

# Mangala ವಾರ್ತಾ

January - March 2023





# International Women's Day 2023 Celebrations





## The CEO Speaks



*Dear Colleagues and Mangala Family*

*I am happy to share with you the exciting events and initiatives that were recently launched at MCF.*

*Adventz Day 2023 Celebration was a resounding success, and I want to congratulate every one of you who was involved in organizing this memorable event. It was a great opportunity to come together and celebrate the shared values of our Adventz Group.*

*The AEIP Success Celebration was a great moment in the history of MCF. It was a pleasure for me to see firsthand the incredible work done by our dynamic team that marks the progress we have made in Agri-Business Industry. The Celebration was the spectacular culmination of the dedication and expertise of our employees and an opportunity to showcase our commitment to excellence. I am very proud of the hard work and progress we have made and look forward to building on this momentum in the*

*future.*

*The 10th Innovation Award ceremony was another highlight of the year. I was pleased to witness the innovative ideas and solutions that our employees have developed. The various innovative ideas put forth by our employees demonstrated their creativity and problem-solving skills. These awards are a testament to our team's creativity and ingenuity, and I am glad to support their efforts to drive innovation in our organization.*

*We celebrated International Women's Day on March 8 making it an excellent opportunity to recognize and honour the incredible women who make up our workforce. We are committed to promoting gender equality and creating a workplace where everyone can thrive. The Women's Day celebration was a small but important way of recognizing the contributions of our female colleagues.*

*In this issue of Mangala Vartha, we*

*present the different facets of resilient women associated with MCF. Whether it is our women colleagues, Mangala Family women, the women janitors and gardeners working in MCF, progressive women farmers, their hard work and dedication are truly inspiring. We are fortunate that such a strong and diverse team is a part of our MCF in one way or the other.*

*I am also excited to tell you about the Jnana Jyothi, a unique initiative to educate the illiterate women janitors and gardeners working in MCF and the progress we have made in the Sarvamangala project. These initiatives reflect our commitment to making a positive impact on our community and society as a whole. I am well-pleased with the effort put in by our team and eagerly look forward to the potential impact of the initiatives.*

*After loss in Q2 this year we have bounced back with the highest ever quarterly profits in Q3 and expect to do well in Q4 ending up the year on a very positive note. The dedication and hard work of our employees have been instrumental in achieving these positive results. I am indeed very happy with the progress we have made and anticipate continued growth and success in the future.*

*In the next financial year, we have planned to operate our plants at full capacity. We are planning to import Diammonium Phosphate and Muriate of Potash to realize a sales target of 9.5 lakh MT which will be almost 30-40% higher than the last 2-3 years. I look forward to the support of each one of you to achieve this ambitious target.*

*I hope you will enjoy reading this issue of Mangala Vartha and feel a sense of pride in the incredible work we are doing at MCF. Thank you for your continued commitment and hard work.*

*Sincerely,  
Nitin M Kantak*

*'They tried to bury us. They did not know we were seeds'.*  
– Dinos Christianopoulos

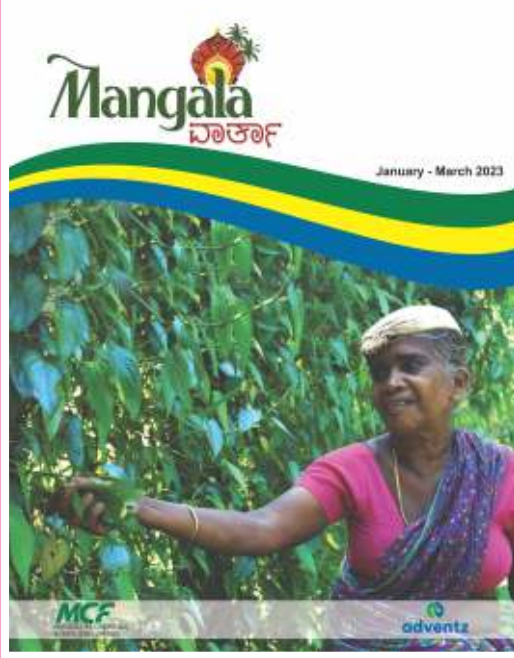
Nothing can stop a resilient woman. Her determination and courage in the face of adversity are awe-inspiring. In Hindu mythology, the Nava Durgas represent the various facets of the Mother Goddess. Likewise, a woman is a manifestation of energy, peace, beauty, newness, fulfilment, wisdom, austerity, purity and benevolence. In our culture, a woman symbolises all that is auspicious – Mother India representing our magnificent culture and heritage, Karnataka Mathe representing our roots and identity, Goddess Lakshmi representing the progress and prosperity of our society, Goddess Saraswati representing the education and achievements of our generations, Goddess Kali representing the bane of evil and wickedness of our inner self. Resilient women defy adversity and precarity by springing back from any crisis or challenge that they are forced to confront. The rustic face of the old woman tending to the fruits of her hard labour on the cover page signifies satisfaction, optimism, passion, resilience and commitment. Gone are the days in which women are confined within the four walls of the house doing house chores. Today, she has gone to space like Kalpana Chawla, led a country and its people like Indira Gandhi, steered businesses and multinational corporations like Indra Nooyi, excelled in sports and games like Mary Kom, braved enemies like Rani

## Editorial Resilient Women



Abbakka, marked a niche in art like Lata Mangeshkar. She has freed herself from the shackles of societal dictations and has become independent and equal to men in everything. Despite the astronomical positive change that has happened in the status of women in society in the past 50 years, she is still a wonderful wife, an outstanding friend, a marvellous daughter, an adorable sister, and a nurturing mother. A working woman multitasks as a professional and as a family woman. One of the enabling factors for a woman to strike a subtle balance between work and home is her family. The support of her family is very much important for a woman to successfully manage her commitments both at work and home. After all, it is her family, be it her husband, children, parents, siblings, in-laws, that provides

succour when she needs it the most; just like a seed buried in the soil needs water and sunlight to grow. History is replete with countless examples of women who have sacrificed their aspirations for their commitments in their life. Their sacrifices are still a great source of inspiration for generations of men, women and children. The story of our women janitor and gardener is no less an example. Mangala Vartha pays homage to the great woman in every woman through this Women's Special Issue. Mangala Vartha has launched Jnana Jyothi, an initiative to teach the women janitor and gardener of MCF to read and write in Kannada. This is because we strongly believe that 'If you educate a man, you educate an individual. But if you educate a woman, you educate a generation'. The special issue carries varieties of articles centred on women.



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# Adventz Day Celebrations



MCF celebrated the 12<sup>th</sup> Adventz Day on 23 March with much gusto and fervour. Celebration was in the air at the corporate office, factory and the township. MCF started Adventz Day by inaugurating and committing several projects for the benefit of society. The day started with a blood donation camp and the distribution of artificial limbs to the beneficiaries. A public lavatory near Govinda Dasa College at Surathkal and a

lavatory at Surathkal Government Model Higher Primary School were built and dedicated to the public for use. A recumbent bike for the use of differently-abled children at Spandana Lions Special School, Surathkal was handed over to the school. This was followed by the inauguration of the new Anganwadi constructed by MCF at Pachanady. Dr Bharath Shetty, MLA (Mangaluru North) and the public at large appreciated and applauded the

continuous effort of MCF in providing amenities for the greater good of the society.

The second part of the day saw Mangala family members, both old and young alike, participating in various sports events at township like tug-of-war, volley ball, cricket etc.

The evening was made exciting by a carnival of gala entertainment performances and a sumptuous dinner. Service Awards were also presented to 21 employees who completed 10 years of service and 2 employees who completed 30 years of service at MCF. The 12<sup>th</sup> Adventz Day Celebrations at MCF were truly satisfying, joyful and memorable securing a permanent place in the heart of the Mangala Family.



***'Together, ladies and gentlemen, let us make this year a memorable one by harnessing our potential and working towards creating a better future for all of us' – Saroj Kumar Poddar, Adventz Day 2023***





## Adventz Group Agri-Business CEO visits MCF



Mr Suresh N Krishnan, CEO (Agri-Business), Adventz Group, visited MCF on 3 February 2023 to take part in the celebrations of the successful completion of the Ammonia Energy Improvement Project (AEIP). Mr Krishnan has been in leadership roles in the Indian Fertiliser sector for over two decades. He is the Managing Director and CEO of Paradeep Phosphates Limited, the current Chairman of the Fertilizer Association of India and a member of the Board of Directors of the International Fertilizer Association. Joining him in the celebration was Mr Prabhakar Rao, former Director (Works), under whose impeccable leadership MCF grew to greater heights for many years in the past.

Along with Mr Suresh Krishnan, Mr Nitin M Kantak, CEO, Mr T M Muralidharan, CFO, Mr Vijayamahantesh Khannur, Company Secretary, and Mr P T Sudarshana, GM (Marketing & Sales), also had come to MCF. Soon after his arrival, Mr Krishnan visited the Main

Control Room, where he was briefed about the Ammonia plant process operations after AEIP. He spent a good amount of time interacting with the executives of MCF to understand the improvements made in the Ammonia manufacturing process as a result of AEIP. Next, he was given a tour of the advancements made and the new features in the Ammonia plant process automation system. This was followed by a visit to the Main Plant Sub Station, where he was told about the technological advancements incorporated in the electrical system of a vintage plant like MCF. Later, the newly established PURATE-based chlorine dioxide generator system at Utilities for cooling water treatment was inaugurated by Mr Krishnan.

There couldn't have been a better day to give awards to the best innovative minds of MCF for their innovative ideas. In the 10<sup>th</sup> Innovation Award Ceremony held on that day, Mr Krishnan presented the awards to the most deserving minds of MCF for their great ideas. More of it is in the next pages of Mangala Vartha.

AEIP has been a momentous journey for MCF. It is an incredible feat in which the project went through a roller coaster ride kind-of-sailing. The celebration of completing the AEIP is the culmination of days of dedication and hard work of many people involved with the project. The celebration began by cutting the cake with Mangala Kalasha at the top, the Kalasha that symbolizes the prosperity of MCF. Mr Krishnan was joined by Messrs Kantak,

Muralidharan, Girish and Prabhakar Rao.

Messrs G Raghavendra, Sadanand Magal, Sujay Kamath, M R V Sharma and Gajanan Hegde, who were the chief executors of the project, shared their vivid memories of working on the project. Their face beamed with pride and satisfaction when they narrated their experience with the gathering.

In his address, Mr Girish revealed the road ahead for MCF in brief. His speech touched upon the various facets of the optimization of operational efficiencies. He announced the plans to set up a 300 tonnes per day capacity Sulphuric acid plant as a backward integration of N2O production and reduce Urea energy consumption further from the current





levels by implementing energy consumption reduction schemes in the Ammonia plant. Soon, he said, MCF will be gearing up and ready for Nutrient Based Subsidy regime for Urea too just like the one for phosphatic fertilizers at present. Mr Muralidharan explained the financial history of AEIP in all its seriousness but occasionally peppered it with jest to the delight of the listeners.

The audience listened with rapt attention to the words of Mr Rao, Mr Katak and Mr Krishnan. Mr Rao reminisced about the initial days of AEIP and its take-off in his speech and Mr Katak expressed his admiration and a deep sense of satisfaction in the successful completion of AEIP. But it was the speech of Mr Krishnan which intrigued everyone. He told a slice of history about the take-over of MCF by Adventz Group that had its genesis way back in 2008 when Mr Krishna was in Mangaluru on an official visit not concerning MCF. In his speech, he spoke at length about the plans and the opportunities for the growth of MCF.



The AEIP celebration reached its penultimate conclusion when Mr Suresh Krishnan felicitated Mr Prabhakar Rao for his immense contribution to the progress of AEIP. Nothing less can be spoken about the AEIP project team and the executives across various functions who gave their best to take AEIP to its goal. Mr Krishnan presented the executives with a stylish memento in recognition of their services and hard work. The moment will indeed inspire them and as well as others to do better every time. Finally, the celebration day ended with a gala dinner in the evening at Vivanta



Mangalore.

The journey that started in 2016 came to a magnificent end on 3 February 2023. The day will go down in the annals of the history of MCF as a very special one.





## 10<sup>th</sup> Innovation Award

Innovation is the unrelenting drive to break the status quo and develop anew where few have dared to go. Knowledge drives innovation, innovation drives productivity, productivity drives growth. MCF started Manufacturing Innovation Cell (MIC) in 2006 along with Service Innovation Cell which was later merged with MIC in 2008. Manufacturing Innovation Cell is a unique platform created to present ideas of employees, tap into the intellectual capital to improve products and services, conserve resources, maximise cost savings, and create a healthy and safe work environment.

The MIC consists of representatives from all departments with section heads as permanent members and representatives of the service department as invitees on a need basis. The head of Process Technology & Engineering department is the Champion of MIC. The innovative idea submitted by an



employee is evaluated by MIC; the selected ideas are implemented and monitored for their intended benefits. Once the intended benefits are achieved, the innovative idea is awarded. The awards are categorized into three groups – 1) Ideas with perpetual benefits, 2) Ideas with one-time benefits, and 3) Ideas with indirect benefits like improvement in safety, maintenance practices etc. Since its founding, over 1700 ideas have been received. 958 ideas were accepted for implementation and 158 ideas were awarded.

The 10<sup>th</sup> Innovation Award Ceremony was held on 3<sup>rd</sup> February, 2023 in the presence of Mr N Suresh Krishnan, CEO, Adventz Group Agri-Business, Mr K Prabhakar Rao, Ex-Director (Works), Mr Nitin M Kantak, Mr T M Muralidharan and Mr S Girish. 17 innovative ideas were chosen for the award after careful evaluation, monitoring and review. 25 innovating minds who gave these ideas received their awards from Mr Suresh Krishnan.

The innovative minds that won the innovation award on the 10<sup>th</sup> Innovation Award Ceremony and their ideas are –

Employee	Department	Innovative Idea
Rajeev R	Production	Use of purchased carbon dioxide for Urea production
Shithil Bangera	Technical Service	Urea plant UHS condensate polishing in de-mineralized water plant
Sujith Kumar Shetty	Maintenance	Level controller collecting pot for condensate handling
Shravan Bhandary	Production	Mixing two grades of phosphoric acid on-line
B Ashok Rao	Production	Improving the pressure of instrument air delivered to the Captive Power Plant
Shashank	Maintenance	Improvement in loading and unloading of instrument air compressors at Utilities
Francis Menezes	Maintenance	Cooling tower make-up water filtration to reduce turbidity
Praveen Kumar	Quality Control	In-situ boil out of bicarbonation tower in Ammonium Bicarbonate (ABC) plant
Roopesh K	Production	Captive Power Plant EOT crane wireless control
Anish N	Maintenance	Supplying Ammonia to ABC plant using P553 pump in Ammonia plant
Vineesh	Maintenance	Platform and monorail extension at Di Ammonium Phosphate plant KJD305 bucket elevator area
Umesh	Maintenance	Imported Ammonia Terminal Motor Control Centre replacement
Nithin Kumar KS	Production	Improving ammonia absorption in ABC plant carbon dioxide recovery
E Kalai Selvan	Maintenance	Customized host-to-host payment procedure
Harish Kumar	Maintenance	Re-structuring canteen cost recovery from employees
Shashidhar K	Finance	Using the concessional rate of sales tax for diesel used in Captive Power Plant
Vijay Baliga M	Finance	Recovery of Group Health Insurance premium based on age and family size
Prashanth Rao T	Human Resource	
Karunakara	Procurement	
Shravan Kumar	Finance	
Naveena S	Human Resource	
Sandeep A	Finance	
Sahadev Anchan	Human Resource	
Satyanarayana	Finance	
Jacintha Sequeira	Human Resource	



## Tales of a thousand dreams



**P**icture this in your mind - the cool dark canopy of tree branches, pinkish flowers of bougainvillea, green leaves of the mango trees, imposing Ashoka trees, majestic peacocks, chirpings of the birds, white storks perched on the top of the tree branches on their flight south, colourful buttercup flowers under the towering shade of a banyan tree, bright red orchids, dahlia and daisies. This is not a description of a sprawling garden. This is what you will always see inside MCF, a major hazardous chemical industry. It is very hard to overlook the neatly laid roads, gardens and greenery when you enter MCF.

