

# Mangala ವಾರ್ತಾ

October - December 2023



## *Another milestone in the making...*



*In August 2023, the Board of Directors of MCF accorded their approval to install a facility to enhance the production of Sulphuric Acid by 300 tpd in Mangaluru. About 1,46,000 tonnes of acid will be produced in a year out of which 1,20,000 tonnes will be used for complex phosphatic fertilizer manufacture and the remaining 26,000 tonnes will be sold in the market.*

*The Sulphuric Acid plant will also produce about 15 tph of high-pressure steam from the waste heat generated during the process as a by-product and the steam will be exported to the Ammonia plant. This will bring down the specific energy consumption of urea manufacturing further.*

*The technology provider is DMCC Speciality Chemicals Limited, Mumbai (formerly Dharamsi Morarji Chemical Company Limited). Established in 1919, DMCC was the first producer of Sulphuric Acid and Phosphate fertilizers in India. The technology used by DMCC to manufacture Sulphuric Acid is Double Conversion Double Absorption (DCDA) which is the same technology used in the present Sulphuric Acid plant.*

*The project will be executed on a Lump Sum Turn Key (LSTK) basis by ISGEC Heavy Engineering Ltd., Noida (formerly known as Indian Sugar and General Engineering Corporation). The LSTK contract was signed with ISGEC on 27 October 2023.*

*Soon after signing the contract, an internal project team headed by a project manager has been constituted drawing staff from different disciplines - process, electrical, mechanical, instrumentation, civil, and procurement, to coordinate with ISGEC. The project team has already started functioning and the new facility will be commissioned within July 2025.*



## The CEO Speaks



Dear Colleagues and Mangala Family members

As you all know South India, especially Karnataka, faced one of the worst monsoon seasons in recent memory. The monsoon was alarmingly erratic with delayed arrival and the levels of major irrigation water reservoirs less than 30% of full capacity in Karnataka. This posed a significant challenge to our operations given that over 80% of our products are sold in Karnataka. However, even in the face of adversity, I am proud to announce that MCF has not only weathered the storm but has emerged stronger and more resilient.

While the monsoon may have been erratic, our production and sales have remained steadfast proving that MCF is not just a fair-weather performer. We have achieved the number 1 position in Karnataka in terms of total fertilizers sales with a market share of 20% in Q2 and 17% in H1. N20 market share was also highest with 25% each in Q2 and H1. Our overall POS sales, which are the direct sales to the farmers, were the highest ever at 4.02 lakh tons in Q2 and 6

lakh metric tons for H1. This achievement is a testament to the dedication and commitment of our team and the trust that our partners and customers placed in us.

On the plant operation front, our Urea and NP/DAP plants were operated without interruptions throughout the quarter. NP/DAP plant operated at higher loads around 1,350 tons per day than normal which is 900-950 metric tons per day. Also, we have achieved the highest-ever half-yearly production for both Urea and Phosphatic fertilizers.

Moving onto our financial performance in Q2, I am pleased to announce that we have continued on our upward trajectory – this is the best-ever quarterly and half-yearly performance of MCF. Our revenue from operations for Q2 stands at Rs. 1,403 crores reflecting a staggering 395% increase over the corresponding period last year. PAT in Q2 is also significant at Rs. 67 crores and Rs. 117 crores in H1.

As I mentioned in the last issue of Mangala Vartha, the new 300 tpd Sulphuric Acid project implementation has started. EPC

contract was signed with ISGEC in October. A project team is already in place and they have begun to engage with ISGEC Heavy Engineering Limited, the project's EPC contractor. The plant is expected to be commissioned in July 2025. The project achieves self-sufficiency in Sulphuric Acid requirement for producing complex phosphatic fertilizers and the process steam produced from the waste heat in the plant will reduce natural gas consumption in the Ammonia plant.

Our Ammonia / Urea plants turnaround was also completed successfully in October. We are operating the Ammonia plant at more than 100% load (~925 tpd) after the replacement of Primary Reformer tubes. The surplus Ammonia, over and above the requirement for Urea Production, is used for phosphatic fertilizer manufacturing, thereby substituting a large portion of the Ammonia imported for phosphates. I am very excited to inform you that the daily specific energy consumption of Urea production has reduced to less than 5.50 GCal/t of Urea, a significant achievement after AEIP.

I am glad to note that the Manufacturing Excellence Conclave 2023 in Paris and Switzerland in November / December was a success. The conclave was organized in the backdrop of successful completion of AEIP, achieving specific energy consumption less than 5.5 GCal/tonne of Urea manufacturing, and achieving significantly higher production levels in phosphatic fertilizer manufacturing. These achievements will go a long way to motivate and inspire us to perform even better and excel in what we are doing at work. Also, I am sure that the time spent by the Mangala Family together during the conclave will be cherished in our memories for years to come.

A bright new year has dawned. I wish everyone a happy new year 2024. May it be filled with good fortune and happiness for all.

Best Regards  
**Nitin M Kantak**

## EDITORIAL

## Harmony

The world is in constant turmoil and there is chaos everywhere. There cannot be light without darkness; there cannot be truth without lie; there cannot be order without chaos. We cannot escape from the clutches of these contradictions. But we can strive for balance among the diversities and contradictions. Balance leads to harmony. Harmony conveys a sense of agreement or cohesion. When things are in harmony or when one thing is in harmony with something else, they go together well or they agree with each other despite the differences.

Harmony is the order of nature. It is woven into every aspect of life, even non-living things too. A disturbance in harmony leads to chaos. We find harmony in different perspectives – harmony in music, harmony in nature, harmony in relationships, harmony in art and design, harmony in society, harmony in one's inner self to quote a few.

Harmony in music is the arrangement of tones and chords to produce a pleasing sound. Harmony in nature is the coexistence among various elements in the environment. Harmony in relationships is mutual understanding, agreement, and peace between individuals or groups. Harmony in art and design is the arrangement of visual elements like colour, form, and other design elements to achieve a sense of unity and coherence. Harmony in society is the peaceful coexistence and cooperation among diverse groups and individuals implying

a state where different segments of society can interact without significant conflict. Inner harmony is peace within oneself, a sense of emotional well-being, self-acceptance, and a lack of internal conflict.

Industrial operations interact closely with the environment. Manufacturing establishments need to be in harmony with nature and society for business sustenance. Way back in 2004, Kofi Annan, the then Secretary General of UN, invited global financial institutions



**Strive for balance.  
Then shall you find  
harmony.**



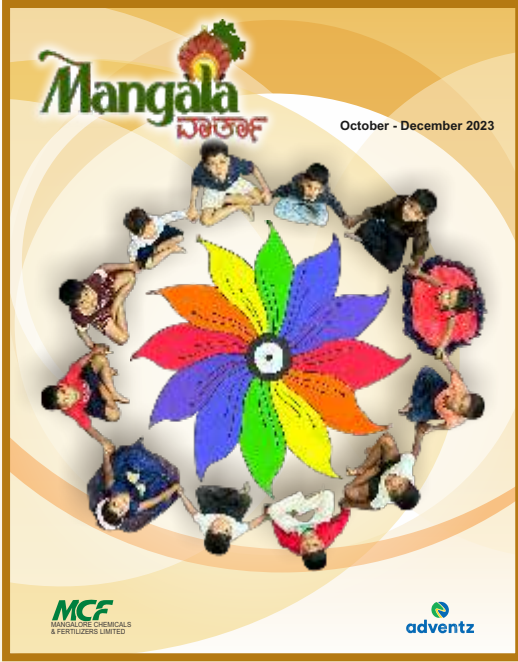
to come out with recommendations to better integrate environmental, social and governance issues while evaluating the performance of a business. The recommendations came out in the form of a report titled 'Who Cares Wins', thereby sowing the seeds of ESG. Our company has many stories to tell about its passion for ESG; be it CSR activities, operation efficiencies, international certifications etc.

In the fast-paced world nowadays, achieving and maintaining inner harmony is an essential process, albeit lifelong, that involves self-reflection, self-care, and a commitment to personal well-being. Different individuals may find their unique paths to inner harmony

based on their values, experiences, and personal growth journeys. Finding inner peace or harmony is ever more important than before in the backdrop of precious life being snuffed out at an alarming rate due to suicides, heart attacks, cancer etc irrespective of age and gender.

The cover page of this issue of Mangala Vartha portrays harmony. It is a symphony of different hues and shades of life depicted by the vibrant colours, coming together to form a flower, a symbol of love and care. The beauty of this rangoli lies in its balance of colours, size, shape and proportion. Only when these aspects are balanced, does the rangoli look majestic and sublime. When the tender minds of children are inculcated to understand and assimilate the diversity and differences around them, they will learn to be in harmony with society and with their inner selves. They will acknowledge imperfections, cultivate a positive self-image, learn from experiences, and continuously evolve as an individual. It helps them to maintain a balance in various aspects of life, including work, relationships, leisure, and self-care. Striking a healthy balance in life prevents feelings of being overwhelmed and stressed.

As we stand on the threshold of a brand new year, may it unfold as a blank canvas, waiting for the vibrant strokes of your dreams and aspirations. Embrace the opportunities, learn from the challenges, and cherish the moments of joy. Happy New Year!!!



Coverage Photo Credit

**Prasad, Kiranmai Prasad, Adarsh,  
Deekshith, Yogeesh**

## Editorial Board

### Patron

S Girish

### Chief Editor

Raghavendra G

### Editors

Chetan Rohan J Mendonca

Gopi Krishna G

### Members

Dr. K Yogisha

Sathisha R

Rajeev R

Sharan U P

Abhishek K S

M Harishchandra

Deekshith Shetty

Jyothi C Salian

### Design & Print

Darshil Creatives  
Mangaluru



## What's Inside

06

Who Cares Wins

08

Symphony of Minds - Plant Annual Turnaround 2023

10

Harmony in Life

12

Origin of Christmas

14

Manufacturing Excellence Enclave 2023

16

French Swiss Magic

17

World Soil Day

18

National Farmers Day

20

ಕರಾವಳಿ ಕಂಬಳ

21

Daylight Zone / Twilight Zone

22

Let's Celebrate

24

Cognitare Edition 4

25

Salt N' Pepper

27

Events Galore



## Who Cares Wins

In an increasingly complex and interconnected world, the importance of actively managing risks and opportunities related to emerging environmental and social trends, in combination with rising public expectations for better accountability and corporate governance, presents a new set of challenges with far-reaching financial consequences for corporations. Every corporation is under intense pressure to create ever-increasing shareholder value. Enhancing environmental and social performance are enormous business opportunity just to do that.

