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**6th  
National Skill  
Conference  
20-21 Sep, 2012  
At Kovalam,  
Thiruvananthapuram,  
Kerala**

**Special Supplement  
on  
Jackfruit and Natural  
Fibre Plant  
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## 'Education is the Tool for Empowerment'

The message from Dr SS Jena, Chairperson of NIOS was loud and clear during his inaugural address at the one-day meeting of accredited partner-institutions of FVTRS and NIOS held at Bangalore on 15 May. The occasion was a stock-taking exercise to discuss on the challenges and prospects with possible innovative approaches for effective linking of out of school youth at micro-level.



Accredited Partners at the Meet



Dr Jena at the Meet

Mr Sanjeev Kumar, IAS, Principal Secretary, Planning and Coordination, Govt of Karnataka lauded the remarkable achievements of the NIOS in the past with the annual enrolment of 5 lakh youth in the country. The low enrolment of only 6000 youth in Karnataka however, was a concern for him which should have been 25000 youth per year. More attention is needed in terms of pro-policy formulation and resource allocation to the ever-neglected open schooling system among stakeholders with adequate sensitisation, he pointed out.

Ms Koely Roy, Vice-President, FVTRS emphasised on enhancing participation of women and minority communities in both vocational and formal schooling system. Report card for the concluded academic year of NIOS-FVTRS collaboration was presented by Mr Felix D'Souza, Programme Manager of FVTRS and by five accredited institutions. It was followed by panel discussions and question-answer session on the queries raised by participants.

Dr KP Wasnik, Director-VT, NIOS; Ms Koely Roy, and Mr Albert Joseph, Executive Director FVTRS summed up the day long deliberation and strategies and guidelines to strengthen the partnership. Mr CP Nicholas and Mr Rosan Minz, Project Monitoring Officers of FVTRS participated in the meet.

### Strategies to promote the Coordination:

- Quarterly regional meets
- Reaching out to local schools
- Regional level capacity building programmes for FVTRS accredited institutions
- Ensure visibility of the partnership
- Identity card to FVTRS accredited institutions
- E-group communication
- Sensitise and involve local NGOs, academic institutes and civil society
- Ensure acceptance of NIOS certification where it is not accepted like in Kerala
- More inclusion of OBC category along with SC/ST communities
- Inclusion of more trainees for vocational training

### Training of Trainer (ToT) Programme on EDP

International Labour Organisation (ILO), New Delhi has organised 12-day Training of Trainers (ToT) programme on 'Start and Improve Your Business' (SIYB) to improvise the training programmes for promotion of enterprise development in

the country. It was held from 4-15 June at Bankers Institute of Rural Development (BIRDS), Lucknow with the original initiative taken by FVTRS. 29 persons from various institutes, agencies and NGOs from Uttar Pradesh and Maharashtra participated the two-week training workshop.



Inaugural Programme of ToT on EDP

Ms Tine Staermose Director and Mr Anandan Menon, Programme Officer from ILO, New Delhi participated at the inaugural programme of the 12-day ToT on EDP where Mr Albert Joseph too was present at BIRDS, Lucknow on 4 June.



Press-Meet at BIRDS, Lucknow

A concluding session along with a press-meet was held on 14 June. Mr Hedaki Kagohasi, Enterprise Development Specialist, Ms Anjana Chellani, National Professional Officer, ILO were present at the press-meet along with Mr Gemunu Wijesena, Master Trainer from Sri Lanka; Mr GY Reddy, Master Trainer from India. A future plan of action was drawn up on further replication of similar ToT exercises.



Participants of ToT Workshop

Mr Balakrushna Panda, Mr Ankur Kachhwaha, Mr Akhilesh Mishra and Ms Akok Imsong have attended the 12-day long training from FVTRS. The objective of the training was to train a cadre of trainers who could eventually train project staff and prospective entrepreneurs on starting new enterprises. They would be organising training of

trainer (ToT) programme for FVTRS' partner-organisations from August onwards at Dimapur and Jodhpur to begin with for end-use beneficiaries.

### PIP Workshop

A Project Implementation Plan (PIP) workshop for new partners was organised at Bangalore on 30 May for 17 new partner organisations from various States with the purpose to orient them for smooth implementation of projects in different phases like pre-training, training, post training to maximise effective outcome from training interventions.



PIP Workshop

Mr Felix D'Souza, Mr Rosan Minz and Ms Diviana Nayagi-Secretary-Programme, FVTRS facilitated it.



Participants at PIP Workshop

### Annual General Body Meeting (AGBM)

The AGBM of FVTRS was held at Bangalore on 15 June along with Governing Board and an Extra-Ordinary General Body meetings. Annual report, plan of action, budget for 2012-13 were approved.

### We Will Miss You!

A touching farewell was given to outgoing Board members Sr Sudha Varghese and Dr P Basak on their completion of two terms on FVTRS Board.



Farewell to Dr P Basak and Sr Sudha Varghese

## HEARTY WELCOME

Dr Joseph Sebastian, Dr Ghandi Doss, Mr GS Sethi and Sr Daphne Sequeira were elected as new members to the Board of FVTRS. Archbishop William D'Souza of Patna has joined the Board as CBCI nominee.



