



ANNAM

National Food & Agro Biodiversity Festival

27th to 31st December 2008



souvenir

Organised by :



Centre for Innovation in Science and Social Action





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ANNAM - NATIONAL FOOD AND AGRO-BIODIVERSITY FESTIVAL



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Message

I am glad to know that Centre for Innovation in Science and Social Action, Thiruvananthapuram is organizing a National Food and Agro-biodiversity Festival "ANNAM" at Thiruvananthapuram during December and that a Souvenir is being brought out in order to document the vision, mission, processes and proceedings of the event.

Wish you all success.

V. S. Achuthanandan



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Thiruvananthapuram
31.12.2008

In the context of major challenges, coming up the fields of foods and agriculture all over the world, it is indeed heartening to know that the festival Annam, the theme of food and agro-biodiversity of India, particularly focusing Kerala, organized here is a laudable initiative.

I am extremely happy to know that the Annam food festival is effective in reminding the new generation about our rich tradition and threats of fast food and global food monopolies. I feel that this initiative should become an organized movement in days to come.

I wish all success to the collective endeavor.



കേരളസർക്കാർ

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Thiruvananthapuram
31.12.2008

The protection of food security and food seeds sovereignty are as important as protecting our freedom. Transnational monopolies and multi national companies entering into these areas has to be stopped at all cost. All efforts to protect our freedom in food habits and food sovereignty and the efforts to stop the exploiters are welcome.

Food itself is health to be realized. It is also important to resist the habits that endangers health. I congratulate efforts by annam in the topics of contemporary relevance.

Speech



V. S. Achuthranandan

I hereby inaugurate, with extreme happiness the Annam National Food-Agro-Biodiversity Festival. My hearty congratulations go out to the Centre for Innovation in Science and Social Action for coming forward to organise such an extensive awareness programme.

The invasion of monopolies is the strongest in the field of food. Monopolies, through advertisements dictate what sort of food we should eat and what beverages we should drink. There is a tendency to encourage affinity towards imported and artificial food and beverages while cultivating contempt towards the produce of one's own land. The new invading culture has succeeded in replacing the habit of drinking boiled and cooled water with that of drinking bottled water. A large section of people prefers colas, which are detrimental to health, over the wholesomeness of tender coconut water. In order to reap profits monopolies have overthrown our traditional food habits and imposed costly and unsuitable trends.

Even though jack fruit, mangoes and nutrition rich leafy vegetables are available in abundance they are not being adequately utilised. In spite of being wholesome, jack fruits etc. suffer the fate of falling to the ground and rotting away unused. Fashion and a craze for imitation is widely perceived in food trends. The new generation should be convinced that traditional food practices are not inferior. There are also problems caused by the use of chemicals and pesticides. The practice of these times is to provide fertilisers and the enhancements after the plant has borne fruit. Chemicals are injected not just to prevent food from perishing but also to make it more attractive. The profit-mongers are slowly killing the people. Programmes like Annam should be able to educate and spread awareness among people about these trends.

In this age of globalisation, the omnipresent capital is misusing scientific achievements. Knowingly or unknowingly everyone is a participant in the cutthroat competition in the market. We prefer artificial foods over the natural ones. Indigenous food varieties now command the least demand.

Today there are scientific methods to change the nature of plants in order to boost their production. These methods have given birth to pest resistant



crops and even terminator seeds. Insect resistant cotton plants, tomatoes with increased shelf-life etc. are products of such methods. Crops yielding food with new smells and tastes can be created using these methods.

Experts say that such plants which have been created without the support of nature may pave way to great impacts on the environment. The breaking of links within the living world and disruption of the food chain can cause heavy impact on biodiversity. Such crops can influence the natural crops being cultivated in the surrounding fields, gradually destroying them.

However, genetic interference cannot be completely ruled out from the field of agriculture. The food needed for the entire world must be produced and the required scientific approaches must be adopted. Genetic interference have served useful in some cases. The development of plants that can boost immunity would be very useful indeed.

The UNO has already warned that the world might move towards a food-muting-due to famine. This crisis can be overcome only by the maximum uses of natural food, the prevention of conversion of agricultural land to non-agricultural land and by giving agriculture foremost importance. The filling of agricultural fields and wetlands have been banned in the state taking into consideration the impending crisis and the methods to overcome this. The initiation of an action plan to increase food production is also a part of this. I conclude my speech wishing the Annam festival all success. Thank you.



Speech



C. Divakaran

Minister for Food , Civil Supplies
& Animal husbandry

In India 'Annam', food, is Brahman. Food is a basic right of mankind. The right to produce and share food is basic to all. Any government ought to realize this primary truth. Today the world is facing a food crisis. The economy of the most wealthy country USA is shaking. Studies tell that India will be a country of the wretched poor in a decade. We are unable to produce the required food grains and other products due to natural calamities and agrarian crisis etc. After the industrialization and globalization phases the global corporates are coming to control the food sector. This is compromising the future of mankind. The micro-level farming systems that the various cultures of the world were maintaining are facing a crisis. The sustainable models of farming that existed are increasingly getting lost and agriculture is becoming commercialized.

This is causing threats to food security in the world. More and more farmers are committing suicide. Alienation of the farmers from the soils they worked on is creating unemployment, poverty and destitution. While the corporate multi nationals are taking hold of the food scenario the linkages of farmers with the fields are being lost. The history and culture of the world is inter twined with the farmer but the latest incursions by the profit oriented trans-nationals are eating in to the core. Export oriented farming replaces starves the local people. The days when farming and harvesting were celebrations are gone and so are the nature friendly farming systems.

The freedom of the farmer to choose his own ways of traditional farming are now being lost and the corporates look at farming as another tool to make profits. Aggressive farming methods with intensive use of pesticides and fertilizers lead to death of soils. The consumer on the other hand has the right to demand his choice of food which also gets affected. In these days of globalization when the reach of corporate giants are reaching all sectors it is a grace to see that there are oases of positive initiatives like the 'Annam movement'. Such activities are being taken up all over the world and the 'Annam' movement is part of that.

'Annam' is aiming at an alternative food culture and the necessary framing systems and social dynamics and that movement is being inaugurated. There is no doubt that such initiatives shall have the capacity to tide over the crisis we are in. Food self sufficiency through locality based farming shall be able to tackle the spreading fast food culture. The high incidence of diseases that are now seen is a result of the over use of fast foods and wrong life styles is well known. Let us hope that this movement succeeds in attaining the goals of food security, sustainable agriculture and conservation of local biodiversity. It is also a call to meet the ideological challenges and it is a happy occasion as the youth are spear heading this movement.

'Annam'-National Food & Agro Biodiversity Festival

27-31 December 2008

BACKGROUND

All over the world, communities are awakening to the devastating effects of corporate driven foods and farming systems which have turned agriculture into an extractive industry, and food into a major health hazard. Compared to the food that fueled human evolution, the so-called elite food today has twice the amount of saturated fats, a third of the former daily fibre intake, much more sugar and salt and reduced intake of nutrients.

We have to recognize that biodiversity is the real capital of food and farming and linked to it is cultural diversity, the rich and diversified food cultures in the world. We are poorer as the biodiversity of our farms disappears and as the cultural diversity of our food system disappears. What is at stake presently is not only the quality of life, but also the food security and food sovereignty.

It is high time that we take a proactive role in moving towards a new food culture that ensure not only supply of healthy and ethically produced food but also facilitates conservation of rich biodiversity at grass roots.

The National Food and Agro-biodiversity Festival, a first of its kind, was an effort in this direction. This festival is a platform to showcase the rich diversity of food, agricultural biodiversity and cultural diversity in terms of food.

CISSA, joined hands with several like minded government and non-governmental organizations in organizing a "National Food and Agro-biodiversity Festival" at Chandrasekharan Nair Stadium, Thiruvananthapuram, Kerala from 27th to 31st December 2008

OBJECTIVES OF THE FESTIVAL

- To popularize the concept of good food and importance of traditional food
- To create awareness against 'fast food' and local agro-biodiversity
- To showcase the rich agro-biodiversity
- 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 and agro folk culture 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
- To publish information materials on good food and agro-biodiversity

CO- ORGANISERS

Department of AYUSH, Govt. of India

National Horticulture Mission (NHM)

National Rural Health Mission (NRHM)

Department of Food and Civil Supplies,
Govt. of Kerala

Department of Agriculture, Govt. of Kerala

Kerala State Council for Science, Technology
and Environment (KSCSTE)

Kerala State Biodiversity Board

Kerala State Horticulture Mission

Navdanya

The Environment Collaborative (TEC)

THEME PARTNERS

Lead India- Food Security & Climate Change

Kudumbasree - Women Empowerment
& Food Security

Health Action by People- Health & Food

Arya Vaidyasala, Kottakkal- Ayurveda & Food

Bharathiya Educational Trust- Naturopathy &
Yoga

Gen. Secretary's Report



Dr. Suresh

Thiruvananthapuram
27-12-2008

Hon'ble Minister for Food and Civil Supplies Sri C.Divakaran and other distinguished leaders on the dias.

We cordially greet all the good people who came forward to bless, express solidarity and to lead the movement on this auspicious occasion of the inauguration of Annam - the National Food, Agricultural and Biodiversity Festival.

Annam is not a food festival, exhibition or a mere festival, but the beginning of a movement - a movement where thinking and action of the times go hand in hand.

Annam is a humble effort to lead the new generation in the right path by restoring the knowledge, ability and tradition we lost on our way ahead in our fast life.

The three important fields that sustain and lead forward human life are health, food and agriculture. Our society faces very serious crisis in all the three fields.

The enlightened people of Kerala is reeling under the stress of life-style diseases. Fast food has thrown our food habits into turmoil. Our agricultural traditions and food diversity are being crushed in the brutal hands of commercialisation. On the one hand farmers are committing suicide out of starvation and on the other man becomes permanently disease-ridden by ingesting poisons.

It is very urgent that we have to realise the menace of these unhealthy tendencies and develop healthy food habits. Annam is a search in this regard. Good food is the basis of health. A good agricultural set up is necessary for this. We are the owners of a rich tradition of food diversity and agriculture. Locally adapted food crops and suitable agricultural practices, diversity in the cooking methods and healthy food habits were the hallmarks of the Keralites. We are losing these one by one - not lost but destroyed for commercial interest.