These wonderful sights of greenery are the result of the hard work of the women

janitors and gardeners. They keep the roads that snake through the process plants free of litter and dried leaves, office spaces sparkling and neat, washrooms clean and fresh, pavements free of weeds, flowers in full bloom, and plants watered and pruned. Almost every visitor to MCF cannot help but admire the cleanliness and beauty of the factory premises. This is possible because of the *chamatkaar* in the able hands of MCF women janitors and gardeners. Many thanks to them.

23 women are working as janitors and 4 women working as gardeners in MCF. They come from different places and different socio-economic backgrounds. The majority of them have migrated

from North Karnataka, a regular feature seen in southern parts of Karnataka. They stay in rented houses in nearby places of MCF. Some of them are natives of Mangaluru.

They wake up in the wee hours of the dawn, finish their work at home and come to MCF walking. While a few of them come by bus after walking a short distance, a handful of them prefer to walk the distance from their home to MCF to save the bus ticket money. Whether it is the cold morning or the noontime hot sun, wearing a cap and a coffee brown colour apron, the janitors begin their work at 7:30 in the morning and finish at 3:30 in the evening, gardeners work from 8:30 in the







morning till 4:30 in the evening. After they go back to their homes, it is time once again for household work. Oblivious to the happenings in the factory, they carry on with their work as they have been doing it for many years. The numerous tales that they have to talk about their lives are as different as the places they come from. Those are the saga of struggle, hardships and forgotten dreams.

One of the women gardeners comes from Chitrapura near Baikampady. She and her husband are living in a rented small room with their only daughter. Her husband works as a security guard and her daughter is working in a marble sales shop in Hosabettu. Before coming to MCF, she was rolling beedis at home just like any other typical rural Tulu woman. Rolling beedis brought less income to her family; as the days went by, she could not continue rolling beedis due to back pain. But an alternate source of income was a must for them to sustain their lives. She came to MCF as a gardener after she gave up the job of rolling beedis. With the money they earned, they provided a good education to their daughter. She and her husband dream of owning a house someday with whatever they earn. But the current priority is to get their daughter married to a suitable groom.

A woman is working as a janitor who came to MCF from Gadag. She migrated to Mangaluru with her husband when their fields dried up, and it became very difficult for them to muddle along. Her two sons study in Tumakuru at Siddaganga. Both husband and wife work to support their kids for their education. Her day starts at 4 in the

morning. Doing household chores and janitor work at MCF, it is her dream to see her children attain big positions in life. She reflects on her childhood days as she narrates her story to us; she could not go to school because she was a girl. But, a sparkle of hope comes to her face when she tells us the dreams she has for her children; a long-lost wish that she could not achieve as a child but now she sees that in the future of her children.

Another woman janitor comes from a quintessential patriarchal agricultural family from Mudgal in Raichuru. A mother of four, she came to Mangaluru with her younger daughter and her



elder son. Poverty was the reason for migration. She and her younger daughter work as janitors. Her elder daughter and younger son live with her husband in Mudgal. Her husband repairs cycles and bikes for a living. Both her sons are educated. Her younger daughter had to discontinue her studies after 9th standard as per the wishes of the elders in her family. Though she has given up her studies, her younger daughter has learnt to

sew. Her elder daughter also gave up her studies after 10th standard to devote her time to household work and cook for her brother and father at Mudgal after her husband's mother passed away. Her story unfolded like a typical Bollywood film – sisters sacrificing their future for their brothers. At an age where the hands of her daughters should have held a pen and a book, fate thrust a broomstick and a ladle to their hands to work, earn and make way for her brothers to go to school and college.

These stories are just a small glimpse into their lives; a sneak peek into the lives of many such underprivileged families. Few stories stir our hearts, others make us wonder about our station in life. Stories in which sacrifices are compelled, aspirations are forgotten, ambitions are given up, and commitments are sacrosanct. Their yearnings are no different from that of any of us. In every story, a woman toils to secure the future of her children, her siblings, and her family. She had to make heart-wrenching choices, abide by very difficult decisions made by the elders of

her family, and forget her dreams of achieving status in life. And yet, she continues with her life as if nothing happened, with a smiling face, unflinching optimism, and hope.

Such is the nature of an Indian woman – she is as devoted as Brahmacharini, as courageous as Katyayani, as calm as Mahagowri, as caring as Skandamatha, and as resolute as Siddhidhatri. Mangala Vartha is proud to feature them in this Women's Special Issue.



## Jnana Jyothi

### Aksharada Ariivu, Mahileya Geluvu

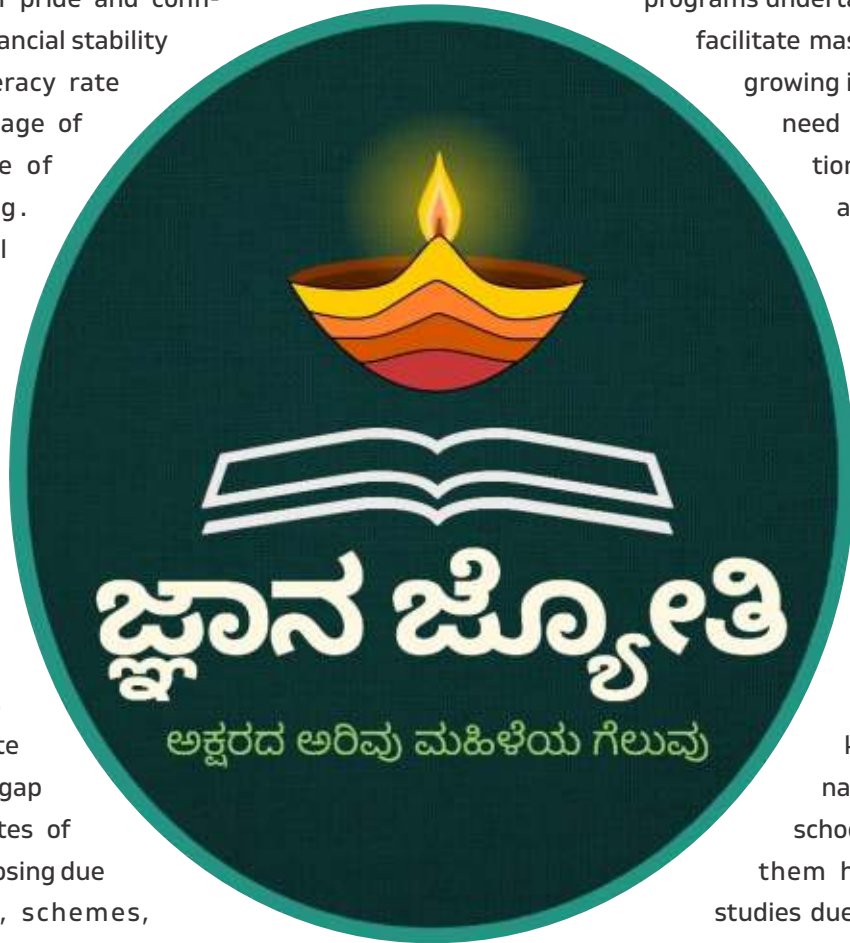
**'Extremists have shown what frightens them the most; a girl with a book' - Malala Yousafzai**

Education is a source of pride and confidence, the gateway to financial stability and prosperity. The literacy rate determines the percentage of the population capable of reading and writing. According to the National Literacy Mission Programme, a person must acquire the skills of reading, writing and arithmetic to be called literate.

According to the 2011 census, the literacy rate of Karnataka is 75.60%, the male literacy rate is 82.80% and the female literacy rate is 68.10%. However, the gap between the literacy rates of male and female is fast closing due to various initiatives, schemes,

programs undertaken by the Government to facilitate mass education. Awareness is growing in the population about the need and importance of education irrespective of gender and age.

About 27 women work as janitors and gardeners in MCF. Most of the women are from North Karnataka. Though they are earning a living by working, most of them have missed the opportunity to become literate due to various compelling reasons. Some of them know how to write their name only; some of them are school drop-outs, and some of them had to discontinue their studies due to domestic and financial





compulsions. However, it is heartening to note that they understand the importance of education in today's world and they have worked hard to provide good education to their children for a better future by letting go of their comforts and aspirations in life. This prompted Mangala Vartha to start a unique adult education program for MCF women janitors and gardeners called Jnana Jyothi. The tagline of this noble initiative 'Aksharada Arivu, Mahileya Geluvu' aptly describes the mission of the program. The program aims to empower women by teaching them to read and write in Kannada and basic arithmetic to make them fully literate.

Jnana Jyothi was launched during the International Women's Day Celebrations 2023 on 8th March at MCF. The women participants were given a free learning kit consisting of textbooks and other learning materials on that day. The number of beneficiaries of Jnana Jyothi is 20. The Directorate of Mass Education under the Karnataka State Literacy Mission Authority (KSLMA) have supplied thirty primers, Balige Belaku, free of cost to Jnana Jyothi and it is a part of the learning kit. MCF staff who have come forward voluntarily to teach the beneficiaries of Jnana Jyothi were trained by the resource persons from KSLMA on the scientific way of conducting classes for illiterate adults. The classes are conducted on the guidelines specified in the primer Balige Belaku. The duration of the program is six months. The program will be

conducted in six phases. There will be revisions of the past classes and tests to reinforce the learnings.

Starting from 9th March, classes are imparted from 11:45 AM to 12:30 PM from Monday to Friday to the women participants during their free time and without hampering their day-to-day work at MCF. Women janitors and gardeners, who are literate among them, help their workmates to read and write along with the teachers during the classes.

Jnana Jyothi aspires to fulfil its mission of making the women beneficiaries literate. As the name suggests, let the light of education enable women to live a more enriched and dignified life.





## ಪ್ರಗತಿಪರ ಮಾದರಿ ರೈತ ಮಹಿಳೆ



ರಾಮನಗರ ಜಿಲ್ಲೆಯ ಮಾಗಡಿ ತಾಲ್ಲೂಕಿನ ಕಲ್ಯಾಣಕಾಲೋನಿ ಗ್ರಾಮದ ಶ್ರೀಮತಿ ಕವಿತಾ ರವರು 6 ಎಕರೆ ಜಮೀನು ಹೊಂದಿದ್ದು, ಸಮಗ್ರ ಕೃಷಿ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಂಡು, ಕೃಷಿ ಹಾಗೂ ಕೃಷಿಪೂರಕ ಚಟುವಟಿಕೆಗಳನ್ನು ಮಾಡುತ್ತಿದ್ದು, ಇದರಲ್ಲಿ ಕೃಷಿ, ತೋಟಗಾರಿಕೆ, ಪಶುಸಂಗೋಪನೆ ಹಾಗೂ ಅರಣ್ಯ ಆಧಾರಿತ ಕೃಷಿಯನ್ನು ಮಾಡಿ ಪ್ರಗತಿಪರ ರೈತ ಮಹಿಳೆಯೆನಿಸಿಕೊಂಡಿದ್ದಾರೆ.

ಇವರು ಅರಣ್ಯ ಬೆಳೆಯಲ್ಲಿ ಅಂತರ ಬೆಳೆಯಾಗಿ ಮೇವಿನ, ಬೆಳೆಗಳಾದ ಸಿ.ಒ.ಎಫ್.ಎಸ್. 29, ಸಿ.ಒ.3 ಮತ್ತು ತೆಂಗಿನಲ್ಲಿ ಅಂತರ ಬೆಳೆಯಾಗಿ ರಾಗಿ, ತೊಗರಿ, ಅವರೆ ಮತ್ತು ಅಲಸಂದೆಯನ್ನು ಬೆಳೆದಿದ್ದು, ಸಾಲು ಬಿತ್ತನೆ, ಕಳೆ ನಿರ್ವಹಣೆ, ತೊಗರಿಯಲ್ಲಿ ಮೋಹಕ ಬಲೆ ಅಳವಡಿಕೆ ಮತ್ತು ಸೂಕ್ಷ್ಮ ನೀರಾವರಿ ಪದ್ಧತಿಯ ಅಳವಡಿಕೆಯಿಂದ ಉತ್ತಮ ಇಳುವರಿ ಪಡೆಯುತ್ತಿದ್ದಾರೆ ಹಾಗೂ ಬಿಳಿ ರಾಗಿ ಕೆ.ಎಮ್.ಆರ್-340 ಬೆಳೆದು ಇತರೆ ರೈತರಿಗೂ ಪರಿಚಯಿಸಿದ್ದಾರೆ. ತೋಟಗಾರಿಕೆ ಬೆಳೆಗಳಾದ ತೆಂಗು, ಅಡಿಕೆ, ಬಾಳೆ, ಶುಂಠಿ ಮತ್ತು ಟೊಮೊಟೊ ಬೆಳೆದಿದ್ದು, ನೀರಿನ ಸಂರಕ್ಷಣೆಗಾಗಿ ಹನಿ ನೀರಾವರಿ ಮತ್ತು ತುಂತುರು ನೀರಾವರಿ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಂಡಿದ್ದಾರೆ. ಅರಣ್ಯ ಕೃಷಿಗೆ ಒತ್ತು ನೀಡಿದ್ದು, ಸಿಲ್ವರ್ (500), ಶ್ರೀಗಂಧ (250), ಬಾಗೆಮರ (10), ಬೇವು (50), ತೇಗ (10), ಮತ್ತು ಅಗರ್‌ವುಡ್ (400) ಮರಗಳನ್ನು ಬೆಳೆದಿದ್ದಾರೆ.