Mr Bino Viswam, former minister of Kerala at the fest



FVTRS Board Members

## Promotional Consultation

A one-day promotional consultation was organised at Kolping Centre, Kozhikode, Kerala in association with Kerala Social Service Forum (KSSF) on 26 May where 20 participants attended. The consultation was facilitated by Fr Romance Antony, KSSF and Mr Felix D'Souza. 26 participants from the area participated with inputs given on organic farming by Mr EJ Jose.



Kozhikode Promotional Consultation

## State Jackfruit Fest 2012-KozhiKode

A 3-day jackfruit mainstreaming programme was held at Kozhikode, Kerala from 27-29 May by Shantigram, horticulture dept. govt. of Kerala and other associates. The fruits' vivid use, benefits and diverse products that could be made from the fruit attracted 4000 people to the exhibition and conference. Mr KV Mohan Kumar, IAS, DC and Mr Albert Joseph, ED, FVTRS attended the concluding programme. An article on Jackfruit is presented in this issue.



Mr KV Mohan Kumar, IAS, DC, Kozhikode at the Jackfruit Fest

## Research Study Programme

Social Work institutions like Rajagiri College of Social Sciences-Kerala, Roshni Nilaya-Mangalore, XISS-Ranchi, NISWASS-Bhubaneswar and Christ College-Bangalore were contacted seeking co-operation for making use of MSW students for carrying out primary data collection on unorganised-sector-related issues, research pertaining to rural livelihood arenas where skills interventions could emerge.

## Visit to Various Institutes

**Rajagiri College of Social Sciences, Kerala:** Meetings were held with the MSW faculty at Kalamassery on 20 April. MSW students from the institute visited FVTRS on 23 April subsequently.

**Birbhum Institute of Engineering and Technology (BIET), Suri, West Bengal:** Held discussions with the director and faculty along with Dr P Basak on 25 April to explore possibilities on the prospects of organising research studies pertaining to the unorganised sector. Dr Basak facilitated the visit to take forward the skills training for the local youth with a power-point presentation to sensitise them on the skill deficit in the country and the urgent need for interventions.

**NISWASS and Centurion University, Bhubaneswar:** National Institute of Social Work and Social Sciences (NISWASS) and Centurion University at Bhubaneswar were visited on 8-9 May for possible co-operation on research and best practices. The principals and directors were met. The latter was visited along with Mr Jagadananda, Board member of FVTRS.

## Project Information

**Monitoring and Pre-Assessment**

**Visits:** 23 organisations

**Fund Released:** ₹ 86.43 lakh

**New Project Proposals Received:** 21

## Visit from Misereor

Dr Anselm Meyer Antz, Officer from Misereor visited FVTRS on 6 April after taking charge of FVTRS activities at Misereor. Discussions were held on various aspects of FVTRS interventions including the placement rate which is estimated at 78 per cent. The draft proposal for 2012-13 was discussed and on manpower needs at FVTRS.



Dr Anselm Meyer Antz at FVTRS

### Staff Development Workshop

All FVTRS staffers including regional staff attended the Self Development Programme organised at Bangalore on 26-28 June. Dr P Basak facilitated the 3-day meet on how a person has to retrospect, introspect, reflect and continue to learn aiming at personal transformation. He focused on 14 internal attributes and six pillars of character (Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship) that everyone must have to improve oneself and to work efficiently at the workplace.



Staff Development Programme

Each staff member made presentations on the selected topics of their interest and choice from honey to green tea to suicidal matters! There were also team-building exercises. The workshop was designed to build confidence while making effective presentations, orient staffers for mutual learning through sharing and group exercises.



Group Exercise

Dr Ghandi Doss and Dr J Alexander, Board and Advisory Committee members of FVTRS gave inputs at the concluding session of the three-day programme.

### Participation in Meetings/Conferences MSME Cooperation

Meetings were held with Mr AK Jha-Director General and Dr Rita Sengupta, Director, NIESBUD, New Delhi on 11 April and 10 May to discuss on the possibility on MSME and EDP cooperation and proposed for a meet on National policy on Entrepreneurship Development. MSME is taking the initiative to draft policy on this score.

### RUDSETI Meet

Participated in a meeting held chaired by Mr Sanjiv Kumar, IAS, Principal Secretary, Planning Department, Karnataka to evaluate the present status of RUDSETI (Rural Development and Self Employment Training Institute) in the State.

The meet has resolved for an evaluation of RUDSETI activities and to prepare a draft ToR stating the present system, assessment of operational performance, efficiency and monitoring systems. It was pointed out that Gulbarga district has no RUDSETI centre as there are no youth to attend vocational training which was a point of disagreement among the participants.

### AGBM of SKIP

Participated at the Annual General Body Meeting of SKIP-Bangalore at Kolkata on 18 May. Economist Mr Parthasarathy Som delivered a lecture on 'Skill and entrepreneurship deficit in the country' on the occasion.

### Visit to KIDS

On 25 May visited Kottapuram Integrated Development Society (KIDS), Kerala and interacted with team on the functioning of the centre and its proactive role in the exploration and promotion of various products from natural fibre plants like screwpine, water hyacinth, etc. The occasion was to study to bring on board areas where skill interventions could be intensified aiming at more diversification. An article on natural fibre plant appears in this issue.

