

## e-Copy only

Vol 8 Issue 1

**November-December 2019** 

# Pallesrujana

www.pallesrujana.org

**A Platform for Grassroots Innovations** 



## Melancholy Behind Creativity



In a village, there lived a sculptor who was well known locally for his dexterity and art. His son was also an aspirant sculptor. However, due to his own frustrations, his father never cared to have a close look at his son's art or drop a single word of appreciation or encouragement. Yet, the son always looked up to his father and kept longing for his attention.

One afternoon, the son started digging the land in the courtyard of the house as if restlessly looking for something beneath the surface. The father was forced to pay attention to the irritating activity of the son. He chided him and asked: "Now what have you been up to? Have you no peace?" The son replied: "I just saw a beautiful object and I am digging to bring it out." The sculptor in the father felt curious and he too started helping his son in digging. They finally managed to bring out a beautiful sculpture of a lady dancer. The father felt amazed to see that and said:

"Now this is what I call art son. It is strikingly beautiful and perfect. I wonder whose must be the hand behind this!" To this, the son smiled painfully and said: "Thank you papa, you made my life today."

The sculptor's son, who had carved the lady dancer in stone and buried it under the ground realized what many children discover everyday. Neither the parents, nor many teachers appreciate the tendency on the part of some children to pursue extra curricular interests with passion. Some elders are unduly critical. Many of the children we talked to have had mixed experience. Some found teachers/parents to be quite nurturant but many did not. Whether children without opportunity to develop multiple faculties, would be able to contribute towards, or appreciate a culturally diverse society? Would not their parameters of evaluating success in life be unidimensional? We look forward to hear inspiring tales of nurturant elders that children have met: Ed.

Source: Adapted from a Gujarati folktale

HoneyBee: Vol 29(2) April-June 2009

## Pallegrujana

Vol-8, Issue - 1 November-December 2019

Ph.: 040-27111959, 98660 0168 president@pallesrujana.org, www.pallesrujana.org

**Editorial Board:** 

Chief Editor:

Brigadier (Retd) Pogula Ganesham

Editor:

Jammalamadaka Sesimohan

Sub-Editor:

Palle Veera Raghav Reddy

Advisers:

Prof. Anil K. Gupta, P. Chandrakanth Sharma J. Srikar

Designing & Printing : Narendra Grafix,

Ph.: 81257 99904

Hyderabad.

E-mail:

narendragrafixhyd@gmail.com

Rs. 1,000/for 5 years Subscription Koppula Ashok Weeder





Palle Srujana Innovation Display in Kurnool

Protect the crop from wild boar





A purposeful life of Annam Srinivasa Rao

Grassroots Innovations Ready to Market



9th National Grassroots Innovation Awards - 2017





National Recognition to Gorre Ashok

International award to Telugu Innovator



"Corn" a mine of medicine — "Fruits" best medicines



Spandana

Inner Cover .... Melancholy Behind Creativity HoneyBee Story,
Ready for Sale Grassroots Innovations

Centre Spread: Programmes Palle Srujana participated

Printed, Published and Owned by **P. Ganesham** and Printed at **M/s Narendra Grafix**, 1-5-1055/2/14, Saibaba Nagar, Old Alwal, Secunderabad, Medchal- Malkajgiri Dist. - 500010. Telangana State and Published at 102, Vayupuri, Sainikpuri Post, Malkajgiri Mandal, Medchal- Malkajgiri Dist. -500094. Telangana State, Editor: **J. Sesimohan.** 

## HoneyBee Regional Collaborators & Publications [Karshakan Samsarikkatte (Malayalam) | Num

Peermade Development Society,

Peermade, Idukki - 685531,

Kerala hmathew@gmail.com

Fr Hubby Mathew

Honey Bee (English)

AES Boys Hostel Campus, Near Gujarat University Library & SBI Bank, Navrangapura, Ahmedabad - 380 009 Gujarat, India.

Phone: 91-79-27912792, Fax: 91-79-27913293 Email: honeybee@sristi.org

Palle Srujana (Telugu)

Brig Pogula Ganesham VSM (Retd) 102, Vayupuri, Sainikpuri Post Secunderabad-500 094 Telangana. president@pallesrujana.org, www.pallesrujana.org Loksarvani (Gujarati), Sujh-Bujh Aas Paas ki (Hindi) SRISTI, P O Box No.15050 Ambawadi Ahmedabad - 380015 Gujarat loksarvani@sristi.org Num Vali Velanmai (Tamil) Mr P Vivekanandan 45, T P M Nagar, Virattipathu, Madurai - 625010 Tamil Nadu vivekseva@gmail.com

Aama Akha Pakha (Oriya)
Dr Balaram Sahu
Keshari Endave, B- Block, Flat No-401
Nayapalli, Bhubaneswar-12 Orissa
balaram.sahu@gmail.com

Pallegrujana Bi-monthly 1

## Can farmers invent bio-pesticides?

Grassroots innovator 'Galla Chandrasekhar' belongs to a village called 'Kaarakollu' near Srikalahasthi. He is extremely passionate about science. He has a deep respect for nature. He strongly believes that the combination of the both of these will solve all of humankind's problems. Since two decades he has been using his scientific knowledge to experiment, innovate and give nature based solutions to problems related to agriculture, animals and people. Chandrasekhar has presented and detailed his 26 innovations in front of 30 of the best scientists from IICT, CSIR at Hyderabad. He received the national award through NIF in 2013 and his innovation Sri Tailam has received very good response from the public. Sri Tailam is liked by people so much that they come back to buy it again and again. But he never stopped with this, he continues to experiment and innovate.

Out of the above innovations, the one very useful for farmers is the 'Nematicide' that Chandrasekhar made to destroy Nematodes. Farmers worldwide are facing huge financial losses because of the Nematodes. Retired nematode scientist D. Vara Prasad says that the farmers growing crops under greenshade are badly affected due to the damage nematodes caused to their crops. A farmer cannot identify the presence of Nematodes in his crop until the crop dies. Till now only chemical pesticides have been in use for prevention of Nematodes. These chemicals kill all the plants in the farm. But the farmer loses more because of the adverse effects these chemical Nematicides cause on the environment and other living beings in his farm. A report says that there is a loss of 158 billion dollars worldwide annually because of Nematodes. In countries like America, France, China and Australia, farmers are losing around 30% of the yield due to this issue. ICAR estimates that 2000 crore worth of yield is lost because of nematodes in our country.

The herbal medicine that Chandrasekhar found for nematodes works amazingly well. Hundreds of farmers from the Telugu states have benefitted immensely from his herbal nematicide. We have published all their experiences in the Palle Srujana magazine multiple times. To our understanding, none in the world has ever developed an herbal solution for Nematodes. This nematicide when used in the crop, the plants begin to regrow within 10-15 days looking wonderfully green. The farmer does not have to lose one crop completely as it happens in the case of application of chemical nematicides. Dr Vara Prasad mentioned that on application, the shelf life of this Nematicide is 50 days against the shelf life of nematodes which is only 30 days. There is a distinct possibility of destroying two generations of nematodes in one application. Shelf life in a bottle is two years. When such a great invention made by Chandrasekhar has to get a licence, CIB (Central Insecticide Bureau) insists on safety data and residual data besides many other field tests. Many tests have to be performed on different crops and in nominated labs. The cost is estimated to cross 40 lakh. Can Chandrasekhar, who is an ordinary farmer and a scientist, bear this cost? Then how can farmers get access to such a good Nematicide which reduces their crop losses surely?

