

स्पैक्ट्रम Spectrum

Quarterly House Magazine

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MMTC at The India Show in Dar es Salaam

Trade Potential with Tanzania

Special Feature : The Story Behind the Shahabad Success

Editorial

As MMTC's Golden Jubilee year comes to a closure, and the employee-related key activities are stepped up, we bring you an issue of Spectrum that focuses on two key stories that are as diverse as they are distinctive. First, we explore one of the emerging trade destinations on the other side of the Indian Ocean. Tanzania has been a trading partner of MMTC in the past, and in September this year, we returned to the African country to hold discussions on mutual trade cooperation between India and Tanzania in various areas. MMTC also participated in The India Show organized by CII in Dar-es-Salaam along with over 100 companies from various sectors in India.

Last year, as a CSR initiative, MMTC had provided hockey equipments to the Markandeshwar Shahabad Hockey Academy. When the Indian Junior Women's Hockey team recently won the country's first World Cup bronze in the sport, there were five players in the team who hailed from this Academy. The Shahabad group of players from the winning team visited MMTC's Corporate Office upon their return from Germany, and recently, we visited the hockey nursery in Shahabad ourselves for a glimpse behind the scene. In this issue, we bring you the story from Shahabad, in the form of interviews and conversations with the players, their parents, and with the man who scripted the trailblazing success of the Shahabad girls, Coach Baldev Singh himself.

It was a season of AGMs, and both MMTC and MMTC TCS held theirs not too long ago. CSR initiatives were meanwhile undertaken by the Regional Offices in Bhubaneswar and Goa. In fact, the ROs have been quite active with events like Sadbhavna Divas, Independence Day, Hindi Week, and so on, and we bring you news of these from several regions like Goa, Jaipur, Vizag, Bhubaneswar, and Barbil. The Health Special and Business Special sections also continue in this issue with the second article of each of the two series.

As we bring you news of all this and more, we also request all divisions, employees and retirees to kindly send in their contributions for the next issue of Spectrum. News, articles, write-ups, accompanying photographs, as well as suggestions, feedback and news leads are most welcome, and may be sent to the Corporate Communications Division at the C.O. We earnestly solicit your support in making your in-house magazine Spectrum a worthy read and ongoing success!

Wishing our readers a happy and prosperous festive season ahead.

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Corporate Office

Editorial & Production Co-ordinator: Somdutta Sarkar, Dy. Manager (CC)
Editorial Team: Corporate Communication Division

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Inauguration of MMTC's pavilion at The India Show by Zanzibar First Vice President, Mr. Seif Sharif Hamad, accompanied by Dr. Abdallah Kigoda, Minister of Industry & Trade, Tanzania, and Dr. D. Purandeswari, Hon'ble Minister of State & Industry, on his right. On his left: CMD Shri D.S. Dhesi, IAS, and Shri V.P. Mehta, GM (General Trade)

V.P. Mehta
GM (General Trade)

Trade with TANZANIA

MMTC Participates in The India Show at Dar-es-Salaam

Background:

The United Republic of Tanzania comprises of the territory formerly known as Tanganyika, now mainland Tanzania and Zanzibar which is made up of the islands of Ungula and Pemba. Tanganyika, which gained independence in 1961, united with Zanzibar in 1964 to form the United Republic. With a total area of 945,000 km² Tanzania is geographically well placed for international trade with deep-water harbours, and is a passage to 8 neighboring, land-locked countries.

Indo-Tanzania Trade Relationship

Tanzania and India have traditionally enjoyed close, friendly and co-operative relations. From the 1960s to the 1980s the political relationship was driven largely by shared ideological commitments to anti-colonialism, anti-racism, socialism in various forms as well as genuine desire for South-South Cooperation. In recent years Indo-Tanzanian ties have evolved into a modern and pragmatic relationship with greater

and diversified economic engagement.

India is a leading trading partner of Tanzania's as well as an important source of essential machinery and pharmaceutical products. Many of the top business establishments of Tanzania are owned by members of the Indian origin. India continues to be the largest source of Tanzania's imports for the last three consecutive years. The details of export and import with Tanzania are as per the figures given below:

Year	Values in USD Millions		
	2010-11	2011-12	2012-13
India's Export to Tanzania	1474.81	1614.69	2152.25
India's Import from Tanzania	326.57	239.73	752.88
Total Trade	1801.38	1854.42	2905.13
Trade Balance	1148.24	1374.96	1399.38
Source : Department of Commerce			



Welcome of Zanzibar First Vice President, Mr. Seif Sharif Hamad, by CMD Shri D.S. Dhesi, IAS

[Zanzibar and Tanganyika] more than 100 years ago as merchants, sailors and labour employed in railroad building. Indian community continues to play an important role in trade and industry.

India is a leading trading partner of Tanzania's as well as an important source of essential machinery and pharmaceutical products. Many of the top business establishments of Tanzania are owned by members of the Indian origin. Though vast potential lies unexplored in all the sectors of Tanzania's economy, some of the major sectors which may be explored are as below :

1. Metals and Mining:

- The sector is expected to expand immensely accounting for almost 10% of the GDP by 2025.

Tanzania and India have enjoyed historical, cultural and economic relations. Indian exports to Tanzania have shown a growth of about 33% in 2012-2013 over the previous year, with the exports touching USD 2 billion. Imports on the other hand registered a growth of 214% amounting to USD 752.88 million during the same period.

It has been observed that the Tanzanian market has to be sensitized as it has huge potential and Indian exporters should take advantage of the country, particularly when Tanzania being a member of the East African Community (EAC) enjoys custom tariff and trade preferential agreements.

The vibrant commercial relationship between India and Tanzania is also reflected in the 40,000 strong Indian community

present in the country. It is concentrated in the major urban centres of Dar es Salaam, Arusha, Dodoma, Morogoro, Zanzibar, Mwanza and Mbeya. The vast majority is from Gujarat mainly from Kutch and Kathiawad; their ancestors came to this region



Left to right: Dr. D. Purandeswari, Hon'ble Minister of State & Industry, Zanzibar First Vice President, Mr. Seif Sharif Hamad, CMD Shri D.S. Dhesi, IAS, and Shri V.P. Mehta, GM

Tanzania has a great mining potential particularly for gold, base metals, diamonds, ferrous minerals and a wide variety of gemstones. In 2009, Tanzania was the world's only producer of tanzanite.

- The gold production in Tanzania accounted for nearly 2% of the world's gold mine output (2010). Gold exports from Tanzania registered a growth of 15.8% in 2008-09.
- Establishment of mineral processing projects such as gold refinery, gemstone cutting and polishing, jewellery manufacturing.

2. Agriculture and Agro-processing:

- Tanzania has 44 million hectares. Agriculture remains a leading sector in the

economy and provides significant investment opportunities. Major cash crops include coffee, cotton, tea, tobacco and cashew nuts. Opportunities also exist in production of other important food crops like maize, rice, pulses and wheat.

- Revision of land laws to allow long term leases of up to 99 years for foreign companies.

MMTC's Trade Potential with Tanzania:

MMTC used to import pulses from Tanzania under various schemes of the Government of India during the period 2006-2011 for supply to State Governments under PDS Scheme or sale in the open market as per directives of the Government of India to maintain price stability in the open market.

