



**ASSOCIATION OF RETIRED INDIAN COUNCIL OF AGRICULTURAL RESEARCH EMPLOYEES  
(ARICARE)**

**C-43 New Garia Development Co-operative Housing Society , Kolkata – 700 094**  
**Phone : + 91 -33 2432 4110 , MOb : +91-98300 44110, E.mail : [aricarekolkata@gmail.com](mailto:aricarekolkata@gmail.com)**  
**( Registration No.S/2LNo. 29668 of 2014-15)**

***Vol. 4 No. 2, July , 2020***

## **ARICARE NEWS**



**A view of GB Meeting**

## Office Bearers

### **Governing Body**

Dr K.K. Satapathy -President ( ICAR-NINFET) ,Dr . M. Datta – Vice President ( ICAR Res. Complex for NEH Region ,Tripura) ,Dr .B.K. Bandyopadhyay -Secretary (ICAR -CSSRI) ,Dr . D.C. Nayak – Asstt. Secretary (ICAR - NBSS & LUP) ,Mr. S. Ranjan Sarkar- Treasurer(ICAR - NINFET) , Mr. B.K. Saha – Asstt. Treasurer (ICAR - NBSS& LUP)

### **Executive Members**

Dr. A. K. Bandyopadhyay (ICAR - CIARI) , Dr. M.S. Basu (ICAR -DGR) , Dr D. P. Sinhababu; ( ICAR -NRRI) , Mr. B. Dhar Mandal ( ICAR -CRIJAF) , Dr. S. Saha(ICAR -CRIJAF) ,Mr. S. Ghosh (ICAR - IVRI) , Dr. A. K. Debroy (ICAR - CARI) , Mr.S. C. Chakraborty( ICAR -CRIJAF) ,Mrs. P. R.Ghatak (ICAR - NINFET) , Dr B. Maji (ICAR -CSSRI) ,Dr.M.K.Basak (ICAR -NINFET), Dr.G. K. Bhattacharya (ICAR - NINFET) , Dr. T. H. Das (ICAR - NBSS& LUP) , Dr. A. Majumder (ICAR - NINFET) , Mr U. Ghosh (ICAR -CIFRI) , Dr D. Sarkar ( ICAR – NBSS & LUP , Ex-Officio), Dr D. Nag , (ICAR - NINFET , Ex- Officio)

### **Editorial Board**

Dr. M. Datta, Dr. ( Ms) C. Datta, Dr.B. Maji, Dr. D.C. Nayak, Dr. K.K.Datta,Mr.S.Ranjan Sarkar ,Dr.A.K. Roy, Dr. P. Mukhopadhyay , Dr S.C. Saha.

## **CONTENTS**

- **President's Desk**
- **Secretary's Desk**
- **Editorial**
- **Meetings and Events**
- **Life Member**
- **Investment for a Sr. Citizen**
- **Travelogue**
- **Agri – Innovation & Entrepreneurship**
- **Highly Amazed , when I saw you ( In Bengali)**
- **Healthy Tips**
- **News/Technology Summary**
- **Annual ARICARE Accounts**
- **Indoor Medical Facility**
- **Obituary**

## **From the President's Desk**

The Covid 19 pandemic has besieged the entire world devastating every aspect of human life. The entire country had to be shut and all activities had to be stopped with minimum human interaction. The only way to break the virus spread chain was to make people follow social distancing and also to restrain them from moving out to avoid social connect. The Govt has locked down transport services, closed all public and private offices, factories, educational institutions and restricted mobilizations. The country is going through a recession affecting the unorganized sector, semiskilled workers and daily wage earners losing their job. Even the organized sector are not only cutting the salaries but also laying off their employees. Millions of workers rendered unemployed and stranded without money, food and shelter were forced to walk hundreds of miles back home with some dying during the journey. It also has a large negative effect for the large work force employed in agriculture sector.

There is all pervasive feeling of isolation, uncertainty, anger and hopelessness with economic meltdown causing huge psychological distress. Social stress is also caused by the travelling restrictions, disruption of cultural celebrations and limited health care and testing facilities, closure of places of entertainment and unplanned closure of schools and colleges. Although all age groups are at risk of contracting Covid 19, older people with decreased immunity face significant risk of developing severe illness especially those with medical conditions like high blood pressure, asthma, heart problems, diabetes etc. Most elderly people are aware that they are the most vulnerable people and social isolation along with overexposure to TV/Media news put them at greater risk of depression and anxiety. People are craving freedom and anxious to resume their usual lifestyle.

However, there are silver lining and opportunities in every crisis. Technologies offered solutions for distributed work place and socialization activities online. Social distancing norm has made organizations switch to work from home, compelling people to multitask managing work and home at the same time. There is an increased use of technology among various strata; new users are now open to technology. People are coming up with ways to spend quality time exploring their other interests like art, music, reading or acquainting themselves with technology. Lock down and travel ban has significantly reduced loss of life and property due to road accidents. The environment and ecosystem has been restored and air quality index improved. Covid 19 has brought us to our humanity to refashion world as kinder, gentler place because we have felt the breath of death.

## From Secretary's Desk

I congratulate '**e-Journal**' sub-committee for timely publication of volume 4(2) of ARICARE news. The ARICARE news was started its journey in 2017 as a bi-yearly e-newsletter with the initiative of the then 'e-journal and Facebook' sub-committee and the first issue of volume-1 was published in January, 2017. The ARICARE news has gained name and fame among the retired and serving employees of ICAR beside others.

The different Sub-committees of ARICARE formed for the year 2019-2020 are functioning very nicely. The 'Picnic, get-together and cultural' sub-committee organized the picnic in a befitting manner in the new year on 18<sup>th</sup> January, 2020 at Purba Kalikata Matsyajibi Samavai Samity Ltd., Vill. Naskarhat, PO. Tiljala, 24-Parganas (S), Kolkata - 700 039, near EM Bypass. The launching of ARICARE website was initiated in 2019 and the courses of meeting were held in this regard. The details' regarding the website was discussed for finalization in the Governing Body-cum- General body meeting on 26.02.2020 at ICAR -NINFET, Tollygunge .Now the ARICARE website is **www.aricare.in**. On that day, the felicitation was given to four super senior members of age 80 years or more with due respect and honour. From March, 2020 and onwards, the people of India is facing severe health crisis due to Novel Corona virus (COVID-19) infection and it has affected all walks of life. Protecting lives of people suffering from the disease as well as frontline health responders have been the priority of nations. As COVID-19 cases are increasing fast, there is great concern about the disease's potential spread and impact. Government has swung into actions since the Corona virus attack created an unprecedented situation. India declared a three-week nation-wide lockdown starting March 25, 2020 in the initial phase, which was subsequently extended for achieving satisfactory containment of the virus spread.

During these challenging times, COVID-19 pandemic has great impact on agriculture, food security and livelihoods in India. In view of continuing restrictions on movements of people and vehicular traffic, the concerns have been raised regarding negative implications of COVID19 pandemic on the farm economy. This is the peak of *rabi* season in India and crops like wheat, gram, lentil, mustard, etc. (including paddy in irrigated tracts) are at harvestable stage or almost reaching maturity. This is also the time when the farm harvests reach the *mandis* (market yards) for assured procurement operations by designated Government agencies. Moreover, any severe disruption to the supply of perishable fruits and vegetables, dairy products, fish, etc. having mobilized to meet the increasing demand from a bulging middle class as well as urban and rural consumers, may create irreparable damage to all actors in the supply chain.

The migration of workers from few parts to their native places has also triggered panic buttons, as they are crucial for both harvesting operations and post-harvest

handling of produce in storage and marketing centers. The Union Home Ministry, in a very significant move, has notified to exclude movement of farmers, farm laborers and harvesting and sowing-related machines from the purview of lockdown. As the lockdown proceeds, the prices of commodities can be expected to rise, farmers are unlikely to be the beneficiaries; most benefits are expected to flow to wholesale and retail traders as well as other middlemen.

The Indian Government has quickly responded to the crisis and announced several relief packages, which includes food and cash transfers. Several state Governments have announced their own support packages. The Indian Council of Agricultural Research (ICAR) has issued state-wise guidelines for farmers to be followed during the lockdown period. The advisory mentions specific practices during harvest and threshing of various *rabi* (winter sown) crops as well as post-harvest, storage and marketing of the farm produce. The central and state Governments have recognized the challenge and responded aggressively for controlling the disease as well as the economic functions.

The Annual General Meeting of the ARICARE could not be held in time which was usually scheduled in June, 2020 for the COVID-19 situation. However, the treasurer has submitted the accounts of the society online for the period 2019-2020. I express my sincere thanks to the members of the Governing body, Executive committee, all the Conveners and members of different sub-committee and all members of ARICARE for successful completion of the activities during 2019-2020 for their whole hearted support and co-operation. I wish good health and mental strength for all members of ARICARE and their family during unlock phases of COVID-19 pandemic.

( **Source** : Dr D. C. Nayak , Former Principal Scientist & Head , ICAR – NBSS & LUP and presently Asstt. Secretary , ARICARE ).

### **Editorial**

We , the Members of '**e- Journal**' Sub – **Committee** constituted for Association of Retired Indian Council of Agricultural Research Employees ( ARICARE) have accomplished the task of the preparation of e- journal for the period from February , 2020 to July , 2020 and the issue published as **Vol. 4 No. 2** is presented herein for read-through of everyone. The ongoing period is a pandemic situation not only in India but in the entire World due to Nobel Corona virus Outbreak and World Health Organization (WHO) has announced COVID -19 ( SARS –CoV-2) outbreak as a Global pandemic on 11<sup>th</sup> March , 2020. Pandemics are expected as the virus is able to infect people easily and can spread from person to person in an efficient and sustained way.

As a preventive measure against the spread of Covid – 19 pandemic in India , Nationwide lockdown was put into force for a total period of 68 days from 25<sup>th</sup> March to 31<sup>st</sup> May , 2020 followed by unlock through gradual opening of economic activities , although lockdown along with restricted night movement is still under practice in several Containment or severe outbreak zones of different places in our Country.