Government has a special procedure in place to recognize the different seeds and plants developed by the farmers. Farmers are able to use this provision to register their innovations in a short span of time with least cost. If this procedure is extended to biopesticides (organic pesticides) i.e. innovations like the 'bio-nematicide' made by Chandrasekhar, these innovations too reach farmers soon. Until then, local agricultural universities must take this up as a project and get funding from the government to licence the farmer innovators. Such initiatives that are beneficial to farmers must move forward without a 'red tape', as soon as possible. Palle Srujana extends its full support to such government initiatives and university projects.

With best wishes to every farmer to bring home more and more grains in this Rabi harvesting season.

Translation by :

Palegar Bicchukatti Renuka Devi

Affectionately,
Brigadier Pogula Ganesham (Retired)





Koppula Ashok was born to Esuratnam and Shantamma who belong to Irlapadu village at Nadendla Mandal in Guntur district of Andhra Pradesh. He has an elder sister and a younger sister and theirs is a small tightly knit family. He is married to Prasanna and has three daughters. Ashok only studied until the 10th standard. His father Esuratnam earned his livelihood by running a crusher machine. All the dust and mud this work involved became the reason for many health issues and he had to stop this work. He then started farming. Although they did not have their land, Ashok worked very hard along with his father on the land they took for lease. When his father was working on the crusher, Ashok would go and help him out with welding and other tasks thus he learned some engineering tasks. After a while, he got good expertise in welding and started his welding shop in a village called Irlapadu in Chilukaluripeta Mandal of his district.

He made small hand tools at his welding shop for farmers in nearby villages. As the financial burden of using cattle in farming was getting heavier, they would get tools made at his shop and work by themselves without the cattle. As time passed by it got difficult to find labour to do the work using these tools. Time taken and labour shortage forced the farmers to look into more efficient tools using engines. Farmers would request him to try to make machines fitted with engines. Ashok observed that people are raising cattle in the village and giving them for lease, as farmers were unable to afford them. Cattle were also not available on time and in required numbers. Ashok realized that there is a need to create small machines to solve all these problems and he understood the potential of this void.

He tried to make some agricultural machines but he was not satisfied with their performance. He needs to make changes to them. His machines



were heavy and needed a lot of physical effort from the farmer. They also kept stopping frequently. He discarded that equipment and took only the engines from them and tried to make new machines by incorporating necessary changes. He made six versions of the machine this way, each one made by rectifying the issues observed in the previous version. Finally, the seventh one was made successfully and worked the way he wanted. He then approached Suresh from Kapuru village in Lingampally mandal, who was his good friend and requested him to use this machine in his farm and let him know if it still has issues to be rectified. Just like he expected Suresh continued to use the machine on his farm and was very happy with it. Suresh sold his cattle and depended solely on Ashok's machine to work on his 4-acre farm for two years with absolutely no complaints. Ashok hoped that the other farmers around would notice Suresh using this equipment in his farm, and would approach him to make such machines for them and that this would provide a livelihood for him.

After two years, Ashok went to Suresh to find out how the machine had been working. Suresh expressed his happiness and intimated that he had been using this machine to do all his farming work. He has been removing weeds between papaya trees and doing inter-cultivation in chilli and cotton crops and managing all of this without depending on anyone and that has saved him a lot of effort and money. Suresh explained that a machine like this can be given to any farmer with full confidence and it would surely help the farmer. But he cautioned Ashok that the engine used must be of good quality and not something like a China engine so that farmers can trust the quality and purchase it.

Ashok then started making weeders with 4 to 5 horsepower Indian engines. Farmers felt that these weeders were a match to any weeder produced by an industrial giant in all respects but within an affordable cost. This machine was



appealing to the farmer. Ashok did not stop at this. He upgraded this machine to be used for all purposes like seeding, spraying fertilizers, planting, inter-cultivation, watering etc. Small farmers can do all their work on the farm using this one machine. This weeder works with iron wheels in the farm and changing to tyres to run on the tarmac roads is easy for driving it back to home. This weeder is only 18 inches wide. So even if the crop grows, one can do intercultivation without any loss to the crop. The tools to plough the field are 30 inches wide. The weed on the ground can be removed without affecting the crop on the top. The weeder's length from the wheels to the end is 2 feet long and the height is also about 2 feet. The farmer can plant the crop with less gap or more gap, or can do intercultivation easily and prevent growing of weeds in the farm. This weeder is highly efficient as it can cultivate 8 acres in a day. If they work a little harder, they can even go up to 10 acres in a day. The diesel needed is just half litre per acre.





Large farmers initially employ the big tractor to loosen the mud in the farm and then use Ashok's weeder for making earthen bunds. Seeding or planting can be easily done on these bunds. Small farmers can use this weeder for all purposes without the need of a large tractor. A trolley can be towed by the weeder with a facility of the operator sitting comfortably on the trailer itself and steering the weeder. The weeder pulls easily over 8 guintals which means that the trolley also works like a bullock cart for the farmer. He can carry labour, fertilizers, seeds, agri tools etc and also the farm produce to home or to the market. If need be, the engine can be used for pumping water by a small attachment for irrigating the crop with a 3 inch pipe. Iron wheels and tyres can be used based on the requirement.

Because Ashok does not have the facility to work on all aspects of manufacturing by himself, he has to buy some parts from outside and that increases the cost of the machine. He says that if someone can help him financially, to set up a machine shop, he could make the entire machine by himself and provide it to the farmers at a lower cost.

Ashok's weeder is as good as the weeders seen at corporate showrooms when it comes to quality and is a great boon to the small and marginal farmers of the world. Palle Srujana will endeavour to get support to Ashok for setting up a workshop in the near future.

Ashok Contact: 8297868863



26 October, 2019: Kurnool

"A meet was held for Natural farmers in Kurnool town at S.S.Gardens Function hall. intiated by Panyam MLA Shri Katasani Rambhoopal Reddy under the guidence of "Shri Yaganti Swamy rural development society". More than 4000 farmers from nearby villages, two Parliament members- Kurnool M.P. Dr.S.Sanjeev Kumar and Nandhyala M.P. Shri Pocha Bhrahmanadha Reddy and seven MLAs- Kurnool MLA Abdul Hafeez Khan, Banaganapalle MLA Katasani Rami Reddy, Nandikotkooru MLA T.Arther, Prathikonda MLA. Mrs.K.Sridevi, Kodumooru MLA Dr.J.Sudhakar, Gadwal MLA Bandla Krishna Mohan Reddy and Kurnool District Collector G.Veerapandyan were present. J.D Harticulture Pulla Reddy, J.D agriculture P.Wilson, A.D Natural farming Ramanjaneyulu fromDistrict Agriculture department also participated. They encouraged farmers to adopt nature friendly agriculture and appreciated "Palle Srujana" for its support to farmers through grossroots innovations.

Palle Srujana showed immense interest in exhibiting the innovations by farmers for farmers.

20 innovators with 40 innovations were present in the display and drew great applause from the visitors. Noticeably, "Weeder" made by Ashok from Martoor town in Guntur district, a small tractor made from 7.5 HP diesel engine made by Patan Saida from Chilukuluru peta, Mini pump set made by Hari babu from Guntur town, Motor cycle trolley made by Kondalu from Guntur were the main attractions to the visiting farmers. .

Using an "aqua farming technique" Viswanatha Raju from Bhimavaram demonstrated a yield of 15-20 kgs fishes per day in 100 sq yards, which was praised by the visitors, officials as well as the leaders. Another innovation from



#### Dissemination



the same innovator i.e; "Quick Planter", which facilitates easy planting of chilli tobacco and other vegetables was found extremely useful by the farmers.

