



Centre for Innovation in
Science and Social Action (CISSA)



Annam 2015

**National Food and
Agro Biodiversity Festival
10-14 Dec. 2015
Kochi**

SUPPORTED BY

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Department of Food and
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**Concise
Report**



At Annam 2015, we were together...



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Background

‘Annam’ or food is considered sacred in India and traditional food cultures have their innate strengths and are often highly scientific for a given culture and region. What we eat has changed more in the last four decades, perhaps more than in the previous 4,000 years of human history. Growing, harvesting, preparing food and the age-old traditions of coming together to eat have been the focus of family and community life from time immemorial. It has been the social adhesive that has sustained communities. The gradual shift to new trends in eating, especially the rapid and pervading growth of fast food, is destroying this vital food culture.

The paradox of our times is that the modern food habits are affecting the health of the populace as well as the health of our living planet. Devastating effects of corporate driven foods and farming systems have turned agriculture into an extractive industry and food into a major health hazard. We are poorer as the biodiversity of our farms disappears and as the cultural diversity of our food systems vanish.

Food is not a commodity. It's the very basis of life. Further, food production is not an industrial activity. It is a means of nurturing the people and the land. It is conserving resources. It is giving livelihoods. It is shaping a culture, and it is much more than bringing paddy or vegetables to the marketplace at a profit. There is an urgent need for a food revolution to replace the industrialized factory model of highly processed food with a sustainable system of safe and nutritious food that is ethically produced, fuels our health and is culturally acceptable.



Annam Good Food Festival

Annam Festival is essentially an event showcasing the diverse taste of India. The modern fast life disrupts our habits and slowly invades the privacy of our homes, inviting the fast food culture. Annam Festival is an effort to rediscover the flavours and savours of regional cooking and expel the degrading effects of Fast Food. It is an effort to bring back the real culture of developing taste rather than demanding it, an effort to realise the taste of India and its advantages, and to be proud of our great agro-biodiversity that sustain our food diversity and tastes.

The call to everyone is to come together with those who produce the food we eat, ensuring that it is better, cleaner and fairer food, creating awareness and forming a group that exerts more influence in policy formulations.

First Annam Festival was held at Thiruvananthapuram in 2008 and the second one at Kozhikode in 2010. The current edition of the Festival is scheduled at Kochi, the Queen of the Arabian Sea, during 3-7 December 2015.



Objectives

- 🚩 To popularize the concept of good food and importance of traditional food.
- 🚩 To create awareness against junk food culture and its socio cultural, health and health implications.
- 🚩 To highlight the link between good food and indigenous agro-biodiversity.
- 🚩 To organize exhibitions of food diversity of India
- 🚩 To promote organic farming and popularize organically farmed products.
- 🚩 To document and preserve recipes of traditional food (grandma's recipes).
- 🚩 To showcase the agricultural heritage of India.
- 🚩 To organize seminars and workshops related to food, nutrition and agro-biodiversity.
- 🚩 To create networks to promote linkages between producers and consumers of good food.
- 🚩 To establish linkages and transfer the know-how of R&D centres to common man.
- 🚩 Publish information materials on good food and agro-biodiversity.

Formal announcement of the event

The day and the announcer matched each other, when the formal announcement of the meaningful event was made on 1st of November, the formation day of Kerala State by Dr. Vandana Shiva, the untiring crusader. It was not merely a formal event to broadcast on the upcoming event, but an extensive deliberation by Dr. Vandana Shiva, gathering questions from the audience including journalists and providing replies convincingly. Dr. Vandana Shiva was unravelling the pitiful ironies existing in our country that on one side promotes imports of edible stuffs; and on the other side lament on the declining fate of farmers. “Needed is a judicious balance. We should see that our local wisdom and natural riches have enough quality to meet our nutritional demands. Our native food, traditional cooking styles and habits must be looked at with deserving respect and the nutritional capacities of local food must not be sidelined”, Dr. Vandana Shiva reminded.



Crusader's voice: Dr. Vandana Shiva speaking at a Press Conference in Thiruvananthapuram on 1st of November 2015, making official announcement of 'Annam 2015'. Also seen are (from left): Dr. C. Suresh Kumar, General Secretary, CISSA & Chief Coordinator, Annam 2015; K.G. Venugopal, Secretary General, Organizing Committee; Ayurveda Acharya, Dr. G.G. Gangadharan, President, CISSA & Working Chairman, Annam 2015; Ajith Venniyur, Member, CISSA.

“The Annam 2015 festival is going to happen at a crucial juncture when about 3 lakhs of our farmers had committed suicide. It's time to rewrite the system of agriculture that thwarts native prospects and thrusts for corporate gains”, Dr. Shiva said. With its theme ‘Food, Health and Youth’, the event will reiterate the place good food has in attaining good health and promising younger generation.

Why should there be a festival?



An inquisitive question from among the journalists was ‘Why should there be a festival to address such grave issue of ceasing the flow of fake food and unleashing the spread of local good food?’ To this, Dr. Vandana Shiva's answer was convincing enough: “Festivals and exhibitions are essential if you want to teach them [public] through sights of good food and tastes of native food. Each sight, each feel turn into exceptional lessons of the ideals we uphold”.