Tanzania is known for production of Desi Chick Peas which is smaller in size, has a thick dark colour seed coat and is either dehulled and split or dehulled and ground into flour. Tanzanian Desi Chick Peas have a sweet taste and a high fibre content compared to Kabuli variety. There are also possibilities to import green moong from Tanzania.

MMTC Jaipur imported rough rubies from Arusha mines in Tanzania in 1995-96. Imports were organized for stock and sale basis. Some quantity was also utilized by MMTC Jaipur for cutting and polishing in-house at our processing unit. The stock and sale model was discontinued in 1996.

MMTC can also offer its services to State Trading Agency of Tanzania for sending rough rubies and Tanzanite on consignment basis to MMTC Jaipur who would display the goods to interested parties. There could be a public auction in Jaipur also in presence of representatives from Tanzania counterpart. In the event of successful business being concluded, payment for such goods can be made by the Indian side to State Trading Enterprise of Tanzania. The balance unsold quantity will be returned by MMTC to State Trading Enterprise in Tanzania.

The undersigned was part of the Official Delegation for the Senior Officer's Meeting held on 24th September, 2013. During the



Welcome of Dr. Abdallah Kigoda, Minister of Industry & Trade, Tanzania, by CMD Shri D.S. Dhesi, IAS

meeting, discussions were held on mutual trade cooperation between India and Tanzania in various areas. Indian side also informed that MMTC, which is the largest trading company in India under the administrative control of the Ministry of Commerce & Industry, is engaged in export and import of various products. Both sides agreed that MMTC will explore possibilities of collaboration with Tanzania Trade Development Authority (TANTRADE) for promotion of export of products of Tanzania to the Indian Market.

Confederation of Indian Industry (CII) had also organized The India Show from 25th – 27th September, 2013 at Dar-es-Salaam. The Show was inaugurated with much fanfare by Dr. Abdallah Kigoda, Minister of Industry & Trade, Tanzania; Zanzibar First Vice President, Mr. Seif Sharif Hamad; Dr. D. Purandeswari, Hon'ble Minister of State & Industry, India, where various dignitaries/ businessmen from Tanzania and India were also



Shri V.P. Mehta, GM, at MMTC's pavilion in The India Show, organized by CII in Dar-es-Salaam

present. MMTC along with over 100 companies from various sectors in India had participated in this Show. This fair lasted for three days i.e. 25-27th September, 2013.

MMTC's pavilion was inaugurated jointly by Dr. Abdallah Kigoda, Minister of Industry & Trade, Tanzania; Zanzibar First Vice President, Mr. Seif Sharif Hamad and Dr. D. Purandeswari, Hon'ble

Minister of State & Industry, by cutting the ribbon. CMD Shri D. S. Dhesi honored the dignitaries by presenting the flower bouquets.

A lot of enthusiasm could be seen among the visitors, expressing interest in the Made in India products. Visitors also visited MMTC Stall and enquired about the trading activities of MMTC.



View of Mizingani Road, Stone Town, Zanzibar

Shortly after achieving independence from Britain in the early 1960s, Tanganyika and Zanzibar merged to form the nation of Tanzania in 1964. The country has achieved high overall growth rates based on gold production and tourism. It has largely completed its transition to a liberalized market economy, though the government retains a presence in sectors such as telecommunications, banking, energy, and mining. The economy depends on agriculture, which accounts for more than one-quarter of GDP, provides 85% of exports, and employs about 80% of the work force. GDP growth in 2009-12 was a respectable 6% per year due to high gold prices and increased production.

Source: *The World Factbook*

In Conversation with the Shahabad Players: The Story Behind the Success

Somdutta Sarkar
Dy. Manager (CC)

When the Indian Junior Women's Hockey team recently won the country's first ever bronze medal in the Junior Women's Hockey World Cup, five of the players who played in the winning team were from the Markandeshwar Shahabad Hockey Academy. Shahabad has traditionally held a unique position in women's hockey, with the academy having successfully produced hockey players who have represented India at national and international levels.

Last year, MMTC had provided hockey equipments like hockey sticks, goalkeeper kit, turf shoes etc. to the Academy as a CSR initiative. The Shahabad group of players from the winning team visited MMTC's Corporate Office on 8th August 2013, including Rani Rampal, Monika Malik, Navjot Kaur, Navneet Kaur and Manjeet Kaur. They interacted with the employees, and were felicitated by the CMD and the Directors of MMTC for their achievement.

A month later, we visited the hockey nursery in Shahabad for a glimpse behind the scene, or in this case, for the story behind the stellar performance. We met with the players, spoke to one of the senior most of them, interacted with some of the parents. We also had

conversations with Shri Baldev Singh, the coach and supervisor of the Academy. The credit of scripting the trail blazing success of the Shahabad girls in fact goes to coach Baldev Singh who has been training the talented lot at the

academy for the past 20 years. Once an employee of the Haryana Govt. and a Dronacharya Award winner, Shri Baldev Singh remains a noted promoter of the sport himself.



Girls practicing the Game at the Shahabad Nursery



Excerpts from the interview with Shri Baldev Singh, translated from Hindi :-

During 2002 to 2004, the Indian women's national field hockey team won the gold in three consecutive series; the Commonwealth Games, the Afro-Asian Games, and the Hockey Asia Cup. Since that period, until now, do you think winning the bronze in this Junior Women's

Hockey World Cup has been the stellar moment in the history of Indian women's hockey?

We won the Asia Cup for the first time in 2004; we also won the Golden Goal in the final match. That was a time when we played in the Afro-Asian Games and in the 2002 Commonwealth Games as well, both of which we won. Then in 2006, the team that went to

Australia came second by a single goal in the final. And I feel that was our best team so far, and the girls played brilliantly against the Australians on their turf. In that team too, we had 4-5 girls from here, including Arjuna Awardee Jasjeet Kaur. Truly that was an excellent time – a period of 8-10 years until 2007-08 – for the girls. We were also at 3rd position in the Asiad at the time. After that, today that the junior women's team has won the World Cup bronze, which is a record in itself... I think that after about 4-5 years, this is again a golden time for our girls.

How have things changed at the Shahabad nursery after the World Cup bronze, in terms of sponsorships and support? Do you have more organizations coming forward to support the centre now?

No, there hasn't been much of a difference, even after the World Cup. Yes, the Department made many promises, and the girls will get 7-10 lakhs per head. Otherwise, as far as the need for improvements goes, for the grounds and facilities, there hasn't been any such change. This place needs a gym, it needs floodlights, there aren't even enough hockey sticks or balls and we have to ask around for them.

When a center is producing such excellent results, then I think that the kind of encouragement or efforts that should come from the authorities...the kind you see

happen overnight in cricket... hasn't happened at all here in the time that has lapsed since the girls returned from the World Cup. Promises have been made, but nothing might transpire.