"To wade off wild pigs entering into a farm, an electronic siren made by Anjaiah from Mahabubabad district had charmed the farmers. A hand held device which effectively and with ease takes out the bigger weeds (Beruku in Telugu) in paddy fields developed by 17 year old Gorre Ahsok from Devarakonda, Survapet dist had dazzled the famers and the boy cherished the moments.. An intercropping weeder with 4 horse power engine made by Praveen from Rajanna Sircilla dist was driven by the farmers with zeal. Palle Srujana was applauded by the people for bringing so many innovations and innovators to the display.

A device to make holes in bore well casing for allowing the water from aquifers around

casing by Gurumurthy from Chittoor District was well appreciated by the farmers. "Organic pesticides" which helps in healthy growth of plants made by Venkata Krishnudu from Kurnool District appealed to the visitors as they found its application a win-win situation. A machine which separates the plastic and metals from used cables made by the innovator Jaleel from Vijayawada, hand tool for weed removal in paddy crops made by the innovator Naga Srinivas from East Godavari District, operator sitting, mono wheel weeder innovated by Shanmukha Rao from Mahabubabad dist were some other highlights of the display. A technique which pumps water from two bores using one motor developed by Pandiri Pulla Reddy. Sritailam, Nematicide, weedicide many such organic pesticides made by the innovator Galla Chandra Shekhar, hand operated kurfi for effective weed removal were not only appreciated but also bought by the farmers and visitors. Herbal medicine for treating Mastitis in





November-December 2019

#### Dissemination

animals developed by Boya Rajanna, resident of Golla in Ananthpur dist was well appreciated by all..

MLA from Gadwal Shri Bandla Krishna Mohan Reddy and Ija Mandal President Shri Thirumal Reddy could not contain their enthusiasm to visit such an impressive exhibition across the Tungabhadra river. Cancelling all other schedules, they reached the venue by noon. Visiting all the innovations and personally driving many innovations, both expressed their utmost happiness and complimented the farmer innovators for such wonderful gifts to the farming community.

The event was held in a festive atmosphere where each one was sharing and learning from each other. After lunch, Sri Chintala Vekata Reddy who came from Hyderabad introduced his method of "Soil based Agriculture " which is implemented in both the Telugu states and other states such as Maharashtra, Gujarat, Uttar Pradesh, Bihar, Jharkhand, Tamil Nadu, Karnataka, Kerala etc., He enlightened the innovators and farmers with the benefits of his method and highlighted the fact that adopting his innovative method will reduce farmer's dependency on externally supplied fertilizers and the input costs will come down substantially. He stated that his soil based agriculture technology innovated with much of dedication and spending lakhs of rupees which earned him Patent rights in





many countries has been declared open source by dedicating it to the farmers of India. He declared that he will be available always to clarify any doubts on implementation of his technique. Venkat Reddy garu drew a great applause from the farmers and officials. It was a great moment of pride and satisfaction to him.

Palle Srujana editor J.Shashi Mohan thanked the dignitaries and officials and farmers who appreciated the activity of Palle Srujana which scouts, documents and disseminates the grassroots creativity for the benefit of farmers and rural people. He also requested the authorities to ensure each village gets atleast one Palle Srujana magazine for the information of farmers. In response, MLA Ram Bhoopal Reddy and JDA P Wilson who were present have spontaneously assured to provide Palle Srujana magazine to each village in Kurnool district.

MLA Sri Katasani Ram Bhoopal Reddy steered the entire activity with lot of responsi-

#### Dissemination



bility and enthusiasm. He honoured the Innovators in a grand manner and profusely thanked Palle Srujana for making the display a grand success.

The entire credit for the event from the conception, deliberation with MLA and finally to make it happen goes to Palle Veera Raghava Reddy. Coordinating the movement of innovations and innovators, their logistics, proper display and conduct of thousands of visitors during the day was due to Subhash Chander and a team of volunteers of Palle Srujana.

Palle Srujana is left with a memorable experience with famers, officials and people representatives forming active part of the day where knowledge sharing among common people was the spirit and action.

Any one of you wish to conduct display of Grassroots Innovations in AP or Telangana, please contact Palle Srujana.

Contact numbers for further details:

Veera Raghava Reddy:

81257 99904/79890 38186

Brigadier P Ganesham: 9866001678





## A technique to protect the crop from wild boar by CVR

"Chinthala Venkat Reddy" is very well known to the Palle Sruiana readers as "CVR ". His farm is

located amidst the dense population of Hyderabad, in Alwal. Most of it is planted with rice and wheat. Neighbouring farm lands being uncultivated, lot of Pigs were breeding due to the abundance of sewage. They were destroying the CVR crop. Even though people used to scare them away, they manage to somehow destroy the crop in the absence of people. As an innovator, it made him think of ways to solve this problem.

If we want to set up current fencing around the farm, there is habitat adjacent to the farm and the chances of young children and people getting injured by touching them was high. Hence he rejected that idea. Right after that he got an idea! He went to his farmland and fenced that part of periphery through which inflow of pigs was expected. connected this fence to electricity for a short period of time. He arranged for a man to hide adjacent to the land where the pigs couldn't see and gave him a cell phone to record the painful cry of pigs when they

crossed the electric fence, causing them a severe shock.

One pigs came in while the guard was ready and waiting. He immediately turned on the record on his cell phone. Pig crossed the fence, squealing due to the shock of the current. After few seconds, having recorded the painful cry of the pig, the guard switched off the electricity to the fence and let the pig run away from the farm. Later this recording was played through a loud speaker in his farm. Pigs invariably ran away from the farm on hearing the squeal of their fellow Pig. With this deterrent, CVR could keep the pigs living nearby his farm away from his crop.

The innovation of CVR is based on the premise that if pigs hear the occasional painful squeal of fellow pig, they may consider that area dangerous. "A small thought resulted in a harmless idea for farmers to save their crops from Pigs. CVR feels that similar innovations will surely keep away wild boars and monkeys from farmers' crops.

Article by Veera Raghava Reddy Translated by Kota Priyanka

Contact Chinatala Venkat Reddy: 9866883336

Ready for Sale Grassroots Innovations

## **Innovations made for Farmers by Farmers Herbal medicine for destruction of Nematodes**

English Translation by: Prashanthi Annamraju

"Nematodes" is a problem that is troubling not just farmers in India but all over the world. Palle Srujana's innovator Galla Chandrasekhar developed a herbal medicine that has been found to the working wonders.

Thousands of farmers have already used and saved their crops and prevented losses. The shelf life of this medicine is two years from its date of manufacture.

This herbal medicine not only destroys the nematodes, but it rejuvenates the dead plants. We have numerous success stories from farmers across Telugu states. This is found very effective for farming in the shade net.

Palle Srujana hopes that all the farmers who grow oranges, guavas, challis, groundnuts, vegetables, flowers, maize and other crops may utilize the Nematode destruction herbal medicine developed by the President of India award recipient Galla Chandrasekhar and reduce losses and reap benefits.

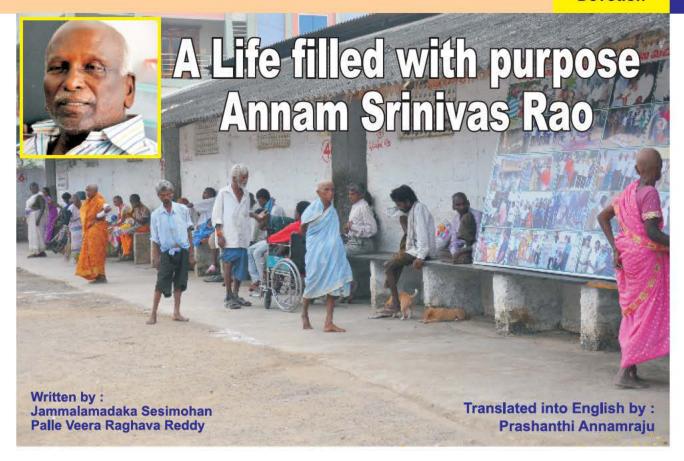






For purchase please contact: Veera Raghava Reddy 8125799904.