Anna Vilambaram: Farmers, students join hands to proclaim good, local food



Kindling good food thoughts: Minister for Food and Civil Supplies, Anoop Jacob lighting a traditional lamp to mark 'Anna Vilambaram' (Annam Proclamation) at Gandhi Bhavan, Thiruvananthapuram on 19th November 2016. (L-R) Member, CISSA, Ajith Venniyur; Director, Publication of CISSA, Dr. C.K. Peethambaran; General Secretary of CISSA and Chief Coordinator of Annam 2015, Dr. C. Suresh Kumar; Coordinator, Nehru Yuva Kendra Sangathan, Ali Sabrin; Chief of Thanal, Sreedhar Radhakrishnan and Secretary of Kerala Gandhi Smarak Nidhi, Jagadish look on.

Unless they go beyond the four walls of a classroom, students are sure not to get the real pulse of what the world preaches on good food and local food. It was a promising turn when on a public holiday on 19th of November 2015, five hundred student from leading schools of the district gathered to listen to the words of farmers, the real stalwarts of agriculture.

Hundreds of students belonging to MGM Model School, Varkala; Bharatheeya Vidya Peet, Parassala and city's Cotton Hill Girls' Higher Secondary School took part in Anna Vilambaram. Joining the students were a group of organic farmers from Nanniyode village. Students displayed their talent in traditional culinary by preparing certain bygone dishes of Kerala including Agathi Cheera Thoran, Muringa leaf soup, Banana flower thoran, and cooked tapioca served with chutney made from ten leaves.

Multi-nutrition steam cake Puttu prepared by Haripriyan a class six student of MGM School could get large number of fans. Participants jostled to get unniyappam sold at Rs.1 each, home made by a nameless grandma whose unniyappam has got high demand at Nanniyode country market. Instead of offering floral bouquets, children welcomed guests including the minister by giving unpolluted curry leaves bouquets. Two mothers from Nanniyode Mothers' Group presented Anna Muram containing organic vegetables to Dr. C. Suresh Kumar, General Secretary of the voluntary organization, Centre for Innovation in Science and Social Action (CISSA), the principal organizer of Annam 2015.



Budding talents: At the Anna Vilambaram proclaiming Annam 2015, Minister for Food and Civil Supplies, Anoop Jacob sharing a lighter time with school students who have brought an array of home-made dishes using locally agriculture produces.

Dr. B. Padmakumar, Professor of Medicine, Thiruvananthapuram Medical College talked to children about a five-point rule regarding food. Children received with a clap his teachings on When to eat, what to eat, how to eat, where to eat and food hygiene.

PA to Kerala Agriculture Minister, K.P. Ramesh Babu; Kerala Agriculture University former Director, Dr. C.K. Peethambaran; Secretary, Gandhi Smarak Nidhi, Jagadish; Agriculture Officer, Nanniyode Krishi Bhavan, Jayakumar; Chief of voluntary organization, Thanal, Shridhar Radhakrishnan and Ajith Venniyur spoke. General Secretary of CISSA, Dr. C. Suresh Kumar gave welcome speech; and Head – Publication, Sivakumar K.P. proposed vote of thanks.

‘Kerala becoming a haven of food in packets’

Minister for Food and Civil Supplies, Anoop Jacob said that the State is fast becoming a haven of food sold in packets. Modern food is reigning the dining tables, subsidizing our ethnic food and culinary heritage. “I don’t have the opinion that we should keep away from modern food. We can have it once in a month or two. But a complete surrender to modern food would be disastrous”, the minister reminded.



Annam 2015 takes on Kochi roads



Flag off: Chairman, Greater Cochin Development Authority & organizing committee of Annam 2015, N. Venugopal flagging off 'Vilambara Jaadha' a propaganda rally of school students at Marine Drive, Kochi on 8th December. Member, Organizing Committee, Athikaayan; Secretary General, K.G. Venugopal and Coordinator, Praveen Chandran are also seen.

Drumbeats of the good food festival resounded for the first time in the air of the emerging metro. Thanks to a 'Vilambara Jaadha' (Propaganda Rally) held on 8th of December with the participation of hundreds of young school students.

The road connecting Marine Drive to Rajendra Maidan, Kochi's one of the important arteries, received a surging enthusiasm of around 800 participants who gathered for a Propaganda Rally (Vilambara Jaadha) heralding the imminent Annam 2015 National Food and Agro Biodiversity Festival.

Good food catchphrases were written aplenty among the placards hold aloft by enthusiastic school students, well bringing the messages of Annam 2015 to the mainstream thoughts of Kochiites.

"Good food is our right", "Good people, let's go back to nature" and "Don't ask why good food is such expensive, but ask why the junk food is such cheaper" were some passionate slogans raised by the rally.

Chairman of the Organizing Committee, N. Venugopal who is also Chairman of GCDA; Secretary General, K.G. Venugopal and Coordinator, Praveen Chandran were in the front row, leading the procession. Earlier, N. Venugopal flagged off the rally.