It is striking to note that our Agri- activities including various farm operations have been , inspite of lockdown , continuing across the country maintaining safety measures So, the overall supply situation of the essential food items does not appear to be too worrisome in our country at this point. Agricultural activities have been announced by Govt. of India as an essential one and in learning to live with corona virus, we must also realize Agriculture being the savior.

Besides GB meeting held on 26<sup>th</sup> February , 2020 before National lockdown, the activities of ARICARE have been brought under restraint due to restriction in vehicular as well as people's movement amidst pandemic situation. This issue of ARICARE News is a compendium of our activities and events for the last 6 ( six) months with a focus on News / Technology Summary and Healthy Tips so to as remain all the elderly people safe , mentally energetic and sound physique .Savings option for a Sr. Citizens has become narrow due to decline in rate of Interest at a regular intervals and so the best selection of investments has been illustrated herein. With an passionate hope for every one of us to remain healthy , Medical IPD facility available in ICAR empanelled Hospitals is mentioned in this issue thus necessitating ICAR Retirees and dependents to receive the medical assistance in urgency. Some of the new introductions in this issue of ARICARE News are Travelogue, Humors , Words of Wisdom and more interestingly a Bengali write up describing about legendary singer Late Manna Dey. Travel options are severely curbed across the globe and as such Travelogue may turn out to be interesting one to our readers. It is hoped that all the contents of the present issue of ARICARE News may arouse significance and enthusiasm among all who have come across ARICARE publication.

The Editorial Board of ARICARE news , has expressed contentment and satisfaction for being able to release the present issue in this difficult period of pandemic situation prevailing across the country and the committee members have articulated a deep sense of appreciation to all the members for wholehearted support to enrich the ARICARE News with well documented thoughts and reflection in varied aspects. WITH GOOD WISHES TO ALL OF YOU TO REMAIN HEALTHY AND CHEERFUL.

### **Meetings and Events**

The 3rd G.B. meeting was held on 26th February, 2020 at ICAR-NIFET, Tollygunge, Kolkata. 41 Members were present in the meeting and 3 Retired ICAR employees present in the meeting have become life member of ARICARE.



The proposed website of ARICARE ( [www. aricare.in](http://www.aricare.in)) was presented by the website launcher and suggestions of members were recorded for further modification. Photo and brief details of each member has been included in the website. For which, each member was required to submit a soft copy of their recent passport size photograph (if soft copy not available hard copy may be given) along with a brief personal details as per a Format being circulated .

### **Felicitation to Our Members**

Felicitation to Super Senior members having completed 80 or more years of age , was given to Dr. Durga Prasad Ghorai, Dr. Apurba Kumar Bandyopadhyay, Dr. Partha Sarathi Sengupta and Mrs. Biva Nandy (family pensioner) with due respect and honour. Mrs. Biva Nandy could not be present in person but she was represented by her son and grandson. Dr. Ghorai and Dr. Bandyopadhyay were accompanied with their spouses.



**Dr Durga Prasad Ghoroi**



**Dr. Apurba Kumar Bandyopadhyay**



**Relatives of Mrs. Biva Nandy**



**Dr. Partha Sarathi Sengupta**

The 4<sup>th</sup> Governing Body Meeting was held on 24<sup>th</sup> July, 2020 through "Google Meet" App ( <https://meet.google.com/nng-amyk-hfi> ). In this Virtual platform , 14 members were present in the meeting. The president welcomed the members and wished good physical and mental health of all members of ARICARE during the pandemic Covid19 situation. Different important issues like distribution of surgical mask among the poor people in Corona virus affected locality, activation and proper running of WhatsApp group of ARICARE, minutiae of the Website and New membership drive etc were discussed in the meeting. A separate fund can be generated in ARICARE through donation from our members in order to work for any benevolent effort in our Society. During the period, it is a matter of great appreciation that 3 Retired ICAR employees ( Dr.K.D.Sah, NBSS&LUP, Regional Centre, Kolkata; Shri Pradip Kumar De, CIFE; Dr. Satyabrata Maiti, DMAPR have become life member of ARICARE. It was also decided to organize 3-4 group meetings comprising of 20-25 members covering all members of ARICARE through "Google Meet" App in the month of August, 2020 .

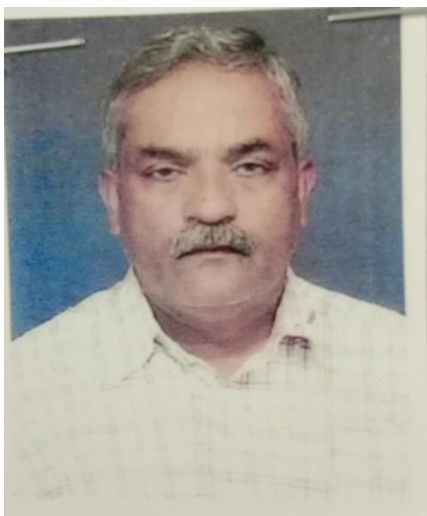
### **Life Member**

The following persons retired from ICAR , have become Life Member during the period from February , 2020 to July , 2020.



Dr Sanat Kumar Dutta , ICAR –CSSR Shri Asim Kumar Betal , ICAR –CIAI

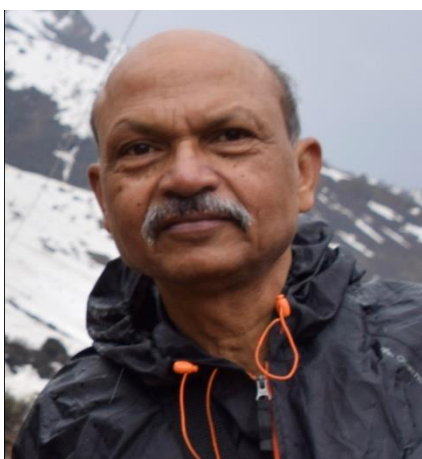




Shri Ratan Kumar Das , ICAR  
Research Complex for NEH Region



Dr. Kapil Deo Sah, ICAR-NBSS & LUP



Dr Satyabrata Maiti ,  
ICAR - DMAPR



Shri Pradip Kumar De , ICAR-CIFE



Dr. Dilip Kumar Kundu, ICAR-CRIJAF

## **Investment for a Sr. Citizen**

Dr. S. C. Saha, Former Principal Scientist, ICAR -NINFET, Kolkata

Most investors want to make investments in such a way that they get sky-high returns as fast as possible without the risk of losing the principal money. This is the reason why many investors are always on the lookout for top investment plans where they can double their money in few months or years with little or no risk. However, it is a fact that investment products that give high returns with low risk do not exist. In reality, risk and returns are directly related. The ideal investment for a senior citizen should deliver a balance between both income and growth. However, this also depends on the needs of every individual. These investments give regular income, including regular monthly income and can satisfy senior citizens' day-to-day expenses.

### **Senior citizen savings scheme**

Probably the first choice of most retirees, the Senior Citizens' Saving Scheme (SCSS) is a must-have in their investment portfolios. As the name suggests, only senior citizens or early retirees can invest in this scheme. SCSS can be availed from a post office or a bank by anyone above 60. SCSS has a five-year tenure, which can be further extended by three years once the scheme matures. Currently, the interest rate that can be earned on SCSS is 7.4 per cent per annum, payable quarterly and is fully taxable. The upper investment limit is Rs 15 lakh, and one may open more than one account.

- This option allows you to invest a sum from Rs.500 to Rs.15 lakh depending on your savings.
- It features a fixed term of 5 years that can be stretched to further 3 years.
- It offers you the interest rate of 7.4% and is a safe investment option.
- Investments in SCSS are tax deductible up to Rs 1.5 lakh per annum but the interest on the same is taxable.

### ***Pradhan Mantri Vaya Vandana Yojana***

Pradhan Mantri Vaya Vandana Yojana (PMVVY) is a type of fixed deposit (called a pension due to marketing reasons) with LIC (Life Insurance Corporation). It has tenure of 10 years and an interest rate of 7.4%. The interest payable under PMVVY is fully taxable. The upper investment limit is Rs 15 lakh. There is no tax deduction on investment in PMVVY under Section 80C. Since PMVVY is held with LIC (Life Insurance Corporation), it is relatively a low risk investment.

### **Post office monthly income scheme (MIS)**

- This is the best savings scheme that enables you to deposit a maximum of Rs.4.5 lakh for single ownership and up to Rs.9 lakh for joint accounts.
- This monthly income scheme in India offers you an interest rate up to 6.6% in a scheme that is known offer reliable returns, though the income is taxable.
- This option provides steady and safe returns unaffected by market forces.
- The money from post office goes directly to the government and hence there is almost no chance of default.

### **Post Office Term Deposit**

The Post office Term Deposit ( POTD) is a fixed deposit where one can save money for a definite time period , earning a guaranteed return through the tenure of the deposit. At the end of the deposit's tenure, the maturity amount comprises the capital deposited and the interest ( 6.7 %) after 5 years. The capital in POTD is completely protected in Post Office.

### **Bank monthly income scheme**

A monthly interest fixed deposit is a type of term deposit, where the interest earned is credited directly back to the investors account per month. This is a fixed deposit that earns an interest in much the same way as a regular fixed deposit does with a few differences. The difference being that with a monthly income plan, the investors either have access to the interest earned on a monthly basis. Banks usually allow depositors to earn interest every month from regular fixed deposits at discounted interest rates. The monthly income plans are generally linked to a savings bank account.

### **Bank Fixed Deposit**

The fixed deposit is one of the most popular investment avenues and many people prefer Bank Fds over equities as the former is considered safe. Fixed deposit Schemes are also known as Term Deposits. The interest for a 5 year Term deposit is 6.3 % but the interest is variable from Bank to another Bank.

### **Debt funds**

Debt funds are ideal for investors who want steady returns. They are less volatile and, hence, less risky compared to equity funds. Debt mutual funds primarily invest in fixed-interest generating securities like corporate bonds, government securities, treasury bills, commercial paper and other money market instruments.

- Since these are mutual funds that focus on fixed income investments, they are considered safe.

- Long-term debt funds can offer you a higher value depending on the performance of the market.
- They rank high in return on investment and provide you returns that can go as high as per annum.
- They also offer high liquidity, though you may need to pay a charge for withdrawal before the minimum investment term.