> Subhash Chander 9652801700



This is not a story about innovation. But raises many questions. Can humanity be living in this shape? Are there social workers like this? Is it possible for a human being to serve like this? Is it what service to people implies? Is it really possible for a human being to do such things? Do such people exist on this earth? One gets into a whirl of questions when you visit Annam Foundation at Khammam. The Palle Srujana team felt so fortunate to visit the Annam Foundation. The way Annam Srinivasa Rao is leading his life doing selfless service amazes everyone. It moves every heart. We share a few of his countless acts of service.

If we have a family member who is mentally challenged, we fear that she may put herself in danger no matter how careful we are. It is also quite difficult to take care of all their necessities and chores. We sometimes lose patience. But Annam Srinivas Rao takes care of 275 destitutes tirelessly without ever losing patience. 150 of them are mentally challenged. What can one say about his spirit of service? He is doing this service the for the last 25 years. It seems unbelievable. Only those who personally witness it can believe it. It is really true.

When Annam Srinivas comes across any beggar who is mentally challenged in Khammam, he brings her along with him. Usually, these people are unhygienic and grimy, with unkempt hair and dirty clothes (more like worn-out clothes that look like their second skin) with a very bad odor. He brings such people to be taken care of in his foundation, whether men or women. He then takes the help of the people who work with him and shaves their hair, bathes them, dresses them in suitable clothes and gives them a new form and look. From then on, that person eats there, sings, dances, plays and sleeps and lives at the Annam Foundation.



There are a lot of special measures to be taken when taking care of a mentally challenged person. They sometimes do not have control over themselves and tend to become violent. They can throw anything they can lay their hands on at people, they can hit or bite people. It is one challenge to protect other inmates and visitors from this violence and It is a bigger challenge to protect them from harming themselves. For this reason, it is sometimes needed to restrict them in handcuffs. Doctors at Hyderabad's Erragadda mental hospital and local doctors are constantly consulted for their advice.

Along with providing medical help to the patients, Srinivasa Rao pays special attention to providing good nutritious food to them. Some donors celebrate birthdays, festivals and their other special days at the foundation with the inmates and contribute to meals. Since so many mentally challenged people live in a single place, they are prone to illnesses. Individuals, doctors, and related organizations organize health camps to provide health check-ups, give medicines if needed and for critical cases get expert medical help from outside to treat the patients. Workers at Annam Foundation ensure that the medicines are consumed by inmates regularly and correctly.

We are not sure what miraculous magic Srinivasa Rao does or if they respond to the medical treatment but some of them get cured and remember their past and are reconnected to their families. These people are from both the Telugu states, other states and sometimes other countries too.

As part of their rehabilitation, there are many programs organized involving music, dance, sport, and other art. There are also instances when few inmates remembered their past while they are singing or dancing and they have been reconnected to their loved ones.

The volunteers who come to serve the destitute also come there with their sadness and pain, gain perspective and find a new meaning to their life and work with the unshakeable spirit of service. There are so many people like this who are working there with love and compassion. Some of the volunteers few years ago were inmates of Annam Foundation.

Although the inmates are mentally challenged, they have a basic level of discipline, they come to take their meals in an orderly way, they communicate what they need and what they don't want, taking food for those who cannot come and feeding them. This is how things are now. But before they join the foundation they were destitute, living on the streets with no hygiene and their hair and beard grown out, throwing stones on people with no consciousness of whether or not they have clothes on their





body, being hit by people, crying, laughing, shouting. When one looks at them now, one wonders if this is the same person that scared people so much. All credit to Annam Srinivasa Rao and his team for their miraculous transformation.

Searching for these people who are ostracised by society, branded as crazy and bringing them to the foundation is the first step. Providing medical assistance, rehabilitating them is the second step and then tracking their background and reuniting them with their loved ones is the third and concluding part of the whole program run by Annam Srinivasa Rao.

Hamali was a person who belonged to Khammam district. As long as he was physically capable, he worked hard and provided for his family. But when he started losing his mental stability his family kicked him out, everyone ostracised him. He was leading his life by begging in a village when Annam Srinivasa Rao found him and rescued him. He had a realization about the truth of his life and decided to disown his family and live at the Annam foundation for the rest of his life. He took up cooking at the foundation

which was his profession earlier and as of today he is one who cooks for all the inmates living there. Palle Srujana's President Brigadier Ganesham felicitated Hamali garu and congratulated him for his dedicated service to the inmates of the Foundation..

Everyone feels that Annam Srinivasa Rao is doing something very great. But he also does something else that is even greater. Something that people cringe to not only see but also hear about. He rescues people from such dire conditions- many people cannot even bear to see those photos and videos. One such thing is the cremation of orphan and perished dead bodies.

There are a lot of dead bodies that are found in Khammam's rivers, canals, and drains. These may be of people who committed suicide, drowned or murdered. Such bodies are usually reported to the police or municipality by the public. Some of these bodies are half decomposed, infested with insects or sometimes parts of the body are just bones or flesh. It is not possible to identify which is the nose or which are the eyes in such a rotten body. Annam Srinivas



#### Devotion



gathers such bodies into a cloth all by himself, carries it in his auto and cremates them according to traditional customs.

Sometimes people die in road accidents. Normally people get scared to even look at these bodies. Annam Srinivas along with his team members Saraswati and Eshwari, collects these bodies and takes them to mortuaries in hospitals. More often than not, no one comes to claim these bodies. In such cases he cremates these bodies. One such incident we got to know pained us deeply. A man and his wife were traveling on a two-wheeler when it got hit by a lorry. The tyres went over the wife's head and crushed it. The road was filled with blood. Her brains and nerves were falling out. The municipality and even her husband could not bear to look at her. But Annam Srinivas, Saraswati, and Eshwari collected all the body parts together and tied it up into cloth. They took the body in their vehicle to a hospital. This is such a gruesome story that just listening to it is so disturbing and saddens the heart for a long time.

Usually, in cities, some people search for and collect such dead bodies. They say that they cannot work unless they consume alcohol. But Annam Srinivas does not have the habit of drinking any intoxicants. People usually cover their mouth and nose when they see dead bodies. Annam Srinivas does all of this work without any cover for his nose or mouth. He only

covers his hands with a cloth. No matter how heavy the body is, he ties it up in cloth all by himself. People often wonder about this and ask him how he manages to lift such heavy bodies. He replies by saying when he lifts dead bodies, he doesn't feel any weight or smell. He just looks at it like any other work. Sometimes groups of insects feed on the body. He keeps them pushing off his hands and continues to do his work. But never feels that he is doing something special or different. Hearing him narrate all this, our team and the locals gathered there felt like Annam Srinivasa Rao is the God walking around in Khammam town.

The municipality and police in Khammam first think of Annam Srinivas whenever they see such a dead body. When they feel that they cannot handle, whether that is a human being or an animal a call goes to Annam...

This foundation has been running for 30 years. One donor gave away his land to run the foundation, another built sheds in it. Many other donors have been extremely generous and made it possible to provide facilities required. The local health professionals, business-men, and other locals have been supporting Annam Srinivasa Rao morally and financially all thease years. He says it is only because of them that the foundation is still running so well. But the donor who gave his land to the foundation now wants the land back and pressurising Annam Srinivas. The owner intends





to build something. A few socially conscious people got to know this and came together to buy another land for the foundation. The construction of sheds and buildings is yet to happen. All of the government departments mentioned above have taken the Foundation's help but none of them are supporting him now. None of the local leaders and local Government has come forward to help the Annam Foundation.

