

SCHEDULE AND BUDGET FOR ONE DAY EXPOSURE VISIT-MANDAL GROUP

Venue- CIKS Research Farm, Sukkankollai

Date- 26TH January'2019

Number of participants – 50 members (Approximate)

Time – 10 am to 5 pm.

Schedule-

Time	Topic
10.00 am –10.15 am	Introduction and Welcome drink.
10.15 am- 10.45 am	Visit to Composting, Vermicompost unit, livestock unit and groundnut field, fodder grass field.
10.45 am – 11.15 am	Hands on session- Visit to vegetable garden and weeding activity.
Tea break	
11.30 am –12.15 pm	Hands on session- Weeding and earthing up in groundnut crop.
12.15 pm – 01.00 pm	Hands on session - pot mixture preparation and transplanting medicinal plant saplings.
Organic Lunch	
2.00 pm –2.45 pm	Visit to Azolla unit and paddy field to observe traditional paddy varieties in the field.
2.45 pm – 3.45 pm	Hands on session - Harvest of 2 different traditional paddy varieties.
Tea Break	
4 pm – 4.30 pm	Display of traditional rice varieties and discussion about it.
4.30 pm – 5.00 pm	Feedback and sale of organic produce

Menu-

1. Welcome drink – Lemon grass tea
2. Morning tea break – Blackgram vada with coconut chutney, Lemon juice, Tea, Coffee
3. Organic lunch-
 - Traditional rice sweet pongal, (Kowni rice)
 - Traditional rice pulao with Raitha (Seeraga samba rice)
 - Traditional rice (Thooyamlli rice),
 - Drumstick sambar,
 - Sundaikkai vathal kulambu,
 - Tomato rasam,
 - Vazhaikai varuval,
 - Pudalai kootu,
 - Pudhina thuvaiyal,
 - Traditional rice vadam,
 - Curd,
 - Narthangai pickle,
 - Banana,
 - Carrot payasam.
4. Evening tea break – Traditional red rice puttu, Sukku coffee, Tea.