

**A.G & S.G Siddhartha Degree College of Arts & Science**  
**(Autonomous), Vuyyuru-521165**

**2023-2024**

**Name of the event: Guest Lecture**

Topic: varieties of Rice cultivation

**Date Conducted:** 23/12/2023

**Name and designation of the resource person:** S. Krishna Suman, Natural farmer, Yakamuru.

**Report on the guest lecture:**

**1. Objectives:** seasonal rice varieties cultivation methods.

**2. Notes on lecture: “Basmati”**

“Basmati” is long grain aromatic rice grown for many centuries in a specific geographical area, in the Himalayan foothills of the Indian sub-continent, blessed with characteristics of extra-long slender grains that elongate at least twice their original size with a characteristics soft and fluffy texture upon cooking, delicious taste, superior aroma and distinct flavor, Basmati rice is unique among other aromatic long-grain rice varieties.

**Black rice**

Black rice, also known as purple rice or forbidden rice, is a range of rice types of the species *Oryza sativa*, some of which are glutinous rice. There are several varieties of black rice available today.

**Mapillai Samba Rice:**

Mapillai Samba Rice Also known as “Bride Groom Rice” is a traditional rice variety of Tamilnadu and was on the menu of ancient kings. This is red in colour. It has an interesting history, during ancient days, a bridegroom was required to show his prowess by lifting a heavy rock .

**It is used for Weight Loss Wonder, Diabetes - friendly, Digestive Health Champion, Heart Health Hero, and Immunity Booster:** In times when boosting immunity is more important than ever, Mappillai Samba Rice stands out. Rich in essential vitamins and minerals, it strengthens your body’s defenses, helping you ward off illnesses and stay strong and healthy.

**Navara**

Grown mainly in Palakkad, the rice belt of Kerala, Navara is Kerala's indigenous medicinal cereal plant. Herbal healers have endorsed its rich medicinal properties. The paddy is used for Ayurvedic treatments since time immemorial.

Traditionally 'Navarakhi' and 'Navaratheppu' are two major treatments in Ayurveda for arthritis, paralysis and neurological disorders. Navara Kizhi is also used in Ayurveda for treatment of polio, psoriasis, rheumatism, diabetes, snake bite, peptic ulcer, emaciation of limbs, lifestyle maladies while the porridge of Navara grains in milk is prescribed as special food for invalids and infants. It has also anti-cancer properties.

**3. Outcome:** Enrich students’ knowledge and create interest in natural farming.



Sri .S.krishna Suman garu delivered guest lecture



Students are participated in this program