He is an employee of BSNL and spends only a small part of his income on his expenses. A lion's share of his income is spent on the Foundation. There were also many instances when he borrowed money from private lenders at a very high-interest rate to spend on the foundation. Relatives, friends, and well-wishers have been helping financially but the cost of running the foundation has been increasing and it has become difficult to run it.

Annam Srinivas is such a great soul and it is no exaggeration to say he is born with a purpose. Palle Srujana earnestly hopes that all the goodhearted people who read this story get inspired by the selfless service for a noble cause being done by Annam Foundation and donate blankets, towels, rice, and grains to the mentally Palle Srujana will challenged inmates. endeavour to highlight the unparallel and noble services of Annam Srinivasa Rao at National and International level. Palle Srujana will also work towards linking the Foundation with big donors and philanthropists of the nation and the world. We need support of all of you in this most respectful initiative.

If you wish to contact and contribute to this noble service please call

Annam Srinivas Rao - 9491088522



November-December 2019

Programmes Exhibitions

## Programmes and Exhibitions in which Palle Srujana participated in last few months







22 Women Scientists from various parts of India visited Palle Srujana on 11 December 2019 and witnessed the grassroots innovations











Palle Srujana participated in IIIF-2019 held near ECIL, Hyderabad from 1-3 December 2019 with many innovators and their innovations. Eight of them were awarded with Gold medals. There was adequate International participation.











On 29 November 2019, 71 rural women and aspiring entrepreneurs visited Palle Srujana for understanding grassroots innovations

November-December 2019 Pallesrujana Bi-monthly 16 November-December 2019 Pallesrujana Bi-monthly 17



# Grassroots Innovation Based Ready to Market Technologies

## **DOUBLE SHUTTLE LOOM**

Patent Application No.: 203/KOL/2011

INNOVATOR: Ngangom Nabakumar Singh | Manipur

#### PROBLEM ADDRESSED:

Seeking self-employment options Nabakumar purchased an old shuttle loom and with his prior experience of carpentry started experimenting on the device to enhance its productivity with reduced drudgery. With proper guidance from a mentor, innovator developed double shuttle loom, popularly known as 'Panthoibi Loom'.



#### PRODUCT:

'Double shuttle loom' works on the same principle as that of any other standard manual shuttle loom but is wider with the provision for two sets of warp rolls resulting in double output in a given time.

#### TECHNICAL DETAILS:

- In the double shuttle loom, there is a common horse shoe in the middle. When the first shuttle strikes from one end, the middle horse-shoe strikes the second shuttle in the same direction. Therefore, both the shuttles move in the same direction simultaneously and the middle horse-shoe strikes one shuttle at a time.
- The double shuttle loom is equipped with many ball bearings. Therefore weaving on the double shuttle loom has become easier than any other single shuttle loom.

#### SALIENT FEATURES:

- Double shuttle looms weave two fabrics at a time, unlike single shuttle loom where only one fabric can be woven at a time.
- This loom reduces the time consumption and needs fewer efforts for weaving as well.



- The Double shuttle loom machine can accommodate other advanced machineries like jacquard machine or "Chanakee" to enhance productivity level in design fabrics.
- As double shuttle loom is operates like any other traditional loom, workers do not require any special training for this machine.

#### AWARDS AND RECOGNITION:

Innovator has won National award in NIF's Grassroots Innovation Seventh National and Outstanding Traditional Knowledge Awards, 2013.

## Innovation Diffusion Centre @ Palle Srujana

Display of grassroots innovations collected from across the country made by farmers for farmers is set up at INNOVATION DIFFUSION CENTRE (IDC) @ Palle Srujana. This is visited by farmers, scientists, politicians, college and school students, entrepreneurs, Bureaucrats, social organizations, change makers, Govt officials, media, international visitors, Institutes like NAARM, ASCI, many engineering and management colleges, Govt and reputed schools, families etc. There is



Solar Charger





Herbal Cleaning Liquids for different Matals



Sritailam

something for everyone who visits IDC. Visitors may witness the demonstration of innovations, can read 70 old issues of Palle Srujana magazine, see videos of over hundred grassroots innovations, discuss their unmet needs, and pitch in to solve problems. They can also place orders for those innovations which they wish to use in their farm/house.

When you visit Hyderabad next, plan a visit to IDC @ Palle Srujana. If you intimate in advance about your visit, we will ensure meaningful time for you. Address is as follows:



Battery/ Solar Srpayer



Electric Poll Climbers

#### Palle Srujana

77, Vayupuri, Road No 3, Post Sainikpuri, Secunderabad - 500094 040-2711 1959, 96528 01700

Type "Palle Srujana" in google maps.

#### INTER LOCKING BRICK MAKING MACHINE

Patent Application No.: 227/KOL/2015
INNOVATOR: Umesh Chandra Sarma | Assam

#### PROBLEM ADDRESSED:

The per day production of interlocking bricks by manually is limited and it also limits the supply of the same. This limitation inspired the innovator to develop machine for making interlocking bricks so that efficiency of production increases thus providing income generating and enterprise development opportunities.

#### PRODUCT:

The machine consists of chassis, brick forming mold and vibration unit. Raw material is poured into the molds and tightly packed into the molds through vibration. The brick making unit moves up through screw jack and presses the molded interlocking bricks.

#### TECHNICAL DETAILS:

- Overall dimension: 4 ft x 5 ft x 2.5 ft
- Weight: 600 kg
- The brick-making machine which can make 44 bricks at a time in cycle of 20 minutes.
- The interlocking brick produced has the same dimension as that of normal brick (2.5 inches x 4 inches x 9 inches).

#### SALIENT FEATURES:

- ◆The machine can make interlocking bricks as well as normal bricks by changing the moulds.
- The machine does not require hydraulic press.
- Manual process was tedious and time





consuming. This machine has reduced time.

- The machine is electricity operated and Cycle time is more.
- The machine is useful for making normal bricks along with inter-locking bricks by changing the moulds.
- The machine consumes less electricity as compared to other alternatives.
- As women are mostly employed in brick making sector this machine can generate more employment for women.

#### AWARDS AND RECOGNITION:

Innovator has won State Award in NIF's 8th National Biennial Award function for Grassroots Innovations & Traditional Knowledge, 2015.

### A Request to NRVs

Every village has Non- Resident Villagers (NRV) and generally in our country every citizen has a village which is claimed as their village. Majority of these NRVs stay away from their village but wish to do something for the villagers. A great sense of belonging makes them to think good about their village always.

Palle Srujana offers an opportunity to such NRVs. Please subscribe Palle Srujana Magazine to your village for a period of five years by paying Rs 1000. Your village will get connected to the grassroots creativity of other villagers. They can try these innovations or provoked by the simplicity of these innovations your fellow villagers may find solutions to their problems. They may share the novel practices in farming which they innovated and also share their creative devices. This will bring the village into limelight and also the self-confidence of your villagers would rise for better. Across the two Telugu states a horizontal communication of knowledge and creativity commences from village to village, land to land and farmer to farmer. You would be the initiator for such great silent impact by making a one simple subscription.

You may provide the address and the person whom you wish to send the magazine to enable us to ensure the magazine reaches her/him on time during the period of subscription.

You as a NRV may also encourage other NRVs around you to embark upon connecting their villages with other villages for knowledge sharing with mutual respect.

We hope this initiative started by you would spread to an extent that all estimated 30, 000 Telugu villages are connected horizontally soon through Palle Srujana magazine and the grassroots creativity.