Annam 2015: Academically enriched Day One

On 10th of December as excitement mounted in hearts, Kochi was ushering in five days of a unique festival dedicated for the cause of salvaging a society from the morbid plights gifted by the plaguing spread of fake, junk food.

National Seminar begins



Words, guiding light: Prof. Dr. K.N. Panicker, Emeritus Professor, Amritha Institute of Medical Sciences offering inaugural address at the four-day National Seminar held as part of Annam 2015.

The day began with an International Seminar on Food, Health and Agro-biodiversity: Changing Paradigms. The inaugural session was begun with a thought-provoking speech by Emeritus Professor from Amritha Institute of Medical Sciences, Prof. Dr. K.N. Panicker.

Acclaimed Ayurveda Acharya and Director, M.S. Ramaiah Indic Centre for Ayurveda and Integrative Medicine, Bangaluru, Dr. G. G. Gangadharan, presided over. Head, Division of Crop Protection, ICAR – Central Tuber Crops Research Institute, Thiruvananthapuram, Dr. C.A. Jayaprakash welcomed guests and Deputy Director, Department of Animal Husbandry, Kerala, Dr. Eshwaran E.K. proposed vote of thanks.

Plenary session that followed had speeches by Dr. Vandana Shiva, renowned environmental activist, author and speaker on 'Food sovereignty'; Jayakumar, Thanal on 'Agro Ecology'; Krishna Prasad, Bangalore's Indigenous Seed Campaigner on 'Efforts in seed conservation: Role of farmers' network'; and Manu George, KINFRA Food Division on 'Role of Traditional Foods in Food Processing Sector of Kerala'.

In the scientific presentations that followed, retired scientist of CTCRI, Dr. V.P. Potty was the chair; and Dr. C.A. Jayaprakash was Co-chair. Some of the notable presentations included:

Legume Extract Bovine Milk Blends from Chickpea (*Cicer arietinum* L.) and Cowpea (*Vigna unguiculata* L.) as Milk Alternate Improvisations

Determinants of Consumer Preference of Fish in Kerala

Development of Pachadi by Replacing Coconut Paste with Cow Milk

Evaluation of Dried Chicken Chammanthi Formulated with Natural and Synthetic Acidulant

Effect of Dehulling on Nutritional Properties of Underutilized Food Grain: A Comparative Study of Six Different Varieties of Foxtail Millet Grown in India

Process Protocol for Osmo-vac Dried Intermediate Moisture Nedran Banana Candy



(L-R) Dr. Vandana Shiva; Dr. G.G. Gangadharan, Ayurveda Acharya and Director, M.S. Ramaiah Indic Centre for Ayurveda and Integrative Medicine, Bangaluru introducing the event; Dr. V.P. Potty, retired scientist of CTCRI, Thiruvananthapuram giving presidential address; and Dr. Eshwaran E.K. proposing vote of thanks.



(L-R) Dr. C.A. Jayaprakash, Head, Division of Crop Protection, CTCRI welcoming participants; Dr. S. Rajasekharan, Krishna Prasad and Manu George leading enlightening sessions. Below: Presentation by delegates.





Registration on



Audience, attentive



It's tea time



Grand inauguration

In the afternoon, as the sun began gradually sliding down the western horizon, Rajendra Maidan, ashore the bay of Kochi was well set for the grand inauguration of Annam 2015. The five-day event was inaugurated by Minister for Agriculture, K.P. Mohanan.



Future bounty: Marking the formal inauguration of Annam 2015 by handing over sapling of a native breed of jackfruit tree to messiah of environment and agro biodiversity, Dr. Vandana Shiva at Rajendra Maidan, Kochi on 10th Dec 2015. (L-R) Dr. Eashwaran, Dr. G.G. Gangadharan, Dr. K.V. Beena, noted writer C. Radhakrishnan, Dr. K. Prathapan, K.G. Venugopal and Dr. C. Suresh Kumar.

It was not just ending as an ordinary inaugural ceremony. There was lot of meaning and message entrenched for the society to imbibe. Marking a sublime beginning of the event, the Minister just gifted a native, unique variety of jackfruit tree sapling to Dr. Vandana Shiva whose was the iconic presence well endorsing the morale upheld by Annam 2015. Dr. Shiva during her keynote address described on the irony of successive governments pampering the multinationals on one side and preaching for food sovereignty on the other. “We need commitment at the apex for establishing efficient policies for regaining the eroding glory of our own agricultural practices, farming inputs and agricultural produces”. She also reminded that the way out is only respecting our own diversity in climate, geography, culture and farming practices.

One of Kerala’s darling writers, C. Radhakrishnan spoke in English to enable Dr. Vandana Shiva understands what he meant. His words served as a soothing touch that consoled as well as inspired listeners to adopt a life inclined to nature and one’s local biodiversity.

The inaugural event was presided over by President of CISSA and Working Chairman of Annam 2015, Dr. G.G. Gangadharan. During his speech, Dr. G.G. Gangadharan underlined that the a massive movement in the form of a five-day fair for good, healthy, local food was organized at an appropriate time when the State stood above national average in disease indices. He expressed hope that through such accessible events, such messages of pertinence can penetrate the public conscious to cause ample follow up actions.