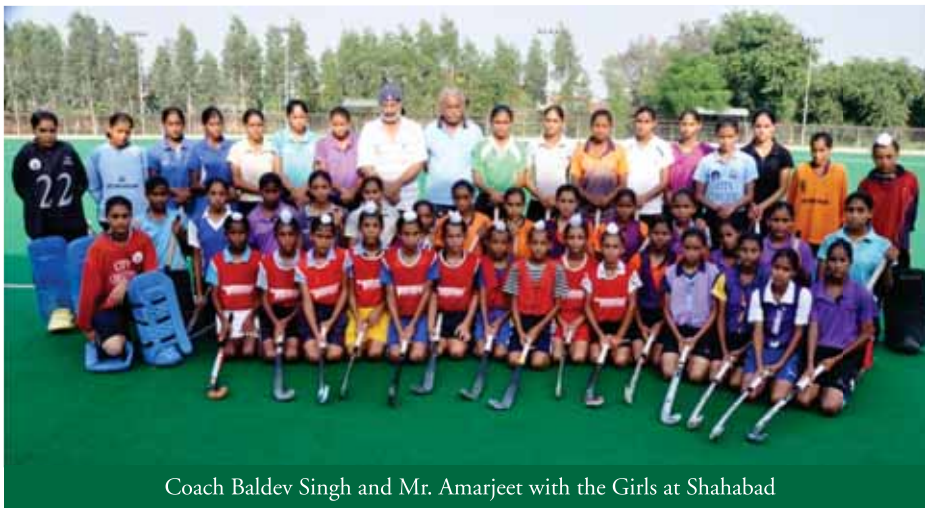
What's the condition of the gymnasium here?

Earlier, MMTC's Shri Dhesi had a gym constructed for us here. But it is very old now and nowadays there are many new types of equipment. So we need a good gym with the latest facilities, then only we can rise above the third position.

just in hockey, but the results that we are getting now in other sports like boxing or wrestling are also, I think, largely to his credit.

He did very good work, and he would personally meet those who were doing good work in sports development and try to solve their problems. We cannot forget that, the work he did for Shahabad and other centers. He has played a major role in the development of sports in these areas.

We heard that you bought Rani Rampal her first hockey stick and kit?



Coach Baldev Singh and Mr. Amarjeet with the Girls at Shahabad

Shri D.S. Dhesi has been supporting Shahabad since the early 2000s, ever since he was Secretary of the Haryana Sports Department. Do you think his support as a govt. official, despite all odds, has been crucial to the promotion of the sport and the centre?

Dhesi ji hasn't been supporting just Shahabad... even when he moved to the Housing Department in Sirsa, he had an Astroturf installed there too. He brought about a lot of development in totality, and extended support wherever there was good work happening. Not

Well, it's not really like that. Whoever comes here to play... sometimes the Sports Department helps us out... otherwise we try to arrange the equipment from somewhere or the other. We either purchase them or request people to

help us out. For instance, last year we requested Shri Dhesi to help us. He enquired how we were doing and how was the work going on.

We were doing our best, but we are only soldiers, and if we don't have the right equipment, if we don't even have hockey sticks to play with, how can we do anything?

At that point, MMTC came to our aid... they bought shoes and sticks and goalkeeper kits for the players, amounting to 5 lakhs. We can't forget that help, and because of that, this year will go by smoothly.

In fact, they were very good quality sticks. This is how we manage, because the less financially secure players can't manage by themselves. A single hockey stick costs at least Rs. 3000-4000, and the good ones nowadays even cost as much as Rs. 25,000 and more.

So do you think that this support extended by MMTC came at an opportune moment and helped the players be better prepared for the World Cup?

See, the high quality shoes and sticks that we gave to the girls who played in the World Cup were supplied by MMTC. They gave us what we needed at that time, and I believe MMTC did have a big hand in helping the five girls from Shahabad perform in the World Cup. MMTC gave them the most essential tool, the hockey stick. We are grateful to Shri Dhesi and MMTC for the timely help, and the country should be as well.

Shahabad holds a unique position in hockey, esp. in women's hockey. Other states like Odisha are doing well too. But it is not so everywhere. Astroturfs are there in maybe 20 states only, and the one at Gurgaon has reportedly fallen into disrepair. There is a lot of struggle in this sport. Would you agree?

We have been the ones to bring about improvements in our state. Earlier, in our time, Bihar, Odisha, Punjab, Bombay were the mainstays of hockey. They had everything, and they used to win. At that time, there was no hockey in Shahabad or in Haryana. The fact that Shahabad is now a big name in hockey is owing to our

efforts and the timely and time-to-time help provided by the Sports Department. Good people like Shri Dhesi have come along now and then, that is why this centre hasn't suffered setbacks.

Even our senior players, like Jasjeet Kaur, often help out at the centre. They teach the kids and share their knowledge.

MMTC did have a big hand in helping the five girls from Shahabad perform in the World Cup. MMTC gave them the most essential tool, the hockey stick. We are grateful to Shri Dhesi and MMTC for the timely help.

Do you think that at other centers and in states where hockey isn't so popular, organizations like MMTC can help promote the sport?

Definitely, they can and they should. If there are 10-20 departments like MMTC that come forward, then the sport will go on. Tournaments will happen and players will perform. When our team returned from Germany, MMTC invited them over and they awarded the girls. If more organizations come forward, we can leave cricket behind.

Sir, you have been here since 1993, trained more than 50 international players. In these two decades, you have played a remarkable role in promoting our national sport...

I have been working in Shahabad for many years now, and it has

progressed. But it isn't as if I can only work here. Even if I am posted in a village, I can do similar work there. It isn't as if children are born only in Shahabad. If a teacher is good and he gets good people to work with him – in fact, if he does good work, he is bound to get good people – results will come. I am fortunate that our senior players, the international players have greatly cooperated with me, as has Mr. Amarjeet, *fauji sahib*. They have worked day and night. So if there are such people on board, and the teacher is good, then everything is good.

We heard that it is 365 days of training here at the nursery.

Yes, let me give an example. Earlier, when we were given a nursery here, on holidays and Sundays, the nursery would be closed and the players wouldn't get their diet on those days. When Shri Dhesi came and saw the file, he noted that there was good work happening in Shahabad... he called me and complemented our efforts and took up the task of getting an Astroturf installed here. He had the work started in a day, and it was completed in six months. So I requested him that since we practice extra on Sundays and holidays, because the kids don't have school and are free to work here instead, they require diet especially on those days so please have the centre opened on some of the holidays as well. He called a meeting of the concerned officers, and gave in writing that the nursery would be henceforth closed only on Sundays. Earlier the players used to get diet only for 15 days in a month, the rest would go

by in holidays. But since then, they have been getting their diet on 25-26 days, and this is a special provision made for Shahabad. There are no holidays here.

Do you see Bheema Awardees and Arjuna Awardees of the future among the current players here?

We have 12-13 players here who are Bheema Awardees, and 3-4 players who are Arjuna Awardees. In future also, if work goes on like this, there can be more... however, how the next people work has to be seen to, and how the senior players create an environment of learning for the younger players is important.

In our country, when it comes to hockey, especially women's hockey, how is the government and private support like ?

The kind of support that the girls deserve – the kind the boys receive – is hardly there. I'll give you an example. In India, there was a

World Hockey League and other tournaments of Hockey India, but these were only for the boys, and their players receive 30-40 lakhs per head. Now, our girls have come third in the World Cup, whereas the boys have not performed like this for many years now. The girls have brought glory to the country and now they say, "humari hockey phir zinda hogi". But when it comes to remunerating them, the girls receive maybe 8-10 lakhs per person.