You may kindly send your subscription to the bank account mentioned below:



M/s Pallesrujana, Syndicate Bank, Sainikpuri, Secunderabad.
SB A/c No. 30232200019150, IFS Code: SYNB0003023
After transfer please send
your full postal address including Pin code and phone number
by sms / WhatsApp



E-mail: president@pallesrujana.org Visit us: www.pallesrujana.org

Pay by "Phone Pe" to 9866 00 1678



## 9th National Biiennial Grassroots Innovation and Outstanding Traditional Knowledge Awards - 2017

नौंवा राष्ट्रीय तृणमूल नवप्रवर्तन एवं विशिष्ठ पारंपरिक ज्ञान पुरस्कार समारोह

9th National Grassroots Innovations and Outstanding Traditional Knowledge Award Function





## Portable Wooden Handloom

CONSOLATION

Anup Ram and Gulab Dass

Kullu, Himachal Pradesh



Anup Ram (43) and Golab Dass (59) both are carpenters by profession. They have developed a portable wooden handloom.which is easy use. store and carry. Most kinds of handloom weaving done in the Kullu region can be undertaken on these handlooms.

Living with his wife and three daughters, Anup Ram also engages in farming.

He learnt carpentry observing other local carpenters in his village. Gulab Dass lives with his wife, two sons and their families in a joint family.

The Kullu caps are weaved on a big handloom, which occupies a lot of space. Although this big weaving loom can produce 5 stripes for hats in 45minutes, it needs skilled worker to operate. To address this issue, Anup Ram developed his first mini loom about eighteen years ago. His mini loom could produce 2 stripes of caps in 30 minutes. Using this mini loom, one canspin handloom anywhere anytime ever with lesser skills. He claims to have sold about thirty looms in the Kullu district.

Being a carpenter, Gulab Dass used to make big handloom machines for making shawls and pattu etc. This developed interest in the art of



weaving, which he learnt in sometime. While weaving on his big handloom, he thought about making a portable one so that it is easier to us, even for the women and disabled persons. His machine is made of wood and can weave woollen borders for caps, clothes etc. Gulab Dass claims to have sold over four hundred portable looms in the last many years.

Their portable loom is made out of wood and has a locking mechanism for tightening the woollen material. The movable shaft facilitates easy weaving. The loom is of small size and hence can be used anywhere. It is easy to carry and keep safely as well. On an average, minimum one meter of border can be woven on the portable loom in one day. The loom is quite durable as both Anup Ram and Gulab Dass have been using the same loom for about two decades now.

With this mini loom. an ordinary person without specialised skills can also spin handloom anywhere any time after some practice. This loom has all the components of a regular loom but is compact and completely hand operated as compared to the hand & leg operated huge weaving looms.





## **National Innovation Foundation - India**



NIF-INDIA

Department of Science and Technology, Government of India

#### 12<sup>th</sup> National Biennial Competition for Green Grassroots **Unaided Technological Innovations and Traditional Knowledge**

The National Innovation Foundation - India (NIF), an autonomous institute of Department of Science and Technology, Gol, based on Honey Bee Philosophy, seeks entries of unaided technological innovations and traditional knowledge developed at grassroots by an individual or group comprising farmers, artisans, fishermen and women, slum dwellers, workshop mechanics, students, local communities etc. The innovations can be in agriculture, machines, processes or products for farm/non-farm operations, household utility, transportation, energy conservation or generation, reduction in drudgery, development of plant varieties, development of herbal remedies for human/ animal problems, or any other low cost sustainable green technologies. These should be unaided/unsupervised and an outcome of one's own creativity, without any technical support from external agencies. Special awards will be given for innovations and outstanding traditional knowledge of/for women. There will be prizes to recognize outstanding innovations by/for people with physical disabilities as well. Creative ideas for innovative technologies, which may not have been developed into prototypes are also welcome. Children in or out of school are also encouraged to send their original ideas for the competition.

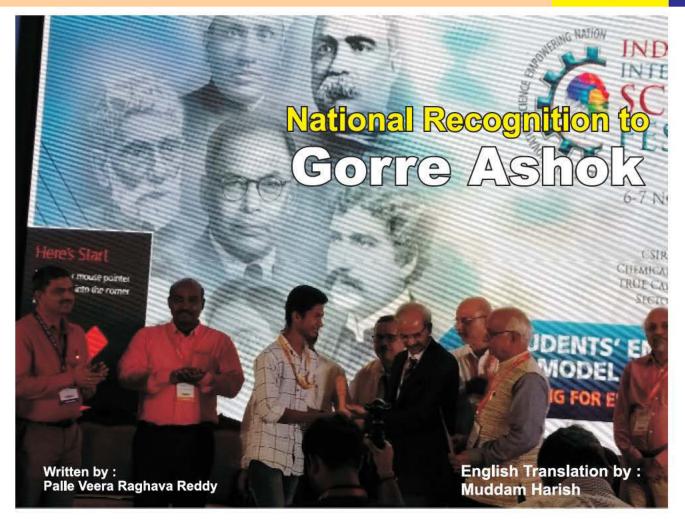
The awards range from Rs 10,000 to Rs 7,50,000 each in different categories. Thirty five to fifty two per cent of the total prize money will be given in the form of monthly fellowship to the awardees of Lifetime achievement, National first, second and third. Fifteen per cent of the total prize money in these cases would be given to the innovator(s) for their voluntary contribution towards community welfare and nature. The award winner may undertake any activity (s)he chooses for her/his community and nature.

In addition, individuals and/or organizations that make extraordinary contributions in scouting grassroots innovations and traditional knowledge may also get recognition. Technologists adding significant value to the people's knowledge and creativity, and electronic/print journalists promoting grassroots innovations will also be recognized. Entries may be submitted along with copy of the reports. Individuals or groups may send as many entries to NIF till March 31, 2021.

> The entries may be sent to the following address: **Eleventh National Biennial Competition** National Innovation Foundation - India

Grambharti, Amrapur, Gandhinagar-Mahudi Road Gandhinagar, Gujarat Pin: 382650, Tel: 02764261131/32/38/39 Email: campaign@nifindia.org, Website: www.nif.org.in

Note: People with professional background/experience and students enrolled in professional courses are not eligible for any support/recognition from NIF though they are welcome to add value to the grassroots innovations. For detailed eligibility criteria and guidelines please refer to webpage: http://www.nif.org.in/announcement.



Our Innovator 'Gorre Ashok' was given the opportunity to participate in the Indian Institute of Science Festival (IISF) in Kolkata during November 2019. Ashok, the youngest person in the field of agricultural equipment innovation, was awarded first place in this exhibition. In addition, it was declared that four of the best innovations in the exhibition will be showcased at the Rashtrapati Bhavan in Delhi. Ashok's Innovation was one of them.

Ashok's innovative device helps farmers to remove unwanted paddy plants from the field. It is usual to see 10% of paddy plants in a field grow with different variety of paddy. These are noticed only when the grains start growing on the plants. Farmer needs to remove them at this stage as mix of variety will reduce the price of the

paddy in the market. These weeds by now have grown big with lot of roots and tillers. Pulling them out needs a lot of effort and drudgery. Ashok's device provides an easy way of removing these weed plants from the farm. No bending and least effort. One can stand and pull the weed with one hand by engaging the device. Labour is saved and the quality of grain variety is sustained to only one variety thus the farmer can hope to get better price for his produce.

Ashok was overwhelmed when his innovation was selected by IIT, Kharagpur professors and other scientists. In fact other participants were studying final year of engineering, and that Ashok was the only intermediate student. Ashok said that the rest of the students had made IT related innovations or

#### Recognition



sensor-based innovations. He felt that the appreciation came to him as he solved the problem of farmers. .