ಕೃಷಿ ಪೂರಕ ಚಟುವಟಿಕೆಗಳಾದ ಹೈನುಗಾರಿಕೆಯಲ್ಲಿ ತೊಡಗಿದ್ದು, ಎಮ್ಮೆ (2) ಮುರ್ರಾ ತಳಿಯ ಎಮ್ಮೆ (1) ಮಲೆನಾಡು ಗಿಡ್ಡ (1) ಹಾಗೂ ಕುರಿ ಸಾಕಾಣಿಕೆಯ ತಳಿ ಬಂಡೂರು (3), ಮೇಕೆ ಸಾಕಾಣಿಕೆ ತಳಿ ಉಸ್ಮನಾಬಾದ್ (18) ಸಾಕುತ್ತಿದ್ದು, ಆಧುನಿಕ ಸಾಕಾಣಿಕೆ ಪದ್ಧತಿ ಮೂಲಕ ಸಮತೋಲನ ಆಹಾರ ಮತ್ತು ರಬ್ಬರ್ ವ್ಯಾಟ್‌ನ್ನು ಅಳವಡಿಸಿದ್ದು ಪಶುಗಳಿಗೆ ಉತ್ತಮ ಆಹಾರಕ್ಕಾಗಿ ಮೇವಿನ ಬೆಳೆಗಳಾದ ಸಿ.ಒ.ಎಫ್.ಎಸ್. 29, ಬಿ.ಎಸ್. 10, ಅಗಸೆ, ಮೇವಿನ ಜೋಳ, ಅಜೋಲ್ಲಾ ಹಾಗೂ ಗಿನಿ ಹುಲ್ಲನ್ನು ಕೊಡುತ್ತಿದ್ದಾರೆ. ತೋಟಗಳಲ್ಲಿ ಪರಾಗಸ್ಪರ್ಶಕ್ಕೆ ಅನುಕೂಲವಾಗಲು 3

ಜೇನು ಪೆಟ್ಟಿಗೆ ಇಟ್ಟಿದ್ದು, ಪರಾಗಸ್ಪರ್ಶದಿಂದ ಬೆಳೆಗಳಲ್ಲಿ ಹೆಚ್ಚಿನ ಇಳುವರಿ ಹಾಗೂ ಮನೆ ಬಳಕೆಗಾಗಿ ಜೇನುತುಪ್ಪ ಪಡೆದಿದ್ದಾರೆ. ನೀರಿನ ಸಂರಕ್ಷಣೆಗೆ ಹೆಚ್ಚು ಒತ್ತು ನೀಡಿದ್ದು, ಹನಿ ನೀರಾವರಿ (ಬಾಳೆ, ತೆಂಗು ಮತ್ತು ತರಕಾರಿಗೆ), ತುಂತುರು ನೀರಾವರಿ (ಅಡಿಕೆ) ಮತ್ತು ರೈನ್‌ಗನ್ (ತೋಟದ ಬೆಳೆಗಳಿಗೆ) ಪದ್ಧತಿಗಳ ಮೂಲಕ ಲಭ್ಯವಿರುವ ನೀರನ್ನು ಸದುಪಯೋಗ ಮಾಡಿಕೊಂಡಿದ್ದಾರೆ ಹಾಗೂ ಕೊಳವೆಬಾವಿ ಮರುಪೂರಣ ಘಟಕವನ್ನು ಅಳವಡಿಸಿ ಅಂತರ್ಜಲ ಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸಿದ್ದಾರೆ.

ಜಮೀನಿನಲ್ಲಿ ಕೃಷಿ+ತೋಟಗಾರಿಕೆ, ಕೃಷಿ+ಅರಣ್ಯ, ತೋಟಗಾರಿಕೆ+ಮೇವಿನ ಬೆಳೆ ಪದ್ಧತಿ, ಅಂತರ ಬೆಳೆ ಮತ್ತು ಮಿಶ್ರ ಬೆಳೆಪದ್ಧತಿಯನ್ನು ಅನುಸರಿಸುತ್ತಿದ್ದು, ಮಣ್ಣಿನ ಫಲವತ್ತತೆಯನ್ನು ಕಾಪಾಡುವುದಕ್ಕಾಗಿ ಬಾಳೆ, ತೆಂಗು, ಅಡಿಕೆ ಬೆಳೆಗಳಿಗೆ ಎರೆಗೊಬ್ಬರ, ಹಸಿರಲೆ ಗೊಬ್ಬರ ಮತ್ತು ಜೈವಿಕಗೊಬ್ಬರವನ್ನು ಬಳಸುತ್ತಿದ್ದಾರೆ. ಸಮಗ್ರ ಕೀಟ ಮತ್ತು ರೋಗ ನಿರ್ವಹಣೆಗಾಗಿ ಗಂಜಲ ಮತ್ತು ಬೇವಿನ ಎಣ್ಣೆ ಉಪಯೋಗಿಸುತ್ತಿದ್ದಾರೆ.

ಸಾವಯವ ಕೃಷಿ ಪದ್ಧತಿಗೆ ಹೆಚ್ಚು ಒತ್ತು ನೀಡಿದ್ದು, ಎರೆಹುಳು ಗೊಬ್ಬರ, ಕಾಂಪೋಸ್ಟ್ ಗೊಬ್ಬರ, ಜೈವಿಕ ಗೊಬ್ಬರ, ಹಸಿರಲೆ ಗೊಬ್ಬರ, ಜೈವಿಕ ಕೀಟನಾಶಕ ಮತ್ತು ಬೆಳೆ ಉಳಿಕೆಗಳನ್ನು ಸಮರ್ಪಕವಾಗಿ ಬಳಕೆ ಮಾಡಿಕೊಂಡು ಬೆಳೆ ಬೆಳೆಯುತ್ತಿದ್ದಾರೆ.

ಕೃಷಿ ಕಾರ್ಮಿಕರ ಸಮಸ್ಯೆ ಪರಿಹರಿಸಿಕೊಳ್ಳಲು ಸುಧಾರಿತ ಕೃಷಿ ಉಪಕರಣಗಳಾದ ಟ್ರಾಕ್ಟರ್, ಪವರ್‌ಟಿಲ್ಲರ್, ಡಿಗ್‌ಗಿಂಗ್ ಮೆಷಿನ್, ಕಳೆ ತೆಗೆಯುವ ಯಂತ್ರ, ಬ್ಯಾಟರಿ ಚಾಲಿತ ಟ್ರೆಷಿಂಗ್ ಸಿಂಪರ್‌ನೆ ಸಾಧನ, ಪವರ್ ಸ್ಟ್ರೇಯರ್, ಗಟಾರ್ ಸ್ಟ್ರೇಯರ್, ಕೂರಿಗೆ, ಚಾಪ್‌ಕಟರ್, ತೆಂಗಿನ ಮರ ಹತ್ತುವ ಯಂತ್ರ ಬಳಕೆ ಮತ್ತು ಸ್ವತಃ ತಾವೇ ಟ್ರಾಕ್ಟರ್ ಚಾಲನೆ ಮಾಡುತ್ತಾರೆ ಹಾಗೂ ಕೃಷಿ ವಿಜ್ಞಾನ ಕೇಂದ್ರದಲ್ಲಿ ಎರೆಗೊಬ್ಬರ ತಯಾರಿಕೆ, ಕುರಿ ಮೇಕೆ ಸಾಕಾಣಿಕೆ ಮತ್ತು ತೆಂಗಿನ ಮರ ಹತ್ತುವ ಕುರಿತು ತರಬೇತಿಗಳನ್ನು ಪಡೆದಿದ್ದಾರೆ.

ಧರ್ಮಸ್ಥಳ ಸಂಘದ ಸದಸ್ಯರಾಗಿದ್ದು, ಸಂಘದ ಇತರೆ ಸದಸ್ಯರಿಗೆ ಸಾವಯವ ಕೃಷಿ ಮತ್ತು ಸಮಗ್ರ ಬೇಸಾಯದ ಬಗ್ಗೆ ಮಾಹಿತಿ ಹಂಚಿಕೊಂಡಿದ್ದಾರೆ. ಆಧುನಿಕ ಕೃಷಿ ಮಾಹಿತಿಯನ್ನು ಕೃಷಿ ವಿಜ್ಞಾನ ಕೇಂದ್ರ, ವಿವಿಧ ಇಲಾಖೆ, ಪ್ರಗತಿಪರ ರೈತರಿಂದ ಮತ್ತು ಕೃಷಿ ಮಾಸಿಕಗಳಿಂದ ಪಡೆಯುತ್ತಾರೆ ಹಾಗೂ ಸಣ್ಣ ಪ್ರಮಾಣದಲ್ಲಿ ಅಡಿಕೆ ಮತ್ತು ಅಲಂಕಾರಿಕ ಸಸಿಗಳ ನರ್ಸರಿಯನ್ನು ಮಾಡುತ್ತಿದ್ದಾರೆ.

ಇವರು ವಾರ್ಷಿಕ ಕೃಷಿ, ತೋಟಗಾರಿಕೆ, ಕುರಿ ಸಾಕಾಣಿಕೆ ಮತ್ತು ಜೇನು ಸಾಕಾಣಿಕೆಯಿಂದ ಅಂದಾಜು ರೂ.14,93,000 ಲಾಭ ಗಳಿಸುತ್ತಿದ್ದು, ಮಾಗಡಿ ತಾಲ್ಲೂಕಿಗೆ ಮಾದರಿ ರೈತ ಮಹಿಳೆಯಾಗಿ ಗುರುತಿಸಿಕೊಂಡಿದ್ದಾರೆ.





## Sarvamangala



Sarvamangala is a women-centric CSR initiative by MCF to build capacities among farming communities to follow scientific approaches to improve soil health and improve farm productivity. In rural India, the percentage of women who depend on agriculture for their livelihood is as high as 84%. Women's participation rate in the agricultural sectors is about 47% in tea plantations, around 47% in cotton cultivation, 45% in growing oil seeds, and 39% in vegetable production. Despite their large presence and their contribution, women farmers, often, are not equipped with what they need to succeed in farming. Studies have

shown that women have less access to inputs (seeds, fertiliser, labour, and finance) and critical services like (training, and insurance) when compared to their male counterparts. The Food and Agriculture Organisation of the United Nations estimates that if women were to have the same access to productive resources as men, they would increase the yields on their farms by 20-30% and this would end up adding at least 2.5-4% to the total agricultural output in developing & other countries. In a step towards educating and training women and men farmers about farming, MCF started the Sarvamangala

project under CSR mainly to create awareness of soil health & soil fertility, promotion of soil testing and adoption of recommendations in selected 30 villages of Bellary and Raichur districts of Karnataka. In these Sarvamangala villages, MCF has organised various educative programmes like soil sample collection days, crop seminars, demonstrations and farmers' meetings to educate women and men farmers about soil health and its importance. Under the aegis of Sarvamangala, 2500 soil samples were collected from these villages and recommendations on improving soil health were given based on the soil test report.

To motivate women farmers and to honour progressive women farmers for their contribution to agriculture, MCF celebrated International Women's Day on 8 March (IWD) in fifteen Sarvamangala villages. About 1200 women farmers participated in the celebrations. In each village, progressive women farmers were felicitated for their active participation and contribution to agriculture. MCF plans to extend the Sarvamangala project to other places in Karnataka to empower women farmers.




# ಸರ್ವಮಂಗಳ ಯೋಜನೆ

ಎಂ ಸಿ ಎಫ್ - CSR ಅಡಿಯಲ್ಲಿ ಕೃಷಿಯಲ್ಲಿ ವೈಜ್ಞಾನಿಕ ವಿಧಾನಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುವ ಮೂಲಕ ಮಣ್ಣಿನ ಆರೋಗ್ಯ ಹಾಗೂ ಬೆಳೆಗಳ ಉತ್ಪಾದಕತೆಯನ್ನು ಸುಧಾರಿಸುವುದು.

ಮಹಿಳೆ ಕಲಿತರೆ ಬೇಸಾಯ, ಉನ್ನತಿಯಾಗುತ್ತದೆ ಸಮುದಾಯ  
ಕೃಷಿಯಲ್ಲಿ ಮಹಿಳೆಯರ ಅಮೂಲ್ಯ ಕೊಡುಗೆಗೆ ನಮ್ಮ ನಮನ








## Women Power

A woman is a full circle. Within her is the power to create, nurture and transform. She is as soft as a flower petal but as hard as a diamond when life demands her. We are fortunate to have such stout-hearted women working in MCF. Mangala Vartha is delighted to present six distinct shades of life out of the 13 women employees of MCF. Their stories and message for life are something that inspires all of us, whether male or female, to be empathetic yet determined. We have captured a tincture of their full circle life on this page. Through this effort, Mangala Vartha pays rich tribute and celebrates them as pioneers in life.

### Leetha

Ms Leetha is working in Human Resources for the past 13 years. Despite coming from an economically weaker family, she has ably handled the responsibility of constructing a house for her family, her marriage and her sibling's marriage. Prayatnam Sarva Siddhi Sadhanam is her mantra in life. She wanted to pursue higher education in a reputed institution but she couldn't do it because of financial constraints at home. She was not well informed in those days about the facilities available like education loans, and scholarships which could have helped her to realize her dreams of higher education. But nothing dampens the spirit of Leetha. She is happy that, at least for a few poor students, she is trying to help them in availing loans and scholarships to achieve their dreams. Optimistic in life, she aspires to live her life happily without any limitations and financial constraints. She wishes that she could help people who need money for their food, education and medical treatment.



### Mahima Rajesh

Ms Mahima Rajesh is working in Procurement for the last 7 years. Financial stability, a sense of self-identity, providing financial support for her family and securing a better future for her kid was the drivers to opt for a professional career after her education. Hailing from Sirsi, Uttara Kannada, relaunching a career after marriage and shifting to Mangaluru from her native place, were challenging for her. It required building confidence, developing new skills, learning a new working style, and a different language. Her family and colleagues are her constant source of support. An ever-smiling face that reflects cheerfulness, her ambition in life is to reach a position in her career where she can motivate and inspire others, especially young women. Her message to the young women thinking about their careers echoes the sentiments of a modern woman - Be honest, be strong, be fearless, and believe that anything is possible.



### Geetha S

Ms Geetha S is working in Procurement since 2009. Just like any other modern woman, she opted for a professional career after completing her education to earn a living and fulfil the needs of her family. It was also because of her strong belief that a job is essential to lead a happy and satisfied life. The most important advice given to her by her family was - Never to quit the job even if difficulties are faced in her personal and professional life and to handle things calmly. She has followed this advice to the letter ever since. To Geetha, family forms the core of her life. Contributing to the well-being of her family is the most important deed of her life. A positive and a confident woman, she says this to the young women of the present age - 'Never hesitate, be proud of what you are. Mark a niche for yourselves and live your life without depending upon others.'





## Shailaja Kamath

Ms Shailaja Kamath is working at MCF since 2015 in Finance.

Shailaja is a strong woman who has faced many challenges in her life resolutely. Her resilience in the face of provocations in life is a wellspring of inspiration for everyone. She has overcome the obstacles in life because of her willpower and confidence. It is said that there is no better teacher than our experiences in life. Our life experiences make us wise and what we are. That's why Shailaja has this message for us, 'Believe in yourself; no matter what others say, trust your judgement and don't be confused by what others say'. A powerful message indeed.



## Jyothi C Salian

Ms Jyothi C Salian is working in MCF for the past 11 years in Projects.

She greatly admires her mother for her fortitude during the ebb of their time. Although her mother was shattered after

the untimely death of Jyothi's father, her mother never expressed her weakness but managed their household with courage and determination. Her mother started a kindergarten to support her family. The experiences of her mother made her understand how difficult it would have been to work and support a family without having anyone around for encouragement and guidance. She had a strong desire to pursue a career in fine arts and fashion design; however, as fate would have it, she was compelled to go for a professional course instead. But that has not stopped her from pursuing her interest. She is a fine painter and she has produced many amazing works of paintings during her leisure time.