Why do they not organize these world tournaments and series for the girls? When it comes to awarding the girls, these organizations like Hockey India run away. They should have a balance... *ladkiyon ka bhi waisa hi khoon hai jaisa ladkon ka hai*. Since 2002 until 2010-11, the girls have performed so well, whereas the boys have only performed during 2002-04. Yet the girls have never received much. You should work at the same pace with girls. If we do

not develop our women's hockey in the coming time, then we'd better close it down.

And the case is the same with private sponsorships.

The conditions are similar in most women's sports. Match fees are lower, there is a dearth of sponsorships, jobs are limited to railways. Why do you think this is? Particularly in the case of hockey, do you think it's because this sport is not as popular as, say, cricket?

It's not that hockey is less popular than cricket. Living in India, we can see only cricket. But if we go to countries like Germany, Holland, South Africa... there are 175 countries in the world that have affiliations in hockey, while the number is far less in case of cricket. So hockey is far more popular there. Countries like Korea, Japan, China that play hockey don't play cricket, don't even know cricket. It's only here that we are stuck [on cricket].



The Conversation in Progress: MMTTC Team with Coach Baldev Singh

But the condition is similar even of the women's teams in football and cricket. Neither team has much support.

No, it doesn't. So we should give more support to the girls. In fact, they deserve more support than the boys.

What would you say the future of women's hockey in India looks like at this moment?

Now they have time and opportunity. If they want to do something, it can be done. If sponsors come forward, if they take care of the girls, if they start training the youngest players right away, and plan for the next four years, there can be a lot of improvement. If the girls improve,

the boys will automatically improve.

What is one thing required at this moment to improve the condition of women's hockey in India today?

Sponsorships and funds are very important. Earlier, for example, Rani [Rampal] was criticized a lot by her family for taking up hockey and playing all the time. Now, ever since she has returned from the World Cup and has won recognition and support of the media, 5-6 other members of her clan have also joined the center. And now they admit that they made a mistake. Now they play hockey in every house. So if the girls do good work and are recognized for it and the media comes forward in their support,

then their relatives and families will also come together and hockey will improve automatically.

And what about the Shahabad nursery, what kind of future do you foresee for this center in the coming years?

I am here for maybe another few years, but there's a question mark as to what will happen or who will come after me. The center needs basic facilities. They also need a hostel here. We definitely need a hostel. And the government shouldn't send senior players to other departments. We should have faith in our own players. They should be retained in the sports department in the coaching line so that they can work here and carry forward the legacy.

In conversation with Arjuna Awardee Jasjeet Kaur, who played in the winning team during 2002-04, and posted the golden goal against Japan in the 2004 Asia Cup :-

रानी रामपाल ने किसी इंटरव्यू में कहा था की जब उन्होंने हॉकी खेलना शुरू किया तब उनके घर में कुछ दिक्कतें आयीं । आपके साथ भी ऐसा कुछ हुआ था?

नहीं, मेरे घर में ऐसी कोई प्रोब्लेम्स नहीं थी । मेरे घर वालों ने शुरू से ही मुझे सपोर्ट किया है हॉकी खेलने के लिए । मेरे एल्डर ब्रदर और सिस्टर भी हॉकी खेलते थे । मेरी एल्डर सिस्टर भी इंटरनेशनल प्लेयर हैं, राजिंदर कौर । हम दोनों इकट्ठे ही खेलते थे इंडिया टीम में ।

आपने यह कब और कैसे तय किया की आप प्रोफेशनल हॉकी खिलाड़ी बनना चाहती हैं?



Bouquet Presentation to Arjuna Awardee Jasjeet Kaur

मैं अपने ब्रदर और सिस्टर के साथ ऐसे ही ग्राउंड में चली जाती थी । वहाँ बच्चों को खेलते हुए देखती थी । एक दिन बलदेव सर ने ही मुझे बोला हॉकी खेलने के लिए । तभी से मैंने

हॉकी खेलना शुरू किया ।

शाहाबाद में जो हॉकी का ये अट्रैक्शन है, क्या आपको लगता है की उसकी कोई ख़ास वजह है?



In Conversation with Ms Jasjeet Kaur

देखिये शुरू में तो ना ही facilities थी ना ही रेज़ल्ट्स थे । जब से बलदेव सर आये तब से उन्होंने कुछ लड़कियों को ले कर यहां पे हॉकी का खेल शुरू किया । फिर एक टीम बनी और उन्होंने रेज़ल्ट्स दिए, और 7 –8 साल लगातार रेज़ल्ट्स दिये । जब शाहाबाद के रेज़ल्ट्स अच्छे आये तब गवर्नमेंट का ध्यान इस तरफ गया और उसके बाद उन्होंने facilities देनी शुरू की । ढेसी सर ने भी हमे बहुत सपोर्ट किया ।

आप ने काफ़ी इंटरनेशनल टूर्नामेंट्स में खेले हैं । आपके राय में बाहर के और हमारे प्लेयर्स में क्या अंतर है, physically नहीं, सोच और खेल के अंदाज़ में?

वो तो physically बहुत strong होते ही हैं । बाकी psychologically भी बहुत strong होते हैं हमसे । हमारे प्लेयर्स पे थोड़ा प्रेशर ज्यादा होता है जो होना नहीं चाहिए ... पर वो हमसे अच्छी तय्यारी के साथ भी आते हैं । उनके पास facilities ज्यादा होती हैं । हमारे यहाँ अभी भी विमेंस हॉकी की तरफ उतना ध्यान नहीं दिया जाता ।

जब वर्ल्ड कप के लिए यहाँ की लड़कियां तैयारी कर रही थीं, आप भी यहीं थीं । ज़ाहिर है की कोचिंग सबसे ज़रूरी हिस्सा है ट्रेनिंग का, पर क्या आपको लगता है की उन्हें जो नए एक्विपमेंट्स दिए गए खेलने के लिए,

उनसे उनके परफॉरमेंस पर कोई असर हुआ?

जी, ज़रूर । हमारे कुछ लड़कियों की financial background उतनी अच्छी नहीं है, तो जब उनको शूज और हॉकी (स्टीक्स) दी गयी ... और हम में से किसी प्लेयर को हॉकी मिल जाये तो बहुत खुशी की बात होती है ... तो सारी लड़कियां बहुत खुश थीं । और उसी हॉकी से उन्होंने वर्ल्ड कप में परफॉरमेंस दिया । बहुत अच्छा लगा था कि कोई आगे आया हमारे प्लेयर्स को सपोर्ट करने के लिए । बहुत कम है लोग जो सपोर्ट करते हैं हॉकी को ।

यहाँ नर्सरी में ऐसी किसी चीज़ की कमी है जिसकी बहुत ज़रूरत है लड़कियों को?

एक तो हमे हॉस्टल की ज़रूरत है । अगर हॉस्टल बन जाये तो लड़कियों को बहुत अच्छे रहने के facilities मिल जायेंगे । काफ़ी लड़कियों को बहुत दूर दूर से आना पड़ता है, कुछ लड़कियां गाँव से आती हैं । और दोनों टाइम सुबह शाम के सेशन में आना उनके लिए थोड़ा मुश्किल हो जाता है । अगर हमारे पास हॉस्टल

होता तो जो लड़कियां हरयाणा के बाहर से आती हैं उनको भी रख सकते थे । और दूसरा एक अच्छे gym की तो हमें बहुत ज्यादा ज़रूरत है ।

यहाँ से कुछ लड़कियां हाल ही में हमारे ऑफिस आई थीं । क्या आप MMTC के लिए कोई मेसेज देना चाहेंगी ?