Today food is a commercial product. Health is more commercialised. Agriculture is a mere business. All these three fields are controlled today by commercial interests. We change policies for them, rewrite laws, forfeit our habits, tastes and cultures. The task of Annam is to create awareness in people against all these.

To make people aware of the menace of fast food, to equip people against food and agricultural monopolies, to mobilise like-minded people to a common platform to achieve food security and food sovereignty, to make society healthier by regaining the lost grandeur of our good food - are the aims of Annam.

Centre for Innovation in Science and Social Action (CISSA) has taken a leading hand for this movement. CISSA is led by socially committed professionals who are experts in different fields both inside and outside Kerala.



The Annam movement started in collaboration with CISSA - who made significant steps with in a short span of time in scientific, technological and social fields, Naadhanya headed by Dr. Vandana Siva and the Environment Collaborative organisations.

People's reactions made us to realise that Annam is clarion call of change that they expect. The decerning world accepted the idea of Food-Agriculture and Biodiversity festival with great enthusiasm. Its realisation is happening here today.

This festival was made a reality by the joint-effort of Central and State Government Departments, Institutions and Organisations, Several Research and Development Institutions, Universities, Various Food and Agricultural Organisations, Institutions for food and nutrition, self-help societies, tribal welfare societies, Agriculturist Organisations, Agricultural Implement Manufacturers, Kitchware Manufacturers and several other such organisations.

We tried our level best to get the maximum available organisations and Institutions in the field of health, food and agriculture for their maximum participation in the festival.

Several co operated with us in this venture. Several came forward with helping hands beyond our expectations - the West Bengal Government NRHM, SHM and Kottakkal Aryavaidyasala need special mention. Though a few from whom we expected more withdrew their help in the last moment, several other who realised this movement as a necessity of the times helped us a lot.

Today we are visualizing the efforts of several people, who without seeking any reward, helped us spending their time and money. There is an year-long preparation behind this festival.

Our aim is to make Annam grow as a successful movement through the unity created through this festival. We are dreaming a great chain of like-minded individuals, organisations and entrepreneurs. We are dreaming the growth of this movement as a people's organisation beyond the limit of being a mere organisation.

We strongly believe that a large group of people, who believe that 'another world is possible' are there who are looking forward to the growth of this movement.

The time for their dreams and beliefs to come true are not ...Annam is a need of the times. For the existence and growth of the society there is no other sustainable way. This path is strewn not only with flowers but also thorns. We are accepting both.

On this occasion we are happily to share our joy, obligation and gratitude to all who wholeheartedly co operated to make this event a grand success.

ANNAM RECOMMENDATIONS

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| <p>1. 'Annam' realizes that the major victims of fast food culture and corporate monopoly of food sector are the young generation, especially children. Annam recommends for ban on sale of fast food and carbonated soft drinks in academic institution. School/College authorities and Parent Teachers Associations should take necessary steps to implement the ban.</p> <p>2. There should be sufficient additions in the curriculum to spread the message that changes in food and life style are the basic reasons for many of the health problems in young generation. Awareness programmes should be initiated by the education and health departments should take initiatives to spread awareness on the impacts of fast food on health of the children.</p> <p>3. The advertisements that spread wrong and spurious messages about the positive contributions of fast food should be controlled or banned, if necessary.</p> | <p>4. Government and non-government organizations should take initiatives to promote traditional food items. There should also be proper documentation of traditional food items and their recipes.</p> <p>5. The industrial establishments in India should come forward to establish a chain of restaurants that supply traditional/good food. Banks and other funding agencies should provide generous funds for this.</p> <p>6. The Research & Development institutions in India should take initiatives to do research on improving the quality of Indian food and its processing.</p> <p>7. A series of 'Annam' clubs may be started throughout India to spread the message of good food, food security and food sovereignty, and of corporate control of food and agriculture.</p> <p>8. In order to achieve sustainability in vegetable production, terrace farming should be promoted in urban areas. Residential</p> | <p>associations can take a lead in this initiative and the government should support these activities.</p> <p>9. There should be clear policies for food grain production and at least half of the agricultural land should be reserved for rice cultivation. Necessary modifications in land reforms legislations should be made to achieve this target.</p> <p>10. In order to ensure food security, seed banks should be established throughout India, especially in villages.</p> <p>11. Genetically modified organisms and of genetically modified food should be totally banned in India.</p> <p>12. Agro-biodiversity should be integral part of biodiversity conservation programmes in the country. Agro-biodiversity rich areas should be protected as farm reserves and agro heritage sites.</p> <p>13. There need to be an organic farming policy at both central and state level and organic farming should be promoted extensively. Subsidies given to</p> | <p>monoculture plantations and pesticides/chemicals in farming should be re-examined and stopped in a phased manner.</p> <p>14. There should be a better awareness to popularize the fact that organic produce are not simply for export alone, but for ensuring the health status of the local people.</p> <p>15. Agro-biodiversity and good food should become special components for discussion in the activities of eco club/health club/tourism club/biodiversity clubs in all the educational institutions, and special awareness programmes should be planned in this direction. Agriculture should be an action programme in all these activities as far as possible.</p> <p>In order to achieve the above said goals 'Annam'-Good Food Movement would like to work and join hands with likeminded organizations and individuals across the country. Together we can work towards a good food culture.</p> |
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In order to achieve the above said goals 'Annam' would like to work in join hands with like-minded organizations and individuals across the country. Together we can work towards a good food culture.



FOOD, FINANCE AND CLIMATE: TRIPLE CRISIS, A THREE-FOLD OPPORTUNITY



DR. Vandana Shiva

At the end of 2007, Al Gore and IPCC were honoured with the Nobel Peace Prize for waking up the world to the climate catastrophe we face as a consequence of fossil fuel based industrial production and consumerism.

By early 2008, the food crisis had emerged as an emergency.

Industrialized agriculture and globalized food systems have been put forth as sources of cheap and abundant food. However, food is no longer cheap. The era of cheap food and cheap oil is over. The food crisis, mainly triggered by rising prices that emerged in 2007 and 2008 has led to food riots in many countries. From 2007 to 2008 the price of wheat increased by 130 per cent. The price of rice doubled during the first three months of 2008. Biofuels, speculation, destruction of local food economies, and climate change have all contributed to the rise in food prices. Climate change is aggravated by industrialized, globalized agriculture based on fossil fuels, and the resulting climate crisis in turn impacts food security in numerous ways, including intensified floods such as those Iowa experienced in 2008 and intensified and extended droughts like the one Australia witnessed in 2007. Globalization has also led to the destruction of local food economies and increased control by corporations like Monsanto and Cargill over our food systems. Global integration of agriculture in effect means global control over the world's food supply.

Food prices started to rise as a result of connecting India's domestic market to global markets, especially the edible oil and wheat import markets. At first, in the early days of globalization, the agribusinesses that dominate trade lowered prices to grab markets. The dumping of soy in the 1990s is a prime example. Now that global corporations like Cargill have created import dependency, they are increased dependency, they are increasing prices.

Additionally, speculation through futures trading is driving prices upwards. Climate change and the diversion of foods to biofuels are also adding an upward pressure on international prices. The increase in international prices highlights the need in international prices. The increase in international prices highlights the need to focus on food sovereignty. It makes both political and economic sense to focus on self - reliance in food and agriculture.

While millions go hungry, corporate profits have increased. Cargill saw profits increase by 30 per cent in 2007; Monsanto's profits increase by 44 percent. The profits will increase as corporate monopolies deepen. Monsanto increased the price of corn seed by \$100 per bag to \$300 per bag. For a 1,000 - acre farm in the US, this means an increased cost of \$40,000.

The second half of 2008 has been characterized by the financial meltdown. Trillions have been spent by governments to bail out failing banks and financial institutions. Yet the bail outs aren't working. Like Humpty Dumpty who had a great fall and "all the king's horses and all the king's men could not put Humpty Dumpty together again", the financial collapse is symptomatic of deeper cracks which can't be fixed by band aids of bail outs.

If the symptoms are treated as the disease, then the solutions offered for each crisis will make the other crisis worse.

Industrial biofuels were treated as a cure for peak oil and climate change, yet they fuelled the food crisis by diverting corn and soya to ethanol and biodiesel. It takes 1.5 gallons of gasoline to produce one gallon of ethanol. For each fossil fuel unit of energy spent producing corn ethanol, the return is 0.778 units of energy, 0.688 units for switch grass ethanol, and 0.534 for soybean

diesel. Pimentel and Patzek were criticized by the US government for including the energy used for building new refineries. However, these are new energy investments that do generate emissions, and Pimentel and Patzek are right to include them when calculating the overall energy balance.

In 2006 the US used 20 per cent of its corn crop to produce 5 billion gallons of ethanol, which only substituted for 1 per cent of its oil use. If 100 per cent of the corn crop were used to make ethanol, it would be able to substitute for 7 per cent of the total oil used. Even if all US soy and corn were converted to fuel it would only substitute for 12 per cent of the gasoline and six per cent of the diesel. To satisfy the entire current oil demand of the US with biofuels would take 1.4 million square miles of corn for ethanol or 8.8 million square miles the US. All the solar energy collected by every green plant in the US in 2006 – including agriculture, forests, and lawns – is only half as much as the fossil fuel energy consumed in that year. This is clearly not a solution to either peak oil or climate chaos.

Biofuels also fuelled the speculation in agriculture commodities, which is linked to the food crisis and the financial crisis.

Solutions that came out of the World Summit on the Food and Climate Crisis in June 2008 were focused on increased supply of chemical fertilizers and hybrid seeds. However, chemical fertilizers are a major cause of global warming. According to the 2007 IPCC report, nitrogen fertilizers account for 38 per cent of greenhouse gas emissions from agriculture. And nitrogen oxide is 300 times more lethal than carbon dioxide as a greenhouse gas.

The three crises of food, finance and climate are interconnected, as is the solution to them.

An agriculture that is based on chemicals and genetically engineered organisms is an agriculture that needs finance and credit for buying costly external inputs. Credit leads to debt, and debt is leading to farmers' suicides. According to official data, more than 160,000 farmers have committed suicide in India since 1997, when the seed sector was 'liberalized', and seed monopolies allowed to emerge.