## Jacinta Sylvia Sequeira

Ms Jacinta Sylvia Sequeira is working in MCF for 11 years in Human Resources.

A strong and independent woman, she is more like a caring teacher for the trainees who join MCF. She has

developed a beautiful garden with flowers, shrubs and creepers in front of the Learning and Development building that is indeed a spectacular sight to behold. Not just that, she has also put a small fish aquarium inside L&D. She wholeheartedly encourages youngsters to follow their hobbies and passion. She aspires to be a good human being to reach out to all. Her aspiration is visible in the compassion she has for others and her eagerness to help in whatever way she can. She has a great message for the young women thinking about their careers - Work Hard, Dream Big, and Success Follows.





## Colours of Creativity



Jyothi C Salian had a very keen interest in painting and colouring right from her childhood. In her free time, she used to randomly colour and paint with water/poster colour in a drawing book.

Unknowingly this turned into one of her hobbies and passion.

But, after graduating, with the

kind of life in Mumbai, it became very difficult for her to pursue her passion and gradually her hobby became dormant. Also, she got married and settled in Mangaluru.

Since she was Mumbaikar, adjusting to Mangaluru was very difficult because of the new language, culture and people, and she had a lot of free time at home due to which she was able to revive her hobby. She began painting on a big canvas board of 3 feet with oil painting. She tried to paint with acrylic paint and fell in love with the colours. She loves doing figurative abstracts; it gives immense peace and serenity according to her.

Her life took a turn when after a long time, she visited her cousin in Bengaluru and she got a chance to see her paintings. Her cousin

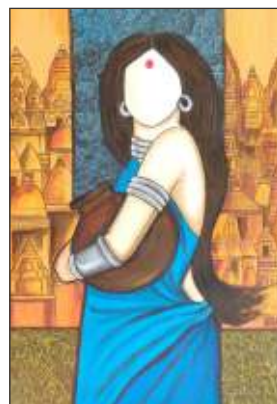


knew about Jyothi's hobby and asked her why she wasn't taking it seriously. Jyothi still remembers her saying that life is not all about following routines but to do something exceptional. There was no stopping then, bit by bit whenever she had time, she managed

to do a few paintings.

Jyothi is a mother, wife, daughter-in-law and a professional in MCF. Despite donning multiple roles in life, she could spare just 1-2 hours every weekend to do her painting. It is indeed a proud moment for her to see how beautiful

those hard works of creativity have turned out, especially with the support and appreciation from her family and friends. She is looking forward to exploring more creativity in painting and perhaps having an art gallery of hers in future. She says she is very lucky to have an extremely supporting and encouraging husband, and a loving daughter who keeps bombarding her with different ideas.



## Talent Unlimited



Ms Divyashree G Poojari is a daughter, a sister, a wife, a teacher, a Yakshagana artist, a Bharatha-natyam danseuse, a TV reality show winner, an actress, a trained yoga practitioner, a master of ceremony – in short, a multitasking versatile in art and in life. An M. Com graduate, she is working as a lecturer at University College in Nellyadi, near Uppinangady. She is the wife of Mr Manoj N, who works in the Safety department of MCF. Divyashree developed an intense liking for Yakshagana early in her childhood. She was mesmerized by the elegant performances of Yakshagana artists, in rich hues and colours,

while donning the roles of Indian mythological characters. When she was studying in 4th standard, she learnt Yakshagana under the tutelage of Shri Bhaskar Rai, a distinguished Yakshagana exponent, and presented her first stage performance in a Yakshagana play 'Shree Krishna Leele Kamsavadhe' by playing the role of Sakhi. With a passion for Yakshagana in her heart, she honed her skills as a Yakshagana artist further under the guidance of eminent Yakshagana experts like Dr Koliyuru Ramachandra Rao, Arun Kumar Dharmasthala and Professor Malini Anchan. Her specialization in Yakshagana was playing the female characters.

Since her college days, Divyashree has participated and won laurels in Yakshagana competitions like Yakshothsava in SDM Law College, Ujire, Alva's Vishwa Nudisiri, and Yakshagana competition in Vijaya College, Mulki. She



has more than 300 Yakshagana stage performances to her credit including the performance during the Lakshadeep-othsava festival at Dharmasthala Shri Manjunatha Swamy Temple. Her artistry in playing the female characters got her the award for the Best Yakshagana Artist for playing the female roles in Yakshagana in one of the editions of Alva's Vishwa Nudisiri.

She is also a trained Bharatanatyam dancer and has performed in many dance programmes. Going further, she has appeared in TV reality shows too. She won a prize in the 'Super Minute' reality show in Colors Kannada channel, was judged as Super Star in the 'Super Star' reality show on Star Suvarna channel, appeared as guest in 'Prathibhanweshana' in Muktha, a Facebook page and 'Manada Maathu with Biruver Kudla' programme organized by Biruver Kudla in Namma Kudla channel.

An amazing talent with great finesse, Divyashree G Poojari is an example for young people to emulate, and an impetus for budding artists.







# Summer Vacation Destinations

*Planning for a summer vacation??? Want to escape the scorching summer heat?? India is replete with towering mountains, rolling hills, lush green valleys, exotic forests, sun-kissed beaches, and many other amazing places to visit during summer. Here are some of the recommended cool places across the length and breadth of India to explore, enjoy, rejuvenate, revitalize and have a memorable time with your near and dear ones far from your home sweet home.*

*India is replete with towering mountains, rolling hills, lush green valleys, exotic forests, sun-kissed beaches, and many other amazing places to visit during summer. Here are some of the recommended cool places across the length and breadth of India to explore, enjoy, rejuvenate, revitalize and have a memorable time with your near and dear ones far from your home sweet home.*

The earlier summer capital of India under the British Raj, Darjeeling has come of age as one of the most sought-after hill stations in India. Located in West Bengal, this scenic hill station is the perfect getaway for a romantic honeymoon. Nestled amidst acres of tea plantations, Darjeeling stands at the height of 2,050 meters above sea level, thus boasting a cool climate all year round. Over 86 tea estates in Darjeeling are responsible for producing the worldwide famous 'Darjeeling Tea'. Have a cup of locally brewed chai at the tea estate, or get down amidst the plantations to pluck a few teas leaves yourself; you are free to take your pick!

## Places of interest

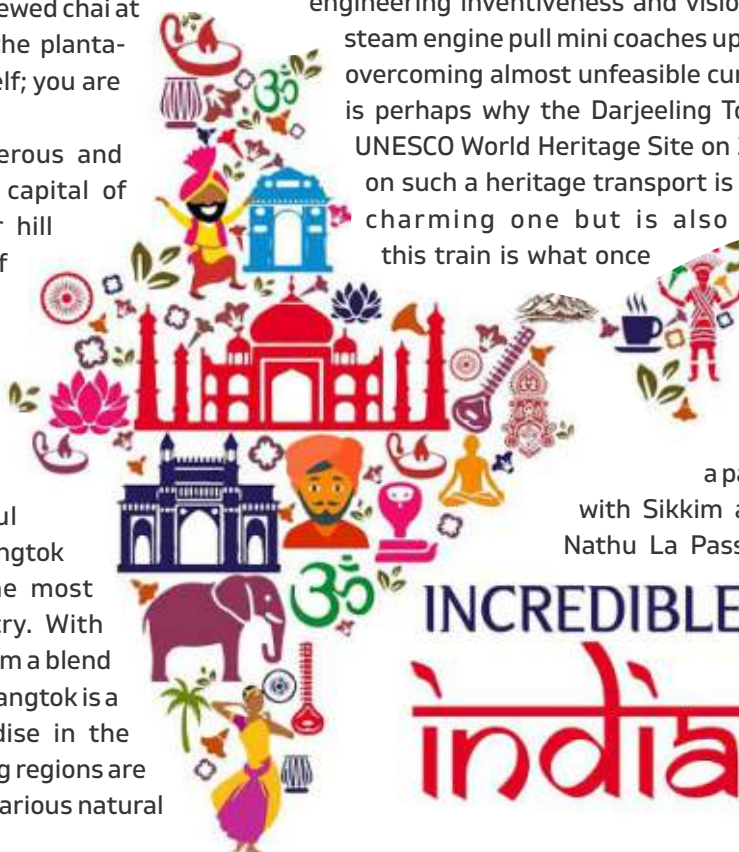
Gangtok – Nathu La Pass, Rumtek Monastery, Do-Drul  
Chorten, Tashi View Point, Namgyal Research Institute of  
Tibetology, Tsomgo Lake, Ganesh Tok, MG Road.

## Darjeeling Himalayan Railway – The Darjeeling Himalayan

Nathu La Pass – This is a pass which connects Tibet with Sikkim at a height of 4,310 m. Nathu La Pass was once part of the ancient Silk Route. To visit this place, one needs to collect a permit from Gangtok and only Indian citizens are permitted to see the Indian side of the pass and that

### How to reach from Bengaluru

By rail – Jalpaiguri in West Bengal. Two trains ply from Bengaluru to New Jalpaiguri – New Tinsukia Express on Tuesdays (and Agartala Humsafar Express on Tuesdays and Fridays. The journey by train is about 42 hours. Darjeeling is about 2.5 hours from New Jalpaiguri by road. Gangtok is







Bagdogra. Duration – 3 hours. Darjeeling is about 2.5 hours from Bagdogra by road.

**Recommended duration**  
6 to 7 days.

### LAKSHADWEEP ISLANDS

Lakshadweep is one of the world's most spectacular tropical island systems. Formerly known as Laccadive Islands, Lakshadweep translates to 'one hundred thousand islands' in Malayalam. Home to a few of the most beautiful and exotic islands and beaches of India, Lakshadweep lies 400km off the southwest coast of the Arabian Sea. It's made up of 12 atolls, 3 reefs and 5 submerged banks out of which ten islands are inhabited. Lakshadweep is typically accessed from Kochi and a permit is required to visit Lakshadweep for all tourists including Indians. After the permit, Indians are permitted to visit all islands. Permits can be obtained from Kochi itself. Perhaps the charm of Lakshadweep islands lies in their remoteness. Far off the beaten track, they attract no hordes of merry-makers to their shores. The islands, though all equally mystical and beautiful, each offer a unique blend of tourist spots. Some islands have been promoted for diving and water sports, and still, others have been developed so that people enjoy the charm of relaxation. Lakshadweep is the best alternative for more expensive Seychelles and Maldives.

### Places of Interest

Lakshadweep provides various opportunities for water sports and one can indulge in a sport of kayaking, sailing, speed boating, glass bottom boat rides, along with angling. It is one of the best places to indulge in scuba diving. Agatti, Kadmat and Bangaram are three islands with the perfect setting for it as the waters here are calm and have moderate currents. The dive sites mostly consist of sloping reefs, coral gardens, caves, shipwrecks and even drift diving. While Bangaram sees many visitors, Minicoy and Kadmat are quiet and remote, ideal for those who want to holiday in a serene setting. Lakshadweep is blessed with clean, creamy sand, the pristine beaches of Thinnakkara, coconut tree-lined shores and mirror-like inland lakes of Minicoy, coral reefs of Agatti.

about 3.5 hours from Darjeeling by road.

By air – Bagdogra, West Bengal. AirAsia, Spice Jet and IndiGo operate direct flights from Bengaluru International Airport to

### How to reach from Kochi

Lakshadweep can be reached by ships and flights operated from Kochi. For all tourist purposes, Kochi is the gateway to Lakshadweep.

Agatti islands can be reached by flight from Kochi. Alliance Air operate flights from Kochi. Flights to Kochi are available at most of the airports in India. The flight from Kochi to Agatti takes about 1.5 hours. From Agatti, boats are available to Kavaratti and Kadmat during the fair season from October to May.

Seven passenger ships – MV Kavaratti, MV Arabian Sea, MV Lakshadweep Sea, MV Lagoon, MV Corals, MV Amindivi and MV Minicoy operate between Kochi and Lakshadweep. The passage takes 14 to 18 hours depending on the island chosen for the journey. The ships offer different classes of accommodation - A/C First Class with two berth cabins, A/C Second Class with four berth cabins and push back/bunk class with A/C seating. MV Amindivi and MV Minicoy also offer comfortable A/C seating ideal for a night's journey.

### Recommended duration

4 to 5 days.

### MAHABALESHWAR – PANCHGANI

Located in the Sahyadri Mountain Range, Mahabaleshwar is bestowed with one of the few evergreen forests in the country. Apart from its strawberries, Mahabaleshwar is also well known for its numerous rivers, magnificent cascades and majestic peaks. It is among the most sought-after weekend getaways from Pune & Mumbai. Mahabaleshwar is also a sacred pilgrimage place for Hindus as the Krishna River originates here. Once a summer capital of the British, the hill station of Mahabaleshwar comprises ancient temples,



boarding schools, manicured and lush green dense forest, waterfalls, hills, and valleys.

Deriving its name from the five hills surrounding it, Panchgani is a popular hill

station near Mahabaleshwar in Maharashtra, famous for its various sunset and sunrise points and scenic valley view. Located at an altitude of 1,334 meters, Panchgani is also known as Paachgani in Marathi, as the five hills that form the Sahyadri mountain ranges offer Panchgani its name. The picturesque backdrop of hills on one side and coastal plains on the other makes for an amazing view. In the British era, the



place was treated as a summer resort and hence many colonial-period establishments can be seen here. Other than the verdant green valleys, and soothing environment, the red, juicy strawberries are a major attraction of Panchgani. Rightly known as the 'Strawberry Garden of India', the farms of Panchgani are full of enchanting views of luscious berries.

#### Places of interest

Mahabaleshwar – Elephant's Head Point, Chinaman's falls, Dhobi Waterfalls, Arthur's Seat, Wilson's Point, Venna Lake Mahabaleshwar Temple, Panchganga Temple.

Panchgani – Kaas Plateau, Table Land, Kate's Point, Mapro's Garden.

You may also plan to trek to Prathapgad Fort from Mahabaleshwar, try paragliding in Panchgani, and shop for strawberries and raspberries in Mahabaleshwar and Panchgani.

#### How to reach from Bengaluru

By rail – Satara. Three trains ply from Bengaluru to Satara – Shri Ganganagar Humsafar Express on Friday from Krishnarajapuram, Tirunelveli – Dadar Express from Yeshwanthpur Junction on Monday, Thursday and Friday, Garib Nawaz Express from Bengaluru Junction on Friday. The journey by train takes 18 to 22 hours. From Satara, Mahabaleshwar is about an hour's drive by road.

By air – Pune Airport. Many low-cost carriers operate flights from Bengaluru to Pune. From Pune, Panchgani is about 100km by road.

By road – Mahabaleshwar is about 800km from Bengaluru via Hubballi, Belagavi, Kohlapur, and Satara.

#### Recommended duration

4 to 5 days.

### SHILLONG

A beautiful city encircled by pine trees; Shillong is the capital of Meghalaya. It derives its name from Lei Shyllong, an idol worshipped at Shillong Peak. Standing as tall as 1496 meters, this hill station is known for its weather, picturesque locations and traditions. This place is also known as the 'Scotland of the East'. One can find descendants of the Khyrim, Myllem, Maharam, Mallaisohmat, Bhowal and Langrim tribes.

