

# Success story of women FoCTs at KVK, Kasaragod

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A second's decision may make you say "what a change!". It was in August 2012 that four housewives from a remote village of Kasaragod decided to opt for a job quite unique and a bit adventurous. They had attended a training in machine aided coconut climbing organised by the agricultural officer of their panchayat, Kinanur Karindalam. It was just a spark. Soon they heard of a vocational training programme in machine aided coconut climbing being organised at KVK, Kasaragod. They set off to Krishi Vigyan Kendra, Kasaragod for enquiring about the same and decided to be a part of the "Friends of Coconut Tree" programme – the joint venture by Coconut Development Board, Kochi and Krishi Vigyan Kendra, Kasaragod. Attention, interest, desire, conviction, action, satisfaction - the whole theory of adoption proved true.



*Women FoCTs with Chief Minister, Kerala during interface meeting*

They came, they learnt and they conquered their own lives. Now Seema, Bhargavi, Omana and Usha

Balan have caught place in the phone directory of every household in Kinanur Karinthalam panchayath of Kasaragod district- thanks to the agricultural officer Smt. Veenarani for her efforts towards this.



*The trainees - Seema, Bhargavi, Omana and Usha Balan*

Every step was well planned. Soon as they were back to Kinanur Karinthalam after the 6 days' residential training course at KVK, Kasaragod, they reported this to the agricultural officer who gave maximum publicity to the matter through mass media. The determined ladies were not at all hesitant to give their mobile phone numbers too along with the news. The efforts found results very soon because so much was the felt need among farmers. Periyanganam Seema, Kollampara V.V. Bhargavi, Karinthalam Omana and Periyanganam Usha Balan responded to all of the orders placed punctually.

Be the coconut palm tall or dwarf their enthusiasm stood the same.

Now after an appreciably long service of more than a year they have gained good expertise in the field. They use safety belts only in risky situations. They go to the sites in groups for their assignments and harvest coconuts with amazing speed and skill. The continued demand for their service in the area stands as a solid testimonial for them. They get almost 25 days' job a month and they collect just a meager amount of Rs. 20/palm. Working time is from 9am to 3pm. One person climbs 60 palms a day. In peak periods, they earn above Rs.1000 per day. Eventhough they were trained in plant protection aspects, pollination, etc. such services were not demanded so far.

Though much satisfied in their job and earnings, the four friends lament over something very genuine. Since the climbing device is quite heavy,



they are forced to go to the plots in hired auto rickshaw which eat away a lion's share of their hard earned money. They are eager to know about the progress of the two wheeler assured to them. They also request any support from the side of the

Government for setting up tender nut parlours where they could also put to practice the post harvest technologies of coconut like snow ball tender nut, tender coconut juice, etc. they learnt during the "Friends of Coconut Tree" programme.

Seema, Bhargavi and Omana carry forward the legacy of the training institute too. They bagged first, second and third prizes in the machine aided coconut climbing competition organized at RARS Pilicode in connection with the 15<sup>th</sup> anniversary of Kudumbashree. They are ever thankful to their family who give strong support to their every move. The clubs of the locality also promote them by giving social recognitions and awards. They fondly remembers the care and affection shown by the training team at KVK, Kasaragod all along the training programme and henceforth.

*(Photo credits: Shyamprasad)*

## Health benefits of coconut oil

### Ageing

This is one of the many health benefits of coconut oil that's sure to please. Did you know coconut oil can help slow down the effects of ageing too? It helps with damage to healthy fats and tissues in the body. Coconut oil is filled with antioxidants which improves cardiovascular problems and the ageing of the skin.

### Skin wonders

Not only is coconut oil good for helping your skin through the ageing process, but it is also an excellent moisturiser. Use organic coconut oil on your skin so you aren't at risk of applying toxins from pesticides. It's not just good for your skin, it is safe to use on babies and young children too.

### Improves heart health

One of the most impressive health benefits of coconut oil has to do with your heart. Years ago it was a common belief that all fats and oils were bad for the heart. Now we know coconut oil, along with a few others, can actually improve your heart health by



reducing cholesterol. Consider using coconut oil when cooking.

### Reduces abdominal fat

A research study found that women who consumed 2 tablespoons of coconut oil every day for 12 weeks had decreased the amount of fat in their abdomen. This is significant because belly fat is typically harder to lose than other body fat.