to reduce infant mortality rates by two-thirds; to provide access for all who want reproductive health services; and to implement national strategies for sustainable development by 2005 to reverse the loss of environmental resources by 2015.

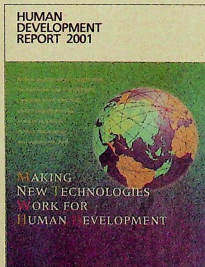
An audit of performance is shown in the accompanying panels.

The Report's discussion of the role of technology in human development must be set against this background of terribly uneven performance in moving towards the specific millennium goals. The case

for technology is that "digital, genetic and molecular breakthroughs are pushing forward the frontiers of how people can use technology to eradicate poverty. These breakthroughs are creating new possibilities for improving health and nutrition, expanding knowledge, stimulating economic growth and empowering people to participate in their communities." Further, "Today's technological transformations are intertwined with another transformation – globalisation – and together they are creating a new paradigm; the network age. These transformations expand opportunities and increase social and economic rewards of creating and using technology. They are also altering how – and by whom – technology is created and owned, and how it is made accessible and used" (page 27).

This factual opening statement about new technology in a new context is discussed at length in the rest of the Report. The discussion is wide-ranging, touching specifically on the opportunities and risks. It is impossible to sum up that discussion. Hence, a few selective comments.

The Report cannot be said to be too romantic about the possibilities of a technological solution to poverty and deprivation. It recognises many impediments, limitations and risks. For instance, it is pointed out that while for the starving millions in many parts of the world technological innovations increasing food production will be helpful, the problem in the case of advanced countries, particularly in America and Europe, is that of surplus production and hence they will attach low priority to technology and research that will result in substantial increases in the production of foodgrains. However, the Report is basically optimistic about the possibilities of technology and the message conveyed is that if the advanced countries are willing to help and the poor are willing to cooperate, there is now the possibility of a technology-prompted solution to the persisting development problems. The support for this view is provided by a concentration of attention on medical technology. Medical breakthroughs such as immunisations and antibiotics have been cited as major achievements of the 20th century resulting in reductions in mortality. espe-



Upholding the right to food

In the battle for the right to food, the Supreme Court lends its weight to the cause of the deprived.

SUKUMAR MURALIDHARAN

HEARING a petition filed by the People's Union for Civil Liberties on August 20, the Supreme Court wondered aloud about the utility of stocks piling up in the warehouses of the Food Corporation of India (FCI), while millions across the country remained vulnerable to food deprivation. The three-Judge Bench comprising Justices B.N. Kirpal, Santosh Hegde and Brijesh Kumar affirmed that the Central and State governments had the principal responsibility to see that food reached the poor and the indigent.

The Bench was asked to deal with a series of questions, which could have far-reaching consequences for the directions of economic and social welfare policy. First, did the right to life, as guaranteed by Article 21 of the Constitution, imply that people who were too poor to buy their own food should be guaranteed the minimum means of subsistence by the state? In other words, did the right to life include the right to food? And did this not in turn imply that the state was obliged to provide sufficient and adequate redress to vulnerable sections in circumstances that threatened to impair seriously the right to food?

The petitioners, represented by Colin Gonsalves and Yug Chaudhuri of the Lawyers' Network for Human Rights, placed before the court the options open to the government. The Employment Assurance Scheme, they pointed out, offered a safety net for people without sufficient assets, who would otherwise be unable to cope with adverse fluctuations in weather and employment conditions. The mid-day meal scheme in schools not only provided basic nutritional intake for children in a vital phase of their growth but also contributed to a substantial increase in school enrolment. And the Integrated Child Development Scheme was a means to safeguard children against the ravages of under-nourishment and an inadequate health care infrastructure.

At an earlier hearing, the Supreme Court had issued notice to the Central

government and to the governments of Orissa, Rajasthan, Chattisgarh, Maharashtra, Gujarat and Himachal Pradesh, seeking explanations and clarifications on the facts placed before it. After the August 20 hearing, the Supreme Court granted the time requested by the respective governments to file their affidavits and posted the matter for interim orders in the first week of September.

The public interest litigation (PIL) initiated by the PUCL represents a new front in the battle for food rights, which has been waged with varying degrees of intensity in the States worst affected by adverse weather conditions over the last three years. Activist groups in Orissa, Rajasthan and Madhya Pradesh notably, have been campaigning for increased outlays in employment and rural works programmes, only to be frustrated by the continuing obduracy of financially strapped State governments. And though the pressure eased with the arrival of the monsoon and the start of sowing operations across the country, the damage caused by floods in certain regions has meant that distress conditions have persisted.

Behind the aggregate figures of inflation over the last decade lies a rather brutal reality. Of all the major commodity groups, foodgrain prices have been proportionately the worst affected. If the trajectory of prices were to be plotted over the decade beginning 1990-91, a quick reckoning would show that the prices of manufactured goods just about doubled. In comparison, average prices of the foodgrains bundle that is represented in the wholesale price index, increased by over 2.5 times. The only major commodity group in the case of which prices have increased at a faster pace is in the fuel and lubricants sector. The increase here has been of the order of three.

The price trends distinctly suggest that those at the lower end of the scale of income and wealth have suffered the worst of the changing economic priorities of the last decade. That the adverse movement in prices, which tend to put foodgrain out of reach of the masses, has been accompanied by a rapid build-up of stocks with

the FCI - now estimated to be over 60 million tonnes against a norm for this time of the year of 25 million tonnes - is an integral part of the paradox of plenty that today confronts the economy.

In any long-term view, agriculture in the 1990s had been a crisis waiting to happen. Ever since structural adjustment and the curtailment of the fiscal deficit became the ruling mantras, the impetus to growth in the farm sector has been steadily weakened. In comparison to the 1980s, the growth rate of foodgrain output in the 1990s was almost half - 1.8 per cent against 3.54 per cent. The non-foodgrain economy also presents a picture of stagnation, with growth rates having fallen from a trend figure of 4 per cent in the 1980s to 3.17 per cent in the last decade.

It may confound economic commonsense that a decline in output growth should co-exist with crumbling prices in agricultural commodities. This is a paradox that is easily understood in terms of the collapse of demand for these commodities in a global environment dominated by the process of structural adjustment. Massive currency devaluations have created a glut of commodities in the world market, as producers seek to shore up crumbling earnings by pumping in larger volumes. At the same time, falling public investments and vanishing safety nets have meant that purchasing power, especially of the poorer sections, has been rapidly eroded.

In India, these realities have worked themselves out in the form of a growing gulf between those sectors of agriculture that benefit from official procurement operations and those that do not. The two principal foodgrains - rice and wheat - account for almost the entire stockholding in the government's warehouses. The minimum support price (MSP) for these two commodities has been increased rapidly over the 1990s, partly to compensate the farm sector for the escalating price of fertilizer and partly to offset a decline in productivity. But with fiscal correction being an obsessive concern, the MSP offered by the government has worked itself out in the form of a higher issue price demanded from the States.

Food banks as a solution

V. SRIDHAR

THE government's failure to address the paradox of endemic mass hunger co-existing with mounting grain stocks has attracted wide attention. Addressing mediapersons in Chennai on August 27, the eminent agricultural scientist and institution-builder, Dr. M.S. Swaminathan, highlighted the role that local communities can play in resolving this paradox through cooperative action by establishing grain and food banks. Urging the establishment of such banks, he said: "Here is the way to address the issue of the grain mountains."

Swaminathan warned that the food stocks with the Union government, already measuring 65 million tonnes – were likely to increase after the next harvest, as a result of a good monsoon. He said that the government, through the Food Corporation of India (FCI), was likely to end up buying more grain because the minimum support price (MSP) was high relative to prevailing market prices. He urged the government to release foodgrains for food-for-work programmes.

Dwelling at length on the concept of grain and food banks, Swaminathan suggested that decentralised Community Grain Banks, governed by a Grain Bank Council and by self-help groups, be organised on the basis of four "major streams of responsibilities". By undertaking these "responsibilities" covering various dimensions of hunger and deprivation these banks would be in a good position to address the problem of

endemic hunger in a comprehensive manner, he said. Swaminathan referred to the scores of schemes announced by the governments at the Centre and in the States and said that these constituted a body of "entitlements" that citizens, particularly the poor, could assert as their legitimate right.

The second responsibility of the food banks relate to ecological issues at the local level. Swaminathan said that food resources could be deployed to build and nurture "water banks", control desertification, and encourage afforestation activities. The "ethical" responsibility of food banks required them to deploy food to vulnerable sections such as nursing mothers, infants, pre-school level children, the aged and the infirm, he said. A fourth responsibility of the banks is to be prepared to face emergencies such as cyclones, floods, earthquakes and other natural disasters. Swaminathan said that although decentralisation was vital for the success of the food bank concept, the Union government "can play a catalytic role because it has the stocks of grain." Although the possibility of "local power structures" sabotaging such a venture in India was real, he said he was not pessimistic. However, he cautioned that the scheme "can only succeed if everybody gains, not if there are winners and losers."

The decentralised management of the food banks "will help to improve the delivery of entitlements, reduce transaction and transport costs, eliminate corruption and cater to the twin needs of introducing a life-cycle approach to nutrition security, and meeting the chal-

lenge of seasonal fluctuations in nutritional status." Swaminathan referred to the fact that half of the world's malnourished children are in India. Pointing to the fact that 30 per cent of Indian children have low birth weight, and consequently impaired brain development, he asked: "How can India be a knowledge super power when such a vast proportion of our children suffer from impaired brain development?" He suggested the adoption of a holistic action plan to achieve sustainable nutrition security at the level of the individual. This can be done by designing a varied response to the requirements of each age group.

In a paper presented at the recent International Congress on Nutrition in Vienna, Swaminathan said that the "present global surplus of foodgrains is the result of inadequate consumption on the part of the poor, and should not be mistaken as a sign of over-production." Emphasising a "food-based approach to nutrition security", he urged developing countries to achieve "revolutions" in five areas – productivity, quality, income and employment, small farm management and in "enlarging the food basket". Emphasising that the mere availability of food is not enough, Swaminathan argued that "access" to food for the poor needs to be enhanced. He pointed out that even such access was not enough. "Lack of access to clean drinking water, as well as poor environmental hygiene and health infrastructure," he said, "leads to poor assimilation of the food consumed." He also advocated the activation of programmes – similar to the Maharashtra government's Employment Guarantee Scheme – which addressed the issue of "transient hunger". ■

Officially issued grain has effectively priced itself out of the market, leading to an enormous accretion of unwanted stocks with the central warehouses.

Deficiencies of effective demand work themselves out in the form of stagnant output and collapsing prices in other sectors of agriculture. If grain output has grown, though at declining rates, the best that can be said for other major food crops – oilseeds and pulses – is that they have stagnated. Uncertainties of demand are compounded here by vagaries of the weather, with only around a tenth of the land sown with these crops enjoying the benefit of irrigation.

A growing volume of evidence now

seems to suggest that this crisis is a consequence of deliberate policy neglect. Investment in agriculture today is in proportionate terms half of what it was in the early-1980s, and public sector investment is less than a third. In the decade of structural adjustment, policy attention has shifted away from building capital assets which could contribute to long-term productivity growth. Rather, the concern now is to get the delicate balance of subsidies right – between increasing the fertilizer price, talking endlessly about levying user charges for canal irrigation and cautiously raising electricity tariffs, the whole pattern of resource use in agriculture has been seriously skewed.

Failures of institutional credit have complemented this policy of official neglect.

These are the broad parameters within which the battle for the right to food has now been taken to the Supreme Court. Judicial fiat could undoubtedly relieve some of the worst immediate consequences of the long-term crisis of Indian agriculture, provided the worst affected sections are made aware of their rights and endowed with the means to enforce them. But the deeper structural problems clearly call for a different approach. When that re-arrangement of priorities will be accomplished and under what political dispensation, is still a matter for the future. ■

Community Health Cell

From: S Vivek <right2food@yahoo.co.in>
To: "Sochara@Vsnl.Com" <sochara@vsnl.com>
Sent: Thursday, April 01, 2004 4:08 AM
Subject: SPECIAL UPDATE. TWO URGENT ANNOUNCEMENTS

Dear friends,

This short, special update contains two urgent announcements: one regarding a forthcoming convention on the right to food and work (11-13 June 2004), and one regarding election-related communication material.

Please consider circulating these announcements within your own area or network, after translation in local language if necessary. Swift and wide circulation of the first announcement is particularly important to enable grassroots organisations around the country to participate in the proposed convention

NATIONAL CONVENTION ON THE RIGHT TO FOOD AND WORK
(11-13 June 2004)

A national convention on the right to food and work will be held on 11-13 June 2004, tentatively in Bhopal (Madhya Pradesh). Organisations committed to the right to food and work are expected to join from all over the country. The main purpose of this convention is to share experiences of grassroots action for the right to food/work, and to plan future activities. This is also an opportunity to address the organisational issues that arise in building coordinated action for the right to food and work.

This will be an action-oriented event, with plenty of discussion groups, training workshops, cultural activities, and more. It is a unique chance for persons working on the right to food to meet like-minded people from all over India and learn from each other. Potential issues for discussion include guaranteed employment, the public distribution system, mid-day meals, land rights, and judicial action for the right to food and work, among others.

This convention is a follow-up of earlier discussions held at the World Social Forum in Mumbai (January 2004). It is facilitated by the support group of the "right to food campaign", in collaboration with several country-wide networks such as the National Alliance of People's Movements (NAPM), Bharat Gyan Vigyan Samiti (BGVS), Jan Swasthya Abhiyan (JSA), All India Democratic Women's Association (AIDWA), National Federation of Indian Women (NFIW), Human Rights Law Network (HRLN), National Conference of Dalit Organisations (NACDOR), National Campaign Committee for Rural Workers (NCCRW) and People's Union for Civil Liberties (PUCL).

The convention is being organised on a shoestring budget. All participants are expected to bear their own travel costs, and may be asked to contribute to subsistence costs, if necessary. Other costs will be met through voluntary donations with no strings attached.

If you are keen to participate, please send a line to right2food@yahoo.co.in or get in touch with any member of the "coordination team". Contact details for the coordination team, and the confirmed venue of the convention, will be circulated soon and also posted on the website of the right to food campaign (www.righttofood.com).

ELECTION-RELATED MATERIAL AVAILABLE

Handwritten notes: 7/4, 2/14, 6/14, 7/14

A wide range of communication materials (posters, pamphlets, poems, etc.), prepared in anticipation of the forthcoming elections, has been posted on a temporary website (<http://counterpropaganda.tripod.com>). There is a special focus on countering the government propaganda on food- and employment-related issues. Further materials on other issues of importance including communalism, child rights, etc. are also available. Feel free to use this material in your own area, with or without modification. A CD with printable materials is available on request (just send a line to right2food@yahoo.co.in).

This effort is an outgrowth of a meeting of Right to Food Campaign activists at Mumbai on 20 January 2004. A follow-up meeting was held in Bhopal on 21-22 February 2004 to prepare posters and other campaign materials. The "Bhopal materials" have been improved and augmented with materials from other sources.

(REMEMBER: The "Resistance" event convened by Campaign for Democratic India will be taking place in Delhi on Sunday 4 April. For details see <http://counterpropaganda.tripod.com/april4.htm>.)

Community Health Cell

From: cenatpun <cenatpun@vsnl.com>
To: "bha" <bha-ncc@yahoogroups.com>
Sent: Thursday, March 11, 2004 4:35 PM
Attach: aay as a matter of right- NGO's - for merge.doc
Subject: [bha-ncc] Fw: assistance from civil society organisations

----- Original Message -----

From: commissioners
To: Sheeba Jose ; Abhav Shukla ; Anuradha Talwar ; Biraj Pattnaik ; C P Suiava ; CLAP ; Mihir Shah ; N M Mulhappa ; Pradeep Bhargava ; Prasad Chacko ; Pushendra Kumar Singh ; Ramesh Sharan
Sent: Thursday, March 11, 2004 2:29 PM
Subject: assistance from civil society organisations

Dear Friends

The attached letter is being circulated to all the NGO's and grassroot organizations whose contact details we have on record. It is for this purpose and similar letters to be sent later that I had asked for more contacts.

Kindly circulate this around to credible organizations. However please do send me those mailing lists so that a major part of the correspondence can be sent from here itself. A hard copy should be arriving shortly.

Warm Regards

Shonali

Yahoo! Groups Links

To visit your group on the web, go to:
http://groups.yahoo.com/group/bha_ncc/

- To unsubscribe from this group, send an email to:
bha-ncc-unsubscribe@yahoogroups.com
- Your use of Yahoo! Groups is subject to the [Yahoo! Terms of Service](#).

DR. N. C. SAXENA, MR. S. R. SANKARAN
COMMISSIONERS OF THE SUPREME COURT
IN THE CASE: PUCL Va UOI & ORS. WRIT PETITION (Civil) NO. 196 of 2001

March 12, 2004

AAJ (NGO)/162/All states

To,

Designation

Organisation

Sub: Implementation of Courts Orders on expansion of Antyodya Anna Yojana

Dear ,

You would be aware of the Supreme Court Order dated 2nd May 2003, regarding the expansion in coverage of the Anyodaya Ann Yojana to identified priority groups (copy of relevant sections of the order is enclosed). Subsequently on the 5th of June 2003, the GoI issued a revised set of guidelines for implementation of the order. In the course of implementation however certain problems have been faced in the process of identification and distribution of the additional cards.

Firstly, it has come to our notice that many states have interpreted the order incorrectly to mean that the percentage cards issued in every district must increase from 15% of the existing BPL population to 22%. Such an automatic increase does not allow for differing numbers between districts of the priority groups mentioned in the order.

Secondly, you would be aware that according to the central guidelines, Antyodya cards must be issued from among existing BPL cardholders. However this fails to account for individuals who have been wrongfully excluded from receiving BPL cards.

Lastly the Government Orders have directed that the number of new cards issued, are not to exceed 50 lakh (and another 50 lakhs according to recent announcements) for the country as a whole. However, field surveys and numerous studies indicate that the numbers of destitute defined as per the Courts orders is much higher.

In order to ensure that all families belonging to the mentioned priority groups are given Antyodya cards as a 'matter of right', we request you to please consider undertaking the following exercises

1. Conduct verification exercises including survey's in the villages under your care to identify households belonging to priority groups (especially the PTG's), who have not been given an Antyodya card.
2. Identify households belonging to priority groups who have been denied Antyodya cards because they do not have BPL status. Document in detail all such cases so that appropriate action might be taken.
3. Carefully document details of households belonging to priority groups who have been left out so that they might be put on a waiting list if the reason for their exclusion is a centre/state determined quota. While we understand that the states cannot issue more cards than have already been designated by the centre such efforts can help identify the eligible should the given ceiling of cards distributed in a given area, be increased in the future.
4. Send us copies of any government orders that might have been issued in this matter and in particular the method's to be adopted by local officials in identifying potential beneficiaries.
5. Areas (Blocks/ Villages) where such a process of identification and distribution has not yet been carried out or where instructions to do so are yet to be received.
6. Village wise distribution of the number of Antyodya cards issued.

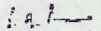
Kindly note that all efforts must be taken to ensure that the quality of data is reliable and the process of documentation complete with all possible supporting documents like affidavits and letters duly attached. This would go a long way in ensuring that action taken by the state government is accurate and quick. You may contact the Advisor in your state for further clarifications or the Commissioners secretariat at the mentioned address.

We look forward to an early response on the course of action taken by your organisation in this matter.

With Regards



Dr N C Saxena



S R Sankaran

Encl:

Annexure 1: Relevant extracts Of the Supreme Court Order Dated 2 May 2003

Annexure 2: Sample copy of a complaint received in this regard from Dahi, MP

Annexure 3: A list of Primitive Tribal Groups in your state

CC: Advisor to the Commissioner

DR. N. C. SAXENA, MR. S. R. SANKARAN
COMMISSIONERS OF THE SUPREME COURT
IN THE CASE: PUCL Vs UOI & ORS. WRIT PETITION (Civil) NO. 196 of 2001

ANNEXURE 1: RELEVANT EXTRACTS OF THE SUPREME COURT ORDER DATED 2 MAY

2002

"We direct the Government of India to place on AAY category the following groups of persons:-

- (1) Aged, infirm, disabled, destitute men and women, pregnant and lactating destitute women;
- (2) Widows and other single women with no regular support;
- (3) Old persons (aged 60 or above) with no regular support and no assured means of subsistence;
- (4) Households with a disabled adult and no assured means of subsistence;
- (5) Households where due to old age, lack of physical or mental fitness, social customs, need to care for a disabled, or other reasons, no adult member is available to engage in gainful employment outside the house;
- (6) Primitive Tribes"

From Vandana Prasad.

" Please take action in whatever manner possible.

People's Union For Civil Liberties (PUCL)

- Vandana

Ykksd Lokra=; laxBu (ih ;w ih .y)] jkWph

NUT-9

Subject: Investigative Report of PUCL, Ranchi, on the situation of Hunger & Starvation deaths in Leslieganj Block, Palamu Dt., Jharkhand. Dated 21 September 2005.

Preliminary investigative Report

PUCL Units of Ranchi and Daltonganj came to know of the situation of draught in Leslieganj from local news papers such as *Prabhat Khabar, Hindustan Times, Ranchi Express and National New Mail*. These news papers had also mentioned that there are some starvation deaths. So a PUCL Team left for Leslieganj on 19 September. The Team visited Patrahi, Sitadih, Koripatra, Bhakasi, Chandaigir and Dharudh villages in Leslieganj Block. The team looked into the aspects of hunger, hunger-deaths, migration, the status of welfare programmes, draught and health facilities in these villages. The investigation revealed that the situation in the whole block is frightening. People are dying of hunger and disease continuously. Welfare programmes are not to be seen in the villages. People are highly dissatisfied.

The Investigating Team was composed of Shashi Bhushan Patnah, Fr. Stan Swamy, Tridib Ghosh, Triveni Singh, Lal Hemendra Dehati, Arvind Kumar, Avinash, Shalini Sanvedna, Daroga Singh from the Ranchi Unit and Ram Raj, Jitendra and Rina Mehta from the Daltonganj unit.

The team found that in the above mentioned villages the victims of hunger are mostly women and children and that too of scheduled castes (Bhuiyan). The village people are mostly agricultural labourers, and a few of them are rickshaw pullers in Daltonganj town paying Rs.15 per day to the owner. Because of illness and draught they are able to earn very little from this and the hearth in their homes has not been lit for the days together. Because of draught the land owners are not cultivating their field and therefore are not able to give employment. Therefore a situation of starvation death has arisen.

JM
15/10

Patrahi village - is about one kilometre from Leslieganj Block. Here Sunil Bhuiyan's wife Lalita died on August 24. There was a six-month old child in her womb. On the night of August 23, Lalita gave birth to a still-born baby and within 24 hours she herself died. Because of hunger and scarcity Lalita gave birth to a dead baby. Even after the delivery there was nothing in the house to eat. Bhandhu Bhuiyan, her father-in-law, said that he was able to somehow give her one meal and some Sag (*Chakwar*).

The team found that there was nothing in the house that can be called food-grains.

In the same village, Laxmi Bhuiyan's daughter Manju (4 years) died of starvation on September 15. After hearing about the death the village administration distributed some rice in the village which was of low quality. After eating that, Laxmi Bhuiyan's wife Sunkunti Devi (30 years), his daughter Anita (12 years), his sons Papu (7 years) and Ashish (4 years) were struck by diarrhoea. When the team entered this village, one Pravag Bhuiyan was laid up on the side of the road and the team immediately took him in the jeep to the hospital. There were also other sick persons, namely Punam Devi (25 years) wife of Bigan Bhuiyan and Pulmatia Devi (30 years) wife of Bhandhu Bhuiyan, were also taken to the hospital.

Sitadih village In this village Kawa! Patia Bhuiyan (35 years) died of malnutrition and hunger. She had given birth to twins and she had never had a full meal except things like Sag. But for one dekshu, two thalis and one lora, there was nothing in the house that can be called food.

Koripatra village In this village Phudia Devi (60 years) wife of Ram Virksh Bhuiyan died of hunger on September 14. The BDO gave to Ram Virksh 24 kilos of grains and Rs. 250.

To Dr. CHF/RN/PK/RRP → JSA Hunger related file.
I have forwarded the report to several people
on 6/10/07

There is one well in the village and it is dry even in the rainy season. There is no handpump. People bring water from 1 kilometre away.

Bhakarai village – As the team approached this village they saw the funeral pyre of Kawal Patia (30 years) wife of Krishna Bhuiyan, who died of starvation. The team went there and shared the grief of Krishna and the villagers. Then the village people told the team that there were other starvation deaths, namely, Muni Kuwar (45 years), Patho Devi (19 years), Bigny Kuwar (45 years), Chandravati Thakur (wife of Bilash Thakur) had also died of hunger.

Chandaigar village - Here a young man Ganori Bhuiyan told the team that Rajmatia Kuwar (60 years) and her daughter Kishwa Devi had also died of hunger.

Dharudih village – Here Sumati Devi (25 years) wife of Somar Ram died of hunger on September 2. The village people informed the team that one Sarmili Sumati was living on salt water for several days and she also became a victim. Her two children and Somar himself were surviving on maize corn provided by a neighbour. If such situation continues, both the children may not survive for long.

The team studied the ration card and found that after March 2000 there are no entries at all. The villagers said that for the last two years no food grains have been supplied to the card-holders.

Practically in all the villages the Public Distribution System is non-functional. The dealer is a corrupt man and has no fear of any body, and when the villagers complain against him he can stifle them with his money.

There is no safe drinking water in these villages. The DC himself accepts this. Most of the hand-pumps are under repair and therefore are non-functional. Even DDT has not been sprayed in the villages. The Doctor of the Block Hospital in Lesieganj said that glucose water, S.B. set, anti-imeic injection, O.R.S. Powder and such other basic medicines are not available in the hospital. This was confirmed by the Civil Surgeon also through phone.

The team did not find any government programmes being carried out in any of the villages. Grain transplantation has been delayed because of delayed rain, that too only in 15% of the lands. Water conservation sources in the area such as Raja Bandh, Jhumra are practically dried. There is no hope of grain harvest. In the next two months drinking water for people and fodder for animals will become a critical problem.

Possible immediate assistance:

1. To activate Public Distribution System and reach foodgrains to the people immediatcly.
2. To start Food-For-Work
3. To conduct medical camps in the villages to stop the spread of diarrhocca and malaria.
4. To set up Safe-Food-Storages at the Block and Panchayat offices.
5. To make available loan facilities to small and big farmers.
6. To declare Lesieganj and other such areas as draught affected and reach relief supplies.

Dt: 21 September 2003

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Report on the Situation of Hunger, Food and nutritional Schemes in Lesliganj of Palamau District

In the background of reports of hunger deaths in media and a report by PUCL, a team of Food Rights State Advisory Committee consisting of Dr. Kamesh Sharan (State Advisor to the Supreme Court's Commissioner Case no- 196/2001, Mr. Balram and Mr. Byomkesh Kumar Lail, (Members, Food Rights State Advisory Board) visited Lesliganj on 29th September, 2003. The purpose of the visit was to assess the situation arising out of drought conditions prevailing in the Block and to examine the status of employment, food and nutrition schemes covered by the Supreme Court order. The team visited Bhakasi, Sitadih and Pathrahi villages of Lesliganj. The team had discussions with DC, Palamau, C. O., District Agriculture Officer, B.D.O. and other Block officials. C. O. Lesliganj joined the team in Bhakasi and accompanied the team to Sitadih and Patharahi villages. The team primarily visited some of those villages where hunger deaths had been reported. Alternative India Development and Action Aid India on the direction of Food Rights State Advisory Board had already conducted an initial survey on the nutritional status of children and the condition of household food security in the Block. The present report briefly outlines the major findings of the visit.

Situation in Lesliganj

1. The situation of drought and hunger is quite grim in the block. The report of the district administration and the AID confirmed the deteriorating situation. The rainfall has been quite scanty this year. There has been a long dry spell in June and July in the Block, even then there were widespread rains in August when the crop coverage improved in other blocks. The situation in Lesliganj has improved only marginally in terms of the crop coverage particularly paddy which is the major labour intensive crop in the area. The crop coverage of paddy, which constitutes almost 50% of the total cropped area in the Block, is reported to be only 25%. The coverage of paddy in Lesliganj Panchayat is only 4%, Korainpatra 8.5%, Rajhara 7.8%, Purnadin 7.3%, Juru 12.7%, Kundri 16.1%, Ramsagar 21.5% and Gopalganj 22.6% (Annexure 1)
2. Although the coverage of Maize has been reported satisfactorily but the output has been very low due to the dry spell and also due to premature harvesting in the time of distress where some of the households had no option but to eat whatever came in hands. The team observed in Bhokasi village that in the small plots of the almost landless Bhuiyans, the quantity of grains in the harvested maize cobs was very low. To meet the small cash needs the some of the households were making distress sale, it was reported to the team that the price of maize has plummeted to almost Rs.2.50 per Kg. So even with a satisfactory coverage in maize the output is hardly sufficient to mitigate the situation
3. Due to the prevailing drought conditions, the transplanting of rice has been badly affected as a result the employment opportunities in have shrunk abnormally which has posed very serious threat to the livelihood of the poorer families. Transplantation and harvesting which used to provide food security for almost 3 months for the families will not be available this year. The condition of Bhuiyan and Parahiyan in particular who are basically agricultural workers is very bad and

is likely to worsen further after the meager maize crop is exhausted. The DA is aware of this situation as is revealed from their reports.