Shillong is home to numerous waterfalls. The key reasons people visit Shillong are the exciting mountain peaks, crystal clear lakes, breathtakingly beautiful golf courses, cafes, and museums. Apart from the natural beauty, Shillong also acts as the gateway to Meghalaya, the state famous for heavy rainfalls, caving, tallest waterfalls, beautiful landscapes and amazing people and culture. Shillong, in particular, has been in the limelight for its jovial people and their culture. Interestingly, Shillong has a very westernised culture, and it has a very young feel to it. Shillong is also famous as the music capital of

India, as many prominent musicians have hailed from this place. Many music events keep happening throughout the year, making it a very lively place.

#### Places of interest

Elephant Falls, Sweet Falls, Shillong Peak, Umiyam Lake, Police Bazar, Laitlum Canyons, Don Bosco Museum, Malki Forest.

If you love to trek, try the 16 km-long David Scott Trail. Also, don't forget to visit Mawlynnong for its living root bridges (about 2.5 hours by road from Shillong), and Mawsynram, touted to be the wettest place on earth (about 2 hours by road from Shillong).

#### Special mention

Mawlynnong – Mawlynnong is a small village situated around 90 km from Shillong, and is also known as God's Own Garden. It was declared the cleanest village in Asia in 2003 by Discovery India which certainly makes it one of the most popular tourist destinations in the Indian state. Mawlynnong village is a community-based ecotourism initiative where the entire community made collective efforts in making and maintaining the cleanliness of the village. Mawlynnong offers some of the most picturesque natural beauty with lush green valleys, crystal clear water in the river, an abundance of flowering orchids hanging from the trees and extremely clean roads



which makes this small village a worth visiting destination for tourists visiting Meghalaya. Mawlynnong village also offers pleasant weather throughout the year and espe-

cially during monsoon, the village tends to extend its elegance which makes the visitors feel like heaven on earth. Apart from its cleanliness, Mawlynnong is also famous for its living root bridges, tribal locals having a 100% literacy rate with exceptional women empowerment and offering warm hospitality to the visitors.

#### How to reach from Bengaluru

By rail – Guwahati in Assam by Guwahati Express from Bengaluru on Wednesday, Thursday and Friday. Duration – 4 days. From Guwahati, Shillong is about 2.5 hours by road.

By air – Lokpriya Gopinath Bordoloi International Airport, Guwahati. Many low-cost carriers operate daily flights from Bengaluru to Guwahati. Duration – about 3 hours.

#### Recommended duration

6 to 7 days.



# Mangala Achievers Meet 2023

MCF organized an impressive award evening 'Mangala Achievers Meet 2023' for the channel partners at Mangaluru on 23rd February 2023 for their immense contribution to the sales and promotion of Mangala brand of chemicals and fertilizers. Top 150 channel partners were chosen based on the volume of Mangala agri products sold by them in the past three years. These channel partners were from Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, Telangana and Maharashtra. Top performing channel partners were

felicitated and awarded the distinguished 'Mangala Achievers Award' on 23rd February 2023 at Paradise Island, Mangaluru. A visit to the plant was arranged in the morning in which they were taken around the plants to show them the production of Mangala brand products. The Mangala Achievers Meet 2023 was graced by Mr Nitin M Kantak, CEO, Mr T M Muralidharan, CFO, Mr S Girish, CMO, Mr P T Sudarshana, General Manager & Head of Sales, MCF executives, and 150 Mangala Channel Partners.







The winners (dealers) of the prestigious 'Mangala Achievers Award' are –

**MCF Topper**

Rathod Fertilizers, Davangere (Bellary Region), Karnataka

**MCF Runner-Up**

Preetham Traders, Shivalli (Bengaluru Region), Karnataka

**MCF Second Runner-Up**

Desu Veeraiah Sons, Ongole (Kurnool Region), Andhra Pradesh

**Bengaluru Region - Topper**

Raghavendra Fertilizers, Pandavapura

**Bengaluru Region - Runner-Up**

Nataraja Fertilizers, Mandipet

**Bellary Region - Topper**

Sri Srinivasa Agro Traders, Davangere

**Bellary Region- Runner-Up**

Guruprasad Trading Company, Hospet

**Hassan Region - Topper**

Sri Venkateshwara Traders, Lingadahalli

**Hassan Region- Runner-Up**

H P Padmanabhaiah, Hassan

**Hubli Region - Topper**

Sri Balaji Fertilizers, Mahalingapura

**Hubli Region- Runner-Up**

Sri Siddarameshwara Agro Traders, Yadehalli

**Raichur Region - Topper**

Sri Veerabhadreshwara Agro Kendra, Yadagiri

**Raichur Region- Runner-Up**

Basaveshwara Krishi Seva Kendra, Devadurga

**Coimbatore Raichur Region - Topper**

Thirmagal Agro Corporation, Erode

**Coimbatore Region- Runner-Up**

Sri Karpaga Vinayaka Traders, Chinnasalem

**Coimbatore Region - Kerala State Topper**

Malabar Chemicals & Fertilizers, Kannur

**Kurnool Region - Topper**

Sri Venkateshwara Fertilizers, Adoni

**Kurnool Region- Runner-Up**

Dharani Traders, Jadcherla

**Aurangabad Region - Maharashtra State - Topper**

Mantri Krishi Seva Kendra, Manjarsumbha

**Aurangabad Region - Maharashtra State- Runner-Up**

Nrusinha Krishi Seva Kendra, Ambajogai





# ಕಾಯ ಬಿಟ್ಟು ಮಾಯಕ್ಕೆ ಸಂದವರ ಪೃಥವಿ ಕಲಿಕುವ ಕಥೆಗಳು

ಪರತಿ ಮಂಗಳೆ

ತುಳುನಾಡಿನ ಪ್ರಸಿದ್ಧ ಬೀಡುಗಳಲ್ಲಿ ಒಂದಾದ ಬೊಟ್ಟುಪಾಡಿ ಬೀಡಿನ ಬಲ್ಲಾಳ ಬೆಳ್ಳಗೆ ಎದ್ದು ಗದ್ದೆಗೆ ನೀರು ಕಟ್ಟಲು ಹೋದಾಗ ಒಂದು ಮುಳಿ ಹುಲ್ಲಿನ ಗುಡಿಸಲಿನ ಮುಂದಿನ ಹಲಸಿನ ಕಟ್ಟೆ ಮೇಲೆ ಕುಳಿತ ಒಬ್ಬಳು ಸುಂದರವಾದ ಹೆಣ್ಣನ್ನು ಕಂಡ. ಅವಳು ಕೋಲ ಕಟ್ಟುವ ಮೈಂದಪರವನ ಹೆಂಡತಿ ಪರತಿ ಮಂಗಳೆ ಎಂದು ಅಳುಗಳಿಂದ ತಿಳಿದುಕೊಂಡ.

ಅವಳ ಸೌಂದರ್ಯಕ್ಕೆ ಮರುಳಾದ ಬಲ್ಲಾಳ ಅವಳು ತನ್ನವಳಾಗಬೇಕೆಂಬ ಬಯಕೆಯಿಂದ ನೇರವಾಗಿ ಅವಳು ಕುಳಿತಿದ್ದ ಕಟ್ಟೆಯ ಬಳಿ ಬಂದು ಕುಳಿತ. ಪರತಿ ಮಂಗಳೆ ಸರನೆದ್ದು ಮನೆ ಒಳಗೆ ಹೋಗಿ ಬಾಗಿಲು ಹಾಕಿಕೊಂಡಳು. ಬಾಗಿಲು ತೆರೆದಂತೆ ಒತ್ತಾಯಿಸಿದ ಬಲ್ಲಾಳ "ನಾವು ಜೊತೆಯಾಗಿ ಹಲಸಿನ ಕಟ್ಟೆಯಲ್ಲಿ ಕುಳಿತು ಸರಸವಾಡುತ್ತಾ ಎಳೆಯ ಪಂಚೋಳಿ ಎಳ್ಳೆದಲಿಗೆ ಬೆಣ್ಣೆ ಸುಣ್ಣ ಸವರುತ್ತಾ ಕಟ್ಟಿನ ಹೊಗೆ ಸೊಪ್ಪು ಜಗಿಯುವ ಬಾ" ಎಂದು ಕರೆದ. "ನನ್ನ ಗಂಡ ಎಲೆ ಅಡಿಕೆ ತರಬೇಕು, ನಾನು ತಿನ್ನಬೇಕು" ಎಂದಳು ಪರತಿ. ಸಿಟ್ಟಿಗೆದ್ದ ಬಲ್ಲಾಳ ನಿನ್ನ ಗಂಡ ಬಂದರೆ ಬೀಡಿಗೆ ಬರಲಿ ಎಂದು ಹೇಳಿ ದಾಪುಗಾಲು ಹಾಕುತ್ತ ಬೀಡಿಗೆ ನಡೆದ.

ಸ್ವಲ್ಪ ಹೊತ್ತಿನಲ್ಲೇ ಹಾಳೆ ತರಲು ಹೋದ ಪರವ ಹೊರಹೊತ್ತು ಮನೆಗೆ ಬಂದ.ಪರವನಿಗೆ ಪರತಿ ಮಣ್ಣಿನ ಗದ್ದದಲ್ಲಿ ಗಂಜಿ ಬಳಸಿದಳು. ಹುಳಿ ಮಾವಿನ ಮಿಡಿ ಉಪ್ಪಿನಕಾಯಿ ನೆಂಚಿಕೊಳ್ಳುತ್ತಾ ಗಂಡ ಹೆಂಡತಿ ಗಂಜಿ ಕುಡಿದರು. "ಬಲ್ಲಾಳರು ಬೀಡಿಗೆ ಬರ ಹೇಳಿದ್ದಾರೆ" ಎಂದಳು. ಪರವ ಉಟ್ಟು ಬಟ್ಟೆಯಲ್ಲಿ ಬಲ್ಲಾಳರ ಬೀಡಿಗೆ ನಡೆದ.ಬಲ್ಲಾಳ ಬೀಡಿನ ಚಾವಡಿಯ ತೊಗುಯ್ಯಾಲೆಯಲ್ಲಿ ಕುಳಿತಿದ್ದ. "ಮೈಂದ ನಮ್ಮ ತೋಟದ ಬಂಗಬಾಳೆಯ ಗೊನೆಕಡೆಯಬೇಕು. ಬೊಟ್ಟುಪಾಡಿ ಬೀಡಿನಲ್ಲಿ ಮಂಗಳವಾರ ಹೊಸ ಭೂತಕ್ಕೆ ನೇಮ ಆಗಬೇಕು.ನೀನು ಭೂತ ಕಟ್ಟಬೇಕು ಎಂದು ಬಲ್ಲಾಳ ಅಪ್ಪಣೆ ಮಾಡಿದ. ಪರವ ಒಪ್ಪಿ ಮನೆಗೆ ಮರಳಿದ.

ನೇಮದ ದಿನ ಬಂತು. ಪರವ ನೇಮಕ್ಕೆ ಬೇಕಾದ ಸರಕುಗಳನ್ನು ಜೋಡಿಸಿದ. ಬುಟ್ಟಿಯನ್ನು ತಲೆಗೇರಿಸಿಕೊಂಡ. ಪರತಿ ತೆಂಬರೆಯನ್ನು ಹೆಗಲಿಗೆ ಏರಿಸಿಕೊಂಡಳು. ಇಬ್ಬರು ಬಲ್ಲಾಳನ ಬೀಡಿಗೆ ಬಂದರು. ಪರವ ಒಡೆಯರಿಗೆ ಕೈಮುಗಿದ. ತಂದ ಅಡಿಕೆ ಹಾಳೆಗಳನ್ನು ಜೋಡಿಸಿ ದೊಡ್ಡ ಗಾತ್ರದ ಅಣಿಯನ್ನು ಸಿದ್ಧ ಮಾಡಿದ. ಇದರಲ್ಲಿ ಏನೋ ಅಪಶಕುನವನ್ನು ಕಂಡ ಪರತಿ ಕಣ್ಣೀರು ಸುರಿಸುತ್ತಾ ಅಣಿಯ ಅಲಂಕಾರಕ್ಕೆ ಬೇಕಾದ ಕೆಂಪು ಕಿಸ್ಕಾರ ಹೂಗಳನ್ನು ಕೊಯ್ದು ಮಾಲೆ ಕಟ್ಟಿದಳು. ಅಣಿಯ ಅಲಂಕಾರವಾಯಿತು. ಬಲ್ಲಾಳ ಪರವನಿಗೆ ಎಣ್ಣೆ

ಬೂಳ್ಳಿ ನೀಡಿದ. ಪರವ ತಲೆಗೆ ಎಣ್ಣೆ ಇಟ್ಟು ಮಿಂದು ಬಂದ. ಮುಖಕ್ಕೆ ಅರದಳ ಹಚ್ಚಿಕೊಂಡ.ಕಾಲಿಗೆ ಗಗರ ಇರಿಸಿಕೊಂಡ. ಬೆನ್ನಿಗೆ ಅಣಿ ಏರಿಸಿಕೊಂಡ. ಪರತಿ ಮಂಗಳೆ ತೆಂಬರ ಬಾರಿಸುತ್ತಾ ಹಾಡದನ ಪಾಡ್ದನ ಹಾಡ ತೊಡಗಿದಳು. ನೇಮ ಆರಂಭವಾಯಿತು. ಬಲ್ಲಾಳ ಒಮ್ಮೆ ಪರವನ ಮುಖ ಇನ್ನೊಮ್ಮೆ ಪರತಿಯ ಮುಖ ನೋಡುತ್ತಾ ಮುಗುಳು ನಕ್ಕ.ಭೂತ ಕಟ್ಟಿದ ಪರವ ಆವೇಶಗೊಂಡು ಕುಣಿಯುತ್ತ ಕಳದಲ್ಲಿ ನಿಂತ. ಬಲ್ಲಾಳ ಬೀಡಿನ ಉಪ್ಪರಿಗೆ ಸರಸರ ಏರಿದ. ಜೋಡುನಳಿಕೆಯ ಕೋವಿ ಹಿಡಿದ. ಗಿಳಿಸೂವೆಯಿಂದ ಪರವನಿಗೆ ಈಡು ಇಟ್ಟು ಕೋವಿಯ ಕುದುರೆ ಎಳೆದ.ಪರವನ ಎದೆಗೆ ಗುಂಡು ತಗಲಿ ಬಿದ್ದು ಅಸು ನೀಗಿದ. ಪರತಿ ಗಂಡನ ಹೆಣದ ಮೇಲೆ ಬಿದ್ದು ಗೋಳೋ ಎಂದು ಅತ್ತಳು.