### NIOS Regional Directors' Meet

NIOS has organised a one-day Regional Directors' Meet at Noida on 1 June. Mr Albert Joseph and Mr Felix D'Souza from FVTRS attended and appraised them about the co-operation and sorted out many irritants and simplified the processes for the advantage of accredited partners. The same are as follows:

- All Regional Directors (RDs) would convene at least two meetings with FVTRS official to resolve their issues
- SAIED has the right to select examination centre and can also be done by RDs in consultation with FVTRS' accredited partner

**EU-SUPPORTED PROJECT**  
**on**  
**'Vocational Education and**  
**Training for Vulnerable and**  
**Marginalised Groups in India'**

**Research and Study Work**

FVTRS has identified three researchers to undertake the research work in three regions. The MoU has been signed by the researchers and FVTRS.

**Theme for South:** Resource Allocation for VET by State and Central Government

**Theme for North:** Employment Pattern

**Theme for East:** Exclusion Issues in North-eastern States

These three studies will be completed by August, 2012.

**Monitoring Visits**

Regular monitoring visits were undertaken by the regional staff and the Central Coordinating staff to various service provider organisations in three regions. During these visits strengths of the projects were assessed. Gaps were taken note and corrective measures introduced. The Service providers got more clarity on the skill training, reporting and accounting procedures.

**Regional Office Visit**

Mr Albert Joseph visited Dimapur office on 16 May and visited two on-going projects there. Participated at the inaugural function of Peace Channel where skill development is initiated for the first time including music as a trade.

**Preparation for Events**

Suitable venue has been identified and preparatory arrangements done for the Regional Market Fair scheduled to be organised in Guwahati on 13-14 July. Venue list has been finalised and preparatory arrangements done at Jaipur and Madurai for Youth and Entrepreneurs' Conventions and Regional Market Fair to be held on 24-27 July and on 20-23 August.

**Hearty Welcome!**

Mr Mahesh Babu Vanam has joined as Documentation Officer Hyderabad Regional Office under EU-Supported Project from 16 April.

**All the Best**

Mr Eldhose Alias, Finance Officer and Mr Raghuv eer Acharla, Documentation Officer from Hyderabad Regional Office have left FVTRS. We wish them all the best.

- institutions
- Medium of instruction would be supplied by FVTRS study centre to the concerned Regional centres
- All the study materials and students ID be sent to accredited institutions
- Regional/cluster/zonal level capacity building programmes be organised by NIOS and exposure visits to best models by RDs with the cost borne by FVTRS
- New application for accreditation to be sent to NIOS, Noida for both AI and AVIs
- Admission is off-line mode preferably with single demand draft submitted to RDs with no additional fee for data entry and processing fee
- Preferable language options be indicated at the top of students' application forms



NIOS Regional Directors' Meet at Noida

**World Bank Workshop**

Participated at the South Asia Regional Workshop on Skills Development and Employability organised by the World Bank at New Delhi on 25 June. World Bank is initiating a process to take skill development as a major issue at the SAARC level.



World Bank Workshop, New Delhi

**Miscellaneous**

- Preparation for 6<sup>th</sup> NSC on 20-21 September
- Dr P Basak presented the first draft copy of the 'Skill Watch'
- 'Skill Watch' documentation for 2011-12 is being completed



### Forthcoming Events

- 2 July:** Interview for Asst. Finance Officer
- 6 July:** Promotional Consultation at Shimoga
- 9 July:** Governing Board meeting of SKIP
- 10-11 July:** NSC Invitations, Kerala
- 12 July:** Promotional Consultation at Guwahati
- 13 July:** Press Meet at Guwahati
- 13-14 July:** Regional Market Fair, Guwahati
- 18 July:** Promotional Consultation at Salem
- 24 July:** General Body Meeting of KROSS
- 24 July-12 August:** Visit of Mr Dankward Schonsee, Consultant from SES-Bonn
- 24-25 July:** Youth and Entrepreneurs' Conventions, Jaipur
- 26-27 July:** Regional Market Fair, Jaipur and New Delhi visit for NSC invitation
- 30-31 July:** Visit to Project Partners in Kerala
- 1-2 August:** Capacity Building programme by SES-Bonn at Bangalore
- 1-3 August:** Workshop at KKID, Coimbatore on BMZ proposal making
- 7-8 August:** Partners' Capacity Building programme at Lucknow
- 20-21 August:** Youth and Entrepreneurs' Conventions, Madurai
- 22-23 August:** Regional Market Fair, Madurai
- 5 September:** PSC Meeting at Ernakulam
- 6-7 September:** FICCI Meet on Skill Development
- 19 September:** National Partners' Meet, Kovalam, Thiruvananthapuram, Kerala
- 20 September:** Founder Memorial Lecture, Kovalam, Thiruvananthapuram, Kerala
- 20-21 September:** National Skill Conference, Kovalam, Thiruvananthapuram, Kerala
- 29 September:** FVTRS Study tour delegation leaves for Europe
- 14-24 October:** Visit to Community Colleges in USA

### Vocational Training:

### Making a difference in the lives of school dropout youth

#### 'Hello, Raja here'

In a mobile-phone workshop at Atmakur, Kurnool, N Raja Sekhar is sitting and repairing mobile-phones. The 23-year old Raja learnt this trade from



Kurnool Diocese Social Service Society (KDSSS), Kurnool and became the breadwinner of his family with the daily income of ₹ 150 – 200. He wants to become an expert technician in future.

Earlier, Raja was loitering without any job or skill. He belongs to a scheduled caste poor family of Edurapadu village. His parents are illiterate and engaged in coolie work for their livelihood. Raja

didn't go to school as his illiterate parents did not have any interest to educate their children.