4. As per AID and AAI survey of selected villages, in Aukka village almost 23 families were reported to be taking one meal per day. In Gopaldih, the figure reported has been 22 families, in Chouria 15 families, in Bara 16 families, Ulpara 13 families, in Pokhraha 4 families, Mukta 14 families, and Jaspur 16 families. In Bhokasi, where the team visited, it was reported that at least 15 families were almost at the starvation level in the sense of getting irregular and inadequate food.. (Annexure 2)
5. The district Administration, after the reports of hunger deaths, has also estimated that around 1801 families in the Block were in the state of virtual destitution and required immediate gratuitous relief. The CO in his report to the DC has also described the situation of starvation in the Block as grim. (annexure 3)
6. There are clear indication of long-term malnutrition in the area indicated by the survey of age, height and weight and the estimation of Body mass Index (BMI) clearly indicates the state of severe malnutrition in the Block particularly amongst the children and women. It has been estimated that almost 44% of the children suffered from category IV and V malnutrition and approximately 23% were suffering from grade III malnutrition. (annexure 4)

Hunger deaths in the Block

Altogether eight deaths were reported in the media and by the civil society organisations. A PUCL team also investigated the reports of deaths. As stated earlier as the basic aim of this team was not to investigate into the hunger deaths, it met only three families where deaths had been reported and had discussions with the people in the area visited some of our observations are given below

1. The report by the district administration based on its enquiry and the doctors has mentioned the immediate cause of death but has failed to analyse the situation of the family and the deceased in the preceding weeks before the death. Kanwaipata Devi and Laita Devi's death occurred during delivery. The Doctor's report has mentioned that the women suffered from anaemia and malnutrition. It has been reported that both the women were in almost semi starvation situation. It is a common knowledge that the risk to both mother and the child is very high in such states. The ICDS programme in the Block is in a very bad shape. The RCH programme was also highly inadequate. In Bhokasi, pregnant women told us that she had not received any immunisation. It was reported by the Anganwari sevika that after June there has not been distribution of nutritional food to pregnant, lactating women and children in the village in spite of the allocations received by the Block for the same the supplier has not given the supply to the Block. In the present hunger situation, this has been quite an irresponsible act. In the prevailing situation, some more similar deaths could occur if necessary steps are not taken immediately on emergency basis.
2. Some of the deaths reported have been of the elderly people, which have been characterized as normal deaths by the DA. The situation in the villages visited that the some of the elderly people were taking very small amount of

food because of the less availability of the same. Not all the eligible persons are covered by the Antyapurna scheme because the quota was already over. The deaths clearly indicate the general failure of the food and nutritional schemes of the Govt

3. In the report of the DA, some of the deaths have been reported to be from diarrhoea and after intense pain in the stomach. Such incidences are quite common in the areas facing hunger situation where the normal food is not available on regular basis so people tend to take food that are not consumed in normal days. It was reported by the villagers that they were taking less food, have reduced the number of meals taken and some of them fell sick after taking the grains distributed. Some of the households reported that they had started eating even immature maizecobs. Such irregular foods taken during phases of hunger normally leads to stomach upsets and diarrhoea so the deaths reported cannot be brushed aside as death not due to starvation as the basic cause in such a situation is lack of food with the family.
4. It is worth mentioning here that it is not that the food is not available for number of days together but there is one or two days without cereals, may be followed by irregular food, then cereals taken. The death from hunger is very slow and the situational evidence in all the cases reported prima facie looks to be caused by hunger getting accentuated due to the droughts. The landless communities like Bhuyians and the Parahaias, even in the normal years do face food shortages especially during April-May when they revert back to one time cereals and Genth(a wild root) and Chakor(spinach) in these months. Nevertheless, during the normal years they get wages from transplanting and harvesting which supports them during the rainy days. The drought years like the present ones put them in a starvation situation.
5. There were also complaints of poor quality of grains being supplied and people falling sick after consuming the grains supplied

District Administration's Response

The team was informed by the district administration that it has taken number of steps for anchoring the situation in the block. This included dividing the Lesliganj block in two zones and making the BDO and CO responsible for each zone, having stock of food grains for distribution to the affected families and starting of wage employment programmers in the block. DA has kept a stock of food grains with the PDS dealers to be given to the families who were in distress so that there is no starvation death. It was also informed that a register has been kept at the Block office where the name of the families requiring immediate help could be recorded 24 hours daily. A detail report regarding the situation in the Block has been sent to the State Govt. The DC informed that in absence of drought declaration it is not possible to provide gratuitous relief to the worse affected families. The district administration has identified that 1801 families require such relief in the Block. There has been also health camps in the block. An agricultural rehabilitation package has also been worked out.

Situation in the villages visited

1. The situation in Binakashi village looked quite grim. In the house of Pato Devi, whose death was reported, her mother was sick. Her father was also sick. It was reported that before her death, the family was not having regular food for almost five days. After her death was reported, the administration gave 10 kgs of grain. The family was in need of around three kgs per day but was barely able to manage 1-2 kgs per day. The night before the visit of the team, only half kgs of rice had been cooked. The family had only one child of age 11 who got some work for last two days only. The family has harvested a very small quantity of maize.
2. Similarly, Rambrij Bhuwan and his wife were destitute but were not covered by any scheme. They had resorted to begging for survival.
3. In around 15 families, at least one member of the family was sick making the family more food insecure. As the families were not having enough cash to buy medicines, they were relying on the quacks in the villages.
4. The team met one old couple and an old woman of almost eighty years who had not taken any food for at least 24 hours. The CO ordered the PDS dealer to give them grains immediately.
5. The team also met a pregnant woman, who looked pale. She was not getting any support from ICDS.
6. In Bhokasi, the people said that they had been allotted land in 1980 but the measurement has not been done. They demanded that the same should be completed.
7. In Sitadih people demanded that the food for work should be started and not be ad hoc distribution of grains as was being done.

Situation of Relief Operation

Although the drought has not been declared, yet due to the pressures and the situation prevailing in the area the DA has started a number of relief programmes but a number of deficiencies in the programme was pointed out by the beneficiaries some of which are listed below

1. Last year GOJ had started a scheme of digging one pond each in the villages of Santalparagana and Palamau. An allotment of Rs 71.71 lakhs had been received by the Block but only Rs 23.36 lakhs could be utilized. This fund if utilized at faster rate has the potential of creating additional wagework in the area. The Gramsabha meetings to constitute the village committees for implementing the scheme were hurriedly conducted on 28.2.2003. A quick perusal of the composition of the records prima facie indicates that the participation of the group of the agricultural labourers is very low.
2. The distribution of grains seems to be quite ad hoc in nature. The amount of grain distributed has at times been only 5 Kgs which gets exhausted in just two days. The distribution of the grain was ad hoc, irregular and insufficient. The distributions of the grains have been taken mainly after the visits of either high-up district officials and during the visit of the Minister. During the visit of the team, there was a complaint the promised grains were not supplied. The CO during the visit of the team gave a verbal order to the PDS dealer for supply of grains to the families who were at the verge of starvation. The whole process looked very ad hoc in nature.

3. The people were not aware of the Information Center at the Block office where the names of the families requiring immediate help could be recorded. The staffs posted at the Block office were ignorant of any such register.
4. In the identification of the worst affected families and in the distribution of relief the participation of the community has been very limited.

State of the food security schemes in the Block

Antodaya Anna Yojana

1. The supply of the grains under the scheme was highly irregular. This was primarily due to the non availability of grains at the FCI godown and the procedural delays with the SFC. The dealers complained that there money was locked for at least two months before the grains were released. The frequency of distribution was almost once in two months.
2. The dealers were reported to be charging more prices for the grains. The fair price for 15.624 kgs of wheat and 19.382 kgs of rice was Rs 89.41 but the dealers were charging Rs 101 to 110 for the same. In Sitadih, the dealer said that due to the drought in the area he has started charging Rs 90 for the grains. The dealers said that they had to incur cost of Rs 50 per bag as a result they were charging Rs 0.50 per kg more than the fixed price.
3. Because of the lack of necessary cash available with the beneficiaries, they are unable to lift the quota of grains. In such a situation, the dealers are reported to be giving 10Kgs of grains free of cost to the beneficiaries and keeping the rest of the entitlements with them. Thus with an investment of Rs 120, the dealers have been able to get almost 25 Kgs of grains. This is clear violation of the orders of the Hon'ble Supreme Court, which stipulates that such families should be given grains free of cost. Besides, this is highly irregular that the entitlements and the subsidy created for the well-off sections of the Society are taking the poorest of the poor.
4. A new survey has been conducted in the Block as per the decision of the State Govt. to include 10% more families under the scheme through Panchayat Sevaks. However, the villagers and the households whose names had been recommended were not aware of this. The team observed that only the Panchayat Sevaks and the dealers were having the knowledge of the same. Thus in the selection of the beneficiaries, there has hardly been any community participation or information sharing. This increases the probability of the inclusion and exclusion failure.
5. The officials at the Block office were unaware of the May-2003 orders of the Supreme Court order which has directed inclusion of six specific groups (including widows without support, primitive tribes, non-able bodied persons, disabled, pregnant and lactating mothers and elderly destitute) in the Antyodaya Anna Yojana. The distress in the villages could have been mitigated had the Govt taken the measure. It may be mentioned here that the 2 May, 2003 orders of the Supreme Court was communicated to the Chief Secretary, GOJ by the Food rights State Advisory Board.
6. There have been complaints of the poor quality of grains being supplied in the scheme. There was a general complaint that the good quality grain was sold in the black market. Some households complained that after consuming the grains

they fell sick. Nevertheless, grains supplied had already been consumed the quality of the grains could not be verified by the team.

- Information has come from some villages that the beneficiaries were borrowing Rs 100 from the Mahajans and were keeping the rice and giving wheat to the Mahajans as repayment of the loans taken. Thus the card holders are getting only 19 Kgs of grains although in the official records the grains taken is 35 Kgs

Annupurna Yojana

- The distribution of grains under this scheme has been very irregular. In August, the quota of 5 months was distributed. The grains under are given free to the old people having no support. Such irregular supply further aggravates the food insecurity of the most vulnerable section of the society.
- the team could locate a number of old aged people who were eligible to be included in the list of the beneficiary but the administration has not been able to include them as the quota has been exhausted

National Old Age Pension Scheme

- The pension under this scheme is distributed every 2or 3 months which is a clear violation of the Supreme Court order which has directed that it should be paid before 7 of every month.
- In the Lesliganj Block, the team was informed that altogether, 2421 applications under this scheme were pending but as the quota assigned to the Block under the State 1113 and under Central scheme 550 was complete there was no vacancy. The vacancies are created only after the death of a pensioner.
- In Dhokasi the team came across a number of old people who had not take food for almost 24 hours. The old people were in total distress

National Family Benefit Scheme

A large number of applications were pending under in this scheme. In Lesliganj Block itself the number was 112. The payment had been made to only 5 families out of which 2 families were those where hunger deaths had been reported. It is quite important to note here that delays in such schemes aggravates the sufferings of the families who loose their sole bread earners and defeats the purpose of such schemes.

National Maternity Benefit Scheme

As per the Supreme Court orders, the payment to the eligible beneficiaries should be made 8-12 weeks before the expected date of delivery. In the Block out of 101 applications received the payment had been made to only 28. The others could not receive the same because the funds were not available.

ICDS

The team observed that the nutritional status of the mothers and children was very poor. At least two deaths reported had been just after the delivery and anemia was stated to be the cause. BDO was in charge of CDPO in the Block. It was reported that CARE has withdrawn its support to the programme. Since January after it was taken over by the State Govt. In the Center visited by the team it was reported that one bag Murrhi, one bag of Sattu and one bag of Gur

was supplied to the Center in May this year after which the Center had not received any supply. BDO informed the team that the Block had received the funds but the supplier had not supplied the items. It has been very callous attitude of the administration not to supply the most needed nutritional supplementation at the current distress situation.

The Anganwari sevika was not having the list of pregnant and lactating women. The center had the list of children but neither the name of the parents nor the weights had been recorded. As the medicines received had not been distributed, they had expired. It was informed that when the medicines were received by the center they already were past their expiry date so it was not distributed.

Midday meal programme

This scheme is yet to start

Display of Supreme Court Order

The Supreme Court orders have not been properly disseminated. In Lesliganj Block the copy of the orders had been hurriedly pasted just before the arrival of the team. The glue used was still wet. DC informed the team that the paper posters get destroyed fast so these orders would be painted on the Boards for which the tenders had been floated.

SGRY

This is a very important wage employment programme. The fund allocated under this scheme has not been released fully to the Block. In the Block Rs. 30.35 lakhs has been allocated under SGRY Ist stream out of which around Rs 24.17 lakhs was received and Rs 16.69 lakhs could be spent by the Block. Similarly around Rs 8.96 Lakhs was still unspent under SGRYII.

Complaints were received in the villages that the payment of the works done have not been made. As per the orders of the Supreme Court, the payments are to be made every week. The officials said that the payments could not be made because the measurement book could not be verified.

In the prevailing conditions in the Block, it is important that the work is expedited and the wages in both Cash and Kind is paid every week.

Recommendations

1. As the situation hunger and starvation in some Panchayats is very grim, Famine should be declared in all the Panchayats in which coverage of paddy is below 25% and immediate relief work should be started and the gratuitous payment be made within a month.
2. The Supreme Court orders has hardly is being followed. A number of reasons like non availability Irregular supply of grains from FCI, Non timely release of funds, lack of staff etc have given as reasons for the same. This is an emergent situation. The GOJ is also aware of the situation in other parts of the state so it is important that a very high power Committee should be directly made responsible for the implementation of all the schemes particularly in the distressed areas.
3. People's participation and information sharing have been lacking in the rudimentary relief work already started in the area. It was observed that some middlemen and brokers have also emerged who can simply corner

the benefits to be given to the distressed people. It is important that the Committees of beneficiaries are formed and all the information is shared with them. As the people in distress are hardly in a position to deny anything, which comes under their way, it is important that all the information regarding the entitlements and the list of beneficiaries should be made public and it should be made available to the interested Civil Society Organizations and public.

4. The deaths reported have been of pregnant women, lactating woman, oldpeople, children as well as those of young women. All such families having pregnant women, lactating mothers, malnourished children and old people should be identified and grains sufficient for at least 90 days should be supplied to such families. The administration should guarantee regular medical check ups and if necessary special medical teams should be deputed for the same
5. Wage employment programmes should be started at a faster pace and wage advances of the grain components should be given at the commencement of work. Cash wage payment should be made every week.
6. Necessary funds should be made available for the payment of regular old age pension, NFBS and maternity benefits.

Acronyms Used

AID-Alternative India Development

AAI-Action Aid India

BDO-Block Development Officer

CO-Circle Officer

DA -District Administration

DC-Deputy Commissioner

GOJ-Government of Jharkhand

RCH-Reproductive and Child Health

JN/CNE/CNE/TECH TEAM
→ RETURN TO RRP.

WUT-9.

A REPORT ON HUNGER WATCH WORKSHOP

Date: 16th & 17th August 2003
Venue: AICUF Ashram, BHOPAL

Background:

Hunger watch group was conceptualized as a part of Jana Swasthya Abhiyan activity. The initiative was in response to

- High level of Malnutrition (undernutrition),
- Increasing reports of starvation deaths in media, and
- Governments apathy towards recognizing the occurrence of starvation deaths in spite of several incidents from BIMARU states.

Starvation deaths being highly politically sensitive issue, government administration refuse to recognize occurrence of starvation deaths and instead they are declared as deaths due to illness/infection preceding the death. It is well known fact that although starvation is the underlying cause of death, the immediate or precipitating cause of death is generally due to infection as a consequence of lowered immunity. Tendency to deny occurrence of starvation has been the historical legacy, it was witnessed even during British colonial rule in India. Apart from the political sensitivity/lack of established criteria to identify starvation deaths has been the major lacunae.

The present workshop was an effort towards addressing the said "historic felt need" to come out with a guidelines/framework to investigate, identify and report starvation deaths. The aim was to arrive at a scientific protocol to investigate and document hunger related deaths. It is hoped that such an exercise would help in understanding the gravity and the magnitude of the situation and help in timely intervention and enable to take preemptive.

Nearly 50 participants attended the workshop with representations from Uttar Pradesh, Rajasthan, Madhya Pradesh, Orissa and Jharkhand, Bihar, Maharashtra, Chattisgarh, Delhi and Karnataka. It was a good opportunity for mutual learning for field based activists dealing with hunger and starvation deaths and multidisciplinary professionals from Nutrition, community/public health, Economics, Demography, forensic science etc. There was earnestness to discuss and critique page by page in detail on guidelines for investigating suspected starvation deaths prepared by a core team of JSA hunger watch group in Mumbai on 22nd and 23rd Feb 2003.

The workshop was interactive in nature, generating very thought provoking discussions and debates on the emerging framework and guidelines for investigating suspected

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starvation deaths. Guidelines were drawn up for mainly under five children and adults. Adolescent children group was left out for the time being, as they required separate set guidelines yet to be developed. At the end of the workshop the following criteria for investigating starvation deaths were broadly accepted for adults and children (under five)

The workshop deliberated on a framework to establish adult starvation deaths in a particular community with following criteria:

1. Documentation of recent increased death rates in the community compared to state averages
2. Anthropometric indicators of affected community below state averages
3. No mass disasters or other accidents that could explain the increased death rates
4. Reduced food off-take from PDS and other indicators of reduced food security like eating unusual foods, increased indebtedness, large-scale outmigration for work etc.
5. Sample dietary histories to assess daily calorie intake, show starvation diets (<850 Kcal per day in adults)
6. Verbal autopsies reveal at least a few deaths in which starvation is an underlying cause of death (irrespective of the immediate cause, which may often be infectious etc.)

Verbal autopsies should be used only in conjunction with the first five criteria, to document specific starvation deaths. Individual starvation deaths are only extreme examples of the severe nutritional deprivation being suffered by the entire community, and should always be presented in the larger context of community starvation.

An important issue is that malnutrition, starvation and starvation deaths seem to lie along a continuum. How is it possible to demarcate one from the other? A significant research finding is that in adults, below BMI of 19, mortality rates start rising. Mortality rates among adults with BMI below 16 are nearly triple compared to rates for normal adults.

Thus in adults a B.M.I of 16 and less should be used as a cut off point to demarcate starvation from undernutrition. Based on a requirement of 0.7 Kcal / kg / hour, a 50 Kg person needs about 850 Kcal per day to maintain oneself at Basal Metabolic Rate, without any physical activity. Thus any food intake that is sustainedly lower than 850 Kcal per day would be incompatible with life in due course and is an indication of starvation

For children, the following criteria may tentatively be used to establish malnutrition deaths.

1. Increased death rates among under-five children compared to state USMR. An exercise must be done to calculate age specific death rates, and compare this with the state averages to define increased death rates.
2. Siblings of children who have died of suspected malnutrition can be assessed. Their anthropometry may show very poor nutritional status and this would be supportive evidence.
3. Access ICDS records/ records from other sources for weight of the deceased child shortly before death if possible
4. High mortality from minor infections (e.g. diarrhea, measles) is itself an indicator that the underlying cause of death is malnutrition. We need to compare mortality rates due to the infection in the sample community with 'standard' mortality rates for that illness. If say the case fatality rate for measles in a community is 20% compared to the known case fatality rate of 2% then the 'measles deaths' in the community are actually malnutrition deaths in which the terminal event is measles.

Keeping these broad criteria in mind, the following activities would need to be carried out for the investigation:

- (a) Initial contact with the community, coming to know about villages affected and anecdotal reports of starvation deaths
- (b) Selection of village (s) / hamlet(s) to be taken up for the study
- (c) Assessment of deaths rates in these communities during a specific recent period
- (d) Anthropometric measurements on a sample of adults and children
- (e) Dietary survey to assess adequacy of food intake in sample families (can be combined with anthropometric survey)
- (f) Assessment of any deterioration in food security in the community, based on data about off take from PDS etc.
- (g) Accessing ICDS weight-for-age records for recently deceased children if available
- (h) Verbal autopsy in case of selected suspected starvation deaths

In conclusion, it was emphasized that prevention of malnutrition should be the primary focus in any intervention directed towards starvation related deaths in the community.

Guidelines for Investigating
Suspected Starvation Deaths

(Document prepared by the JSA Hunger Watch Group)

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Section I

Introduction

During the last few years, news items of drought, crop failure, suicides by farmers, and reports of starvation and hunger deaths have come in from various parts of the country. **The stark contrast between deaths in situations of severe food deficit on one hand, and government godowns overflowing with food grains on the other hand is mind-boggling.** Governments routinely shrug off reports of starvation deaths either by pointing out that people have been eating some inedible items (like mango kernels), or by blaming some illness immediately preceding the death. Often the only steps taken by the government are to hide the cause of mortality when there is uproar over starvation deaths. The reluctance of the Government to formulate and disseminate a coherent definition of starvation and starvation deaths is regrettable. It is surprising that even the academic community of nutritionists and public health professionals has not taken interest in clarifying this area of considerable social significance. This is a major hindrance for people's organisations who try to answer distress calls of the affected citizens.

In this context, during the NWG meeting of Jan Swasthya Abhiyan on 4 January 2003, it was decided to form a 'Hunger Watch' group as a response to high levels of undernutrition, growing instances of hunger deaths and government apathy towards them. The aim was to arrive at a scientific protocol to investigate and document hunger related mortality. This protocol could be employed across the country to assess undernutrition and document starvation deaths.

Subsequently, a group of activists from the Jan Swasthya Abhiyan, met on the 22nd and 23rd February 2003 in Mumbai to constitute the 'Hunger Watch' and to concretise the methodology to investigate hunger related deaths.*

One of the ideas behind constituting such a group has been that while the situation of silent hunger hardly seems to draw any action for relief, instances of suspected starvation deaths send the government machinery into overdrive to vehemently deny their occurrence. Therefore it was thought that efforts must be made to systematically investigate and document starvation deaths, at the same time keeping a focus on a community diagnosis of a starving population and to advocate for relief to the entire community. The occurrence of a starvation death could be used as an advocacy tool to highlight the omnipresent undernutrition, and could help establish the Right to Food for chronically starved populations especially in case of severe drought or crop failure.

We are acutely aware that the issue of starvation is ultimately not primarily a technical issue, but is rather related to deep-rooted socio-economic inequities, which require radical and systemic solutions. While the Hunger Watch group can perhaps only help point out the larger changes necessary, our dream would remain an India where no one goes to sleep hungry, no child remains undernourished, and no shame of a starvation death burdens our conscience.

* Those attending the Mumbai meeting included Veena Shatrughna (Deputy Director, National Institute of Nutrition, Hyderabad), Vandana Prasad (Paediatrician), Narendra Gupta (Prayas), Sunita Abraham (Christian Medical Association of India), Sarojini (SAMA and Convenor of MFC), C. S. Kapse (Professor, Department of Forensic Medicine, D. Y. Patil Medical College), Neeraj Hatekar (Professor, Department of Economics, University of Mumbai), Sanjay Rode (Ph. D. student, Department of Economics, University of Mumbai), Abhay Shukla (Co-ordinator, SATHI Cell, CEHAT), Neelangi Nanal, Amita Pitre and Qudsia (all researchers at CEHAT).

Section II

Outline of Investigation Methodology

While approaching the issue of hunger related deaths, we should start with the basic fact that starvation and malnutrition related deaths are *public health problems requiring community diagnosis*. In this sense they differ from classical 'disease related mortality'. The diagnosis of a death due to tuberculosis may be approached as an individual diagnosis. But *the diagnosis of a 'malnutrition death' cannot be just an individual diagnosis*; we have to document the circumstances prevailing in the family and community along with the individual to reach such a conclusion.

When we look at the scale and depth of malnutrition in tribal and rural areas of our country, making individual diagnosis of a few 'malnutrition deaths' may seem almost peripheral to the main issue. These deaths, though tragic and extremely unfortunate especially since they could have been so easily prevented, are just the tip of the iceberg of a situation of near universal undernutrition in most tribal and backward rural areas. However, the paradox is that the Government can ignore or downplay the fact that millions of children and adults lead lives of severe, chronic undernutrition since it does not provoke any public outcry. But a few malnutrition deaths reported in the press make the entire Government machinery go into overdrive to 'deny' such an event and take some emergency measures. Even civil society and middle class opinion which starts wringing hands at the mention of starvation deaths, remains impervious to the implications of findings such as NIN data according to which around 90% of children in rural areas are undernourished! So what do we do - focus on the widespread community undernutrition / starvation or on the few starvation deaths? The first emerges as the main problem from a public health perspective while the second has certain urgency and carries the advocacy impact of moving public opinion and the Govt. system. *Our approach needs to adequately understand and document both.*

Another issue we need to keep in mind is that generally prevalent 'baseline' malnutrition, gradually worsening severe malnutrition and definite starvation merge with each other along a seamless continuum. In a community which is used to barely subsistence intake, three years of drought reduces this further and then some families start eating once a day, a few poorest families eat on alternate days ... where exactly is the dividing line between malnutrition and starvation? When exactly does the situation change from 'a chronic problem' to 'an alarming situation'?

Keeping these considerations in mind, we have tried to evolve a methodology to document starvation / malnutrition related deaths within a public health framework.

To establish adult starvation deaths in a particular community, we suggest the following criteria:

- ◆ Documentation of recent increased death rates (monthly, tri-monthly) in the community compared to state averages
- ◆ Anthropometric indicators below state averages
- ◆ No mass disasters or other accidents
- ◆ Reduced food off-take from PDS and other indicators of reduced food security like eating unusual foods, increased indebtedness, large-scale outmigration for work etc.
- ◆ Sample dietary histories to assess daily calorie intake, show starvation diets (<850 Kcal per day in adults)

♦ Verbal autopsies reveal at least a few deaths in which starvation is an underlying cause of death (irrespective of the immediate cause, which may often be infections etc.)

• UN-NATURAL FOOD - ROOT TUBE

Verbal autopsies should be used only in conjunction with the first five criteria, to document specific starvation deaths. *Individual starvation deaths are only extreme examples of the severe nutritional deprivation being suffered by the entire community*, and should always be presented in the larger context of community starvation.

For children, the following criteria may tentatively be used to establish malnutrition deaths -

♦ Increased death rates among under-five children compared to state USMR. An exercise must be done to calculate age specific death rates, and compare this with the state averages to define increased death rates.

♦ Siblings of children who have died of suspected malnutrition can be assessed. Their anthropometry may show very poor nutritional status and this would be supportive evidence.

♦ Access ICDS records/ records from other sources for weight of the deceased child shortly before death if possible *(A. W. C. Centre)*

♦ High mortality from minor infections (e.g. diarrhea, measles) is itself an indicator that the underlying cause of death is malnutrition. We need to compare mortality rates due to the infection in the sample community with 'standard' mortality rates for that illness. If say the case fatality rate for measles in a community is 20% compared to the known case fatality rate of 2% then the '*measles deaths*' in the community are actually *malnutrition deaths in which the terminal event is measles*.

Keeping these broad criteria in mind, the following activities would need to be carried out for the investigation:

(a) Initial contact with the community, coming to know about villages affected and anecdotal reports of starvation deaths

(b) Selection of village (s) / hamlet(s) to be taken up for the study

(c) Assessment of deaths rates in these communities during a specific recent period

(d) Anthropometric measurements on a sample of adults and children

(e) Dietary survey to assess adequacy of food intake in sample families (can be combined with anthropometric survey)

(f) Assessment of any deterioration in food security in the community, based on data about off take from PDS etc.

(g) Accessing ICDS weight-for-age records for recently deceased children if available

(h) Verbal autopsy in case of selected suspected starvation deaths

Section III

Assessment of Death Rates

An important component of investigating suspected starvation deaths is the calculation of death rates, in a specific area and pertaining to a specified period during which suspected starvation deaths have been reported.

Identifying the area for investigation - Anecdotal reports may be received about unusually high number of deaths from certain villages. A cluster of such villages, from where there have been reports of suspected starvation deaths, may be taken up for investigation. All the deaths that have taken place in these villages during the period of serious food deficit (say a period of at least three months, may be six months or one year) would need to be documented.

Once the villages and the period have been finalised, all the deaths during the period should be recorded by means of small group enquiries throughout the area (covering all hamlets and house clusters)/ house to house survey in that area to document deaths in that particular period of time. The families of all the deceased would need to be visited, the date / month of death should be verified for all deaths being investigated. Deaths whose timing falls outside the study period should be excluded from the calculation.

To confirm the timing of all deaths, and in order not to miss any deaths, an attempt should be made to compare this data with the mortality records maintained by the ANM for the area. Our experience is that the ANM may be better at recording neonatal and infant deaths, since she does antenatal registration, but she may not record certain deaths esp. of adults in remote hamlets, which she visits infrequently.

Local calendar, local festivals, phases of the moon and local market days may be used to ascertain the date of death in case of all deaths in the specified period. The exact number of deaths in this period should be used for the calculation of death rates. The shorter the recall period, greater will be the accuracy in assessing the date of deaths.

A parallel important exercise is to assess the exact population of all the villages / hamlets in the cluster, which would form the denominator. The Gram Panchayat would usually have figures and voter lists, yet this may be cross-checked by actual estimation of number of households based on information from local people.

How to check whether the number of deaths in this particular area are significantly higher or not?

There are two major issues involved if we calculate the death rates for a comparatively shorter period (e.g. three months) and in a small sample, and then extrapolate it to the whole year and compare it with the state figures. Firstly, there is seasonal variation in deaths. For e.g. there may be more deaths in rainy season due to water born diseases like diarrhoea. If the death rate we have calculated in our study coincides with the period in which there are seasonally higher deaths in that region, and then we extrapolate to the whole year, then definitely the death rate that we have calculated will be an overestimate compared to the annual death rate. Thus it is essential to consider the seasonal variation in deaths while calculating death rates for a shorter period. One way of doing this is to compare death rate in a specific season *this year* with the death rate during *the same season last year*. A higher rate this year indicates a definite and significant increase.

A second important issue related to calculating death rates in this manner is that if the sample population we have covered is too small in size, and then if we compare it with the

rates of the state, it will may give an inaccurate estimate of death rates for that sample population being higher than the total state. For that we need to take certain minimum population while calculating death rates (*to be estimated*), and perform a statistical *comparison of proportions*, which will take into account the difference in sample size.

To see whether the number of deaths in the area we are investigating are significantly higher than the previous year in the same area or than that of the nearby villages in the same year, we will have to follow certain steps:

1. Document all the deaths in the area we are investigating in the specified period of time in which we are suspecting that the starvation deaths have occurred.
2. Find out the number of deaths in the same area in the same period in the previous year through Gram Panchayat data.
3. The data for deaths in that District in the same period can be collected from the NSS records.
4. Find out the number of deaths for the district in that period.

To overcome the problem of seasonal variation in deaths, here we are comparing the deaths in the same period during last year in the same population. To calculate whether the deaths in the area we are investigating are significantly higher, we can apply the comparison of proportions test or chi-square test. For comparison, age specific deaths should be compared.

For e.g. total number of deaths in the age group of 0 to 5 years in the village we are investigating are 17 in the year of investigation and the total number of children in this age group is 138.

In the previous year in the same village the total number of children in the same age group were 154 and the total deaths that took place were 13. Then to find out whether the number of deaths in this year is significantly higher or not, apply the proportion test.

Total number of children in 0-5 years age group	No. of deaths in 0-5 years age group	Deaths in percentage (P)	Q = 100-P
138 = N1	17	12.31 = P1	87.69 = Q1
154 = N2	13	8.44 = P2	91.56 = Q2

Standard error of difference= Square root of $(P1Q1/N1 + P2Q2/N2)$

$$= \text{Square root of } (12.31 \times 87.69 / 138 + 8.44 \times 91.56 / 154)$$

$$= \text{Square root of } (7.8222 + 5.017964)$$

$$= \text{Square root of } (12.84017)$$

$$= 3.5833$$

Thus, Standard error of difference = 3.5833

Actual difference = 12.31- 8.44

$$= 3.87$$

Thus, the observed difference between these two groups is less than twice the standard difference i.e.2 X 3.5833, which is 7.1666. Therefore we infer that there is no strong evidence of any difference between the two groups as far as death rates are concerned. That is we cannot say that this year the number of deaths are in excess as compared to last year.