ढेसी सर के लिए ... हमारे विशेष हमेशा उनके साथ हैं । उन्होंने हमारे लिए बहुत कुछ किया । अगर वो नहीं रहते तो हमे इतना सपोर्ट नहीं मिलता और हमारे रेज़ल्ट्स इतने अच्छे नहीं आते । तो thank you, सर को और MMTC को ।

चक दे इंडिया !

“जयदीप साहनी, जो फिल्म के डायरेक्टर थे, वह हमारे साथ एक महिना कैम्प में ही रुके थे । इस मूवी से हमारे कंट्री में थोड़ा पता चला है लोगों को की विमेंस हॉकी भी है इंडिया में । उसके बाद थोड़ी पहचान में ज़रूर आई विमेंस हॉकी । पर फिर भी मैं समझती हूँ कि जो मेन प्लेयर्स हैं उनको इतनी पॉपुलैरिटी नहीं मिली । मॉडल्स को तो बहुत फेम मिला, पर जो रियल हीरोज हैं उनको इतनी पहचान नहीं मिली । उस हिसाब से मुझे लगता है कि अब भी मीडिया को और भी विमेंस हॉकी की तरफ ध्यान देने की ज़रूरत है ।”

Manjeet Kaur was one of the girls from Shahabad who played in the recent World Cup. Her mother, although shy and soft-spoken, was only too glad to speak to us about the pride her daughter had caused her:-

जब आप को पता चला कि लड़कियों ने देश का पहला ब्रॉज जीता है विमेंस हॉकी वर्ल्ड कप में, तो आप को कैसा लगा ?

हमें बहुत अच्छा लगा कि हमारे बच्चों ने कुछ कर के दिखाया देश के लिए।

जब मंजीत जी ने हॉकी खेलना शुरू किया तब आप खुश थे या आप को लगता था कि वो कुछ और भी कर ले हॉकी के अलावा?

हम तो बहुत गरीब थे हमारे पास कुछ नहीं था । हम तो साइकिल पे ही हर दिन 15 – 15 km आया-जाया करते हैं । बलदेव सर ने बहुत मदद करी है ... तभी जा के यहाँ तक आये ।

तो अब आप चाहेंगी की मंजीत जैसी जो और लड़कियां हॉकी खेलना चाहती हैं, वो भी जाये और खेले?

सब जाये, सब खेले । सब इस ग्राउंड का और देश का नाम रोशन करे ।

Navneet Kaur scored the Golden Goal in the World Cup match that helped India grab the bronze title. Her father, Shri Buta Singh, is proud to be known as 'Navneet's daddy' :-

जब नवनीत जी ने गोल्डन गोल किया और हमारी टीम मैच जीत गयी, आपको उनके पिता होने के तौर पर कैसा महसूस हुआ?

बहुत ज्यादा खुशी हुई जी । मैं तो नेट पे देख रहा था मैच .. जब लास्ट मोमेंट पे sudden death पे आ गए, पहले हमारी तरफ से रानी ने गोल किया, फिर दूसरी टीम ने किया, फिर दोनों तरफ से मिस हो गए, तब नवनीत ने लास्ट मोमेंट पे गोल कर दिया। गोल्डन गोल हो गया तो हमें बहुत ज्यादा खुशी हुई कि इनके

वजह से हम हिस्ट्री में पहली बार ब्रॉज मैडल ले आये ।

नवनीत ने जब पहली बार हॉकी खेलना शुरू किया तो आप के परिवार में सब खुश थे इस बात को ले के?

हम खुश थे ... मैंने उसको शुरू से आज तक बेटे की तरह ही रखा है । मैं आज तक उसको 'काका' कह के ही बुलाता हूँ । मेरा छोटा बेटा भी हॉकी खेलता है ... यहीं बलदेव सिंह जी के पास।

आप ने किसी इंटरव्यू में कहा था कि नवनीत के आप फॉर्दर ज़रूर हैं, पर बलदेव जी गार्डियन समान हैं ...

हाँ, वो तो हैं ही ... जैसे देखो जी, हमने तो पैदा किया और छोड़ दिया ग्राउंड्स पे, बाकी काम तो कोच बलदेव सिंह जी ने ही किया। और सबसे ज्यादा इसमें तो हमारे ढेसी साहब की हेल्प है । उन्होंने ही टर्फ लगवाया ... अभी कुछ समय पहले MMTC ने भी 5 लाख रुपये दिए ... उसमे इन प्लेयर्स को बहुत सारा सामान मिल गया, जिसके वजह से बहुत ज्यादा हेल्प हो रही है इस ग्राउंड की । आगे भी हम चाहेंगे कि MMTC वाले हमारी इसी तरह से हेल्प करते रहे और हम भी रेज़ल्ट्स देते रहेंगे इसी तरह से।

Special Thanks to :

**Shri Vipin Katyal,
Manager (CC),
Shri Ramlal Bangia,
Manager (DRO)
& the MMTC Ambala Office**



The MMTC Team with Coach Baldev Singh, Ms Jasjeet Kaur, the Parents of the World Cup players, and the Girls of Shahabad

50th Annual General Meeting of MMTC



G Anandanarayanan
Asst. Company Secretary

The 50th Annual General Meeting of MMTC held at 11.30 AM on 30th September 2013 was attended by Directors, Chairman of Audit Committee, and Statutory Auditors of the Company, apart from more than 5000 shareholders. Routine items were transacted like Adoption of Annual Accounts of

the Company for the year 2012-13 along with Directors' Report, Statutory Auditors' Report, Comments of C&AG of India for the period 2012-13, apart from the reappointment of retiring Directors and approval, inter alia, of the appointments of 5 more independent directors on the Board of the Company. Dividend

at the rate of 10% on the paid up equity capital of Rs.100 crores as on 31st March 2013 absorbing Rs.10.00 crores out of the accumulated profits of the company for the previous years was declared for distribution to the eligible shareholders of the Company. No special resolution was passed at the said AGM.

46th AGM of MMTC TCS Limited



Shri Rajeev Jaideva, Director (Personnel), with the Members of MMTC TCS Limited

The 46th Annual General Meeting of the MMTC Co-operative Thrift and Credit Society Limited was held on 9.10.2013 at

2.30 PM at SCOPE Auditorium. Shri Rajeev Jaideva, Director (Personnel), Shri M.G. Gupta, Director (Finance), and Shri P.K. Jain, Director (Marketing), and the members of the Society attended the meeting. Dividend of 15% on shares for the years 2012-13 was declared for payment, which is 1% higher than the previous year's.

Rain Water Harvesting - A CSR initiative by RO Goa

Vernon D'Silva
Dy. Manager (RO- Goa)

Rainwater harvesting is the process of accumulation of rainwater for reuse before it reaches the aquifer. In many places the water collected is just redirected to a deep pit with percolation. The harvested water can be used as drinking water after filtration as well as for garden work/ for livestock and other purposes like irrigation.

Rainwater harvesting provides a water supply independent of Municipal /PWD water supply. It prevents flooding of low-lying areas, replenishes the ground water table, and enables dug wells and bore wells to yield in a sustained manner. It also helps in the availability of clean water by reducing the salinity and the presence of iron salts.