## **Liquid Funds**

Liquid fund is an open ended debt mutual fund scheme , ideal for a short term investment without any risk .It invests primarily in money market instruments like certificate of deposits, T- bills ,commercial papers and Term deposits. Maturity of the fund is 3-6 months and investors can enter /exist the scheme whenever desired.

## **Mutual Funds**

Mutual Funds can bring an element of growth and wealth creation in the portfolio of senior citizens. Instead senior citizens can achieve high investment returns by investing in mutual funds of a general nature. Among equity funds, large cap funds are relatively low risk while mid and small cap funds are high-risk high return. Equity mutual funds held for longer than 1 year are taxed at just 10% for gains above Rs 1 lakh. If held for less than 1 year, they are taxed at 15%. Debt mutual funds are taxed at slab rate for gains made within 3 years of investment and at 20% with indexation for gains made after 3 years. Indexation reduces the tax liability to account for inflation. A particular category of mutual funds (ELSS) funds are eligible for tax deduction under Section 80C for investments up to Rs 1.5 lakh per annum.

## **Public Provident Fund ( PPF)**

The Public Provident Fund (PPF) is one product a lot of people turn to. Since the PPF has a long tenure of 15 years, the impact of compounding of tax-free interest is huge, especially in the later years. Further, since the interest earned and the principal invested is backed by sovereign guarantee, it makes it a safe investment. One of the best investment plans in India, PPF is a savings cum tax instrument that helps you build wealth for retirement. Though it's has a long lock-in period, 15 years, the same works in favour of the investor as it gives the money more time to grow. Also, PPF falls under EEE (exempt, exempt, exempt) category. It means the contributions made, interest ( presently at 7.1%) earned, and maturity proceeds are exempt from income tax.

**National savings certificate (NSC):** A prudent mode of investment, NSCs come with a maturity period of 5 years. With investments made up to Rs. 1.5 lakh eligible for

tax deduction under section 80C of the Income Tax Act, the interest earned not subject to market volatility, and you can also use your NSC certificate as a collateral for a loan.

Also, interests earned on NSC certificates are not subjected to TDS which adds to the maturity amount. Currently, NSC certificates give you an annual return of 6.8%. This rate is revised by the Central government on a quarterly basis. Choosing the best investment plan would help you meet various needs at different stages of your life. Make sure to make any investment decision with a financial goal in mind as will give you a sense of prolonged gratification.

These are some of the best short term investment options in India for those who are retired or considering retirement. Your ultimate decision however, is based on whether you are willing to take risks, especially as some of these schemes are influenced by market forces. Moreover, one can invest in Small Finance Bank created by RBI under the guidance of Government of India to serve small business units, small and marginal farmers, micro and small industries and unorganized entities. FD interest rate is more than Nationalized Bank. One can invest after verifying details.

**Note:** Interest rates are varying. Therefore check the interest rate before investment.

**\*Humor \*-** Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"

Slim says: "I feel just like a new born baby."

"Really? Like a newborn baby?"

"Yep. No hair, no teeth, and I think I just wet my pants."

**\*Humor\* -** A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

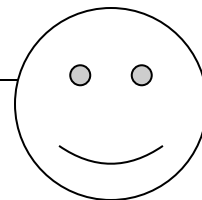
A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do have the perfect son. How old is he?

A: He will be six months old next Wednesday





### Exploring Caves of Cappadocia in Turkey

Dr K. K. Satapathy , Former Director , ICAR – NINFET

We have heard of caves and caveman of stone age. These ancient caves still exist in Cappadocia region of central Turkey and were inhabited by people until recent times. Cappadocia is the largest cave dwelling regions of the world and a major tourist attraction of Turkey where thousands of tourists flock every year. I had the opportunity of visiting the place as a part of Greece-Turkey package tour organized by a tour agency in Kolkata during July 2018. We reached there from Istanbul (Turkey) by road after visit of few other tourist places and night halts. There are two airports near Cappadocia and one can reach there by air also. The highways in Turkey are excellent and the road journey was quite comfortable. The areas approaching Cappadocia are undulating valley lands between hills with large number of wind mills, green houses and sprinkler irrigated crop fields. The area is famous for many horticulture and agricultural crops viz. apple, pear, pomegranate, cotton, sunflower, potato, cherry, sugar beet etc.

We reached a place called Uchisar 5 kilometer short of our destination in the afternoon. Uchisar is situated at the highest point of Cappadocia and provided a magnificent panoramic view of the Goreme valley and surrounding mountainous area. The area has huge exposed rocks all around; some are outcrops of narrow conical shapes. Ancient people made large no. of caves and lived there. Ceramic production is prevalent in the area for centuries. We visited a ceramic workshop cum display shop featuring many beautiful pieces. We were, however, totally exhausted after 12 hour journey; we checked into the designated hotel nearby and rested for the night.



Cappidocia in Central Turkey



Man – made Caves in Mountain Slopes

We had whole day Cappadocia tour next day. The region of Cappadocia in central Turkey is home to one of the most spectacular land shapes in the world with deep valleys and soaring rock formations where nature and history integrates. Standing 1000 meters above sea level, the Cappadocia relief is a high plateau, pierced by volcanic peaks that create a visually stunning landscape which includes dramatic expanses of rock shaped into towers, cones, valleys and caves. This world famous weird rock formations sometimes shaped like mushrooms, pillars and even animals scattered all over the area. There are ancient settlements in numerous cave houses in honey combed fashion excavated on the rocks, cliff walls where people lived for millennia. There were thousands cave houses all around - a photographer's delight. The soft sand stones made it easy to carve out caves large enough to create their own homes inside. It takes a lot of clambering to go to the caves at higher elevations and have a breath taking view of desert barren land all around. There are also large no ( about 40) of complete underground cities with network of tunnel complexes with areas for sleeping, communal rooms, bath rooms, ventilation shafts, water tanks, tombs.etc sometimes up to eight stories. No wonder, UNESCO has declared Cappadocia as world heritage site.

Human settlement in the region dates back to the Paleolithic era (old stone age-2.5 million years ago up to 10000 BC) when hunters and gatherers human lived in caves. The Hitties, an ancient group of Indo European people moved to this area and established colonies around 1200 BC. Through the ages, the Hitties, Parsians, Alexander the great, Romans, the Byzantine empire, Ottoman empire have all governed this spectacular region. Cities, empires, and religions have risen and fallen around these underground havens. These underground networks were used by the early Christians to escape persecution at the hands of Romans and later from invading Arab civilizations.



Cone Type Rock Formation



Rock Formation and Cave Dwellings

Walking down the narrow streets inside the cave complex one can find many 'chimneys', 'cones' and other rock formations some of which have been converted into apartments, guest houses and even luxury hotels. There is Goreme open air museum where caves have been converted into churches which had been used by Byzantine monks and later became a sacred place and pilgrimage center for Christians. The museum is famous for colorful frescos describing life Jesus Christ carved out of sandstone wall. The visit to the underground city at Derinkuyu was most exciting and simply unbelievable. The underground city has eight stories with 600 entrances and miles and miles of tunnels connecting with many other underground cities and villages covering hundred squares of miles in the area. These underground complexes were originally built to hide from the attack of wild animals and hard winter conditions. Later, the cities were enlarged to accommodate large numbers of Christians who were trying to escape persecution by Roman soldiers. Tourists are allowed to visit some parts of this underground city. Cappadocia is the name of the region and there are a number of towns at short distances. The cities are well planned with good roads and nice buildings. The people are friendly and apparently well off; old people are seen gossiping and idling their time in the roadside shops. There were large number of souvenir stalls. On the outskirts, we passed through fertile plains, partially irrigated agricultural crops producing wheat, grapes etc. There was lot of pumpkin crops, the seeds of which is a delicacy in the area. Cappadocia produces good grapes for wine production. We were also taken to a winery and tested small amount local wine (sharab in local language) which was given free. We also visited one precious stone store; some stone displayed were Turkey specific.



Underground city at Derinkuyu

We were totally exhausted in the full days tour and back to hotel in the evening. The amazing tour thus came to an end. Next morning, we reached the airport at Keysary city after one hour drive and boarded flight via Istanbul to Athens. Cappadocia was one of the most memorable trips of my life.

### **Novel Nutri-Feed to Improve Cattle Health and Boost Milk Production in Eastern India.**

Dr M. S. Basu , Former Director , ICAR – DGR

Output of milk is directly related to the health of milch animal which is primarily governed by intake of quality feed having balanced nutrition. Livestock in Assam, Bihar, Jharkhand, Odisha and West Bengal depend largely on paddy-straw which is poor in nutritive value, more precisely devoid of protein, essential for health and vitality. Necessarily, the situation demands providing quality feed to milch animal for reasonable output of milk in a sustainable manner than by largely adopted unethical practice of injecting Oxytocin to extract more milk at the cost of cattle health. Here is the novel way to fortify paddy straw, which should improve health of cattle and thereby boost milk production in an inexpensive and animal health-friendly way.

Dry groundnut vine (haulm) is known for its nutrient value in terms of Total Digestible Nutrients (50%); Crude Fibre (21%); Crude Protein (12%); Digestible Protein (8%); and Calcium and Potassium (1-2%). Whereas, the paddy straw conventionally used as feed in rice producing states, which hardly contain 4% protein against recommended minimum level of 6% as required to prevent weight loss. Realizing the fact, dairy farmers in Saurashtra Region of Gujarat depend heavily on dry groundnut vines as cattle feed, which are mixed with green fodders, contributing towards animal health and maintaining milk production at optimum level.

Unlike Gujarat and some other parts in southern states, such a high-quality fodder is burnt in the field after detaching the pods in almost all the eastern states and more particularly in West Bengal where groundnut is grown in about 65,000 ha. According to rough estimate 7-8 tons of groundnut vines produced per hectare are destroyed by burning, which is a colossal waste of high value feed and the cattle are left to survive on paddy straw, poor in nutritional value.

#### **Proposal to improve feed using groundnut waste:**

Groundnut in West Bengal is grown during Kharif season in limited areas in the uplands of Bankura, Birbhum, Jhargram and Purulia; whereas the crop is grown extensively during Rabi season after harvest of paddy in the districts of Purba Medinipur, Hooghly, 24-Parganas and to some extent in Char areas of Nadia and Murshidabad. Productivity of Rabi groundnut is almost double than the harvest of Kharif season and Purba Medinipur district alone contributes about 40,000 tons of nuts in shell with an area close to 19,000 ha. Such a situation is one of the unique in developing groundnut based agri-entrepreneurs, venturing in seed, feed, food and oil and thereby creating employment opportunities at the village level.