Raja got interested to join vocational training after attending awareness meeting in his village, conducted by KDSSS. During the training, Raja became aware of his skills, his hidden talents, and got motivated to learn and improve his skills.

#### Neeraj



Training in beautician course has changed the life of Neeraj. She hails from a poor family of Azad Nagar colony in Agra. Her family could not afford her studies beyond class 10.

Based on her interest, she took admission in beautician course at Agra Catholic Diocese Samaj Seva Sanstha, Agra. Neeraj got a job in a beauty parlour in Agra after completing the training. At present she earns ₹ 100-130 per day. It has given Neeraj an alternative source of income than what her family could eke out from their meagre resources. Happy with her initial success, Neeraj is enhancing her skill to start a beauty parlour.

#### R. Saraswathi

Saraswathi (28) mother of two kids completed three-month training in fashion designing from Voluntary Association for Natural Development and New Approach (VANDANA), Chitradurga. She started working after the training and soon became an expert in stitching ladies-dresses. Her income rose from ₹ 2000 to ₹ 6000.



Saraswathi now is able to fulfil all the requirements of her family which was earlier very difficult for the family that depended on daily wage labour for their subsistence.

#### Versatile, Ravi Naik



K Ravi Naik (20) who belongs to scheduled caste family had to discontinue studies after class 8. He was working as daily wage labourer in agricultural field to support the family.

He showed interest to join and learn motor rewinding course work run by VANDANA, Chitradurga.

He attended the training classes regularly and learnt well. After three months training, he started his own work. He is doing motor rewinding and writing of banners and flex boards. He is working in Chitradurga workshop on a part-time offer. Now he is able to earn about ₹ 6000-6500 per month.

### Jyoti Nair

Jyoti Nair having a nine-year old daughter lost her husband at a very young age. Lost hope and not knowing how to sustain her family, joined St. Joseph's Community College, Jamshedpur for a certificate programme in hospitality course. She had studied only upto 8 standard.



Through the nine months training of hospitality course and life skills, she gained confidence to lead a life with dignity. Jyoti got a job in a renowned hospital in her town for a monthly salary of ₹ 3000 with additional benefits.

### Yellappa Parashuram Shirahatti

Yellappa Parashuram Shirahatti hails from gullapur, Yellapur. His parents are coolie workers. Yellappa failed in class 10 and had no interest to continue his studies. He sat idle at home.

He came to know about the training programme run by Karwar Diocesan Development Council, Karwar through the SHGs supported by the organisation. Yellappa underwent training and completed successfully by receiving the driving license. With the guidance and motivation, he purchased a tractor. He started working to supply materials to the construction sites with a contractor in Karwar. He is earning ₹ 3500 per month.



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### VT Projects Evaluation

**JEEVANA (Calicut Diocesan Social Service Society)** Jeevana from Kozhikode, Kerala has more than thirty years of experience in working with the marginalised and economically backward communities. They extensively work in the four districts; Kozhikode, Wayanad, Malappuram districts and in the tribal areas of Palghat district like Attappadi. The FVTRS supported project for the school dropout youth is situated primarily in the Wayanad district. The Jeevana's multi-faceted work in this tribal region has provided a more acceptable situation for the FVTRS supported programmes. Jeevana has trained 120 candidates in four trades: welding and fabrication, house wiring,

electrical and automobile mechanic (40 candidates in each course).

**Training Facilities Available:** Training was organised in partnership with the Don Bosco Technical Institute at Sulthan Bathery in Wayanad district. Training facilities include well designed class rooms and workshops for the house wiring and electrical, welding and fabrication and automobile trades. Each trade is conducted at separate workshops with adequate tools and equipments.

**Trainer Competencies:** The trainers for the offered course were well qualified and each one of them has sufficient teaching experience. They were in fact regular instructors at the Don Bosco Institute and their services were hired for the teaching for the FVTRS project.

**Presence of Curricula:** The offered courses are aptly complied with curriculum. The curriculum has shown the various aspects of the course as well as the course materials in terms of required raw materials, tools and equipments.

**Methodology:** The methodology that was used for the training was simple and traditional. It appeared from the class room attendance and the workshop attendance that the 40 per cent is class room teaching and 60 per cent is workshop and practical. The workshop time was divided into direct learning and learning through the involvement in production and maintenance. The methodology also has an element of exposure with the outside units other than Don Bosco.

**Gender Aspects:** Gender aspect is one of the weaknesses of the courses with Jeevana. It looked like 100 per cent are male dominated courses and admissions are based on them. Jeevana has a long way to go to have a gender balance in their course selection and admissions.

**EDP Training:** Entrepreneurship Development Programme was conducted well for all the batches. The competencies required for the required market and the information on the avenues open in particular fields were the basis of the EDP imparted at Jeevana. Apart from providing EDP, the English coaching and personality development classes were conducted on a regular basis.

**Placement and Linkages:** Jeevana has provided fairly good amount of linkages. The linkages established during the period were with Shobha Developers, Maruti (Indus) Motors, Kozhikode; Porus equipment, Bangalore; TATA Motors, Cochin; and Gulnar Car Care Centre, Kollam. 45 trainees were recruited through campus interviews by the above stated companies and ten trainees are presently working in Gulf countries. During the interaction with the former trainees, the evaluator could understand that the majority of the employed are earning between ₹ 8,000/- to ₹ 10,000/-. It was also revealed during the interaction that FVTRS sponsored skill training became a source of livelihood for the youth in the region.