The rainfall capturing areas such as a building roof must be large enough to maintain adequate flow. Likewise, the water storage tank should be large enough to contain the captured water.

The principle of collecting and using precipitation from a catchments surface - The old technology is gaining popularity in a new manner. Rain water harvesting is enjoying a renaissance of sorts in the world, but it traces its history to biblical times. Extensive rain water



Inspection of the Rainwater Harvest project by Sarpanch, V.P. Chicalim, Headmaster of Regina Mundi High School, MMTC Officials, members of Ward No. 8 (Regina Mundi) Development Committee

harvesting apparatus existed 4000 years ago in Palestine and Greece. In ancient Rome, residences were built with individual cisterns and paved courtyards to capture rain water to augment water from city's aqueducts. As early as the third millennium BC, farming communities in Baluchistan and Kutch impounded rain water and used it for irrigation dams.

Artificial recharge to ground water is a process by which the ground water reservoir is augmented at a rate exceeding that of obtaining under natural conditions or of replenishment. Any man-made scheme or facility that adds water to an aquifer may be considered to be an artificial recharge system.

Rain water harvesting is essential because the surface water is inadequate to meet our demand

and we have to depend on ground water. Due to rapid urbanization, infiltration of rain water into the sub-soil has decreased drastically and recharging of ground water has diminished.

There are two main techniques of rain water harvesting.

1. Storage of rainwater on surface for future use.
2. Recharge to ground water.

The storage of rain water on surface is a traditional technique and structures used are underground tanks, ponds, check dams, weirs etc. Recharge to ground water is a new concept of rain water harvesting and the structures generally used are Pits, Trenches, Dug wells, Hand pumps, Recharge wells, Recharge shafts, Lateral shafts with Bore-wells, etc.



Construction Work in Progress at the Project Site

has abundant rainfall. The rainwater gets washed down the hill in to the Zuari river and onward into the Arabian Sea. The construction of the rainwater harvesting project will enable the school to have water for about 200 days i.e. 100 days during the monsoon (From June to September) and 100 days of the stored water in the post monsoon period.

In a function conducted by the Village panchayat, the principal of the school, Brother Anish, thanked MMTC and the Chicalim Panchayat for taking the initiative to launch the harvesting project.

The Inaugural function was also attended by the Local MLA Shri Mauvin Godinho, the Zilla Panchayat Chairperson (SG) Mrs Nelly Rodrigues, Chicalim Village Panchayat Sarpanch Mrs Mary Mascarenhas and member Mr Francisco Nunes and the then Regional In-charge of MMTC Goa, Shri A F Sequeira, who addressed the gathering on the occasion.

Ground water exploitation is inevitable in urban areas. But the groundwater potential is getting reduced due to urbanization resulting in over-exploitation. Hence, a strategy to implement groundwater recharge in a major way is need to be launched with concerted efforts by various Governmental and Non-Governmental Agencies and Public at large to build up the water table and make the groundwater a reliable and sustainable source for supplementing water supply needs of the urban dwellers.

Recharge of groundwater through storm run off and roof top water collection, diversion and collection of run off into dry tanks, play grounds, parks and other vacant places are to be implemented by Special Village Panchayats/ Municipalities /Municipal Corporations and other Government Establishments with special efforts.

The Special Village Panchayats /Municipalities/Municipal Corporations will help the citizens

and builders to adopt suitable recharge method in one's own house or building through demonstration and offering subsidies for materials and incentives, whenever possible.

MMTC as a responsible corporation in its continues efforts of bringing improvement and development for the betterment of the society has implemented the rain water harvesting system at the Regina Mundi School with the support of the Chicalim Village Panchayat.

The Regina Mundi High School is located at the top of the Chicalim Village plateau which is at a considerable height above sea level. The School caters to about 1000 students from the Village of Chicalim and nearby areas. Due to the school's location at the hill top, water has traditionally been in short supply even though Goa



Inaugural Function of the Rainwater Harvest Project & other projects for Ward No. 8 V.P. Chicalim at the Regina Mundi High School

Donation of Ambulance by RO Bhubaneswar

S. Rahim Basha
Dy. Manager (Admin/ RB)

M MTC's Regional Office - Bhubaneswar, as a Corporate Social Responsibility initiative, donated one ambulance to St. John Ambulance, Odisha State Centre, Bhubaneswar, a social service organization that provides ambulances free of cost to the poor and the needy. As proposed, a Maruti Omni van was purchased for St. John Ambulance. On 9th July 2013, at Gopabandhu Ayurved College, Puri, a glittering function was organized in the presence of various dignitaries. His Excellency the Governor, Odisha, and President, St. John Ambulance, Dr. S.C. Jamir was the chief guest of the function and inaugurated the 25th National



Shri B. Dash, GM (RO – Bhubaneswar) with His Excellency the Governor , Odisha, Dr. S.C. Jamir at the Inaugural Function of the 25th National Service Camp

Service Camp in the presence of Shri Niranjana Pujari, Hon'ble Minister, Industries & Excise, Odisha, also Vice President of St. John Ambulance, and Shri Benoy Kumar Behera, Addl. Director General of Police (FS & HG), Vice Chairman, St. John Ambulance.

A formal invitation was sent by Dr. Jagannath Mohapatra , Honorary Secretary, St. John Ambulance

to MMTC Limited for attending the inaugural function. The same was forwarded to Corporate Office and it was proposed by the Competent Authority that Shri Banshidhar Dash, General Manager, RO - Bhubaneswar would attend the function on behalf of MMTC Limited for handing over the ambulance.

His Excellency the Governor of Odisha flagged off the ambulance donated by MMTC and the vehicle was put to service on the occasion of Rath Yatra of Lord Jagannath on 10th July 2013. His Excellency the Governor of Odisha also thanked MMTC for the noble gesture and presented a memento that was received by Shri B. Dash.



The Ambulance donated by MMTC Bhubaneswar to St. John Ambulance, Odisha State Centre, Bhubaneswar

Events at RO-Vizag



Fire fighting Demonstration by Representative from Cease Fire Company

E.Malarvannan
DGM (RO - Vizag)

Fire Fighting Exercise

RO - Vizag recently arranged a fire fighting demonstration through Cease Fire Company, which maintains the fire fighting equipments of the Vizag office. The exercise was arranged for the benefit of the employees to tackle fire hazards in the event of an emergency. The different types of equipments to be used during different types of fires were explained by the agency in detail. The demonstration attended by all the employees was instructive

as a training exercise not only to manage fire hazards at office but also to tackle such hazards at home, as well as to adopt precautionary measures for prevention of such situations.

RTI Lecture

As advised by CO, RO - Vizag organized a video presentation on 27.08.2013 on the Right to Information Act. The presentation was made by Retd.

Prof. Kesava Rao from Andhra University. The program was attended by all employees of the RO. The subject was relevant and beneficial as it can be used in our everyday life to obtain necessary information.