Purba Medinipur has a strategic advantage being in close proximity to the state of Odisha where groundnut is grown in about 150,000 ha both during Kharif and Rabi season. Paradoxically, the state is seed hungry, solely depending on seed supply from Telengana and Andhra Pradesh. Purba Medinipur, therefore, could have played as Groundnut Seed Hub supplying tons of high value seed to Odisha and neighboring states beside developing the following products/ byproducts.

1. Production of nutrient-rich Cattle Feed by fortifying paddy straw with dry groundnut vines, top up with required vitamins and minerals and packed in the form of compressed feed block for easy transportation.
2. Extraction of Oil (double filtered) by establishing Tiny Oil Mill with a production capacity of 300 kg oil per day per unit, at the village level. The same Tint Oil Mill can be utilized for extraction of Sesamum, Mustard, Niger, etc. locally available to run the mill round the year.
3. Preparation of Poultry Feed (pellet), rich in protein and omega3 using maize (hqpm) linseed, groundnut shell and oilcake.

The most convenient operational site could be the Egra Block, close to IIT, Kharagpur, West Bengal and Balasore being the bordering district in the state of Odisha, where groundnut is an important crop.



### **A view of Groundnut Crop**

This is an opportunity, where WB Agro Industries Corporation/ NABARD, etc. may come forward to support Agri-entrepreneurs development for manufacturing of groundnut-based food, feed and oil besides converting Egra into a Groundnut Seed Hub to improve rice based agrarian economy.



In addition, the State could be a destination for value added feed supporting milch animals and poultry birds for the buyers from neighboring states. The compressed, wholesome feed blocks wrapped properly can be stored at the block/ district level at a much lesser space and can be transported easily from one state to another supporting livestock in case of national disaster due to flood, drought, etc. mitigating acute feed shortages at ease.

Separate agri-entrepreneurs who will be dealing with groundnut-based food and feed should be provided with Pressing and Baling Machine, Poultry Feed Pellet Making Machine, Tiny Oil Mill and Packaging Equipment which may not cost beyond Rs. 50 lakh, all together. This has social ramification in terms of improving rural economy and health for both human and animal.

### **Scope to Convert Potential of Purba Medinipur in West Bengal as Groundnut Seed Hub for Eastern States**

Dr M. S. Basu , Former Director , ICAR - DGR

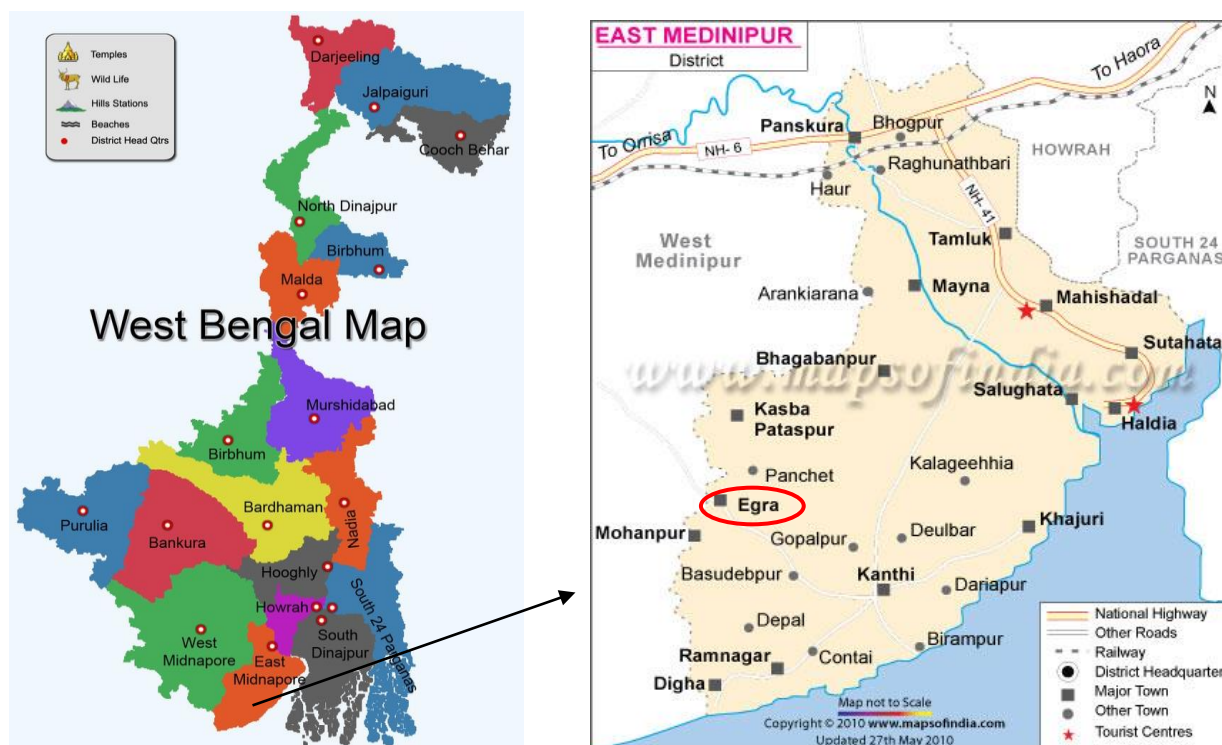
Groundnut is an important oilseed crop contributing 40% of total oilseeds. India ranks first in area (5.95 million ha.) and second in production (7.54 million tons) with productivity of 1268 kg/ha (2010-11) which is much lower than USA (3000 kg/ha) and China (2600 kg/ha). Considering the current scenario, several issues have been identified which needs to be addressed for enhancing the productivity and sustainability for groundnut cultivation in India. Among major issues, timely availability of quality seed is the most important one which needs to be addressed by following various proven seed production system models besides conventional (Breeder-Foundation-Certified) system of seed multiplication, which is weak and time taking in existing system.

Seed constraint is likely to increase with the commercialization and increase in area of groundnut. The public seed production network will not be able to meet the demand. It is also unlikely that private firms will enter in the groundnut seed production system. A possible role is to involve the farmers in quality seed production system which may lead to less seed cost and timely available to meet the seed requirement of these areas a higher demand on groundnut seed produced in other traditional areas is envisaged. In relation to such demand, requires development of cheap storage for storing the seed *in situ* without loss of viability. Establishment of special seed grid may also consider catering the need of non-traditional area including eastern region of India. Groundnut is bulky crop, seed storage for long time is problematic as seed loses its viability quickly especially in humid places. Therefore, large scale production during *Rabi* season especially in paddy fallow land may be exploited which not only gives higher

yield but also reduces the necessity of seed storage for longer time and the seeds will be utilized in the immediate *Kharif* season. Among the eastern zone of India, West Bengal is covering an area of 65,826 ha under groundnut with total production 1,13,018 tons, out of which East Medinipur district alone contributes 38,535 tons with an area of 18,804 ha amounts to 29 % of total area during *Rabi* season (*Directorate of Agriculture, WB, 2009-10*) indicating a large scope for establishment of special seed grid to cater the needs of West Bengal and neighboring states like Andhra Pradesh, Odisha and Chhattisgarh.

## Purba Medinipur

Purba Medinipur district is an administrative unit in the Indian state of West Bengal. It is the southernmost district of Burdwan division – one of the three administrative divisions of West Bengal. The headquarter is located at Tamluk. It was formed on January 1, 2002 after the Partition of Midnapore into Purba Medinipur and Paschim Medinipur which lies at the northern and western border of it. The state of Odisha is at the south-west border where as the Bay of Bengal lies in the south; the Hooghly river and South 24 Parganas district to the east and Howrah district to the north-east.



## Climate

East medinipur comes in Coastal old floodplain with average annual rainfall 1,664 mm. The district is low lying and level part of the deltas of the river system Ganga.

Underground water table is present at shallow water depth with high salt content. Soil of the district is mostly Vindya alluvium and coastal alluvium.

## Conclusion

In view of above-mentioned factors, East Medinipur has the potentiality for organizing the seed production programmes as it is a compact block ideal for production, processing and storage in one place which is accessible to highways. Further breeder seed production can be taken up by adopting latest technologies like polyethene mulching and application of micronutrients to increase the productivity. Large scope for establishment of seed grid for supplying the required quantity seeds of groundnut not only to West Bengal but also neighboring states like Odisha and Andhra Pradesh. This will ultimately result in increasing seed as well as Varietal Replacement Rate (VRR) in West Bengal and other nearby states on project area basis on large scale.

**\* Humor \*** - A person who speaks two languages is bilingual.

A person who speaks three languages is trilingual.

A person who speaks four or more languages is multilingual.

What is a person who speaks one language?

An American

**\* Humor \*** - Patient: Doctor, please do the operation safely. This is my first operation.

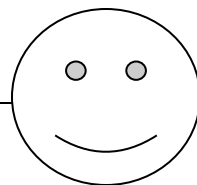
Doctor: It's my first operation too

**\* Humor \*** - An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100 %.

The elderly gentleman went back in a month to the doctor and the doctor said: "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to their conversations. I've changed my Will three times!"

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to their conversations. I've changed my Will three times!"