**Mobilisation Local Funds:** The evaluation process has not come across any indication of mobilisation of the local resources particularly for this programme. However it is interesting to observe that Jeevana taps the government resources for their other regular community development programmes.

... Contd to page 12

## Jack of All Fruits: Jackfruit

L Pankajakshan, *Jackfruit Promotion Council*

**Jackfruit** is a seasonal fruit found in almost all the humid tropical regions of the world. This compound and largest of fruits traditionally plays a major role in fulfilling the food and nutritional needs of the local communities especially during the summer months. The trunk of the tree also serves as a good construction material and widely used in temple carving works. The jack tree and its fruit is famous for its versatility. Every part of the tree is valuable and useful. It is known as the poor man's food, is used in various ways. It is used in the ripe form as a delicious fruit and in unripe form as vegetable. The ripe fruit is consumed by low income families as a source of vitamins, minerals and calories. The pulp of ripe fruit has a pungent odour and is eaten fresh or preserved in syrup. It is also processed in to various acceptable products.

Boiled and roasted seeds used for many culinary preparations. Immature fruits are used a vegetable or in soups and made into pickles. The rind and aborted flakes are fed to livestock. The aborted flowers of ripe fruits contain pectin and used for preparing jelly. The ripe bulbs, fermented and then distilled, produce a potent alcoholic liquor. Roasted seeds are ground to make a flour which is blended with wheat flour for baking.

Jackwood is a valuable timber used for furniture, construction, turnery, masts, oars, implements, brush backs and musical instruments. The colour of wood changes from orange or yellow to brown or dark-red. It is termite proof, fairly resistant to fungal and bacterial decay, seasons without difficulty, resembles mahogany.

The leaves and skin of the fruit are used as cattle feed. The skin, peduncle and aborted flowers of the fruit are used for pectin extraction.

Jackfruit is propagated either through seed or by vegetative means. But because of the highly cross pollinated nature, the seedling will not be true to type. Large scale multiplication of superior varieties is through vegetative means.

**Propagation:** The most common method is propagation by seed. The seeds are non-dormant and lose viability quickly. The percentage of germination decreases proportionately with delay in sowing and no germination is obtained after one month. The seedlings can be transplanted when four leaves have hardened. With older seedlings, the chances of root damage are high and results in lower survival.

### Planting season

The best time for planting is by the commencement of South West monsoon in May and June. Planting can be extended to August, if plants are well cared. Prolonged dry spell after planting may lead to poor survival. The tap root should not be disturbed while planting.

The tree is not grown under irrigated conditions. But the tree is sensitive to prolonged periods of drought especially, the young plants. Young plants are to be irrigated upto 2-3 years till the roots reach deep into the soil. The frequency depends upon the soil and climatic factors.

### Harvesting and Yield

Seedlings may ordinarily take 4 to 14 years to come into bearing, though certain precocious cultivars and grafts may begin to bear in 2½ to 3½ years. The seedling trees reach peak bearing age with 15-16 years of planting and the grafts attain peak bearing much earlier at 68 years of planting. The life span of seedling tree is very long, as long as 100 years. However, productivity declines with age. In grafts, the life span is about 25-40 years. The fruiting season lasts for about 7 months from January to July. Yield is not uniform every year. Some trees show alternate/irregular bearing tendency. The average yield per tree is about 50-100 fruits per year. Yield varies from a few fruits during the first year of bearing and it may go up to 250 fruits or even more after 15 years. The individual fruit weight varies from 3.00 kg to 25.00 kg. When the crop is grown in plantation scale an average yield of 50-80 tonnes/ha can be expected.

### The multiple uses/services can be grouped under:

- Food for humans and animals
- Construction material/timber
- Base material for several musical instruments
- Provides materials for religious ceremonies
- Support for perennial climbers (like pepper)
- Medicine
- Environment protection and spiritual solace
- The jack tree, for generations upon generations, has been treated as a member of every household in Kerala. One could not fancy a home without at least one jack tree, which, with no special care, used to offer varieties of nutritious and delicious food items.





There is an emotional link attached to each household which is being broken by the indifference, apathy and neglect of the younger generations, cut off from mother nature and her nourishing and protective influence. The current state of production of jackfruit is considerably huge however, the bulk of it (nearly 75%) goes waste. This wastage of a natural resource with high potentiality in terms of food security as well as local economic development, has a number of reasons, including:

- Life style changes in the wake of modernisation, urbanisation and the like
- Difficulties in harvesting and cumbersomeness in processing the fruit
- Low awareness about the value and importance of using the resource
- Absence of appropriate technologies for value addition
- Dearth of entrepreneurial initiatives for producing and marketing innovative value-added products
- Loss of traditional knowledge, wisdom and technology in regard to the management of the jackfruit

### Emerging Problems/Issues

The jackfruit scenario is riddled with a number of acute problems/issues.