Section IV

Anthropometry to assess nutritional status of the community

An effective nutritional survey involves an assessment of nutritional status of children and adults in the area based on anthropometric measurements, assessment of specific deficiencies, socio-economic status, along with current sources of income, availability of food and social security measures such as Fair price shop, Ration shop and Anganwadis etc. The following strategies could help in an accurate estimation of nutritional status based on anthropometric measurements. The other parameters could be tackled with the help of a short questionnaire answered by people in a village meeting.

At the outset explain what you are going to do to the activists who are helping you. Repeat this when you go to the actual villages. Explain the procedure patiently to each person involved in the study. Take their oral consent after informing them about the nature of the study, what is the objective behind it and where will the results be used. Assure them that the names of all participants will be strictly confidential in case they are alarmed about this. Lastly tell them that they can withdraw from the study at any stage.

Sampling- It is the method of choosing a part of the study population, rather than the entire population, for participation in the study. It should be representative of all the strata in the population. Sampling makes the study easier, economical and enables us to study a larger area.

Various methods can be employed for this according to our needs. In case of the present study we can study two or three hamlets in the area, which will give us a good idea of the nutritional status in the whole area.

In order to take a representation from all the groups in the population we can select hamlets such that:

- ♦ Hamlets close to the road and away from road are covered.
- ♦ Hamlets of different tribes, and or backward castes/ classes/ areas we are interested in working with are covered
- ♦ Hamlets with and without an Anganwadi facility are covered.

We can choose 2-3 hamlets, which cover these aspects. This would be a representative sample of the people we would like to work with. Within the hamlet we need not choose a further sub-sample if the hamlet is as small as of 30-40 households. In case it is as large as that of 100-200 households, we can take a 50% sample, i.e. we can choose every alternate house. This will give us a good representation of that hamlet. We can study the children in the age group of 1-5 yrs and adults above the age of 18 years in the chosen households. This sampling scheme will be repeated in each area we want to study.

Nutritional survey of children- The weight of a child is a sensitive indicator of its nutritional status. NCHS standards for ideal body weights for children, both male and female are available to us. (*Annexure I*) Classification systems based on these standards enable us to decide from the age of the child and its weight if the child has a normal nutritional status or is either undernourished or overweight. The IAP standards (Indian Academy of Paediatrics) are most commonly used as they are also the standards used by the ICDS (Integrated Child Development Scheme). In order to use this classification the weight of the child in Kilograms (Kg) and the age of the child in months should be available. It is also desirable to measure the height of the child to know the Height for age and whether there is 'stunting' which shows chronic/ long term undernutrition.

Tools required-

1. Weighing scale
2. Height measuring tape
3. Indian / local Calendar to ascertain the exact date of birth.

Weighing children above the age of 2 years is not a problem as they can stand on the weighing scale. To weigh children between the ages of 12 months to 24 months, ask any responsible adult to hold the child in her arms. Weigh them both together. Then weigh the adult alone and calculate the difference between the two weights.

Precautions to be taken while measuring weight:

- (a) The zero error of the weighing scale should be checked before taking the weight and corrected as and when required.
- (b) The individual should wear minimum clothing, and be without shoes.
- (c) The individual should not lean against or hold anything, while the weight is recorded.

For accurate measurement of height, ask the person to stand against a straight wall. The position should be as such that both the feet are together, heels to wall and chin parallel to ground looking straight ahead.

As record of vital statistics is very poor in rural India, many times there is no reliable record of the child's age. Hence make sure that you are acquainted with the local festivals or landmark events, and take an Indian Calendar while recording the date of birth of the child. Make as accurate an estimation in months of the child's age. This is important for the following calculation.

The weight of the child should be compared to the ideal weight for that age mentioned in the NCHS standards. Calculate what percentage of the NCHS standard is the child's weight, using the formula-

$$\text{Percentage of the NCHS standards} = \frac{\text{Weight of the child}}{\text{Expected Weight for that age (NCHS std)}} \times 100$$

IAP classification of Nutritional Status

Grade of Nutrition	Weight as Percentage of NCHS weight standards
Normal	> 80%
Mild to moderate undernutrition	71-80%
I	61-71%
II	
Severe undernutrition	
III	51-60%
IV	50% <

Tabulate the number of children falling in each category of nutrition status.

Nutritional Status of Adults- This is assessed based on the Body Mass Index or the BMI. BMI is the ratio of the weight of the adult in Kgs to the square of her/his height in meters.

$$\text{BMI} = \frac{\text{Weight in Kgs}}{\text{Height in meters}^2}$$

This is a very good indicator of adult nutritional status as it is age independent. It measures the person's weight for her height. Values of BMI between 20 to 25 are normal.

Undernutrition is measured using the following parameters.

Nutritional Status using BMI

BMI analysis	Grade of undernutrition
1. BMI <16	III degree CED*
2. BMI 16-17	II degree CED
3. BMI 17-18.5	I degree CED
4. BMI 18.5 - 20	Low normal
5. BMI 20 - 25	Normal
6. BMI >25	Overweight

*CED - Chronic Energy Deficiency

Criteria to define starvation in Adults – An important issue is that malnutrition, starvation and starvation deaths seem to lie along a continuum. How is it possible to demarcate one from the other? A significant research finding is that in adults, below BMI of 19, mortality rates start rising. *Mortality rates among adults with BMI below 16 are nearly triple compared to rates for normal adults.*

Thus in adults a E.M.I of 16 and less should be used as a cut off point to demarcate starvation from undernutrition. Based on a requirement of 0.7 Kcal / kg / hour, a 50 Kg person needs about 850 Kcal per day to maintain oneself at Basal Metabolic Rate, without any physical activity. Thus *any food intake that is sustainedly lower than 850 Kcal per day would be incompatible with life in due course and is an indication of starvation.*

Section V

Assessing 'Food Security' related schemes and parameters

The issue of food security has gained importance in India in the decade of 90s when India clearly established self reliance in food production required to meet the food needs of its total population. In fact, in late 1990s the country accumulated huge stocks of food sufficient to feed the country even if nothing grew for three years. However the paradox is that in spite of overflowing granaries, a large number of persons and families still sleep half hungry for certain period in a year leave side getting food in balanced quantity. There are about 800 million children undernourished in the world, out of it 400 million children are in India. A majority of adults in the country have less than the optimum body mass index. Reasons for prevailing chronic under nutrition both among children and adults range from inability to purchase food to non-availability of food owing to improper distribution.

What is Food Security?

The concept of food security implies that all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. But unfortunately, this is not happening.

Food security in India, particularly for the vulnerable sections of the population, has always been closely linked with the Public Distribution System (PDS) where from basic food item the cereal was available at subsidised cost.

However, in recent years the prices have risen very rapidly. Also, in 1997, the Union government drastically reduced the off take from the PDS when it introduced the Targeted PDS (TPDS), which divided consumers into those below poverty level (BPL), and those above poverty level (APL). APL consumers were to purchase grain from the PDS at a price equal to the market rates, while the BPL consumers were expected to pay half the APL price. This resulted in the total withdrawal of the APL consumers from the PDS, while the BPL consumers found the prices beyond their purchasing power. The off-take of rice and wheat taken together fell by about 10 million tonnes in 2000-01, adding further to the already burgeoning grains stockpiled with the Food Corporation of India (FCI).

And today we witness this paradox in our country- about 70 million tonnes of wheat and rice in Government go downs and over 200 million children, women and men chronically undernourished.

The process of globalisation has further sharpened the threat to food security of many people living in India and many developing countries. Chronic hunger is increasing in several parts of the country. Improving food security at the household level is an issue of great importance.

An estimated 400 million Indians do not have access to regular and adequate quantities of food. Hunger, malnutrition and under nourishment are widespread. Many parts of the country, particularly Orissa are stalked by death due to starvation. Recently there had been reports of hunger related deaths in tribal pockets of Rajasthan and M.P. Such unusual hunger amidst plenty can be attributed to a host of reasons, many of which are direct or indirect consequences of the structural adjustment as a part of globalisation. Some of the features of globalisation are the government set out to reduce subsidies and fiscal deficit by cutting state expenditure on rural development, cutting food subsidies, reducing priority credit to

agriculture and allowing Indian agricultural prices to move closer to world prices which led to increased food prices.

All of this however meant falling rural employment and real wages for the landless, and more insecure and volatile incomes from cultivation for small farmers. Simultaneously food prices in the Public Distribution System went up because of the reduction in food subsidies. Very few could purchase foodgrains at such high prices. The government was left with huge stocks, and it ran up enormous storage costs.

Repeated years of drought in states like Rajasthan and M.P. have led to extreme threat to the food security of poor people. Not only food but, water and fodder for animals have been issue. In such situations government should not scrap the Public Distribution System (PDS). It needs to extend the PDS to the rural areas and create more employment opportunities for the rural people.

Inability and insensitive attitude of Government to ensure food security to its people in many states of the country particularly in states like Rajasthan which is experiencing drought for many years, the PUCL (People's Union for Civil Liberties), Rajasthan branch filed a writ petition in the Supreme Court in 2001. The court after hearing arguments passed on interim orders which were applicable to the entire country. To ensure that court orders are followed, the Supreme Court also appointed two commissioners - Shri N.C. Saxena and and Shri S.R. Shankaran as the commissioners to undertake periodic review and submit reports about the status of implementation by different state Governments.

the details of all the different food security schemes of the central Government implemented through the state Governments and the Supreme Court orders are given in Section VIII under the heading of entitlements for a population facing Food Insecurity.

In a significant interim order dated 28 November 2001, the Supreme Court issued directions pertaining to 8 food-related schemes sponsored by the central government. Briefly, the order directs the Union and State governments to implement these schemes fully as per official guidelines. Given below is an outline of each scheme and a summary of the corresponding Supreme Court directions.

How do we assess the implementation of food security schemes in our areas?

The eligibility criteria for each scheme are clearly laid out. We should obtain the list of beneficiaries under this scheme from the local panchayat/ block development or local revenue office. ICDS scheme is generally implemented by a separate department. The information collected ought to be verified in the villages where we are working with people. Verification should try to know whether selection of beneficiary families/individuals is appropriate, are there more eligible families, which are left out. We should also verify whether the selected families are receiving benefits in time and in full quantity. A people's monitoring team with advice of activists may develop monitoring framework to undertake fortnightly verification exercise.

Section VI

Verbal Autopsy procedure

Verbal Autopsy is a scientific method of proven validity used for establishing the cause of death of individuals in a community, where forensic autopsies have not been or cannot be conducted for any reason. This is particularly useful in situations where the proportion of deaths occurring under medical care is low and where no autopsies are routinely carried out. This method has been successfully employed in India, Bangladesh, Kenya, Nigeria, Philippines, Indonesia, Egypt, and several other countries to determine the cause of death of individuals in various circumstances, especially to identify causes of maternal and infant mortality. At the Bhopal Peoples' Health and Documentation Clinic run by the Sambhavna Trust, Verbal Autopsy (VA) was used as a method for monitoring mortality related to the December 1984 Union Carbide disaster in Bhopal.

Sampling- Ideally, all the recent deaths in the area should be considered for VA, so there is no sampling involved. All deaths during a specified period (from one to three months) should be taken. Recall of details becomes poorer with respect to deaths prior to 3 months before the time of VA, and should be avoided.

A less demanding method is to conduct VA only on *suspected starvation deaths* during a specified recent period. However, here a working definition of 'suspected starvation deaths' needs to be used, for example 'any death where family members report that the deceased had significantly reduced food intake due to non-availability of food, during the month prior to death'. This option would thus involve a two-stage survey process, first identification of suspected starvation deaths and then VA on the selected suspected starvation deaths.

Technique of Verbal Autopsy- This method is based on the assumption that most causes of death have distinct symptom complexes and these features can be recognized, remembered and reported by lay people. It involves trained workers administering a questionnaire to the carer / close family member of the deceased. Information thus collected on the symptoms suffered and signs observed is given individually and independently to a panel of experts for ascertaining the probable cause of death.

Steps in carrying out the Verbal autopsy

♦ **Training-** The questionnaire to conduct a VA is somewhat medicalised in nature and hence we recommend that a person with some experience of health work be given appropriate training in administering it, familiarity of the local language would be necessary. However given the circumstances in which it has been successfully used earlier, a well-trained fieldworker with good knowledge of the local language can also be suited for the job. The section wise details of the questionnaire will be provided later. All fieldworkers have to be given the background for conducting this VA, and be trained in interviewing skills, administration of the questionnaire and signs and symptoms of diseases.

♦ **Identification of households-** The fieldworkers would conduct a survey to identify and list households where deaths have taken place during the specified time period. Then for the VA, they would question carer of the deceased on the medical history and clinical symptoms suffered. It is best to identify a single carer who has been

with the deceased and nursed her/him through the illness, and get all the information through this person. In case of children, the mother is the best person, though this would depend entirely on the circumstances. Using culturally appropriate language, the fieldworkers, should apply stringent criteria in the collection and recording of information. Information would be recorded on a questionnaire designed to elicit details of the last illness, bodily appearance at the time of death, details of food availability in the house, medical examinations and their results, treatment including duration etc.

The VA questionnaire- At the outset, the interviewer must explain to the carer, the purpose of conducting the VA, and take an informed consent to proceed. This may be written or oral in case of non-literate carer, but this should be explicitly recorded. The verbal autopsy questionnaire (VAQ) begins with general, introductory questions to determine the lifecycle of the deceased. An instruction sheet is used by the field workers as a guideline for administration of the questionnaire. The instruction sheet should be translated into the local language where it is to be administered. The health workers would also confirm which medical records of the deceased are in the possession of the carer. General questioning familiarizes the carer with the type of information to be collected and enables the interviewer to create favorable conditions for the carer to speak openly, regarding personal and often traumatic details concerning the deceased.

The health worker then begins an open section in which the interviewee is invited to explain what happened in their own words, details of food security, subsequent illness/es, and responses to treatment received till the death of the deceased. The statement is recorded verbatim. With the use of filter questions, specific recordings of the symptoms related to different body systems are then made. While the interviewer should be cautioned against asking leading questions, the questionnaire consists of all important symptoms and signs relating to the major body systems, which should not be left out in case their importance is not realized by the carer. Thus the health worker identifies a body system, e.g. the respiratory system and encourages the carer to provide voluntary information on any particular symptoms, e.g. breathlessness, cough, expectoration tightness in chest etc. Care is taken to ensure that the interviewer does not provide any direct or indirect suggestions during questioning. Information on medical treatment received and documents related are also gathered.

A special section is devoted to collecting information concerning family food security. Another section elicits the dietary history relating to the deceased, during the week and during the month prior to death.

Assessment of Completed Verbal Autopsy Questionnaires- The filled VAQ is then sent to a panel of three independent physicians along with available medical records of the deceased. The physicians in the verbal autopsy assessment panel (who do not communicate with each other about their opinions) fill in a VA analysis table for their convenience, and then write their opinions on the probable immediate, underlying and contributory causes of death of the individual.

The final opinion is arrived at on the basis of the level of agreement among the three independent medical opinions. In case all the three doctors in the assessment panel opine that the underlying cause of death has been 'Starvation', then the final opinion states that the 'most probable' cause of death is attributable to 'Starvation'. The final opinion states 'probable' in case two of the three doctors agree on the nexus between starvation and subsequent death and 'possible' if only one of the doctors in the panel mentions starvation as a probable cause of death. In case all three doctors opine that the disease or condition of death

is not related to 'Starvation', the final opinion states that the cause of death is unrelated to 'Starvation'.

Validity of the method of Verbal Autopsy in ascertaining cause of death - Through numerous studies carried out in different parts of the world, the method of Verbal Autopsy has been found to have a positive predictive value in the range of 70% to 80% depending on the cause of death and age of the deceased. This range of validity has been confirmed through comparison of opinions on cause of death as ascertained through usual autopsies (post-mortem examinations) and that through Verbal Autopsy.

Appropriateness of VA in ascertaining starvation as a cause of death- The areas where Verbal Autopsy is going to be used to assess starvation as a cause of death are also the areas where availability of medical care is poor. This includes reasons related to extreme poverty and physical lack of access to any government or private medical facility. Also, an overwhelming majority of these deaths occur in people's homes resulting in autopsies rarely being conducted and often there being no competent doctor to certify the cause of death. Although some care may have been available, medical records of the deceased prior to death are often unavailable or where available, these are often incomplete. Given such a situation, VA appears to be the most appropriate method to assess the cause of death.

The VA has to be supplemented in these circumstances by a thorough recording of the conditions of 'Food Security' prevailing in the community in general, including natural disasters of drought, famines, rain and crop failure or conditions of gross/sudden unemployment, indebtedness etc. similar conditions in the individual household, any signs of desperation to find food such as borrowing, begging, stealing, consumption of unusual foods and incidents of suicide etc. Also an analysis of the 'Calorific value' of whatever food is available and eaten should be undertaken, to see whether the deceased was getting enough calories through food. To further strengthen the findings anthropometric measurements of the living sibs in case of children and the Body Mass Index of the living adults in the same household should be obtained.

Dietary Survey and Calorific Value of Locally Eaten Foods

Dietary survey is an essential part of the verbal autopsy process, which gives idea about whether starvation / insufficient food intake is a cause of death or not.

Whenever a dietary survey is carried out in any community to investigate starvation deaths, we first identify major local staple foods (basically cereals) eaten in that community. Then we give a fixed amount (say 1 kg.) of flour or grains of that cereal in any two houses of that community. We ask them to prepare their usual preparations out of the raw material given. We then calculate the amount of flour used to make one roti or amount of pulse used to prepare one Katori of dal. Then prepare a master chart indicating nutritive value of locally available foods. For eg. In Badwani district of Madhya Pradesh where verbal autopsies were conducted, one kilogram of maize flour was given to two families each and they were asked to prepare roti. Out of one kg. flour, six roties were made which means each roti contains approximately 170 gms. of flour. Since 100 gms of maize gives 342 calories, it was concluded that one roti in this area gives 580 Kcal approximately.

In case of calculating calorie intake of the deceased, information should be elicited regarding the food eaten by the deceased one week and one month prior to death. Note the number of meals eaten by him /her in a day. List the food items and their ingredients in details. In case of children, note the history of food intake up to three months prior to death. With the help of the master chart of calorific value of locally available foods, then calculate the total calorie intake of the deceased per day prior to death.

Based on a requirement of 0.7 Kcal / kg / hour, a 50 Kg person needs about 850 Kcal per day to maintain oneself at Basal Metabolic Rate, without any physical activity. Thus *any food*

intake that is sustainedly lower than 850 Kcal per day would be incompatible with life in due course and is an indication of starvation

It may be noted here that the intake during the week prior to death may be reduced due to the illness itself, and is less significant to identify starvation compared to the intake one month prior to death. The data on intake has to be combined with data on Food availability for the family to come to a conclusion *about lack of food intake due to non-availability of food, in other words, starvation.*

History of consumption of unusual or 'famine' foods like toxic roots, leaves, tubers etc. or consumption of substances eaten to suppress hunger should also be noted. It indicates the non availability of other edible food items like pulses, grains etc.

Confirming the date of death

To determine the exact date of death, local events calendar should be used. A local events calendar shows all the dates on which important events took place during a past one year period. It shows the different seasons, months, phases of moon, local festivals and events in the agricultural cycle.

It is important to accurately determine the date of each death also in the context of calculation of death rates (section III).

Mode and Causes of Death

Even medical professionals are often not very clear about the difference between mode of death and cause of death, and types of causes of death. Hence the need for us to be clear about these terms when we talk of starvation as a cause of death.

The Death Certificate issued by a doctor should contain the following-

Cause of death: A disease or injury that results in the death of the individual. If there is a time delay between the onset of the disease or injury and the time of death, then the cause can be divided into the following categories:

(a) **Immediate cause of death:** This is the disease or injury that developed just before the death and resulted in the death. E.g. Pneumonia, Diarrhoea, Ischaemic Heart Disease, Burns, Accident.

(b) **Underlying cause of death:** When there is a delay between the onset of the disease or injury and the ultimate death, this is the process that started the chain of events that eventually resulted in the death. E.g. Measles could be the underlying cause of Pneumonia which resulted in death of the individual, Atheromatous or narrowed blood vessels could be the underlying cause of Ischaemic Heart Disease. In the same way, severe malnutrition or starvation could be the underlying cause of death in a case where the immediate cause is diarrhea.

(c) **Contributory cause of death** is inherently one not related to the principal cause, but it must be shown that it contributed substantially or materially; that it aided or lent assistance to the production of death. It must be shown that there was a causal connection. E.g. Undernutrition in death due Pneumonia, High blood pressure in Ischaemic Heart Disease.

To illustrate the difference, take the case of a woman who is severely anemic during pregnancy. Her severe anemia remains untreated, and immediately after delivery she has moderate amount of bleeding and dies. (A healthy, non-anemic woman with similar amount of bleeding may have survived.) In this case, immediate cause of death is post-delivery bleeding, while underlying cause is severe anemia.

Mode of death: A pathophysiologic derangement that is incompatible with life. It is a common final pathway to death for a number of disease processes. Modes of dying include organ failure (e.g. 'heart failure', 'renal failure', multi-organ failure'), cardiac or respiratory arrest, coma, cachexia, debility, uraemia and shock.

Therefore it is important to recognize that 'Cardio-respiratory arrest', which is often erroneously mentioned as the immediate cause of death *is in fact the mode of death in a person*. To state 'cardio-respiratory arrest' as a *cause* of death is not only factually erroneous, it may also be a deliberate subterfuge by a medical official, to avoid commenting on the actual cause of death, such as starvation.

As a general rule, a number of pathways can be responsible for a mechanism or mode of death, but causes of death are specific. For example, shock has a number of causes and therefore is a mode of death. However the post-partum sepsis that resulted in shock is the cause of death.

Another way of looking at it is, if all dead people have the entity that you would like to list as a cause of death, then it is likely to be a mode of death. All dead people suffer from low blood pressure (shock), cardiac arrest and pulmonary arrest.

Starvation and Undernutrition as a cause of death- It is obvious that Starvation and Undernutrition would generally occur as the underlying or contributory cause of death in an individual. The final clinical event before death may be a minor infection such as diarrhea or measles, which may become the immediate cause of death.

As we are going to deal with actual human beings in real life situations, the individuals would suffer from gradual reduction in the calorie intake while having to keep up desperate efforts to find work and food for the family. The children would have to cope with demands for their growth. Rather than an absolute deprivation of food leading directly to death, we would have a chain of events where starvation (<850 Kcal daily intake) is the underlying cause, and an infection becomes the immediate cause of death.

Ethical issues related to conducting VA

There are certain serious ethical issues, which come up during the process of conducting a verbal autopsy in such a social situation. Some of the issues encountered and how they may be addressed are outlined below-

(a) Distress to relatives caused by the verbal autopsy procedure

The verbal autopsy process involves a detailed questioning of the relatives about the illness, food intake, treatment and various other aspects of the deceased prior to death. This is a process, which is liable to cause distress among the relatives of the deceased when they are questioned.

To deal with this issue, an attempt should be made to carefully explain the purpose of the study to the relatives. Also, the option of not participating in the study should be kept open for the respondents. In some situations, where the respondents are not in a mental frame to answer the questions, a second visit may be made to conduct the questioning at a later stage, or the asking of information may be spread over two visits. Of course, the interviewer must properly introduce himself / herself, state the purpose of his / her visit, and thank the respondents for their co-operation etc.

(b) Possible raising of false expectations among respondents

Measuring of nutritional status of children and adults and detailed questioning of relatives of the deceased might lead to generation of expectation of some immediate benefit to be given by the interviewers to the respondents. This is especially likely if the interviewer is a person from outside the area, of apparently better socio-economic background etc.

This problem may be partly avoided if the basis of contact is by means of a local organisation or person who is already known to the people. If possible, the verbal autopsy should be done by a person who is known to the community or linked with a local organisation. People may be already aware of the method of working of the local organisation and would not expect any personal preferential 'dole' from a person who is linked to the organisation. Rather it should be made clear that the findings of the survey would be used to generate pressure for better implementation of relief measures in the area, which would benefit everyone, provided that such an attempt is planned.

(c) Need to share the results of the study with the people in their language

Such a study should preferably be conducted on the demand of a local organisation, and should help to strengthen their demand for relief facilities. In the same spirit, the results of the survey should be communicated to the people in their own language, in village meetings and also by means of a simply written note in the local language.

Section VII

Method of preparing the final report and drawing the 'Hunger Pyramid'

The methodology of investigation as described in previous chapters has been devised to ensure a thorough, factual and relatively objective investigation of a death as well as its context.

However, the report is not a mere collation of the facts thus collected. The report is a statement of our opinion on the basis of the facts collected along with corroborative arguments and evidence. It is, therefore, an analytical document carefully arguing a case once our investigation is complete and has led us to an opinion.

If the investigation convinces us that the death concerned is not a starvation death we must make our report accordingly if asked to do so by any agency. However, henceforth, this chapter assumes that we are making the report of what we consider to be starvation death(s), either of children or adults, in the setting of a starving community.

The objectives of the report are twofold:

1. To verify and certify **starvation death(s)**
2. To clearly detail the prevailing **community conditions** of malnutrition and starvation leading to morbidity (sickness) and further mortality (death) if action is not immediately taken.

Such a report can be used for demanding immediate action such as compensation and appropriate state action to ensure food security for the entire community, as well as build evidence and pressure for long term policy changes.

The report should have the following sections, at least –

1. Introduction
2. Under five mortality rates of the given community and comparison with state under-five mortality rates
3. Death rates within the community and comparison with state crude death rates
4. Estimation of malnourished children based on weight for age
5. Estimation of severely malnourished adults based on BMI
6. Details of starvation / malnutrition deaths among children
7. Details of starvation deaths among adults
8. Community situation of food security
9. Hunger pyramid for the community and overall assessment
10. Recommendations

1. Introduction

This section should outline the initial information (press reports, personal communication), which originally led the team to investigate starvation deaths in this particular community. It should also contain some information about the area (district, taluka, villages), organisations and individuals involved in the investigation, and overall setting of food insecurity in the state / region (drought, failure of food security schemes etc.)

2. Under five mortality rates of the given community and comparison with state under-five mortality rates

3. Death rates within the community and comparison with state crude death rates

These death rates should be calculated and compared with the relevant state mortality rates. Then the number of excess deaths (actual deaths minus deaths expected according to state mortality rates) can be calculated. *All excess deaths taking place in a situation of serious food insecurity may be regarded as malnutrition deaths unless proved otherwise.* Here the absence of any major disasters or accidents may be quoted to rule out other causes of excess deaths.

4. Estimation of malnourished children based on weight for age

All children with weight for height less than $-3SD$ should be enumerated and listed individually also. The number should be expressed as a percentage of all children and compared with the state/block average as per ICDS records / NFHS II records, whichever available. ICDS records are preferable. Increase should be shown as percentage increase and it has to be argued that **according to the WHO any child with $-3SD$ or less weight for age is considered in need of emergency treatment.**

It has been documented that **mortality rates among children increase several fold and drastically when the weight for age is below 60% of the expected weight.** Hence these children are at very high risk of mortality. Any increase in numbers of such children indicates that the entire community of children is at risk. Therefore, emergency measures must apply to all children in that particular community.

According to the WHO criteria, if more than 30% of children in a community have low weight-for-age, it is a very high prevalence level. Although practically all poor rural communities in India have higher than this level of malnutrition, this too may be cited as evidence of very high level of malnutrition.

Prevalence group	% of children with low weight-for-age (below -2 SD scores)
Low	<10
Medium	10-19
High	20-29
Very High	≥ 30

(Criteria laid down in the WHO expert committee report on Anthropometry - WHO TRS 854, 1995)

For effective advocacy, the weights of the children in the affected area should be compared with those of middle class children in the same age group. This would bring out the differences more sharply than do figures of percentages in the various categories of undernutrition.

5. Estimation of severely malnourished adults based on BMI

The number and percentage of adults with BMI less than 18.5 and BMI less than 16 should be computed and presented. Adults with BMI less than 16 are at high risk of mortality from starvation. If over 40% of adults in the community have a BMI of < 18.5 , the community may be termed as 'critical risk for mortality from starvation' or a starving community.

Low prevalence	5-9% population with BMI < 18.5
Medium prevalence	10-19% population with BMI < 18.5
High prevalence (serious situation)	20-39% population with BMI < 18.5
Very high prevalence (critical situation)	>= 40% population with BMI < 18.5

(Criteria laid down in the WHO expert committee report on Anthropometry - WHO TRS 854, 1995)

6. Details of starvation / malnutrition deaths among children

This part of the report is based upon

1. Verbal autopsy
2. Anthropometry of siblings and family members
3. Community Situation of Food Security
4. Community Child Death Rates

These are used to argue the following points -

1. Evidence that the dead child was already malnourished (description of physical appearance, hair, skin, nails, previous anthropometric /medical records, siblings and other family members being malnourished - by anthropometry)

2. Evidence that there was acute shortage of food to the individual. This is done by relating dietary history for the last few days to caloric intake. Since this is relatively difficult for a child, specially a breast feeding child, this part of the report should be commented upon by the technical support team (nutritionist / pediatrician)

3. Evidence that there was an acute shortage of food in the household (dietary history of other household members, examination of household food supplies, loan taken recently, recent migration of able bodied family members, eating of unusual food, recent beggary / crime for food, failure to receive food from PDS, ICDS or any other schemes due to non availability, illness or debility)

4. Evidence that there is an abnormally raised child death rate in the community (section 2 of the report). Even if the terminal event in most of the deaths are infections (diarrhea, pneumonia, measles) if the death rate is significantly higher than the under five death rate for rural areas in the state, this is evidence of hunger related deaths provided there is a community setting of food insecurity.

Infection as the terminal event

When the terminal event is an infectious disease, which is the commonest scenario, such as pneumonia or diarrhoea, the 'diagnosis' of starvation death need not change.

This logical progression to disease, which forms the terminal event, is well documented in cases of starvation. The last two points suffice to call a death a starvation death.

If there has been an outbreak of a disease (e.g. measles) and all the deaths have been attributed to the outbreak, the logical argument in the context of starvation would be that normally speaking the mortality of a disease does not exceed x percent of cases. The fact that mortality has been so much higher proves that death was due to starvation, not disease.

7. Details of starvation deaths among adults

This part of the report depends upon -

1. Verbal autopsy and dietary history
2. Anthropometry of family members

Verbal autopsy

This is to establish that death did not take place due to accident or other physical trauma, and to document the clinical events preceding death, as also dietary history and body appearance.

The dietary history component should be analysed in terms of caloric value by referring to the charts of caloric values of local food for assistance or taking the assistance of the technical support group. Caloric intake of less than 850kcal per day for an adult establishes the diagnosis of starvation.

Food security of the family – substantiating findings of food stores within the family, recent loans, migration of able-bodied members, eating of unusual foods, beggary should be documented.

Anthropometry of surviving family members

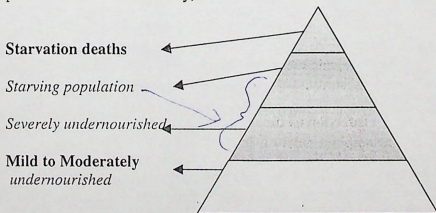
BMI of less than 18.5 amongst adults of the family, and weight for age less than 3SD in the children is supportive evidence that the whole family is in a situation of starvation.