DGM Shri E. Malarvannan introducing Retd. Prof. Kesava Rao to the officers



श्री एस के दास, महाप्रबंधक, द्वारा हिंदी सप्ताह के समापन समारोह का शुभारम्भ

विशाखापटणम में हिन्दी सप्ताह का आयोजन

क्षे त्रीय कार्यालय, विशाखापटणम में हिन्दी सप्ताह का आयोजन 06 सितंबर से 12 सितंबर तक किया गया। हिन्दी सप्ताह के समापन समारोह का शुभारंभ आमंत्रित मुख्य अतिथि श्री वार्ड. श्रीनिवास, सहायक निदेशक (राजभाषा), आयकर विभाग, विशाखापटणम, और श्री एस.के. दास, महाप्रबंधक, के द्वारा माता सरस्वती वंदना एवं दीप प्रज्वलित कर किया गया। इस अवसर पर आमंत्रित श्री श्रीनिवास ने हिन्दी के महत्व एवं इतिहास की विस्तृत जानकारी दी। उन्होंने कहा कि इस देश की संस्कृति एवं पूर्वजों को भूलना नहीं चाहिए। राजभाषा की प्रगति अवश्य होनी चाहिए। सब यथवत कोशिश करें कि कम से कम कुछ कागजी कार्यवाही हिन्दी में हो। कार्यालय में कागजी कार्यवाही हिन्दी

में करते समय यह ध्यान में रखना है कि हिन्दी पर्याय नहीं मिलने पर अंग्रेजी शब्दों को हिन्दी में लिखा जाए। उन्होंने आग्रह किया कि सभी लोग अपनी राजभाषा हिन्दी का पूर्ण सम्मान करें। उन्होंने यह भी कहा कि विशाखापटणम कार्यालय "ग" क्षेत्र में है। अतः हमें दिया गया लक्ष्य भी कम है। उसे पूरा करने में कोई कठिनाई भी नहीं है। उन्होंने बताया कि बहुभाषी भारत देश में हिन्दी सबसे अधिक लोगों द्वारा बोली एवं समझी जाने वाली भाषा है। हिन्दी हमारी मिली-जुली संस्कृति और भावनात्मक एकता का प्रतीक है। हिन्दी बोलने से कठिनाइयां जरूर कम हो सकेंगी।

हमारे महा प्रबंधक श्री दास जी ने समारोह में उपस्थित अधिकारियों एवं कर्मचारियों को कई उदाहरण देते हुए कहा कि चीन और जापान देशों की प्रगति उन देशों की मातृभाषाओं को अपनाने से ही हुई है। विदेशी भाषा अपनाने से नहीं।

इसलिए हमारी देश की प्रगति भी संविधान द्वारा दर्जा प्राप्त हिन्दी में काम करने से हो सकती है। यह जरूरी नहीं केवल अंग्रेजी में काम करने से ही देश की उन्नति होगी। उन्होंने अपने संबोधन को आगे बढ़ाते हुए कहा कि अगर देखा जाए तो चीन और जापान जैसे देशों में विज्ञान और टेक्नोलॉजी का विकास अंग्रेजी के उपयोग से नहीं बल्कि उन देशों के राष्ट्रभाषा के उपयोग से हुआ है। "मैं आप सब से अनुरोध करता हूँ कि कार्यालय के काम में भी हिन्दी का अधिक प्रयोग हो क्योंकि कार्यालय में सब लोग हिन्दी बोलते हैं, समझते हैं।"

हिन्दी सप्ताह के दौरान विभिन्न प्रतियोगिताएं जैसे निबंध प्रतियोगिता, सरल पत्र लेखन एवं हिन्दी वाचन प्रतियोगिताओं का आयोजन किया गया जिस में अधिकारियों एवं कर्मचारियों ने भाग लिया। महाप्रबंधक ने सभी विजेताओं को बधाई के साथ साथ नकद पुरस्कार प्रदान किए।

अंत में श्री एम.वी. जगन्नाधम, वरिष्ठ कार्यालय प्रबंधक (राजभाषा) ने राजभाषा अनुभाग की ओर से सभी उपस्थित मुख्य अतिथि, अधिकारियों एवं कर्मचारियों को धन्यवाद देते हुए हिन्दी सप्ताह समारोह का समापन किया।

एम.वी. जगन्नाधम
व.का. प्रबंधक (राजभाषा)





बायें से श्री राकेश शर्मा, प्रबंधक (राजभाषा), कार्यशाला वक्ता राष्ट्रीय समुद्र विज्ञान कार्यालय से (एन आय ओ), पुष्पगुच्छ भेंट करते हुए गोवा क्षेत्र कार्मिक प्रभारी एवं राजभाषा अध्यक्ष श्री आशिष सिक्वेरा, और सुश्री मंदा वल्वईकर, वरिष्ठ कार्यालय प्रबंधक (राजभाषा) सहायक सदस्य सचिव।



बायें से श्री गोविंद नाईक, व.का.प्र., सुश्री मंदा वल्वईकर, व.का.प्र., श्री एम डी. नाईक, वं.का.प्र., श्री श्री नाथ, उ.प्र., सुश्री शबीरना फर्नान्डीस, प्रबंधक, श्री वरनॉन डिसिल्वा, उ.प्र., डॉ राकेश शर्मा, प्रबंधक, आमंत्रित वक्ता, सुश्री शुभांगी रायकर, प्रबंधक, श्री एन एस रासम, प्रबंधक, श्री जी.बी. गांवकर, (एस सी डी), श्री लक्ष्मण पोरोब, प्रबंधक।

गोवा में राजभाषा कार्यशाला का आयोजन

गोवा क्षेत्रीय कार्यालय में दिनांक 25.07.2013 को "कम्प्यूटर पर यूनिकोड आधारित देवनागरी मंगल फॉन्ट का प्रयोग का प्रस्तुतीकरण" पर कार्यशाला का आयोजन किया गया।

इस कार्यशाला के लिए "राष्ट्रीय समुद्र विज्ञान" (एन.आय.ओ.) कार्यालय से हिन्दी अधिकारी डॉ. राकेश शर्मा, प्रबंधक को प्रमुख वक्ता के रूप में आमंत्रित किया गया था।

सर्वप्रथम हमारे हिन्दी अधिकारी श्री एन.एस. रासम, प्रबंधक ने कार्यशाला में उपस्थित कर्मचारियों का स्वागत किया और हमारे राजभाषा अध्यक्ष एवं उप महाप्रबंधक प्रभारी श्री आसिस सिक्वेरा ने श्री राकेश शर्मा, प्रबंधक, प्रमुख वक्ता का पुष्प गुच्छ भेंट देकर स्वागत किया तथा कार्यशाला के बारे में संक्षिप्त में संबोधन किया। कार्यशाला में 15 कार्मिकों का एक बैच चुना गया था, और सभी ने उपस्थिति लगाई थी।

डॉ. राकेश शर्मा जी का प्रस्तुतीकरण सराहजनीक था और सभी ने रोचकता से जानकारी हासिल की।

अंत में सुश्री मंदा वल्वईकर, व.का.प्र. (राजभाषा) ने धन्यवाद ज्ञापन करके कार्यक्रम संपन्न किया।

सुश्री मंदा वल्वईकर
व.का. प्रबंधक (राजभाषा)

क्षेत्रीय कार्यालय भुवनेश्वर में हिन्दी सप्ताह समारोह



महाप्रबंधक श्री बी. दाश एवं मुख्य अतिथि डॉ. अशोक कुमार पंडा द्वारा राजभाषा सप्ताह का उद्घाटन