Ashok was awarded the First Prize at national level and also a cash award of Rs 11,000 was presented.

Ashok was delighted to be able to participate in this exhibition which was at the national level and thanked 'Palle srujana' for bringing him so much recognition. While this event itself is most cherished, Ashok feels that the impending display of his innovation at Rashtrapathi Bhavan is another great achievement for him. He said this is making him crazy with happiness.

Telangana state minister KTR, who got to know of the National award, invited Ashok to meet him on his return from Kolkatta. Ashok along with Palle srujana volunteer Akhila had gone to meet KTR garu. Congratulating Ashok, Minister KTR said "It is great to find the much needed equipment for the farmers and reduce



their labor. It is a matter of pride for our state that you received the National award and also an opportunity to exhibit your innovation at the Rashtrapati Bhavan in Delhi. Telangana State Innovation Cell will always be with you". Ashok said he was very encouraged by his words.

Ashok, the youngest of the Grass Root Innovators of the Palle Srujana family, has been a source of encouragement to the new Innovators because of his achievement at the National level. Ashok was congratulated by Brigadier Ganesham and wished him to make many more innovations for the farmers. He assured the support of Palle Srujana in all his innovative endeavours.

Ashok Phone No: 6305245698



November-December 2019



Pallegrujana Bi-monthly 26



Cable operators, electricity workers climbing the current poles — one of his friends died after he fell from a pole disturbed Tirupathi Rao - a common man living in a colony near the town Chirala in Prakasam district of Andhra Pradesh. His solution for safe climbing of poles has now become world famous. This is something that Nannam Tirupathi Rao is proud of and so is the family of Palle Srujana.

National Innovation Foundation (NIF) nominated Tirupathi Rao to participate in the "Asian – India Grassroots Innovations Forum" held at Philippines in October 2019. Palle Srujana prepared the innovator and he was called to Delhi and from there 12 Indian grassroots innovators, a team of 4 NIF representatives went to Philippines via Hong Kong and participated in the conference. On 21st October 2019, participating innovators gave a power point presentation to the international audience and were allowed to speak for 10 minutes about their innovation. Tirupathi Rao was the 26<sup>th</sup> presenter on that day and he used his opportunity really well.

He observed how the innovators before him were presenting. He saw how many of them were using only 5 minutes of the 10 minutes given to them. Everyone was first showing a video about their innovation and then talking about it. Tirupathi Rao observed that this was not very effective. He decided to do something different. While travelling from airport in Philippines, he observed that the electric poles there were round and he added his video on round pole climber and tree climber to his presentation. His English speeking skills were not



#### Recognition



so good as he studied only upto 10<sup>th</sup> standard. So he decided to speak along with the presentation and videos. This idea worked very well. Until then the audience was listening to the innovators' talks after the video was shown. They were fully engaged with Tirupathi Rao's presentation and listened to him with a lot of enthusiasm and attention. They even gave him an extra five minutes. After the presentation there was thunderous applause and standing ovation for our innovator.

The next day when the awards were being presented, the third prize was announced to Ravinder Chopde, Mumbai who made a printing machine. The people from our country were happy to hear this and thought that the first two prizes may not be given to innovators from India. The second prize was given to an innovator from Thailand who made a roller to collect fallen Palmolive fruits in the farms. And then they announced that "the first prize goes to India's Tirupathi Rao who made the "pole climber". All the Indian audience became very excited and applauded with a lot of enthusiasm. Tirupathi Rao was shocked and dumb struck. It was a like an undreamt dream coming true for him and one could see his moist eyes.

He then reached the stage and collected the award along with a prize money of USD 1500..

Mr. Purushotham, CEO of NRDC was also present at that event, other Indian officials, NIF, innovators, fans surrounded Tirupathi Rao and flooded him with appreciation. Right after the program got over he called Brigadier Ganesham to share his happiness and thanked Palle Srujana for giving him this opportunity and recognition. Brigadier then said "You are not here now. I feel like giving you a big hug and hold you close to my heart, you have achieved something incredible. Our blessings are always with you".

Other Palle Srujana family members congratulated him. Veera Raghava Reddy garu appreciated him by saying "Congratulations, you deserve it". Others also expressed their happiness on this international recognition to our innovator...

Nannam Tirupathi thanked Palle Srujana and said "I will never forget Palle Srujana that brought me to this stage". He profusely thanked NIF-India for nominating him for this international event.

Palle Srujana congratulates Tirupathi Rao for bringing the Telugu people's creativity to the international stage.

N. Tirupati Rao, Mobile No. . : 9133611364



IGNITE is a national competition of original technological ideas and innovations of school children organized by National Innovation Foundation-India.

IGNITE 20 is accepting entries till 31st August, 2020 and the awards will be announced on 15th October 20, the birthday of Hon'ble former President of India, Late Dr. A.P.J. Abdul Kalam, celebrated as Children's Creativity and Innovation Day. The awards will be given by Dr. Kalam at his convenience soon after.

NIF will provide support for patenting and incubating innovative projects in all deserving coses. All school going children up to class XII of any school or board (and even out of school) can participate in the competition either by sending their entries through post to our address mentioned below or through email at <a href="mailto:ignite@nifindia.org">ignite@nifindia.org</a>. Please remember to mention your age, class, school name and address, home address and contact number along with the details of your idea/innovation. Submit online at <a href="http://nif.org.in/submitidea.php">http://nif.org.in/submitidea.php</a> or Mail them at the following address (directly/through the Principal) below address.

www.nif.org.in/ignite

Dr A P J Abdul Kalam IGNITE Awards 2020 National Innovation Foundation,

C/o Gram Bharati, Amrapur, Gandhi Nagar-Mahudi Road, Gandhi Nagar, Gujarat-382 721.

Phone: (02764) 261131/32/ 38/ 39, Fax: (079) 26731903, Email: campaign@nifindia.org, Website: www.nif.org.in



Knowledge makes you great

## Churning of Traditional Knowledge "Corn" a mine of medicine – "Fruits" best medicines

#### Corn and its medicinal value

Everyone knows about corn/Maize. Corn is primarily used in North American English where maize is primarily used in British English. If you observe closely, it looks like God made some kind of art. The pattern of leaf stalk, colour of the seeds and their layout and pattern etc., We always think that corn is just a snack food, but it has high nutritional and medicinal properties.

- Corn offers a wide range of health benefit as it has so many minerals and other nutrients in it. It provides not only carbohydrate, proteins but also fiber. Fat content is low. It is good for heart. Corn is the best medicine when the iron content is low in the body
- Eating boiled corn may prevent the cancer.
   Corn act as a steel armour to the body and it is best medicine for the patients who suffer tight muscle
- There are plenty of thin and colourful threads between outer layer and inside the Corn. People use this to play and put it as a moustache during their childhood. Boil the thread with water and filter the water after cooling. The filter water helps to remove the stones in the kidney. It also helps the skin problem if the person drinks it for the ten days.

Because of vitamin A, cancer will not enter the body if you boil the corn with water and apply the water (Porridge) in the allergy area externally to get rid of it.
Children, youngsters, old aged people, male,

**English translation by Lokesh Mallampati** 

- Children, youngsters, old aged people, male, female which means everyone can drink the water (Porridge). It has a lot of good content for the human body.
- Usually people throw away the inside core of the Corn. It is burnt and its ash is mixed with coconut oil and applied to the body before shower. It is very healthy for the body. It provides a big relief to the people suffering from psoriasis.