8. Community situation of food security

The provision of supplies, access and uptake from PDS, Food for Work Programmes if any, ICDS, Mid Day Meal, maternity benefit and other schemes should be described.

9. Hunger pyramid for the community

The above mentioned two objectives are fulfilled by drawing the entire 'hunger pyramid' that prevails within a community, of which the starvation death/s are only the tip.



Appropriate figures or percentages should be given for each of these categories, to give a complete idea of the situation, e.g. in a particular village –

Starvation deaths – 6 persons (4 adults, 2 children)

Starving population – 7% families

Severely undernourished – 15% adults, 18% children

Mild to Moderately undernourished – 43% adults, 62% children

Starvation deaths are those deaths which have been identified as being due to starvation / malnutrition on the basis of the Verbal autopsy process.

Starving population is the proportion of families where adults have a daily caloric intake of less than 850 Kcal.

Severely undernourished population is the proportion of adults with BMI < 16 and in case of children, those with weight for age less than 60% of expected. (deduct the proportion of starving population from this to avoid overlap)

Mild to moderately undernourished population is proportion of adults with BMI < 18.5, proportion of children with weight for age less than 80% of expected (deduct the previous two proportions from this to avoid overlap)

The investigating team along with the Hunger Watch group should express an overall opinion. This should categorically express an opinion regarding the deaths that have taken place – starvation deaths or not starvation deaths. It should also make a community diagnosis – community at risk for further starvation deaths (starving community) or not.

10. Recommendations

Finally, the report should make recommendations for immediate action at the local level. Recommendations should include compensation for the deceased, measures to feed and supply food, hospitalization where necessary, arrangements for nutrition rehabilitation, healthcare including immunization, long term food security measures.

Section VIII

Entitlements for a population facing Food Insecurity

1. National Old Age Pension Scheme

Official guidelines

Introduced under the National Social Assistance Program on 15 August 1995. Age of the applicant should be 65 years or above. Applicant must be a destitute in the sense of having little or no regular means of subsistence of his/her own and no financial support from family members or other sources. The basic pension is Rs.75/- per month per beneficiary. The State governments may add to this basic amount from their own sources.

The Central Government sets an upper ceiling on the number of beneficiaries for a State/UT.

Court order

The pension amount to be paid regularly every month before the 7th of each month

2. National Family Benefit Scheme

Official guidelines

Available for BPL households on the death of the primary breadwinner in the bereaved family. Amount of assistance is Rs.10, 000/- lump sum. The death of the primary breadwinner (due to natural or accidental causes) should have occurred while he or she is in the age group of 18-64 years. Family benefit is paid to such surviving member of the household of the deceased who, after local inquiry, is determined to be the head of the household.

Court order

The amount of Rs. 10,000 should be paid within four weeks through a local Sarpanch whenever the primary breadwinner of the family dies.

3. National Maternity Benefit Scheme

Official guidelines

A lump sum cash assistance of Rs. 500/- to be provided to pregnant women of BPL households given provided they are 19 years of age or above. The benefit is available up to the first two live births. The benefit is disbursed 8-12 weeks prior to the delivery. In case of delay, the benefit may be given even after the birth of the child. [G1]

Court

The amount must be given to the pregnant woman 8-12 weeks before delivery. All the eligible candidates must be covered under the scheme.

order

4. Mid-day Meal scheme

Official guidelines

The National Programme for Nutritional Support to Primary Education [MDMS] was started in 1995. Cooked mid-day meals were to be introduced in all government primary schools within two years. In the meantime, state govts were allowed to distribute monthly dry-rations to the children instead of cooked mid-day meals. The centre allocates through FCI to each district a quantity of grain @ 100 gms of grains per child per day. The allocation is made based on the oftake of the previous term

Cooked meals with the content of 300 calories and 18-20 gms of protein is to be provided on every working day of the school and for at least 200 days a year to students having a minimum of 80 % attendance in the previous month. Where dry rations are given, 3 Kgs of wheat or rice per month is to be provided to every child with 80% attendance for 10 months in a year.

The scheme covers all students in government and government aided primary schools. Non Formal Education centres are not covered in this scheme.

Reimbursement for transport and other facilities is to be provided by the Centre, but typically, it has not been covering the costs. The states have been complaining that they have to meet the costs of transport, personnel, etc. for implementing this fully centrally sponsored scheme.

Govt allots the grains to the districts directly. The collector coordinates it with the department of education and the gram sabhas on issues of logistics.

Court order

Cooked mid-day meal is to be provided in all the government and government aided primary schools in all the states. In states, where the scheme is not operational, it is to be started in half the districts of the state (by order of poverty) by Feb 28th, 2002. By May 28, 2002, it is to be started in the rest of the districts too.

5. Integrated Child Development Scheme

Official guidelines

Started as a programme that addresses children's needs from one umbrella. The anganwadi, or ICDS centres would be the centre of convergence of all the schemes. The scheme covers areas from nutrition of the pregnant women to nutrition, healthcare and educational needs of the child till he or she completes the age of 6. Children up to 6 years to be provided 300 calories and 8 to 10 gms of protein. Adolescent girls are to be provided 500 calories and 20-25 Gms of protein per day. Pregnant and nursing mothers 500 calories 20-25 gms of protein per day. Malnourished children are entitled to double the daily supplement provided to the other children [600 calories and/or special nutrients on medical recommendation] The services of the scheme include supplementary nutrition, immunization, health check-up, referral services, and non formal preschool education

An ICDS centre, or anganwadi is to be available in each settlement of 1000 people.

Court order

The nutrition component of the scheme should be operationalised. Each settlement of a thousand people should have at least one ICDS centre.

6. Annapurna Scheme

Official guidelines

The scheme was introduced in 2000 to provide food security to elderly citizens who have no income of their own and no one to take care of them. 10kg of food grains (rice or wheat) per month to be provided free of cost to all indigent senior citizens who are eligible for old age pension but are presently not receiving it. The total number of beneficiaries is not to exceed 20% of the old age pensioners within a State. The Dept. of Rural Development is to release funds to the State Food & Civil Supplies Dept. who will then coordinate with FCI and other agencies concerned. The State Dept. of Public Distribution will be the nodal agency concerned. Beneficiaries to be identified by the Gram Panchayat.

Court order

The scheme should be operationalised in all the states and 10 Kgs of grain should be distributed each month free of cost to all the indigent citizens who are eligible for a pension under the National Old Age Pension Scheme but not actually receiving a pension

7. Antyodaya Anna Yojana

Introduced to provide food security to the poorest of the poor. Provision has been made to identify one crore such families. The selected families are given a special Antyodaya Card, with which they can claim the grain from the local ration shop. 25 Kgs of grains to be provided each month to the selected families at the price of Rs. 2 / Kg for wheat and Rs. 3/ kg for rice. The identification of families is to be done by Gram Sabhas.

Court order

The Antyodaya families should be identified in all the states and grain should be provided to the beneficiaries each month, as per the official guidelines.

8. Targeted Public Distribution Scheme

The scheme was introduced in 1997 to replace the earlier integrated under the public distribution system (PDS). The families are categorised as below poverty line (BPL) and above poverty line (APL). The two groups have different entitlements with BPL families getting more grain at a cheaper price than APL families. The total number of BPL families in each State is chosen by the Planning Commission. BPL families to be identified on the basis of household surveys. The BPL families are given a card of a different colour to distinguish from the APL families

Court order

All the BPL families to be identified by 1 January 2002. All the BPL families in all the states should be given their ration regularly at a stipulated BPL price.

LEGAL ASPECT OF STARVATION

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1. What is Starvation?

According to Chambers Dictionary Starvation means to suffer extreme hunger, to cause to starve, to afflict with hunger, to deprive of food. Amartya Sen in his book Poverty and Famines observed that Starvation *is the characteristic of some people not having enough food to eat. It is not the characteristic of there being not enough food to eat.*

2. Famine & Starvation – The Policy Discernment :

At one time Famine was included as a kind of Natural Calamity. Famine indicates a state of extreme paucity of food due to complete failure of crops consecutively for more than one year and acute form of human distress as well as acute distress to animals and birds on account thereof. With the development of quick transport and communication facilities and with improvements in the food production situation in the country, the conditions of famine could not be said to appear on any local failure of rains. Hence at present the question of declaration of Famine does not arise. Still starvation occurs at individual and family level. It is a paradigm shift of policy which ignores the other indicators of famine.

3. Classification of Starvation:

There are two types of Starvation recognised by Medical Jurisprudence they are Acute and Chronic. Let us analyse in detail:

- a) **Acute Starvation:** Acute Starvation is seen when the necessary food has been suddenly and completely withheld. In Acute Starvation the feeling of hunger lasts for the first thirty to forty eight hours and is succeeded by pain in the epigastrium, relieved by pressure, and accompanied by intense thirst. After 4 to 5 days of starvation, general emaciation and absorption of the sub-cutaneous fat begins to occur. The eyes appear sunken and glistening. The pupils are widely dilated, the cheeks are hollow and the bony projections of the face become prominent. The lips are dry and cracked, tongue dry and coated with thick fur and breath is foul and offensive. The voice becomes weak, faint and inaudible, apathy and fatigue are predominant. The skin is dry, rough, wrinkled and baggy, emitting a peculiar disagreeable odour, the pulse is usually weak and slow but accelerates on slightest exertion. The temperature is usually subnormal, the diurnal variation reaching 3.28° F instead of 0.3° F to 1° F as in the normal body. The abdomen is sunken and the extremities become thin and flaccid with loss of muscular power, some oedema appears on the face and feet. There is at first constipation, the motion being dry and dark, but later towards death, diarrhoea or dysentery generally supervenes. The urine is scanty, turbid and highly concentrated and shows evidence of acidosis. The loss of weight is most marked and constant. The loss of two-fifths or forty percent of the body weight ordinarily ends in death. Total
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starvation also causes excessive protein break down and may cause fainting due to diminution in extra cellular fluid volume as a result of sodium loss. The intellect remains clear till death though in some cases, delusions and hallucinations of sight and hearing may be met with. Occasionally delirium and convulsions or coma precede death.

- b) **Chronic Starvation:** In Chronic Starvation the emaciation is more marked and death may occur after a prolonged period from some inter current diseases, such as anaemia, malaria, pneumonia, bronchopneumonia, meningitis, enteritis, tuberculosis, typhus etc. because of diminished resistance as a result of hypoproteinaemia.

Starvation or inanition results from the deprivation of a regular and constant supply of food, which is necessary to keep up the nutrition of the body. Starvation can be divided into two types viz. dry types of cases and wet types of cases.

The Dry Cases were characterised by extreme emaciation, fatigue, mental apathy, diuresis and loss of weight varying from 39 to 50 percent of the original weight. In the severe cases the pulse was impalpable, the blood pressure unobtainable and the colour was grossly cyanotic. Slight oedema was seen on feet.

In the Wet cases there was gross oedema which affected feet, legs, arms and face was frequently associated with ascites and pleural effusions. Pyrexia and watery diarrhoea were common in both the types of cases. The men were eunuchoid in appearance and the women in many cases had acquired male characteristics. There were complete loss of moral standards and human kindness. Anaemia was usually present.

4. Consequence of Starvation:

Fatal Period: Death occurs in 10 to 12 days if both water and food are totally deprived. If food alone is withdrawn life may be prolonged for a long period, say from 6 to 8 weeks or even more. This is, however, influenced by certain conditions such as age, sex and condition of the body and its environment etc.

Age: Children suffer most from want of Food. Old people require less nourishment than young adults and can therefore, stand the deprivation of food better but not for a longer period owing to the weakening of their vital functions.

Sex: Females can withstand starvation for longer period than males, as they have a relatively greater amount of adipose tissue in their bodies and ordinarily consume less food.

Condition of the Body: During Starvation man undergoes a series of metabolic adaptations in order to deprive energy from adipose tissue and to conserve to the utmost his protein reserves. Brain utilises ketoacids, B-hydroxybutyrate and acetoacetate to spare glucose and protein. It is, therefore, natural that fatty, healthy people are likely to endure the withdrawal of food better and longer than thin, lean and weak persons.

LEGAL ASPECT OF STARVATION

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5. Medico-Legal Aspect of Starvation:

- A. **Whether Death was caused by Starvation:** One must always bear in mind that there are certain pathological conditions, viz. Malignant disease, progressive muscular atrophy, Addison's disease, Diabetes Mellitus, Tuberculosis, Pernicious Anaemia and Chronic Diarrhoea which lead to progressive wasting and emaciation of the body. It is, therefore, very necessary to examine carefully all the internal organs and to search for the existence of any of these diseases while holding post-mortem examination, before one can give the opinion that death occurred from Starvation.

Homicidal Starvation is met with in the case of old, helpless or feeble minded persons and children of infants and usually associated with cruelty, neglect and deliberate withholding of food by those for whom it is the duty to provide food. The Govt. has a primary duty under Article 47 read with the Public Assistance provision under Article 41 for those who suffer from undeserved want.

- B. **Accidental Starvation:** Accidental Starvation may occur during famines. The Orissa Relief Code which replaced the Bihar and Orissa Famine Code 1930 assumes that it is no longer necessary to include famine as a kind of natural calamity. Therefore, a Starvation death is usually denied or else the Govt. will be responsible for failure of its Constitutional primary duty.

However, all Starvation Death should be examined to find out whether it was Homicidal, Accidental or Suicidal in nature. Keeping Children and Women starved or to force them to begging or to commit some other crime which are declared as offences almost always go un-investigated. Keeping people starved is also a cruelty, which is an offence under the Penal Code in certain circumstances. Therefore, Starvation cases and Starvation Death in affected areas would be treated as a piece of information, which require investigation and correction. The Legal Support Intervention has, therefore, a role to play for concerned voluntary agencies.

6. Proof of Starvation Death:

Since independence both the Union and Provincial Govt. have been denying the occurrence of starvation deaths as well as famines. They do so conveniently because these words are undefined. The present practice of the Govt. across the country is to seek a medical certificate which gives evidence about starvation. Very often such medical certificate suggests that the stomach was not empty and the real cause was a disease related to stomach disordered. Since, starvation is not fasting, the starving person does eat things which are not proper food. Starvation death can be proved by the general standard of under-nutrition and malnutrition prevalent in a particular locality and by making an assessment of income of the person concerned.

7. **Supreme Court on Starvation:** In 1985, the Supreme Court received a letter from a social worker Shri Kishen Pattanayak, about the growing instances of deaths due to drought, famine and starvation in the district of Kalahandi and Koraput in Orissa. The government of Orissa was accused of utter failure in protecting the lives of the citizens of these two districts. The court requested the District Judge of Kalahandi to enquire and submit a report.

The District Judge in his report found that there were no starvation deaths and that the government relief measures had been implemented. Disposing of the case in 1989, the Court recorded the objections of the petitioners to the report. However, it accepted the stand of the state government that all relief measures had been put into operation without actually finding out if that was the case at the ground level.

8. **The Right to Food – The Global Standard:** The right to adequate food and the fundamental right to be free from hunger, is a matter of international law, specifically enshrined in a number of human rights instruments to which states are committed. The United Nations has identified access to adequate food as both an individual right and a collective responsibility. The 1948 Universal Declaration of Human Rights says: **Everyone has the right to a standard of living adequate for the health and well-being of himself and his family, including food.**

The International Covenant on Economic, Social and Cultural Rights (1966) stressed: **The Fundamental Right of everyone to be free from hunger.**

This means that the state has an obligation to ensure, at the very least, that people do not starve. As such, this right is inextricably linked to the right to life. In addition, however, states should also do everything possible to promote full enjoyment of the right to adequate food for everyone within their territory – in other words, people should have physical and economic access at all times to food that is adequate in quantity and quality for a healthy and active life.

9. **Right to Livelihood – Legally Speaking:** The sweep of the Right to Life conferred by Article 21 of the Constitution of India is wide and far-reaching. It does not mean merely that life cannot be extinguished or taken away as, for example, by the imposition and execution of the death sentence, except according to procedure established by law. That is but one aspect of the right to life. An equally important facet of that right is the right to livelihood because, no person can live without the means of living, that is, the means of livelihood. If the right to livelihood is not treated as a part of the constitutional right to life, the easiest way of depriving a person of his right to life would be to deprive him of his means of livelihood to the point of abrogation. Such deprivation would not only denude the life of its effective content and meaningfulness but it would make life impossible to live. And yet, such deprivation would not have to be in accordance with the procedure established by law, if the right to livelihood is not regarded as a part of the right to life. That, which alone makes it possible to live, leave aside what makes life liveable, must be deemed to be an integral component of the right to life. Deprive a person of his right to livelihood and you shall have deprived him of his life.

Article 39(a) of the Constitution, which is a Directive Principle of State Policy, provides that the State shall, in particular, direct its policy towards securing that the citizens, men and women equally, have the right to an adequate means of livelihood. Article-41, which is another Directive Principle, provides inter alia, that the State shall, within the limits of its economic capacity and development, make effective provision for securing the right to work in cases of unemployment and of undeserved want. Article 37 of the Constitution provides that the Directive Principles, though not enforceable by any Court, are nevertheless fundamental in the governance of the country. The principles contained in Article 39(1) and 41, must be regarded as equally fundamental in the understanding and interpretation of the meaning and content of fundamental rights. If

there is an obligation upon the state to secure to the citizens and adequate means of livelihood and the right to work, it would be sheer pedantry to exclude the right to livelihood from the content of the right to life. The State may not, by affirmative action, be compellable to provide adequate means of livelihood or work to the citizens. But, any person, who is deprived of his right to livelihood except according to just and fair procedure established by law, can challenge the deprivation as offending the right to life conferred by Article 21 of the Constitution.

- 10. **Legal Intervention:** Right to life is a fundamental right. It includes Right to adequate means of Livelihood. However, there is no law to prevent hunger. The result is that when a person steals a bread to meet his hunger it is a crime, but at the same time omission on the part of the system of governance to prevent starvation is not considered to be a crime. This is the peculiarity of the present system of law. Virtually there is no vicarious liability of the State in matters of preventing hunger. In spite of this the law is not totally ineffective. A serious legal intervention can make a whole lot of change in the life of people who are starving. There are instances where Public Interest Litigation played a significant role. At present there exists two options to initiate actions for non-compliance or omission with regard to prevention of hunger and consequential starvation death. Firstly, a Public Interest Litigation can be initiated in the Supreme Court of India or even in respective High Court of different States seeking direction to the State to make necessary policies and schemes for prevention of hunger. Of course, in such cases the Court asks Govt. to enforce existing social security schemes instead of asking for immediate food security. Immediate food security is necessary in cases of hunger and starvation because a person who is starving cannot undertake work which are available under different employment generation and food for work programme. Besides, a Court proceeding takes a long time to come to an end. Secondly, petitions can also be moved in National Human Right Commission and State Human Right Commissions where it is possible to get an interim relief to prevent starvation. Some times the Commission also lingers in reaching at a logical conclusion.

In spite of all this human failures and errors in living up to the expectations of the starving people there is the scope for using law for preventing hunger. Such legal actions may work to put pressure on the Govt. to consider making policies for eradication of starvation deaths for all time to come. A legal battle very often influences public policies. Thus, Public Interest Litigation can be an advocacy tool to engage policy makers to change their attitude towards starvation and hunger. In a nutshell it can help in preventing entitlement failures and deprivations which cause starvation.

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India's Demographic and Food Prospects

State-Level Analysis

This paper is a state-level analysis of India's demographic and food prospects. The first part of the paper that contains new population projections argues that future demographic growth will probably be a little less than estimated although the country's population will still go on to exceed 1.5 billion. The second part of the paper assesses the future demand for cereals and other foods in 2020 and concludes that the real production challenge relates to vegetables, fruit and milk.

TIM DYSON, AMRESH HANCHATE

At the dawn of a new century, it often feels as if the complexity and pace of human life are increasing almost exponentially. Terms like 'runaway world' and 'the acceleration of history' capture this feeling well. Almost everywhere governments are experiencing a decline in their capacity to influence events. And quite unanticipated developments, new technologies, and the power of modern communications all make it harder to anticipate where societies are going. At the same time, however, the fact that things are changing so rapidly makes it more urgent to try to discern the future.

Against this backdrop the present research explores two closely associated dimensions of India's future – namely, the country's demographic and food prospects. Our work began as an attempt to evaluate the ongoing debate regarding the cereal demand and supply outlook to the year 2020 [Bhalla and Hazell 1997; Kumar and Mathur 1997; Kumar 1998; Bansil 1999; Bhalla, Hazell and Kerr 1999]. This debate is usually depicted as hinging around the issue of future food demand elasticities and the extent to which rises in per capita income will be translated into increased demand for livestock products. However, it soon became apparent that this was not the only major issue which distinguished various estimates of India's future cereal demand. For example, very different population estimates are used by different analysts.¹ This led us to an examination of various population projections for

India and, in turn, it became clear that those that are currently available are unrealistic in several key respects. Also, while it is feasible to make state-level demographic projections, rather perplexingly much research on India's food prospects treats the country as a single unit.² This may have the merit of simplicity, but it can be misleading because it ignores regional variations and the significant compositional changes that will happen in the population during the coming decades.

Accordingly the present paper, written in two parts – addresses the intimately related subjects of India's demographic and food prospects on a step by step basis. Throughout our emphasis is on what is most likely to happen, rather than on what may be desired. The principal focus of the first part of the paper is on the factors that will influence the evolution of future food demand. Thus we consider how mortality and fertility will evolve during the next quarter century and project demographic growth for each major state. This part of the paper concludes with a brief consideration of the country's medium term urbanisation and economic prospects. Building on this, the second part of the paper presents an analysis of state-level food consumption patterns and trends. Naturally, this analysis begins with a consideration of cereals. But it also examines the future evolution of demand for all the other main types of food. And the implications of our analysis for issues of future food supply are touched upon briefly too. Finally, the second part of the

paper summarises and discusses our principal results which, we believe, give a reasonably well-grounded picture of how the country's food prospects are likely to evolve.

Population Growth

Population growth will be by far the most important determinant of growth in demand for staple foods during the next few decades. Indeed, we will argue later that demographic growth will be the only reason why India's farmers will grow more cereals for direct human consumption (e.g. in such forms as bread or cooked rice) during the period to 2020.

However the population projections that are currently available for India leave much to be desired. Table 1 summarises the assumptions and results of three sets of projection, two of which (those of the United Nations and the Technical Group on Population Projections chaired by the registrar general) have underlain recent estimates of India's future food demand. The projections of the UN were made for the country as a whole. However, those of the Technical Group and the Population Foundation of India (PFI) have the merit of being made at the state-level and were then summed to produce national figures.

There are significant differences in the assumptions – and therefore the results – of these population projections. Although the Technical Group's projections only extend to the year 2016, it is clear that they, and those of the PFI, envisage significantly greater population growth than does the UN. By 2021 the

PFI's projected population is 61 million higher than those of the UN and by 2026 this difference becomes 73 million (Table 1). The assumptions regarding future levels of life expectancy and total fertility explain these differences. In particular, the UN medium-variant projection anticipates that life expectancy will rise somewhat more slowly, and that fertility will decline much faster than do the other projections. For reasons which we now elaborate, the UN is probably more realistic in its mortality assumptions, but less realistic as regards fertility.

Future Mortality

Despite earlier fears that the pace of mortality decline might slow during the 1980s and 1990s, life expectancy at birth appears to have risen at roughly half a year

each year, i.e. at 2.5 years per quinquennium (Registrar General 1999a:16). Moreover, particularly at young ages, current levels of mortality show considerable scope for future improvement. Thus the Sample Registration System (SRS) estimates that India's infant mortality rate in 1998 was 72 deaths per thousand live births (Registrar General 1999b); this compares with rates of about 50 or lower in countries like China, Egypt, Indonesia and Vietnam [United Nations 1999a].

That said, there are reasons to doubt whether the future will be quite the same as the past. The general increase in life expectancy since the late 1970s has largely reflected mortality improvements in infancy and childhood – especially through increased immunisation coverage. Progress at higher ages has been more limited and

is probably slowing down. Whereas between 1971-75 and 1981-85 life expectancy from age five increased by 3.3 years, between 1981-85 and 1991-95 it increased by 2.1 years [Registrar General 1999a:16]. Furthermore, several major diseases (e.g. malaria) are proving to be intractable, even resurgent. Tuberculosis is especially important. It mostly affects adults, is highly prevalent, is becoming increasingly drug-resistant and, of course, it is a disease which interacts synergistically with HIV/AIDS.

Most population projections for India discount any effect from HIV/AIDS. For example, the Technical Group states optimistically that 'the future levels of the expectation of life at birth will have no significant impact of AIDS in the next 25 years' [Registrar General 1997:13]. Also

Table 1 Summary Comparison of Population Projections for India

Projection	Life Expectancy at Birth (Years)						Total Fertility (Births Per Woman)			Population (Millions)		
	1996-2001		2011-16		2021-26		1996-2001	2011-16	2021-26	2016	2021	2026
	Male	Female	Male	Female	Male	Female						
United Nations	62.3	62.9	66.2	66.6	68.8	72.1	3.13	2.10	2.10	1,224	1,284	1,341
Technical Group	62.3	65.3	67.0	69.2	-	-	3.13	2.52	-	1,264	1,355	-
Population Foundation	61.9	63.7	67.2	70.8	69.4	74.2	3.20	2.45	2.15	1,264	1,345	1,414

Notes: The UN projections are medium-variant and they pertain to years ending in zero and five, accordingly slight adjustments were made to make them comparable to the other projections. The life expectancy and total fertility values shown for the Technical Group and the Population Foundation of India (PFI) are pooled (i.e. weighted) output values from state-level projections. The projections of the Technical Group extend only to 2016, therefore the population estimate given above for 2021 is an extrapolation based on the Group's population growth rate for 2015-16; it is provided for purposes of comparison. Principal data sources: United Nations (1999a); Registrar General (1997); Natarajan and Jayachandran (2000).

Table 2: Mortality Levels and Assumptions, Incorporating Some Allowance for HIV/AIDS, Major States

Region/State	Average Life Expectancy 1991-95 (Years)		Estimated Adult HIV Infections, 1998			Reduction in Life Expectancy by 2011-16 (Years)		Assumed Life Expectancy (Years) with Allowance for HIV/AIDS (i.e. with AIDS)				
	Male	Female	Number	Sex Ratio	Prevalence	Male	Female	2011-16		2021-26		
				(Male/Female)	(Per Cent)			Male	Female	Male	Female	
South												
Kerala	69.9	73.3	1,69,340	2.96	0.96	3.1	1.0	70.2	76.4	70.2	77.2	
Tamil Nadu	62.3	64.4	3,07,994	1.37	0.93	2.3	1.7	67.0	71.0	68.1	72.6	
Andhra Pradesh	60.3	62.8	5,67,078	1.38	1.49	3.7	2.7	62.7	66.6	63.2	67.6	
Karnataka	60.6	63.9	3,09,772	1.37	1.18	2.9	2.1	62.8	67.5	63.4	68.3	
West												
Maharashtra	63.5	65.8	7,47,049	1.36	1.63	4.0	3.0	65.9	69.6	66.4	70.5	
Gujarat	60.2	62.0	81,873	2.23	0.33	1.0	0.4	66.4	68.6	67.9	70.3	
Rajasthan	58.3	59.4	50,470	3.83	0.20	0.7	0.2	65.7	68.0	67.5	70.3	
North												
Punjab	66.1	68.4	43,734	3.47	0.37	1.2	0.4	70.0	72.4	70.9	73.4	
Haryana	63.0	64.0	34,287	3.60	0.36	1.2	0.3	66.3	70.1	67.1	71.6	
Uttar Pradesh	57.3	56.0	1,08,631	3.68	0.14	0.5	0.1	66.5	67.4	68.8	70.2	
Madhya Pradesh	54.7	54.6	1,37,814	3.45	0.37	1.2	0.4	60.6	61.7	62.0	63.5	
East												
Bihar	60.1	58.0	1,14,012	3.46	0.25	0.8	0.2	68.6	68.4	70.7	71.0	
West Bengal	61.5	62.8	1,17,081	2.22	0.29	0.9	0.4	67.6	71.7	69.1	73.9	
Orissa	56.6	56.2	44,775	3.35	0.25	0.8	0.3	62.9	63.3	64.5	65.0	
Assam	55.7	56.1	29,153	3.49	0.23	0.8	0.2	62.0	64.1	63.6	66.1	
India	59.7	60.9	29,33,736	3.75	0.61	1.7	0.9	65.7	68.1	67.2	69.9	

Notes and data sources: Life expectancies for 1991-95 are from Registrar General (1999a). HIV prevalence estimates are from NACO (2000). The adult prevalence rates were combined with the linear equation derived from Figure 1 (i.e. estimated reduction = 2.14 * 1997 adult HIV prevalence) to get the implied reductions in life expectancy by 2011-16. Sex-specific reductions were then obtained by distributing the total reductions (in years) according to the sex ratios of currently infected people (see above). The same procedure was used for the national reductions shown. To obtain 'without AIDS' life expectancies for 2011-16 the assumptions for that period found in Registrar General (1997) and Natarajan and Jayachandran (2000) were averaged. Extrapolating life expectancy to 2021-26 at half the previous (i.e. 1991-96 to 2011-16) rate has the effect of marginally reducing the final female mortality advantage, which seems plausible. Finally, the life expectancies given above for India are population weighted estimates of the state figures.

Ramasundram has rightly commented that the PFI projections 'seem to have been based on an assumption that the impact of AIDS on future mortality may not be significant' [Ramasundram 2000:2]. Ignoring HIV/AIDS in population projections is convenient methodologically – because there are no 'established procedures' with which to incorporate this terrible new disease's impact on the future path and age pattern of mortality.³ And, of course, there is uncertainty as to scale of the HIV/AIDS epidemic in India and, still more, its likely future spread.

However, making no allowance for the effect of HIV/AIDS on India's future population growth is no longer tenable. Indeed, the 1998 UN population projections summarised in Table 1 do make such an allowance – albeit in a way that deliberately restricts the growth of new infections. Thus the UN's projections reduce India's assumed life expectancy for both sexes combined in the period 2010-15 from 68.9 years (without AIDS) to 67.3 years (with AIDS). In turn, this has the effect of cutting the country's population size in the year 2015 by 13.2 million. According to the UN estimates, with 4.1 million infected adults in 1997 India has the largest number of HIV cases of any country in the world. The second most affected country was South Africa, with 2.8 million infected adults. Of course, with a population of only 40 million the effect on mortality in South Africa is huge. The UN projections imply that South Africa's life expectancy in 2005-10 will be only 44.7 years (with AIDS) compared to 63.9 years (without AIDS) [United Nations 1999b].