Environmental, Social and Governance (ESG) is a framework used to evaluate a company's or investment's sustainability and ethical impact. ESG takes the holistic view that sustainability extends beyond just environmental issues. The term ESG was popularly used first in a 2004 report titled 'Who Cares Wins', which was a joint initiative of financial institutions at the invitation of the United Nations. In less than 20 years, the ESG movement has grown from a corporate social responsibility initiative launched by the UN into a global phenomenon.

Nowadays, investors are increasingly using these non-financial indicators to identify material risks and growth opportunities. In capital markets, some investors use ESG criteria to evaluate companies and help determine their investment plans, a practice known as ESG investing. Corporate ESG policies and practices are closely watched by investors, employees, customers, government officials and other stakeholders.

Each of the three components of ESG represents a different aspect of a company's operations and impact on society.

**Environmental (E)** - This aspect assesses a company's environmental impact and efforts to manage and mitigate environmental risks.

**Social (S)** - The social component evaluates a company's relationships with its employees, customers, suppliers, and the communities in which it operates.

**Governance (G)** - Governance focuses on the company's internal policies, leadership structure, and overall corporate governance.

Companies that perform well on ESG criteria are often considered to be more responsible and may be more attractive to socially conscious investors. The ESG framework reflects a growing recognition of the interconnectedness between business practices and broader environmental and social challenges. Companies that prioritize ESG considerations aim to create long-term value not only for their shareholders but also for the planet and society as a whole. As a result, ESG has become an important factor in investment decisions and corporate strategies.

### ESG in India

India's rapid economic growth over the last two decades has lifted millions out of poverty and contributed phenomenally to global human development. Indian businesses are rapidly incorporating ESG aspects into their holistic business strategy. In India, for sustainability, there have been two watershed moments –

**Corporate Social Responsibility (CSR)** reporting and spending, an initiative made mandatory under the Companies Act, 2013. CSR, introduced in 2014, made it mandatory for enterprises to spend a minimum of 2% of their net profits on CSR initiatives as well as disclose their ESG initiatives to attract capital from global ESG investors. India has also issued a defined CSR mandate for organizations with a net worth of Rs. 500 crores, or turnover of more than Rs.10,000 crore, or Rs. 5 crore net profit.

**Business Responsibility and Sustainability Reporting (BRSR)**, a standard framework used as a single source to disclose sustainability-related information. BRSR, introduced by Security Exchange Board of India (SEBI) as a replacement and enhancement over the Business Responsibility Report (BRR), is compulsory for the top 1000 listed companies (by market capitalization) from FY23. It requires organizations to report on ESG parameters in line with the National Guidelines for Responsible Business Conduct (NGRBC).

### Business Responsibility and Sustainability Reporting (BRSR)

In recent years, there has been a growing awareness of the importance of business responsibility and sustainability reporting among listed entities in India. SEBI has introduced a set of 9 principles that aim to guide companies in adopting sustainable business practices and reporting them transparently and comprehensively.

BRSR format consists of three sections –

**Section A: General Disclosures** - General disclosures encompass basic company information. This includes addresses of offices and plants, details of products and services (these should account for 90% of total business turnover), exchanges where the company is listed, and reporting boundary, i.e., whether disclosures refer to a standalone entity or part of a consolidated portfolio of companies. Employee counts and representation by gender, diversity and inclusion and differently-abled status are also required, along with data on employee turnover and the number of complaints and grievances filed against the company.

**Section B: Management Process and Disclosures** - Management and process disclosures provide evidence that companies are adhering to the structures, policies and processes specified in the NGRBC. Disclosures provided in this section are not about adherence to specific principles outlined in the NGRBC but about higher-level policy and management processes, including statements by directors and boards regarding governance, leadership and oversight. Companies need to show that policies not only exist but they have been approved and enacted in the context of time-bound company goals.

**Section C: Principle-wise performance disclosures** - Principle-wise performance disclosures are focused on more quantitative data relating to the 9 basic principles of NGRBC. This set of disclosures within the BRSR is aimed at helping organizations demonstrate how their operations impact environmental and social metrics. Businesses need to

demonstrate with clear data and examples how they are integrating fundamental principles in their key processes and measuring these decisions through KPIs. To this end, companies need to disclose the percentage of R&D and capital expenditure investment as well.

### 9 basic principles of NGRBC

As mentioned above, the BRSR is based on nine principles defined in the BRR but clarifies and adds detail regarding which companies must report (the top 1,000 NSE listed companies by market capitalization) and what they must report (various kinds of disclosures). Each principle-wise disclosure has two components, essential indicators and leadership indicators.

Essential indicators are mandatory and include data on environmental factors such as energy, emissions, water and waste; as well as the social impact of the company's operations, along with details of employee training around these principles.

Leadership indicators, on the other hand, are voluntary and aimed at companies 'which aspire to progress to a higher level in their quest to be socially, environmentally and ethically responsible', as stated in the reporting framework. These include ethics awareness programs for value chain partners, product and service life cycle assessments, and employee protections such as insurance and transition programs. Leadership indicators also comprise advanced reporting on biodiversity, energy consumption, scope 3 greenhouse gas emissions and supply chain disclosures.

### ESG at MCF

MCF has been a forerunner in the ESG landscape well before its introduction. Adoption of ISO 14001 Environment Management Systems, ISO 45001 Occupational Health & Safety Management Systems, ISO 22000 Food Safety Management Systems, and ISO 17025 General Requirements for Competence of Testing and Calibration Laboratories Standard certifications bear testament to the robust EHS structure in MCF.

Perhaps the greatest example of MCF demonstrating its commitment to building and providing sustainable goods and services was the implementation of the Ammonia Energy Improvement Project in September 2022 which brought down the specific energy consumption of Urea manufacturing by 11.5% and CO<sub>2</sub> emissions by 21,250 t of CO<sub>2</sub> each year. This spectacular achievement has made a place for MCF in the list of top 10 energy-efficient fertilizer companies in India. On another front, MCF operates the entire non-urea manufacturing plants on renewable energy, sourcing about 16 million units of electrical energy requirement from various renewable energy sources.

MCF is popular in and around Mangalore for its numerous community-centric CSR activities that it conducts to address the concerns of vulnerable and marginalized stakeholders. Each year goes with health and eye camps, distribution of artificial limbs and hearing aids, literacy drives through conducting adult education programmes, distribution of assets and food kits to the tribal population, promoting hygiene and sanitation in rural areas by constructing toilets

and providing drinking water facilities, and providing cattle treatment facilities to farming communities. Noteworthy initiatives of MCF are Jnana Jyothi – a women-centric adult literacy programme for contract janitors and gardeners working in MCF, Mangala Raitha Prathibe – a unique initiative to motivate and educate young rural school students, especially from the farming community, about modern agriculture, Sarvamangala – a rural-centric initiative for farming communities to follow scientific approach to improve soil health and farm productivity, Mangala Akshara Mitra – an initiative to promote education, to make schooling a pleasant experience to the rural children by providing required infrastructure to selected schools in remote villages.

MCF is in the process of drawing up a vibrant comprehensive ESG policy that reflects the various facets of its ESG commitments. As a leading player in the fertiliser industry in India, MCF is committed to creating a food-secure nation through innovative and affordable solutions for farmers. By adopting a purpose-led approach, guided by the core values of sustainability, agility, integrity, and customer-first, MCF manages its ESG impacts as a responsible corporate citizen.

 <p><b>Principle 1:</b> Businesses should conduct and govern themselves with integrity and in a manner that is ethical, transparent and accountable.</p>	 <p><b>Principle 2:</b> Businesses should provide goods and services in a manner that is sustainable and safe.</p>	 <p><b>Principle 3:</b> Businesses should respect and promote the well-being of all employees, including those in their value chains.</p>
 <p><b>Principle 4:</b> Businesses should respect the interests of and be responsive to all its stakeholders.</p>	 <p><b>Principle 5:</b> Businesses should respect and promote human rights.</p>	 <p><b>Principle 6:</b> Businesses should respect and make efforts to protect and restore the environment.</p>
 <p><b>Principle 7:</b> Businesses, when engaging in influencing public and regulatory policy, should do so in a manner that is responsible and transparent.</p>	 <p><b>Principle 8:</b> Businesses should promote inclusive growth and equitable development.</p>	 <p><b>Principle 9:</b> Businesses should engage with and provide value to their consumers in a responsible manner.</p>

# Symphony of Minds - Plant Annual Turnaround 2023

In the intricate ballet of industrial operations, a plant shutdown serves as a crucial intermission—a necessary break for maintenance, akin to the periodic rest and care our bodies require. These scheduled shutdowns occurring annually for factory equipment are crucial for inspecting, repairing, and overhauling both stationary and rotating machinery within manufacturing units. Just as our bodies need intermittent rest to rejuvenate and maintain optimal functionality, factories and their equipment demand scheduled downtime to ensure seamless, safe, and efficient operations.

Similar to the human anatomy, a factory's machinery consists of both stationary and rotating equipment, each requiring specific maintenance tasks during a turnaround. The recent 30-day shutdown of Ammonia and Urea plants in September and October exemplified the meticulous job planning and execution, notably involving the replacement of 224 tubes in the Primary Reformer. In the orchestration of a plant maintenance shutdown, or rather plant annual turnaround, a multitude of critical tasks and specialized jobs are undertaken to ensure the rejuvenation and optimal performance of industrial operations. The recent annual turnaround was a testament to the comprehensive care and precision required, encompassing a diverse array of maintenance activities tailored to different facets of the manufacturing facility.

Stationary equipment, comprising vessels, columns, and tanks, demands thorough inspections for corrosion, leaks, and structural integrity. Rigorous testing, repairs and potential part replacements are executed to ensure ongoing safe and efficient operation. Inspection activities involve non-destructive testing methods like ultrasonic, radiographic, or magnetic particle testing to detect potential flaws in critical components.

Instrumentation systems play a vital role in plant operations. Maintenance of these systems ensures precise readings and control of the plant's processes. Calibrating the sensors, valves, and control systems is crucial for maintaining accuracy in the measurement of temperature, pressure, flow, and other critical parameters. Upgrading outdated instrumentation systems during annual turnaround enhances plant reliability and operational efficiency. To ensure operational integrity, the simulation and checking of critical process plant trips and protection systems are also done.

Electrical tasks encompass inspections and maintenance of systems like switchgear, transformers, and motors to prevent

faults and ensure electrical safety. Tests such as insulation resistance tests, off-line diagnostic measurements and tests, and replacing worn-out or damaged electrical components uphold the reliability of the electrical infrastructure.

Rotary equipment, including pumps, compressors, and turbines, undergo thorough examinations, cleaning, lubrication, and bearing replacements to prevent wear and tear. This preventive maintenance not only extends equipment life but also optimizes performance and energy efficiency.