- Low awareness and appreciation of the value and importance of jackfruit
- High percentage of wastage of a natural resource with high development potential

- Improper harvesting and handling, leading to high wastage
- Lack of need-based R&D
- Development of suitable varieties for small households
- Cumbersome processing, due to spikes, leather, gum, etc. of the fruit
- Low level of awareness and skills for value-addition
- Prejudices and disregard/treating it as a minor fruit, etc.
- Low level of information, communication, exchange, coordination and networking among individuals and groups interested in jackfruit promotion
- Unavailability of appropriate technology/low level of technological development
- Unpleasant odour at times
- No proper supply chain
- No assured market for fruit and products
- Unavailability of suitable/good quality variety of fruits round the year for regular production of value-added product

### Opportunities Opening up

Against the backdrop of problems and issues mentioned above should be seen the large scope and tremendous opportunities thrown open by emerging food trends/needs and market potentialities. *Conti...*

### Contemplated Value-added Products

Traditional products (with good shelf-life)	Innovative products (with good shelf-life)
Jackfruit Chips/vattal (sugar, Jaggery )	Jackfruit wine
Jackfruit Varatty (sugar, Jaggery )	Ready to cook (RTC)
Jackfruit Halwa	Dehydrate jackfruit
Jackfruit Pappad	Dehydrate tender jack
Dehydrated Jackfruit	Phanas-poli (sweet JF mat from kooza chakka)
<b>Products for immediate use</b>	Osmo dehydrated (OD) jackfruit
Kumpliappam	Vacuum dry jackfruit chips
Unniappam	Tender jack in brine (Bottled)
Jackfruit Erisseri	Tender jack curry (RTE) (Bottled)
Jackfruit Aviyal	Tender jack thoran (Bottled)
Jackfruit Thoran	Jackfruit thoran/upperi (Bottled)
Jackfruit Puzhukku	Jackfruit pulp (Bottled)
Kos kothu (Sreelankan staple food)	Squash, Jam and Jelly
Jackfruit pakka vada	Ice cream with jackfruit
Tender Jackfruit cutlet	Jackfruit Sip-up
Tender Jackfruit Manchurian	Jackfruit Peda
Jackfruit cutlet	Jackfruit seed Powder
Jackfruit peda	Jackfruit seed in brine (Bottled)
Jackfruit seed payasam	Jackfruit seed - fried (Bottled)
Jackfruit seed Chammanthi	Jackfruit seed Avalosupodi
Sweet iddli (Sandan)	Jackfruit seed Avalosunda
	Jackfruit seed Chocolate
	Jackfruit carpel flour
	Dosa mix (Carpel powder/seed flour )
	Chakka Idly Mix
	Chakka chappathi
	Chakka payasam mix ( Bulb + Seed)
	Chakka mixture
	Allied products



The food scarcity looming large on the futuristic horizon is also an opportunity to revisit the local natural resources, develop them and benefit from them. Jackfruit can be positioned as one and only organic fruit in the market. There is a ready market among the people who turn to organically grown and processed ethnic food, noted for nutrition value, taste and safety. The situation the world over is that supply is not adequate for meeting the growing demand for this type of food.

### Jackfruit Health Benefits

Source:<http://dhannyya.hubpages.com/hub/Jackfruit-or-weight-loss-high-blood-pressure-skin-disease-high-blood-pressure-cancer>

Jackfruit is a popular fruit in India though it is not abundantly available in all parts of India. Jackfruit is widely grown in Kerala. You can find Jackfruit trees in almost all parts of Kerala. As it is abundantly found in Kerala people do not value it thinking that it is of poor nutritional value. They are not really aware of the nutritional benefits of jackfruit. Jackfruit and its seeds have several health benefits that many are not aware of.

#### Jackfruit for weight loss—Eating jackfruit helps you lose weight

Jackfruit has very low fat content. It is a great source of energy though. Those who are looking for weight loss can safely consume large amounts of Jackfruit for it has low fat content. Jackfruit is a rich source of Potassium, Vitamin C, Vitamin B and several other nutrients.

#### Jackfruit for shiny skin—Jackfruit improves skin

In Kerala, many elderly people are with good health and healthy skin. Those elderly ones eat natural foods like jackfruit, tapioca and mango fruit. Their secret is nothing but the use of quality foods like jackfruit. Eating jackfruit nourishes your skin as Jackfruit is a good source of Vitamin C is therefore beneficial for growing children.

#### Jackfruit as anti-ageing, prevents skin wrinkles and diseases

Jackfruit can be rubbed against skin for skin diseases. Jackfruit can bring a relief. Jackfruit is an ingredient of certain cosmetic products. Eating jackfruit would enhance the health of your skin. Modern generation is getting skin wrinkles even at young age. Our grandparents who consumed large amounts of Jackfruit regularly had good skin and health. They do also have healthy wrinkle-free skin. Natural foods like jackfruit are the secret behind their health.



Nutrition in jackfruit can repair the damage happening to body cells. It can repair skin wrinkles, keeping skin healthy. Eating Jackfruit regularly will help you remain healthy for long years.

#### Jackfruit is helpful for sleeplessness, high blood pressure, anxiety neurosis, loss of memory and poor concentration

Eating jackfruit regularly would help you fight high blood pressure, insomnia, memory loss, anxiety neurosis and several other diseases. Jackfruit is rich in potassium. It is therefore useful for hypertension patients. High blood pressure patients would be benefitted by eating jackfruit. Jackfruit can improve your concentration power. Jackfruit is a healthy food for children as well as adults. It is highly nutrient rich and strengthens your body and mind.

#### Jackfruit for constipation, improves digestion

Jackfruit can help relieve your constipation. It can strengthen your digestive system. Jackfruit is found to be improving digestion. It can be eaten in large quantities. It would never cause you any stomach problems.