Dr. K.V. Beena spoke, representing the Knowledge Partner of the event, Amritha Institute of Medical Sciences, Kochi. Also present was Dr. K. Prathapan, Director, State Horticulture Mission, Kerala.

An introduction on the engrossing content of the event was well told by Chief Coordinator of the event, Dr. C. Suresh Kumar. Secretary General of the organizing committee, K.G. Venugopal welcomed participants and Member, CISSA, Dr. Eshwaran proposed vote of thanks.

Baseless allegations tarnished coconut oil's image: Minister



To substantiate the organized allegations that spoil the good images of local food, Minister for Agriculture, K.P. Mohanan resorted to the story of Kerala's own coconut oil. "Earlier, there was huge lot of allegations of the tune that constant use of coconut oil could cause serious health hazards. Later, scientific studies could prove otherwise", Minister said. He added that the wrong notion that coconut oil can directly attribute to cholesterol was dismantled by authentic studies. Truth prevails and so the virtues of native food and culinary; was the message contained in the Minister's speech.

Throbbing folk music



It was an exuberance of talent with which these deft singers of tribal music led by Satheesh and Vasanthan of Kalam Nadanpattu Sangam, Thrissure captured the audience at Annam 2015 inaugural ceremony.



Taking the good food way: Audience gathered at the Annam 2015 inaugural ceremony at Rajendra Maidan, Kochi on 10th Dec 2015.



Clockwise from above: Dr. C. Suresh Kumar welcoming participants; K.G. Venugopal introducing the event; Dr. G.G. Gangadharan giving presidential address; C. Radhakrishnan offering blessings; Dr. K.A. Beena giving felicitations; and Dr. Easwaran E.K. proposing vote of thanks.

Annam 2015: Second day of meets

Second day of Annam 2015 has widened opportunities for enlightenment. There were two enthusiastic meets – one for organic farmers and the other, for those youth inquisitive of listening to Dr. Vandana Shiva about sustainable development and food sovereignty. If the venue for the organic farmers' meet was Rajendra Maidan; the one for the youth meet was at St. Theresa's College, a neighbourhood of Annam 2015 venues.

Other events that went parallel to the main ones were the national seminar and release of two books on the climate and customs of Kerala; and jackfruit.



Farmers' issue: Dignitaries take position on the dais for the organic farmers' meet on 11th of Dec, the second day of the event. (L-T) Experienced farmer from Wayanad, Cheruvayal Raman; environmental activist, speaker and author, Dr. Vandana Shiva; former Pro Vice Chancellor of Calicut University, Prof. M.K. Prasad; General Secretary of CISSA and Chief Coordinator of the programme, Dr. C. Suresh Kumar; member, Farm Information Bureau, Ramesh Babu; noted agriculturist from Tamil Nadu, Sundar Raman and leader of Jaiva Karshaka Samithi, Abbas.

Other events that went parallel to the main ones were the national seminar and release of two books on the climate and customs of Kerala; and jackfruit. At the national seminar, the second day unfurled with plenary lectures on theme, 'Organic Farming/Climate Change' by Dr. K. Prathapan, Mission Director, State Horticulture Mission, Kerala; S.R. Sundara Raman, President, Tamil Nadu Organic Farmers' Association; Er. Parthasarathy V.M.; and Dr. Mahantesh B. Patil, Extension Leader, Agricultural Extension Education Centre, Karnataka. After tea break, the plenary talks continued with lectures by Michael Vedasiromani IAS, Managing Director, MARKETFED; K. Ramesh, ICAR-IISS, Bhopal; and Dr. A.K. Sharief, Director, Centre for E-learning, Kerala Agriculture University.



Another day of wisdom: (Clockwise from top) Mission Director, State Horticulture Mission Kerala, Dr. K. Prathapan; President, Tamil Nadu Organic Farmers' Association, Sundara Raman; young IIT product turned organic farmer, Er. Parthasarathy; and audience beginning their day, fresh.

Plenary speakers on 'Food and Health' comprised of Dr. Ashwini Kumar, Principal, Cochin Medical College; Dr. Joe Joseph; Prof. M.V. Thampi, Chief Programme Administrator, Allied Health Sciences, Amritha Institute of Medical Sciences, Kochi; Dr. A. Sreekumar; and Shri. Jacob Cheriyan.

Paper presentations followed with Dr. Subhakumari, Head of Biochemistry Department of Amritha Institute of Medical Sciences, Kochi on Chair. Papers included:

Healthy Eating – A Key to Healthy Life; Food Additives and Health Implications; Fast Food Addiction and Their Effect on Health; Children's Television/Video/Mobile Games Exposure and Food Consumption Pattern; Role of Food Processing in Nutritional Security – An Ayurvedic Overview; Food and Immunity with Special Reference to Ritucharya; Review of Wholesome – Wholesome Food; Glycemic Response and Satiety to Traditional and High Fibre Cereal Preparations of Kerala Cuisine in Healthy Volunteers; Is Artocarpus Heterophyllus (Jackfruit) a Companion for Patients with Type 2 Diabetes Mellitus?; Rice Bran Oil as a Cooking Medium; Junk Food and Health; and Achieving Food Safety through Implementation of Improved FSMS.