Each maintenance activity, more or less encompasses a wide range of tasks, including detailed inspections, repairs, cleaning, and safety upgrades. Each task is comparable to a critical medical procedure for the body, contributing to the overall health and functionality of the factory's operational ecosystem.

A standout endeavour during this turnaround was the meticulous replacement of 224 tubes in the Primary Reformer of the Ammonia plant, a key task for the efficient functioning of the Ammonia plant. Additionally, the replacement of the Secondary Reformer air mixer ring further highlighted the timely maintenance and restoration of the equipment for maintaining proper plant operation.

Another significant maintenance task was the inspection of the Urea plant Stripper by Stamicarbon, Netherlands, to assess its condition for repairs before the current unit is retired from service in 2025. Furthermore, the modification of the H1204 heat exchanger's bottom tube sheet showcased a proactive approach towards ensuring optimal heat transfer efficiency.

The overhaul of the CO<sub>2</sub> compressors in the Urea plant, coupled with the evaluation of the compressor crankshaft's Remaining Life Assessment enhanced equipment longevity and reliability. The replacement of the anticorrosion air blowers (K1102 A/B/C/D) with new energy-efficient blowers fortified the infrastructure against corrosion, contributing to the facility's long-term service.

A key developmental milestone was the commissioning of the Mass Spectrometer, a precision digital instrumentation system. This was a step forward in integrating advanced technologies in the process for precise chemical analysis of natural gas and ammonia to derive energy efficiency in operations.

Maintenance and painting of the CPP genset exhaust gas emission stacks signified a combination of proactive maintenance and aesthetics. Maintenance and painting of the M1002





conveyor were also undertaken, signifying a comprehensive approach towards upkeep and visual enhancement of key operational components.

The plant turnaround 2023 successfully sailed through the five phases – scoping, preparation, execution, start-up and review. Each maintenance task, meticulously planned and executed, played a pivotal role in the overall health and functionality of the factory's operational ecosystem. The recent plant turnaround, marked by an extensive list of maintenance activities encompassing critical replacements, inspections, overhauls, and technological advancements,

exemplifies the precision and dedication required for orchestrating operational excellence in industrial settings. These concerted efforts not only ensure the smooth functioning of the plant but also underline the commitment to maintaining operational standards in industrial operations.

In summary, plant shutdowns are essential for preserving the health and longevity of industrial equipment, resembling the care and maintenance our bodies demand. These planned pauses not only ensure safety and efficiency but also sustain the vitality of manufacturing units.



## Harmony in Life

Imagine a serene garden full of different flowers, a mix of red, blue and green hues each contributing to the beauty of the scene. The leaves rustle in the breeze and the golden sunlight bathes everything. What makes this garden a peaceful place is that each element plays its part working together in harmony. This synergy encapsulates the very essence of harmony. In this exploration, we'll delve into different domains of our own lives, cultivating a sense of balance amidst life's diverse notes. Drawing examples from the lives of exemplars, we'll uncover that harmony isn't an elusive dream exclusive to musicians, poets, or philosophers—it's a tangible, practical way of life. It involves finding balance to create a seamless flow and composing a life song where all the pieces harmonize.

Inspired by the enduring wisdom that transcends cultures around the world, let's consider a tree as a useful metaphor to understand various facets of life, where roots represent foundational values, the trunk embodies vision, and branches extend into various life domains, whether the work, home, societal, and the private self, we'll find how these components can intertwine shaping the harmony of our lives. Real-life exemplars will serve as examples illustrating the intersectionality of various domains and how each can complement the other. Through their stories, we gain insights into the navigating complexities of balance in our everyday lives.

Harmony is derived from the classical Greek word "Harmonia" (originally meant a joint between the planks of a ship) symbolizing a combination of parts or related things to form a consistent whole. Also, in Greek mythology, Harmonia is the goddess of harmony and concord. Harmony, in essence, represents a state free from conflict an idea that the mind, heart, and body operate seamlessly, creating a unified and integrated existence. Harmony involves the mind not pulling against the heart and the heart not conflicting with the body. It is the coexistence of these components that allows for simultaneous and effortless functioning without distortion or tension.

Values like the roots of a tree, form the core of our existence, providing stability and nourishment. They serve as foundational anchors, guiding choices in career and relationships etc. Defining core values involves conscious articulation, some of the words depict core values including achievement, love, justice etc. Plato found its significance in goodness, truth, and beauty.

Values are unique to each individual like roots are invisible but affect all other domains, some of the practical steps that help

identify values, include reflective journaling on pivotal moments starting with four or five significant events that happened in the past—choices we made and their consequences.

Our vision rises from values and becomes visible to the world like the trunk that rises from the roots, that stands tall and resolute and when vision aligns with values, brings stability amidst change. Mahatma Gandhi's life, summed up in words "My life is my message," showcases the transformative power of aligning actions with values. His commitment to values such as truth, non-violence, and justice not only fuelled India's independence but inspired global movements, highlighting how living in harmony with our values extends beyond personal life, influencing societal structures and global perspectives and creating enduring legacies.

From values and vision, we explore various domains of life, like the vibrant branches that emanate from the trunk—work, home, society, and self. Each domain can have subdomains like health, hobbies, fitness, personal finance, philanthropy etc. These branches may intertwine, shaping a harmonious blend of multidimensional life. While exploring 4 domains of life, Work is where one invests time for a livelihood including professional growth and learning but its impact goes beyond the workplace, influencing the broader world. The home domain nurtures deep personal connections, parents, siblings, spouses and even pets. Extending beyond immediate circles,





the societal domain includes community, friends, and societal engagements, showcasing a wider impact. Turning inward, the self-domain embodies personal well-being, intellectual pursuits, physical health, leisure, and spiritual growth.

As interconnected parts of the same tree, these branches can influence one another. A thoughtful analysis of the current level of attention each domain receives serves as a guide for directing focus. Where the attention goes the energy flows. The concept isn't about giving equal attention to all domains but aligning focus based on the relative needs of each domain. At times, one domain may require more attention, especially if it involves people significant in that particular area, and the key is to adjust the focus accordingly. Challenges may sway the branches, but the goal is to strive for harmony rather than just balance.

Harmony is about consistency, being the same person across different facets of life and striving to look for opportunities of overlap among these domains. It's a conscious effort to promote authenticity and that represents who we are across the multifaceted dimensions of our lives.

The concept of work-life balance, often portrayed as a delicate scale, is a misguided metaphor. The idea of balance can lead to thinking in terms of trade-offs, with either/or thinking overshadowing the possibilities for harmony. Unlike the binary nature of balance, harmony allows for a nuanced approach to both/and thinking, fostering a life where values, actions, social contributions, and personal growth coexist seamlessly. Rather than treating each domain of life as a separate entity, the harmonious perspective encourages integration, recognizing their interconnectedness and the disadvantages of strict separation.

Examining the lives of exemplary figures, we find that living by values and finding harmony extends beyond personal gains and has a ripple effect shaping societal structures, influencing global perspectives, and creating enduring legacies.

**Home and Society:** Michelle Obama, the former First Lady of the US, in prioritizing her daughters' nutrition, championed initiatives like 'Let's Move' for better nutrition on a national scale.

By connecting a familial concern, such as a daughter's nutrition, to the broader societal implications of childhood health. She elevated the private domain of family into the public sphere, contributing to a broader dialogue about the well-being of children across the country.

**Career and Society:** Sir M. Visvesvaraya's professional success and vision for engineering excellence were rooted in a broader commitment to societal progress.

By conceptualizing and implementing projects that addressed

critical water management issues, he directly contributed to the well-being of communities. This intersectionality showcases how his career became a conduit for realizing his values and making meaningful societal contributions.

**Career and Home:** Indra Nooyi, former CEO of PepsiCo, exemplifies harmony by integrating work and family values. Her professional role provided learning opportunities which positively impacted her family life. Meanwhile, the reciprocal relationship, where family experiences enrich her career, showcases the enriching possibilities when deliberate efforts are made to integrate and harmonize career success with family life.

Her advocacy for flexible work models and family-friendly policies demonstrated the potential for a harmonious intersection between career success and family life.

**Self:** Sri Aurobindo's life embodied a multifaceted genius—a great philosopher, poet, freedom fighter, educationist, and Yogi. He recognised the interconnectedness of truths within various Indian philosophical perspectives and synthesized different views to address the complexities of human existence. His philosophy of Integral Yoga extends beyond individual transformation, emphasizing the interconnectedness of humanity and the necessity of collective evolution.

Aurobindo's vision demonstrated the transformative power of spiritual consciousness to foster unity and cooperation, inspiring individuals to contribute actively to a harmonious and elevated society promoting harmony at both individual and collective levels.

These exemplary are a few examples of how individuals have pursued harmony across various life domains. Countless others, each with their unique journeys, have similarly navigated the complexities of balancing different aspects of life. They were normal men and women who, despite their flaws, navigated challenges while leaving behind a lasting legacy. Their stories inspire us to cultivate lives of significance by embracing what truly matters.

In acknowledging that perfect alignment across all life domains may be unattainable, Lao Tzu's wisdom resonates: "Knowing others is intelligence, but knowing oneself is enlightenment". As we conclude this exploration, let us wholeheartedly embrace and strive for harmony in life. A life dedicated to the pursuit of harmony is a life well-lived and deeply fulfilled. It's a journey of self-discovery, the continuous refinement of our values, and the conscious effort to integrate the various aspects of our lives. In doing we create a meaningful and harmonious life for ourselves but also positively contribute to the people and the world around us.



## Origin of Christmas

**C**hristmas is an annual festival commemorating the birth of Jesus Christ, observed on 25 December as a religious and cultural celebration among billions of people worldwide. It is a significant event in Christianity marked by various customs, traditions, and festivities. While Christmas has deep religious roots, it has also become a cultural and secular celebration observed by people of various faiths and backgrounds. Christ's birthday is 25 December, and the Feast of the Epiphany is 6 January. Between these dates are the 12 days of Christmas.

The English term Christmas (mass on Christ's Day) is of fairly recent origin. The earlier term Yule may have derived from the Germanic *jöl* or the Anglo-Saxon *geōl*, which referred to the feast of the winter solstice. The corresponding terms in other languages—Navidad in Spanish, Natale in Italian, Noël in French—all probably denote nativity (occasion of a person's birth. In this case, Jesus Christ). Christmas was first called the Feast of the Nativity.

According to Christian tradition, Jesus was born in Bethlehem, Judea, over two thousand years ago. The biblical accounts of Jesus' birth are found in the New Testament, particularly in the Gospel of Matthew and the Gospel of Luke. These narratives describe the circumstances surrounding the birth of Jesus, including the visit of the shepherds and the Magi (wise men).