An agriculture that is based on chemicals and credit is an agriculture that is controlled by giant corporations. Five gene giants control the world's seed and agrichemical supply. Five grain giants control the food supply. When corporations control agriculture, seed and food become commodities. Commodities maximize corporate profits. Profit becomes the main objective of agriculture, not care of the earth, of species, of human beings. As a commodity, food goes where it makes more money. It goes to run cars, not feed people. The World Bank has said that 75% of

the rise in food prices comes from diversion of food to biofuel. The remaining 25% comes from speculation by hedge funds and investment banks, the same forces that caused the financial meltdown. If not controlled, they can lead to a food meltdown and famine on a large scale. The Agribusiness Accountability Initiative (AAI) stated that "massive commodity market speculation.... has pushed the prices of wheat, foods out of the reach of hundreds of millions of people around the world." According to the FAO, as of April 2008 corn volatility was 30 per cent and soya bean volatility 40 per cent beyond what could be accounted for by market fundamentals. This is not about supply and demand, it is about betting on a global casino. As Michael Masters and Adam White have stated "When Index speculators pour large amounts of money into the commodities market and buy large amounts of futures contracts, prices go up. When they pull large amounts of money out and sell large amounts of future contracts, prices go down."

The financial crisis, the food crisis, the climate crisis have common roots, an economy based on debt – debt to nature, debt of farmers, debt of citizens. It is an economy ruled by fictions – the fiction of a corporation as a legal person, the fiction of derivatives and futures and collateral debt obligations, the fiction that corporations like Monsanto "invent" seed which is their "intellectual property", the fiction that soil fertility comes from fertilizer factories and the fiction that food as a commodity can nourish and feed people.

All three crises which have common roots also have a common solution. The solution is living according to the laws of Gaia, recognizing that the real wealth is nature's wealth, and in nature's economy there is abundance and justice and food for all.

Ecological agriculture based on nature's ecological laws is the solution to the food crisis, the climate crisis, the debt crisis.

Biodiverse ecological agriculture provides higher nutrition and food per acre than industrial agriculture. It reduces emissions and mitigates climate change, while also helping adapt to it. And it frees farmers of debt and suicides.

When we turn to biodiversity and the earth, we don't need credit, capital and chemicals. GMO free, chemical free, debt free agriculture is the solution to the triple crisis. The triple crisis offers us a threefold opportunity to strengthen our movement and make the transition from chemicals and GMOs to biodiversity, from corporations to real people, from fictitious finance on Wall Street to the real wealth that farmers working with nature and Terre Madre.



Annam - a multifaceted initiative

L. Radhakrishnan IAS



All healthy food and agricultural systems are dependent upon the protection of the natural world, and the maintenance of earth's biodiversity. This protection must be a priority for all governments and communities and all rules should be aligned with this purpose. Human beings have the natural right to food that is safe and nutritious.

It is with this conviction that ANNAM, a National Food and Agro Biodiversity Festival was organised in Chandrashekhara Nair Stadium from 27th to 31st December, 2008. There are seminars, an exhibition with around 200 stalls, competitions and food stalls serving ethnic wholesome food where local culinary traditions and foods were celebrated while informing the public and especially the youth and children of the harmful effects on health by consuming the "fashionable" fast food.

CISSA and their co-organizers aim at preserving and promoting local and traditional food products with the supplementary goal of stopping the loss of food product diversity brought about by globalization, the industrialization of agriculture, and the homogenization of food all over the world. They hope to educate the general public on the importance of rejecting the culture of fast food and all that it represents in terms of consequences – health, biodiversity, agricultural and even geopolitical.

This will hopefully be the precursor of many such melas organizing celebrations of local cuisine within regions of the State of Kerala and

also other regions of India., educating consumers about the risks of fast food. CISSA tries, through this initiative to teach children about the differing tastes of indigenous food and to develop their senses and their appreciation of healthy ethnic food. It counters the standardization of taste, the power of agro-industrial multinationals and the folly of fast food that is causing even youngsters to develop obesity, hypertension, diabetes and other lifestyle diseases in our country.

CISSA also will be lobbying for the inclusion of organic farming concerns within agricultural policy, forming and sustaining seed banks to preserve indigenous agri-varieties, encouraging ethical selling and buying in local marketplaces, resisting the use of pesticides, educating farmers about the risks of monoculture and reliance on too few genomes or varieties and citizens about the drawbacks of commercial agribusiness and factory farms. No technological interventions in food production should be permitted until proven to meet local standards of safety, nutrition, health and sustainability. The precautionary principle must apply in all matters. It strives also to promote the teaching of gardening skills to students, organizing small-scale processing of local produce like drying, smoking and pickling. .

The inspiration for this is partly an initiative called the Slow Food movement which started in Italy, a country where people make a meal an event to be shared with family and friends. Carlo Petrini started the slow food movement in response to the opening of a McDonalds in Rome in the 80's. Slow Food is a non-profit, eco-gastronomic member-supported organization that was founded in 1989 to counteract fast food, the disappearance of local food traditions



and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the farming community. Slow Food helps people rediscover the joys of eating and understand the importance of caring where their food comes from, who makes it and how it's made. Slow Food has educational programmes for children and adults. By straddling gastronomy, politics, agriculture, and environment, Slow Food has become an active movement internationally in farming with ecological sensitivity. It seeks to link food with awareness and responsibility by defending the biodiversity of our food supply, promoting taste education and bringing together food producers and consumers through events and initiatives.

In an era of globalization when the sovereignty of nations is in question, Governments should exercise their right to choose the agricultural system for their territory and to define how to protect the conventional, organic and traditional productions, safeguarding biodiversity. The food we eat should taste good, be produced in a clean manner that does not harm the environment or our health and food producers should receive a fair compensation for their work. We could consider ourselves co-producers, not just consumers. If we are informed about how our food is produced and actively complement support the activities of the people who produce it, we could become a part of and a partner in the production process. NGOs like CISSA actively defend biodiversity in our food supply, spread "taste education" for traditional foods and connect producers of excellent foods with consumers through events and initiatives.

All individuals, communities and national entities have an inherent right to all relevant information about the foods they consume, the processes used to produce them, and where

the food comes from, thereby ensuring their sovereign right to make informed choices regarding the safety and health of the food they consume and the safety and health of the environment. Special efforts are called for to save the countless traditional grains, vegetables, fruits, animal breeds and food products that are disappearing due to the prevalence of convenience food and industrial agribusiness.

In the name of productivity, modern industrial agriculture has changed our way of being and threatens our environment and our landscapes. A new generation of Indians is growing up that knows very little about the food they eat. Concerns about food origins, quality and sustainable agriculture seem to be of no concern to them—as India's agricultural culture is facing tremendous problems. The biodiversity of our States and regions must be protected by measures that encourage the registration of native varieties and species in biodiversity conservation catalogues and the exploitation of these varieties and species in the farming industry, so preventing this heritage becoming patented.

Supermarkets are often pushing small retailers out of the market. Governments want peddlers off the streets. Recent agricultural policies support cultivation of genetically modified foods. Fast food restaurants are starting everywhere – even in rural areas – discouraging clean, wholesome home cooking. All of this is part of a rapidly changing culture gaining momentum every day. Cooking, eating and sharing meals are an essential part of every culture. Food culture is just as basic to a nation as language, music, literature, or art.

Such Food Festivals as the one organized as ANNAM in Thiruvanantha-puram are broad-reaching, not only acknowledging and encouraging individual cooks, tribals and artisans, but also celebrating the role of food and natural agro-products in our culture. Opportunities are available to the public to explore their cultural context. CISSA and others in this field



collaborate in this endeavour with several other organizations—from government agencies and NGOs to “food communities” and environmental associations.

Climate change, a contemporary concern, and the recent global food crisis, compel us to revisit the dominant paradigm of food and agriculture. As a remedy for the food crisis and climate change, strangely enough, many still advocate higher levels of chemical fertilizer use even though the cost of fossil fuel based fertilizers has increased and pesticides and synthetic fertilizers are major polluters of the environment and indirect contributors to greenhouse gas emissions leading to climate change. Industrial, globalized agriculture has contributed to climate change as

well as to the current food crisis and food insecurity. Many countries still experience food riots. High oil and food prices are contributing to community, regional and international insecurity as they hit the poor who are now vulnerable to extremist ideologies and terrorist recruitment. So, it has become extremely important and urgent to address these challenging and interlinked issues of climate, biodiversity, health and food sovereignty while supporting the rights of all consumers for the availability of and the purchasing power for safe healthy and nutritious food and the rights of farmers to secure and sustainable livelihoods.

Inauguration 27 DECEMBER 2008



Sri V.S.Achuthanandan, Hon'ble Chief Minister, Govt. of Kerala, inaugurated the 'Annam'-National Food and Agro-biodiversity Festival at Chandrasekharan Nair stadium in a colourful function presided over by Hon'ble Minister for Food and Civil Supplies Sri. C. Divakaran.

Chief Minister V.S. Achuthanandan said in his inaugural address that "Business conglomerates are today foisting on people costly and unsuitable food habits and are sabotaging traditional and indigenous eating habits in order to reap huge profits. Such business interests have succeeded in making people dump boiled water and run after bottled water. A large section of the population was hankering after health-ruining colas instead of opting for tender coconut water. People do not consume indigenous fruits such as jack fruit and mango much. They should realize that there is nothing shameful about following a traditional diet. These days chemicals are injected into vegetables and fruits so that they will not get spoiled, but which result in diseases. The omnipresent global capital is misusing science too. Changes are being brought about in the very nature of plants so that production is maximized. Science has produced disease-resistant crops and terminator seeds, crops with new tastes and smells. Such products that do not have the backing of nature would destroy the environment", he said. Other dignitaries of

the inaugural function were Dr. Vandana Shiva, Sri. C. Jayan Babu, worshipful Mayor of Thiruvananthapuram, Sri. L. Radhakrishnan IAS, Dr. E. P. Yesodharan, Dr. K.Prathapan, Dr.G.G.Gangadharan, Dr. C. Suresh kumar and Sri. Ajith Venniyoor. Ten Malayalam publications bought out by CISSA on topics related to food and health were released by Hon'ble Minister Sri. C.Divakaran by handing over copies of the booklets to Dr. E.P. Yesodharan Executive Vice President, KSCSTE.