There were interesting poster presentations on:

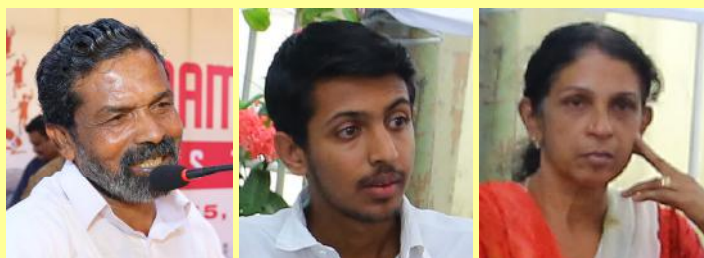
Dietary Habits and Attitudes of Adolescent Kani Tribal; Growth Performance of Rabbits Under Different Feeding Systems; Pre and Post Natal Dietary Care among Muslim Communities of Kerala; and Awareness, Preference and Use of Home Remedies by Urban Mothers for Common Ailments. The posters were evaluated by a jury comprising of Dr. P.G. Rajendran, Former Scientist, CTCRI and Project Director of CISSA; and Dr. S. Rajasekharan, Former Scientist, JNTBGRI.

As farmers vent their anxieties and hopes



Sharing their experience: *Stalwart of Tamil Nadu's organic farming, Sundara Raman on a free talk with his Kerala counterparts at organic farmers' meet held at Annam 2015 main venue on 11th of Dec.*

At the farmer's meet, those who have succeeded in organic way of farming and others who are making a firsthand try could get an educative face to face with leader of Tamil Nadu's organic farming, S.R. Sundar Raman and experienced farmer from Wayanad, Cheruvayal Raman. Both of them taught their counterparts some wise ways to eliminate pests and rats that destroy farm products. Audience listened with interesting the innovative Tamil Nadu practice of chasing away leaf curling worms through the application of buttermilk in specific concentrations. Another attraction was the experiences shared by the youngest in the group, 18-year-old Sooraj who is also one of the brand ambassadors of agriculture for Kerala government. Henry Sarra who quit clay industry to turn into a farmer had only one thing to state: 'doing agriculture, is a pleasant experience'. Turning a rocky terrain of Bharananganam into a lush agriculture land, housewife Moly Paul underlined that being a farmers meant an exquisite feel for her. During the interactive session, participants shared the long standing challenges faced by agriculture in Kerala; but also reflected were their glee upon the recent status elevation farmers have started to receive in recent times.



Icons of hope: (L-R) Cheruvayal Raman, Sooraj, Moly Paul

Vandana Shiva releases two publications of CISSA



Agriculture and literature: Dr. Vandana Shiva (third from left) releases the book, 'Summer Rains: The Roots of Indigenous Knowledge of Kerala' at Annam 2015. (L-R) Author of the book, Dr. C.R. Rajagopal, Cheruvayal Raman, Prof. M.K. Prasad, Ramesh Babu and Dr. C. Suresh Kumar.

Nothing matches a book in expressing a generation's veneration on something. Two books released at Annam 2015 thus stands as lasting appreciation for the climatic and cultural bounties of Kerala; and the gifted tree of the state, jackfruit tree. The first one is 'Summer Rain: The Roots of Indigenous Knowledge of Kerala', a collection of eleven academically sound essays in English on the climate, culture and agricultural customs of Kerala from ancient periods written by eminent scholars. Prof. C.R. Rajagopal, Head, Department of Malayalam, Kariavattom campus of University of Kerala and Dr. Manju Vasudevan. Second book titled, 'Varikka Plavinu Vendi Oru Vadakkanpattu: Oru Padanam' is a unique work in Malayalam, an academic enquiry on the legendary story of 'Ramanthalamalele Kujichappan' by Prof. C. R. Rajagopal.

Dr. Vandana Shiva released the book, Summer Rain: The Roots of Indigenous Knowledge of Kerala, while the second book was released by veteran farmer from Wayanad, Cheruvayal Raman. At the function presided by General Secretary of CISSA, and the Chief Coordinator of Annam 2015, Dr. C. Suresh Kumar, former Pro-Vice Chancellor of Calicut University, Prof. M.K. Prasad offered blessing speech. Member, Advisory Committee of Farm Information Bureau, K.P. Ramesh Babu; representatives of Organic Kerala, Fr. Prasanth and Abbas spoke. Publication Head of CISSA, Sivakumar K.P. welcomed the participants and exponent of 'Sreshta Krishi', Sreekumar proposed vote of thanks.



(L-R) K.P. Sivakumar, K.P. Ramesh Babu, Sreekumar, Abbas

Curb fast food at educational institutions: Vandana Shiva motivates youth



(Clockwise from top) Dr. Vandana Shiva provides her signed message on the eco-notice board at St. Theresa's College; Dr. Shiva inaugurating the Youth Meet flanked by dignitaries; Crowd of college students.

Youth Meet as part of Annam 2015 was held at the expansive auditorium of St. Theresa's College. About one thousand college students got the rarest chance to listen to and interact with acclaimed environmental activist, speaker and author, Dr. Vandana Shiva.