The early Christian community distinguished between the identification of the date of Jesus' birth and the ceremonial celebration of that event. In particular, during the first two centuries of Christianity, there was strong opposition to recognizing the birthdays of martyrs or, for that matter, of Jesus. Numerous Church Fathers offered sarcastic comments

about the pagan custom of celebrating birthdays when, in fact, saints and martyrs should be honoured on the days of their martyrdom—their true 'birthdays', from the church's perspective.

The precise origin of assigning 25 December as the birth date of Jesus is unclear. The New Testament of the Bible gives no date or year for Jesus' birth. The earliest gospel – St. Mark's, written about 65 CE – begins with the baptism of an adult Jesus. This suggests that the earliest Christians lacked interest in or knowledge of Jesus' birthdate. 25 December was first identified as the date of Jesus' birth by Sextus Julius Africanus, a Greek Christian traveller and historian, in 221 CE. According to a primitive Christian tradition, the day when Mary was informed that she would give birth to a special child, Jesus (called the Annunciation), was on 25th March. Sextus estimated Jesus's conception to this date, which, after 9 months, is 25th December.

One widespread explanation of the origin of this date is that 25 December was the Christianizing of the *dies solis invicti nati* – the day of the birth of the unconquered sun, a popular holiday in the Roman Empire that celebrated the winter solstice as a symbol of the resurgence of the sun, the casting away of winter and the heralding of the rebirth of spring and summer. In Rome, where winters were not as harsh as those in the far north, Saturnalia—a holiday in honour of Saturn, the god of agriculture—was celebrated. Beginning in the week leading up to the winter solstice (21 December) and continuing for a full month, Saturnalia was a hedonistic time, when food and drink were plentiful and the normal Roman social order was turned upside down. For a month, enslaved people were given temporary freedom and treated as equals. Businesses and schools were closed so that everyone could participate in the holiday's festivities.

Also, around the time of the winter solstice, Romans observed Juvenalia, a feast honouring the children of Rome. In addition, members of the upper classes often celebrated the birthday of Mithra, the god of the unconquerable sun, on 25 December. It was believed that Mithra, an infant god, was born of a rock. For some Romans, Mithra's birthday was the most sacred day of the year. Indeed, after 25 December had become widely accepted as the date of Jesus' birth, Christian writers frequently made the connection between the rebirth of the sun and the birth of the Son. It is important to note that Christmas, Saturnalia, and Sol Invictus were all distinct holidays; they were never identical to each other.

The middle of winter has long been a time of celebration around



*Adoration of the shepherds - Matthias Stomer*

the world. Centuries before the arrival of Jesus, early Europeans celebrated light and birth in the darkest days of winter. Many people rejoiced during the winter solstice, when the worst of the winter was behind them and they could look forward to longer days and extended hours of sunlight. The end of December was a perfect time for celebration in most areas of Europe. At that time of year, most cattle were slaughtered so they would not have to be fed during the winter. For many, it was the only time of year when they had a supply of fresh meat. In addition, most wine and beer made during the year was finally fermented and ready for drinking. In Scandinavia, the Norse celebrated Yule from the winter solstice through January. In recognition of the return of the sun, fathers and sons would bring home large logs, which they would set on fire. The people would feast until the log burned out, which could take as many as 12 days. The Norse believed that each spark from the fire represented a new pig or calf that would be born during the coming year.

In Germany, people honoured the pagan god Oden during the mid-winter holiday. Germans were terrified of Oden, as they believed he made nocturnal flights through the sky to observe his people, and then decide who would prosper or perish. Because of his presence, many people chose to stay inside.

A second view suggests that 25 December became the date of Jesus' birth by reasoning that identified the spring equinox as the date of the creation of the world and the fourth day of creation, when the light was created, as the day of Jesus' conception (i.e., 25 March). 25 December, nine months later, then became the date of Jesus' birth.

In the early years of Christianity, Easter was the main holiday; the birth of Jesus was not celebrated. In the 4th century, church officials decided to institute the birth of Jesus as a holiday. Christmas started on December 25, 336 A.D., when the first Christian Roman Emperor, Constantine, was in charge. He was the first Christian Roman Emperor who had adopted

Christianity as the effective religion of the empire. Although some evidence suggests that Jesus's birth may have occurred in the spring (why would shepherds be herding in the middle of winter?), Pope Julius I chose 25 December as the birth of Jesus in 350 AD.

It is commonly believed that the church chose this date to adopt and absorb the traditions of the pagan Saturnalia festival and an attempt to Christianize existing pagan festivities, making it easier for people to transition to the new faith. By holding Christmas at the same time as traditional winter solstice festivals, church leaders increased the chances that Christmas would be popularly embraced, but they did not dictate how it was to be celebrated. By 432 AD, Christmas had expanded to Egypt, and by the Medieval Era, it had supplanted pagan holidays and continued to expand. By the Middle Ages, Christianity had, for the most part, replaced pagan religion.

For a long time, the celebration of Jesus' birth was observed in conjunction with his baptism, celebrated on 6 January. Technically, the original Christmas festival was observed on 7 January. This is partly because the Julian calendar was used since Julius Caesar's time from 45 BC up until Pope Gregory XIII's reform, when the Gregorian calendar was adopted in February 1582. Gregory subsequently decreed, by the papal bull of 24 February 1582, that the day after Thursday, 4 October 1582 would be the 15th, not the 5th of October. With the change, over a week of days in the year were lost.

Nevertheless, the Gregorian calendar was not accepted in Eastern Christendom for several hundred years. The Orthodox Christians who follow the Julian calendar include believers coming from places like Russia, Greece and Egypt, and they still celebrate Christmas on 7 January. The Orthodox Christians observe the Nativity and Adoration of the Shepherds on 6 January, and the Adoration of the Magi and Christmas Day on 7 January.

Since the early 20th century, Christmas has also been a secular family holiday, observed by Christians and non-Christians alike, devoid of Christian elements, and marked by an increasingly elaborate exchange of gifts. Over the centuries, Christmas has evolved and incorporated various customs and traditions from different cultures around the world. For example, the exchange of gifts, decorating evergreen trees, and the use of lights are traditions that have been adopted from ancient winter festivals that celebrated the renewal of life during the winter months. Today, it is widely celebrated not only as a religious holiday but also as a cultural and secular observance marked by gift-giving, festive decorations, and gatherings with family and friends. Different cultures may have unique traditions and customs associated with Christmas celebrations. So, wherever you may be, and whatever traditions you follow, we wish you the merriest of Christmases and the happiest of holidays!



*Vatican Christmas Mass*



# *Manufacturing Excellence Conclave 2023*









## French Swiss Magic

2023 was phenomenal for MCF. 'Manufacturing Excellence' was the buzz word – specific energy consumption of Urea manufacturing sliding down to less than 5.5 from 6.25, much lesser than the target of 5.5; daily ammonia production ramping up to 920 tonnes per day; DAP daily production scaling new height of 1300, much higher than the usual 800-900 tonnes per day. Needless to say, it is the culmination of many heads and hands coming together to work for breaking the glass ceiling. These landmarks have set the bar higher and encourages us to venture for greater distinction in our core business of fertilizer manufacturing.

Manufacturing excellence is an ongoing journey that requires commitment from leadership, a focus on innovation, and a dedication to continuous improvement throughout the organization. A mesmerizing trip to Paris and Switzerland was the reward for this achievement. It was a time for the

executives, cutting across all functions, to reflect on the good work done, and more importantly, to rejuvenate and revitalize to set another operations record.

The Mangala Family at home also became part of this gala – a recognition of the truth that our family members are the invisible hands indirectly contributing to the success saga of MCF.

The French Swiss Magic will haunt us for many days, perhaps months. Each day was unique and enchanting; each day the bonding among us burgeoned. Hearts were heavy with remembrances; minds became light as a soft feather, and mobile phone storage was overflowing with photographs. Those 7-days were one-of-a-kind experience. No doubt, the French Swiss Magic will go a long way in stimulating our thoughts and prompt us to accomplish quality and brilliance in our core business activity.





## World Soil Day



Our planet's survival depends on the precious link between soil and water. Over 95 percent of our food originates from these two fundamental resources. Soil water, vital for nutrient absorption by plants, binds our ecosystems together. This symbiotic relationship is the foundation of our agricultural systems.

However, in the face of climate change and human activity, our soils are being degraded, putting excessive pressure on our water resources. Erosion disrupts the natural balance, reducing water infiltration and availability for all forms of life.

Sustainable soil management practices, such as minimum tillage, crop rotation, organic matter addition, and cover cropping, improve soil health, reduce erosion and pollution, and enhance water infiltration and storage. These practices also preserve soil biodiversity, improve fertility, and contribute to carbon sequestration, playing a crucial role in the

fight against climate change.

Each year on the 5th of December, World Soil Day is observed to draw attention to the critical importance of maintaining healthy soil and to advocate for sustainable soil resource management. The theme for this year is 'Soil and Water: A Source of Life'.

In celebration of World Soil Day, MCFL annually dedicates December 5th to raise awareness, particularly within the farming community, about the pivotal role of soil health in enhancing life on Earth. This year's focus on the theme underscores the inseparable connection between these elements.

Across all regions, we organised 42 events, collaborating with agricultural scientists and officials from the Department of Agriculture. The programs engaged 2,750 farmers and 50 dealers, fostering discussions and activities centred around the importance of soil and water in sustaining life. Through these initiatives, we aim to amplify the understanding of the critical relationship between soil and water for the betterment of our planet.





## National Farmers Day



Embracing the ethos of 'Farmers First,' we at MCF observe National Farmers Day on the 23rd of December annually. Also known as 'Rashtriya Kisan Diwas,' this day serves as a tribute to the unwavering dedication and hard work of our farmers. The significance of December 23rd is rooted in commemorating the birth anniversary of the former Prime Minister, Chaudhary Charan Singh, who dedicated himself to the welfare of the nation's farmers.

In celebration of National Farmers Day, MCFL took the initiative to organize 20 events across various territories, recognizing and honouring progressive farmers for their noteworthy contributions to agriculture. The total attendance at these programs reached 1,400 farmers, creating a platform to acknowledge their efforts and express gratitude for their pivotal role in our nation's agricultural prosperity.