#### Jackfruit can cure cancer, ulcer and HIV/AIDS patients

Jackfruit is rich with anti-oxidants and phytonutrients. This would treat cancer in the individual. Phytonutrients can reduce the cell damage happening in cancer patients. Phytonutrients also help treat degenerative diseases. Jackfruit is also found to be curing ulcer. Eating jackfruit would thus give you multiple benefits.

#### Jackfruit is a heating or warming food

Jackfruit is a fruit that can be eaten on all seasons. It would not heat or cool your body. You can eat jackfruit even when you run a fever. It would help you recover soon. Jackfruit is a nutritious food for children and pregnant women.



## Natural Fibre-Material of the Millennium

Dr Sunny George

A retrospect of human civilisation shows that plants fulfill the three basic necessities of mankind-food, shelter and clothing. Next to food, clothing is an indispensable requisite of human beings and fibre yielding plants acquire paramount importance and utility in addition to some form of cordage for his nets, bows, strings, etc. and some type of coverage for his makeshift, temporary huts. He soon discovered that the tough, flexible strands present in the stems, leaves and roots of a number of plants could appreciably satisfy most of his requirements. Plants fibres soon became an important source of raw material for natural fibre clothing. As civilisation advanced, the use of plant fibres in the daily life of man, increased appreciably and presently over two thousand fibre yielding plants are being used in the service of mankind.

Structurally, plant fibres are sclerenchymatous cells and are a part of the plant skeleton. Although, fibres differ in texture, strength and chemical composition, they are mostly elongated cells with thick walls, small cavities and tapering ends. The thickened walls are due to deposition of cellulose and lignin. Fibres occur as sheets of tissue with overlapping and interlocking cell walls, though they may sometimes occur singly or in small groups.

There has always been an inseparable umbilical bond between man and nature, as that of a mother and a child. The motherly nature is an all-affectionate reserve that sustains all the fundamental human needs. Among the invaluable assets the nature generously offers us, natural fibres are of utmost importance.

When the nature itself is an ultimate manifestation of the Almighty's craftsmanship, natural fibre comes as a blissful ingredient. In many countries, natural fibre contributes the most to the national economy only second to agriculture. In India also, there are millions of men and women who manufacture amazing handmade crafts from natural fibres, translating the charming magnificence of nature every day and making a living out of that.

The very word craft carries a blissful energy of human expression. It's like writing poetry with a few raw materials. Every craft is unique; a signature of the craft person carved on nature. In human history, the crafts are considered to be one of the yardsticks of civilisation.

Besides, crafts are a symbol of self-reliance too. That was why Gandhiji had asked the Satyagrahis to weave their own cloths, during the freedom struggle. In the current context of climate change, when the globe is increasingly realising about its scorching heat and the urgency of going green, natural fibre has an added significance. These products are completely biodegradable, causing no harm to the environment. Unlike the raw materials of petroleum products, natural fibres can be regenerated at our will. The production centres emit no smoke, nor do they pollute water.

As natural fibres are completely eco-friendly, there is

widespread international demand for natural fibre crafts. Besides the USA and Europe, developing countries in the third world also have started importing natural fibre crafts. The UN General Assembly declaration of 2009 as the International Year for Natural Fibre was a great boost to the global demand and supply of the natural fibre crafts.

Every now and then, the governments plan and propose to open up newer eco-friendly job opportunities. But, most of the time, they target only the educated and the elite. At the same time natural fibre craft initiatives can provide sustainable income to millions of poor and deprived sections of the society. Beyond providing monetary benefits, these craft enterprises empower and uplift them to take part in social engagements.

India is good for natural fibre crafts in more than one ways. The biodiversity of our flora is incomparably rich, thanks to the unique bio-geographical feature of this country. India has an immensely diverse variety of natural fibres which could be used a raw material for many crafts.

Another important fact is that India by and large continues to be an agrarian economy. In India's rural environment, non-agricultural initiatives might prove quite unsuccessful. Fortunately, the natural fibre crafts have got an intrinsic dependence on agricultural life; the seasonal intervals in cultivation could be utilised for the natural fibre crafts activity.

As any other agricultural product in the third world, natural fibres also enjoy the support of the Fair Trade Certification. Natural fibre products could find excellent international market opportunities, provided the producers get registered at fair trade forums.

There are many other examples of governmental concern for the promotion of natural fibre crafts. For instance, Kerala, the screwpine products are included in geographical indication registry, and have been exempted from sales tax.

The natural fibre craft sector has one more advantageous prospect because of its close connection with India's textile industry, which is quite matured and widespread in the country. Our international competitors in natural fibre world often produce gray or colourless products. But from India, because of the influence of the textile sector, a myriad of colourful products throng the global market and they are easily sold out. Screwpine, Water Hyacinth, Bamboo, Korai Grass, Palm Leaf, Lantana, Banana, Vetiver are some of the popular varieties as seen on India and used for various crafts.

Kottapuram Integrated Development Society (KIDS) is doing a yeomen promotional work on mainstreaming fibre plants.



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**Trainees Retention:** Jeevana has no issues in retaining the trainees till the end of the programme. It is rather a very strong area of their performance. The hostel facilities available at Don Bosco Institute have also helped the retention of the trainees. 40 per cent of the trainees who hail from the nearby villages stay in the hostel.