The future effect of HIV/AIDS on life expectancy in India may not be as dramatic as in South Africa. India's great population size and diversity means that for comparative purposes it is probably better viewed as a collection of different state populations, rather than as a single country. To put this differently: instead of examining individual countries, the experience of Africa as a whole may provide a more suitable yardstick for comparison. Thus the African continent contains badly affected populations (e.g., South Africa, Botswana), but it also contains countries where levels of HIV infection are low (e.g., in North Africa). Nevertheless, even if we examine Africa as a whole it is clear that life expectancy has been badly affected. Between 1980 and 2005 it is thought that Africa's life expectancy has been roughly

constant at around 51 years, but 'without AIDS' the UN considers that it would have been roughly five years higher [United Nations 1999a, 1999b]. So, even in an extremely large and diverse population HIV/AIDS can have a major effect upon mortality.

Several remarks about the HIV/AIDS situation in India are appropriate here. First, although the National AIDS Control Organisation (NACO) has recently revised its estimate of HIV prevalence downwards – to roughly 2.9 million infected adults in 1998 – we stress that this estimate is extremely rough, and that it excludes a sizeable number of infected infants and children. Moreover HIV is thought to be spreading fairly fast so the total number of infected people now is probably appreciably greater than 3 million [NACO 1999:21]. Second, India's record of dealing with HIV/AIDS does not inspire confidence. As elsewhere in the world, during the past two decades the political establishment has reacted slowly and complacently. As a result, cases of HIV/AIDS are now found in all states and the infection is said to be moving into the general population [NACO 1999:2]. Third, several key conditions are ripe for the future spread of HIV in India. For example, condom use, though rising, is still low

(female sterilisation being the main form of contraception); the male population is largely uncircumcised yet there are reasons to believe that widespread male circumcision may provide a limited measure of protection against the disease, at least at the population level [Caldwell 2000:120]; and there is a high incidence of other sexually transmitted diseases, which help to facilitate the spread of HIV. Finally, partly because the disease has a very long incubation period – those suffering from AIDS at any one time being only the tip of an iceberg – behavioural change may be slow. Recall that most people who are infected with HIV are unaware of the fact; consequently many of them will continue to spread the infection.

So, no matter how tentatively, population projections for India must make some allowance for the impact of HIV/AIDS. This we now do. Table 2 gives SRS estimates of life expectancy at birth during 1991-95 for the 15 major states. The states are grouped into four broad geographical regions which, although inevitably something of a compromise, nevertheless serve both our demographic and food analysis interests fairly well. The life expectancy estimates may be slightly high, due to under-registration of deaths in the SRS

Table 3: Fertility Levels and a Summary of the Corresponding Assumptions

Region/State	Total Fertility (Births Per Woman)		Period When Replacement Fertility Is Attained	Sex Ratio at Birth (Male/Female) 1981-90
	1991-95	2021-26		
<i>South</i>				
Kerala	1.74	1.74	1988-91	1.055
Tamil Nadu	2.16	1.60	1996-01	1.049
Andhra Pradesh	2.78	1.60	2006-11	1.047
Karnataka	2.88	1.60	2006-11	1.073
<i>West</i>				
Maharashtra	2.92	1.80	2006-11	1.085
Gujarat	3.16	1.80	2006-11	1.113
Rajasthan	4.50	2.30	2026-31	1.141
<i>North</i>				
Punjab	3.00	1.80	2006-11	1.132
Haryana	3.78	1.80	2016-21	1.150
Uttar Pradesh	5.12	2.86	2036-41	1.116
Madhya Pradesh	4.38	2.18	2026-31	1.082
<i>East</i>				
Bihar	4.54	2.34	2026-31	1.117
West Bengal	2.98	1.80	2006-11	1.056
Orissa	3.22	1.80	2011-16	1.062
Assam	3.50	1.80	2011-16	1.064
India	3.54	2.13	2026-31	1.095

Notes: To illustrate how the averages mentioned in the text were used to generate future TFRs, consider Madhya Pradesh with a starting (i.e., 1991-95) level of 4.38. The resulting quinquennial TFRs, with reductions given in brackets are: 4.05(0.33); 3.72(0.33); 3.25(0.47); 2.78(0.30); 2.48(0.30); and 2.18(0.30). The national TFR of 2.13 for 2021-26 is a weighted average (based on numbers of women aged 15-49) for the fifteen major states. Periods shown when replacement fertility is attained refer to the quinquennia when the average annual TFR falls below 2.1. For India this happens during 2026-31, although clearly an annual TFR of 2.1 is reached during 2021-26. Principal data sources: The 1991-95 TFRs, and sex ratios at birth, are from Registrar General (1999a) and (1997) respectively.

[Mari Bhat 1998]. However they are reasonable figures, the best available, and they were also used as baseline life expectancies by both the Technical Group and PFI. Table 2 also gives (i) NACO's estimates of the number of adults infected with HIV in mid-1998 (ii) the ratio of infected males to infected females, and (iii) the percentage of adults (taken here as people aged 15-49) that are estimated to be infected.

Levels of infection are noticeably higher in Maharashtra and the four southern states (Table 2). Indeed, these five states form a contiguous bloc where HIV prevalence among women attending antenatal clinics is probably already around 1 per cent. Note that the sex ratio of infection is generally lower in the most badly affected states. This reflects the fact that during the early stages of the epidemic men tend to be infected more, but as the epidemic proceeds so the virus is increasingly spread to women. Levels of infection are significantly lower in most of the other states [see NACO 1999:30-31].⁴ So Maharashtra and the southern states – which currently generally enjoy above-average levels of life expectation (Table 2) and above-average rates of economic growth – are suffering more from the HIV/AIDS epidemic. Interestingly Africa's experience suggests that, other things equal, countries which have had faster economic growth – and presumably greater migration and social mixing as a result – have tended to experience a more rapid spread of HIV. So while many factors are conditioning the spread of HIV/AIDS in India – and they often differ from those in Africa – certain similar socio-economic considerations may be operating as well.

To make some allowance for the future impact of HIV/AIDS we turned to the UN's inevitably speculative estimates of the impact of current (i.e., 1997) levels of adult HIV infection on future (i.e., 2010-15) levels of national life expectation [United Nations 1999b]. The UN has only made such estimates for six countries with levels of adult HIV prevalence below 2 per cent (i.e., in the range broadly applicable to India). For these six countries Figure 1 plots the expected future reductions in life expectation against the estimated current levels of adult HIV infection. Since a zero level of infection implies no impact on mortality, the fitted line passes through the origin. The scatter at levels of HIV prevalence above 1.5 per cent underscores the uncertainty about how the disease

will develop in the future. That said, the line provides a rough way of gauging the disease's future impact on mortality. Using it and the current (i.e., 1998) state-level adult HIV prevalence rates, Table 2 gives the implied reductions in future (i.e., 2011-16) life expectancy. The effect in the five worst-affected states may well be considerable, especially for males. For example, the calculations imply that in Maharashtra life expectation will be reduced by four and three years respectively for males and females, compared to the situation 'without AIDS'. This is a sizeable impact. Since the population projections of both the Technical Group and the PFI make no allowance for HIV/AIDS, we simply averaged their assumed state sex-specific life expectations for the period 2011-16 in order to represent the expected levels of mortality 'without AIDS'. Applying the estimated life expectation reductions to these averages gives the life expectations in 2011-16 allowing for the impact of HIV/AIDS (Table 2). Sex-specific life expectations for 2021-26 were then obtained on the assumption that in each state life expectancy between 2011-16 and 2021-26 will rise at half the previous rate (i.e., that prevailing between 1991-95 and 2011-16). Finally, linear interpolation was used to obtain estimates of life expectation for the intervening quinquennial periods.

The results of this exercise suggest that while life expectancy will probably continue to rise in all the main states of India during the next twenty-five years, it will do so at a significantly slower pace than has hitherto generally been assumed – because of increasing AIDS mortality. Notice that the results suggest that by 2021-26 the five worst affected states will have lost most of their current relative advantage in terms of life expectation (Table 2). However, this is also because levels of HIV prevalence in the remaining

ten states are thought to be relatively low at the present time. But this situation could easily change. That is, HIV may spread fast in some of the other ten states. Indeed, even in the five states that are currently worst affected there is no guarantee that the epidemic will not take a much greater toll of human life than has been indicated here – especially if there is little change in sexual behaviour. So, while acknowledging the inevitably speculative nature of the mortality assumptions summarised in Table 2, we emphasise that population projections which incorporate no impact from HIV/AIDS are unrealistic.

Future Fertility

Table 1 reveals significant disagreement regarding the speed of future fertility decline. Here the assumptions of the UN are extremely optimistic as, similarly, are those of the latest National Population Policy [Government of India 2000]. It is very unlikely that India can achieve 'replacement level fertility' (which corresponds to a total fertility rate (TFR) of 2.1 live births per woman) as early as 2011-16. This is shown by the detailed projection results of the Technical Group and the PFI. They demonstrate clearly that due to the growing numerical weight of key populous states with relatively high, though falling fertility (especially Uttar Pradesh, Madhya Pradesh and Bihar) the attainment of replacement fertility for the country as a whole by 2011-16 is highly improbable. More realistically the Technical Group and PFI anticipate that India's total fertility in 2011-16 will be about 2.5 live births, with replacement fertility perhaps being reached around 2021-26 (Table 1).

The state-level fertility assumptions of the Technical Group and PFI must also be questioned on two major and related grounds. First, for the aforementioned populous states which currently have

Table 4: Summary of Population Projection Results

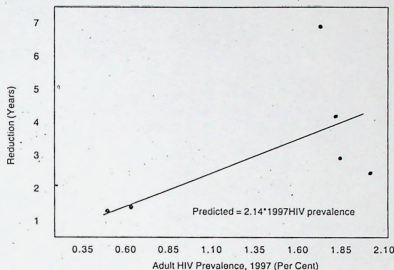
Year	Population (000s)	Population Sex Ratio (Male/Female)	Median Age (Years)	Crude Birth Rate (CBR) (Per Thousand Population)	Crude Death Rate (CDR) (Per Thousand Population)	Average Annual Growth Rate (Per Cent)
1996	9,34,218	1,078	21.4	—	—	—
2001	10,10,649	1,077	22.7	24.8	8.9	1.59
2011	11,73,707	1,073	25.9	22.7	8.1	1.46
2021	13,30,638	1,068	29.8	19.9	7.6	1.23
2026	13,94,054	1,065	31.6	16.6	7.8	0.90

Notes: The population totals given above incorporate an allowance for smaller states and Union Territories which, taken together, constituted 3.2, 3.5, 3.8 and 4.1 per cent of India's population in the 1961, 1971, 1981 and 1991 censuses respectively. Accordingly, to calculate national totals we have assumed that this percentage will continue to rise by 0.3 per cent per intercensal decade. All other figures are population weighted averages for the fifteen major states. The rates all pertain to the respective periods.

relatively high fertility, the Technical Group and PFI base their assumptions regarding future fertility decline upon an extrapolation of the past slow rates of decline in these states. The questionable nature of this can be illustrated with reference to Uttar Pradesh which, of course, has the highest level of fertility (Table 3) and the largest number of people. The PFI projections assume that replacement fertility in UP will not be reached until around 2056 (which is rather pessimistic) while those of the Technical Group assume that a TFR of 2.1 will not apply for over 100 years (i.e., sometime in the 22nd century) which, frankly, is absurd. The bizarre nature of these assumptions leads the Technical Group and PFI to a second questionable assumption: namely, that those states which currently have relatively low levels of fertility will attain remarkably low levels in the near future. Thus both these sets of state-level projections assume that state TFRs will continue to fall until they reach a lower boundary of just 1.6 five births per woman. Essentially this extremely low boundary is needed in order to offset the extraordinarily slow pace of fertility decline that has been assumed for UP, MP and Bihar. Consequently in the PFI projections seven states (Andhra Pradesh, Gujarat, Haryana, Kerala, Punjab, Tamil Nadu and West Bengal) are assumed to reach a TFR of 1.6 as early as the year 2011 and thereafter remain at that level. Of course, no one knows what will happen in the future. Only very recently in human history has only major population has experienced a level of total fertility as low as 1.6, let alone sustained it for any length of time. It is true that Kerala's TFR briefly touched 1.7 during the early 1990s, but the SRS indicates that it has subsequently risen to around 1.8.

Fortunately, however, it is possible to generate credible assumptions regarding future fertility. Although SRS data are not perfect (inevitably, the system has worked better at certain times and in certain states) they are generally of reasonable quality. Moreover, they are consistent with the idea that when fertility first begins to fall it falls by relatively small amounts, which then increase as fertility decline speeds up, and then finally reduce as replacement level fertility is approached. In this context Figure 2 plots the quinquennial rates of decline implied by the average SRS total fertility rates for 1986-90 and 1991-97 against the initial average TFRs experienced in each state during 1986-90. There

Figure 1: Projected Reduction in Life Expectation during 2010-15
(Given Adult HIV Prevalence in 1997)



Note: The countries above, in increasing order of prevalence, are Brazil, India, Guinea-Bissau, Benin, Thailand and Cambodia.

is some scatter, much of which probably reflects inaccuracies in the data. Nevertheless, the four states which in 1986-90 had TFRs above 4 births experienced an average TFR reduction equivalent to 0.33 births per quinquennium. Those states with initial TFRs between 3 and 4 had an average decline equivalent to 0.47 births. And the two states with the lowest initial levels of fertility (i.e., below 3) experienced an average reduction equivalent to 0.30 births per quinquennium. Accordingly, we used these simple averages to generate state level trajectories of future fertility decline, the rule being that the fertility reduction per quinquennium depends upon the level of TFR attained during the preceding quinquennium. The lower boundary for the total fertility rate was set at 1.8 births.

The resulting state level fertility assumptions, and the rule used to generate them, are summarised in Table 3. For Kerala we have simply assumed that the TFR will remain constant at the average level already attained during 1991-95. Because fertility is generally lower in the southern states, replacement fertility tends to be reached earlier there than elsewhere in the country. Note that by 2021-26 the average TFR for UP is still 2.86 births. While this is much more realistic than in previous projections, we would not be surprised if the actual pace of fertility decline in UP is somewhat faster than this. On the other hand, the assumption that by 2021-26 total fertility will be 1.8 births in 11 of India's major states may prove to be optimistic.

So there are compensating considerations. Lastly, note that by 2021-26 the national TFR is 2.13 births per woman and, effectively, India has reached replacement fertility (Table 3).

Four other assumptions require brief mention before we consider the projection results.⁵ First, most population projections (including those of the UN) assume a sex ratio at birth of around 106 male births per 100 female births. However, there is strong evidence of sex-selective abortion, especially in northern and western India [Das Gupta and Mari Bhat 1998]. Table 3 gives the SRS based estimates of the sex ratios at birth for 1981-90. The regional pattern – with generally greater masculinity in the west and north, compared to the east and south – is clear. Although it is hard to predict how this phenomenon will evolve, we have followed the Technical Group in assuming that state-level sex ratios will continue as in Table 3.⁶ Second, following the general convention for India we have assumed that an early pattern of age specific fertility will continue to apply during the coming decades. Third, following both the Technical Group and PFI we have made no assumptions regarding future migration – which is not only hard to predict, but is also likely to have only a secondary influence upon the basic output parameters. Finally, our projections, like those of the PFI, use the state-level age and sex distributions for 1996 (the starting year of projection) estimated and used by the Technical Group. It is worth noting that it will be several years before such data

are available from the 2001 census. Indeed, the 1998 UN projections in Table 1 are based on the 1981 census age and sex distribution!

Projection Results

Including an allowance for the smaller states and territories, Table 4 presents the summary results of population projection for India. Population is projected to be about 1,330 million in 2021. This is a little less than the previous state-level projections, but significantly higher than the medium-variant figure projected by the UN (Table 1), which incorporate an unrealistically rapid fertility decline. On the other hand, failure to take account of the growing HIV/AIDS problem largely explains why the Technical Group and PFI results are both a little on the high side. Nevertheless, India's population will be very nearly 1.4 billion by the year 2026.

Table 4 also gives the crude birth and death rates corresponding to our fertility and mortality assumptions. Thus if the average total fertility in 2021-26 is about 2.13 births, the corresponding birth rate will be around 16.8 births per thousand population; and if life expectation for both sexes combined reaches about 68.5 years then the corresponding death rate will be around 7.8. However, even during the 2011-21 intercensal decade the average annual rate of population growth rate will probably be above one per cent. Notice that the death rate will only decline slightly during

the next couple of decades. The main explanation is population ageing – which places upward pressure on the crude death rate. Population ageing is caused by fertility decline, and Table 4 shows that ageing will happen fairly fast. Thus whereas in 1996 the average age of the population was about 21 years, by 2026 it will be nearly 32. Finally, note that there will be little change in the population sex ratio. We concur with Mayer (1999) that the pronounced masculinity of India's population will not decline by much during the next few decades.

Table 5 presents summary state-level results. It also includes population totals for 2020, because this is the year to which assessments of future food demand often relate. Note that the present projections suggest that India's population will be about 1,315 million in 2020. As we shall see in the second part of this paper, this is actually a smaller number of mouths to feed than most previous food demand assessments have supposed.

The same table shows that while all states will experience significant demographic growth during the next few decades, for some it will be greater than in others. For example, between 1996 and 2026 Tamil Nadu's population is projected to grow by 24 per cent, compared to 82 per cent in the case of Uttar Pradesh. Consequently the regional composition of the country's population will change considerably. Most states will constitute a

smaller fraction of the total population in 2026 than in 1996. But Rajasthan, Uttar Pradesh, Madhya Pradesh and Bihar will rise as a fraction of the population (Table 5). In the case of UP the scale of the change is dramatic; by 2026 this state will be approaching three hundred million and its population will comprise about one fifth of India.⁷ Such major compositional shifts must be incorporated into any assessment of India's future food demand. Note that in 2021-26 the projections suggest that the populations of Rajasthan and Bihar will both be growing at around 1.2 per cent per year, while UP's growth rate will still be around 1.5 per cent. However population growth rates in the southern states will be much lower – because of earlier fertility decline, and rising crude death rates (the latter reflecting faster population ageing, plus the greater effects of HIV/AIDS in the south).

Table 5 also contains crude measures of age dependency, defined here as the number of persons aged under 15 and above 64, per 100 persons aged 15-64. Although India's population will get older in the period to 2026, note that in all states the number of dependent people will fall relative to the numbers aged 15-64, i.e. dependency ratios will decline. This is because fertility decline will ensure that the number of people aged under 15 will fall by more than the number of people aged 65+ will rise. In fact, only Kerala and Tamil Nadu are projected to have greater

Table 5: Projected Populations and Associated Demographic Parameters, Major States

Region/State	Population 1996		Population 2020		Population 2026		Average Annual Growth Rate (Per Cent)		Crude Vital Rates 2021-26		Dependency Ratio	
	(000s)	(Per Cent)	(000s)	(Per Cent)	(000s)	(Per Cent)	1991-96	2021-26	CBR	CDR	1996	2026
South												
Kerala	30,964	3.3	38,464	2.9	39,489	2.8	1.24	0.41	12.0	7.9	55	42
Tamil Nadu	59,452	6.4	71,793	5.5	73,437	5.3	1.25	0.34	12.6	9.2	56	43
Andhra Pradesh	72,155	7.7	90,130	6.9	92,823	6.7	1.63	0.45	14.3	9.8	68	68
Karnataka	49,344	5.3	62,683	4.8	64,738	4.6	1.85	0.50	14.3	9.3	69	69
West												
Maharashtra	86,587	9.3	1,10,370	8.4	1,14,309	8.2	1.85	0.55	14.3	8.8	67	41
Gujarat	45,548	4.9	59,090	4.5	61,344	4.4	1.95	0.80	14.0	8.0	67	39
Rajasthan	49,724	5.3	76,750	5.8	82,501	5.9	2.44	1.15	18.4	6.9	83	49
North												
Punjab	22,367	2.4	29,218	2.2	30,406	2.2	1.96	0.64	13.8	7.4	68	40
Haryana	18,553	2.0	25,552	1.9	26,797	1.9	2.39	0.77	14.7	7.0	83	39
Uttar Pradesh	1,56,692	16.8	305,197	19.7	284,972	20.4	2.38	1.52	21.8	6.6	82	58
Madhya Pradesh	74,186	7.9	107,291	8.2	1,13,501	8.1	2.28	0.89	18.0	9.1	77	46
East												
Bihar	93,055	10.0	1,44,215	11.0	1,55,716	11.2	1.49	1.23	18.7	6.4	84	52
West Bengal	74,601	8.0	98,537	7.5	1,03,042	7.4	1.83	0.71	14.3	7.2	70	41
Orissa	34,440	3.7	43,315	3.3	44,712	3.2	1.68	0.50	14.5	9.5	70	40
Assam	24,726	2.6	33,008	2.5	34,472	2.5	1.96	0.69	15.3	8.4	80	39
India	9,34,218	100.0	13,15,495	100.0	13,94,054	100.0	1.98	0.90	16.8	7.8	73	46

Notes and data sources: Population totals for 2020 are given because they constitute part of the food demand assessment examined in the text below. The national population totals above incorporate an allowance for smaller states and union territories (see the notes to Table 4). The population growth rates for 1991-96 are from Registrar General (1997); we suspect that the figure for Bihar is too low. The dependency ratio used above is the total number of people aged under 15 and 65 years and over, per 100 people aged 15-64.

than 10 per cent of their populations aged 65 and above by the year 2026.

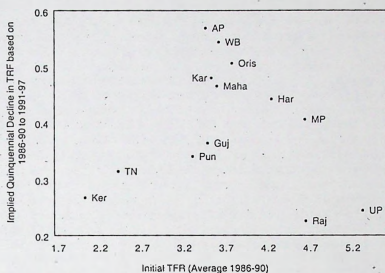
These changes in age composition are crucial for any attempt to assess the future because, as Coale and Hoover (1958) argued long ago, reductions in age dependency hold out a 'window of opportunity' during which investment in both human and capital resources may be increased, so promoting economic development. Clearly, during the next quarter century India will experience faster growth of its labour force compared to growth in the number of 'dependent' people. Thus there is potential – which may be realised to a greater or lesser degree – for 'capital deepening' as opposed to 'capital widening'. This is the so-called 'demographic bonus' which economists have recently re-discovered when analysing the previously fast-growing economies of east and south-east Asia [Bloom and Williamson 1998].

Urbanisation

Future urbanisation is an important topic in its own right. But it is also significant for estimating future food demand. This is because, compared to rural people, town dwellers tend to: (i) have access to a wider variety of foodstuffs and other goods, (ii) experience lifestyles which generate greater demand for processed foods, (iii) are probably more open to developing new tastes, and (iv) lead more sedentary lives in better health conditions – considerations which, other things equal, reduce their caloric requirements [Dyson 1996; Mitchell et al 1997].

Yet – just as they do with respect to estimates of future population size – different analyses of India's food demand prospects adopt quite different estimates regarding the level of urbanisation. For example, Kumar (1998:15) assumes that in 2020 the level of urbanisation will be 32.5 per cent; Bhalla et al (1999:3) use a government of India estimate of 35 per cent; while Bansil (1999:12) assumes a figure of 40 per cent.⁸ It is important to note that UN urbanisation projections which are often cited tend to be comparatively high because, essentially, they slightly amend the definition of 'urban' that is assumed to hold in the future. Thus the UN estimates that 39.2 per cent of the population will be living in urban areas by 2020. But this figure derives from an estimation procedure which assumes that India will gradually move to a 'world-norm' of what the urban-rural population growth rate differential (URGD) 'should'

Figure 2: Pace of TFR Reductions by Initial Level Across States



Note: For data quality reasons the figure excludes Assam and Bihar.

be for a typical country at any given level of urbanisation [United Nations 1998].

Of course, there is no single correct definition of what should constitute an 'urban' area. However, by the criteria that are commonly employed elsewhere (e.g., in Europe and Latin America) India's definition of 'urban' is certainly comparatively restrictive [UNCHS 1996:78]. Recall that according to the 1991 census only 25.7 per cent of the population lived in urban areas. We will see below that India's rather narrow definition of what constitutes an urban area complicates interpretation of rural cereal consumption trends. This is because many 'rural' people have food consumption profiles that are increasingly rather 'urban'. Nevertheless, given that the available data on food consumption are based on the current definition of an urban area, it is important to retain this definition when assessing the country's food prospects.

In this context Table 6 gives the 1991 census percentages of population living in urban areas and our estimates for the future. The estimates have been derived using the so-called urban-rural growth differential method devised by the UN [United Nations 1998:32-4], but without the gradual introduction of any general 'world-norm'. The same method was used by the Technical Group in their urban-rural projections (Registrar General 1997). Essentially the procedure involves a logistic extrapolation from 1991 of the average URGD observed during the last three intercensal periods (i.e., during 1961-91).

It was applied separately for each state. The results suggest that, assuming the continuation of the current rather restrictive criteria, India's level of urbanisation will rise to only about 36 per cent by 2026. Note that relative levels of urbanisation between the states will not change greatly. Thus most southern and western states will be between 40 and 50 per cent urban by 2026, but elsewhere urbanisation levels will be significantly lower (Table 6).

Economic Growth

Finally, economic growth may also have some influence on the evolution of future food demand, especially in that higher incomes may raise the demand for products like fruit, vegetables, milk, eggs and meat. Clearly – and probably more importantly – economic growth will also help to facilitate the supply of such foods, for example by increasing the resources available for agricultural investment. That said, as we will elaborate in the second part of this paper, it is very important not to treat the relationship between higher incomes and increased consumption of certain foods as immutable. This is because many other factors – like increasing product diversity in the market (of both food and non-food items) and changes in tastes and lifestyles – will also influence the evolution of food demand. Indeed, over the time horizon considered here, any pure income effects may be minor. Nevertheless, we must briefly consider India's economic prospects.

There are fairly good reasons to believe that – at least at the aggregate level –

average annual per capita income (PCY) growth during the period 1996-2020 will be somewhat faster than it was, say, during 1971-96.⁹ We have already noted two major underlying demographic rationales for this: the country will benefit from a declining rate of population growth and a falling dependency ratio (so raising the chances for 'capital deepening'). Furthermore – and to employ the relevant buzzwords – it is probable that India's economy will gain from more deregulation, structural reform, liberalisation and, indeed, globalisation. A recent review of economic performance in the major states indicates that, comparing pre-reform (i.e., 1980-81 to 1990-91) and post-reform (i.e., 1991-92 to 1997-98) periods, the average annual growth rate of per capita state domestic product rose from 3.03 to 4.00 per cent [Ahluwalia 2000]. Indeed the World Bank has projected average annual PCY growth of 4.4 per cent for the period 1998-2002. Given that here we are considering a longer period into the future, an average annual growth rate of around 4 per cent for 1996-2020 seems fairly plausible. This figure is similar to, indeed marginally higher than, that assumed by other analysts working on future food demand.¹⁰

Figure 3 provides some indication as to how rises in living standards may vary between the major states. Employing periods of several years to inject greater stability into the data, it plots state PCY (strictly, per capita GDP) growth rates between 1986-90 and 1991-97 against the initial (i.e., 1986-90) levels of per capita income. Figure 3 confirms that better-off states have generally been growing at faster rates [e.g., see World Bank 2000]. It also reveals a regional pattern. The four southern states form a relatively fast-growing bloc, as do the three western states. Obviously the north contains the small better-off states of Punjab and Haryana where PCY growth has been strong, and Madhya Pradesh and UP which have experienced lower rates of growth. West Bengal has done fairly well, but unsurprisingly the remaining eastern states bring up the rear. Over the particular time periods used in Figure 3, levels of per capita income actually fell slightly in Bihar.¹¹

Accordingly we consider that during 1996-2020 PCY growth will probably continue to be relatively strong in Punjab, Haryana and each of the southern and western states.¹² It will probably be somewhat lower in West Bengal and Madhya Pradesh. And finally it will likely be lower

still in Uttar Pradesh, Orissa, Assam and Bihar. That said, these four states should benefit somewhat from growth in the country as a whole. They approached a PCY growth rate of around 2 per cent per year during the 1980s [Ahluwalia 2000: Table 2]. It seems, but inevitable that interstate income differentials will widen, as is evident from Figure 3. For example whereas in the early 1970s per capita income in Punjab was just 2.6 times that of Bihar, by 1996 this ratio had risen to about 4.3, and by 2020 it could well be around 8.

To conclude the first part of this paper, we have presented new state-level population projections for India which we believe constitute a better basis on which to gauge future food demand. We repeat that it is unrealistic to neglect the future impact of HIV/AIDS when projecting India's population. And, for the country as a whole, fertility will decline appreciably more slowly than both the UN projections and the recent National Population Policy suggest. Unfortunately, however, there is a long history in India of making overly optimistic assumptions about how fast the birth rate will decline [Dyson 1981a:1350; 1981b:200]. Our projection results imply that the country's population will be nearly 1.4 billion by the year 2026, when it will still be growing at around 0.9 per cent per year. And we have seen that there will be considerable compositional changes, with the population of UP fast approaching 300 million. Furthermore, by the criteria used elsewhere in the world, India's population is certainly significantly more urban than the official figures suggest. But if we adopt the current definition then around 36 per cent of the population will be living in 'urban' areas by 2026. Finally, and partly because of the aforementioned demographic changes, it seems probable that the future growth rate of per capita income will be somewhat faster than in the past, although there will continue to be very significant regional variation. Together these various developments will help to determine the future evolution of food demand, which is addressed in the second part of this paper.

II

Having projected state-level population growth and urbanisation in the first part of the paper, we are now in a position to consider the likely volume of future food demand growth in India. However, several prefatory remarks are required.

Preliminaries

Our analysis will be based upon household consumption data collected by the National Sample Survey (NSS). However we make one significant alteration. In most of what follows we will adjust monthly consumption data to the levels that are implied by using a 7 day, rather than a 30 day reference/recall period. We do this because there is now convincing evidence that use of a 7 day reference period significantly improves (i.e., raises) the quantities of food that are reported as consumed by households. Thus for cereals, pulses, vegetables, milk and its products, and meat (including eggs and fish) these upward adjustments average 14, 46, 54, 14 and 53 per cent respectively [NSS 2000:22]. In passing we remark that such figures have major implications for many estimates of levels of poverty in India.

Second, our main focus will be on cereals (i.e., rice, wheat and coarse grains). And initially, we will be concerned with the direct consumption – in such forms as cooked rice or various forms of bread. Of course, cereals are the most important single food category, and they have also been the subject of considerable debate apropos the level of demand in 2020 (see below).

Third, having considered the likely volume of direct cereal demand in 2020 we will briefly consider growth in the

Table 6: Per Cent Urban, 1991 and Projections

Region/State	1991	2020	2026
<i>South</i>			
Kerala	26.4	41.5	44.9
Tamil Nadu	34.2	42.3	44.1
Andhra Pradesh	26.8	38.5	41.1
Karnataka	30.9	40.7	42.9
<i>West</i>			
Maharashtra	38.7	50.0	52.0
Gujarat	34.4	43.9	46.0
Rajasthan	22.9	30.9	32.7
<i>North</i>			
Punjab	29.7	37.1	38.7
Haryana	24.8	34.2	36.3
Uttar Pradesh	19.9	29.1	31.3
Madhya Pradesh	23.2	34.7	37.4
<i>East</i>			
Bihar	13.2	19.7	21.3
West Bengal	27.4	30.5	31.1
Orissa	13.4	25.8	29.1
Assam	11.1	16.5	17.8
India	25.7	33.5	36.2

Notes: Urbanisation estimates for 2020 form part of our food demand assessment in the second part of the paper. The national figures for 2020 and 2026 given above arise from summation of the state figures. Principal data source: Registrar General (1992).

demand for all the other main types of food (i.e. pulses, vegetables, fruit, milk and milk products, and 'meat'). This is required to put the evolution of future cereal demand in its full context, and to address the issue of by how much the indirect demand for cereals may rise as people increasingly consume more livestock products.