## ಕರಾವಳಿ ಕಂಬಳ

‘ಕಂಬಳ’ ಕರಾವಳಿ ಕರ್ನಾಟಕದ ಒಂದು ಜಾನಪದ ಕ್ರೀಡೆ. ಈ ಕ್ರೀಡೆಯು ದಕ್ಷಿಣಕನ್ನಡ, ಉಡುಪಿ ಮತ್ತು ಕಾಸರಗೋಡು ಜಿಲ್ಲೆಯಲ್ಲಿ ತುಂಬಾ ಪ್ರಸಿದ್ಧಿಯಾಗಿದೆ. ದಷ್ಟ-ಪುಷ್ಟವಾಗಿ ಬೆಳೆಸಿದ ಕೋಣಗಳನ್ನು ಕಂಬಳದ ಗದ್ದೆಯಲ್ಲಿ ಓಡಿಸುವ ಸ್ಪರ್ಧೆಯೇ ಕಂಬಳ. ಈ ಕ್ರೀಡೆಯು ಕರಾವಳಿಯ ರೈತಾಪಿ ಜನರು ಭತ್ತದ ಕೊಯ್ಲಿನ ನಂತರ ತಮ್ಮ ಬಿಡುವಿನ ಸಮಯದಲ್ಲಿ ಮನೋರಂಜನೆಗಾಗಿ ಏರ್ಪಡಿಸುತ್ತಿದ್ದರು. ಈ ಮಣ್ಣಿನ ಕ್ರೀಡೆಗೆ ಸಾವಿರಾರು ವರ್ಷಗಳ ಇತಿಹಾಸವಿದ್ದರೂ ಕಳೆದ ಸುಮಾರು ಹತ್ತು ವರ್ಷಗಳಿಂದ ತುಂಬಾ ಜನಪ್ರಿಯತೆ ಪಡೆದಿದೆ. ಎರಡು ಕೋಣಗಳ ಕುತ್ತಿಗೆಗೆ ನೊಗ ಕಟ್ಟಿ ಅವುಗಳನ್ನು ಕಂಬಳದ ಕರೆಯಲ್ಲಿ ಓಡಿಸುವ ಕ್ರೀಡೆ ಇದು. ಇದರಲ್ಲಿ ಕೋಣಗಳ ಜೊತೆಗೆ ಓಟಗಾರರ ಪಾತ್ರವೂ ಬಹುಮುಖ್ಯ. ಕೋಣಗಳ ಜೊತೆ ಓಡುವ ಓಟಗಾರರು ಈಗಿನ ದಿನಗಳಲ್ಲಿ ವಿಶ್ವ ಪ್ರಸಿದ್ಧಿಯಾಗಿದ್ದಾರೆ. ಉದಾಹರಣೆಗೆ ಶ್ರೀನಿವಾಸ ಗೌಡ, ಮಿಜಾರು ಕಂಬಳದ ಹುಸೇನ್ ಬೋಲ್ಡ್ ಎಂದೇ ಜನಪ್ರಿಯರು.

### ಹಿನ್ನೆಲೆ

ಹಿರಿಯರು ಹೇಳುವ ಪ್ರಕಾರ ಕಂಬಳಕ್ಕೆ ನೂರಾರು ವರ್ಷಗಳ ಇತಿಹಾಸವಿದೆ. ಹಿಂದಿನ ಕಾಲದಲ್ಲಿ ರಾಜ-ಮನೆತನಗಳ ಬೆಂಬಲ ಮತ್ತು ಪ್ರೋತ್ಸಾಹದೊಂದಿಗೆ ಈ ಕ್ರೀಡೆ ನಡೆಯುತ್ತಿತ್ತು. ತದನಂತರ ರೈತಾಪಿ ವರ್ಗದವರು ತಾವೇ ತಮ್ಮ ಕೃಷಿ ಬದುಕಿನ ವಿರಾಮ ಕಾಲದಲ್ಲಿ ಕೆಸರಿನ ಗದ್ದೆಯಲ್ಲಿ ನಡೆಸುತ್ತಿದ್ದರು. ಕಾಲಕ್ರಮೇಣ ಈ ಮನೋರಂಜನೆ ಕ್ರೀಡೆ ದಾನಿಗಳ ಸಹಾಯದಿಂದ ನಡೆಸಲ್ಪಡುತ್ತಿದೆ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಈ ಕ್ರೀಡೆಯು ಭಾರತ ಮಾತ್ರವಲ್ಲದೆ ವಿದೇಶದಲ್ಲೂ ತುಂಬಾನೇ ಹೆಸರುವಾಸಿಯಾಗಿದೆ. ಹೀಗಿರುವಾಗ ಕರ್ನಾಟಕ ಸರ್ಕಾರವು ಈ ಕ್ರೀಡೆಗಾಗಿ ಜಾಗ ಮತ್ತು ಕಂಬಳ ಆಯೋಜನೆ ಮಾಡಲು ಆರ್ಥಿಕವಾಗಿ ಸಹಾಯ ಮಾಡುತ್ತಿದೆ.

ಭತ್ತದ ಕೊಯ್ಲಿನ ನಂತರ ಈ ಕ್ರೀಡೆ ಪ್ರಾರಂಭವಾಗುತ್ತದೆ. ನವೆಂಬರ್ ತಿಂಗಳಿನಲ್ಲಿ ಪ್ರಾರಂಭವಾಗಿ ಬಿಸಿಲಬೇಗೆ ಏರುವ ಮೊದಲು ಅಂದರೆ ಮಾರ್ಚ್ ತಿಂಗಳ ಕೊನೆಯಲ್ಲಿ ಮುಕ್ತಾಯಗೊಳ್ಳುತ್ತದೆ. ಇದನ್ನು ನೋಡಿದರೆ ಕೃಷಿಕರಿಗೆ ಮನೋರಂಜನೆ ಒದಗಿಸುವ ಕ್ರೀಡೆ ಕಂಬಳ ಕಾಣುತ್ತದೆ. ಕಂಬಳದಲ್ಲಿ ಸ್ಪರ್ಧಿಸುವುದು ವಿಜಯಿಯಾಗುವುದು ಪ್ರತಿಷ್ಠೆಯ ಸಂಕೇತವೂ ಹೌದು.

### ಕಂಬಳ ಗದ್ದೆ

ಕೊಯ್ಲಿನ ನಂತರ ಬಿಡುವಾದ ಅಥವಾ ಉಪಯೋಗಿಸದೆ ಬಿಟ್ಟಿರುವ ಗದ್ದೆಗಳಲ್ಲಿ ಕಂಬಳ ನಡೆಯುತ್ತಿತ್ತು. ಆದರೆ ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಕಂಬಳಕ್ಕಾಗಿ ಮೀಸಲಾದ ಕರೆಗಳಲ್ಲಿ ಕಂಬಳ ನಡೆಯುತ್ತಿದ್ದು, ಇದು ಸುಮಾರು ನೂರರಿಂದ ನೂರಐವತ್ತು ಮೀಟರ್‌ಗಳಷ್ಟು ಉದ್ದವಿರುತ್ತದೆ. ಹಸನಾದ ಗದ್ದೆಯ ಮಣ್ಣಿನೊಂದಿಗೆ ಜಿಗುಟಾಗದಿರಲು ಅಗತ್ಯವಾದಷ್ಟು ಮರಳು ಸೇರಿಸಿ, ಅದರ ಮೇಲೆಯು ನೀರು ನಿಲ್ಲಿಸಿ ಮಾಡಿದ ಕೆಸರು ಗದ್ದೆಯೇ ಕಂಬಳ ಓಟದ ಕರೆ. ಕಂಬಳದ ಎಲ್ಲಾ ಕರೆ ನೆಲಮಟ್ಟಕ್ಕಿಂತ ಕೆಲವು ಅಡಿಗಳಷ್ಟು ಆಳದಲ್ಲಿ ಇರುತ್ತದೆ. ಕರೆಯ ಒಂದು ಕೊನೆಯಲ್ಲಿ ಒಂದು ಬದಿಯಿಂದ ಇಳಿಜಾರಾಗಿ ಕರೆದೊಳಕ್ಕೆ ಕೋಣಗಳನ್ನು ಇಳಿಸಲು ದಾರಿ ಇರುತ್ತದೆ. ಅಲ್ಲಿಯೇ ಮೇಲೆ ಕಟ್ಟಿದ ಮಾವಿನ ಎಲೆಗಳ ತೋರಣ ಓಟದ ಆರಂಭದ ಗೆರೆಗಳನ್ನು ಸೂಚಿಸುತ್ತದೆ. ಕರೆಯ ಇನ್ನೊಂದು ಕೊನೆಯಲ್ಲಿ ಕಟ್ಟಿದ ಮಾವಿನ ಎಲೆಗಳ ತೋರಣವು ಹಾಗೂ ಲೇಸರ್ ಬೀಮ್ ಸಿಸ್ಟಮ್ ಮೂಲಕ ಫಲಿತಾಂಶ ನೀಡಲಾಗುತ್ತದೆ. ಇದನ್ನು ತುಳು ಭಾಷೆಯಲ್ಲಿ ‘ಮಂಜೊಟ್ಟಿ’ ಎಂದು ಕರೆಯಲಾಗುವುದು. ಹಾಗೆಯೇ ಕೋಣ ಓಟ ಮುಗಿಸುವುದು ಕೂಡ ಈ ಮಂಜೊಟ್ಟಿ ಜಾಗದಲ್ಲಿ.

### ಕಂಬಳದ ವಿಧಗಳು

ಕಂಬಳದಲ್ಲಿ ಎರಡು ವಿಧದ ಕರೆಗಳಿರುತ್ತದೆ.



ಚಿತ್ರ ಕೃಪೆ :

ಆರ್. ಕೆ. ರಂಜಿತ್ ಸಾಣೂರು

1.ಒಂಟಿ ಗದ್ದೆ ಕಂಬಳ - ಸಾಮಾನ್ಯವಾಗಿ ಈ ರೀತಿಯ ಕಂಬಳ ಉಡುಪಿ ಜಿಲ್ಲೆಯ, ಕುಂದಾಪುರ ಮತ್ತು ಬೈಂದೂರು ತಾಲೂಕಿನಲ್ಲಿ ಹೆಚ್ಚಾಗಿ ನಡೆಯುತ್ತದೆ.

2.ಜೋಡಿ ಗದ್ದೆ ಕಂಬಳ ಅಥವಾ ಜೋಡು ಕರೆ ಕಂಬಳ - ಸಾಮಾನ್ಯವಾಗಿ ದಕ್ಷಿಣ ಕನ್ನಡ, ಉಡುಪಿ ಹಾಗೂ ಕಾಸರಗೋಡು ಜಿಲ್ಲೆಯಲ್ಲಿ ನಡೆಸಲಾಗುತ್ತದೆ.