Address by
Smt. Sugathakumari

A Pre-launch Seminar was organized to explain and consolidate the themes and philosophy behind the Annam Festival. The Keynote Address was made by Dr. Vandana Shiva and the Seminar was addressed by eminent persons in the field. This include Smt. Sugatakumari, poet and environmental

activist, Sri. J. Sudhakaran IAS, Principal Secretary, Govt. of Kerala, Dr. K. Prathapan, Director, State Horticulture mission, Dr. G. Sunil Kumar, District Programme Manager NRHM, Dr. K.G. Ajit Kumar, MG College, Dr. N.S.Pradeep Kumar, TBGRI and Dr. A. Biju Kumar, University of Kerala spoke on the occasion.



Address by
Dr. Vandana Shiva



View of audience

Brochure Release

8 November 2008



Sri.C.Divakaran handing over brochure to Bharat Suresh Gopi, cine artist

The Annam Festival brochure was released by the Hon'ble Minister for Food and Civil Supplies, Govt. of Kerala, Sri. C. Divakaran by handing over a copy to the film star Bharat Suresh Gopi, the goodwill ambassador of Annam Movement.

The event had the participation of professionals from various sectors and was widely reported in the media. This was the first public programme in connection with the Annam festival.

The well attended function held at the Press Club Hall in Thiruvananthapuram, had the presence of other dignitaries like Sri L. Radhakrishnan IAS, Sri T. P. Sreenivasan, Former Ambassador to USA, Dr. K. Prathapan, Director, State Horticulture Mission, Sri Ajith Venniyoor, and Dr. C. Suresh Kumar. Actor Bharat Suresh Gopi, who took great interest in the subject said that this was something he had in mind for a long time and congratulated the organizers for the initiative. The speakers regretted the erosion that happened to traditional diets and food practices which was unfortunate and needed conscious efforts to correct.



Sri.C.Divakaran's inaugural address.

The Exhibition

27- 31 December 2008



View of Entrance to the exhibition stalls.

The National Exhibition organized as part of the Annam Festival was a celebration of ethnic food and agricultural diversity. The Exhibition had about 200 stalls set up by 150 governmental, non-governmental organizations and individuals. There were also stalls offering products of Ayurveda, Homeopathy, Unani and Naturopathy.

Department of Agriculture and related organizations like Coconut Development Board, National Bank for Agriculture and Rural Development (NABARD), Kerala Agricultural University, Vegetable and Fruits Promotion Council and HortiCorp, showcased the rich agricultural biodiversity of the state and the

diverse range of value added products from agricultural producers.

Health-conscious visitors trooped into the stalls put up by National Rural Health Mission (NRHM). The free check up of the body mass index arranged by NRHM and free consultation on nutrition benefitted a large number of visitors. The stall on Naturopathy by the Bharateeya Educational Trust too had large number of visitors and they too offered free health check up.

Tribal groups from Waynad exhibited ethnic food products. Activists from the Plachimada Action Council had put up a stall offering native herbal preparation- 'sarsaparilla' syrup in a symbolic protest against Colas. The tribal hut made of reed leaves made by tribal people from Ponmudi, was decked up with tribal products and handicrafts.

Rural products such as areca-frond utensils, tribal medicines, terracotta products, pottery and handicrafts were on display. Farm-fresh plantains, yams and other vegetables were also available for sale. The stalls put up by the Government of West Bengal on horticulture and tourism potential of the state was another important feature. Kudumbasree, the poverty eradication outfit of Kerala, had put up stalls from various units that manufacture food and handicrafts.



View of Stalls



Dr. Vandana Shiva and other dignitaries with anti-cola activists from Plachimada

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The exhibition attracted huge crowd and around 2 lakhs people visited the 5day long exhibition

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Village Market

27- 31 December 2008



The village market organised as part of Annam exhibition was a rare show of the great diversity we had in vegetables and fruits. Kerala had a culture of homestead gardens where a large number of vegetables, coconut, fruits like a variety of jack, mango and plantains, many kinds of yams and other tuber crops grew which has now eroded to a great extent. Vegetables like carrot, cauliflower, cabbage, beet root, tomato etc which were not locally grown now dominates



the markets. Two organisations - Neyyattinkara Integrated Development Society and Agri Friends who played a major role in organising the village market succeeded in bringing diversity of vegetables that were very popular in the past but now faded from the memories of city dwellers. Most of the items made available in the market were produced organically by small scale farmers in the villages and from homestead gardens.

National Seminar Series

28 - 30 December 2008



Sri. Binoy Viswam Hon'ble Minister for Forest
inaugurating the seminar

Three - one day National Seminars were organised from December 28 to 30, as part of 'Annam' at Priyadarshini Planetarium, Thiruvananthapuram. Seminars were held on three topics: Agro-biodiversity and Food Security, Traditional Knowledge, Food Diversity and Health, Genetically Modified Food and Food Sovereignty. The seminars were attended by about 350 participants from all over India.

INAUGURATION

28 December 2008

The Seminar was inaugurated by the Hon'ble Minister for Forest and Housing, Government of Kerala Sri Binoy Viswam. He advocated that the great wisdom of the country on food and agriculture should not be compromised while the onslaught of multinationals pressurizes popularization of fast food. He said that the upper and middle classes of the country supports the wrong message of food spread by the companies. The Minister also released the proceedings of the seminar by handing over the copy to Prof. M.K. Prasad, Chairman, Information Kerala Mission, Smt. Sudha Soni, Coordinator, Annam and Chief Functionary of The Environmental Collaborative (TEC) explained the philosophy of Annam.

Renowned environmental activist Dr. Vandana Shiva delivered the key-note address. She said that the food crisis, mainly triggered by rising prices that emerged in 2007 and 2008, has led to food riots in many countries. Biofuels, speculation, destruction of

local food economies, and climate change have all contributed to the rise in food prices. Climate change is aggravated by industrialized, globalized agriculture based on fossil fuels, and the resulting climate crisis in turn impacts food security. Dr. Vandana argued that biodiverse ecological agriculture provides higher nutrition and food per acre than industrial agriculture. It reduces emissions and mitigates climate change, while also helping adapt to it. The meeting was presided over by Dr. M.P. Nayar, Chairman, Academic Committee, Annam Seminars and former Director, Botanical Survey of India. In his Presidential Address Dr. Nayar detailed the rich agro-biodiversity of India. Sri L. Radhakrishnan IAS, Principal Secretary, Power & Ports, Govt. of Kerala and Working Chairman, Annam, Dr. K. Hari Krishnan Nair, Dean, Kerala Agricultural University, and Dr. K. Prathapan, Director, State Horticulture Mission offered felicitations. Dr. A. Biju Kumar, Secretary of Annam Seminars and Dr. K.G. Ajit Kumar also spoke.

SEMINAR ON AGRO-BIODIVERSITY AND FOOD SECURITY

28 December 2008

Prof. K.P. Prabhakaran Nair, Former National Science Foundation Professor, Royal Society, Belgium gave the lead talk on "Food insecurity- The unfolding Terror of Hunger". Prof. Nair said that if India has to feed itself well, our production targets must be scaled up dramatically. Revising minimum support price each



View of audience



year is not the answer. This is welcome, but, it will only add to the already soaring food bill and shoot up the storage costs. North-Eastern India with untapped land mass, offers the best scope to expand cereal production. India, in particular Kerala, must seriously rethink on its land use policy. Many years ago Kerala was told to concentrate on cash crops by New Delhi. Now when the State is on the fringe of a very serious food shortage (it produces only about 15 per cent of its rice requirement), New Delhi is reluctant to release enough rice from the central pool to meet the needs of Kerala, escalating a food crisis in the State. Politics must not play with hunger.

Prof. M.K. Prasad, Chairman, Information Kerala Mission in his invited speech stressed the need for conservation of agro-biodiversity through public participation. Dr. Manoj Kumar Menon, Executive Director, International Competence Centre for Organic Agriculture (ICCOA), Bangalore spoke on "Organic agriculture, food security and climate change mitigation". According to him the area under organic cultivation in India is likely to cross the 2 million hectare mark by 2012, recording a growth of nearly 2.5 times from the present 8,65,000 hectares. The market for organic produces from and within India is expected to grow 6-7 times in the next 5 years, thereby taking about 2.5 % of the current global trade value, and hence the potential for organic products is very promising in India.

The invited presentations were followed by paper presentations by the researchers. Five research papers were presented orally and six through posters.

SEMINAR ON TRADITIONAL KNOWLEDGE, FOOD AND HEALTH

29 December 2008

The second day's Seminar included invited talks and paper presentations by researchers. The key-note address was delivered by Dr. G.G. Gangadharan, President, CISSA and Joint Director, FRLHT, Bangalore, on the topic "Traditional knowledge and health". He stressed that the microcosm (body) and the macrocosm (universe) are composed of the same elements, only their permutation and combination changes to metamorphose to different living beings. Hence Traditional Knowledge considers 'Ahara' as an important tool to engineer changes in the body.

Through this concept Traditional Knowledge (Ayurveda being one of the most codified forms of TK) adds another dimension to FOOD by considering it as a tool for engineering good health and hence an important part of the management program.

Dr. Palpu Pushpangadan, Director General, Amity Institute for Herbal & Biotech Products Development (AIHBPD) gave a talk on "Healthy Food and Nutraceuticals" and explained that phytochemicals have tremendous impact on the health care system and may provide health benefits including prevention and treatment of diseases and physiological disorders. He said that the key to the development of health foods/pharma foods or nutraceuticals lies in the value addition in the traditional natural diets.

Smt. Saradha Muraleedharan IAS, Executive Director, Kudumbashree, Government of Kerala, stressed the need for women empowerment to achieve food security. According to her women self help groups in the country can bring out another green revolution and they could be employed as messengers to spread the message of good food culture. Dr. Babu Joseph, Director, National Institute of Naturopathy, Pune delivered a lecture on "Food, Naturopathy and Health". Dr. P.R.G. Mathur, Professor, Ananthakrishna International Centre for Anthropological Studies (AICAS), Palakkad spoke on "Traditional Knowledge of Food and health among the primitive tribes of Kerala". The invited lecture was followed by six oral and three poster presentations.