## Highly Amazed , When I saw You

Dr Gautam Roy , Former Principal Scientist , ICAR – NINFET

### বড়ো বিস্ময় লাগে হেরি তোমারে

ডঃ গৌতম রায়

অনুলেখক – “জীবনের জলসামুদ্রে” - আনন্দ পাবলিশার্স। লেখক –

“মাল্লা দে মাল্ল্যবরেশু” - অঞ্জলি পাবলিশার্স। – “মাল্লা দে” - পারুল

প্রকাশনী, প্রতিষ্ঠাতা সম্পাদক - মাল্লা দে সঙ্গীত একাডেমী

সত্যিই বড়ো বিস্ময় লাগে। আমার মতো এক অজ্ঞাত, নগণ্য এবং সম্পূর্ণ অন্য এক জগতের এক সামান্য মানুষ কি করে যে ওই হিমালয় সদৃশ উচ্চতার মানুষের এতো কাছাকাছি চলে এসেছিলাম - সেটা ভেবে সত্যিই বিস্মিত হই! যাঁকে দেশের রাষ্ট্রপতি অবধি সম্মান জানান নিজেই পোড়িয়াম থেকে নেমে এসে পদ্ম ভূষণ সম্মান হাতে তুলে দেন, যাঁকে শুধু একবার চোখের দেখা দেখতে, যাঁর গান শুনে দেশের এবং বিদেশের হাজার হাজার মানুষ পাগল - আমি জানিনা আমার কোন পুণ্যের ফলে তিনি হয়ে উঠেছিলেন আমার সবচেয়ে কাছের মানুষ, আমার প্রিয় এবং শ্রদ্ধার কাকু, যাঁর কাছে নির্ধিহ্ন্য নিজের সমস্ত ভালোলাগা, মন্দলাগা এবং অভিমানের কথা বলা যায়, বলা ভালো - বলার আগেই তিনি অদ্ভুত ভাবেই বুঝে যেতেন সবকিছু নিজের সাংঘাতিক তীক্ষ্ণ মননশীলতা দিয়ে। তিনি আমাদের এতই কাছের মানুষ হয়ে উঠেছিলেন যে নিজেই আমাদের ফোন করে আমাদের বাড়ি চলে আসতেন।

কিংবদন্তী সঙ্গীত শিল্পী হিসেবে এবং অসামান্য এক সুরকার হিসেবে কাকুর পরিচয় সবার-ই জানা। হয়তো আমার চেয়ে বেশীই জানা। কিন্তু একজন অসামান্য মরমী মানুষ হিসেবে ওনাকে যেভাবে আমি দিনের পর দিন দেখেছি, বিশেষ করে ওনার আত্মজীবনী “জীবনের জলসামুদ্রে” অনুলেখনের সময়ে এই ভীষণ ভাবে প্রচার বিমুখ মানুষটিকে যেভাবে আবিষ্কার করেছি দিনের পর দিন, যেরকম অদ্ভুত সুন্দর আর ভালোবাসা সমৃদ্ধ তাঁর মনের পরিচয় পেয়েছি দিনের পর দিন, তার সত্যিই কোনো তুলনা হয়না। তিনি যখন তাঁর শিল্পী সন্ধ্যায় বিভোর থাকতেন, তখন তিনি গান ছাড়া, সুর ছাড়া পৃথিবীর আর কিছুই বুঝতেন না। আবার সেই অদ্ভুত কঠিন মানুষই যখন আবার প্রিয় মানুষদের সঙ্গে বসে আড্ডা দিতেন ঘন্টার পর ঘন্টা, নানান মজার মজার গল্প আর চুটকি শোনাতেন, মজা করে অন্য মানুষদের কথাবার্তা নকল করে দেখাতেন - তখন সেই তিনিই হয়ে উঠতেন এক প্রাণচঞ্চল শিশু। সেই একই মানুষ যখন আবার রাস্তায় ভিক্ষুকের গান শুনে সুরের মূর্ছনায় বিভোর হয়ে চোখের জলে ভাসতেন - তখন তিনি আবার নিজের অজান্তেই মরমী সঙ্গীতপ্রেমীর চেতনায় ঢেকে ফেলতেন নিজেকে। আমার অনেক নির্বুদ্ধিতার জন্য উনি যেমন বকা - ঝকাও করতেন মাঝে মাঝে, দেখেছি ঠিক তার পরেই স্নেহশীল পিতার মতো ভুলটা বুঝিয়ে বলতেনও মিষ্টি করে। মনটা ভরে যেত তখন এক অদ্ভুত সুন্দর ভালোলাগায়, ভালোবাসায়। হিংসে করতে ইচ্ছে হতো তখন কাকুর দুই মেয়ের ওপর। কাকুকে দেখেই আমি উপলব্ধি করেছি - ভালো মানুষ না হলে কখনো ভালো শিল্পী হওয়া যায় না।

আগে বড় মাপের, বড়ো মনের মানুষ, তারপর বড় শিল্পী! গানের ভেতর দিয়ে কাকু যে সঙ্গীত ঈশ্বরের সন্ধান পেয়েছিলেন - সেকথা শুনেছিলাম কৌশানীতে এক পাঞ্জাবি সন্ন্যাসীর মুখে। সন্ধ্যাবেলা কৌশানির গাঙ্গী আশ্রমে ঘরোয়া গানের আসরে আলাপ হয়েছিল হিমালয়ে তপস্যা করা এক সন্ন্যাসীর সাথে। পরিচয়ের পালা শেষ হবার পরেই তাঁর মুখে শুনেছিলাম পরিষ্কার আফসোসের কথা। বলেছিলেন - আমরা এতো বছর হিমালয়ের দুর্গম জায়গায় এতো তপস্যা করেও ঈশ্বরের কোনো সন্ধান পাইনি। কিন্তু মান্না ডে জী তাঁর গান দিয়ে কবেই ঈশ্বরের সন্ধান পেয়ে গেছেন। মান্না ডে জী র গান শুনে ঈশ্বরের উপলব্ধি হয় তাঁর। তিনি কাকুকে তাঁর প্রণাম জানাতে বলেছিলেন আমায়।

গানের সুরে কিভাবে যে দুঃখ কষ্টকে জয় করতে পারতেন তিনি - সেটা প্রথম দেখেছিলাম আমি একদিন ওনার গানের রেকর্ডিং এ। ভারতভীর্থ গানের অ্যালবাম এর রেকর্ডিং এর সময়। এই সময় উনি সায়েটিকা র ব্যাথায় ভীষণ কষ্ট পাচ্ছিলেন। স্টুডিওতে দোতলায় সিঁড়ি দিয়ে প্রায় উঠতেই পারছিলেন না। কিন্তু আশ্চর্য্য, অত কষ্ট করে ওঠার পরে যখন হারমোনিয়াম বাজিয়ে গান গাইতে শুরু করলেন, সমস্ত যন্ত্রণার ছাপ চলে গেল এক লহমায়।

কাউকে কোনো কথা দিলে উনি রাখতেন-ই। মনে আছে, ২০০৬ সালের ৩রা ডিসেম্বর সিউড়ি তে একটা প্রোগ্রামে ওনার যাবার কথা ছিল। কথা দিয়েছিলেন উদ্যোক্তাদের। কিন্তু সেদিন ছিল রাজনৈতিক অস্থিরতার চূড়ান্ত একটি দিন। সিঙ্গুর পরিস্থিতি তখন অগ্নিগর্ভ। যখন তখন রাস্তা অবরোধ চলছে। অনেকের ব্যারন সস্বেও উনি ঠিক করলেন - কথা যখন দিয়েছেন, তখন তিনি যাবেন ই। যেরকম ভাবা, সেরকমই কাজ। কিন্তু সেদিন ওঁনার গাড়ির ড্রাইভার আসতে পারবেন না বলেছিলেন, এমন কি কোনো ভাড়ার গাড়ি ও পাননি রাস্তা অবরোধ থাকার আশঙ্কায়। আর সেই সুযোগে আমার জীবনেও হয়ে গেলো একটা অদ্ভুত অভিজ্ঞতা। যদিও ওনাকে নিয়ে ড্রাইভ করে তার আগে ও পরে অনেক জায়গাতেই গেছি, কিন্তু ওনাকে নিয়ে এতটা রাস্তা লং ড্রাইভ সেই আমার প্রথম। ওনাকে সিউড়ি নিয়ে গেলাম এবং ফিরে এলাম আমি আমার গাড়ি চালিয়ে। টানা সেই ৯-১০ ঘন্টা আমাকে শুধু সঙ্গ দেবার জন্যই পাশে বসে গেয়ে চললেন - একের পর এক গান, শোনালেন গান তৈরির নানান গল্প, রেকর্ডিং -এর সময়কার নানান অভিজ্ঞতা। সেদিন সত্যিই আমার জীবনে এসেছিলো একটা এমন দিন - যা কোনোদিন ও ভুলতে পারবো না। তবে আফসোসও হয় এই ভেবে যে সেই সুন্দর আলাপচারিতার এবং খালি গলার গান রেকর্ড করে রাখা গেলো না, কারণ গাড়িতে আমি আর উনি ছাড়া আর কেউ ছিলোনা সেদিন।

সেদিন ওনার আরো একটা পরিচয় আমি পেয়েছিলাম। বয়স যে ওনাকে তখনও কোনোভাবেই একটু ছুঁতে পারিনি - সেটা সেদিনের পর আবার নতুন করে এবং আরো ভালোভাবে বুঝেছিলাম আমি। সেদিন আমরা প্রায় দুপুর ১টা নাগাদ যাত্রা শুরু করে বিকাল ৫ টার পর পৌঁছে ছিলাম সিউড়িতে। ওখানে পৌঁছেই ক্লান্তিহীন তিনি বসে গেলেন গানের রেওয়াজ করতে।



প্রায় ২ ঘন্টা রেওয়াজ করে তারপর প্রায় সন্কে সাড়ে সাতটায় গান করতে বসলেন মঞ্চে। গান চললো টানা রাত সাড়ে দশটা অবধি একটানা, দর্শকদের অনুরোধে। তারপরেই আবার ফেরার পালা। বাড়ি ফিরলেন রাত প্রায় ৩ টের সময়ে। সবচেয়ে আশ্চর্যের ব্যাপার উনি তার কয়েকঘন্টা পরেই ভোরের ক্লাইট ধরে ফিরে গিয়েছিলেন ব্যাপালোর এ। উনি ব্যাপালোর পৌঁছে যখন আমায় ফোন করেছিলেন - আমি তখনও ঘুমোচ্ছিলাম! ১৯১৯ সালের ১মে তে জন্ম নেওয়া সেই মানুষটার তখন বয়স ৮৭ ছাড়িয়েছে। এখনো খুব অবাক হয়ে ভাবি - এতো অবিশ্বাস্য উদ্ভাস, এবং জীবনীশক্তি উনি পেতেন কি করে?