ಜೋಡುಕರೆ ಕಂಬಳಗಳಲ್ಲಿ ಅಕ್ಕ-ಪಕ್ಕ ಎರಡು ಕರೆಗಳಿದ್ದು, ಎರಡು ಕರೆಯ ಕೋಣಗಳನ್ನು ಏಕಕಾಲಕ್ಕೆ ಓಡಿಸಿ ಅವುಗಳ ಮಧ್ಯೆ ಸ್ಪರ್ಧೆ ನಡೆಸಲಾಗುತ್ತದೆ. ಕನೆಹಲಗೆ ಪಂದ್ಯವನ್ನು ಒಂದೇ ಕರೆಯಲ್ಲಿ ನಡೆಸಲಾಗುತ್ತದೆ. ಇಲ್ಲಿ ಎರಡು ಕರೆಯ ಕೋಣಗಳ ಮಧ್ಯೆ ಸ್ಪರ್ಧೆ ಇರುವುದಿಲ್ಲ. ಅದರ ಬದಲು ಓಡುವಾಗ ಕೆಸರು ನೀರು ನಿಶಾನೆಗೆ ಹಾಯಿಸುವ ಆಧಾರದ ಮೇಲೆ ಸ್ಪರ್ಧೆ ನಡೆಯುತ್ತದೆ. ಶೇಷ-ನಾಗ, ಸಂಕುಪೂಂಜ-ದೇವುಪೂಂಜ, ಕೋಟಿ-ಚೆನ್ನಯ್ಯ, ಕಾಂತಬಾರೆ-ಬೂದಬಾರೆ ಇತ್ಯಾದಿ ಪುರಾತನ ಜೋಡುಕರೆ ಕಂಬಳಗಳು.

### ಆಹಾರ ಪದ್ಧತಿ

ಹಿರಿಯರು ಹೇಳುವ ಪ್ರಕಾರ ಒಂದು ಕೋಣ ಸಾಕುವುದು ಹತ್ತು ದನ ಸಾಕುವುದಕ್ಕೆ ಸಮ. ಕಂಬಳದ ಕೋಣವನ್ನು ಸಾಕುವುದೆಂದರೆ ಅದು ಸಾಮಾನ್ಯದ ಕೆಲಸವಲ್ಲ, ಒಳ್ಳೆಯ ಜಾತಿಯ ಕೋಣವನ್ನು ಆರಿಸಿ ಅದನ್ನು ಚೆನ್ನಾಗಿ ಆರೈಕೆ ಮಾಡಿ, ಕಂಬಳಕ್ಕೆ ತಯಾರಿ ಮಾಡುವುದು ಕೂಡ ಸುಲಭವಾದ ಕೆಲಸವಲ್ಲ. ಕೋಣಗಳಿಗೆ ಕಂಬಳದ ಋತುವಿನಲ್ಲಿ ಬೈಹುಲ್ಲು, ಬೇಯಿಸಿದ ಹುರುಳಿ, ಚಳಿಗಾಲದಲ್ಲಿ ಕ್ಯಾರೆಟ್, ಕಲ್ಲಂಗಡಿ ಕುಂಬಳಕಾಯಿ ಹಾಗೂ ಹಸಿ ಹುಲ್ಲನ್ನು ಆಹಾರವಾಗಿ ನೀಡುತ್ತಾರೆ. ಹೊಟ್ಟೆ ಬೆಳೆದು ಬೊಜ್ಜು ಬಂದರೆ ಹುರುಳಿಯ ಜೊತೆ ತೆಂಗಿನಕಾಯಿ ಮತ್ತು ತುಪ್ಪ ಬೆರೆಸಿಕೊಡುವುದು ರೂಢಿ. ಕಂಬಳದ ಕೋಣಗಳನ್ನು ಕಂಬಳದ ಯಜಮಾನರು ಮತ್ತು ಅವರ ತಂಡದವರು ಮಗುವಿನ ರೀತಿ ಸಾಕಿ ಪೋಷಿಸಿ ಬೆಳೆಸುತ್ತಾರೆ. ಬಾಡಿ ಬಿಲ್ಡರ್ ಹೇಗೆ ತನ್ನ ದೇಹವನ್ನು ಆಹಾರದ ಮೂಲಕ ಹಿಡಿತದಲ್ಲಿ ಹಿಡಿದುಕೊಂಡಿರುತ್ತಾನೋ ಹಾಗೆಯೇ ಕಂಬಳದ ಕೋಣಗಳನ್ನು ಆಹಾರ ಕ್ರಮದ ಮುಖಾಂತರ ಅವುಗಳ ಫಿಟ್ನೆಸ್ ಅಂದರೆ ಬೊಜ್ಜು ಬಾರದ ರೀತಿಯಲ್ಲಿ ನೋಡಿಕೊಳ್ಳಬೇಕಾಗುತ್ತದೆ. ಪ್ರತಿದಿನ ಬಿಸಿನೀರ ಸ್ನಾನ, ಎಣ್ಣೆ ಹಚ್ಚಿ ಆರೈಕೆ ಮಾಡುವುದು ರೂಢಿ. ಬೇಸಿಗೆಗೆ ಕೋಣಗಳಿಗೆ ತೊಂದರೆಯಾಗದ ರೀತಿಯಲ್ಲಿ ಶೀತಲೀಕರಣದ ವ್ಯವಸ್ಥೆ ಹಾಗೂ ಕೋಣಗಳಿಗೆ ವಿರಾಮಿಸಲು ಈಜುಕೊಳದ ವ್ಯವಸ್ಥೆಯನ್ನೂ ಕೂಡ ಮಾಡಿದ ಅನೇಕ ನಿದರ್ಶನಗಳಿವೆ. ಇದು ಖರ್ಚಿನ ಬಾಬು ಹೌದು. ಆ ಕಾರಣಕ್ಕಾಗಿ ಪ್ರತಿಷ್ಠೆಯ ಸಂಕೇತವೂ ಹೌದು. ಕೋಣಗಳಿಗೆ ಯಾವುದೇ ಆರೋಗ್ಯ ಸಮಸ್ಯೆ ಬಂದರೆ ಪಕ್ಕ ನಾಟಿ ವೈದ್ಯವೇ ಅಮೃತ ಸಂಜೀವಿನಿ. ಯಜಮಾನ, ಓಟಗಾರ ಮತ್ತು ಸಾಕುವವನು ನಾಟಿ ಮದ್ದನ್ನು ನೀಡುವಲ್ಲಿ ಪರಿಣಿತರು.

### ಕಂಬಳದ ಓಟದ ವಿಧಗಳು

ಕಂಬಳದ ಸ್ಪರ್ಧೆ ನಡೆಯುವುದು ಜೋಡಿ ಕೋಣಗಳ ಮಧ್ಯೆ. ಈ ಓಟದಲ್ಲಿ ಕೆಲವು ವಿಧಗಳಿವೆ.

ಹಗ್ಗದ ಓಟ - ಎರಡು ಕೋಣಗಳ ಕುತ್ತಿಗೆಗೆ ಕಟ್ಟಿದ ನೊಗದ ಮಧ್ಯೆ ಹಗ್ಗವೊಂದನ್ನು ಕಟ್ಟಿ ಓಟಗಾರ ಆ ಹಗ್ಗವನ್ನು ಹಿಡಿದು ಕೋಣವನ್ನು ಓಡಿಸುವುದು.

ನೇಗಿಲು ಒಟ - ಎರಡು ಕೋಣಗಳ ಕುತ್ತಿಗೆಗೆ ಕಟ್ಟಿದ ನೊಗವೊಂದರ ಮಧ್ಯೆ ಮರದ ದಂಡವನ್ನು ಕಟ್ಟಿ ಆ ದಂಡದ ನಡುವೆ ಸಣ್ಣ ನೇಗಿಲನ್ನು ಜೋಡಿಸಿ ಆ ನೇಗಿಲನ್ನು ಹಿಡಿದು ಕೋಣಗಳನ್ನು ಓಡಿಸುವುದು.

ಅಡ್ಡ ಹಲಗೆ ಓಟ - ನೊಗದ ಮಧ್ಯೆ ಉದ್ದನೆಯ ದಂಡು ಇರುವ ಅಡ್ಡ

ಹಲಗೆಯನ್ನು ಕಟ್ಟಿ ಆ ಹಲಗೆಯ ಮೇಲೆ ನಿಂತು ಕೋಣಗಳನ್ನು ಓಡಿಸುವುದು.

ಕನೆ ಹಲಗೆ ಓಟ - ನೊಗದ ಮಧ್ಯೆ ಉದ್ದನೆಯ ದಂಡು ಇರುವ ದಪ್ಪನೆಯ ಮರದ ತುಂಡಿನಿಂದ ಮಾಡಿದ ಕನೆಹಲಗೆಯನ್ನು ಕಟ್ಟಿ ಅದರ ಮೇಲೆ ಒಂದು ಕಾಲನಿಟ್ಟು ಕೋಣಗಳನ್ನು ಓಡಿಸುವುದು. ಕನೆ ಹಲಗೆಯಿಂದ ಕೆಸರು ನೀರು ಮೇಲೆ ಚೆಮ್ಮಿಸುವುದು ಮುಖ್ಯ.

### ಕಂಬಳವೇ ಆರಾಧನೆ

ಕರಾವಳಿಯಲ್ಲಿ ಹಬ್ಬಗಳು ಎಷ್ಟು ಪ್ರಾಮುಖ್ಯತೆ ಪಡೆದಿವೆಯೋ ಹಾಗೆಯೇ ಕಂಬಳ ಕೂಡ ಅಷ್ಟೇ ಪ್ರಸಿದ್ಧಿಯಾಗಿದೆ. ಕೆಲವೊಂದು ಕಂಬಳವು ದೇವರ ಗದ್ದೆಯಲ್ಲಿ ನಡೆಸಲಾಗುತ್ತದೆ. ಅದರಲ್ಲಿ ಬಳ್ಳಮಂಜ ಶ್ರೀ ಅನಂತೇಶ್ವರ ದೇವಸ್ಥಾನದ ಬಾಕಿಮಾರು ಗದ್ದೆಯಲ್ಲಿ ನಡೆಯುವ ಕಂಬಳ ದೇವರ ಕಂಬಳವೆಂದೇ ಪ್ರಸಿದ್ಧಿ. ಕಂಬಳ ನಡೆಯುವ ದಿನ ಸಾಕ್ಷಾತ್ ಅನಂತೇಶ್ವರ ದೇವರು ಪ್ರತ್ಯಕ್ಷವಾಗಿ ಕಂಬಳವನ್ನು ವೀಕ್ಷಿಸುವ ಪ್ರತೀತಿ ಇದೆ. ಇದನ್ನು ಇನ್ನು ಮುಂದೆ ಹೀಗೆ ಉಳಿಸಿ ಬೆಳೆಸುವುದು ಇಲ್ಲಿನ ದೈವಿಕ ಮನೋಭಾವ ಬೆಳೆಸಿಕೊಂಡ ಭಕ್ತಾದಿಗಳ ಒಂದು ಕನಸು. ತಿರುವೈಲುಗುತ್ತು ಅಮೃತೇಶ್ವರ ದೇವಸ್ಥಾನದಲ್ಲಿ ಕಂಬಳ ನಡೆಯುತ್ತಿದ್ದರೆ ದೇವರು ಮಂದಿರದಿಂದ ಇಳಿದು ಬಂದು ಕಟ್ಟೆಯಲ್ಲಿ ಕೂರುತ್ತಾನೆ ಎಂಬ ನಂಬಿಕೆ ಇದೆ.