Fourth, and despite the previously mentioned upward adjustment of the NSS data, we emphasise that our main concern here is in estimating the likely broad proportionate increases in the demand for various types of food, rather than in forecasting absolute quantities. The principal reason for this is the uncertainty regarding the absolute amounts of food which are currently produced and consumed. Indeed, the rough nature of all the food statistics used should require no further emphasis here.

Finally, and for reasons elaborated below, we adopt a modified trend analysis for forecasting the volumes of future food demand, rather than employing one of the several different approaches which are based around income or expenditure demand elasticities.

Food Consumption Patterns and Trends

Direct Cereal Demand

Although some authors [Bhalla et al 1999] spend little time discussing the issue, there has of course been much deliberation about the fact that the NSS suggests that there has been a long-run decline in per capita cereal consumption since the early 1970s [Bansil 1999; Hanumantha Rao 1999; Kumar 1998; Kumar and Mathur 1997; Radhakrishna and Ravi 1992]. Thus, using a 30 day reference period for food consumption, average monthly per capita cereal consumption in urban areas of India appears to have fallen from 11.24 kg in 1972-73 to 10.63 kg in 1993-94. And the corresponding rural figures are 15.26 and 13.40 kg [Joshi 1998]. Most of the decline is accounted for by coarse cereals; levels of rice and wheat consumption have remained fairly stable.

In this context Table 7 gives the average monthly per capita cereal consumption levels indicated by the 1993-94 NSS round, but with the data having been adjusted upwards by state-level correction factors (CFs) obtained by using a 7 day reference period.¹³ Note that for the country as a whole this procedure raises monthly cereal consumption in rural areas by 13 per cent

to 15.14 kg, and in urban areas consumption is raised by 16 per cent to 12.30 kg. At the national level the effect of these state-level adjustments is to increase total direct cereal consumption in 1993-94 from 138 to 153.4 million metric tonnes (mmt). And there is little doubt that the latter figure is more realistic.¹⁴ Table 7 also shows that direct cereal consumption per person tends to be higher in the eastern states, and lower in the south and west.

Examination of the data from the five major NSS consumer expenditure rounds from 1972-73 until 1993-94 reveals that, with the principal exceptions of Kerala (where in the past per capita cereal consumption was unusually low partly because tapioca was a major staple) and to a lesser extent West Bengal, cereal consumption has declined in the urban and rural areas of virtually all states (only urban Maharashtra and rural Orissa are minor anomalies). Furthermore, in most states the decline actually speeded-up between the 1987-88 and 1993-94 NSS survey rounds [Joshi 1998]. Also, the decline has continued since 1993-94 [NSS 2000].

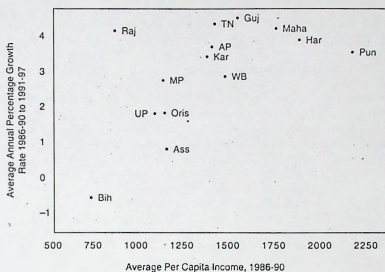
The reasons for this negative trend in per capita direct cereal consumption are complex. But most analysts agree that it is partly because people have experienced an increasingly wide selection of food (and non-food) items from which to purchase. In both urban and rural areas the market for food has become increasingly diverse – with greater availability, for example, of milk, fruit and vegetables. Moreover,

nowadays people's food tastes are more changeable, partly because of the influence of the media. And lifestyle changes – such as reductions in physical labour (especially in rural areas) and less time available for food preparation (especially in urban areas) – are also important considerations [Hanumantha Rao 1999]. Moreover we stress a point made in the first part of this paper, namely, that much of 'rural' India is actually rather more 'urban' than the official figures allow.

Of course, this decline in direct cereal consumption has happened despite a general in household incomes. And it is better-off people who have experienced the sharpest declines. True, the poorest sections of the population have experienced modest increases in their cereal consumption levels, but even this may not continue in the future if a more diverse food market, plus taste and lifestyle changes increasingly affect the behaviour of the poor. Furthermore, just as better-off sections of the population now tend to consume smaller amounts of cereals, so Figure 4 shows that exactly the same applies to better-off states.

The complex basis of these trends suggests strongly that future levels of direct cereal consumption – and; indeed, levels of food consumption more generally – cannot be projected adequately using expenditure elasticities. Indeed, various analysts have come to widely differing estimates of such elasticities – despite the fact that they have all used the same basic NSS data.¹⁵ Moreover, even if it were

Figure 3: PCY Growth Rate between 1986-90 and 1991-97 Plotted against PCY Level, 1986-90



Note: The above figure is based upon state domestic product data in constant 1973-74 prices. Sources: Ozler, Datt and Ravallion (1996) and Economic Survey (various issues).

possible to estimate an unambiguous expenditure demand elasticity, its value would probably change in the future in ways that are hard to anticipate. In any event, the implications of any estimated (or assumed) elasticity will also depend upon the particular assumptions that are made regarding future expenditure (or income) growth. However, the chief problem in employing such elasticities is that much more than levels of expenditure (or income) will be involved in shaping patterns of food demand in the future. We agree very much with Bansil when he states that 'one thing is clear ... any long term projections based on this 'scientific tool' are bound to go wrong' [Bansil 1995:5].

The foregoing considerations imply that, at least during the period to 2020, average levels of direct cereal consumption will generally continue to decline despite rising levels of per capita income. The only caveat we would add to this is that there is probably a lower 'floor'—perhaps around 11.5 kg per person per month (or lower, see Figure 4)—beneath which state-level cereal consumption levels are unlikely to fall appreciably during the foreseeable future. Thus although people will continue to move away from eating coarse grains, the basic commitment to rice and wheat will be less susceptible to alteration.

Accordingly, using the 1993-94 levels of cereal consumption as a base, we have projected levels of per capita direct cereal consumption to 2020 using the average annual percentage rates of change given in Table 7.¹⁶ These rates are simple averages of (i) the 'long-run' rates of change computed across the five major NSS consumer expenditure survey rounds conducted from 1972-73 to 1993-94, and (ii) the 'short-run' and comparatively recent rates of change calculated between the 1987-88 and 1993-94 rounds. We have used the averages of these long-run and short-run rates to capture some of the relatively recent tempo of change in direct cereal consumption, while at the same time incorporating some degree of longer-term trend stability. The procedure may be approximate, but it has the advantage of being transparent and direct. To reflect the plausible notion of a 'floor', lower limits of rural and urban monthly cereal consumption were set at 12.00 and 10.25 kg respectively. Finally, levels of per capita cereal consumption in Kerala, West Bengal (the two states with a rising long-run trend) and rural Orissa were projected on the same basis, which in their cases implies a marginally positive upward trend in direct cereal consumption (Table 7); this probably overstates future cereal consumption in Kerala and Orissa in particular, because

the NSS data indicate declining per capita trends in these states between 1987-88 and 1993-94.¹⁷

The last four columns of Table 7 summarise the resulting state-level monthly per capita direct cereal consumption/demand levels in 2020, and the corresponding total consumption levels for both 1993-94 and 2020. The latter figures, of course, are based upon our previous population and urbanisation projections which were presented in the first part of this paper. Note that, outside of the eastern region, most states come very close to the respective consumption 'floors' in both rural and urban areas. Indeed, without introducing these floors, the levels of per capita cereal consumption would be appreciably lower still in several states. For the country as a whole this exercise suggests that by 2020 monthly per capita cereal consumption will fall to about 12.69 kg in rural areas and to about 10.91 kg in urban areas. In turn, these figures imply that annual per capita cereal consumption in India will fall from about 172 kg in 1993-94 to around 147 kg in 2020. Of course, these figures arise from the assumed continued move away from cereals over the period, for which in our view there is considerable support. However, despite the declining trend in per capita consumption, total direct consumption of cereals will rise from the

Table 7: Levels, Trends and Projections of Direct Cereal Consumption, Rural and Urban Areas

Region/State	Per Capita Consumption (Kg) Per Month, 1993-94		Average of Long-Run and Short-Run Annual Rates of Change (Per Cent)		Projected Per Capita Consumption in 2020 (Kg)		Total Annual Consumption (mm)	
	Rural	Urban	Rural	Urban	Rural	Urban	1993-94	2020
South -								
Kerala	10.55	10.25	0.36	-0.22	12.12	10.86	3.84	5.29
Tamil Nadu	12.62	11.15	-0.91	-0.38	12.92	10.25	8.51	9.84
Andhra Pradesh	14.49	12.76	-1.03	-0.63	13.10	10.80	11.84	12.65
Karnataka	16.15	12.62	-0.79	-0.44	13.10	11.24	8.63	9.42
West								
Maharashtra	13.36	10.94	-1.33	-0.58	12.00	10.25	12.73	14.94
Gujarat	11.88	10.32	-1.52	-0.86	12.00	10.25	6.00	8.00
Rajasthan	16.11	12.70	-1.40	-1.03	12.00	10.25	8.75	10.70
North								
Punjab	12.07	10.11	-1.97	-1.10	12.00	10.25	2.99	4.04
Haryana	15.21	11.10	-1.78	-0.78	12.00	10.25	3.01	3.54
Uttar Pradesh	15.58	12.33	-1.24	-0.65	12.00	10.37	26.90	36.37
Madhya Pradesh	16.40	13.20	-1.06	-0.71	12.39	10.93	13.37	15.51
East								
Bihar	15.40	14.18	-0.82	-0.51	12.39	12.37	16.68	21.73
West Bengal	16.16	12.56	0.10	0.08	16.60	12.82	13.21	18.52
Orissa	16.01	14.94	0.16	-0.31	16.70	13.77	6.40	8.40
Assam	14.70	13.71	-0.85	-0.43	12.00	12.23	4.20	4.83
India	15.14	12.30	-0.93	-0.58	12.69	10.91	153.41	193.52

Notes: For the population and urbanisation figures used in calculating total consumption in 2020 see Tables 5 and 6. The national total direct cereal consumption estimate above includes an allowance for the populations of smaller states and union territories. Here and elsewhere all tonnes are metric tonnes. All the per capita figures have been adjusted upwards on the basis of 7 day reference periods (see text). Long-run average annual growth rates were calculated using the group average procedure between points centred on 1977-78 and 1987-88 (the level of the former being the average cereal consumption level of the first three quinquennial rounds, and that of the latter being the average level of consumption of the last three rounds). The short-run rates of change relate to the period between 1987-88 and 1993-94 (see text). Principal data source: The percentage changes and 1993-94 consumption levels are based on data in Joshi (1998).

aforementioned figure of 153.4 million metric tonnes (mmt) in 1993-94 to about 193.5 mmt in 2020. This 40 million tonne (i.e., 26 per cent) increase in the direct demand for cereals is entirely due to population growth.¹⁸ Moreover, while all states will demand/consume greater quantities of cereals in 2020 compared to 1993-94, almost a quarter (9.5 mmt) of this projected rise in total direct cereal demand will be accounted for by UP – simply because it will be contributing so much to the country's future demographic growth. We now turn to examine levels of consumption and future demand for the other main types of food.

Demand for Other Foods

As the physical quantities involved are much smaller, the other main food groups do not merit a state-level analysis.¹⁹ Accordingly Table 8 gives the results of a similar treatment for other types of food, but at the regional rather than the state level. Again, the percentage growth rates shown have been calculated in the same way as for cereals. However the data in Table 8 have not been adjusted for a seven day reference period, because CFs for non-cereal foods are only available at the national level. Notice that, with the partial exception of milk (and milk products), levels of per capita consumption of non-cereal foods are invariably greater in urban than in rural areas.

Table 8 shows that levels of per capita pulse consumption are noticeably higher than average in the northern region, and below average in the east. However, the most striking aspect of the data are the negative growth rates in per capita pulse consumption indicated for the rural and urban areas of all regions. The movement away from eating pulses is a particular feature of the recent past. As with cereals, it is hard to disassociate it from the increasing variety of other foods that can be purchased. If the average rates of change in per capita pulse consumption in each region continue as in Table 8, then between 1993-94 and 2020 monthly pulse consumption for the country as a whole will fall from 0.65 to 0.44 kg per person in rural areas, and from 0.77 to 0.53 kg in urban areas. The unadjusted NSS data for 1993-94 imply that total pulse consumption in India was 7.4 million tonnes. Note that Table 8 gives a 2020 projection of 7.38 million tonnes. Thus the assumed fall in per capita consumption is offset by the increase in population.

For the country as a whole, it is possible to adjust the NSS data upwards using separate CFs for rural and urban areas derived from using a 7-day reference period (NSS 2000:22). On this basis rural per capita pulse consumption will decline from 0.97 to 0.66 kg between 1993-94 and 2020; and the corresponding urban figures are 1.10 and 0.76 kg. The same upward adjustment also implies that total pulse consumption in India in 1993-94 was around 10.7 million tonnes, and the projected 2020 demand figure is also 10.7 million tonnes.²⁰ Together with previously derived cereal estimates, these adjusted figures are summarised in Table 9.

Turning to vegetables, Table 8 shows markedly higher levels of per capita con-

sumption in the north and east regions, compared to the south and west. And there has been strong growth in vegetable consumption, particularly in rural areas, in all regions. Indeed, growth in per capita vegetable consumption has accelerated recently – no doubt partly accounting for the accelerating decline in cereal and pulse consumption. Unadjusted NSS data indicate that total consumption of vegetables in India during 1993-94 was around 33.9 million tonnes. The growth rates in Table 8 imply that this figure may rise to about 131.2 million tonnes by 2020. However, if the national data are adjusted by CFs reflecting consumption levels indicated by a 7-day reference period, then total vegetable consumption in 1993-94 rises to

Table 8: Levels, Trends and Projections of Consumption/Demand of Major Food Groups, by Region and for All-India

Region	Monthly Per Capita Consumption (kg) 1993-94		Average of Growth Rates of Per Capita Consumption (Per Cent)		Projected Monthly Consumption (Demand) (kg) 2020		Projected Annual Consumption 2020 (1000 Mt)
	Rural	Urban	Rural	Urban	Rural	Urban	
Pulses							
South	0.59	0.76	-1.10	-0.47	0.44	0.67	1,233
West	0.67	0.77	-1.11	-2.66	0.50	0.37	1,327
North	0.84	0.88	-1.09	-1.28	0.62	0.82	3,198
East	0.50	0.67	-3.05	-1.20	0.22	0.48	1,373
Vegetables							
South	2.04	2.66	3.69	2.89	5.43	5.74	12,920
West	2.37	3.03	3.75	2.49	6.40	5.89	18,523
North	3.54	3.89	3.90	2.86	9.95	8.33	48,386
East	3.80	4.97	3.61	3.48	9.50	10.00	47,208
Fruit							
South	1.93	3.25	4.05	3.68	5.64	8.62	15,886
West	0.53	1.28	3.59	2.60	1.37	2.56	5,628
North	0.56	1.03	4.16	3.30	1.68	2.47	9,903
East	0.43	0.87	3.66	3.97	1.13	2.49	7,135
Milk and milk products							
South	2.55	3.92	2.72	2.25	5.26	7.15	13,995
West	5.62	5.63	3.89	2.54	15.75	11.08	41,223
North	5.94	5.90	2.98	2.34	13.13	11.02	63,897
East	1.75	2.83	4.21	2.15	5.33	5.03	24,951
Meat, eggs, fish							
South	0.58	0.67	3.77	3.73	1.58	1.80	3,875
West	0.15	0.33	0.95	1.09	0.19	0.44	897
North	0.14	0.24	1.29	-0.82	0.20	0.24	1,082
East	0.44	0.77	1.64	2.09	0.68	1.35	4,097
Food: All-India							
Pulses	0.65	0.77	-2.40	-1.52	0.44	0.53	7,380
Vegetables	3.03	3.44	3.81	2.92	8.70	7.67	1,31,203
Fruit	0.85	1.47	3.90	3.14	1.99	3.63	38,925
Milk, etc	3.94	4.89	3.20	2.54	9.81	8.82	1,52,432
Meat, etc	0.33	0.47	2.68	1.20	0.55	0.85	10,451

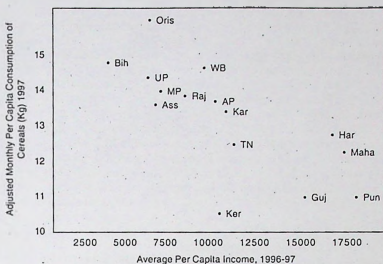
Notes: For the population and urbanisation estimates used in calculating the above estimates of total annual consumption in 2020 see Tables 5 and 6. For reasons mentioned in the text, the data above are unadjusted, i.e., they have not been corrected by 7 day CF factors (but see Table 9). The growth rates shown are averages of the long-run and short-run rates of change (see text). The figures on milk (and milk product) consumption are expressed in litres. In contrast to our treatment of cereals, there was little need to set floors (or ceilings). However, two minor exceptions are (i) that after examining unadjusted NSS consumption data by expenditure group we restricted urban vegetable consumption in the east region to 10 kg (rather than 12.5), and (ii) rather than applying a negative growth rate to meat consumption in urban areas of the north region, we assumed that per capita meat consumption there – which is already very low – will remain unchanged between 1993-94 and 2020. As elsewhere, the India figures above include an allowance for smaller states and territories. We stress that despite their seeming precision, all the figures are rough, and are intended to give only a very broad impression. Principal data sources: Joshi (1998) and NSS *Sarvekshana* (various years).

52.2 million tonnes and the 2020 projection becomes about 202 million tonnes (see Table 9).²¹

Table 8 shows that, with the partial exception of the south, per capita consumption of fruit is generally low. Interestingly both the patterns and trends of fruit consumption indicated by the NSS are similar to those suggested for vegetables. Thus levels of consumption are higher in urban areas, but growth rates in per capita consumption are generally higher in rural areas. Also, as with vegetables, there seems to have been a recent acceleration in fruit consumption. And, for the country as a whole, in both rural and urban areas the indicated growth rates for fruit consumption are of a similar magnitude to those indicated for vegetables. The unadjusted data indicate that total fruit consumption in India during 1993-94 amounted to only about 10.9 million tonnes, and Table 8 suggests that this could rise to around 38.9 million tonnes by 2020. However, if these figures are adjusted for the 7-day reference period then they increase substantially to 18.7 and 66.9 million tonnes respectively (Table 9). So, as with vegetables, it seems plausible to envisage that total fruit consumption in India could at least triple over this time horizon.

There is large variation in milk consumption (which in Table 8 is expressed in litres). The Table shows significantly greater levels of milk consumption in the north and west – reflecting particularly high levels of consumption in Punjab, Haryana and Rajasthan, and to a lesser extent Gujarat and UP. Milk consumption is especially low in the east – being only 1.75 and 2.83 litres per person per month in rural and urban areas respectively in 1993-94 according to the unadjusted data. However, in virtually all states there has been a long-run rise in consumption. Milk

Figure 4: Relationship between Per Capita Cereal Consumption and Per Capita Income Across States, 1996-97



Note. Income figures are averages for 1995-98 to 1997-98 (current prices). Cereal consumption data are from NSS and have been adjusted by the 7 day CFs.

consumption has also accelerated during the more recent past. Assuming that the regional rates of change shown in Table 8 continue to hold, then between 1993-94 and 2020 total consumption of milk (and milk products) will rise from 45.2 to about 152 billion litres. In this case the upward adjustment implied by using a 7-day reference period is only 14 per cent; thus using this CF raises these figures to 51.5 and 173.7 billion litres respectively (Table 9).

The last food group in Table 8 is 'meat'. This is a composite category inclusive of eggs, and about half of which is constituted of fish. NSS data indicate very low levels of consumption of this food group, particularly in the north and west. But levels of consumption are appreciably higher in the south and east, which of course partly reflects the eating of fish in Kerala and West Bengal. Another feature, especially prominent at the state-level, is

that those populations with high milk consumption consume virtually no meat. Furthermore, rates of change in meat consumption between states and regions are quite variable. Thus while some states in the south and east have experienced modest rises in per capita consumption, others (e.g. Punjab, Haryana, Gujarat and UP – all with high milk consumption) have registered little change. Very clearly, it is not inevitable that as incomes rise in the future so people will necessarily consume much greater amounts of food in the 'meat' category, as there are alternatives. Moreover, when considering future growth in consumption of this food group, it is important to bear in mind the extremely low base levels from which any increase will start. Assuming continuation of the growth rates shown in Table 8 then total consumption will rise from 3.9 million tonnes in 1993-94 to about 10.4 million tonnes in 2020. And if for this food group

Table 9: Adjusted 1993-94 and Projected 2020 Per Capita and Total Food Consumption Requirements

	Monthly Per Capita Consumption (kg) 1993-94		Projected Monthly Consumption (kg) 2020		Average Annual Growth Rates of Per Capita Consumption (Per Cent)		Total Consumption 1993-94 (Millions of Tonnes)	Total 2020 (Million of Tonnes)
	Rural	Urban	Rural	Urban	Rural	Urban		
Cereals, direct	15.14	12.30	12.69	10.91	-0.67	-0.45	153.4	193.5
Cereals, indirect	-	-	-	-	-	-	3.7	30
Pulses	0.97	1.10	0.66	0.78	-1.45	-1.40	10.7	10.7
Vegetables	4.71	5.25	13.53	11.72	3.98	3.03	52.2	202.0
Fruit	1.40	2.62	3.28	6.48	3.21	3.42	18.7	66.9
Milk, etc	4.57	5.49	11.38	9.50	3.44	2.22	51.5	173.7
Meat, etc	0.51	0.71	0.85	1.28	1.93	2.22	6.0	16.3

Notes: All figures have been adjusted upwards on the basis of 7 day reference periods [see NSS 2000:22]. The figures on consumption of milk (and milk products) are expressed in litres. The figure of indirect cereal demand in 1993-94 is from Bhalla et al (1999) and is given for illustrative purposes only; thus for a 1991 cereal feed figure of 5.7 million tonnes see Kumar (1998:90).

we factor in a 53 per cent upward adjustment indicated by use of a 7-day reference period [NSS 2000:22] then these figures become 6.0 and 16.3 million tonnes respectively (Table 9).

Indirect Cereal Demand

Before we can discuss the results, we must briefly assess the likely volume of indirect cereal demand in 2020, i.e., the quantities of cereals that will be required to produce the projected amounts of livestock products—especially milk. As Bansil (1999) has stated, the data base to make such an estimate of indirect cereal demand for India is scant. The majority of livestock production in the country currently rely upon feed from sources such as traditional grazing, the use of dry or green fodder, kitchen and agricultural wastes, and scavenging. Bansil argues convincingly that use of cereal/livestock-product conversion ratios which have been designed for other countries (e.g., China) is questionable in the Indian context. Moreover, technological developments—such as better livestock breeding programmes and new treatments for crop residues—will probably reduce the quantities of cereals that, other things equal, will be required for feed in the future.

Only a modest quantity of cereals—by one estimate 3.7 million tonnes [Bhalla et al 1999:8]—was used to feed livestock in 1993. There is no doubt that this quantity will rise by 2020, largely due to the increasing demand for milk and its products. However, estimates of the volume of this future indirect cereal demand vary considerably. At the upper end of the range—and mainly because they project extremely high levels of demand for livestock products—Bhalla et al (1999:9) provide a central estimate of 50.1 million tonnes. On the other hand—and envisaging a much lower level of demand for livestock products—Kumar's corresponding projection is only 15.2 million tonnes of cereals [Kumar 1998:90]. Towards the centre of the range is Bansil's (1999:57) figure of around 30 million tonnes. However, Bansil sees this as an upper estimate, because it is based upon the unlikely assumption that all additional livestock production will come from the organised sector.

If we employ a conversion ratio of 1.2 kg of cereals per 1.0 kg of meat equivalent, then our demand projections for 2020 of 173.7 billion litres of milk and 16.1 million tonnes of meat translate into an annual cereal feed requirement of 30.1 million tonnes.²² Accordingly we use this figure

for 2020 below. However, we stress that it is rough and almost certainly on the high side—not just because of likely technological developments, but also because much of the increase in livestock production will come from existing feed systems, rather than from the organised sector.

Discussion

We are now in a position to draw things together. Table 9 summarises the results of the present projections to the year 2020. Perhaps its most important implication is that research on India's future food demand should be less preoccupied with cereals than has often been the case in the past. Although, by their very nature, such projections can only be regarded as broadly illustrative, it seems probable that during the next couple of decades average levels of direct per capita cereal (and pulse) consumption will tend to fall. The major growth in food demand will apply to vegetables, fruit, milk and meat (i.e., fish, eggs, poultry, etc.). In the case of each of these food groups, and especially the first three, levels of per capita consumption will probably more than double between 1993-94 and 2020. Such increases in the per capita consumption of non-cereal foods seem all the more plausible given the low base levels of consumption from which such projections start. So the Indian diet is going to continue to get more diverse. And, when combined with population growth, total consumption of vegetables, fruit, milk and meat could all increase by roughly a factor of three.

Table 9 also demonstrates the importance of adopting a disaggregated approach to estimating future food demand. This can be illustrated by comparing the estimated future per capita growth rates for the demand of non-cereal foods given in Table 9, with those in Table 8 which

summarise past rates of change. For example, the projection results in Table 9 indicate that, for the country as a whole, per capita consumption of pulses will fall at average annual rates of -1.45 and -1.40 per cent in rural and urban areas respectively. Note that these figures are significantly higher (i.e., less negative) than the past rates of change given in Table 8 (i.e., -2.40 and -1.62 per cent); this is so despite the fact that the former figures derive from the past regional growth-rates given in Table 8. Of course, the explanation for this seeming paradox relates to the changing regional composition of the human population that will happen in the future. In particular, the northern states, with higher than average levels of per capita pulse consumption in both rural and urban areas, and lower than average rates of pulse consumption decline (Table 8), will increase as proportion of the total population.

Similar considerations explain why, at the national level, we would expect the growth rate of per capita vegetable consumption to be somewhat higher during the next two decades, compared to the past (see Tables 8 and 9). Again, other things equal, in the future we anticipate that the overall rate of change in per capita fruit and meat consumption in rural areas will tend to decline (since both these types of food are little consumed in rural parts of the north, where the country's rural population will increasingly be weighted). However, urban growth rates of per capita fruit and meat consumption may well rise in the future (since generally reverse considerations apply). All these points underscore how very misleading it can be to project future food demand at the national level. Rather, it is much better to work from the bottom up.

Table 10 compares the present cereal projection results with those from other

Table 10: Projected Total Cereal Requirements in 2020 and Other Estimates

Source	Original Estimates (Millions of Tonnes)			Population Assumed in 2020 (Millions)	Estimates Adjusted to 2020 Population Size of 1,315 Million (Millions of Tonnes)		
	Food	Feed	Total		Food	Feed	Total
Present work	193.5	30.1	223.6	1,315	193.5	30.1	223.6
Kumar	237.6	15.2	252.8	1,421	219.9	14.0	233.9
Bansil	227.8	30.6	258.4	1,360	220.3	29.6	249.9
Bhalla et al	246.1	50.1	296.2	1,329	243.5	49.6	293.1

Notes: Although based on different initial adjustments, the starting levels of cereal consumption assumed for 1993-94 in the different analyses represented above are generally fairly similar; accordingly, the differences for 2020 summarised above largely reflect differences of assumption and analysis. For results from IFPRI's IMPACT model that are broadly similar to those of Kumar, see Bhalla et al (1999). The cereal feed demand figure shown for Bansil is the sum of estimated figures for milk, eggs, chicken and other meat production. Principal sources: Kumar (1998, chapter 6); Bansil (1999, Table 22A); Bhalla et al (1999, Table 6).

analyses. Since the various estimates are based on quite different 2020 population totals, the last three columns standardise the cereal projection results on the same projected population total of 1,315 million that was derived in the first part of this paper.

Perhaps the most important single conclusion arising from the comparisons in Table 10 is that India's cereal requirement in 2020 will probably be much less than has generally been anticipated. Indeed, our projected demand figure of 223 million tonnes is probably itself too high – because, as previously intimated, the 30 million tonne feed requirement which it incorporates is itself likely to be a significant over-estimate.

However, there are two other important reasons why our estimate of total cereal demand is lower than the others shown in Table 10. The first reason is because we envisage a continued decline in per capita levels of direct cereal consumption (especially of coarse grains). Other analyses either assume constant future levels of consumption or a continued rising trend [Bansil 1999:12]. The second reason is because future population growth will be less than has usually been assumed. Note from Table 10 that the demographic adjustment can be extremely important. Thus in Kumar's case it reduces estimated 2020 total cereal demand by 7.5 per cent (equivalent to a population reduction of 105 million). Indeed, Kumar's (1998) analysis – which also foresees a continued shift in demand towards non-cereal foods – produces a fairly similar 2020 total cereal demand figure to ours, provided it is standardised for size of population (see Table 10).

Summary and Conclusions

Population and food are important and closely related subjects. Yet they are often tackled in relative isolation from each other. Levels of infectious disease, for example can have a major and independent influence upon a population's nutritional status. Levels of food consumption per se are only part of the picture.

Hence, when examining India's demographic and food prospects here, we have tried to approach them in an integrated and consistent way, and as transparently as possible. Crucially too, in estimating future food demand for the country, we have adopted a disaggregated approach – one that is ultimately based upon projections of the rural and urban populations of each of the major states.

We have argued that previous population projections are unrealistic in both their fertility and their mortality assumptions. It is extremely difficult to envisage that replacement level total fertility (i.e. 2.1 births per woman) can be achieved for the country by as early as the period 2011-16. And it is equally unlikely that half of the major states will have attained a level of 1.6 births by then. That said, in UP, MP, Rajasthan and Bihar there is good reason to believe that fertility will decline somewhat faster than previous state-level population projections have anticipated. Indeed, we expect that these states will experience an accelerated pace of fertility decline. So it is certainly reasonable to expect that replacement level fertility for India as a whole can be reached by 2021-26.

Propos mortality, our main point is simple: future population projections for India must grapple with the problem of HIV/AIDS, despite the considerable uncertainties that exist concerning the disease. The discussion and results presented in the first part of this paper raised the possibility that by 2015 India's population could be reduced by some 13 million, compared to the situation 'without AIDS'. And this figure could prove to be an underestimate. While the bulk of such a population reduction will be due to increased deaths, the disease will also reduce the future size of the population by cutting the number of births – because of the premature deaths of a significant number of women of childbearing age. Our tentative calculations suggest that by 2011-16 in Maharashtra male and female life expectations may be lowered by 4 and 3 years respectively compared to the situation 'without AIDS'. And it is clear that similar developments can be expected in the southern states.