While we speak about fast food, we should understand that the ill effects of such fake foods are more hazardous to younger ones. Almost every lifestyle disease is not a fine morning phenomenon, but caused due to long habit of consuming them. "Hence we should save our children immediately. Fast food must be prohibited within 100 meters of educational institutions", Dr. Shiva stated. Pointing at the fate of depleting environmental wellbeing, she used the radiant example of Chennai's floods. Dr. Shiva cautioned that unless there evolves a rethought, Kerala has every reason to have the same experience.

In order to make use of the golden opportunity they were granted, students not only engaged in a productive interaction with Dr. Shiva, but also presented a cadenced folk dance to please the dignitary. Director of the college, Sister Vinita presided over. Dr. Usha Menon, Clinical Associate Professor of the Endocrinology Department of Amritha Institute of Medical Sciences provided keynote speech. College principal, Sajimol Augustine; Coordinator of Thanal, Shridhar Radhakrishnan; and General Secretary of CISSA and Chief Coordinator of Annam 2015, Dr. C. Suresh Kumar also spoke.



Vivaciously, for a cause: Students provide a rhythmic folk art at Youth Meet



On day 3, CM endorses the mission

← Chief Minister Oommen Chandy receives a dishful of organic agricultural produces and a seedling of native breed of jackfruit from President of CISSA and Working Chairman of Annam 2015, Dr. G.G. Gangadharan while the former was offered a warm welcome at Annam 2015

Excitements found no limit at Annam 2015 on the third day. The day began solemnly with everyone curiously waiting for one of the most valued guests of the event. It was none other than Chief Minister of Kerala, Oommen Chandy. In the forenoon the CM arrived promptly and at first made a quick glance of the exhibition stalls. At the entrance, there was a group of school students playing an elegant band marking respect to the CM. Then the chief guest proceeded to the main venue at Rajendra Maidan to open a Health Meet.

Chief Minister then lighted a traditional lamp, marking the inauguration of Health Meet organized with an objective to sensitize everyone about the deep rooted linkage between food and health. A healthy generation can only assure a prosperous nation, was the embedded slogan. The function was presided over by Dr. G.G. Gangadharan, President of CISSA. Hibi Eden M.L.A. was present as the chief guest. There was a special address by P.S. Sreedharan Pillai, leading lawyer, High Court of Kerla. Awareness talks were offered by noted oncologist, Dr. C.N. Mohanan Nair on diet and health; and Dr. A. Anand Kumar on tips for healthy brain. Reproductive and Child Health officer of Ernakulam district, Dr. Santhakumari offered felicitation. Member, Organizing Committee, T. Satheesan welcomed participants; and representative of CISSA, Sreekumar proposed vote of thanks.

At the National Seminar, the third and final day was marked by a plenary session on 'Traditional Knowledge and Food Security' on one part and 'Food Safety' on the other. Speakers of repute, Smt. Usha of voluntary organization, Thanal; Dr. C.R. Rajagopal, Dept. of Malayalam, University of Kerala; and Shri. Mahesh Gupta, CSIR-IHBT, Himachal Pradesh spoke during plenary session 1. Under plenary on food safety, Smt. Anandavally, Consultant, FAO was the speaker.

Oral presentations by delegates included a variety of topics including:

Diversity of Traditional Food Crops in Attappady

Trends in Organic Farming: Vermicompost and Vermiwash with Reference to Food Security

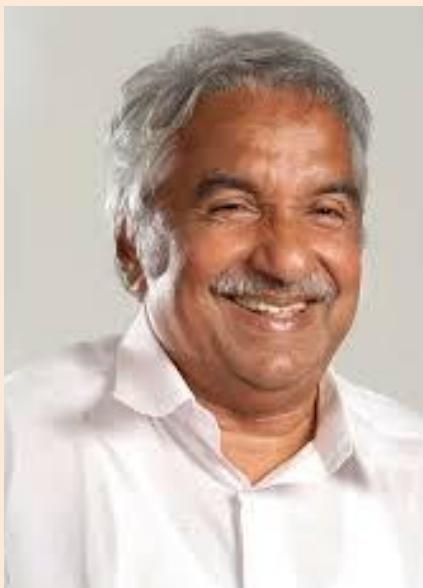
Management of Nematodes in Pepper (*Piper nigrum*)

Green Tech for Clean Home (GTCH) Solid Waste Management for Domestic and Non Industrial Institutions Integrated Solutions for Total Solid Waste Management

India's Green Revolution: In a Historical Perspective

Ethnic Foods and Food Based Traditional Knowledge of Fishing Community in Kerala

Annam 2015 sets a model: Chief Minister



Chief Minister Oommen Chandy has stated that the Annam 2015 National Food and Agro Biodiversity Festival going on at Rajendra Maidan has set a model for all those who campaign for the sustenance of organic food. The Chief Minister was speaking after lighting a traditional lamp marking the inauguration of Health Meet as part of the ongoing Annam 2015. Lifestyle diseases are on an upscale due to changes over time with our food habits and decline of nutritional content in food, he reminded. In this context, all-encompassing events like Annam 2015 can provide scientific ways to address the situation. The chief minister reminded that the visitors to such events should not forget that their foremost duty was to practice those ideals disseminated by the exhibits. After a quick visit at the exhibition, Chief Minister commented that encouraging organic farming was a welcome gesture. He also called at the scientists to produce more pesticides suitable for the organic farming.