ಹೊರಗಿನ ಜಗತ್ತಿಗೆ ಕಂಬಳ ಒಂದು ಮೋಜಿನ ಆಟವಾಗಿದ್ದರೂ, ಕರಾವಳಿಯವರಿಗೆ ಇದೊಂದು ಧಾರ್ಮಿಕ ನಂಬಿಕೆ, ಆದ್ದರಿಂದ ಕರಾವಳಿಯವರು ಕೋಣಗಳನ್ನು ಓಡುವ ಕುದುರೆಗಳೆಂದು ಪರಿಗಣಿಸುವುದಿಲ್ಲ. ಆಚಾರ-ವಿಚಾರ ಗಮನಿಸಿದರೆ ಇದು ಸ್ಪಷ್ಟವಾಗುತ್ತದೆ. ಕಂಬಳಕ್ಕಾಗಿ ಒಂದು ಮರಿ ಕೋಣ ತೆಗೆದುಕೊಂಡು ಮನೆಗೆ ಬಂದರೆ ಅದನ್ನು ಪ್ರಥಮವಾಗಿ ಕುರ್ದಿನೀರು (ಅರಿಶಿನ ಸುಣ್ಣ ಬೆರೆಸಿದ ಪವಿತ್ರ ಜಲ) ಪ್ರೋಕ್ಷಿಸಿ ಶುದ್ಧ ಮಾಡಿ ದೇವರಿಗೆ ಮಾಡುವ ಆರತಿಯನ್ನು ತಂದು ಪೂಜಿಸಿ ಅಲ್ಲಿಂದ ಸಾಕಣೆ ಆರಂಭವಾಗುತ್ತದೆ. ಕಂಬಳಕ್ಕೆ ಕೋಣಗಳನ್ನು ಕರೆದುಕೊಂಡು ಹೋಗುವ ಮುನ್ನ ಕೋಣಗಳನ್ನು ಚೆನ್ನಾಗಿ ಸ್ನಾನ ಮಾಡಿಸಿ, ಎಣ್ಣೆ ಹಚ್ಚಿ ಮನೆಯ ತುಳಸಿ ಕಟ್ಟಿ ಮುಂದೆ ನಿಲ್ಲಿಸಿ ಪೂಜೆ ಮಾಡಿ, ಕುರ್ದಿನೀರು ಹಾಕಿ ಪ್ರೋಕ್ಷಿಸಿ, ಶುದ್ಧ ಮಾಡಿ, ದೇವಸ್ಥಾನದ ಪ್ರಸಾದ ಹಣೆಗೆ ಹಚ್ಚಿ ತದನಂತರ ಕೋಣದ ಎರಡೂ ಕೊಂಬುಗಳಿಗೆ ಸುಣ್ಣದ ಬೊಟ್ಟು ಎಳೆದು ಪೂಜೆ ಮಾಡಲಾಗುತ್ತದೆ. ಹಾಗೆಯೇ ಕಂಬಳದ ಕರೆಗೆ ಇಳಿಸುವ ಮೊದಲು ಕರೆಯ ನೀರಿನಿಂದ ಪ್ರೋಕ್ಷಣೆ ಮಾಡುತ್ತಾರೆ. ದೀಪಾವಳಿಯ ಗೋಪೂಜೆ ದಿನದಂದು ಕೋಣಗಳಿಗೆ ಸಿಂಗಾರ ಮಾಡಿ, ಶುದ್ಧ ಆಹಾರ, ಹಣ್ಣು-ಹಂಪಲು, ದೀಪಾವಳಿಯ ದೋಸೆ ತಿನ್ನಿಸುವುದು ಕ್ರಮ. ಅಶುಚಿಯ ನೀರು, ಗಂಜಲ, ಹಳಸಿದ ಆಹಾರ ನೀಡದೆ ಪರಿಶುದ್ಧ ಆಹಾರ ನಿತ್ಯ ನೀಡುತ್ತಾರೆ.

### ಬೆಂಗಳೂರು ಕಂಬಳ

ಮೊದಲ ಬಾರಿಗೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ಕಂಬಳ ಅದ್ದೂರಿಯಾಗಿ ನವೆಂಬರ್ 25 ಮತ್ತು 26ರಂದು ನಡೆಯಿತು. ಈ ಕಂಬಳದ ಮೂಲಕ ಕರಾವಳಿಯ ಕಂಬಳ ರಾಷ್ಟ್ರಮಟ್ಟದಲ್ಲಿ ಸ್ವರ ಕಂಪಿಸಿದೆ ಎಂದು ಹೇಳಿದರೂ ತಪ್ಪಾಗದು. ಕರಾವಳಿ ಕ್ರೀಡೆಯಾದ ಕಂಬಳವನ್ನು ನಮ್ಮ ರಾಜಧಾನಿಗೆ ಕೊಂಡೊಯ್ದು ಅಲ್ಲಿಯೂ ಕೂಡ ಎಲ್ಲ ವರ್ಗದ ಜನರಿಗೆ ಕಂಬಳದ ಕ್ರೀಡೆಯನ್ನು ಪರಿಚಯಿಸುವ ಕೆಲಸಕ್ಕೆ ಎಲ್ಲೆಡೆ ವ್ಯಾಪಕ ಪ್ರಶಂಸೆಗೆ ಪಾತ್ರವಾಗಿದೆ.

ಹೀಗಿರುವಾಗ ವಿಶೇಷವಾಗಿ ಕರಾವಳಿ ಕರ್ನಾಟಕದ ಕೃಷಿ ಮೂಲ ಜನಾಂಗದವರಾದ ನಾವು ಈ ವಿಶೇಷವಾದ ಸಂಸ್ಕೃತಿಯನ್ನು ಉಳಿಸಿ ಬೆಳೆಸಿ ಪ್ರೋತ್ಸಾಹಿಸಬೇಕೆಂಬುದೇ ಈ ಲೇಖನದ ಆಶಯ.



## Daylight Zone



Name : Sumanth Bhat K S  
 Date of Joining : 21.9.2023  
 Position : Finance Executive - Finance  
 Job location : Bengaluru  
 Native place : Karkala, KA  
 Interests : Badminton



Name : Venkata Narasaiah Raga  
 Date of Joining : 2.11.2023  
 Position : Asst. Manager – Sales & Distribution  
 Job location : Ballari  
 Native place : Kanchikacherla, AP  
 Interests : Listening to music, Reading



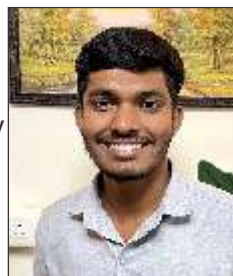
Name : P Shravan V Rai  
 Date of Joining : 22.9.2023  
 Position : Officer - Logistics  
 Job location : Mangaluru  
 Native place : Kasaragod, KL  
 Interests : Badminton, Kabaddi



Name : Mahesh Ananda Gowda  
 Date of Joining : 2.11.2023  
 Position : Department Trainee  
 Job location : Mangaluru  
 Native place : Mangaluru, KA  
 Interests : Agriculture



Name : Vighneshwar Gopalkrishna Bhat  
 Date of Joining : 20.10.2023  
 Position : GM - Legal & Company Secretary  
 Job location : Bengaluru  
 Native place : Yellapur, KA  
 Interests : Hindustani Classical Music, Reading



Name : Pradeep  
 Date of Joining : 2.11.2023  
 Position : Department Trainee  
 Job location : Mangaluru  
 Native place : Mangaluru, KA  
 Interests : Agriculture

## Twilight Zone



**Chandrashekar Rao P K**  
 Asst. Manager - Instrumentation  
 35 years of service



**Satheesh K S**  
 Jt. General Manager-P & D  
 10 years of service



**Ganesh H**  
 Sr. Engineer - Production  
 28 years of service



**K Govindaraja Kramadhari**  
 Sr. Engineer - Maintenance  
 28 years of service



# Let's Celebrate



## **Krishnamurthi**

Assistant Manager – Production  
Started a new life with Chaitra on  
3<sup>rd</sup> May 2023.  
Congratulations. Wish you both a  
lifetime of happiness and love that  
grows with each passing day  
Krishna and Chaitra.



## **Prathik D B**

Assistant Officer – Safety  
Took vows with Shravya on 19th  
November 2023.  
Congratulations. May your life be  
filled with special memories that you  
can treasure forever  
Prathik and Shravya.



## **Santhosha**

Senior Engineer – Electrical  
Tied the knot with Sushmitha on 21st  
December 2023.  
Congratulations. Wishing you a  
wonderful journey as you build your  
life together  
Santhosha and Sushmitha



## **Sudheer Prabhu**

Manager – Production  
United in marriage with Vandana on 19th  
November 2023.  
Congratulations. May your joining together  
bring you more joy than you can imagine  
Sudheer and Vandana.



## **Bharath Shetty**

Senior Engineer – Production  
Walked down the aisle with Anvitha Rai on  
28th December 2023  
Congratulations. May the true love you share  
grow stronger as you grow old together  
Bharath and Anvitha.





**Niyanth Rajeev**

Adorable tiny tot of Rajeev R,  
 Chief Manager - Production  
 Niyanth turned two on 3<sup>rd</sup> December 2023.  
 Happy Birthday Champ. May your days be as  
 bright as your smile and as lovely as you.



**Aruhi U S**

Little angel of Sharan U P, Manager - Maintenance  
 Sharan and Nishvitha were blessed with a baby girl on  
 19th July 2023.  
 Congratulations on the birth of your daughter.  
 May she make her parents and her little brother Arush U S  
 proud of her by her deeds.



**Prarthana S**

Little angel of Sathish P,  
 Assistant Manager - Production Planning  
 Sathish and Sithara were blessed with  
 a baby girl on 12th August 2023.  
 Congratulations on the birth of your daughter.  
 May she bring you all the love and happiness  
 in the world.