Nevertheless, for the country as a whole, the present projections have been based upon the assumption that during the next 25 years aggregate mortality will generally continue to improve – although more slowly than has usually been expected hitherto. On this basis, there seems little doubt that by 2026 India's population will be approaching 1.4 billion when it will be growing by about 12 million extra people each year. Consequently reaching 1.5 billion quite soon thereafter seems virtually inevitable. Furthermore, major compositional shifts will occur – for example, with UP increasing from about 17 to 20 per cent of the population between 1996 and 2020,

an increase in that state alone of about 100 million people.

Nevertheless, our projections imply a smaller population for the country in 2020 than other food demand analyses have generally assumed. Put differently: we expect that there will be fewer mouths to feed than previous analyses have supposed.²³ This does much to explain why our estimate of total cereal demand in 2020 – of just 224 million tonnes – is appreciably below the estimates of others. It should be clear that there is no point in projecting future cereal food demand volumes unless adequate attention is paid to getting the demographic projections right.

In fact, because it incorporates a generous estimate of the future cereal feed requirement, even 224 million tonnes is probably an overestimate of what the total volume of cereal demand will be in the year 2020. The plain fact is that people are generally eating less and less cereals, i.e. levels of per capita cereal consumption are falling – and, with some moderation, we expect that this trend will continue for some time. Indeed, population growth seems to be the only significant factor that may act to raise the total direct demand for cereals (and pulses) during the next couple of decades. If per capita incomes rise appreciably – as we have argued partly for demographic reasons they will – then there are plenty of other things on which people can spend their money. This is especially true in an increasingly urban environment, the flavour of which increasingly affects many supposedly 'rural' areas too (we have also argued that India is actually much more urban than the official statistics imply).

So the debate about the country's food prospects has too often evidenced an over-strong 'cereal mentality'. And because our projection of total cereal demand in 2020 is well below those of others, it follows that we envisage that there will be no significant problem in producing 224 million tonnes. Indeed, compared to 1993-94 this will represent an increase in total cereal output of only about one third. And there is little doubt that India has the capacity to raise yields to meet this projected volume of total cereal demand, because it falls below virtually all projections which have been made of future supply.²⁴

The main agricultural challenge in the period to 2020 will be in roughly tripling levels of output of vegetables, fruit and milk. Exactly how this will be achieved is a large and complex subject, which lies

beyond the scope of this paper. However, as well as involving improvements in transport and storage, there is little doubt that some farmers in what we have termed the northern region will shift significant additional areas of their land towards the production of non-cereal foods – especially vegetables and milk – of which they are already major producers. Obviously increased agricultural investment will be required for this, and the process will certainly be assisted by the development and introduction of new agricultural technologies – many of which will be built upon research developments from elsewhere in the world. The northern states, especially Punjab, UP and Haryana, are currently the main exporters of cereals to the rest of the country. In the case of UP the demographically generated growth of its own demand for cereals may well reduce its export capacity in the future. In addition, should a continuing shift towards the cultivation of non-cereal foods reduce the export capacity of these northern states, then the most likely response is raised cereal output for export from areas of the eastern region.²³

In conclusion, this paper proposes a rather different and, we believe, more plausible picture of India's population and food prospects to the year 2020. It is a picture which combines somewhat slower demographic growth, somewhat faster economic growth, plus the attainment of a substantially more diverse average diet. It is a picture in which the population will generally be living longer and be better fed in 2020 than is the case today; reduced mortality and a more varied diet are likely to have reciprocal and beneficial implications. And it is a picture which envisages no real problem in meeting future cereal demand requirements. Instead, the main challenge will lie in increasing the output of non-cereal foods, but this is a challenge which almost certainly will be largely met. But there are significant downsides to the picture too. Probably the most important of these is the growing menace of HIV/AIDS which, the potential to throw all projections awry. Obviously too, there will still be many millions of poor and undernourished people alive in 2020, although their lot will very probably have improved significantly – at least in objective terms. Finally, and over the longer run, the challenges posed, particularly to the environment, by having to maintain a population of more than 1.5 billion for many decades in the future are likely to be considerable; and they could eventually have major

implications for human welfare. However, that takes us well beyond the time-frame which we have addressed here. [24]

Notes

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- 1 Thus Bhalla et al (1999:3) use a population of 1,329 million for 2020, while Kumar (1998:15) uses 1,421 million. This issue is touched on in paper's second part.
- 2 For a rare state-level analysis see Ray (1971).
- 3 Following the Technical Group and the PFI, our population projections below are based on the south Asian mortality age pattern (United Nations 1982). HIV/AIDS may well change this pattern, but in ways that are hard to predict. Moreover technological changes, such as the possible development of low-cost drug treatments that reduce vertical (i.e. mother to child) HIV transmission, could further complicate the mortality impact by age.
- 4 Of course Manipur is badly affected, largely due to intravenous drug use.
- 5 See also note 3 above.
- 6 The sex ratio at birth assumptions of the PFI projections are not specified.
- 7 To emphasise the point, the PFI projection puts UP's population at 297 million in 2026 [see Natarajan and Jayachandran 2000: 75].
- 8 In an earlier paper (1997) Bhalla and Hazell use 42 per cent.
- 9 We stress that this is an aggregate assumption. Obviously very considerable poverty will remain.
- 10 For example, considering 1995-2010 Kumar and Mathur (1997) assume an annual average PCY growth rate of about 3.2 per cent; and Bhalla et al (1999) assume a baseline rate of 3.7 per cent for 1993-2020.
- 11 Performing the same exercise using the annual data in World Bank (2000) produces a similar picture (Figure 3), but with very slight PYC growth in Bihar. Ahluwalia (2000) too finds positive growth for Bihar because he incorporates the early 1980s.
- 12 Note the implication that in the period to 2020 HIV/AIDS will not seriously reduce aggregate economic performance in Maharashtra and the southern states. For support on this point see Bloom and Mahal (1997).
- 13 Data on cereal consumption from the 51st, 52nd, 53rd and 54th NSS rounds using both 7 and 30 day reference periods which enable state-level CFs to be calculated are available in NSS (2000). The indicated corrections are fairly stable between rounds, and therefore straight averages were used in this work.
- 14 Bhalla et al (2000:5) use a figure of 147.1 million tonnes arising from the IMPACT model of the International Food Policy Research Institute (IFPRI) to represent the level of direct cereal consumption in 1993-94.
- 15 On this point see Bhalla et al (1999:4).
- 16 We use 1993-94 as base, although subsequent annual NSS rounds generally indicate a

continuing declining trend in direct cereal consumption.

- 17 See Joshi (1998: 277-78 and 501-2).
- 18 Note that the assumed increases in urbanisation (see Table 6) that are also incorporated into this calculation of total direct cereal demand in 2020 have a slight effect in the opposite direction (i.e. towards a reduction).
- 19 The food groups considered below and in Table 8 are primarily non-homogeneous composites. For example, the NSS gives expenditures on milk and milk products (e.g. ghee, butter, etc) and accordingly the figures shown in Table 8 refer to milk equivalent (in litres) of reported expenditures on milk and its products. The figures used for fruit refer to fresh fruit equivalent (in kg) of NSS reported expenditures on fresh and dry fruit; the main fruits are banana, mango and apple. The main vegetables are potato, onion, cauliflower, cabbage, okra, spinach, tomato and green chilli. Finally, the 'meat' food group actually comprises meat, eggs and fish (the latter accounting for 51 per cent of consumption by weight). Following Bansil (1999:13) we have assumed that 20 eggs equals 1 kg of meat.
- 20 The result from this 46 per cent upward adjustment can be compared with the FAO food balance sheet estimate for pulse consumption in India in 1993-94 of 11.3 million tonnes [see FAO 2000]. Of course, the FAO estimate, derived from modified production data, is itself very rough.
- 21 Again, just as with cereals and pulses, the CF indicated by using a 7 day reference period is quite plausible. This is indicated by the fact that the FAO production-based estimate of domestic utilisation of vegetables for food in India in 1993-94 is 47.1 million tonnes [see FAO 2000].
- 22 For convenience a billion litres of milk is assumed to weigh 0.98 million metric tonnes (USDA 1999). For the conversion factor of 1.2 kg (half the amount that China used in 1993) see Bhalla et al. (1999:8) from where we also take the assumption that one ton of milk corresponds to 0.1 tonne of meat. Recall that half of the 'meat' category consists of fish, which for simplicity is assumed to have no future cereal feed implications.
- 23 Here we are not addressing the difficult issue of the extent to which both the population and food production estimates may be biased downwards due to deficiencies in data collection.
- 24 For example, Bhalla et al (1998:14) present eight supply projections for 2020 which all exceed 224 million tonnes. See also Dyson (1996:183).
- 25 On the potentials for this, see Shah (2010).

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11

A Thought for Food

We have given a lot of food for diverse thought; now let us give a thought to food. In a country where farm wages are a dollar a day a 'Thali' (plate) meal costs half a dollar. An honest labourer can not afford a family. Because he can't afford to feed his wife and kids. Remember what Reagan had said with great insight into his supply side economics. "Give a starving man a fish; he will starve tomorrow. Teach him how to fish, and he will never starve". The tragedy of the Indian unskilled worker is that he is denied both. Our policies on the food front have become neither fish nor flesh nor red head herring. This has persisted for half a century despite much publicised land reforms, green revolution, scientific advancement of agriculture and tractorisation. All these and many more by the word jugglers in the government and academia; also all these do not amount to food-self-sufficiency, if it means full belly for all before they go to bed. All Indians do not eat to their heart's satisfaction. Because they lack purchasing power. If all were to eat well somehow or the other, this country would have to import food. Our 200 million tones production of cereals based on dubious statistics is *prima facie* insufficient for a thousand million and more people. If there is one way to develop human resources, it is not through history books, Marxist or Manuist but through food inputs in to the human being. After all the air we breathe and water we drink which are constants, the only variable input is food. Luckily the first two are free. (forget Bisleri the class drink). A man is the food he has eaten. It is the primary input, which can change civilisations.

In India half the civilisation is on an incomplete diet. Therefore half our population is unfit for hard work, fight and procreation. Weak men get weak children, who beget weaker children. Our priority should have been food, right from day one of Independence. Not education, not hygiene, not industrialisation, not at all higher education.

We have missed the bus, by barking up the wrong tree of industrialisation. This serious lapse has to be made good in the years to come. The tragedy is that India is extremely fertile. Its farmers are extremely hard working, if a fair and level playing field is provided. The extraordinary achievements of the farmers of Punjab and Maharashtra bear witness to this claim. Incidentally, it is these two states which have achieved break through on the farm front, that are at the top of economic pyramid in India.

Indian agriculture has not utilised even a fraction of its tremendous production potential. If Jews of Israel could make the desert bloom, the Hindoos of India have parched their green fields, by neglect and indolence. Bihar has the potential to feed the world. Fertile alluvial soil and high water table. Yet the state is in a state of perpetual civil war between castes. The leaders steal fodder and starve the cattle. Holy Cow! Because cows can't petition higher authorities. They are nature's perpetual mute witnesses. This is the cutting edge technology of corruption. Dead men do not speak; so do cows. And the prosecution process which stands and falls on the spoken and written word under oath, is faced with non-possumus (inability to punish).

Everyone in India is a farmer or a descendent of farmers. Because in the time of Akbar or Shivaji, 95% of the population farmed. Rest were weavers and artisans. Farmers doubled as soldiers in times of war. A professional whole time army in India is a fairly recent phenomenon. The great battles of India against the British or Muslims were mostly fought by conscripted untrained, peasant foot soldiers on the Indian side and trained professional soldiers

on the enemy side. That is why the disparity in figures between the two armies. Hindoos in tens of thousands defeated by hundreds or thousands, in the enemy ranks. This Indian peasant today is in the electoral battlefield, equally unorganised. The result is that genuine and efficient farm leaders like Sharad Joshi, with a forward look on globalisation and biotechnology, forfeit their deposits in elections, and fake sons of soil who shed tears in the open for farmers without doing a jot, come to the fore on money and muscle power. Add to these phony sons of soil (muck) the never satiated government servants, who obstruct people's work by going on frequent strikes, and get their palms greased while on job, and thus obstruct whether working or not, the tragedy of the farmer waiting at the gates of petty bureaucrats is complete. If India wants to reform, it will have to reform at the farm level. Besides a huge army of government employees, the country will need suitably programmed computers. Railways have shown, the miraculous change the computers can bring about, in passenger comfort, safety and full seat utilisation. What is done to rails can easily be done to farms. But, beware of the spoke in the wheel which civil service can turn out to be. The best way to deal with recalcitrant bureaucracy, is to bid good bye to the colonial type of immovable and non-disposable bureaucrats. The party of the government servant is over. Sooner he realises it, the better. In the years to come boots more than bouquets is inevitable in the administration.

B. V. NAIK

FUTURE OF GLOBAL SOCIETY



B.V. NAIK

NUT-9.

Community Health Cell

From: "SLIC" <slidelni@vsnl.net>
To: <righttofood@yahoogroups.com>
Sent: Wednesday, March 10, 2004 11:51 AM
Attach: POTA Tribunal March 13-14, New Delhi.doc
Subject: [RightToFood] POTA Tribunal 13-14 March 2004

Dear Friends,

Attached here is a brief introduction to the People's Tribunal on POTA on 13-14 March 2004. We look forward to your participation.

Warm regards
Preeti Verma

PH
11/3

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Prevention of Terrorism Act (POTA) and other central security legislations

■ March 15 - 14, 2004 ■ 9.00 a.m. – 7.00 p.m. ■ Venue: Indian Social Institute (ISI)
10, Institutional Area, Lodi Road, New Delhi - 110 003 Ph : 011 - 24622379 / 24625015

Background

Post 9/11, many countries have brought in legislation purportedly to counter terrorism and strengthen national security. Experiences with the Terrorist and Disruptive Activities (Prevention) Act, (TADA) and similar legislations show that such 'security' legislation grant authorities sweeping powers, lending themselves to misuse and restriction of basic rights.

In India, the Prevention of Terrorism Act, (POTA) is currently applied in 10 states, but most states also have 'special' Acts with similar provisions. In the past two years, POTA has been used inter alia to suppress people's movements, human rights defenders and civil liberties organizations.

In view of the Supreme Court judgment upholding the constitutionality of POTA, and the increasing use of other security legislations in all parts of the country, it is important to document POTA cases in the country and, in the process, make a strong case for the repeal of the Act. While amendments have been brought in with the Prevention of Terrorism (Amendment) Act, 2003 and a Central Review Committee has been constituted, we believe that for victims' voices to be heard, more sincere efforts are necessary.

The legislation has been used against children, old people, members of minority communities, political opponents and human rights defenders. In Jharkhand and Tamil Nadu, minors have been arrested under this act; in Gujarat, innocent persons have been arrested under POTA and the legislation has been used to detain persons for non-terrorist offences; in Uttar Pradesh those struggling for land rights have been charged under POTA.

To document cases of gross misuse of POTA and to highlight the extent of rights violations, a People's Tribunal is being organized in New Delhi. The Tribunal will hear depositions from victims and their families, and also expert depositions by eminent lawyers, jurists, academics and activists.

Panel Members

Ram Jethmalani
*Former Union Law Minister, GOI
Senior Advocate*

K.G. Kannabiran
*President, People's Union for Civil Liberties
Senior Advocate*

Justice H. Suresh
Retd. Judge, Mumbai High Court

Justice D.K. Basu
Retd. Judge, Kolkata High Court

Mohini Giri
Former Chairperson, NCW

Syeda Hameed
Former Member NCW

Praful Bidwai
Journalist

Arundhati Roy
Writer

Persons who have faced arrest under POTA or their family members from various states will depose at the public hearing.

Tamil Nadu
K. Chandru,
Shanmuga Sundaram

Jharkhand
Netari Rawani
Ashok Jha

Uttar Pradesh
Ajay
Roma

Gujarat
Mukul Sinha
Hasan
Zakia Jowher

Andhra Pradesh
Balagopal
Mahadevan
Vanaja

Jammu & Kashmir
Parvez Imroz

Manipur (AFSPA)
Rakesh Meihoubam

Deihi
Ashok Agrawal
Nitya Ramakrishnan
V.K. Ohri
People's Union for Democratic Rights
Bikram Jeet Batra (Amnesty, India)

Punjab (TADA)
A.S. Chahal
Arunjeev Singh Walia

Maharashtra
Majeed Memon

Video Participation by U.S. and British Legal Experts on International Security Legislation

Jean Berman, Executive Director, International Senior Lawyers Project will introduce the U.S.

Participants:

Michael Ratner, President, Center for Constitutional Rights, New York
Barbara Olshansky, Assistant Legal Director, Center for Constitutional Rights, New York
Jeremy F Carver, CBE, Head of International Law at the global law firm Clifford Chance.
Yuval Ginbar, Amnesty International, UK

Participating Organizations:

Asian Centre for Human Rights, Action Aid (Gujarat), Amnesty International (India), Communalism
Combat, Janhit, Human Rights Law Network, India Centre for Human Rights and Law, Indian Social
Institute, Lawyers for Human Rights International (Punjab), People's Watch-Tamil Nadu, POIA
Virodhi Jan Moreha, PUCL Ranchi Unit, People's Union for Democratic Rights (PUDR), Thanthai
Periyar Dravidar Kazhagam, UP Agrarian Reform & Labour Rights Campaign Committee.

Organizing Committee:

Colin Gonsalves, Henri Tiphagne, Mihir Desai, Teesta Setalvad, Prakash Louis

For more information on the Tribunal:

Conference Secretariat
c/o Preeti Verma
65, Masjid Road, Jungpura, New Delhi 110 014
Telephone : 91-11-24324501 E-mail at: hrlndel@vsnl.net

U.b.

NVT-9.

Main identity

From: Vivek <vivekase@yahoo.com>
To: <RightToFood@vahoocgroups.com>
Sent: Wednesday, March 03, 2004 5:44 AM
Subject: [RightToFood] UPDATE 28: ELECTIONS SPECIAL

Dear friends,

We are leap-frogging the second part of the preceding update to inform you of some recent developments and forthcoming events of special interest. Specifically, it focuses on initiatives related to the forthcoming parliamentary elections (due to start in mid-April). A new momentum is building up in anticipation of the elections, and we shall try to keep you posted of these activities. Part 2 of the preceding update will follow shortly.

Please keep us posted of any election-related activities you may be planning, and share with us any food-related campaign materials you may be preparing in this connection.

Today's headlines:

- 1. DRIVE TO PREPARE ELECTION-RELATED CAMPAIGN MATERIALS
- 2. FORTHCOMING: PUBLIC HEARING ON HEALTH
- 3. NARM ACTIVISTS LAUNCH INTO ELECTORAL POLITICS
- 4. CAMPAIGN FOR DEMOCRATIC INDIA
- 5. FOCUS ON YOUNG CHILDREN
- 6. WEBSITE UPDATE

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1. DRIVE TO PREPARE ELECTION-RELATED CAMPAIGN MATERIALS

Following earlier discussions in Mumbai, about 50 activists from different states met in Bhopal on 21-22 February to work on campaign materials (posters, leaflets, pamphlets, plays, etc.) focusing on the right to food and the right to work, for possible use during the election period. The aim was to draft material that could be later adapted to local circumstances by a wide range of organisations around the country.

The posters etc. reflect the spirit of the [Mumbai statement](#), prepared on the basis of a meeting held in Mumbai on 20 January, 2004 (on the sidelines of the World Social Forum). In particular they link the right to food with larger issues such as the need to oppose communalism and authoritarianism. The posters etc. reflect the spirit of the [Mumbai statement](#), prepared on the basis of a meeting held in Mumbai on 20 January, 2004 (on the sidelines of the World Social Forum). In particular they link the right to food with larger issues such as the need to oppose communalism and authoritarianism (Our commitment to the right to food is inseparable from our commitment to social justice and democratic values, and implies firm opposition to communalism in any form). For the full statement, see

HRFT posters are available on the campaign website (www.righttofood.com), in the new [Parliament elections 2004](#) section. The text is [open to use](#) for all citizens' organisations that have related concerns.

Work is underway to verify the accuracy of data, prepare illustrations and make master copies that could be used to print posters directly. In case you are interested in printing these posters, we can send you a CD with the master copies on request. Please send a line to right2food@yahoo.co.in for further information.

2. FORTHCOMING: PUBLIC FORUM ON HEALTH (12 March 2004)

Jan Swasthya Abhiyan (JSA) is planning to organize a public forum for dialogue on health in Delhi on 12 March, 2004. The forum seeks to bring together health activists from across the country for a dialogue on health care with senior politicians from various national parties. The interaction will be followed by a procession.

The Jan Swasthya Abhiyan (People's Health Movement) is a network linking many organizations and individuals working in the area of health care. It came together on the occasion of the People's Health Assembly in 2000, to create a platform that brings together diverse concerns related to Health Care. Activists of JSA have been working closely with the Right to Food Campaign in different states. The [Peoples Health Charter](#) constituting the JSA affirms: "our inalienable right to comprehensive health care that includes food security; sustainable livelihood options; access to housing, drinking water and sanitation; and appropriate medical care for all; in sum - the right to HEALTH FOR ALL, NOW".

JSA expects the political process in the country to take cognizance of these basic concerns. The dialogue as well as other activities of the campaign for the forthcoming elections in the country will be an opportunity to focus on real concerns of the Indian people. To facilitate a dialogue between citizens' organizations and political parties on the issue of health, Jan Swasthya Abhiyan is organising a public forum of dialogue on Health Care with political parties.

Date: 12th February, 2004
venue: Speaker's hall, Constitution Club, Rafi Marg, New Delhi - 110 001
Time: 10.00 am to 2.00 pm

For further information, please contact Vandana Tripathi at cvnuknats@yahoo.com

3. CAMPAIGN FOR DEMOCRATIC INDIA

At the world social forum (Mumbai, January 2004), various groups concerned with the growth of communal tendencies in the country got together and decided to launch a campaign during the parliamentary elections. The groups will function under the broad banner of [Campaign for democratic India](#). At the preparatory stage, meetings of the campaign have taken place in Delhi, Lucknow, Patna, Ranchi, Allahabad and several other towns.

The groups are likely to take up an active campaign at the grassroots level and also take up wide-ranging advocacy efforts. Work is on towards building an [alternative agenda](#) that includes concerns of the common people of the country today. A meeting will be held in Delhi on 19 March 04 with several citizens' organisations to build

the alternative manifesto. This will be followed by a public meeting on 23 March.

For more details about the campaign please contact Asoorvanand at asoorvanand@rediffmail.com.

5. FOCUS ON YOUNG CHILDREN

FORCES, a network working for children under six years of age, is intensifying its advocacy work in anticipation of the forthcoming elections. The network has been working extensively on ICDS, crèche services, and other issues related to young children. The decision to use the space offered by the elections was taken during a national meeting of FORCES at MSP. For more details about their plans, you can contact forces@vsnl.com.

Indian Alliance for Child Rights (IACR), Fairvi and other organisations are also planning to highlight children's issues in the run up to the elections. The group will take up a multi-pronged campaign covering grassroots, media, advocacy with parties, etc. The group has analysed the manifestoes of various national parties of the previous polls and have identified gaps from the child-rights angle. A manifesto is being prepared with child-related concerns which will be used for lobbying with the parties. In case you have further queries, please send a line to right2food@yahoo.co.in, we will be happy to relay it to IACR.

7. WEBSITE UPDATE

The website of the right to food campaign (www.righttofood.com) has been updated, and also includes a new section called @Parliament elections 2004. This space will be used to post campaign materials, fact-sheets, and reports of interest. Currently it contains draft posters that are being prepared for use in the campaign (see item 1 above). The section will be updated regularly in the next few weeks with further materials. Please keep an eye on this new section if you are involved in election-related activities.

NOT-9.

Community Health Cell

From: right2food <right2food@yahoo.co.in>
 To: <RightToFood@yahoogroups.com>
 Sent: Monday, March 15, 2004 2:36 PM
 Subject: [RightToFood] UPDATE 29: RIGHT TO HEALTH, ELECTION NEWS, AND MORE

Dear friends,

This is the second part of the two-part update that began with Update 27 (in between, Update 28 was sent as an interim election special). Today's menu includes reports of recent activities, further election-related news, a policy update, and a special section on recent developments in Chhattisgarh.

We make a special appeal to our readers to let us know about any activities that are being planned in connection with the forthcoming parliamentary elections. We will be glad to cover them in future updates (and on the campaign website, www.righttofood.com).

And now, today's headlines:

1. DELHI: PUBLIC FORUM ON THE RIGHT TO HEALTH
 2. RAJASTHAN: PUBLIC HEARING ON HEALTH CARE
 3. ELECTION-RELATED ITEMS
 4. NHRC NOTE ON THE RIGHT TO FOOD
 5. DISRUPTION OF ICDS SERVICES IN MADHIA PRADESH AND ELSEWHERE
 6. POLICY UPDATE: RECENT DEVELOPMENTS IN FOOD SCHEMES
 7. SPOTLIGHT CHHATTISGARH
1. DELHI: PUBLIC FORUM ON THE RIGHT TO HEALTH

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Jan Swasthya Abhiyan (JSA) organised a dialogue with political parties on the right to health in Delhi on 12 March, 2004. Representatives of different parties (BJP excepted) were invited to present their perspective on the right to health and respond to questions from the audience and a panel of experts. About 300 activists from around the country attended the forum. The participation of political parties was less impressive, as the Congress representative failed to turn up and even other parties made rather fleeting appearances. In fact the main message transpiring from most of the presentations was that the right to health is nowhere on the agenda of the political parties. The Samajwadi Party representative made a candid statement to that effect and pleaded ignorance in answer to most questions. However most of the speakers expressed strong support for JSA's campaign. JSA is committed to secure inalienable right to comprehensive health care that includes food security; sustainable livelihood options; access to housing, drinking water and sanitation; and appropriate medical care for all; in sum - the right to HEALTH FOR ALL. NOW! The forum was followed by a public rally from Mandi House to Parliament Street. The highlight of the demo was a large doll on a stretcher, representing the country's health services. For further info, please contact the national secretariat of JSA (chaukhat@yahoo.com or samasaro@vsnl.com).

2. RAJASTHAN: PUBLIC HEARING ON HEALTH CARE

A public hearing on health care was organised by Mazdoor Kisan Shakti Sangathan at Jawaja (Ajmer district, Rajasthan). The hearing highlighted the fact that even the poorest patients were systematically charged for services that were supposed to be free. Excerpts from a report published in The Hindu (see www.hindu.com/2004/02/02/stories/):

Mazdoor Kisan Shakti Sangathan (MKSS), known for taking up the issue of Right to Information, convened a People's Health Assembly in Jawaja to make health the rallying point for the poor citizens in the difficult times of privatisation and globalisation. It was a somewhat curious gathering of local people, experts and volunteers from the country and abroad that listened to what happens in the Rajasthan countryside when the dog bites a man. A panel of experts listened to villagers talking about their experiences of cobra bites, tuberculosis treatment, deliveries and abortions. "Increased demand from our constituents -- who are the poor people -- made us take up this issue. Till recently MKSS's role in health sector was confined to ensuring that people got a fair deal from the health officials," said Aruna Roy of MKSS. The participants were almost unanimous in expressing their dissatisfaction over the health sector services. Women complained vehemently about the maternity facilities made available to them; none of them had the personal experience of any of the facilities coming free at the time of childbirth or abortion. MKSS had its teams visiting villages in Jawaja bloc and discussing their health problems months in advance. The organization also tried to collect records from the State Health Department and local community health centre at Jawaja, making use of the provisions of the Right to Information Act in the State. "It took us one month and three days to get information from the Health Directorate," said Lal Singh, the MKSS activist who unravelled the data on dog bites. The MKSS survey revealed that none of the 33 dog bite cases it examined over a period from March 2003 to January 20, 2004 in Jawaja bloc had received the customary 14 injections. The Health Assembly was not confined to questioning of Government functionaries. It also tried to educate people on health matters, and exhorted volunteers to donate blood at the nearby Jawaja hospital.

NOTE: A detailed report of the recent public hearing in Khelwada, on the public distribution system (see earlier updates), is now available on the campaign website; see <http://geocities.com/righttofood/data/khelwarareview.pdf>.

3. ELECTION-RELATED ITEMS

Many citizens' organizations are gearing up for the forthcoming elections in various ways, from exposing the government's blatant propaganda campaign to fielding candidates. We shall try to cover these activities as we go along (some of them figured in the previous update), especially those concerned with the right to food. For the time being please note the following:

(a) Efforts are being made to produce effective campaign material (posters, leaflets, etc.) for use during the election period. A preliminary set of posters is available on the campaign website (www.righttofood.com, see the "elections" section). An improved version is on the anvil and will be posted as soon as possible.

(b) Campaign for Democratic India is planning a national resistance convention on 4 April in New Delhi. One aim of this convention is to prepare a "People's Manifesto" in advance of the elections. Excerpts=

from the appeal: "The people of India are passing through deeply troubled times. It is claimed that the forthcoming parliamentary elections will be fought primarily on a development plank. However, travelling to far corners of the country, we encounter a vastly different and intensely disturbing reality, of a potentially explosive and recklessly overheated communal cauldron. [sic] It is proposed to bring together a group of activists and intellectuals who believe passionately in the need to reclaim the secular, socialist and democratic traditions of our land and adherence to non alignment to constitute what we describe as a People's Manifesto, as part of a very broad-based inclusive Campaign for Democratic India. [sic] For further details please contact Apoorvanand (apoorvanand@rediffmail.com)

(c) Various groups and organizations (including the support group of the right to food campaign, Jan Swasthya Abhiyan, Child Relief and You, among others) have sent delegations to political parties to discuss the right to food and related issues such as the right to health, the right to work, and children's rights. Hopefully, some of this will be reflected in the party manifestos (most of them are due to be released shortly). The support group sent a list of 10 core demands to various parties, including: full commitment to the right to food and work as top priorities of public policy; an employment guarantee act; a universal public distribution system, with special entitlements for underprivileged households; universal, nutritious mid-day meals in all primary schools; universalisation of ICDS; universal social security arrangements; special provisions to prevent urban destitution; and full implementation of all Supreme Court orders relating to the right food. A related charter of demands was prepared during a meeting of several campaign activists at Bhopal. Both are available for consultation in the "parliament elections 2004" section of the website.

4. NHRC NOTE ON THE RIGHT TO FOOD

The National Human Rights Commission (NHRC) is taking increasing interest in the right to food. In a recent note on this, NHRC examined various international declarations and covenants including the Universal Declaration of Human Rights (UDHR), the International Covenant Economic, Social and Cultural Rights (ICESCR), the Convention on the Rights of the Child, and other documents to which India is a signatory. It argues that in a legal sense, the state has the responsibility to "respect, protect, facilitate and provide" the right to food. If the minimum core obligations are not met, it can be deemed that the state violated the right to food. This NHRC note is available on the campaign website (see <http://geocities.com/righttofood/data/nhrctf.pdf>).