Light of wisdom: Chief Minister Oommen Chandy lighting a traditional lamp to inaugurate Health Meet at Annam 2015. (L-R) P.S. Sreedharan Pillai, Sreekumar, Hibi Eden MLA, Dr. C.N. Mohanan Nair, Dr. A. Anand Kumar, K.G. Venugopal and Dr. G.G. Gangadharan.



"There are people in the world so hungry, that God cannot appear to them except in the form of bread."

- Mahatma Gandhi



(L-R) T. Satheesan, G.G. Gangadharan, Hibi Eden M.L.A., P.S. Sreedharan Pillai, Dr. Santhakumari



(L-R) Dr. C.N. Mohanan Nair, Dr. Anand Kumar, Sreekumar

Annam 2015: Fourth day fortified by tastes of good food

With just one more left for its conclusion, Annam 2015 grew into a festival of exceptional tastes. Visitors came in droves as families and friends found the exhibition as a nice occasion to wander around, pick some extraordinary food and relish them sitting together. As a result, it was a record crowd for Annam venues.



Forest's virtue: Representatives of tribal settlements had busy time at their stall sponsored by department of forests, Kerala.

The main exhibition venue at Siva Temple begins with a home pavilion by Centre for Innovation in Science and Social Action (CISSA) which showcases imposing posters on food and health; as well as books on culture and heritage of food. Navdanya founded by Dr. Vandana Shiva has organized sale of organic food and books written by her. At Coconut Development Board's stall, sold like hot cakes are Neera, flavoured milk and vinegar made from fermented arrack. People make a beeline at forest department's Vanashree stall to procure half kilogram bottles of pure wild honey sold at Rs.200. Crowd is also seen at stalls of central government's Spices Board and Coffee Board.

State Horticulture Mission and HortiCorp of Kerala Government also have good number of people buying vegetables and fruits. State government's Consumer Affairs Department has a stall that sells nothing but provides important information about ration card distribution. Soil exhibition by the department of soil conservation and soil survey; and indigenous cows tied at the venue by Integrated Organic Concept and Culture satisfy a curious audience.



Lots of tastes: (Above) People in droves thronged food courts at Rajendra Maidan tasting the diversity of traditional, good food, including jackfruit ice cream. (Below) At temple ground, it was a beeline everyday for buying pristine ingredients of local culinary.



Taste of unity: At unique Sava Café, People from all walks of life took it gathered with their home-made delicacies and enjoyed not only the taste of their food, but also the joy of being together and sharing.

Seva Café serves taste of unity

It was Sunday noon, and serving a rare taste of unity was Seva Café organized at the food court of Annam 2015 at Rajendra Maidan. While inaugurating the Seva Café, Dr. C. Suresh Kumar, a pediatrician by profession and General Secretary of Centre for Innovation in Science and Social Action (CISSA) opined that such community café's would bring back the bygone Indian culture of eating together. He also reminded the crowd that over 75 percent of modern diseases are due to current food habits.

On display at the Sava Café were a variety of home-made dishes brought by participants. Tugging on the friendship chords, participants then started relishing the food of their choice. No one needed to pay any money, but could earn friendship with many. Seva Café is a kind of community café popular in western countries where people carry vegetables from their homes and expert cooks among them readily prepares uncooked dishes out of the vegetables. It popularizes raw eating and sends a strong expression against commercialization of food. Seva Café at Annam 2015 was organized by Jayan Kakkanad. Dr. Jacob Thomas Vennala, Jacob Cheriyan Karukachal, K. Indumathi Gandhigram, Dr. E.V. Manoharan Thrissur participated.

Another attraction of the day was a special speech by Prof. Natarajan, a globe trotter physician, who made a lecture on the stunning food diversity he had witnessed during his world travels.

Annam 2015: Fifth and final day takes a strong pledge

The five-day festival lived to the message it heralded when there evolved a strong declaration of 14 strong points. The closing ceremony was inaugurated by member of parliament, Prof. K.V. Thomas. Justice T. Bhaskaran presided over. Prof. K.V. Thomas recollected while food as basic right was debated at parliament, he had pinpointed on the need to assure not just food, but good and healthy food. Justice T. Bhaskaran urged organizers to do something to spread the idea of clean water for people the unavailability of which would thwart all good food movements.

Secretary General of the organizing committee, K.G. Venugopal spoke giving a nutshell of diverse activities happened at Annam 2015 during five days. B. Prakash Babu welcomed participants and Head, Publication of CISSA, Sivakumar K.P. proposed vote of thanks.



Closing a mission that continues: Member of Parliament, Prof. K.V. Thomas inaugurating the valedictory ceremony of five-day-long Annam 2015 at Rajendra Maidan, Kochi in the evening on 14th of December 2015. Justice T. Bhaskaran, Dr. C. Suresh Kumar, B. Prakash Babu look on.