ಆಗ ಅಲ್ಲಿಗೆ ಬಂದ ಬಲ್ಲಾಳ



ಮೊಸಳೆ ಕಣ್ಣೀರು ಸುರಿಸಿದ. "ಅದದ್ದಾಯಿತು. ಅಳಬೇಡ. ನಿನ್ನ ಗಂಡ ಸತ್ತರೂ ನನ್ನ ಸಾವಿರಮುಡಿ ಆಸ್ತಿ ನಿನಗೆ ಕೊಡುತ್ತೇನೆ. ಇಂದಿನಿಂದ ನೀನೇ ನನ್ನ ಈ ಬೊಟ್ಟು ಪಾಡಿ ಬೀಡಿನ ರಾಣಿ ಎಂದ. "ಆಗಲಿ ಬಲ್ಲಾಳರೆ, ನನ್ನ ಗಂಡನ ಚಿತೆಯನ್ನು ಬೀಡಿನ ಮುಂದಿನ ಬಾಕಿ ಮಾರುಕಡೆಯಲ್ಲಿ ಆಗಬೇಕು. ಬೀಡಿನ ಮಾವಿನ ಮರ, ಹಲಸಿನ ಮರ ಕಡಿದು ಕಾಷ್ಟ ಮಾಡಬೇಕು. ನೀವು ಉಡುವ ಪಟ್ಟಿ, ತಲೆಗೆ ಕಟ್ಟುವ ಜರಿ ರುಮಾಲು, ಕೊರಳಿಗೆ ಹಾಕುವ ಪದಕದ ಹಾರ, ಬೆಳ್ಳಿಕಟ್ಟಿನ ಪಟ್ಟದ ಖಡ್ಗ ಎಲ್ಲವನ್ನು ತಂದು ಪರವನಿಗೆ ತೊಡಿಸಬೇಕು. ಹೆಣ್ಣಿಗೆ ಉಣ್ಣುವ ಮುಡಿ ಅಕ್ಕಿ, ತಿನ್ನುವ ತೆಂಗಿನಕಾಯಿ ನೀಡಬೇಕು" ಎಂದಳು. ಬಲ್ಲಾಳ ಓಡೋಡಿ ಹೋಗಿ ತನ್ನ ಎಲ್ಲಾ ಒಡವೆ ವಸ್ತುವನ್ನು ತಂದು ಹೆಣದ ಮೇಲೆ ಇಟ್ಟು. "ಇನ್ನೇಕೆ ತಡ ಮಂಗಳೆ ಕೈ ಹಿಡಿದು ನನ್ನ ಉಪ್ಪರಿಗೆ ಏರು" ಎನ್ನುತ್ತಾನೆ. ಆಗ ಪರತಿ" ಬಲ್ಲಾಳರೇ,ಹೆಣದ ಸಿಂಗಾರವಾಯಿತು. ನನ್ನ ಸಿಂಗಾರ ವಾಗಬೇಕಲ್ಲ! ನಿಮ್ಮ ಹೆಂಡತಿ ಉಡುವ ಪಟ್ಟಿ ಸೀರೆ, ರವಿಕೆ, ಕೊರಳ ಕರಿಮಣಿ, ಮೂಗಿನ ಮೂಗುತಿ, ಕೈಯ ಬಳೆ,ಕಾಲ ಗೆಜ್ಜೆ, ಸೊಂಟದ ಪಟ್ಟಿ, ಜಡೆಯ ಜಡೆ ಬಿಲ್ಲೆಗಳಿಂದ ನಾನು ದುಃಖದ ಸಿಂಗಾರ ಮಾಡಿಕೊಳ್ಳಬೇಕು" ಎಂದಳು. ಬಲ್ಲಾಳ ಎದ್ದು ಬಿದ್ದು ತನ್ನ ಹೆಂಡತಿಯ ಎಲ್ಲಾ ಒಡವೆ ವಸ್ತುಗಳನ್ನು ತಂದು ಮಂಗಳೆಗೆ ಕೊಟ್ಟು.ಪರತಿ ಉಟ್ಟು ಸಿಂಗಾರವಾದಳು. ಚಿತೆಗೆ ಮೂರು ಸುತ್ತು ಬಂದಳು. ಕೈ ಮುಗಿದಳು. ಚಿತೆಗೆ ಬೆಂಕಿ ಇಟ್ಟಳು. ಕೈದಲ್ಲಿ ಧಗಧಗನೆ ಉರಿಯುವ ಚಿತೆಗೆ ಹಾರಿದಳು.

ಬೆಟ್ಟುಪಾಡಿ ಬಲ್ಲಾಳನ ಎದೆ ದಸಕ್ ಎಂದಿತು. ನಿಂತ ಭೂಮಿ ಬಾಯಿ ಬಿಟ್ಟಂತಾಯಿತು ಆಕಾಶ ತಲೆ ಮೇಲೆ ಬಿದ್ದಂತೆ ಆಯಿತು." ನಾನು ಬಯಸಿದ ಹೆಣ್ಣು ನನ್ನ ಕೈಗೆ ಸಿಗಲಿಲ್ಲ. ನನ್ನ ಬೀಡಿನ ಸಕಲ ಸಂಪತ್ತು ಬೂದಿಯಾಯಿತು. ಇನ್ನು ನಾನಿದ್ದು ಫಲವೇನು? "ಎಂದು ಉರಿಯುವ ಚಿತೆಗೆ ಹಾರಿದ. ಚಿತೆಯ ಬೆಂಕಿಯಲ್ಲಿ ಉರಿದು ಹೋದ. ದೈವಾಚರಣೆಯ ಮೂಲಕ್ರಮ ಹೀಗಿದೆ. ಉತ್ತರ ದಿಕ್ಕಿಗೆ ಬಾಗಿರುವ ತೆಂಗಿನಮರದಿಂದ ತೆಂಗಿನಕಾಯಿಯನ್ನು ಭೂಮಿಗೆ ಸ್ಪರ್ಶ ಆಗದಂತೆ ಕಿತ್ತು, ಅದನ್ನು ಸಿಪ್ಪೆ ಬಿಡಿಸದೆ ತುದ್ಧ ಬಾವಿಯ ನೀರಿಂದ ತೊಳೆದು ರುಂದನದ ಕಟ್ಟಿ ಅಥವಾ ತುಳಸಿಕಟ್ಟೆಯ ಮುಂದೆ ಒಂದು ಮಣೆ ಇಟ್ಟು ಅದರ ಮೇಲೆ ಬಾಳೆ ಕೊಡಿ ಇರಿಸಿ ತದನಂತರ ಆ ತೆಂಗಿನಕಾಯಿಯ ಸಣ್ಣ ಸಿಪ್ಪೆ ತೆಗೆದು ಜುಟ್ಟು ಮಾಡಿ ಬಾಳೆ ಎಲೆಯ ಮೇಲೆ ಇಡಲಾಗುತ್ತದೆ. ನಂತರ ಊರಿನಲ್ಲೇ ಸಿಗುವ ಕಾಡ ಕೇಪುಲ ಹೂವನ್ನು ಅದಕ್ಕೆ ಹಾಕಿ, ಯಾವ ದೈವವನ್ನು ನಮಗೆ ನಂಬಬೇಕೆಂದೆಯೋ ಅದರ ಹೆಸರನ್ನು ಕರೆದು



ಉದಾಹರಣೆಗೆ ಸ್ವಾಮಿ ಪಂಜುರ್ಲಿ ಅಥವಾ ಸ್ವಾಮಿ ಜುಮಾದಿ ಎಂದು ಕರೆದು ಮದಿಪುವಿನ ಮೂಲಕ ದೈವವನ್ನು ಆ ತೆಂಗಿನಕಾಯಿಗೆ ಆಕರ್ಷಣೆ ಮಾಡಲಾಗುತ್ತದೆ. ಇಲ್ಲಿ ರಾಜಂದೈವವಾದರೆ ಎರಡು ತೆಂಗಿನಕಾಯಿ ಹಾಗೂ ಬೇರೆ ದೈವವಾದರೆ ಒಂದು ತೆಂಗಿನಕಾಯಿ. ಗುಳಿಗ ಸುಲಭದಲ್ಲಿ ಬರುವವನಲ್ಲದ ಕಾರಣ ಆತನಿಗೆ ಜೊತೆಯಲ್ಲಿ ಒಂದು ಕರ್ಕೆ ಪುಳಿಯನ್ನು ಇಡಲಾಗುತ್ತದೆ.

ನಂತರದಲ್ಲಿ ದೈವಕ್ಕೆ ಆವೇಶ ಬರಿಸುವ ಪೂಜಾರಿಯನ್ನು ಕರೆದು ಆತನಿಗೆ ಮನೆಯ ಅಥವಾ ಊರ ಹಿರಿಯರು ಎಣ್ಣೆ ನೀಡಿ ನಂತರ, ಒಂದು ಇಡೀಯ ಅಡಕಿ ಹಿಂಗಾರ ನೀಡಿ ಆತನ ಮೇಲೆ ಜೋಗ (ದರ್ಶನ) ಬರುವಂತೆ ಮಾಡಲಾಗುತ್ತದೆ. ಆ ದರ್ಶನದಲ್ಲಿ ದೈವ ಅಲ್ಲಿಗೆ ಬಂದಿರುವ ಬಗ್ಗೆ ಖಾತರಿಪಡಿಸಲಾಗುತ್ತದೆ. ನಂತರ ಜೋಗದ ಮಾಣಿಯ ಭಾವಣಿ ಮೂಲಕ ದೈವದಲ್ಲಿ ಅರಿಕೆ ಮಾಡಿ, ದೈವಕ್ಕೆ ಮನೆಮಂಚುವಿನ ಮೂಲಕ ಆರಾಧನೆಯೋ ಅಥವಾ ಕಲ್ಲಿನ ಮೂಲಕ ಆರಾಧನೆ ಮಾಡಬೇಕೋ ಎಂದು ಕೇಳಲಾಗುತ್ತದೆ. ನಂತರ ಆ ಶಕ್ತಿ ಕಾಯ ಬಿಟ್ಟು ಪುನಃ ತೆಂಗಿನಕಾಯಿಗೆ ಸೇರುತ್ತದೆ. ಜೋಗ ಭರಿಸಲು ಶಕ್ತಿಲ್ಲದ ಬಡವರು ಕೇವಲ ಪ್ರಾರ್ಥನೆಯ ಮೂಲಕವೇ ಆ ವಿಧಿಯನ್ನು ಪೂರೈಸುತ್ತಿದ್ದರು.

ನಂತರದಲ್ಲಿ ಒಂದು ಸಣ್ಣ ತೆಂಗಿನಗರಿಯ ಕೊಟ್ಟು ( ತೆಂಗಿನ ಗರಿಯಿಂದ ನಿರ್ಮಿಸಿದ ಕೋಣೆಯಲ್ಲಿ ) ಅಥವಾ ಹಾಲು ಬರುವ ಮರದಲ್ಲಿ ಆ ತೆಂಗಿನಕಾಯಿಯನ್ನು ನೇತಾಡಿಸಿ ದೈವಕ್ಕೆ ಪ್ರಾರ್ಥನೆ ಮಾಡುತ್ತಾ ನಂಬಲಾಗುತ್ತದೆ. ನಂತರ ಅನುಕೂಲವಾದಾಗ ಒಟ್ಟು ದಿನ ನಿರ್ಧರಿಸಿ ದೈವಕ್ಕೆ ಮುಗ, ಖಡ್ಗ ನಿರ್ಮಾಣ ಮಾಡಿ ನಂತರ ಅದನ್ನು ಮನೆಗೆ ತಂದು ತುಳಸಿಕಟ್ಟೆಯ ಎದುರಿಸಿ ಅದರ ಮೇಲೆ, ಭತ್ತ ಚೆಲ್ಲಿ ತೆಂಗಿನಕಾಯಿ ಇರಿಸಿ ನಂತರ ಬಟ್ಟೆಯಿಂದ ಮುಚ್ಚಿ ಇಡಲಾಗುತ್ತದೆ.

ಆ ಬಟ್ಟೆ ಯಾವುದು ಗೊತ್ತೇ ? ಹೆಣಕ್ಕೆ ಹೊದಿಸಲಾದ ಬಟ್ಟೆಯನ್ನು ಸ್ಮಶಾನದಿಂದ ಹಿಂದಿರುಗಿಸಿ ತಂದು ಅದನ್ನು ಮಡಿವಾಳರು ಸಗಣೆ ನೀರಲ್ಲಿ ಒಂದುದಿನ ಅದ್ದಿಟ್ಟು ಶುದ್ಧಗೊಳಿಸಿ ನಂತರದಲ್ಲಿ ಆ ಬಟ್ಟೆಯನ್ನು ದೈವಗಳ ಕಲಶ ಪ್ರತಿಷ್ಠೆಯ ದಿನ ಮುಗ, ಖಡ್ಗ, ಗಂಟೆ ಮುಚ್ಚಲು ಹಾಗೂ ಜೀಟಿಗೆಯ ಬಟ್ಟೆಯಾಗಿ ಬಳಸುತ್ತಿದ್ದರು. ತುಳುನಾಡಲ್ಲಿ ಮಡಿವಾಳರಿಗೆ ದೈವಸ್ಥಾನದಲ್ಲಿ ಅರ್ಚಕರ ಸ್ಥಾನ. ತುಳುವರ ಹುಟ್ಟು ಸಾವು ಹಾಗೂ ಧಾರ್ಮಿಕ ಪ್ರಕ್ರಿಯೆಗಳಲ್ಲಿ ಮಡಿವಾಳ ಜನಾಂಗದ ಪಾತ್ರ ದೊಡ್ಡದು, ಅವರನ್ನು ಶುದ್ಧದ ದಲ್ಯಂತೆ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ.

ಶಾಶ್ವತವಾಗಿ ದೈವವನ್ನು ನೆಲೆಯಾಗಿಸಲು ಮರುದಿನ ಪಂಚಭೂತಗಳಿಗೆ ದೈವಸ್ಥಾನದಲ್ಲಿ ಪಂಚ ತ್ರಿಕೋನವನ್ನು ದೈವದ ಪೂಜಾರಿಗಳು ಬಿಡಿಸುತ್ತಾರೆ. ಶೇಡಿ ಹುಡಿ ಬಳಸಿ ಮಂಡಲ ಬರೆದು, ಅದರಮೇಲೆ ಕಲಶವಿರಿಸಲಾಗುತ್ತದೆ. ದೈವ ಸ್ಥಾನದ ಒಕ್ಕಲೆ ಮೂರು, ಐದು ಅಥವಾ ಗರಿಷ್ಠ ಒಂಭತ್ತು ಕಲಶಗಳು ಮಾತ್ರ ಅದಕ್ಕಿಂತ ಮೇಲಿನ ಕಲಶವೆಲ್ಲಾ

ದೇವರಿಗೆ.