GM CROPS AND FOOD SECURITY

30 December 2008

Dr. Mira Shiva MD, Chairperson, Health Action International Asia-Pacific & Founder, People's Health Movement, New Delhi delivered the key-note address. Her recommendations on genetically modified crops and food included the following: (i) Based on CBD's Biosafety Protocol Using Precautionary principle – moratorium on GM crops and foods till 5 years till appropriate bio safety studies - no market entry if safety doubtful, (ii) Long term studies to see impact on progeny, (iii) stoppage of victimization and harassment of independent researchers expressing biosafety and public health concerns, and (iv) no conflict of interest ensure mechanism is in place for fixing



Release of seminar proceedings by Prof. M. K. Prasad

liability in the case of corporations – alleging safety on basis of partial biased studies, research institutes alleging safety without adequate bio safety studies and regulators certifying products as safe without verifying safety.

Dr. V.S. Vijayan, Chairman, Kerala State Biodiversity Board spoke on “Do India Need GM Crops?”. He said that allowing GM products to frequent our country is akin to consciously surrendering our freedom to

choose what we want to sow and what we want to eat; destroying our biodiversity and diversity of food, inviting unknown diseases, pushing farmers to increasing financial burden and, causing irrevocable damage to our farming system evolved over millennia. Let the nation wake up with the courage of conviction and the sense of being Indian to save the nation from yet another 'colonization'; this time from the fangs of a few multinational biotech giants.

Dr. C.R. Soman, Health Action by People, Thiruvananthapuram in his lecture on “Towards a New Food Culture” stressed the need for popularization of good food culture in the country as the market is already dumped with fast food which is not only unhealthy but also toxic and free from nutritive elements. He recommended establishing a chain of good food restaurants all over the country.

In the afternoon session Dr. S. Usha and Sri. R. Sridhar of Thanal, Thiruvananthapuram spoke on “People's Movement against GM Crops in India”. They narrated the intervention of multinationals in the country and their involvement in questioning the very food security of our country through the introduction of genetically modified organisms and explained the various people's initiatives in India to fight GMOs.

Invited Speakers



Dr. Vandana Shiva



Dr. Prabhakaran Nair



Smt. Sarada Muraliedharan IAS



Sri P. H. Kulkarni



Dr. P. Pushapangadan



Dr. V.S. Vijayan



Dr. C. R. Soman



Sri. Sreedhar



Dr. S. Usha



Dr. Manoj Kumar Menon



Dr. Meera Shiva



Dr. Baby Joseph



Sister Mythili

National Workshops

28-30 December 2008

National workshops were held on three important themes. Organic Farming, Heritage Foods and Traditional Foods and Farming on House Terrace from 28 - 30 December 2008, as part of "ANNAM"- National food and Agro biodiversity festival. The workshops were co-ordinated by Dr. N. Kishore Kumar, Professor, Kerala Agricultural University.

Workshop on Organic Farming was inaugurated by Dr. K. Harikrishnan Nair, Dean, College of Agriculture, Vellayani. The participants shared their views on organic agriculture and indiscriminate application of fertilizers and pesticides.



The open forum was mediated by Dr. M. Subhramania Iyer, Associate Director of Kerala Agricultural University. Dr. R. Regunath, Retd. Professor, Dr. Krishna Kumar, CPCRI, Kayamkulam Dr. M. Vijayan Prof. & Head Dept. of Animal Husbandry were the resource persons. The workshop was co-ordinated by Dr. K. Usha Kumari, Professor of Soil Science, Kerala Agricultural University.

Heritage foods/traditional foods workshop was inaugurated by Dr. Mrs. Vasantha, Retd. Dean Kerala Agriculture university. The experts from Sri Avinashilingam Home Science College, Coimbatore. Dr. Thelakamani and Dr. Premila Priyadarshini led the sessions. Demo on traditional



foods was also organized by the participants. Traditional Food Culture of Malabar, Travancore, Nanjinadu, were elaborated.

The Workshop on Farming on House Terrace was co-ordinated by Dr. V. B. Padmanabhan and Dr. O. Kumari Swadija, Professors of Kerala Agricultural University. Terrace farming is an ideal way for modern urban families and the theme was well received.

Dr. V. B. Padmanabhan, Dr. O. Kumari Swadija, Mr. K. Bhaskaran Nair, Mr. T. K. Bhaskara Paniker and Prof. P. Reghunath handled various sessions. Recorded radio and television programmes on terrace farming were also shown. The enthusiasm of the participants paved the way for initiating an association of farmers interested in organic farming on house terrace in the State.





Cultural Shows



A team of tribal dancers from Attappady lead by Ms. Santhi made beautiful performance at the Annam Festival. This was facilitated by AHADS, a state government institution working among the tribals

Cookery Competitions

28 December 2008



Dr. Vandana Shiva inspecting food items prepared by the contestants

Traditional cooking competitions for housewives were organized as part of Annam Festival and this was a way of providing a reminder of past food habits. This was organized in collaboration with Agri-friends, a Thiruvananthapuram based NGO. Separate themes were allotted to each group and the women who participated were highly benefitted. Diversity in food items prepared using tuber crops like tapioca, yam, sweet potato and arrow root, displayed by the participants was well appreciated by the visitors.

Food Festival

27- 31 December 2008



A food festival focusing on the diversity in food and traditional knowledge was organised as part of Annam festival. The region specific diversity in cookery practices in the state, many of which are now disappearing from normal use, were on the show in the food festival. An entire array of stalls selling ready-to-eat ethnic foods at the Food Festival attracted large number of visitors. The items included traditional snacks like ragi appam, scented terali appam, edana appam, ada, kozhukkatta etc. The stalls were put up by various Self Help Groups, Kudumbasree, Ethnic Food Hotels, NGOs and assorted others.

Various preparations based on local health food traditions like Adalodakam koottu, a mixture made from Malabar Nut leaves and other herbs which helps to purify blood and get rid of lung

related health problems like coughing, phlegm etc. were also on display. Brahmi Kurukk, from the leaves of the Indian pennywort, which was available had many takers and this is considered as an energizer, good for memory and mind development. Malathangi kurukk, from Cissampelos pareira leaves etc., which helps restore taste and helps in relieving weakness and chest pain. Poovarash kurukk (mainly made from Thespesia populnea leaves) a general tonic attracted attention. These were considered an education option by many. Many were

seen interacting with the stall managers regarding the recipe and cooking methods. There were a variety of preparations from tapioca. This in combination with a variety of fish curry preparations had many takers.



Media Centre

26 December 2008



Dr. C. Sureshkumar, General Secretary- CISSA, Sri. L Radhakrishnan IAS, Principal Secretary, Power & Ports, Govt. of Kerala
Sri. K P Mohanan, Chief News Editor, Asianet Communications P. Ltd., Dr. GG Gangadharan, President- CISSA
Sri. K P Krishnakumar, Chairman Exhibition Committee, Annam

The Media Centre of Annam festival was inaugurated by Sri. K P Mohanan, Chief Editor, Asianet Communications Pvt.Ltd. at a function attended by Sri L. Radhakrishnan IAS, Sri K P Krishnakumar, Chairman, Exhibition Committee, ANNAM, Dr.G.G. Gangadharan, President CISSA and Dr. C. Sureshkumar, General Secretary CISSA. In his inaugural address Sri K. P. Mohanan said that the food we take molds us and unlike dress we wear can bring changes. According to Sri Mohanan, changing the food habits shall take a lot of effort but it is worth and it will mean a kind

of liberation struggle . Narrating an incident in his own life he said that he ordered a sandwich in the recent past at a retail outlet and was not served what he wanted. On enquiry he was told that the vendor only makes the items warm and these are supplied by agencies far away from the place. Pointing to the problems inherent in such centralized food supply chains Sri Mohanan expressed apprehensions as to how people can be weaned away from such trends and hoped that events like Annam shall go a long way in doing that service to the society.

Aranmula Sadya

28- 31 December 2008



Legendary actress Smt.Aranmula Ponnammamma along with her grand daughter Smt. Radhika and her husband cine actor Bharat Suresh Gopi enjoying Aranmula Sadya

A team lead by Sri S. N. Sadasivan Pillai, of Parthasarathy Caterers at Aranmula, a traditional expert in preparing Vallasadya at the Aranmula temple was invited to the Annam festival. This was a big draw for the visitors at the Annam festival to whom this was a new experience in Kerala cuisine.

The ritual feast called Vallasadya (in Malayalam, 'vallam' means boat and 'sadya' is feast') is annually held at the Parthasarathy temple in Aranmula on Ashtami Rohini day, which is celebrated as the birthday of Lord Krishna. It is a grand affair with thousands of devotees from all over the state taking part. The feast is an offering by the devotees to the prime deity, Lord Krishna. It consists of the main dish rice with 54 vegetarian side dishes. The sequence of each item and the

combinations of consumption has scientific reasons and are based on the native sciences like Ayurveda. This is a unique case of the rich biodiversity of the region reflected in the variety of dishes. The nutritional value of the various items in their native form points to the great wisdom of the native food culture. The ingredients like spice powders of Valla Sadya are ground by traditional ways and not with modern machines, which makes a major difference in taste, said the Valla Sadya team.

Originally at Aranmula the feast is served first to the oarsmen of 41 snake-boats who participate in the procession singing in chorus. An interesting thing about the feast is that the guests demand more food by singing in the Vanchippattu style. Devotees can also conduct Vallasadyas as an offering. Highlight of the event at Annam festival was the participation of the veteran film star Smt. Aranmula Ponnammamma. She arrived with her grand daughter Smt. Radhika and Radhika's husband cine actor Bharat Suresh Gopi. "This is an occasion of great sentimental value to me' she said. She explained the various components of the ritual feast to a group of school students from a local orphanage Ekalvyashram. As she remembered in the ancient times a reception in traditional style at the various temple ghats enroute on the river Pampa used to be conducted. It used to be a colourful procession on the river in all majesty.