তাই মনে হত, কিংবদন্তি এই শিল্পীর প্রতিটি মুহূর্ত, প্রতিটি গান, ঘটনা, অনুষ্ঠান, ছবি - সব কিছু আমাদের সমস্ত সংরক্ষণ করার প্রয়োজন আছে। আমাদের প্রজন্ম এবং তার পরের সমস্ত প্রজন্মের জন্য সেই সংরক্ষণ অত্যন্ত জরুরি। এটা ঠিক মতো না করতে পারলে - ভবিষ্যৎ প্রজন্ম কোনোদিন ও আমাদের ক্ষমা করবে না। এ দায়িত্ব আমাদের সকলের। সমস্ত মননশীল মানুষকে এগিয়ে আসতে হবে এই কাজে হাত লাগাতে এবং তা করতে হবে আরো বেশ দেরি হয়ে যাবার আগেই।

কিংবদন্তি শিল্পী মান্না দে কে এবং একজন ভীষণ রকমের মরমী এবং প্রিয় মানুষ মান্নাকাকুকে খুব কাছ থেকে দেখার অনেক অভিজ্ঞতাই হয়েছে আমার। সেই সব অভিজ্ঞতা বলতে আরম্ভ করলে শেষও হবে না। সেসব আমি আমার বই - "মান্না দে মান্নাবরেশু" এবং "মান্না দে" তে লিখেছি। এখানে তাই সেসব আর না বলেই অনন্য একটা ছোট ঘটনার কথা বলে এই লেখা শেষ করবো।

বছর কয়েক আগেই হাওড়ার এক সংগঠন -এর অনুষ্ঠান ছিল রবীন্দ্র সদনে, সকাল এ। সেদিনও ছিল শিল্পীর একক গানের অনুষ্ঠান। অনুষ্ঠান শেষে উনি গাড়িতে উঠে বসেছেন। গাড়ি সবেমাত্র চলতে শুরু করেছে - এমন সময় ভিড়ের মধ্যে কোথা দিয়ে ছুটে এলেন এক অল্পবয়সী মা, তাঁর ৫/৬ বছর বয়সী ছেলের হাত ধরে হিড়হিড় করে টানতে টানতে। সোজা তিনি চলে এলেন গাড়ীর সামনের বামদিকের দরজার খোলা জানলা র পাশে। ওই জানলা দিয়ে তখন শিল্পী হাত নেড়ে বিদায় নিচ্ছেন। হঠাৎ সেই তরুণী মা শিল্পীর হাতটা টেনে তাঁর ছেলের মাথায় একবার বুলিয়ে দিলেন আর তারপর পরম তৃপ্তিতে হাসিমুখে ছেলেকে বলতে লাগলেন - যাক, তুই ভগবানের আশীর্বাদ পেয়ে গেলি। তোর আর কোনো চিন্তা নেই। কোনো রকম ক্যামেরা বার করার আগেই ঘটনাটা ঘটে গেলো চোখের পলকে এবং তারপর সেই তরুণী মা মিলিয়ে গেলেন ভিড়ের মধ্যে ছেলের হাত ধরে।

আজ এই ঘটনাটা আমার খুব মনে পড়ছে কারণ আমাদের সবার অত্যন্ত প্রিয় এই সঙ্গীত শিল্পী এবং আমার প্রিয় কাকু আমাদের মাথার ওপরেও এরকম ই আশীর্বাদের হাত সব সময়ে রেখেছিলেন বলেই আমরা তার প্রায় সমস্ত সৃষ্টি, গান, ইন্টারভিউ, অনুষ্ঠান ইত্যাদি সবকিছু ধরে রাখতে পেরেছি। রবীন্দ্র ভারতী বিশ্ববিদ্যালয় এ ওনার নামাঙ্কিত এক আর্কাইভও করতে পেরেছিলাম বিশ্ববিদ্যালয়ের অনুরোধে। যদিও তার কয়েক বছর পর তারা সেটি বন্ধ করে দেন। কিন্তু সে গল্প আজ নয়, অন্যদিন!

## Healthy Tips

Corona virus disease (COVID-19) advice for the public – World Health Organization

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Maintain at least 1 metre (3 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.
- Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses.
- If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.

( **Source** : *www.who.int* )

## **Holistic Wellness**

- **AVOID STRESS** – Stress and fear weaken our immune system. Hence we should consciously avoid taking any stress as it directly impacts our immune system.
- **Do PRANAYAM** - Being active by practicing yoga or brisk walking will always help . In particular , Pranayam works best in strengthening our respiratory system.
- **TAKE PROPER REST** – Good quality sleep every night recharges our immune system .
- **PRACTICE GRATITUDE & LOVE** –Just as sanitizers and masks work as shields from outside , your healthy thought and immunity are your inner shields. We can spread a disease and on the other hand we can also spread love and gratitude.
- **MAINTAIN HYGIENE** – Wash your hands at regular intervals in every 3-4 hours for 10-20 seconds thoroughly.

## **What to Avoid**

- **Avoid Handshakes** – Our Namaste works best .
- **Avoid Crowded Places** –We can do this not only for ourselves but also for the safety of others too.
- **Avoid Going Out** –Use this time constructively at home instead of feeling stressed . Taking risk of going out is not advisable.
- **Avoid unnecessary Travel** –This reduces the chance of catching infection and the lesser the infection ,the better it is .
- **Social Distancing** –Practice social distancing for your own safety and the safety of others.This is our foremost responsibility and we must act sensibly now.
- **Don't Panic** – Refrain from reading and seeing TV news frequently thus causing fear amongst people.

## 10 Things for a Healthy You

- **Panta Bhaat** – It is natural probiotic which is excellent for a healthy gut. It regulates good bowel movement and cures constipation . Have 2 tsp overnight soaked cooked rice in one glass of water first thing in the morning .
- **Drumsticks ( Sajne)** – Drumsticks are superfoods and one of the best foods for building immunity. It contains high antibacterial qualities which help in avoiding infection around the throat and chest area. Boil 6-7 pieces of finger size cut drumsticks in water for 15-20 minutes and chew the boiled drumsticks before lunch /dinner and just intake the pulp.
- **Jeera Pani** – It is an excellent way to detox and helps in cleansing the entire system. Add 1 tsp jeera in one glass of water . Boil it for 10 minutes . Strain and drink the water in the morning .
- **Lemon Water** – Lemon is a source of vitamin C and anti oxidants. Drinking lemon juice with warm water every morning helps in maintaining the proper pH balance of the body. It helps in fighting respiratory tract infections , sore throat , and inflammation of tonsils.
- **Herbal Tea** – Drink herbal tea / decoction ( kadha) made from Tulsi , Dalchini , Black pepper , Dry ginger and Munakka once or twice a day. Add jiggery or fresh lime juice to your taste if needed.
- **Golden Milk** – Half tea spoon Haldi powder in 150 ml hot milk and drink once or twice a day.
- **Intermittent Fasting** – It is not a diet but rather a eating pattern . It is an eating cycle between periods of fasting feasting. It helps to reduce oxidative stress and inflammation in the body. The 16/8 method involves fasting for 14 – 16 hours restricting eating window to 8-10 hours.
- **Addiction** – Good bye to all addictions particularly consumption of alcohol and smoking .
- **Have seeds regularly** – Seeds , Sunflower seeds , Pumpkin seeds , flax seeds are a great source of healthy fats , vegetarian proteins , fibres and antioxidants. Mix equal amounts of seeds in a box and have 2-3 tsp of mixed seeds as your evening snacks .
- **Meditation** – Meditation reduces inflammation and enhances our immune functions . Start small with just few minutes every day and increase the period gradually preferably under guidance.

( **Source** : [www.Indraprasthadiagnostics.com](http://www.Indraprasthadiagnostics.com) , [www.drgulatiimaging.in](http://www.drgulatiimaging.in) )

## News / Technology Summary

### Corona virus

The corona virus outbreak came to light on December 31, 2019 when China informed the World Health Organisation of a cluster of cases of pneumonia of an unknown cause in Wuhan City in Hubei Province. Subsequently the disease spread to more Provinces in China, and to the rest of the world. The WHO has now declared it a pandemic. The virus has been named SARS-CoV-2 and the disease is now called COVID-19. In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic. Signs and symptoms of coronavirus disease 2019 (COVID-19) may appear two to 14 days after exposure. This time after exposure and before having symptoms is called the incubation period. The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms, and some people may have no symptoms at all. People who are older or who have existing chronic medical conditions, such as heart disease, lung disease, diabetes, severe obesity, chronic kidney or liver disease, or who have compromised immune systems may be at higher risk of serious illness. The virus appears to spread easily among people, and more continues to be discovered over time about how it spreads. Data has shown that it spreads from person to person among those in close contact (within about 6 feet, or 2 meters). The virus spreads by respiratory droplets released when someone with the virus coughs, sneezes or talks. These droplets can be inhaled or land in the mouth or nose of a person nearby. It can also spread if a person touches a surface with the virus on it and then touches his or her mouth, nose or eyes, although this isn't considered to be a main way it spreads. Stay at Home , Avoid visiting places of mass gathering , Use mask/ face shield whenever visiting outside for any urgent work , Maintaining Social Distancing , Hand washing with soap water for 20 -30 seconds or use Alcohol based sanitizer , Avoid touching your eyes , nose and mouth etc are recommended for precautions to avoid any sort of infection from COVID -19. World wide spread of the disease is in 216 countries with infection of nearly 16 million people as on date.

( **Source** : [www.the hindu.com](http://www.thehindu.com) > topic > corona virus )

### Indian economy in corona time: Agriculture only bright spot

Corona virus outbreak stalled Indian economy by forcing closure of factories and offices. Agriculture, however, has done well and is likely to grow at 3 per cent. It is a good news as it employs more than half of India's workforce. The Indian economy is left with agriculture, only agriculture to depend upon.



And, the good news is that India is expecting record food-grain production at almost 300 million tonnes -- 298.32 million tonnes to be precise (149.92 MT kharif + 148.4 MT rabi). The government now has to ensure that all food-grains that farmers want to sell in the market is picked up. This is particularly necessary because with seemingly less significant contribution to the GDP at around 16 per cent, agriculture provides employment to about 55 per cent of workforce in India. "The farm sector will grow by 3 per cent this year despite adverse conditions and it would add at least 0.5 per cent to India's GDP growth in 2020-21", as ascertained by NITI Aayog. To top it up, the Indian Meteorological Department (IMD) has predicted a normal monsoon in 2020.