**Interaction with the Former Trainees:** A group of former trainees who were employed through various firms and companies interacted with the evaluator and brought few important aspects which are as follows:

- Most of these trainees come from the families whose parents work on tea gardens or are involved in extracting the forest products for their livelihood.
- The employment that they found due to their training has helped consolidating their family economy.
- 18-year old Mohammad Harshad from the 2010 batch has told that his parents are in the construction work as daily labourers. His present job as welder is fetching him ₹ 9,000/- per month.
- 20-year old Ranjith VK from the 2009 batch is now working with the Shobha Construction Company and earning ₹ 8,000/- per month. His parents are the daily labourers in the tea gardens.
- 23-year old Tito Mathew from the 2008 batch is now working in the Gulf and earning well. His opinion is with the kind of training that they have received has not only made them skilled in a particularly trade, but improved life skills to face the competitive work world successfully.

#### **A Joint Venture:**

- Five trainees after the completion of their training came together and started joint venture i.e. welding and fabrication firm in Kozhikode. They do the grill work, shutters, and metal roof work and market for the same is catching up slowly and steadily.
- Vineet one of the five says that he is able to earn ₹ 10,000/- minimum through this venture and he is able look after his mother and his three younger siblings. He is also very hopeful that the profits would only increase in the future.
- One of the senior persons helping in this firm Mr Stephen (ex-Co coordinator of the project) is of the opinion that this firm could be an effective model for the Jeevana to follow in their EDP to engage and encourage the future.

#### **Strength of Jeevana**

- The training duly backed by a production Centre at Bathery is

## **NATIONAL SKILL CONFERENCE 2012**

### **Inclusion, Employability Skills and Capturing Entrepreneurial Spirit in the Unorganised Sector**

**Objective:** To mainstream skill and enterprise development in the unorganised sector, diversify it in crucial sectors like agriculture, and other livelihood areas with emerging best models and practices adapted.

The Conference will deliberate on aspects pertaining to skill and entrepreneurship development that should address the underprivileged youth in an effort to mainstream it in the unorganised sector. The skill talk that takes place in the country today by and large seems to be industry centric with an urban bias, unmindful of the vast sections remain untouched though we speak of their inclusion. 95 per cent of the workforce in India belongs to the unorganised sector who contributes 60 per cent to the nation's GDP ignored is both a paradoxical and despicable scenario.

**Exclusion:** Where are they in spite of all this talk on inclusion and various skill development initiatives? This is the question being asked in all circles when it comes to skill development as their absence is conspicuous in various skill development programmes. What made them join the left extremists, other anti-social activities and get engaged in odd jobs for just keeping the body and soul together is a nerve wrecking question.

**Denied:** Basic primary education is denied to the youth in villages for no fault of them by default. As a result opportunities are lost at every level. The school dropout rate is estimated close to 90 per cent and only 5 per cent of the population avails higher education. Skill development cannot be conceived only for those who had the opportunity for schooling.

**Social Stigma:** Being slaves to a mindset where everyone wants their children to become doctors, engineers (please note that only 15 of the engineers of the 24 lakh students come out every year from the institutions are employable), civil services, professors and lawyers, the prospect of being trained in a skill is an anathema to them. The country today needs an overdrive search on how to de-stigmatise its population so as to embark on a large scale proliferation of skilled population who carry out their work with dignity. Skill education is second to none.

**Mainstay-Agriculture:** Agriculture sector is losing its sheen today where 52 per cent of the population depends on primary agriculture. Its contribution to the nation's GDP has come down from 40 per cent six years ago to 13 per cent today and there is no dignity to attached jobs in the sector as well.

**Migration:** The growth of the urban population is an indication of the kind of migration that takes place today from the rural to urban settings in search of jobs that are not there in the last one decade alone for want of a livelihood. It was expressed several times by the migrants that it is better to be a worm in cities than done to death wriggling in extreme forms of poverty.

**Entrepreneurship:** The country is facing acute scarcity of trainers who can communicate in their local language and tone to capacitate people to become successful entrepreneurs especially in the rural settings with good communication skills as well. Capturing the entrepreneurial spirit in this country therefore, has become almost non-existent and we tend to prepare people only for wage employment.

**Innovation:** Innovation has always been put on a backburner. We have to go beyond the jugad story and continuously search for new solutions and reach to find expressions.

**Doer Multiplication:** One or two swallows cannot make a winter or a summer. The country needs multiple doers to take on the cause of skills training to mainstream it to the hinterland so that everyone participates for the cause. It cannot be confined in the hands of few for the refined.

#### **Facilitating a skill revolution at the grass root level in the unorganised sector**

Hotel Udaya Samudra, Kovalam, Thiruvananthapuram, Kerala

**20 and 21 September 2012**

providing the trainees an opportunity to sharpen their skills in competencies with the existing market.

- The linkages with some of the corporates and the persuasion of campus recruitment have boosted up the image of the programme in the region.
- The extra-curricular activities and initiatives such as regular English classes and personality development classes are value addition to the package of skill training.

#### **Matters to be improved at Jeevana:**

- Gender balance is one of the areas that Jeevana has to work on seriously. The complacent attitude of the organisation towards progress in other fields may not help in this important aspect. The presence of many women's Self Help Groups provides scope for this gap to be filled with in future.
- The target group or qualifications of the admitted trainees shows some gaps as far as the school dropout youth is concerned.

#### **Jeevana's Expectations from FVTRS**

- Remuneration for the teachers/instructors and the supporting staff has to be increased to attract more efficient people for the job.
- Initial support (financial) to the trainees to start creative ventures either as revolving fund or as contribution would strengthen the placement of the trainees.



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