Smt. Aranmula Ponnammamma explaining to the children about the legends behind the feast



Sri S.N Sadasivan Pillai explaining about the preparation of traditional dishes to Hon'ble Minister Sri. C.Divakaran



Students Rally

19 December 2008



A Student Rally was organized as part of the Annam Festival in collaboration with Agri-Friends, a local NGO. Large number of students from various Schools in the city and its suburbs participated in the rally. The students brought with them local food crops, seeds and other items and they carried placards promoting traditional food. This was a colourful event and successful in spreading the message of Annam festival to large section of public. A magic show was organized at the end and the students went back with awareness about the native food crops and their importance. The Rally was flagged off by Worshipful Mayor of Thiruvananthapuram Sri C.



Jayan Babu in presence of Dr. Vandana Shiva, Sri. J. Sudhakaran IAS, Principal Secretary, Govt. of Kerala, and Dr. K. Prathapan, Director, State Horticulture Mission.

Road Shows and Student Programmes

19- 26 December 2008



Performance of folk song group



Magician Nath performing Magic Show in the mobile stage



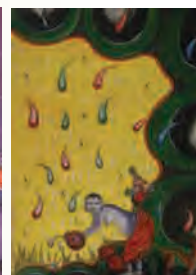
Artist's Camp

19 December 2008



An artist's Camp was organized as part of the Annam festival was inaugurated by the renowned artist Sri Kanayi Kunhiraman. Eminent artists of the state like Prof. Kattur Narayana Pillai, Prof. K K Rajappan among others participated in the inaugural function. It was a gathering of artists in the state who felt strongly for the cause of good food that CISSA was championing. The Camp was coordinated by Sri Karakkamandapam Vijaya Kumar, Member, Kerala Lalitha Kala Academy.

The participants painted on canvas on the theme of healthy food and its related areas. The painting produced in the artists camp were displayed during the Annam exhibition and gave color to the whole program. The paintings are to be used by the organization in promoting the theme at various places for awareness creation. To reach the message to the general public through various means was a key aim of the Annam Festival and the Artists Camp was successful in achieving the aim.



Poster Campaign

CISSA has brought out a series of posters on the theme of Good Food Movement, aimed at reaching out to the larger population. CISSA is planning a major intervention in Fast Food Free Campuses in the coming years and the posters are meant as supporting material for this event. Made with state of the art material and software these convey specific concepts and these are being used at the various functions that CISSA is organizing or participating.

Some of the key concepts covered in this series are ill effects of fast food, possible health hazards from aerated drinks, problems with colorants and preservatives, benefits of locally available foods, etc. These posters were taken across Kerala and some of the events where it was used include 'Arogya 2009' National Exhibition at Trissur,

various Seminars at Ernakulam, Neyyattinkara, Karakulam etc. These posters were well received wherever it was shown and it had a great appeal in the audience.

Particularly for the students the messages in the CISSA posters were indeed unique and there was a new enthusiasm among the viewers. As of now there is a craze for fast food in the campuses mainly due to the advertisement campaigns by corporate food manufacturers who derive huge profits at the cost of community health. Having some fast food and an aerated drink is considered a prestige issue for young people and the fight against this spreading menace is no easy task. The mobile Poster Campaign is to be taken to various places in the state and outside. These are presently in English and Malayalam.



Valedictory Function 31 December 2008

The Valedictory Session was inaugurated by Sri Mullakkara Retnakaran, Hon'ble Minister for Agriculture, Govt. of Kerala in a well attended function presided over by Dr. M. P. Nayar, former Director, Botanical Survey of India. The event was addressed by Sri A. Govindarajan IPS, Director, Postal Services, Kerala Circle, Dr. K. Prathapan, Director, State Horticulture Mission, Dr. G. Sunil Kumar, NRHM (Kerala), Dr. N S Pradeep, Scientist, TBGRI and Dr. C. Sureshkumar, General Secretary, CISSA. The Hon'ble Minister Sri Mullakkara Retnakaran in his address quoted the famous Sanskrit dictum Annam Brahman, pointing to the great wisdom of the ancients about the sanctity of



Sri Mullakkara Retnakaran, Hon'ble Minister for Agriculture, Govt. of Kerala, Dr. M P Nayar, Former Director, Botanical Survey of India, Sri A Govindarajan IPS, Director, Postal Services, Kerala Circle, Dr. C Sureshkumar, General Secretary, CISSA, Dr. G. Sunil Kumar, NRHM (Kerala), Dr. K. Prathapan, Director, State Horticulture Mission, Dr. N S Pradeep, TBGRI

food. A value that still exists in the interior villages, where according to him, people consider food as divine. An unpolluted earth, water and most important an unpolluted mind, are primary for getting unpolluted food, the Minister said. Modern agro-technologies have done a lot of harm, by replacing the native agricultural practices. The Minister wished that the movement for good food sustain with the core commitment to Dharma, which Gandhiji advocated. Hon'ble Minister also released the special cover brought out by postal department to commemorate the occasion. The session ended with the distribution of prizes by the Minister and presentation of the Annam 2008 Declaration.



Awards



Best stall Prize
National Rural Health Mission



1st runner up
State Horticulture Mission



2nd runner up
Coconut Development Board



LAUNCHING OF 'ANNAM' GOOD FOOD MOVEMENT

27- 31 December 2008

'Annam' is a people's initiative launched in India jointly by Centre for Innovation in Science and Social Action (CISSA), Navdanya India and The Environmental Collaborative (TEC). This movement is an effort to popularize the concept of good food, in the context of the spreading fast food culture. It aims at making the people aware of the linkage between good food and health, local agro-biodiversity and agroclimatic regime. Annam movement shall work towards conservation of local agro biodiversity to enrich food diversity, and to fight for food security and food sovereignty in the country. 'Annam' is launched in a globalised world where corporates are in the pursuit of monopolizing food and agriculture 'Annam'

The launch ceremony of 'Annam' movement was held at Thiruvananthapuram on 18 February 2008 in a unique function in the



Mr. Carlo Petrini, Founder of Slow Food Movement, Italy launching Annam movement by filling the traditional 'para' with rice.



Sri C. Divakaran, Hon'ble Minister for Food and Civil Supplies, Kerala inaugurating the launch seminar

presence of three eminent personalities- State Food & Civil Supplies Minister Sri. C. Divakaran, Dr. Vandana Shiva, Founder of Navdanya India, New Delhi and Mr. Carlo Petrini, Founder of Slow Food Movement (Italy) . Smt. Sudha Soni, Chief Functionary of TEC welcomed the gathering. Dr. C. Suresh kumar, General Secretary, CISSA presented the policy statement of 'ANNAM' movement. Dr C.R. Soman, Dr. M.P. Nayar, Dr. S. Rajasekharan, Dr. C.R. Rajagopal, Dr. S. Santi, Sri. Ajith Venniyor and Dr. A. Biju Kumar also spoke on the occasion.

CONCEPT

Food is one of the basic needs of human beings. Growing, harvesting, preparing food and the age-old traditions of coming together to eat has 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. What we eat has changed more on last forty years than in the previous forty thousand years of human history. Health is that which is created out of the food that we eat. The question is are we eating the food that make us healthy or are we eating 'something' which is killing us slowly, unknowingly.



View of audience

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 planet. Food production should have as little negative impact as possible on both the environment and the people involved in producing the food. As a generation which has had access to less polluted food and water we have a legitimate duty to the next generation. We are at debt to them and we need to ensure a healthy life for them. In fact our day to day life, if it does not contribute to ensure this, we are failing in our duty to protect our future

generation and abetting one of the worst health disasters that waiting in the wings to happen.

Our global food supply now is gradually becoming centralized and relies on diminishing variety of crops that again are grown in huge monoculture making it more vulnerable to pest outbreaks and diseases. At the turn of the century there were thirty thousand varieties of rice in India, but now there is not even half of that. Diminishing variety of food crops due to large scale monoculture, increasing pesticide use, exploitation and cruel treatment of millions of animals and ethical issues around food acquisition, production and retailing are factors that implies huge costs to our environment and our quality of life.

There is an urgent for a food revolution to replace the industrialized factory model highly processed food with a sustainable system of safe and nutritious food that is ethically produced, fuels our health and is culturally acceptable.

We have to recognize that food is not a commodity. It's the very basis of life. Secondly, food production is not industrial activity. It is a means of nurturing the land. It is conserving resources. It is giving livelihoods. It is shaping a culture. And it is much more than bringing wheat, rice and vegetables and fruits to the marketplace.

We need to discuss on solutions. There is a health crisis and food crisis looming.

- ? We need nutritionally rich food.
- ? We need to sustain our communities by keeping producers in business.
- ? We need to reduce our exposure to toxic pesticide in our immediate environment.
- ? We need to keep our food supply in our hands ensuring food safety and food sovereignty.
- ? We need to reduce diet related diseases.
- ? We need to ensure a future generation that is healthy and vibrant.

That is the most valuable gift we can give our children.



There is an alternative and we need to act upon it with urgency lest we lose the chance to make the Earth a better place to live in.

What is at Stake is the evolution of nature and survival of people, our food sovereignty and food freedom – for the sake of the earth, for all species and for ourselves and for generations



Dr. Vandana Shiva handing over the logo of Annam Movement to Dr.C.Suresh kumar (CISSA) and Smt. Sudha Soni (TEC)

to come. A growing number of people believe that sustainable community food system (where food is grown, processed and distributed locally with strong emphasis on environmental and social values) provide a viable economic alternative to the industrial food system.

OBJECTIVES

? Preserve and promote local and traditional food,

along with their wisdom .

