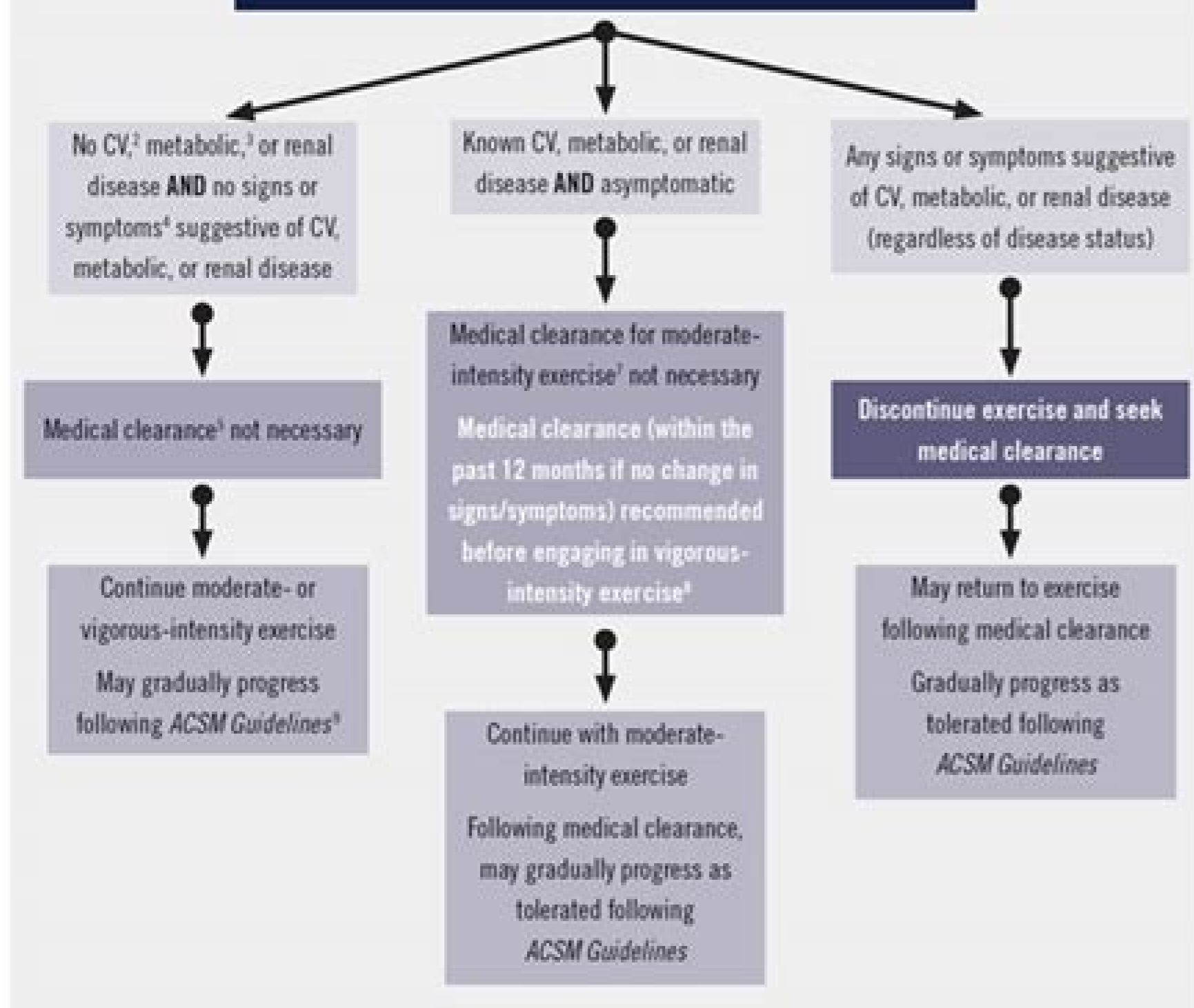


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# PARTICIPATES IN REGULAR EXERCISE<sup>1</sup>



<sup>1</sup> **Exercise participation** Performing planned, structured physical activity at least 30 minutes at moderate intensity on at least 3 days/week for at least the past 3 months

<sup>2</sup> **Cardiovascular disease** Cardiac, peripheral vascular, or cerebrovascular disease

<sup>3</sup> **Metabolic disease** Type 1 and 2 diabetes mellitus

<sup>4</sup> **Sign and symptoms** At rest or during activity. Includes pain, discomfort in the chest, neck, jaw, arms, or other areas that may result from ischemia; shortness of breath at rest or with mild exertion; dizziness or syncope; orthopnea or paroxysmal nocturnal dyspnea; ankle edema; palpitations or tachycardia; intermittent claudication; known heart murmur; unusual fatigue or shortness of breath with usual activities

<sup>5</sup> **Medical clearance** Approval from a healthcare professional to engage in exercise

<sup>6</sup> **Light-intensity exercise** 30–39% HRR or  $\dot{V}O_2R$ , 2–2.9 METs, RPE 9–11, an intensity that causes slight increases in HR and breathing

<sup>7</sup> **Moderate-intensity exercise** 40–59% HRR or  $\dot{V}O_2R$ , 3–5.9 METs, RPE 12–13, an intensity that causes noticeable increases in HR and breathing