(**Source** : <https://www.indiatoday.in/news-analysis/story/coronavirus-lockdown-covid-19-impact-on-economy-agriculture> ).

## **Atmanirbhar Agriculture**

Projecting a vision of 'Atmanirbhar Agriculture', it can be achieved by transforming farmers into entrepreneurs, providing investment opportunities and making India the food basket for the world. The competence of Indian farmers and efforts of the industry in the COVID-19 crisis situation is evident by the fact that the area covered by kharif sowing this year has reached 316 lakh hectares so far, as compared to 154 lakh hectares in the year-ago period. Developing a strong agri ecosystem by providing access to better marketing avenues for farmers' produce and freeing up the sector from restrictive laws is a key focus area for the government," as intimated by an official statement . The agri ecosystem is also being strengthened by several enabling schemes. These include the Agri Infra Fund of Rs 1 lakh crore for post harvest infrastructure, a scheme for 10,000 farmer producer organisations (FPOs), special drive to include 25 million farmers who still do not have the Kisan Credit Cards (KCC), and developing a digital agri-stack which will be a key enabler for online marketplaces and smart agriculture. The country is the fourth largest producer of agrochemicals, has the largest livestock population of around 31 per cent of the world's livestock and has the largest land area under irrigation. However, food processing in India is less than 10 per cent and the target is to increase it to 25 per cent. There is increasing demand for value-added health-fortified and processed food. The global organic market is growing at 12 per cent per annum. Comparing livestock rearing to an ATM for farmers, no product is as fast moving as milk for a retailer. However, the per capita consumption of milk in India is still only 394 gms per day as compared to 500-700 gms per day in the US and Europe. The aim is to raise market demand in the dairy sector to 290 million tonnes, from 158 million tonnes presently, over the next five years. The share of the organised sector in milk processing is targeted to be raised to 50 per cent from present 30-35 per cent . The government's key targets in this sector in the next five years are to increase fish production from 137.58 lakh tonnes in 2018-19

to 220 lakh tonnes in 2024-25. Average aquaculture productivity is to be raised from 3.3 tonne per hectare to 5 tonne per hectare in 2024-25. Fisheries exports are to be raised to Rs 1 lakh crore by 2024-25 and Rs 2 lakh crore by 2028, and employment generation from about 15 lakhs in 2018-19 to about 55 lakhs in 2024-25.

( **Source** : <https://www.financialexpress.com/economy/modi-govt-envisions-atmanirbhar-agriculture-through-investments-ecosystem-upgrade/2005988/> )

### **Locust (*Schistocerca gregaria*) Attack**

Swarms of locusts have invaded vast swathes of land in India since April 11th this year. They entered several districts of Rajasthan via Pakistan's Sindh province. Few days later, they entered the neighboring State of Madhya Pradesh. Many districts in Uttar Pradesh have now been put on alert. This locust attack has affected about 90,000 hectares across 20 districts in Rajasthan. Favourable rain-bearing winds aided their transport towards India. This quickly growing swarm is now threatening to amplify into an agrarian disaster. Last year, mature locusts had entered parts of India after a gap of 26 years. But the locusts that have come in this year are immature. Immature locusts are not fully grown and have the capacity to cause more harm. The locusts which entered India were about 10-12 days old and were flying huge distances in search of food. Since the Rabi crop harvesting is over and the Kharif sowing season is yet to begin, they were unable to find any vegetation. They will now start laying eggs after the onset of monsoon and continue breeding for two more months. According to the Food and Agriculture Organisation, the destructive power of a typical locust swarm can be enormous. The size of these swarms can vary - from less than one square kilometre to several hundred square kilometres. A one square kilometre swarm contains about 40 million locusts. They can eat as much food as 35,000 people assuming that each individual consumes 2.3 kg of food per day. Most countries combating locust swarms are mainly relying on organophosphate chemicals. These are applied in small concentrated doses by vehicle-mounted and aerial sprayers. Drones can also be used to drive away locusts. In Uttar Pradesh, local villagers have been asked to make noise by beating 'thalis' and bursting crackers. Officials say these measures will help in controlling or eliminating locusts at their resting place.

( **Source** : <https://www.thehindu.com/sci-tech/agriculture/locust-attack-in-india/article31729025.ece> )

### **Promoting Scientific Washing of Vegetables and Fruits during Pandemic period**

Proper washing of vegetables and fruits during pandemic is more important than ever before as it helps to remove various harmful microorganisms. Washing fresh produce is also important as it tends to have more soil attached to it than pre packaged fruits and vegetables.

To prevent the spread of Covid-19 many people started washing vegetables & fruits with soap and detergent which is not a good practice. Farm women are also further advised by KVKs to wash vegetables and fruits in luke warm water by adding salt/ alum/ vinegar/ baking soda(1teaspoon in a bucket of 10 lts.) which ever is easily available at home and soaking them for at least 1-2 hours to make them free from any contamination. Advisory regarding washing and soaking of vegetables and fruits before taking it inside home or putting them in refrigerator to avoid the spread of virus has been sent through Whatsapp groups, text messages and phone calls.

( Source : [https://icar.org.in/sites/default/files/Innovative\\_Agri-Solutions\\_COVID-19-2020-1106](https://icar.org.in/sites/default/files/Innovative_Agri-Solutions_COVID-19-2020-1106) )

### **Value Added Products of Amla (*Phyllanthus emblica*) - Immunity Booster**

Daily consumption of Amla (Indian gooseberry) can boost the immunity due to its high concentration of Vitamin C. Its consumption also helps to boost metabolism and prevents viral and bacterial ailments including cold and cough. § During this critical condition (COVID-19), the consumption of Amla is very essential in the diet to improve the levels of vitamin C in the body. Even value added products consumed by people add vitamin C to their diet. Value addition of Amla in the form of pickle, candy, murabba, chutney jam, pickle etc helps for prolonging the availability in market. With the helps of technology backstopping provided earlier by KVKs, e-services, scientists provided information about the sale of different Amla products like Amla candy, murabba, pickle, chutney, jam etc to fulfill the sudden demand of the people. Even advisories were issued to consume Amla in the diet so that the immunity of body can be increased to fight against the infection. Thus the SHGs and FPOs who added value to their products avoided losses and earned a steady income even during the lockdown.

( Source : [https://icar.org.in/sites/default/files/Innovative\\_Agri-Solutions\\_COVID-19-2020-1106](https://icar.org.in/sites/default/files/Innovative_Agri-Solutions_COVID-19-2020-1106) )

### **Eat these foods now to boost your immunity**

The more nutrient dense foods you can get in daily diet, the better. There are five significantly potent immune-boosting nutrients that will give your body an extra wall of defense.

#### **Zinc**

Zinc is a well-loved mineral in the immunity world. It nourishes and supports the innate (first defense) and adaptive immunity (long-term, has memory). Zinc is a cofactor for over 200 enzymatic reactions within the body, with many of these being immune dependent mechanisms.

It supports the thymus gland in adaptive T-cell production/regulation and acts as a free-radical scavenger. We love zinc as it supports against viruses and bacterial pathogens and promotes healthy function and integrity for our white blood cells: macrophages, neutrophils, natural killer cells, T-cells and lymphocytes.

**Food Sources: Pumpkin seeds, sunflower seeds, egg yolks, seafood, oysters, beef**

## **Vitamin C**

This is probably your go-to nutrient when it comes to immune boosting superstars, and all for the right reasons! Vitamin C (ascorbic acid) is one of the body's most essential antioxidants, and we need constantly replenish it from external sources. Vitamin C has shown to significantly strengthen the body's immunity, particularly during times of stress and infections. White blood cells have high concentrations of vitamin C that are essential to all levels of defense against free radicals, pathogens and inflammation. It helps to upsurge white blood cells (first defense and adaptive) communication, durability and pathogen killing abilities! Vitamin C contains substantial detoxification and anti-inflammatory properties and is a great nutrient to have on hand for viruses, bacterial infections - especially for systemic or respiratory conditions.

**Food Sources: Green leafy vegetables, citrus fruits, kiwis, papayas, strawberries, mango, red peppers, and cabbage.**

## **Vitamin A**

Vitamin A comes in many different molecular structures, retinyl palmitate is one of the most abundant forms and retinyl esters are found mainly in animal products such as: eggs, liver, fish oils, milk and butter. Plants provide us with the precursors to Vitamin A in a carotenoid form, this proceeds to further biochemical reactions to make Vitamin A. Vitamin A is excellent for skin and gut integrity, which is our first line of defense from the exterior pathogenic world.

**Food Sources: Orange coloured fruits/vegetables and dark green leafy vegetables: papaya, squash, carrots, spinach, broccoli, sweet potatoes, kale, and pumpkin.**

## **Vitamin D**

Vitamin D is best sourced from UV sunlight, it is obtained through 2 pathways: activation within the skin and through the diet. If you receive adequate levels of sunlight, usually you would not need to supplement vitamin D. Unfortunately, many of us live in a rather gloomy climates where supplementation is vital.

Vitamin D has been shown to significantly regulate immunity and to support auto-immune conditions.

This wonderful fat-soluble vitamin also enhances the first defense system mechanisms against pathogens and improve our immune systems; targeting, natural killing and detoxification processes.

**Food Sources: Eggs, liver, fatty fish, and butter.**

## **Selenium**

Selenium is an essential trace element found in high quantities within immune tissues such as the spleen and lymphatics. It has been shown to regulate innate and adaptive immunity, particularly against virulence of viruses, sometimes these can be harmless but without sufficient selenium, they can mutate into more powerful and detrimental forms. Selenium can improve response times and increase natural killer production .