#### Fruits and their medicinal value

- Pineapple: Reduces gonorrhea, kidney and heart diseases. Removes constipation and indigestion.
- Fig: Vitamin C deficiency can be corrected if taken with milk and good for the body physique
- Grapes: Cleaning of blood and constipation.
- **Apple:** Blood growth and provides relief from long term ailments. That's why so many apples are often given to patients.
- ●Papaya: Good for the eyes. Recommended to

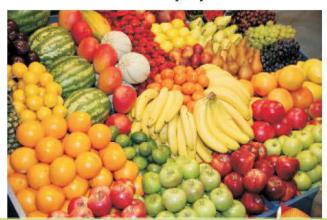


November-December 2019

Pallegrujana Bi-monthly 30

eat in the morning, good for relief from constipation. Pregnant women should NOT eat this fruit.

- Pomegranate: This fruit is a cure for many ailments and enhances immunity.
- Silver Date Palm or Sugar Date Palm: A good fortified food for TB patients.
- Guava: Reduces constipation, indigestion.
   Guava is a quick recipe for hiccups.
- Custard Apple: Good for blood growth and removes disorders of the stomach. Eating more of these may lead to weight gain. Recommended one or two fruits per day.
- Jack fruit: Reduces "hypertension". Treats piles. It is very good for those who are suffering from Tuberculosis. Acts as a divine medicine for women related diseases. But don't eat too much. Eat only 5 or 6 pieces per day.
- Watermelon: Eating it won't cause thirst. Urine slips down easily.
- Banana: A treasure for nutritional value.
   Contains high calories.
- Musk Melon: Cools the body and purifies blood. It works well if you eat two hours after a meal because it takes times to digest
- Chinese Date (ber): Reduces piles and it is good to eat before meals and also NOT good to eat after meals.
- Mango: Good for the eyes. King of the fruit and therefore known as Rajaraja.



November-December 2019



- Black Plum: Stool is passed smoothly. Keeps diabetes under control.
- Orange: It is good for all people and reduces fever and blood pressure. That's why patients who can not afford apples, buy oranges for the patients in hospitals.
- Raspberry: Blood pressure can be prevented.
   People with hypertension are recommended to eat it.
- Chikoo: A good nutritious fruit, provide strength for the body.
- Cordia: It is very good for people with bone disease. Take forty fruits and soak in honey and eat one fruit every day then it gives a big relief to knee pains without major surgery
- kavit: Avoiding constipation (amoebiasis)
- Bael: Good for appetite. Increases memory power.

In nut shell, every fruit has its peculiar medicinal and nutritional values and therefore, fruits as they arrive in various seasons should be consumed for better and sustained health.



NOTE: The contents of this article are the personal views of the author. Before using thease medicines, it is recommended to consult the wise herbal healer.

Contact:

Vaidya Uma Maheshwar Rao, 94402 86854

#### Oh Friend – Oh Yatri

By Pavan Kumar Vamisetti A Shodha Yatri

These words here have flowed from the pen of a yatri who had taken part in Chinna

Shodha Yatra organized by PalleSrujana.

#### Yatri

The sun, with the shower of his golden rays, On the green fields, so beautiful and bright. A journey from the midst of giant hills, With a breeze, so gentle and sweet. Morning melodies of the rivers and streams, This land of stories of the heroes unsung. It is the village, o friend! Oh, dear people of this historic land, Palle Srujana has come, to walk and learn



"Yatri, Oh Yatri! Has your pilgrimage with Palle Srujana come to an end? Was this journey worth taking Or has it left you in a myriad of doubts?"

#### Yatri:

"Friend o friend! My journey with Palle Srujana had come to an end This is a relationship with people in a quest for knowledge In just a few words, an alliance begins Our conversations deepen as we walk further and down Such people we meet, who have pierced into the problems And curtailed them with passion Learning from them could shape our future Such wonderful memories this Yatra had given!

Oh friend! Oh friend! This is my journey with Palle Srujana I hold no doubts when I say My experience was deeply purposeful

Oh friend!

This was my chance to experience good hearts and minds I am now exploring a way to search for knowledge "

#### Friend

"Oh, Yatri! Oh, Friend! So what's your limitation and delay? There's another 'Palle Srujana - Chinna Shodha Yatra' awaiting your way! "

> English Translation by Akhila Nookala

#### Dear Pavan,

Participating in three Chinna Shodha yatras, you comprehended the purpose and spirit of the yatra and presented in the form a poem. We are grateful to you for this poetic expression of the mission of Palle Srujana. We wish you success in your initiatives in the development of Villages. Affectionately.... - Brigadier P Ganesham



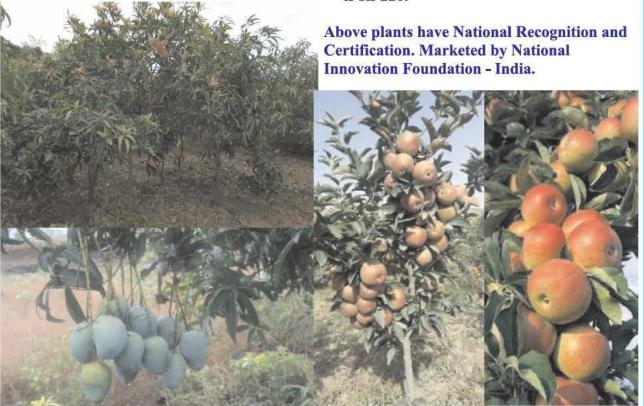
## Ready to Market Grassroots Innovations Mango and apple variety

# Grafted Mango variety which gives fruits thrice a year

Jagadamba Variety N-1, N-2 mangoes give fruits thrice a year. These are good for making pickles and can be consumed as fruits. Desirous farmers may deposit Rs 600 per plant in the following bank account.

#### HRMN - 99 Variety of Apple plants

This is a developed variety, proven and awarded by President of India which can grow in an environment with 43-48 degree Celcius. Sprouting of leaves commences within 10-15 days of plantation. Flowers appear in second year and fruits in third year. Green and tasty apples. Recommended period of plantation December — January each year. Grows in all soils. Cost of a plant is Rs 220.



For more details please contact Subhash Chander – Creative Minds, 96528 01700, 040 2711 1959

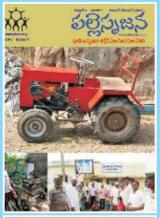
Details of Bank account:

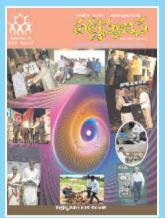
Name of the A/c: Creative Minds, A/c No: 510101006285094 IFScode: CORP0000640, Corporation Bank, Sainikpuri Branch

## Do you want old issues of

# Pallesrujana







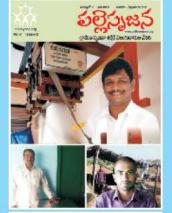


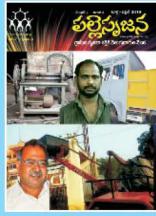


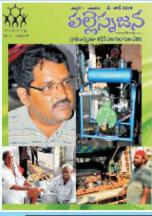


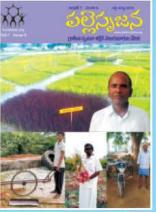














## Pallegrujana

Send Subscriptions through M.O., Bank Transfer and PhonePe Bank or Phone Pay to the following Account.

Subscription for 2 years Rs. 400/-

for 5 years **Rs. 1,000/-**

M/s Pallesrujana, Syndicate Bank, Sainikpuri, Secunderabad. SB A/c No. 30232200019150, IFS Code: SYNB0003023 After transfering the amount please send your full postal address with Pin code and phone number by sms / WhatsApp

Postal Address: # 77 Vayupuri, Sainikpuri Post Secunderabad-500 094. Telangana.



Pay by "Phone Pe" to 9866 00 1678