- ? Educate consumers about the risks of fast food.
- ? Educate citizens about risks of monoculture and reliance on too few genomes or varieties.
- ? Educate citizens about the drawbacks of factory farms.
- ? Promote location specific vegetables and crops.
- ? Form and sustaining seed banks to preserve local seed varieties in cooperation with local food systems
- ? Organize food and biodiversity festivals
- ? Develop various political programs to preserve family farms.
- ? Lobby for the inclusion of organic, farming concerns within agriculture policy
- ? Lobby against government funding of genetic engineering
- ? Lobby against the use of chemical pesticides
- ? Teach agriculture skills to students and housewives and promote homestead farms
- ? Encourage ethical buying in local marketplaces
- ? Organize small scale processing



'ANNAM' - NATIONAL FOOD & AGRO-BIODIVERSITY FESTIVAL

27-31 December 2008

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'ANNAM' -NATIONAL FOOD & AGRO-BIODIVERSITY FESTIVAL
Chandrashekaran Nair Stadium, Thiruvananthapuram, Kerala
27-31 December 2008



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53	NEYYATTINKARA INTEGRAL DEVELOPMENT SOCIETY Logos Pastoral Centre, San Jose Nagar, Neyyattinkara, Trivandrum – 695 121,Kerala	0471 – 2221545, 2220180 Fax: +91 – 471 – 2221547
54	AGRI FRIENDS Lekshmi Tower,Near Akhilam Auditorium. Peorkada,Thiruvananthapuram-695005 Ph:0471-2430628	
55	ARYAS FOODS House No:XIX/85, Choorakkattillom, Near Aarattu kadavu, Kumaranalloor.P.O., Kottayam-686 016,Kerala	0481-3293974
56	PATHAYAM Natural Health Food Restaurant, Bakery Jn., Thiruvananthapuram-14, Kerala	0471-24014178
57	SWADISHTA MUSHROOM Kudappanakunnu, Thiruvananthapuram	
58	KUZHIPPALLAM BOTANICAL GARDEN	
59	MEDICINAL PLANTS, Govt. Ayurveda College, Thiruvananthapuram	
60	ATHMA NILAYAM NURSERY, PARASSALA	
61	ATTAPPADY HILLS AREA DEVELOPMENT SOCIETY (AHADS) Agali , Palakkad - 678 581 Kerala	04924- 254202 / 254516
62	SPICES BOARD, Sugandha bhavan , NH By-pass,P.B.No:2277, Palarivattom, Kochi - 682 025, Kerala	0484- 2333610 ,
63	National Bank for Agriculture and Rural Development (NABARD) Kerala Regional Office, Punnen Road, Statue, Thiruvananthapuram-695 039	0471-2323590/2323846 Fax: 0471-232 4358
64	Peermade Development Society, Peermade, Idukki	
65	Srothas Rural Market, Malankara Social Service Society, Pattom	
66	Value Added native farm Products, GRAMA, Bharananganam	
67	Centre for Overall Development (COD) PB No.33, Matha Tower, Thamarassery Kozhikode	
68	Kely Farmers Club Pattanakadau, Cherthala, Alappuzha	9249222875



Central Council for Research in Homoeopathy, New Delhi

Central Council for Research in Homoeopathy (CCRH), the premier research organization for Homeopathy, of the Govt. of India, under Ministry of Health and Family Welfare, Department of AYUSH, has recently completed 30 years of its existence. It has evolved into a network of 33 institutes / units located in different parts of India with the following mandate:

To initiate, develop, undertake and co-ordinate scientific research in fundamental and applied aspects of Homoeopathy

To exchange information with other institutions, associations and societies interested in the objectives similar to those of the Council.

To collaborate research studies with other Institutes of Excellence, towards promotion of Homoeopathy.

Since its inception in 1979, the salient achievements and current activities of the Council are as follows.

1. Drug Proving: Proved 71 drugs used in Homoeopathy, on healthy human volunteers (1979 –2005), a process unique to Homoeopathy. Proving data of 52 drugs have been published in the quarterly bulletin of the Council. A book on Homoeopathic drugs proved by the Council (38 drugs) is also published. Most of these drugs are of indigenous origin viz. *Abroma augusta*, *Aegle folia*, *Aegle marmelos*, *Azadirachta indica*, *Mangifera indica*, *Tylophora indica*, etc.

2. Clinical Research: Completed 51 clinical studies (37 Disease related and 14 drug related) till date, in general areas. The salient achievements in disease related clinical

studies have been in HIV disease (Pilot study, Double Blind Randomized Placebo Controlled trial, Multi-centric and Drug Related studies), Sickle cell anaemia, Filaria, Problems in mentally retarded children, Cervicitis & Cervical erosion, Bronchial asthma, Upper Respiratory Tract Infection (URTI) Drug de-addiction, Iron deficiency anaemia, Sinusitis, Skin disorders (Psoriasis, Allergic dermatitis and Vitiligo) and Menorrhagia. Council has also concluded 18 clinical studies (Drug related) in tribal areas in different parts of the country. Currently 18 Disease related and 01 Drug related studies (on redesigned protocols) are in progress at both general and Tribal areas which include Depressive episodes, Schizophrenia, Drug de-addiction, Chronic bronchitis, Acute bronchitis, Chronic sinusitis, Acute rhinitis in children, Tropical eosinophilia, Benign prostate hyperplasia, Distress during climacteric (Menopausal) years, Furunculosis, Vitiligo, Gastroenteritis, Acute diarrheal disease in children, Renal Calculi, Diabetic distal symmetric polyneuropathy, Diabetic foot ulcer, HIV / AIDS, HIV / AIDS (Drug related), Comparative study on HIV /AIDS with Anti-retroviral and add on Homoeopathic drugs.

4. Clinical Verification – Since inception, Clinical verification studies on 52 drugs used in Homoeopathy are completed, most of which have been proved by the Council. Data of 27 drugs have been compiled and published, while compilation of data of 25 drugs is in progress. Studies on 35 (Pharmacopoeial standards of 32 are available) drugs proved by the Council are currently in progress.

5. Drug Standardisation: Council has completed Pharmacognostic studies on 233 drugs, Physicochemical studies on 214 drugs and Pharmacological studies on 124 drugs till 31.03.2007. The drug standardization studies have



been completed on 106 drugs in all aspects.

6. Survey and Cultivation of Medicinal Plants: Council has a 'Survey and Cultivation of Medicinal Plants Unit' at Udagamandalam (Tamil Nadu). Under survey of medicinal plants in an around Udagam-andalam (Ooty), Unit has collected 8015 medicinal plants. The Council has also procured 12.70 acres of land in Ooty on lease, from the Govt. of Tamil Nadu and has cultivated some exotic medicinal plants widely used in Homoeopathy, which include *Cineraria maritima*, *Digitalis purpurea*, etc. at its Herb Garden in Ooty. Germplasms of 49 drugs are being maintained.

7. Collaborative / Extram-ural Research Studies: The Council has also decided to take up / tie up collaborative program-mes with other reputed Institutes, in order to avail of their infrastructure, for scientific validation of Homoeopathy.

8. Extra Mural Research Scheme of Dept. of AYUSH: Council is also monitoring research proposals received under Extra Mural Research Scheme of Dept. of AYUSH. Under the scheme, grant-in-aid is provided to the Institutes / organizations for carrying out scientific research in AYUSH Systems. Council is monitoring 32 research projects relating to Homoeopathy under this research scheme.

9. International Recognition: After successful presentation of the Research activities of CCRH in the International Conference at London in January 2006, the International Bodies like International Federation of Classical Homoeopathy, Royal London Homoeopathic Hospital, European Committee of Homoeopathy & American Institute of Homoeopathy have included CCRH to form International Scientific Committee on Homoeopathy & Influenza (ISCHI) which will promote research programmes in Homoeopathy, particularly in the management of influenza including Avian Flu.

Central Research Institute for Homoeopathy (CRIH), Kottayam

The CRI(H), Kottayam is one of the major Institutes under the CCRH. This Institute which was started on 1st April, 1974 as a

Regional Research Institute for Homoeopathy was upgraded in the year 1982 as a Central Research Institute for Homoeopathy with a 50 bedded Research hospital. In the year 1988, this Institute was declared as Research Centre exclusively for Behavioural Disorders and Epilepsy. Since then several studies have been on the subject of behavioural disorders along with other general clinical disorders. Since 1st October 2005, the Institute has been conducting two psychiatric projects viz. Schizophrenia and Depressive Episodes along with five more clinical subjects viz. Acute Rhinitis in Children, Chronic Bronchitis, Urolithiasis. With the merging of CRU(H), Udupi with this Institute in February 2008, two more clinical researches on Menopausal Syndrome and Sinusitis have been added to. Over and above all these, a Drug Proving Project has also been functioning here. Thus, in total there are two Psychiatric projects, five general clinical projects and one Drug proving project here. All the services including diagnostic tests / investigations, treatment, medicine, diet etc. are given free to the patients.

This Institute is functioning in the land and building provided by the Govt. of Kerala. Apart from the above, in order to augment its work, the CRIH is presently running Satellite Centres in and around the Districts of Kottayam from where the patients of the projects are screened and referred to the Institute for detailed study for the projects.

With the financial assistance of Rs. 5 crores from Govt. of India, an adequate building for accommodating 50 bedded hospital and accompanied requirements worth enough for a research Institute has been constructed.

The building is now under active furnishing and it is expected that entire institute can be shifted to new premises within a month.

Setting up of a clinic on Antenatal Care is also under active consideration to manage through homoeopathic system of medicines under Mother and Child Care Scheme.

Apart from the above, The Institute has been actively engaged in the management of disastrous Epidemics such as Leptospirosis, Viral fever, Hepatitis, Chikungunya, Dengue fever, Viral Fever etc. by arranging medical camps at various centres with the



active involvement of Local bodies and Voluntary organisations in Kerala and Lakshadeep. For the above purpose an Epidemic Control Cell has been set up at the Institute.

The Institute has already conducted a study on 42,000 healthy volunteers to assess the efficacy of homoeopathic medicine in both curative and preventive treatment of Viral Fever and Chikungunya broke out in the year 2007.

The Institute is actively participating / conducting Arogya Melas, Exhibitions, Medical Camps / Workshops and Seminars on its own and also in association with the Local Self Govts. and NGOs.

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With the financial assistance of Rs. 5 crores from Govt. of India, an adequate building for accommodating 50 bedded hospital and accompanied requirements worth enough for a research Institute has been constructed. All necessary facilities including 5 OPD cubicles, Casualty, Clinical Laboratory, X-Ray, ECG, USS, Pulmonary Function test, Pharmacy and Dispensary, Occupational Therapy Unit, Waiting Spaces, Nursing Station required for a strength of 50 bedded hospital have been provided with necessary ventilation and

necessary provisions for Toilets, Water Supply etc. Twenty five beds out of the above 50 have been set apart for accommodating Psychiatric patients with separate wards for male and female. The remaining 25 beds are for general patients, both male and female. Besides, facilities have also been provided to accommodate Administrative Block, Central Store, Medical Store, Hospital Store, Committee Room, Seminar Hall, Kitchen with Cooking Gas facilities, Dining hall, Reception lobby with Medical Records room etc.