**Nihani S**

Little angle of Shilath Kumar,  
 Senior Engineer - Production  
 Shilath and Priyanka were blessed with a baby girl on  
 14th November 2023.  
 Congratulations on the birth of your daughter.  
 May she fill your heart with happiness and  
 lots of little smiles.

In this edition of Cognitare, put your best efforts into solving these mathematical puzzles. Best of luck!!!!

01

Stranded on a deserted island, you were left with only a 40-litre can that contains 40 litres of milk. To conserve the milk, you decide that on the first day, you will drink one litre of milk and then refill the container with water. On the 2nd day, you will drink 2 litres and refill the container again. On the 3rd day, you will drink 3 litres and so on... By the time all the milk is gone, how much water have you drunk?

02

One side of a solid equilateral triangular pyramid has 11 balls. How many balls are there in the whole pyramid?

03

The power went off when you were studying. It was around 2:00 AM. You lighted two uniform candles of equal length but one thicker than the other. The thick candle is supposed to last four hours and the thin one 1 hour less. When you finally went to sleep, the thick candle was twice as long as the thin one. For how long did you study in candlelight?

04

There is a big sports room with 100 lockers, numbered sequentially from 1 to 100. Any locker can be either open or closed. Initially, all the lockers are closed. The first sportsman who walks down the room opens every locker. The second sportsman closes every second locker. The third sportsman flips every third door, opening some that are closed, and closing others, which were open. The fourth sportsman flips every fourth door, and so on. How many lockers are still open after 100 sportsmen have passed down the room?

05

Your friends went to Singapore on a holiday. It rained for 13 days. But when it rained in the morning, the afternoon was lovely. And when it rained in the afternoon, the day was preceded by a clear morning. Altogether there were 11 very nice mornings and 12 very nice afternoons. How many days did their holiday last?

06

You bought a car with a peculiar 5-digit numbered license plate which on reversing upside down could still be read. On reversing value is increased by 58212. What is the original number if all digits are different?

07

You appeared for a competitive exam recently. You were given 135 problems to solve. You tried to solve all of them correctly but some of them went wrong. Anyhow, you scored 75. Your score was calculated by subtracting three times the number of wrong answers from the number of correct answers. How many problems did you solve correctly?

08

Imagine that you were born in 1357 BC in your previous life. You had lived one-third of your life as a boy, one-fifth of your life as a youth, one-fourth of your life as a man and the remaining 39 years as an old man. In which year did you die?

Send your answers to [mangala.vartha@adventz.com](mailto:mangala.vartha@adventz.com) by 29<sup>th</sup> February. The winner with all correct answers or the highest number of correct answers will win a Rs.1000 cash prize. In case of a tie for the prize, the winner will be selected by a draw of lots. The name of the winner will be revealed in the next issue of Mangala Vartha. Entries received after the deadline will not be considered.





*If you have a sweet tooth, then indulge your taste buds with these sweet recipes this time.*

### Strawberry Muffins

You will fall in love with this easy Strawberry Muffins recipe. It's sweet, moist, soft, and full of juicy strawberries! They come together quickly, making for the perfect snack.

#### Ingredients

- 1½ cups all-purpose flour (maida)
- ½ cup powdered sugar
- ½ cup yogurt
- ½ cup milk
- ¼ cup melted ghee or oil
- 1 cup chopped fresh strawberries
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cardamom powder (optional)
- A pinch of salt



#### Preparation

- In a mixing bowl, sift together the all-purpose flour, baking powder, baking soda, and a pinch of salt. Add cardamom powder if using, and mix well.
- In another bowl, whisk together the powdered sugar and melted ghee (or oil) until well combined. Add yogurt and milk, and whisk until smooth.
- Gradually add the wet ingredients to the dry ingredients. Gently fold the mixture until just combined. Be careful not to overmix.
- Gently fold in the chopped strawberries into the batter.
- Grease small heatproof molds or idli molds. Fill the molds with the prepared muffin batter, distributing it evenly among the molds.
- In a large pot or pressure cooker without the pressure, add water and place a stand or an empty bowl at the bottom to elevate the muffin molds above the water level.
- Once the water is simmering, place the filled molds on the stand in the pot or cooker. Cover with a lid and steam on medium heat for about 15-20 minutes. Check occasionally and add more water if needed.
- Insert a toothpick into the center of a muffin; if it comes out clean, they're done.
- Let the muffins cool slightly before removing them from the

molds. Allow them to cool completely on a wire rack before serving.

This method uses steam to cook the muffins, resulting in soft and moist strawberry muffins without the need for an oven or stovetop baking. Adjust the steaming time based on the size and thickness of the muffins for even cooking.

### Mocha Truffles

Mocha truffles, made with semi-sweet chocolate and instant coffee, are always a hit on Valentine's Day and at cookie exchanges.

#### Ingredients

- 8 ounces (about 225g) semi-sweet or dark chocolate (finely chopped or chips)
- ½ cup heavy cream
- 1 tablespoon instant coffee granules
- 1 teaspoon pure vanilla extract
- Cocoa powder, powdered sugar, or crushed nuts (for coating)



#### Preparation

- Place the chopped chocolate or chocolate chips in a heatproof bowl. In a saucepan, heat the heavy cream over medium heat until it just begins to boil. Remove from heat and stir in the instant coffee granules until dissolved. Pour the hot cream over the chopped chocolate. Let it sit for about 1-2 minutes to soften the chocolate, then gently stir until the mixture becomes smooth and the chocolate is completely melted. Stir in the vanilla extract.
- Cover the bowl and refrigerate the mixture for about 2-3 hours, or until it's firm enough to scoop and shape into truffles.
- Once the mixture is chilled and firm, use a spoon or a small scoop to portion out small amounts and roll them into round truffle shapes using your hands. Place the shaped truffles on a parchment-lined baking sheet or plate. If the mixture becomes too soft to handle, you can briefly place it back in the refrigerator to firm up.
- Roll each truffle in cocoa powder, powdered sugar, or crushed nuts until they're evenly coated. You can get creative with different coatings or leave some plain.
- Once all the truffles are shaped and coated, refrigerate them for about 30 minutes to set. Afterward, they are ready to be enjoyed!

Feel free to adjust the sweetness or intensity of the truffles by using different types of chocolate or adjusting the amount of instant coffee according to your taste preferences. These mocha truffles make a delicious treat and can also be a lovely homemade gift!

## Crepes

This simple but delicious crêpe recipe can be made in minutes from ingredients that everyone has on hand.

### Ingredients

- 1 cup all-purpose flour
- 2 large eggs
- 1¼ cups milk
- 2 tablespoons melted butter
- Pinch of salt
- 1 teaspoon vanilla extract (optional)
- Butter or oil for greasing the pan



### Preparation

- In a mixing bowl, whisk together the flour and salt. In another bowl, whisk the eggs, milk, melted butter, and vanilla extract (if using) until well combined. Gradually add the wet ingredients to the dry ingredients, whisking until you have a smooth batter without lumps.
- Let the batter rest for about 15-30 minutes at room temperature. This helps the gluten relax and creates a smoother batter.
- Heat a non-stick skillet or crepe pan over medium heat. Lightly grease the pan with butter or oil. Pour about ¼ cup of batter into the pan, swirling it around to evenly coat the bottom. Cook for about 1-2 minutes until the edges start to slightly brown and the surface appears set.
- Use a spatula to carefully flip the crepe and cook for an additional 1 minute on the other side until lightly golden. Repeat with the remaining batter, greasing the pan lightly between each crepe.
- Once cooked, fill the crepes with your favorite sweet or savory fillings such as Nutella, fruit, whipped cream, cheese, or vegetables. Fold or roll the crepes and enjoy!

Feel free to adjust the consistency of the batter by adding more milk if it's too thick or more flour if it's too thin. Also, the first crepe might not always turn out perfect, but it's normal as the pan needs to reach the right temperature. Adjust heat as needed throughout the cooking process.

## Daulat Ki Chaat (Phool Malai)

Phool Malai, also known as Malaiyo or Daulat Ki Chaat, is a delicate and frothy Indian dessert made from milk foam. Here's a recipe to make Phool Malai at home.

### Ingredients

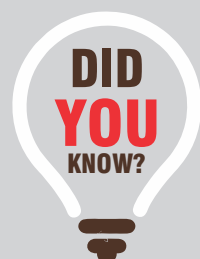
- 1-litre full-fat milk
- 2 - 3 t a b l e s p o o n s powdered sugar
- A pinch of saffron strands (optional)
- Cardamom powder for garnish (optional)
- Slivered nuts for garnish (optional)



### Preparation

- In a heavy-bottomed pan, bring the milk to a boil over medium heat. Once it reaches a boil, reduce the heat to low and let it simmer.
- Allow the milk to simmer on low heat, stirring occasionally. A layer of malai (cream) will start forming on the surface. Gently collect this malai using a spoon and transfer it to a separate bowl. Continue this process as more malai forms. This might take around 1-2 hours.
- Once you have collected enough malai, transfer it to a wide mixing bowl. Using a hand mixer or a whisk, whip the malai vigorously until it becomes frothy and light. This process can take around 10-15 minutes.
- Gradually add powdered sugar to the frothed malai and continue whisking until the sugar dissolves completely. Optionally, add a pinch of saffron strands for flavour and colour, or a sprinkle of cardamom powder for added aroma.
- Spoon the airy and frothy Phool Malai into serving bowls. Garnish with slivered nuts if desired.

Daulat Ki Chaat is a delightful and light dessert that melts in your mouth. It's traditionally prepared during the winter months and enjoyed for its unique texture and taste. You can refrigerate for a short while if you prefer it cold before serving.



1. In its day, a group of 300 artists and academics staged an angry protest calling for the immediate removal of the Eiffel Tower, referring to the tower as "...the useless and monstrous Eiffel Tower," likening it to a "gigantic black factory chimney."
2. The central focus of the Lion Monument in Lucerne, Switzerland is a majestic lion carved in a state of anguish. With its head lowered and a spear piercing its side, the lion represents the pain and sacrifice of the fallen Swiss Guards.
3. 'Les Invalides' literally translates to 'The Disabled', which refers to the soldiers who suffered injuries during one of the many wars that the country fought over the centuries and during the French Revolution.



## Events Galore

### Deepavali Celebrations at township



### ಶ್ರೀ ಕೃಷ್ಣ ವೇಷ ಸ್ಪರ್ಧೆ



### Children's Day Celebrations



### ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಸಂಭ್ರಮ







**Mangala Raitha Prathibe**  
Young Agri Talent Development Program for Rural School Children