

# Green NEWS LETTER



*By Lee Khang Yi, Malay Mail*

In a quest to eat healthier, Balan Nadarajan became a farmer. An urban farmer.

A mini farm of vegetables and herbs has taken root in the back lane of his terrace house.

It didn't happen overnight, of course and Balan went through many attempts before succeeding and this made him realise that urbanites face an uphill task when it comes to growing their own vegetables.

With this in mind, he developed a method known as Fifteen Minutes Farmer that basically teaches those who are interested (but have limited time) how to grow vegetables in a limited space.

The 41-year-old has a business background and his interest in gardening started in 2012 when his daughter was born. He was horrified after he read up on banned pesticides and their scary side effects. "I told myself I need to do something as I have a kid."

His first attempt was a failure. Like everyone else, he enthusiastically planted seeds but after one month, the vegetables died.

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## The Urban Farmer

Teaching urbanites in  
Kuala Lumpur to be healthier  
by growing their own greens

Wondering what he did wrong, he turned to online resources for a solution. What he discovered was while the information was abundant, they weren't applicable to our tropical weather.

**"I started to learn through trial and error... becoming an experimental farmer." As he dug deeper, he even kept journals to chart his progress.**

Usually Balan only uses fertilisers for vegetables that fruit like tomatoes and eggplants. Whenever there are plants that are hit by pests or diseases, Balan will use the EM to "heal" them.

Currently testing is being done on EM to improve it further. In the future, Balan hopes it will be easily available to everyone.

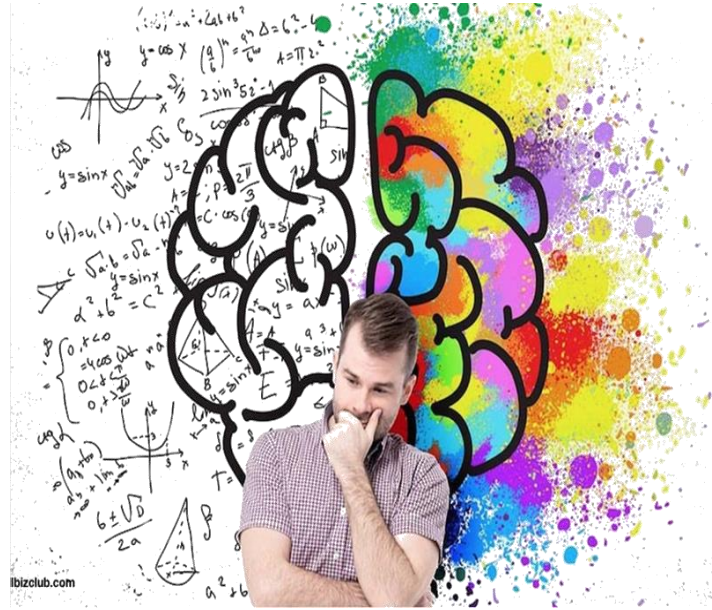
He decided to share his own experience via his Fifteen Minutes Farmer after his wife suggested that many would appreciate a guiding hand.

He added, "If people don't know, they won't know how to start to feed their family." As his farm uses pots, it can be easily moved around to create a modular garden in a limited space.



As new technologies automate more traditional and routine tasks, executives and employees recognize that emotional intelligence (EI) skills – such as self-awareness, self-management, social awareness and relationship management – will be a key requisite for success in the years to come.

While demand for EI skills is set to increase by six times in the next 3-5 years, recruitment and training in this area has mostly failed to adapt. This is set to leave many companies unable to reap the benefits EI offers in terms of employee satisfaction, revenue generation, lower attrition and cost reductions. The “Emotional intelligence – the essential skillset for the age of AI” report from the Capgemini Research Institute provides a global look at how companies view EI and recommends that they combine technology with the talent to develop relevant skills among their employees.



By PeopleMatters.com

Demand for  
**emotional  
intelligence**  
skills soars  
six folds

### As AI (Artificial Intelligence) and automation accelerates, emotional intelligence is becoming a must-have skill

as more traditional and routine tasks become automated, organizations are placing a premium on EI skills, from self-awareness to relationship management and communication. Executives said employees need to develop EI skills so they can adapt to more client/person-facing roles (76%) and take on tasks requiring EI skills that cannot be automated (also 76%) such as empathy, influence and teamwork. Sixty-one percent of executives surveyed said emotional intelligence will become a “must-have” skill in the next 1 – 5 years, and 41% of employees in non-supervisory roles echo the sentiment. Overall, 83% of organizations said that a highly emotionally intelligent workforce will be a prerequisite for success in the years to come.

### Employee Profile



Everyone, meet Affendi

*Draftman*

Wow, its been 10 years with NRS. According to this daddy of 2 kids, he only reject wood and rock for his big belly. So, its easy here not to mention his fav food, drinks or whatsoever. :-D

One thing you should know, he always ‘aim the hardest’ which drive him to deliver excellent idea in his job. Believe me, this fella loves play paint ball, as he called out team once. Will it be second call?? We should find out more on this. In his life he only scared of one thing. He has a phobia of motorbike accident as he kissed the junction twice this year....lets say Hi and give Hi-Five to Affendi !!!





# Me mories 2019