Winners

In the three-day national seminar, Kumar H (Amrita Institute of Medical Sciences, Kochi) and Adv. Saju R. (ITEC, Thiruvananthapuram) won Best Paper Award and Sumana K.B. and Biya Anna Joseph got Best Poster award. Exhibition winners: Integrated Organic Concept and Culture (First); Café Kudumbashree (Second) and 24 Mantra, Hyderabad (Third). Best central government stall: Coffee Board; Best State Government Stall: Department of Soil Survey and Soil Conservation. Amrita Institute of Medical Sciences bagged special prize for being the best Knowledge Partner.

In the Photography competition themed on food, culture and agro biodiversity, following emerged winners: 1st Prize: Babu Thomas, Rajakad (Terrace Farming); 2nd Prize: Nizam Ammas, Edamulakkal (Cheera Paadam); 3rd Prize: Subin Pullazhy, Thrissur (Fishing Duty). Consolation prizes: Aniruddha Pal, Kolkata (Cooking Food); Benny Ajantha, Pathanamthitta (Hot Jaggery); Shaji Cherthala, Alappuzha (Spreading Net); Sajid Aboobaker, Kozhikode (Barley Field at Leh) and Zacharia Ponkunnam, Kottayam (Fellowship). Jury members: Dr. A. Biju Kumar, Head, Dept. of Aquatic Biology & Fisheries, University of Kerala; Dr. C. Suresh Kumar, General Secretary, CISSA; Dr. Rajesh Reghunath, Asst. Professor, Dept. of Geology, University of Kerala; Dr. Pramod Kiran, Asst. Professor, Dept. of Aquatic Biology & Fisheries, University of Kerala.



Winning smiles: Mentors of the first prize-winning stall of Integrated Organic Concept and Culture (above) and representative of the runner-up Kudumbashree stall (below) receiving certificates and mementos from member of parliament, Prof. K.V. Thomas at the closing ceremony of Annam 2015.



Pictures speak: Select photos of the photography competition were on display at Annam 2015 exhibition venue

Annam 2015 Kochi Declaration: A strong pledge for good food, good future



The Kochi Declaration of Annam demands to give due compensation and insurance coverage during transformation period when farmers quit their chemical farm inputs and accept organic ways of farming. The declaration welcomes government decision to make Kerala a completely organic State by 2016. For the fruition of this, involvement of voluntary organizations ought to be ensured. Research institutes and medical colleges must undertake comprehensive research and investigation on the bad effects of chemical farming and health benefits of organic farming so as to provide convincing evidences for the society. Kochi Declaration also demands inclusion of organic farming in the educational syllabi.

Kochi Declaration

1. Organic and unpolluted food is a basic right. Appropriate execution of laws and administrative steps must be there to ensure this. Western kind of laws, mindsets and concepts that hinder this very idea must be corrected.
2. Farmers who had been practicing chemical inputs for their farming and now transforming to organic farming should be given due compensation and insurance coverage during the transformation period.
3. This summit invites the government declaration to make Kerala a complete Organic State by 2016. Government organizations and voluntary organizations should get legitimate participation in the coordination of government and non government movements towards this goal.
4. There must be an action plan to launch awareness campaigns and make Kerala the first completely organic State through right coordination of government agencies, farmers groups, voluntary organizations, and people's movements.

5. Research institutes and Medical Colleges of the State should give due importance to study, research and experiment on the lifestyle diseases caused by changing food habits and food production methods; in order to bring forth and popularize evidences, knowledge and perception that substantiate an ideal food habit.
6. Certification system like Community Certification and Participatory Guarantee Scheme which are becoming popular now, must be used to certify organic products of local small producers.
7. Local food diversity and agro diversity must be perfectly documented and handed over to enlighten upcoming generations.
8. Annam festival understands that an idyllic agriculture and food culture can be evolved only when Gandhiji's vision of 'consumers becoming their own producers' becomes true.
9. All foods, agro products, farming practices and farm inputs that pose danger to health must be completely banned step by step and alternatives shall be introduced through policy decisions and legislations.
10. Government shall encourage the retrieval and dissemination of age old traditional values in agriculture and food so as to empower people to face the challenges in today's agriculture and food scenarios.
11. In order to encourage the production, consumption and commerce of healthy and nature-friendly food products, it is unavoidable to implement proper orientation, training, financial support and rebates for consumers as practiced in Khadi and Hand weave.
12. Organic farming, production and marketing of organic food must be made integral in the objectives of three-tier system of Panchayats.
13. Learning, awareness and training programmes on right food habits, food culture and organic farming must be provided for teachers and students from primary classes onwards and organic food shall be made available for students.
14. Bio-pharmacies must be established in all Krishi Bhavans of the State and organic farming inputs must be provided at reasonable prices.

Around the exhibition venues...



Around the exhibition venues...



"Part of the secret of a success in life is to eat what you like and let the food fight it out inside".

- Mark Twain

Around the exhibition venues...



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At Annam 2015, Jack Anil (left), a young, passionate farmer brought his darling saplings of the rarest indigenous jackfruit tree varieties and got tremendous response to his display.

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