ಈ ಕಲಶವನ್ನು ಪ್ರತಿಷ್ಠಾಪಿಸಿ ನಂತರದಲ್ಲಿ ಮನೆಮಂಚುವು ಅಥವಾ ಕಲ್ಲಿನ ಮೇಲೆ ಕಲಶತುದ್ಧಿ ಮಾಡಲಾಗುತ್ತದೆ. ಇದಲ್ಲವನ್ನು ಮಾಡುವುದು ನೇಮಿತ ಪೂಜಾರಿಯೇ ಹೊರತು ಬ್ರಾಹ್ಮಣರಲ್ಲ, ದೈವಕ್ಕೆ ಹೋಮ ಇಡುವುದು ಕೂಡಾ ಪೂಜಾರಿ. ಬಿಡಿಸಿದ ತ್ರಿಕೋನಗಳ ಮುಂದೆ ಒಂದು ಸೀಯಾಳ ಇಡಲಾಗುತ್ತದೆ ಅದು ಭೂತಗಳ ಅಧಿಪತಿ ತುಳುನಾಡ ಬೆರ್ಮೆರಿಗೆ. ಬಾಳೆ ಎಲೆಯಲ್ಲಿ ಅಕ್ಕಿ ಹಾಗೂ ತೆಂಗಿನಕಾಯಿ ಬಿಡಿಸಿ ಇಡುವುದು ತುಳುವರ ಆದಿದೇವ ಬಾಮಕುಮಾರನಿಗೆ. ಕಲಶದ ಜೊತೆ ಕೇಸುಲ ಹೂ, ತುಳಸಿ ದಳ, ತುಂಬೆ ಹೂ, ಪಿಂಗಾರ, ಗರಿಕೆ ಕೊಡಿ ಹಾಗೂ ಮಾವಿನಕೊಡಿ, ಹಲಸಿನಕೊಡಿ ಬಳಸಲಾಗುತ್ತದೆ ಹಾಗೂ ಕಲಶಕ್ಕೆ ಹಾಲು, ಶುದ್ಧ ಬಾವಿಯ ನೀರು, ತುಪ್ಪ ಹಾಗೂ ಎಳನೀರು ತುಂಬಲಾಗುತ್ತದೆ.

ಕಲಶವನ್ನು ಭೂತೊಕ್ಕಲು ಮಾಡುವ ದಿನ ಈ ಮುಗಮೂರ್ತಿ ಇಡಲಾದ ಜಾಗಕ್ಕೆ ತಂದು ಅದರ ಮೇಲೆ ಪ್ರೋಕ್ಷಿಸಿ ಜೊತೆಗೆ ಕುರ್ದಿನೀರು ಪ್ರೋಕ್ಷಿಸಿ, ತೆಂಗಿನಕಾಯಿಯನ್ನು ಒಡೆದು ಶಕ್ತಿಯನ್ನು ಮುಗಕ್ಕೆ ವರ್ಗಾಯಿಸಲಾಗುತ್ತದೆ. ನಂತರ ದೈವದ ಪಾತ್ರಿಗೆ ಜೋಗ ಭರಿಸಲಾಗುತ್ತದೆ ಆ ಸಂಧರ್ಭದಲ್ಲಿ ಕುಟುಂಬಿಕರ ಮಧ್ಯೆ ಅಥವಾ ಊರವರ ಮಧ್ಯೆ ಯಾವುದಾದರೂ ನ್ಯಾಯದ (ಭಿನ್ನಾಭಿಪ್ರಾಯ) ವಿಚಾರವಿದ್ದರೆ ಅದನ್ನೆಲ್ಲಾ ಪರಿಹರಿಸಿ ನಂತರ ಜೋಗದ ಅಂದರೆ ದರ್ಶನದ ಮೂಲಕ ಪೂಜಾರಿ ಆ ಪರಿಕರಗಳನ್ನು ಒಳಗಿರುವ ಮನೆಮಂಚಾವಿಗೆ ತಂದು ಇರಿಸುತ್ತಾರೆ ಇದನ್ನು ಒಟ್ಟಾಗಿ ದೈವಮಂಡಲ ಅನ್ನುತ್ತಾರೆ. ಅಲ್ಲಿಗೆ ದೈವದ ಪ್ರತಿಷ್ಠೆ ಮುಗಿಯಿತು.

ದೈವಾರಾಧನೆಗೆ ಮುಗ ಸೇರಿಕೊಂಡಿದ್ದು ವಿಶ್ವಕರ್ಮ ಸಮುದಾಯ ತುಳುನಾಡಿಗೆ ಬಂದಮೇಲೆ ಅದರ ಮೊದಲು ಮುಗವಿಲ್ಲದೇ ಕೇವಲ ತೆಂಗಿನಕಾಯಿಯ ಮೂಲಕವೇ ಹಾಗೂ ಕಲ್ಲಿನ ಮುಖಾಂತರ ಆರಾಧನೆ ನಡೆಯುತ್ತಿತ್ತು ಅದು ಒಂದರ್ಥದ ಪ್ರಕ್ರಿಯೆಯ ಆರಾಧನೆ. ತೆಂಗಿನಕಾಯಿಯ ಸಿಪ್ಪೆಗೆ ಎಣ್ಣೆ ಹಾಕಿ ಹೊಗೆ ಎಳಿಸಿ ಧೂಪ ನೀಡಲಾಗುತ್ತಿತ್ತು. ತಾಸೆ, ಡೋಲು ಸೇರಿಕೊಂಡಿದ್ದು ಕೂಡಾ ನಂತರದಲ್ಲಿ ಮೊದಲು ಕೇವಲ ತೆಂಬರೆ ಮಾತ್ರ ಕೋಲಕ್ಕೆ ಬಳಕೆಯಾಗುತ್ತಿತ್ತು, ಈಗೀಗ ಬಂಗಾರದ, ಬೆಳ್ಳಿಯ ಅಣಿ, ಲೋಹದ ಪರಿಕರಗಳು ಸೇರಿಕೊಂಡಿವೆಯಾದರೂ ಮೊದಲು ದೈವಾರಾಧನೆ ಅನ್ನುವುದು ಬಹಳ ಸಿಂಪಲ್ ಆಗಿದ್ದು ಯಾವ ಬಡವನೂ ಆರಾಧಿಸುವ ಸ್ಥಿತಿಯಲ್ಲಿತ್ತು.

ಹಿಂದೆ ದೇವಸ್ಥಾನವನ್ನು ಮೂಲದಿಂದ ತಂದು ಬೇರೆಡೆ ನಂಬಬೇಕಿದ್ದರೆ ಅಥವಾ ದೈವಸ್ಥಾನವನ್ನು ಜೀರ್ಣೋದ್ಧಾರ ಮಾಡಬೇಕಿದ್ದರೆ "ದೈವಮಂಡಲ" ಮಾಡುವ ಕ್ರಮವಿತ್ತಂತೆ. ಮೂಲದಿಂದ ಯಾಕೆ ಬದಲಾವಣೆ ಮಾಡ್ತಾರೆ

ಅಂದರೆ ಉದಾಹರಣೆಗೆ ಪಣಂಬೂರಿನ ಹಾರ್ಬರ್ ನಿರ್ಮಾಣ ವೇಳೆ ವೀರಭದ್ರ ದೇವಸ್ಥಾನವನ್ನು ಸಿದ್ಧ ಕಟ್ಟಿಗೆ ಸ್ಥಳಾಂತರಗೊಳಿಸುವಾಗ ಅಲ್ಲಿನ ವಿಗ್ರಹದ ಪ್ರಾಣ ವರ್ಗಾವಣೆಯನ್ನು ವೈದಿಕ ವಿಧಾನಗಳಲ್ಲಿ ಮಾಡಲಾಯಿತು, ದೈವವನ್ನು ಜಾಗದ ಮಣ್ಣು ತೆಗೆದುಕೊಂಡು ಹೋಗುವ ಕ್ರಮದಲ್ಲಿ ಹೋದರೂ, ದೈವ ಮಾತ್ರ ಹೋಗಲು ಕೇಳಲೇ ಇಲ್ಲ. ಅಲ್ಲಿ ದೈವಮಂಡಲ ಮಾಡಿದ್ದರೋ ಇಲ್ಲವೋ ಎಂಬುದು ತಿಳಿದಿಲ್ಲ. ಆದರೆ ಇಂದಿಗೂ ಜುಮಾದಿಬಂಟಿ ತನ್ನ ಇರುವಿಕೆಯನ್ನು ಹಾರ್ಬರ್ ಒಳಗಡೆ ತೋರಿಸುತ್ತಿದ್ದಾನೆ ಎಂದು ಬಲ್ಲವರು ಹೇಳುವುದನ್ನು ಕೇಳಿದ್ದೇನೆ. ಈಗ ದೈವಮಂಡಲ ಯಾರಿಗೆ ಗೊತ್ತಿದೆ ಎಂದರೆ ಗ್ರಾಮೀಣ ಭಾಗದಲ್ಲಿರುವ ಕೆಲವೇ ಕೆಲವು ಜನಗಳಿಗೆ ಮಾತ್ರ ಇದನ್ನು ಯಾರಾದರೂ ಅಧ್ಯಯನ ಮಾಡಿ ಮುಂದುವರಿಸಿದರೆ ಮಾತ್ರ ಮುಂದಿನ ಜನಾಂಗಕ್ಕೂ ಮಾಹಿತಿ ಸಿಗಬಹುದು.

ದೈವಕ್ಕೆ ಹೋಮ ಶೇಡಿಯ ರಂಗೋಲಿ ಹಾಕಿ ಹಲಸಿನ ಕಟ್ಟಿಗೆಯಲ್ಲಿ ಇದುವರೇನು ಕೇಳಿದ್ದೇನೆ. ಅಸಲಿಗೆ ದೈವಕ್ಕೆ ಧೂಪ ಮಾತ್ರ ಎತ್ತಲು ಮಾತ್ರ ಅವಕಾಶವಿರುವುದು. ಆರತಿ ಬೆಳಗಲು ಅವಕಾಶವಿಲ್ಲ.

ಪ್ರಾಣಪ್ರತಿಷ್ಠಾಪನೆ ಮೂಲಕ ಕೂರಿಸಲಾದ ದೇವರ ವಿಗ್ರಹದ ಸುತ್ತ ಇರುವ ಚೈತನ್ಯವನ್ನು ಆರತಿಗೆ ಆಕರ್ಷಿಸಿ ಅದನ್ನು ಅಂಗೈ ಮೂಲಕ ಧನಾತ್ಮಕ ಶಕ್ತಿ ನಮ್ಮ ದೇಹ ಸೇರುವಂತೆ ಮಾಡಲು ಆರತಿ ಎತ್ತುವುದು ಆದರೆ ದೈವದ ಶಕ್ತಿ ಇರುವುದು ಆ ಮಣ್ಣಲ್ಲಿ ಮುಗ ದೈವಾಭರಣವಾದರೂ ಅದಕ್ಕೆ ವಿಶೇಷ ಸಂಧರ್ಭದಲ್ಲಿ ಮಾತ್ರ ದೈವ ಆವಾಹನೆಯಾಗುವಂಥದ್ದು. ಹಾಗಾಗಿಯೇ ದೈವದ ಮುಗಗಳನ್ನು ಭಂಡಾರಮನೆಯಲ್ಲಿ ಇಟ್ಟು, ಉತ್ಸವ ಸಂಧರ್ಭದಲ್ಲಿ ಭಂಡಾರ ಮೆರವಣಿಗೆ ಮೂಲಕ ಸಾಗಿ, ದೈವಸ್ಥಾನ ಸೇರುವ ಕ್ರಮ ಇರುವುದು.

ಉಚಿ ಭಸ್ಮ ಪ್ರೋಕ್ಷಣೆ ಮಾಡಿ ದೈವಸ್ಥಾನವನ್ನು ಮಡಿವಾಳರು ಶುದ್ಧ ಮಾಡುತ್ತಿದ್ದರು. ಅದೇ ರೀತಿ ದೈವಕ್ಕೆ ಧೂಪ ಎತ್ತುವ ಅಧಿಕಾರ ದೈವಕ್ಕೆ ನೇಮಿತ ಪೂಜಾರಿಗೆ ಮಾತ್ರ, ಆದರೆ ಆಪತ್ಕಾಲದಲ್ಲಿ ಶುದ್ಧಾಚಾರದಲ್ಲಿರುವ ಬಿಲ್ವವ ಸಮುದಾಯದ ವ್ಯಕ್ತಿಗೆ ಯಾವುದೇ ದೈವಕ್ಕೆ ಸೇವೆ ಮಾಡುವ ಅಧಿಕಾರ ಇರುತ್ತದೆ.



ಲೇಖಕರು : ಶ್ರೀಮತಿ ಉಷಾ ಪ್ರವೀಣ್

ಬಿ. ಎಸ್. ಸಿ, ಎಮ್. ಎ (ಕನ್ನಡ)

ಲೇಖನ ಋಣ : ಡಾ. ಗಾಯತ್ರಿ ನಾವಡ

(ತುಳು ಪಾಠನಗಳ ಲೋಕ)



## Lets Celebrate



*Jessica Anna, daughter of Ms Jacinta Sylvia Sequeira, married Loyal D'Souza on 5th January 2023. Best wishes for a fun-filled future together.*



*Mohammed Nadeem Shaikh, Manager – Electrical, successfully passed the Energy Manager examination conducted of Bureau of Energy Efficiency, Government of India in October 2022. He is now a certified Energy Manager. Further, he is also appearing for Energy Auditor examination conducted by BEE. Congratulations Nadeem. Wish you the very best.*



*Dr. Madhu Nimbalkar, Deputy Manager – QC, was the degree of Doctor of Philosophy in October 2022. by National Institute of Technology Surathkal, Karnataka, for the thesis submitted 'Synthesis and Investigation of Zirconium Metal-Organic Frameworks for Adsorption Application'.*

*For the unversed, Metal-Organic Frameworks (MOF) are solid materials with regular honeycomb-like structures – a little like the steel frame of a skyscraper – which can be prepared in the laboratory from organic molecules which form the links between metal atoms. A MOF is a type of solid material that is highly porous and behaves like a sponge, capable of soaking up vast quantities of a specific gas molecule, such as Carbon Dioxide, Hydrogen, Natural Gas etc. To put it in simple words, one teaspoon of this porous material has the surface area of a football field!!!*

*Way to go Dr. Madhu. Congratulations on your achievement.*

## छोटी सी दुनिया

छोटी सी थी वो दुनिया, जब हम थे छोटे,  
हाँ थी चीज़ें छोटी, जिनसे जुड़ी हुई कुशी थी  
सबसे बड़ी।  
नजाने क्या था वो 1 और 2 रुपये में,  
जो दादा दादी देते,  
जिसे लगता जैसे सारी दुनिया हमारी।  
वो आंगन भी था छोटा सा  
जहां दोस्तों के संग खूब होती मस्ती।  
निकलते थे स्कूल के लिए, मगर रुकते वो  
इमली के पेड़ के नीचे  
जहां एक तरफ से हम किया करते पत्थरबाजी,  
वह दूसरे तरफ से खूब डांटति वो बूढ़ी नानी।  
न जाने क्या था उस इमली के स्वाद में,  
जिसे लिए हम रोज तरसते थे।  
हाँ थे सबके घर छोटे से जरूर  
हाँ आया करती थी सबके घर छोटी सी कमाई  
ना था किसिको उसका इल्म  
बस था सबको इंतजार वो पल का,  
जब सब मिलकर खेलते लगोरी।  
हाँ कभी कभी होजती थी थोड़ी सी लड़ाई  
जो निकल देते सब गुस्सा गालियों में,  
फिर से दोस्ती होती बिना रुस्वाई  
जिसे बाद, फिर से शुरू होती वही यारी  
और मिलके पढ़ाई।  
ना जाने क्या था उस बचपन में  
जिसे सामने अब लगने लगा है हर पल फिका।  
हाँ हो गए हैं हम अब बड़े  
हाँ सभी ने कमाई है बड़ी नौकरी  
बस नहीं रहा वो छोटा आंगन, ना रही वो मस्ती  
भिकर गए हैं तिनकों की तरह सब,  
बस उन्हीं यादों में टहलते हैं अब।  
वो जो घंटों का किराया चुकाके साइकिल चलाना,  
सुबह उठके 'महरूनिसा' टीचर के  
यहां ट्यूशन जाना,  
स्टेज पे खड़े हुए जोर से प्रेयर पढ़ना,  
वो एक पी.टी पीरियड के लिए 'ए' और 'बी'  
सेक्शन का तरसना,  
और लाइन में खड़े रहकर बस 'कंप्यूटर' को देखना।  
सोचते हुए लगता है अब,  
काश फिर से छोटे हो जाए हम सब  
और उन पलों को फिर से जिए अब।  
सच में, कितनी छोटी और खूबसूरत थी  
वो दुनिया हमारी।