<sup>8</sup> **Vigorous-intensity exercise** ≥60% HRR or  $\dot{V}O_2R$ , ≥6 METs, RPE ≥14, an intensity that causes substantial increases in HR and breathing

<sup>9</sup> **ACSM Guidelines** See ACSM's Guidelines for Exercise Testing and Prescription, 10th edition

Note: CV = Cardiovascular; HRR = Heart-rate reserve;  $\dot{V}O_2R$  = Oxygen uptake reserve; METs = Metabolic equivalents; RPE = Ratings of perceived exertion; HR = Heart rate; ACSM = American College of Sports Medicine

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Weekend Day	Annual	Monthly	Week Per Month	Days Per Week	Months
1	22,000	1,833	30	14	432
2	22,000	1,833	30	14	399
3	22,000	1,833	30	14	366
4	22,000	1,833	30	14	333
5	22,000	1,833	30	14	300
6	22,000	1,833	30	14	267
7	22,000	1,833	30	14	234
8	22,000	1,833	30	14	201
9	22,000	1,833	30	14	168
10	22,000	1,833	30	14	135
11	22,000	1,833	30	14	102
12	22,000	1,833	30	14	69
13	22,000	1,833	30	14	36
14	22,000	1,833	30	14	3



S.No	Particulars	Farmer Groups	Farmers	Certificates
1	Approved	11695	406685	406687
2	Not Approved	-	18158	117348
3	Total	11695	424843	524035

Components	India	China	USA	Australia	France	Germany
<b>Organic action plan</b>	Need location specific focused action plans	Need strong support	Present	Absent	Present	Absent
<b>Government Aid</b>	Subsidies or incentives are provided to organic farmers	Support is mainly towards covering the cost of certification and support is low	Subsidies during conversion period is given provided by govt and state support is also there in some through EQIP	Provides grants and financial assistance programmes to Australian businesses and individuals to help boost productivity and exports	Governmental support for organic farming is the Organic Ambition 2017 program	More support and motivation for young farmers
<b>Inspection cost support</b>	Partially under PGS	Present	Present	Absent	Present	Absent
<b>Vocational/training program</b>	Active	Less active	Highly Active / Frequent	Less active	Active	Less active
<b>global awareness among farmers</b>	Low	High	High	High	High	High

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Introduction: "Paramparagat Krishi Vikas Yojana (PKVY) a sub-component of Soil Health Management (SHM) scheme under National Mission of Sustainable Agriculture (NMSA) aims at development of sustainable models of organic farming through mix of traditional wisdom and modern science to ensure long term soil fertility buildup, resource conservation and helps in climate change adaptation and mitigation. It primarily aims to increase soil fertility and thereby helps in production of healthy food through organic practices without the use of agro-chemicals. PKVY also aims at empowering farmers through institutional development through cluster approach not only in farm practices management, input production, quality assurance but also in value addition and direct marketing through innovative means. Participatory Guarantee System under PGS-India programme will be the key approach for quality assurance under the PKVY. The farmers will have option to adopt any form of organic farming in compliance of PGS-India standards. While adopting a system, it must be ensured that the system adopted is compatible to the area and crop and assures optimum yield and provides adequate measures to manage nutrients, pests and diseases. Farmers will have flexibility to use appropriate package of practices best suited to their situations. Objective: To promote natural resource based integrated and climate resilient sustainable farming system that ensure maintenance and increase of soil fertility, natural resource conservation, on farm nutrient cycling and minimize dependence of farmers on external inputs. To reduce cost agriculture to farmers through sustainable integrated organic farming systems thereby enhancing farmer's net income per unit of land. To sustainably produce chemical free and nutritious food for human consumption. To protect environment from hazardous inorganic chemicals by adoption of eco friendly low cost traditional techniques and farmer friendly technologies. To empower farmers through their own institutional development in the form of clusters and groups with capacity to manage production, processing, value addition and certification management. To make farmers entrepreneurs through direct market linkage with local and national farmers. Mizoram Scenario: The scheme of PKVY has been implemented properly as per each component of the guidelines as far as possible in Mizoram during the year 2014-18. The main progress/ achievements of the schemes are - 2032 nos. of vermi-composting units have been constructed, 2142 nos. of soil samples have been collected and different crop samples are also analyzed. As per the guidelines, 34 clusters were selected within the State to undergo organic farming during 2014-18. Crop production under PKVY during 2015-2018 are as follows: A. Kharif 1 Rice 520 Ha 22932 qtls 2 Maize 80 Ha 10800 qtls 3 Rajmash 40 Ha 1200 qtls 4 Soybean 20 Ha = 1200 qtls 5 Rice bean 20 Ha 1000 qtls B. Rabi 1 Field pea 480 Ha 15840 qtls 2 Onion 200 Ha 36000 qtls The details of District-wise area of organic cultivation from 2014-2018 are as follow: 1 Aizawl 350 acres 2 Lunglei 250 acres 3 Siaha 150 acres 4 Champhai 250 acres 5 Kolashib 250 acres 6 Lawngtlai 150 acres 7 Mamit 150 acres 8 Serchhip 150 acres For the year 2018-19, a PKVY guideline was revised and the revised guidelines were not applicable for the state of Mizoram. So the State of Mizoram has not been included for implementation of the scheme with effect from 2018-19. In 2020, PKVY was implemented in Mamit which was selected as Aspirational District as per new guidelines in a time bound manner covering 100 Ha area.

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