**Food sources: brazil nuts, alfalfa, organic meats/eggs, onion, garlic and broccoli.**

( **Source** : <https://www.dtnext.in/Lifestyle/Wellbeing/2020/03/18140315/1220672/Eat-these-foods-now-to-boost-your-immunity.> )

## **Herbs and Spices That Strengthen Immune System**

In the wake of COVID-19 pandemic, there's been a lot of interest in ways to strengthen one's immune system, and thus build a first line of defence against the deadly virus. Immunity cannot be built up in a day, but the good news is that eating a well-balanced diet and being physically and mentally active is usually enough to keep your immune system in good health. There are however, many natural ingredients known to help boost your immunity. Since ancient times, herbs and spices were well known for their medicinal properties, with over 80 spices grown in different parts of the world, particularly in Asia. India is home to several spices that are used extensively in traditional medicine. According to the World Health Organisation, around 80% of the world's population uses herbal medicines for primary health care, particularly across Europe and South Asia. Research indicates that many of these herbs not only have anti-inflammatory properties, they also help build up the body's natural immunity. And unlike allopathic medicines, which can have serious side effects, most of these herbs and spices are relatively safe. Here's a list of herbs and spices that can help improve immunity:



**Basil.** Basil refers to herb's botanical name *Ocimum basilicum* and is a member of the mint family . The leaves of this easily available plant are rich in phytonutrients (such as antioxidants, flavanol) chlorophyll, vitamins, and minerals, as well as Eugenol, a bioactive compound that has anti-microbial, anti-fungal and anti-bacterial properties and reduces stress and plasma glucose levels. You can chew 4-5 fresh basil leaves every morning (make sure you wash them well in running water) or infuse them with your morning tea.

**Ginger** is well known for its anti-inflammatory, antifungal, and anti-cancer properties. In traditional medicine, ginger has been extensively used for curing colds and coughs, nausea, asthma, travel sickness, morning sickness, arthritis, gastrointestinal complaints and even depression. Consume it as ginger tea, which involves crushing ginger and boiling it with tea leaves and water. Powdered ginger mixed with pulverized cloves, cardamom and caraway has been used for digestive ailments since ancient times.

**Fenugreek ( Methi)** is a well-known herb in the Ayurvedic system of medicine which acts a natural anti-oxidant and strengthens immune system. It is not only used as an herb (dried or fresh leaves), spice(seeds), vegetable (fresh leaves) but also as a condiment in artificial flavoring of maple syrup or in the production of steroids. You can add fenugreek seeds as preservatives in pickles as they are rich in vitamin E. Dried leaves of fenugreek are used for flavoring vegetable dishes, fish and meat. Herbal tea made with fenugreek, honey and lemon is a traditional remedy to treat fever. Sprouted seeds of fenugreek and microgreens are used in salads, while fenugreek fiber can be used to cure constipation.

**Garlic** has potent anti-oxidant properties, and helps in reducing stress and high blood pressure. It also helps to enhance thiamine (vitamin B1) absorption in the body . It is always best to chop or crush garlic before consuming it, because it works better when in contact with oxygen. Garlic is used to add flavour to almost every form of cuisine .

**Turmeric** contains a bioactive compound known as curcumin, which acts as an anti-inflammatory agent. Commonly used in India for curries and other dishes, it can also be consumed as a decoction (kadha) made from grated ginger, tulsi and turmeric once daily to improve immunity as recommended by AYUSH.

There is no single food that is a magic pill for a healthy body. Apart from including these herbs and spices in your diet, you must exercise both your body and your mind regularly, make necessary lifestyle changes, and practice gratitude.

( **Source** : <https://poshan.outlookindia.com/story/poshan-news-covid-19-herbs-that-strengthen-your-immune-system/350819> )

# ARICARE Accounts for 2019 -20

M/S Association of Retired Indian Council of Agricultural Research Employees  
C/43, New Garia Development Co-operative Housing Society,  
Kolkata--700094

## RECEIPTS & PAYMENTS ACCOUNT FOR THE YEAR ENDED 31st MARCH, 2020

<u>RECEIPTS</u>	<u>Amount.(Rs.)</u>	<u>PAYMENTS</u>	<u>Amount.(Rs.)</u>
To Opening Balance		By Xerox	150.00
Cash-in-hand	15041.00	By Audit Fee & Renewal	1700.00
Cash-at-bank	141623.3	By Meeting Expenses	9426.00
To Life Membership Fee	74300.00	By Website (Part payment)	7575.00
To Donation(including Picnic)	33300.00	By Picnic	27600.00
To Bank Interest	3483.00	By Sms Charges	4.35
		By Annual General Meeting	13640.00
		By Ilish Utsov	7700.00
		By Vijaya Sanmilani	3400.00
		By Felicilation	1888.00
		By Misc (Flex,postage)	841.00
		By Cash-at-bank(UCO Bank)	73826.95
		By Fixed Deposit(UCO Bank)	100000.00
		By Cash-in-hand	19996.00
	<u>267747.30</u>		<u>267747.30</u>

## INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st MARCH, 2020

<u>EXPENDITURE</u>	<u>Amount(Rs)</u>	<u>I N C O M E</u>	<u>Amount(Rs.)</u>
To Xerox	150.00	By Life Membership Fee	74300.00
To Audit Fee & Renewal	1700.00	By Donation (including Picnic)	33300
To Meeting Expenses	9426.00	By Bank Interest	3483.00
To Website (Part Payment)	7575.00		
To Picnic	27600.00		
To Sms Charges	4.35		
To Annual General Meeting	13640.00		
To Ilish Utsov	7700.00		
To Felicilation	1888.00		
To Vijaya Sanmilani	3400.00		
To Misc (Flex,postage)	841.00		
To Surplus	37158.65		
	<u>111083.00</u>		<u>111083.00</u>

**BALANCE SHEET AS AT 31st MARCH, 2020**

<b>LIABILITIES</b>	<b>Amount (Rs.)</b>	<b>ASSETS</b>	<b>Amount(Rs)</b>
Opening Balance		Closing Balance	
Cash-in-Hand	15041.00	Cash-in-Hand	19996.00
Cash-at-Bank	141623.30	Cash-at-Bank	73826.95
Add Net Surplus	37158.65	(UCO Bank-32210110007921)	
		Fixed Deposit (UCO Bank)	100000
	<b>193822.95</b>		<b>193822.95</b>

( **Source** : Shri Sumit Ranjan Sarkar , Former AAO , ICAR – NINFET and presently Treasurer , ARICARE)

**Indoor Medical Facility**

The empanelled Hospitals/ Diagnostic Test Centres to have indoor Medical facility as approved for ICAR Pensioners and their dependents , are reported below . Medical Identity Cards are also being issued to Retired ICAR Employees by ICAR Institutes at Kolkata.

**ICAR – NINFET Empanelled Hospitals**

- Disha Eye Hospitals Private Ltd , Kolkata
- Peerless Hospitex Hospital and Research Centre , Kolkata
- R.G. Stone Urology and Laparoscopy Hospital , Kolkata
- Sursut Eye Hospital and Research Centre , Kolkata
- Institute of Child Health , Kolkata
- BM Birla Heart Research Centre , Kolkata
- Desun Hospital and Heart Institute, Kolkata
- Naba Jiban Hospital Pvt. Ltd., Kolkata
- Medica Superspeciality Hospital , Kolkata
- Nihar Munshi Eye Foundation , Kolkata
- Nehru Memorial Techno Global Hospital, Barrackpur , West Bengal
- Suraksha Diagnostic Private Limited , Kolkata
- B. P. Poddar Hospital & Medical Research Ltd., Kolkata
- Apollo Gleneagles Hospitals , Kolkata
- AMRI Hospitals Limited, P-4 & P-5, C.I.T Scheme, LXXII, Block A, Gariahat Road , Kolkata -29 ( All Branches except Bhubaneswar)

### **ICAR-CRIJAF Empanelled Hospitals**

- Narayana Multispeciality Hospital , Barasat , West Bengal
- Amri Hospitals , Saltlake , Kolkata
- Peerless Hospitex Hospital and Research Centre , Kolkata
- Nehru Memorial Techno Global Hospital , Barrackpur , West Bengal
- Disha Eye Hospitals , Kolkata
- B. P. Podder Hospital and Medical Research , New Alipur , Kolkata
- Hayat Hospital , Guwahati
- Suraksha Diagnostic Private Limited , Saltlake , Kolkata
- Serum Analysis Centre , Kolkata
- R.B. Diagnostic Private Ltd , Kolkata
- Charnock Hospital, Kolkata
- Currae Eye Care , Kolkata
- B.M. Birla Heart Research Centre ,Kolkata
- Apollo Gleneagles Hospitals , Kolkata
- Gouri Devi Hospital and Research Institute, Durgapur , West Bengal
- Vivekananda Hospital, Durgapur, West Bengal
- IQ City Narayana Multispeciality Hospital, Durgapur , West Bengal
- Institute of Child Health,Kolkata
- Woodland Hospital, Shillong , Meghalaya
- ASG Eye Care (A unit of ASG hospital Pvt. Ltd.),Guwahati, Assam

### **ICAR – CIFRI Empanelled Hospitals**

- Suraksha Diagnostic Private Limited , Kolkata
- Narayana Multispeciality Hospital , Barasat , West Bengal
- Currae Eye Care Centre , Kolkata
- Peerless Hospitex Hospital and Research Centre , Kolkata
- R.G. Stone Urology and Laparoscopy Hospital , Kolkata
- Disha Eye Hospitals Private Ltd , Kolkata

## Obituary



**Late (Dr.) Rathindra Nath Adhikari**

It is a matter of profound grief that Dr. Rathindra Nath Adhikari had left for his heavenly abode on 23rd February, 2020. He retired from service on 30.06.2013 after superannuation as Principal Scientist from ICAR-CSWCRTI, Dehradun. We pray to the Almighty for eternal peace of the departed soul and strength to the bereaved family.

### \*\*\*\* Words of Wisdom \*\*\*\*

Three men were laying bricks,  
The first was asked: "what are you doing?"  
He answered: "Laying some bricks"  
The second man was asked: "what are you working for?"  
He answered: "Five dollars a day"  
The third man was asked: "what are you doing"  
He answered: "I am helping to build a great temple"

---

Which man are you?

So when a man takes credit for all his achievement, he must be absolutely arrogant. When Frank Buchman was complemented on founding the MRA movement, he said, "I have done nothing but I have been wonderfully led"

The fellow who never makes a mistake takes his orders from one who makes.

**Nothing is Permanent in this World – not even our Troubles -**  
**Charlie Chaplin**