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...specific examples of traditional diets
...much confusion over
...it, be

and the

GHI

Annam festival erala shows how



Chennellu, ural, and Varinellu. and parents were bout paddy — "after get the rice that we ural divide that the

over eating habits. There is a growing onal preparations. and at least one rural organic produce. as well. It promoted urban people & vegetables. movement sponsored of families who way and sell them. It

of these efforts — together in a useful way. restaurant, which had a appam, scented terali appam, edana appam, ela ampies of food as medicine: the original Kerala ions made by a Kurumbashree unit had many s "om an old lady", Bindu, a member of the or 1, a mixture made from Malabar rids of lung related



Dr G G Gangadharan and Dr C Suresh Kumar
Shree Padre
Thiruvananthapuram

I was a little past midnight, but Lilly Bai was up in her house she was busy making 15 dishes using yam. Preparations to Thiruvananthapuram to present the cookery competition at the Annam festival. Lilly is a housewife at Panassala, a small town in Kerala. Middle-aged housewives are waking up to the new traditional cooking. They are rediscovering the variety has been all but forgotten because of the pressures of Lilly's yam offering was a special effort. She has the "If I had enough time, I could have made another 100 Lilly. But for most people putting an old-style meal to it is a difficult choice to make when quicker, easier al. The Annam festival held in the last week of Decer its kind. It is a brave attempt to bring focus to the present food habits in Kerala and the deleterious ef public health. Among Indian states, Kerala has outstanding diet and lifestyle have



Visitors taking a look at traditional rice varieties which are difficult to find these days

Radhakrishnan feels that the Kutumbashree anti-poverty programme is a local example worth following. "It is a great success," he points out. "Several small families are producing clean homemade food. It is fast food, but done in the traditional way from inputs from home gardens. For example, in chicken preparations it's not the broiler chicken, but local chicken that is used." "Eighty-five per cent of our food comes from outside the state. Although we are literate, we aren't quality conscious about food," says S Usha, director, Thanal. "Very few people in society are aware of environmental degradation. They do not realize that what they get from super markets and

also in... producers," says S Usha. "Kumar, director actor to being encroached by big business. What worries using our precious diversity. Once food diversity dies, agri do to go that way", cautions Dr G Gangadharan, president, (out as a biodiversity rich nation, Kerala has a special dis Our aim is to lend respectability to local traditional food to get celebration to speak in defence of this kind of food

limiting of a bigger awakening," says Radhakrishnan pur into perspective. "This sort of e about our food hasn't suik anywhere else in India. organized way. More people should yam"



kitchen garden at the Annam festival. For the last one decade gardening integrated with pou thousands of families. An ind Ocean feast this year. About 3 three homegrown vegetables recognizing the pains farmers of food should also be in per "The food sector is being at that we are losing our prec. Variety also has to go that way India stands out as a biodiversity the country. Our aim is to less e strategies in to get celebrities honor the masses." This is a beginning of a togeth





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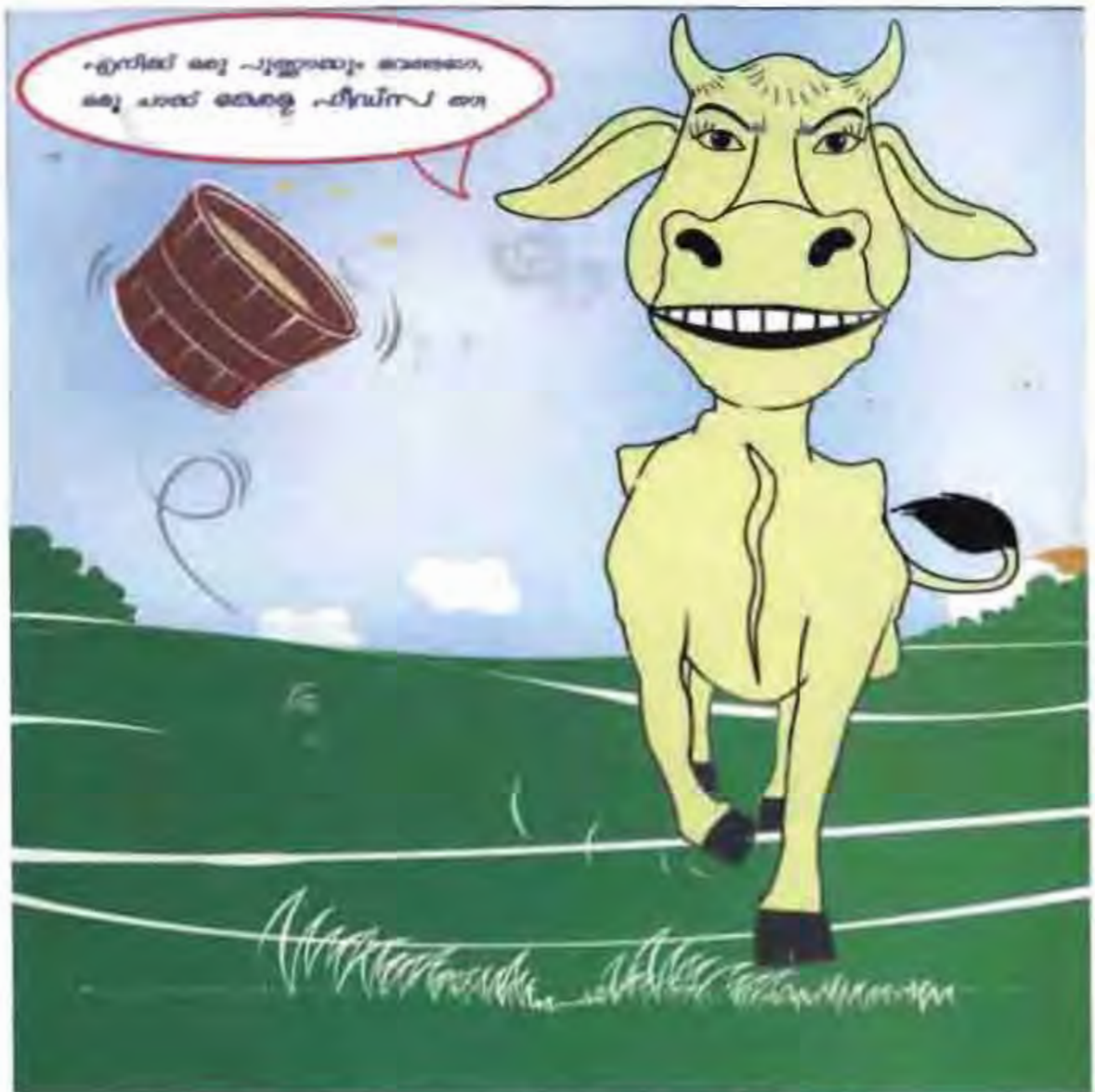


- സ്വയം തൊഴിൽ വായ്പാപദ്ധതികൾ
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വവനം ജി. ജോർജ്ജ് ഹെഡ് ക്വാർട്ടേഴ്സ്, മെറ്റേണിറ്റി, തിരുവനന്തപുരം



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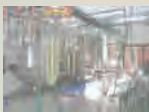
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തുളുമ്പിക്കുന്നുകളും നിങ്ങളുടെ കുഞ്ഞിനെ
7 മാർക്കരോഗങ്ങളിൽ നിന്നും രക്ഷിക്കുന്നു

നിങ്ങളുടെ കുഞ്ഞിന് താഴെപ്പറയുന്ന വാക്സിനുകൾ നൽകുന്നുണ്ടെന്ന് ഉറപ്പുവരുത്തുക

കുട്ടികളുടെ പ്രായം	നൽകേണ്ട ഡോസ്
ജനിച്ച ഉടനെ	ബി.സി.ജി., പോളിയോ തുളുമ്പിക്കുന്നത് - 0 ഡോസ്
6 ആഴ്ച	ഡി.പി.റ്റി(ട്രിപ്പിൾ), പോളിയോ തുളുമ്പിക്കുന്നത്, ഹെപ്പറ്റൈറ്റിസ് ബി 1-ാം ഡോസ്
10 ആഴ്ച	ഡി.പി.റ്റി(ട്രിപ്പിൾ), പോളിയോ തുളുമ്പിക്കുന്നത്, ഹെപ്പറ്റൈറ്റിസ് ബി 2-ാം ഡോസ്
14 ആഴ്ച	ഡി.പി.റ്റി(ട്രിപ്പിൾ), പോളിയോ തുളുമ്പിക്കുന്നത്, ഹെപ്പറ്റൈറ്റിസ് ബി 3-ാം ഡോസ്
9 മാസം	മീസിൽസ് വിറ്റാമിൻ എ 1-ാം ഡോസ്
18 മാസം	ഡി.പി.റ്റി(ട്രിപ്പിൾ) 1-ാംബൂസ്റ്റർ ഡോസ്, പോളിയോ തുളുമ്പിക്കുന്നത് വിറ്റാമിൻ എ 2-ാം ഡോസ്
തുടർന്ന് ഒരോ 6 മാസത്തിലും 5 വയസ്സുവരെ വിറ്റാമിൻ എ ഒരോ ഡോസ് നൽകുക	
5 വയസ്സ്	ഡി.റ്റി ബൂസ്റ്റർ ഡോസ് പോളിയോ തുളുമ്പിക്കുന്നത്, വിറ്റാമിൻ എ 9-ാം ഡോസ്
10 വയസ്സ്	ടി. ടി വാക്സിൻ
16 വയസ്സ്	ടി. ടി വാക്സിൻ

ഇതിനു പുറമെ പൽസ് പോളിയോ ദിനങ്ങളിൽ ഒരോഡോസ് പോളിയോ വാക്സിൻ നൽകണം



ആരോഗ്യകേരളം
ഐശ്വര്യകേരളം



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