5. DISRUPTION OF ICDS SERVICES IN MADHYA PRADESH AND ELSEWHERE

Supplementary nutrition services have come to a grinding halt in large parts of Chharpuri district in Madhya Pradesh. This seems to have happened because the district has failed to release money to the Self-Help Groups (SHGs) that are preparing the food. Activists in the region took up the issue with the administration, but their complaints have so far been ignored. The administration has refused

complaints have been unacknowledged. The issue has been referred to the Commissioners of the Supreme Court, Dr. Saxena and Mr. Sankaran.

There have been many reports of disruption in the provision of supplementary nutrition under ICDS in different parts of the country. Aside from Madhya Pradesh, we have news about large-scale disruptions in Jharkhand, Uttar Pradesh and elsewhere. CARE used to provide food for ICDS centres in large parts of Jharkhand, but CARE supplies were abruptly discontinued last year after a dispute between the US and Indian governments over the presence of GM food in these supplies. Failure to make reliable alternative arrangements on the part of the Jharkhand government led to major disruptions in the provision of supplementary food in ICDS centres. Similar problems have apparently occurred in other states as well. In states like Uttar Pradesh, food distribution in ICDS centres is often held up for months at a time for trivial reasons such as the failure to sanction tenders. The most interesting part of the story is that none of this has led to much hue and cry "hungry children have no voice."

We are hoping to watch ICDS services more closely from now on. If you are aware of the disruption of ICDS nutrition or health services in your area, please send a line to right2food@yahoo.co.in.

6. POLICY UPDATE: RECENT DEVELOPMENTS IN FOOD SCHEMES

There have been several policy developments pertaining to food-related schemes during the last few weeks. These include:

EXPANSION OF ANTYODAYA: The Government of India has announced another round of expansion of the coverage of the Antyodaya Anna Yojana (AAY). Currently 1.5 crore families are being covered under the scheme. The scheme is now being expanded further to cover an additional 50 lakh families.

FURTHER CENTRAL ASSISTANCE FOR MID-DAY MEALS: The Planning Commission has announced that it will allocate Rs. 415 crores to help states initiate cooked mid-day meal programmes in primary schools. 10 % of the Pradhan Mantri Gramodaya Yojana (PMGY) fund has now been allotted for mid-day meals. Currently the Government of India supplies the grains required for the programme and the "conversion costs" (i.e. the cost of non-grain ingredients, cooking and salaries) are met by the states. Several states have complained that they do not have adequate funds to initiate cooked mid day meals due to paucity of funds. The GoI has also announced that it would extend the mid-day meal programme to upper primary schools from the next academic year.

IMPROVED MID-DAY MEALS INTRODUCED IN MADHYA PRADESH: The new state government in Madhya Pradesh has announced that the ailing mid-day meal programme of the state would be revamped and improved. The revised programme, involving dal and vegetables with rice/roti on different days, is slated to cover 22 lakh students in the tribal blocks of the state in three phases. All primary schools are supposed to be covered by the end of March.

LIMITED EMPLOYMENT GUARANTEE PROGRAMME ANNOUNCED IN M.P.: Also in Madhya Pradesh, the state government has announced that an employment guarantee programme would be initiated in tribal regions to provide employment of 180 days to each family. It is said that Rs 280 crores has been allotted for the purpose in the state. While this is a start of sorts, it should be noted that 280 crores is adequate to

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provide employment for only 150,000 families or so (at a cost of Rs. 100 per person per day, materials included).

KARNATAKA TO EXTEND MID-DAY MEALS TO UPPER-PRIMARY SCHOOLS: During the vote-on-account in Karnataka, the government has announced that it will extend its "akshara desha" programme to cover children in upper-primary school also.

7. SPOTLIGHT CHHATTISGARH

The right to food campaign has had a slow take-off in Chhattisgarh, but there has been some interesting action in recent months. Some developments of interest are covered below:

(a) Joint Commission of Enquiry in Pandripani

There has been a series of events in and around village Pandripani of Surguja district, following a complaint sent to the Commissioners (see earlier updates). The initial complaint was concerned with the absence of mid day meals in the local primary school. The commissioners directed the Government of Chhattisgarh to appoint a Joint Commission of Enquiry (JCE), with their advisor (Biraj Patnaik of ActionAid) as one of its members. The JCE was also asked to investigate the failure to issue Antyodaya cards to primitive tribes as per directions of the Supreme Court.

The JCE made surprise checks in many villages of the district, and found several schools where mid-day meals were not being provided regularly. Meanwhile Gangabhai Paikara of Kisan Mazdoor Sangharsh Samiti took this opportunity to mobilise more than a thousand people at Pandripani in anticipation of the commissioner's visit. Over two hundred complaints were submitted to the commission on several food schemes, as well as issues relating to land rights. These were registered with the Additional Collector.

The advisor to the Commissioners played a proactive role and made further personal visits in the region. He personally collected further complaints from the Pahari Korba community (a primitive tribe). The intervention of the Commissioners, the visit of the JCE and the public mobilisation in Pandripani caught the attention of the local media, which covered these events extensively. All this pressure led to some quick action by the administration. In particular, intensive monitoring of mid-day meals in the district has been initiated. Patwaris have been instructed to visit each school once in two days to verify the situation, and to report regularly to the CEO of the respective blocks. This state of alert is reported to have led to a major improvement in the regularity and quality of mid-day meals. Some CEOs have even personally delivered grain to schools where mid-day meals had been disrupted due to logistic delays.

The administration has also acted on other complaints that were received by the Joint Commission of Enquiry. A detailed reaction report was submitted to the Commissioners, and subsequent verification by local organisations indicates that the report is accurate. Most of the issues raised have been promptly settled by the district administration.

The Pandripani episode raised the larger issue of non compliance of states with the Supreme Court order to issue Antyodaya cards to all primitive tribes. More on this in the next item:

(b) Chhattisgarh Issues Antyodaya Cards to All Primitive Tribes

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In May 2003 the Supreme Court directed that Antyodaya cards should be issued as a matter of right to various priority groups, including all primitive tribes. Chhattisgarh seems to be the only state where a government order (GO) to this effect has been issued. (widows

Without support are also among the "priority groups", but there has been very little action so far in that respect.)

Antyodaya Anna Yojana initially covered 1 crore families. The coverage was extended to another 50 lakh families about a year ago, but only five states have completed the distribution of additional cards. Meanwhile the coverage has been further extended to another 50 lakh families, bringing a total of 2 crore (20 million) families within the ambit of Antyodaya.

In some areas, grassroots organisations have taken up the issue of Antyodaya cards for primitive tribes. In many cases, particularly in Madhya Pradesh, Maharashtra, and Chhattisgarh, the district administration responded quickly and the cards were issued. The Chhattisgarh GO on this matter was issued in response to the intervention of the Commissioners and their advisor. These developments illustrate the potential role of grassroots organisations acting in coordination with the Commissioners. In areas where no such efforts have been made, the extension of Antyodaya has been much more haphazard and sometimes the district administration is even found to be blissfully unaware of Supreme Court orders on this matter.

(c) Using Surveys to Initiate Action

A recent study of the Integrated Child Development Services (ICDS) in Koriya district has highlighted the dysfunctional state of this programme in the district. The Commissioners took the state government to task on this and this prompted the complete overhauling of the ICDS system in Mandragarh Block. The district administration has conducted ICDS and health awareness camps in 45 villages in order to enhance the utilisation of ICDS-related services. The distribution of take home food rations to pregnant and lactating mothers as well as to infants has dramatically picked up in about 30 of the 45 ICDS centres. Attendance of children has also increased, while the anganwadi workers and helpers have become more regular. Similar studies of mid-day meals, the public distribution system and other food entitlements are being initiated in Koriya district.

(d) Training Programme at Pitnora

Also in Chhattisgarh, Jan Swasthya Abhiyan (JSA) has taken up the right to food as one its primary concerns. This was decided at a well attended meeting of all the JSA constituents and network members in Chhattisgarh in January. Following on this, training on the right to food was organised for JSA members on February 22nd at Pithora (Mahasamund district), to explore different ways of working for the right to food in Chhattisgarh. Over thirty JSA members of JSA from across the State attended the training. For further details, please contact T. Sundararaman at sundar2@123india.com

(e) Increase in Commissions for PDS Dealers

Some work has also been done on the revival of the public distribution system (PDS) in Chhattisgarh. One crucial problem, also common in other states, is that commissions for PDS dealers are so low that the dealers are "forced" to sell substantial quantities of

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grain on the black market just to recover their costs. To address this problem, the commissions have recently been raised in Chhattisgarh, e.g. from 6 paise to 20 paise per kg in rural outlets. This was done by streamlining earlier subsidies to the Naqri Apcoorti Nigam (NANI). The rest of the money saved will be used to create a "seed security fund".

News has reached us about hunger deaths of several children in Burgum village of Dantewada district (Chhattisgarh) over a two month period. It appears that the state government has sent a team of top officials to enquire into the incident. Further details are awaited.

Meanwhile another report of starvation death has come from Chindwara in Madhya Pradesh. According to local residents, Narischand (the victim) was not earning any income and had barely eaten for the past six months. Weakness due to hunger made it that much harder for him to find work. In spite of old age and destitution, he did not receive a pension and was not covered under Annapoorna either (in fact, the Annapoorna scheme was recently terminated in Madhya Pradesh). He had not eaten anything at all for several days before he perished.

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JSA

Community Health Cell

From: Vandana Prasad <chauknat@yahoo.com>
To: "pha" <pha-ncc@yahoogroups.com>
Cc: "vivek" <right2food@yahoo.co.in>
Sent: Saturday, May 22, 2004 5:08 PM
Subject: [pha-ncc] rt to food campaign convention bhopal 11-13 june

A national convention on the right to food and work will be held on 11-13 June 2004, tentatively in Bhopal (Madhya Pradesh). Organisations committed to the right to food and work are expected to join from all over the country. The main purpose of this convention is to share experiences of grassroots action for the right to food/work, and to plan future activities. This is also an opportunity to address the organisational issues that arise in building coordinated action for the right to food and work.

This will be an action-oriented event, with plenty of discussion groups, training workshops, cultural activities, and more. It is a unique chance for persons working on the right to food to meet like-minded people from all over India and learn from each other. Potential issues for discussion include guaranteed employment, the public distribution system, mid-day meals, land rights, and judicial action for the right to food and work, among others.

This convention is a follow-up of earlier discussions held at the World Social Forum in Mumbai (January 2004). It is facilitated by the support group of the "right to food campaign", in collaboration with several country-wide networks such as the National Alliance of People's Movements (NAPM), Bharat Gyan Vigyan Samiti (BGVS), Jan Swasthya Abhiyan (JSA), All India Democratic Women's Association (AIDWA), National Federation of Indian Women (NFIW), Human Rights Law Network (HRLN), National Conference of Dalit Organisations (NACDOR), National Campaign Committee for Rural Workers (NCCRW) and People's Union for Civil Liberties (PUCL).

The convention is being organised on a shoestring budget. All participants are expected to bear their own travel costs, and may be asked to contribute to subsistence costs, if necessary. Other costs will be met through voluntary donations with no strings attached.

If you are keen to participate, please send a line to right2food@yahoo.co.in or get in touch with any member of the "coordination team".

Venue

Gandhi Bhavan, Bhopal has been chosen as the venue for the convention. Simple accommodation will be arranged

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JSA

on the same premises.

Programme of the convention

The convention will be organised around parallel workshops, a few plenary sessions, and cultural activities. The main purpose of the plenary sessions would be to share what has happened in the workshops. A programme committee has been formed to work on the details of the programme, taking suggestions from all concerned. An initial list of possible themes for the workshops was put together (see "tentative programme" below for an updated version of the programme:

- (1) Universalisation of the public distribution system.
- (2) Food sovereignty and the right to food.
- (3) Dalits, Adivasis and the right to food.
- (4) Children's right to food.
- (5) The right to work in all its aspects (employment guarantee, minimum wages, etc.).
- (6) Legal action for the right to food and work.
- (7) Linking the right to food and work with the right to information.
- (8) Imports of genetically modified food.
- (9) The Abhijit Sen Committee report.
- (10) Challenging the BPL survey and official claims of rapid poverty reduction.
- (11) Decentralised systems of food production and distribution.
- (12) Women's role in food security.
- (13) WTO-related issues.
- (14) Role of the Commissioners of the Supreme Court.
- (15) Social security for widows and other groups that need special attention.
- (16) Land rights and the control of natural resources.

The convention will be basically geared to persons involved with grassroots work on the right to food or work.

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chc

From: "Right to Food" <righttofood@gmail.com>
 To: <sochara@vsnl.com>
 Sent: Wednesday, September 15, 2004 2:11 PM
 Subject: UPDATE 31 (part 2): SEPTEMBER AND BEYOND

UPDATE 31 (part 2): SEPTEMBER AND BEYOND

IMPORTANT NOTICE: The confirmed venue of the convention on "employment guarantee and the right to work" (Sunday 19 September, 10 am to 6 pm) is as follows: Main Hall, Indian Institute of Public Administration (IIPA), IP Estate, ITO (Ring road) New Delhi. For further details of this event, see the last item in this update, or contact Navjyoti (9811087811).

Dear Friends,

The first part of this two-part update focused on issues related to the right to work. In this part we turn to other issues and forthcoming events - plenty of activities are expected in the next few weeks. For further information and updates, please refer to the website (www.righttofoodindia.org).

There have been many distressing reports of starvation deaths during the last few months - from Maharashtra, Madhya Pradesh, Orissa, Rajasthan and elsewhere. The latest report is from Jharkhand (see below). Some hard questions may be in order...

TODAY'S HEADLINES:

1. PUBLIC HEARINGS ON THE RIGHT TO HEALTH CARE
2. JHARKHAND: RECENT STARVATION DEATHS
3. MADHYA PRADESH: DENIAL OF THE RIGHT TO FOOD TO DALITS AND SAHARIYAS
4. MADHYA PRADESH: WIDOWS' RIGHT TO FOOD AND SOCIAL SECURITY
5. DELHI: PUBLIC HEARING ON THE PUBLIC DISTRIBUTION SYSTEM
6. CHHATTISGARH: RIGHT TO FOOD Vs. THE RIGHT TO LOOT
7. MAHARASHTRA: FOLLOW UP TO THE BHOPAL CONVENTION
8. EDUCATION ACTIVISTS ASSEMBLY (NEW DELHI, SEPTEMBER 2 - 4, 2004)
9. STEERING GROUP TAKES OFF

10. NATIONAL COORDINATION COMMITTEE ON LAND FORMED

11. NATIONAL CONVENTION ON THE RIGHT TO INFORMATION (8-10 October)

12. PRIME MINISTER URGED TO RECONSIDER FOOD STAMPS

13. WEBSITE ADDITIONS

14. REMINDER: CONVENTION ON EMPLOYMENT GUARANTEE AND THE RIGHT TO WORK

1. PUBLIC HEARINGS ON THE RIGHT TO HEALTH CARE

India has one of the most privatised systems of health care in the world, and public spending on health is among the lowest. A large proportion of the Indian population is deprived of any significant access to basic health care. To highlight this issue, the National Human Rights Commission (NHRC) is holding five regional public hearings on Health and Human Rights in collaboration with Jan Swasthya Abhiyan (JSA). A national public hearing in New Delhi is expected to follow the regional hearings.

The first regional public hearing was organised in Bhopal on 29 July 2004, followed by the Southern regional hearing at Pondichery. The testimonies highlighted the plight of poor people being charged for services that ought to be received free of cost, and several cases of gross negligence by health care centres. The hearing also highlighted several systemic issues such as health problems resulting from environmental pollution, unhealthy working conditions, etc. Another important issue that emerged from the hearings is the virtual absence of any facilities for mental health care. NHRC proposes to take up several cases of denial of health care under the procedures laid down in the Protection of Human Rights Act.

Further public hearings are to be held soon in the Northern Region (September 26, 2004 at Lucknow), Eastern Region (October 11, 2004 at Ranchi), and North Eastern Region (November 28, 2004 at Guwahati). The public hearing in New Delhi will take place in December 2004. For further information please contact CEHAT (chat@vsnl.com).

2. JHARKHAND: RECENT STARVATION DEATHS

Reports from Jharkhand indicate that the state is affected by one of the worst droughts in many years. In many parts of the state this is the fourth consecutive year of drought, making it extremely difficult for the poorer families to survive. Reports of hunger deaths have already come from different parts of the state. The state government seems to be spending more time in disproving the evidence of hunger deaths than in organizing relief.

A recent survey of seven drought-affected districts by Gram Swaraj Abhiyan (GSA) throws an alarming picture. Rainfall in the survey areas this year

was as low as 18% of normal levels, and water availability in wells was below 50%. In Palamu, one of the worst affected districts, rainfall was just 3% of normal levels. In these districts, 84% of the Halka paddy crop (an early maturing upland variety) has been destroyed, rising to 99% in Palamu. Maize production too has been affected drastically, and future crop prospects for this year look bleak.

This has led to a wave of distress migration, large-scale cattle losses and widespread hunger. As many as ten hunger deaths have been reported in just one fortnight. Several cases were found where entire families had migrated, leaving the old to fend for themselves. The surveyors met over 700 aged people who had been left behind by their families.

Even in this extreme situation, the Jharkhand government has failed to improve food-related schemes. In the villages surveyed, less than one-third of pregnant women were receiving supplementary nutrition through ICDS, and half of the Antyodaya cardholders had not received any ration during July-August. Employment generation, one of the chief relief measures, was abysmally low: only 25 person-days per village on average, i.e. not enough to provide even one day of employment to every poor family!

Activists warn that this year even wild foods such as Chakora (a local spinach) and Gethi (a wild root) are scarce. A humanitarian disaster is imminent unless the government acts immediately. Dharnas, rallies and other agitations have been launched by Gram Swaraj Abhiyan and other organizations. More are on the cards, including the following:

11 October: Public hearing on access to health organised by BGVs and GSA with participants from Bihar, Jharkhand, Chhattisgarh, West Bengal and Orissa.

14 October: Action day at block and district levels. Universalisation of the Integrated Child Development Services (ICDS) will be the main demand.

16 October: A large number of children and their mothers will gather in Ranchi for another action day on ICDS.

8-10 December: "Food rights convention" in Ranchi to step up and enlarge the right to food campaign in Jharkhand.

22 December: Mass rally for the right to food and work, in Ranchi.

3. MADHYA PRADESH: DENIAL OF THE RIGHT TO FOOD TO DALITS AND SAHARIYAS

In June and July, representatives of the Commissioners in Madhya Pradesh visited selected villages in Annupur, Tikamgarh and Shivpuri districts with local activists. The visits focused on Sahariya and Dalit hamlets, and revealed flagrant violations of Supreme Court orders as well as persistent disregard of reminders from the Commissioners by the state government. The functioning of the PDS was dismal: eligible households have not been issued

ration cards, distribution at fair-price shops is infrequent, and cheating on weights is common. In one village (Bachora), BPL cardholders had not received any rations in the past four years.

from their daily meals when their family regular cooks are often and of poor quality in these villages. In one village, girls have been denied rotis. The story is no different in the anganwadis: quantities are less than the prescribed norm, quality is appallingly poor and Dalit children often have no access to the local anganwadi. Even employment generation programmes are out of reach of the Dalits and Sahariyas; in one village no work was started, in another work was undertaken but labour was recruited from elsewhere, and in a third village, work was provided but payments for 500 person-days are yet to be made. People in these hamlets have been forced to migrate and are facing great hardships - including the loss of lives of children.

4. MADHYA PRADESH: WIDOWS' RIGHT TO FOOD AND SOCIAL SECURITY

Also in Madhya Pradesh, the National Federation of Indian Women (NFIW) held a meeting in Satna on 13 September and decided to launch a campaign for the rights of widows to food security. "Widows and other single women without regular support" are among the priority groups that are entitled to Antyodaya cards as a matter of right, as per Supreme Court orders. This is an important order, as widows are among the most vulnerable and insecure members of Indian society. However, very little has been done so far to implement this order. The NFIW initiative is a significant beginning. For further info please write to Schba Farooqi at nfiwdelhi@yahoo.com

5. DELHI: PUBLIC HEARING ON THE PUBLIC DISTRIBUTION SYSTEM

In Delhi, large numbers of slum-dwellers mobilised by Parivartan have inspected the records of ration shops under the Delhi Right to Information Act. They found that up to 90% of the food meant for public distribution had been sold in the black market.

After months of struggle, Parivartan exposed the rot at a jam-packed public hearing held on 31 July 2004. The hearing (held at the Gandhi Peace Foundation) was attended by PDS dealers, cardholders, government officials and eminent citizens from different parts of Delhi. Many well-known problems with the PDS came up in the testimonies: PDS dealers siphon off grain meant for the poor, opening hours of the ration shops are irregular and uncertain, eligible persons are excluded from BPL lists, etc. The public hearing also brought to light some new and important issues related to the woes of PDS dealers, the apathy of the administration, and problems with the use of the Right to Information Act.

PDS dealers presented their side of the story to the government and the public. Low commissions were cited as the main reason for diversion of foodgrains. The administration has failed to ensure timely supply of

ration, which also contributes to poor offtake and black-marketing. There were other signs of administrative apathy and sometimes willful connivance on the part of government officials. On examining the register of complaints, it was found that charges were proved in every single case, but the fines applicable under the PDS Control Orders and the Essential Commodities Act had not been imposed. For instance, closure of shops during working hours calls for cancellation of licences, but this has never been done though minor fines (up to Rs 2,500) have been levied. The public hearing also highlighted various difficulties in making use of the Right to

6. CHHATTISGARH: RIGHT TO FOOD Vs. THE RIGHT TO LOOT

There is much suspense in Chhattisgarh as vested interests, with a little help from the High Court, are resisting the state government's decision to "de-privatise" the public distribution system in tribal districts.

In 2001, the PDS in Chattisgarh was transferred from state co-operative to private dealers. While the number of fair price shops (FPS) doubled, the process of privatization was also used to create patron-client relationships between politicians and dealers. The FPS network is now dominated by the rice millers' lobby and there is rampant corruption: as many as 1200 cases have been registered are against private dealers in Chhattisgarh in 2001-4. This is just the tip of the iceberg as very few cases get registered in the first place and many are hushed up in out-of-court settlements between food inspectors and the PDS dealers.

Members of the right to food campaign in Chhattisgarh have been exposing these corrupt practices and urging the state administration to combat them. Official investigations in Surguja and Koriya districts led to the cancellation of more than 1,000 FPS licences. Based on this experience, the State Cabinet decided to reverse the privatisation of PDS shops in 6 tribal districts and hand them back to panchayats, self-help groups, I. AMPS, small produce societies and forest protection committees. However, the Bilaspur High Court has admitted a writ petition challenging the decision to de-privatise the PDS as being violative of Article 19 (1)(g) of the Constitution of India (the order "tends to curtail the fundamental right of the petitioner to carry on occupation or business of running Fair Price Shop under the scheme is arbitrary, malaise and unconstitutional"). The petition is actively supported by the rice millers' lobby. The state governments' response, based on the Supreme Court orders and reports filed by the Adviser to the Commissioners, states that "the State Government was left with no choice but to evolve an alternative mechanism for proper and effective implementation of the Public Distribution System to save it subject i.e. the people of the State from being suffered in the hands of individual shopkeepers" (sic). Latest reports (14 September) indicate that the High Court has rejected the state government's response and stayed the de-privatization of PDS shops. The battle continues.

7. MAHARASHTRA: FOLLOW UP TO THE BHOPAL CONVENTION

In Maharashtra, Anna Ani Arogya Adhikar Abhiyan has initiated various activities as a follow-up to the "convention on the right to food and work" held in Bhopal last June. A two-day consultation was recently held to plan grassroots activities on the issues raised at the convention, including the public distribution system, starvation deaths, land rights, employment guarantee and the right to health. A state-wide campaign is being planned in anticipation of the Assembly elections in Maharashtra next month.

Also in Maharashtra, the issue of hunger-related child deaths in several parts of the state have been actively taken up in the courts. A public interest litigation (PIL) is on, handled by Adv. Mihir Desai, and the High Court has issued several interim orders related to hunger deaths among children. However, it appears that some of these orders are inconsistent with recent Supreme Court orders. It is expected that the court will be approached shortly for revised orders in line with the directions of the Supreme Court.

8. EDUCATION ACTIVISTS ASSEMBLY (NEW DELHI, SEPTEMBER 2 - 4, 2004)

Bharat Gyan Vigyan Samiti (BGVS) recently organised a major "assembly" of education activists, attended by over 3,000 participants from across the country. The assembly focused on different aspects of "the right to social security", including especially the right to food, the right to work, the right to health, and the right to education. There were two major sessions on the right to food and this assembly is expected to give a significant boost to future activities around the country. More on this in forthcoming updates.

9. STEERING GROUP TAKES OFF

The first meeting of the "steering group" formed at the Bhopal convention was held in Delhi on 22 August. The main decision was to form a secretariat of sorts, to assist the steering group and facilitate the activities of the campaign. A summary of the discussions and decisions will be posted on the website (www.righttofoodindia.org). From now on, the steering group is expected to meet on the last Saturday of each month. The next meeting will be taking place in Delhi on 25 September. For details please send a line to righttofood@gmail.com or contact Navjyoti (9811087811).

10. NATIONAL COORDINATION COMMITTEE ON LAND FORMED

A National Coordination Committee on Land (NCCI) has been formed to consolidate various efforts to revive land reforms issues. A decision to form this coordination committee was taken at a meeting of like-minded groups held in Delhi in December 2003. This was followed by a large meeting

on land rights at the World Social Forum last January. Over three thousand participants attended this meeting, and consultations are on to form a Land and First International, to coordinate efforts internationally.

NCCI held its first meeting in Delhi on 13-14 September, to discuss the possibility of a nation-wide "land rights campaign". Feedback is awaited.

11. NATIONAL CONVENTION ON THE RIGHT TO INFORMATION (8-10 October)

The National Campaign for the People's Right to Information (NCPRI) is planning to convene a national convention on the right to information in Delhi on 9-10 October. Hundreds of participants are expected from all over the country, and a whole range of events are on the cards - parallel workshops, plenary sessions, cultural activities, etc. Details are being finalised, but it looks like the convention is going to be held on the north campus of Delhi University. For further information, please send a line to ncpri2004@yahoo.co.in

The first day of the convention will take the form of a national public hearing on the public distribution system - PDS activists please note.

12. PRIME MINISTER URGED TO RECONSIDER FOOD STAMPS

In his recent Budget speech, the Finance Minister Mr. P. Chidambaram announced a pilot "food stamps" scheme in selected districts. Colin Genseloves of Human Rights Law Network has launched an appeal to the Prime Minister, asking him to reconsider. The appeal cites the experiences of Sri Lanka, Jamaica, Mexico and Zambia where food stamps have failed if "judged on the extent of protection given to the poorest, needy and vulnerable individuals". The appeal highlights various problems with food stamps, including vast possibilities of fraud through counterfeiting of coupons. For further information please contact slideldhi@vsnl.net

13. WEBSITE ADDITIONS

The campaign website (www.righttofoodindia.org) continues to grow day by day. Efforts are on to expand the 'right to work' section, which already includes a fair sample of draft Employment Guarantee Acts, comments received, briefing notes on the right to work, selected articles, etc. New sections on the public distribution system and children's right to food are also on the anvil.

14. REMINDER: CONVENTION ON EMPLOYMENT GUARANTEE AND THE RIGHT TO WORK

The confirmed venue of the convention on "Employment Guarantee and the Right to Work" (Sunday 19 September) is IIPA Campus, IP Estate, ITO (ring road). The outlook for the convention is very good. We expect active participation

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from workers' organisations, trade unions, political parties, women's organisations, and others committed to the right to work.

The draft programme is:

Time: 10 am to 6 pm

9.30-10.00 Registration (note: this event is self-financed and participants are expected to contribute a registration fee of Rs 100, with case-by-case exemption for those who can't afford it)

10.00-11.00 Opening Plenary: (1) Introductory presentations on the right to work (2) Presentation of draft Rural Employment Guarantee Act. (3) Summary of comments received (4) Presentation on EGA financing and the government's policy (5) Invited comments from political parties and social movements.

1.00-2.00 Lunch

2.00-4.00 Parallel Workshops: (1) The draft Act. (2) Mobilisation for EGA (3) Wider aspects of the right to work.

4.00-6.00 Concluding plenary: (1) Reports from workshops. (2) Further mobilization for employment guarantee and the right to work.

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NJT-9.

Main Identity

From: "Vandana Prasad" <chaukhat@yahoo.com>
 To: <pha-ncc@yahooogroups.com>
 Sent: Wednesday, March 02, 2005 12:33 PM
 Subject: [pha-ncc] fy- rt 2 food meetings

- >
 >
 > 9 MARCH: WORKSHOP ON THE PDS
 >
 > A workshop on the public distribution system will be
 > held at the Indian Social Institute on Wednesday 9
 > March. The main purpose of the workshop is to guide
 > legal intervention on the PDS, in the context of the
 > public interest litigation initiated by
 > PUCL-Rajasthan. For details, background material
 > etc. please send a line to Kumaran
 > (kumran@gmail.com).
 >
 > 10 MARCH: MEETING TO PLAN FUTURE ACTIVITIES
 >
 > The secretariat of the Right to Food Campaign is
 > convening an important meeting on Thursday 10 March
 > at the Indian Social Institute (10 am to 2 pm), to
 > discuss forthcoming activities of the campaign as
 > well as some organisational issues. The main items
 > on the agenda are: further action for a full-fledged
 > Employment Guarantee Act; further interventions in
 > the Supreme Court; other proposed activities;
 > suggestions for the next annual "convention"; and
 > setting up of a new campaign secretariat in Delhi.
 > This is an important opportunity to set work
 > priorities for the campaign secretariat and all
 > concerned organisations are cordially invited,
 > especially those that participated in the Bhopal
 > convention in June 2004 and/or the "display of
 > banners" on 21 December 2004. For further details
 > please send contact Navjyoti (nj12@rediffmail.com,
 > tel 9811087811).
 >
 >
 > On Wed, 02 Mar 2005 Vandana Prasad wrote :
 >>dear navjyoti,
 >>pls send me the invitation by e mail so i can put
 > it

2/13/05
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 delh - Right to Food file
 J
 3/3

3/2/2005

> on the jsa e group.
>> thanks
>> vandana prasad
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>>
>> Celebrate Yahoo!'s 10th Birthday!
>> Yahoo! Netrospective: 100 Moments of the Web
>> <http://birthday.yahoo.com/netrospective/>
>

Celebrate Yahoo!'s 10th Birthday!
Yahoo! Netrospective: 100 Moments of the Web
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Yahoo! Groups Links

<*> To visit your group on the web, go to:
<http://groups.yahoo.com/group/pha-ncc/>

<*> To unsubscribe from this group, send an email to:
pha-ncc-unsubscribe@yahoogroups.com

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