Ujwala Krishnaraj



## Daylight Zone



Name : **JAIPRAKASH A B**  
 Date of joining : 9 January, 2023  
 Position : Officer Finance  
 Job location : Bangalore, Karnataka  
 Native place : Harihara, Karnataka  
 Interests : Photo editing,  
 playing games, cooking



Name : **YOGISH KUMAR B**  
 Date of joining : 2 January, 2023  
 Position : Sr. Engineer Instrumentation  
 Job location : Mangalore, Karnataka  
 Native place : Uppinangadi, Karnataka  
 Interests : Reading books  
 Talents : Drawing



Name : **MURALIDHARA M**  
 Date of joining : 2 January, 2023  
 Position : Sr. Engineer Instrumentation  
 Job location : Mangalore Karnataka  
 Native place : Shibaje, Karnataka  
 Interests : Reading books



Name : **MOHAMMED THANVEER P**  
 Date of joining : 23 January, 2023  
 Position : Asst. Manager Marketing  
 Job location : Kottayam, Kerala  
 Native place : Manjeri, Kerala  
 Interests : Traveling, watching movies  
 Talents : Teaching



Name : **GANESH H.**  
 Date of joining : 2 January, 2023  
 Position : Engineer Instrumentation  
 Job location : Mangaluru, Karnataka  
 Native place : Kundapura, Karnataka  
 Interests : Playing cricket, kabaddi  
 Talents : Artist



Name : **PRAVEEN BIRADARGOUDAR**  
 Date of joining : 17 January, 2023  
 Position : Management Trainee Marketing  
 Job location : Gadag, Karnataka  
 Native place : Belagavi, Karnataka  
 Interests : Writing lyrics, sports  
 and reading  
 Talents : Sportsman.



Name : **SIDDHARAM VITTHAL SOLANKAR**  
 Date of joining : 17 January, 2023  
 Position : Assistant Manager Marketing  
 Job location : Bijapur, Karnataka  
 Native place : Bijapur, Karnataka  
 Interests : Reading and playing volleyball  
 Talents : Artist (drawing)

## Twilight Zone



**Muralidhara Pai B**  
 Deputy Manager, Instrumentation  
 February 2023



**P V Paramesh**  
 Senior Officer, QC & E  
 March 2023



# Cognitare

## The Mangala Vartha Quiz Contest

Identify the event in history shown in each photograph.



Send your answers to these questions to [mangala.vartha@adventz.com](mailto:mangala.vartha@adventz.com) within 15th May. The winner with highest correct answers wins a handsome prize. Multiple winners will share the prize. Name of the winner will be revealed in the next issue of Mangala Vartha.

Entries received after the deadline will not be considered.





## SALT N' PEPPER

Come March, and it is the jackfruit season in India. A waft of the smell of ripe jackfruit fills our mouth with water. Salt n' Pepper presents some of the easy-to-make tasty dishes that can be prepared using jackfruit. Try these dishes and delight your taste buds.



### Jackfruit cutlet



#### Ingredients

- Tender ripe jackfruit flesh - 200 grams (jackfruit about a month old ripe would be better).
- Onion – 2 medium sized
- Green chilly – 1
- Ginger – 1 inch
- Garlic - 6 pods
- Turmeric powder - 1 table spoon
- Garam masala powder – 1 table spoon
- Bread crumbs – 100 grams
- Jackfruit seed powder – 100 grams
- Coriander leaves, curry leaves and pudina leaves – about 50 grams each
- Corn flour - 100 grams
- Coconut oil – as required for deep frying
- Salt for taste

#### Preparation

- Cut the ripe jackfruit flesh into small pieces.
- Smash the garlic pods and ginger. In a frying pan, sauté the jackfruit pieces in 2 tablespoon coconut oil with finely chopped onion, green chilli, ginger and garlic for about 2 minutes.
- Add salt, turmeric powder, garam masala powder. Sauté till the raw smell of the masala goes off.
- Add jackfruit seed powder and sauté for about a minute.
- Add finely chopped coriander, pudina and curry leaves.
- Put off the flame. Allow the mixture to cool for about 5 minutes.
- Take a portion of the mixture and roll them into a ball. Place the roll on a flat surface and using a rolling pin make

the rolls into patties. Use corn flour and water to prevent the mixture from sticking onto the flat surface.

- Coat the patties evenly on all sides with bread crumbs. Leave it aside for about 5-10 minutes.
- Heat the oil in deep fry pan and fry the patties until they are golden brown.

Serve them hot with green chutney or any other dip of your choice.

### Jackfruit seed chutney powder



#### Ingredients

- Jackfruit seeds - 1 kg
- Grated dry coconut – 2 cups
- Red chilly – 100 grams
- Coriander seeds – 50 grams
- Black pepper corns – 50 grams
- Urad dal – 50 grams
- Yellow dal – 50 grams
- Red chilly powder, fenugreek powder, jeera powder, hing – a pinch
- Lemon leaves – 10 leaves
- Curry leaves – 10 stems
- Ginger – 1-inch
- Tamarind - as required
- Urad dal – 50 grams
- Yellow dal – 50 grams
- Salt for taste



### Preparation

- Grind the jackfruit seeds till it forms a smooth powder.
- On a frying pan, fry the jackfruit seed powder and grated dry coconut well on a low flame for about 5 minutes. Put off the flame and keep the mixture aside.
- On another frying pan, fry all the other ingredients except salt and tamarind for about 2 minutes. Put off the flame and allow the mixture to cool for about 5-10 minutes. After the mixture has cooled, grind it in a dry mixer into a coarse mix. Do not add water.
- Now add the fried jackfruit seed powder and grated dry coconut mixture into the same mixer. Mix the ingredients well. Add tamarind and salt and grind the mixture again till the consistency of your choice.

Your jackfruit chutney powder is ready. Add ghee or coconut oil to the chutney powder and eat it with along with dosa and idly.

## Jackfruit payasam



### Ingredients

- Ripe jackfruit pieces – 1 kg
- Grated white jaggery – 400 grams
- Ghee – 100 grams
- Cardamom powder – a pinch
- Raisins and cashew nuts – 50 grams
- Dry coconut pieces or grated coconut – 2 cups
- A pinch of salt

### Preparation

- Cook jackfruit pieces in a pressure cooker with little water up to 2 whistles until soft.
- Grind them into a smooth paste in a mixer.
- Grind the coconut into fine paste and make 2 separate extracts of thick and thin consistency.
- Add the thin coconut milk extract to the jackfruit paste and boil it in low flame.
- Add jaggery and pinch of salt. Boil it till the mixture becomes consistent in its thickness.
- Add the thick coconut milk and stir well. Put off the flame.
- Add cashew and raisins roasted in ghee. Finally, sprinkle the cardamom powder.

Your jackfruit payasam is ready to be served.

## Jackfruit wine



### Ingredients

- Ripe jackfruit pieces – 1 kg
- Sugar – 750 grams
- Cinnamon, cardamom, clove, broken wheat grains – 50 grams each
- Lukewarm water – 1 litre
- Jaggery – 250 grams

### Preparation

- Put the jackfruit pieces in a pan.
- Add sugar, jaggery and warm water into the pan.
- Boil the mixture till the jackfruit pieces become soft and pulpy.
- Put the cinnamon, cardamom, clove and broken wheat grains in a white muslin cloth and tie the ends of the cloth to form a small ball.
- Dip the muslin cloth ball into the boiling mixture. Switch OFF the flame. Transfer the contents along with the muslin cloth ball to another deep bottom vessel or a pot.
- Cover the mouth of the vessel with a muslin cloth and secure it along the mouth tightly.
- Using a dry wooden spoon stir the mixture every day once for 10 days.
- After 10 days, pour the mixture into a sieve and collect the liquid in a clean, dry bottle. Close the lid of the bottle.
- Keep the bottle away from sunlight in a cool dark place for a month.

Your jackfruit wine is ready.

### Note

- Straining the wine is a biggest and delicate task since jackfruit pulp leaves a very fine residue. So you need to have a very fine sieve or strainer. Pour the wine in the strainer and leave it like that. Do not use a spoon to force the wine to get strained. Leaving it just like that takes time to strain but you will get clear wine.
- All utensils / vessels that come directly in contact with the wine must be thoroughly sterilised.



# Howzat !!!



## KSCA 3rd Division Tournament 2022-23



The leather ball cricket team of Mangalore Chemicals & Fertilizers participated in the KSCA – Third Division Tournament 2022-23 season hosted by Karnataka State Cricket Association-Mangalore Zone. The tournament was held from 15 December 2022 to 17 January 2023 with 16 elite cricket teams participating from various cricket clubs across Mangalore Zone.

MCF locked horns with mighty Chakravarthi Cricket Club, Kundapura in the finals and was eventually crowned as the winners of the KSCA – Third Division Tournament 2022-23 season by beating the opposition by 128 runs and becoming the first-ever title winners in the history of MCF. The team remained unbeaten throughout the tournament and was promoted to play in Second Division of KSCA-Mangalore Zone

for the year 2023-24. Nithin Kumar Ullal, Deepak Ramesh and Allan C Salis were among the stand out performers in the big finale of the tournament.

The final match was held on 17 January 2023 at Father Mullers Hospital and Medical College, Deralakatte. MCF won the toss, and elected to bat first in the big finals. MCF scored 251 runs losing 6 wickets in 50 overs. Nithin Kumar Ullal scored an unbeaten 103\* in 115 balls and Deepak Ramesh scored 63 runs in 94 balls. Chasing the target, the opposition was bowled out modestly for 123 runs in 32 overs. Allan C Salis picked up 4 wickets, and Rajeev and Nithin Kumar Ullal bagged 2 wickets each.

MCF registered 3 centuries in the tournament, where 2 of them were contributed by Nithin Kumar Ullal and one came out from the bat of Rajeev R. Nithin Kumar Ullal was the best of the batters throughout the tournament scoring 383 runs in 6 matches with a strike rate of 87.84. Rajeev was the best of the Bowlers in the tournament for MCF picking up 16 wickets by bowling at an Economy of 4.35.

## MCF Premier League 2023



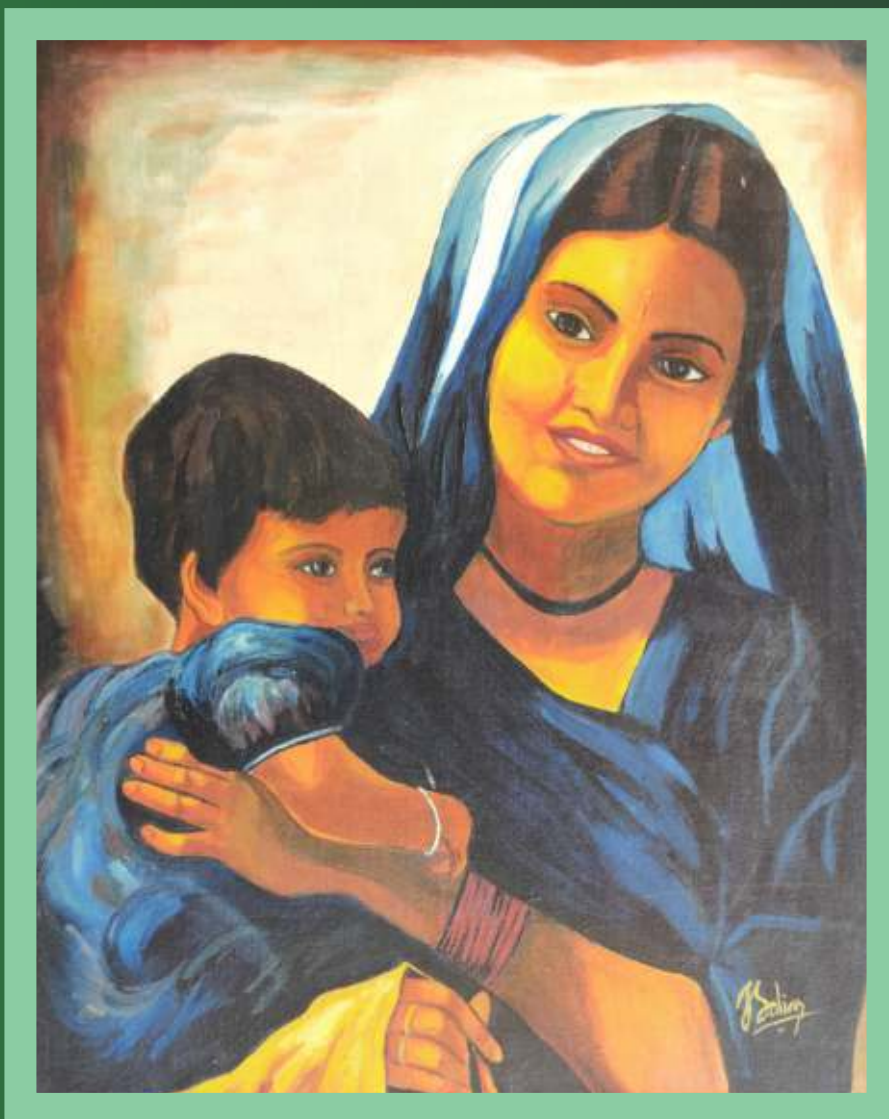
Pirates have won their maiden MCF Premier League Title defeating the Warriors by 6 wickets, courtesy of opening partnership of 35 runs from the openers Deepak

Ramesh and Vinay and some late fireworks from emerging teenager Naveen Krishna.

In the big finale, Pirates won the toss, electing to field first and restricted the Warriors at 84 for 7 in 8 overs. The Pirates chased the 85-run target with 4 balls to spare in an unforgettable contest.

Naveen Krishna was adjudged Man of the Match for his fiery knock of 34 runs in 13 balls. Ishan Baglody, the youngest player in the league bagged Best Bowler, Ashwin was named the Best Batsman and Shravan Suvarna was named as the Player of the Tournament. MPL 2023 was held at Padua College Ground, Nanthoor on 18 and 19 February 2023 comprising of 7 teams across MCF in the first of its kind cricket carnival event and it was organized by Mechanical Maintenance Section.





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