क्षेत्रीय कार्यालय भुवनेश्वर में राजभाषा सप्ताह दिनांक 12.09.2013 से 16.09.2013 तक आयोजित किया गया। महाप्रबंधक श्री बी. दाश, एवं मुख्य अतिथि डॉ. अशोक कुमार पंडा, सम्पादक—सनमार्ग पत्रिका, ने उद्घाटन किया। डॉ. अशोक कुमार पंडा जी ने हिन्दी पर अध्ययन गोष्ठ किया।

मुख्य अतिथि डॉ. अशोक कुमार पंडा

जी ने अपना विचार रखते हुए कहा कि प्रत्येक वर्ष 14 सितम्बर को राजभाषा दिवस अवसर पर हमारा परम कर्तव्य है कि हिन्दी का प्रचार एवं प्रसार कर उसका सम्मान करें ताकि राष्ट्रीय एकता एवं संस्कृति को बल मिले। श्री बी. दाश, महाप्रबंधक ने कार्यालय में कार्यरत अधिकारियों एवं कार्मिकों से कार्यालय के कार्यों में हिन्दी का अधिक से अधिक प्रयोग करने का आग्रह किया। समारोह में कार्यालय में कार्यरत सभी अधिकारियों एवं कार्मिकों ने सोत्साह भाग लिया। इसके अन्तर्गत शब्द और वाक्य हिन्दी से अंग्रेजी अनुवाद और अंग्रेजी से हिन्दी अनुवाद प्रतियोगिता, हिन्दी

श्रुतिलेखन एवं वाद—विवाद प्रतियोगिताओं, कार्यशाला का आयोजन किया गया।

दिनांक 13.09.2012 को मुख्य अतिथि डॉ. नमिता स्वॉई, हिन्दी प्राध्यापक, हिन्दी शिक्षण योजना, राजभाषा विभाग, गृह मंत्रालय, भुवनेश्वर, को आमंत्रित किया गया। दिनांक 12.09.2013 को हिन्दी से अंग्रेजी, अंग्रेजी से हिन्दी अनुवाद प्रतियोगिता का आयोजन किया गया जिसमें कुल 8 कार्मिकों ने भाग लिया। दिनांक 13.09.3013 को हिन्दी श्रुतिलेखन और वाद विवाद प्रतियोगिता का आयोजन किया गया।

प्रतियोगिता का संचालन और निर्णय का कार्य डॉ. नमिता स्वॉई, श्री आर. एन. मारण्डी, उप महाप्रबंधक (विपणन), और श्री एस.बी. सेठी, वरिष्ठ प्रबंधक (का एवं प्रशा.) द्वारा किया गया।



वाद-विवाद प्रतियोगिता में तीन विषय दिये गये थे।

- 1) कड़े कानून बदलाव ला सकते हैं।
- 2) महानगरीय जीवन की सुविधायें और असुविधायें।
- 3) राजभाषा में सरकारी कामकाज सरल है या कठिन है।

दिनांक 16.09.2013 को हिन्दी कार्यशाला का आयोजन और संचालन श्रीमती बेबी रानी मिश्रा, प्रबंधक (हिन्दी), भारतीय खाद्य निगम, भुवनेश्वर द्वारा किया गया जिसमें वरिष्ठ प्रबंधक स्तर तक के कुल 44 कार्मिकों का नामांकन किया गया। इस आयोजन में हिन्दी में काम करने के लिए प्रेरित एवं प्रशिक्षित करते हुए अभ्यास कराया गया। कार्मिकों को राजभाषा हिन्दी के प्रचार, प्रसार के संवैधानिक उपबंधों से भी अवगत कराया गया।

दिनांक 16.09.2013 को पुरस्कार वितरण व समापन समारोह का



आयोजन किया गया। श्री बी. दाश, महाप्रबंधक और श्री अभीराम दास, उप महाप्रबंधक (वित्त व लेखा) द्वारा पुरस्कार वितरण किया गया।

श्री एस रहिम बाशा, उप प्रबंधक (राजभाषा) ने सभी कार्मिकों के सक्रिय सहयोग हेतु अपना धन्यवाद ज्ञापन किया तथा और सभी के व्यवहारिक सहयोग की अपेक्षा की ताकि हिन्दी दिवस, सप्ताह, पखवाडा

व मास की परिधि से बाहर निकल कर वर्षपर्यन्त सरकारी कामकाज के गगन में उन्मुक्त उड़ान भरती रहे तथा भारतवर्ष सही मायने में स्वतंत्र व गणतंत्र कहला सके।

अंत में, धन्यवाद ज्ञापन के साथ राजभाषा सप्ताह संपन्न हुआ।

एस रहिम बाशा
उप प्रबंधक (प्रशासन/राजभाषा)

राजभाषा कार्यशाला की रिपोर्ट

दिनांक 16.09.2013 को एमएमटीसी क्षेत्रीय कार्यालय भुवनेश्वर में राजभाषा कार्यशाला वरिष्ठ प्रबंधक स्तर तक के सभी कार्मिकों के लिए आयोजन किया गया। श्रीमती बेबी रानी मिश्रा, प्रबंधक (हिन्दी) भारतीय खाद्य निगम, भुवनेश्वर को कार्यशाला संचालन हेतु बुलाया गया।

श्री रहिम बाशा, उप प्रबंधक (प्रशासन/राजभाषा) ने उपस्थित सभी कार्मिकों का स्वागत किया। श्री बी दाश, महाप्रबंधक ने राजभाषा की गति-विधियों का विहंगम हृदय

प्रस्तुत किया, तत्पश्चात् कार्यशाला का उद्घाटन किया।

तदोपरांत श्रीमती बेबी रानी मिश्रा, प्रबंधक (हिन्दी) ने कार्यशाला का कुशल संचालन करते हुए कार्यालयीन विभागीय टिप्पणियों का लेखन, ज्ञापन, कार्यालय आदेश, परिपत्रों पर और अन्य राजभाषा की धाराओं पर प्रकाश डाला।

अंत में, श्री रहिम बाशा ने

धन्यवाद के साथ कार्यशाला सम्पन्न किया।



RO – Bhubaneswar Celebrates Ganesh Chaturthi

S. Rahim Basha
Dy. Manager (Admn/ Rajbhasha)

Ganesh Chaturthi, also known as *Vinayaka Chaturthi*, is a festival that is eagerly awaited and celebrated throughout India with devotion and enthusiasm over a period of 10 -11 days depending on the region and tradition. The festival remained primarily a family affair until it was revitalized by Shri Bal Gangadhar Tilak, one of the prominent national leaders during the freedom struggle in the late 19th century. This festival helped create a feeling of unity and togetherness among Indians that helped in the revival of their patriotic spirit. Shri Tilak stressed that Ganesh Chaturthi was a festival for everyone irrespective of the caste or class, and so he organized cultural events like plays, musical nights, and communal gatherings on the occasion, thus unifying all the classes of society against British rule. That was a time when social and political gatherings were prohibited by the British. Festivals like Ganesh Chaturthi that continued for days gave people the scope to interact and know each other. It is from then that this festival has been celebrated every year with great fervor all over the country.

This year Ganesh Chaturthi was



Ganesh Chaturthi puja in progress at RO - Bhubaneswar

celebrated on *Shukla Chaturthi* of the Hindu month of *Bhadra*, which generally falls between August and September. According to mythology, Lord Ganesha is regarded as “*Vigna Harta*” (One who removes obstacles) and “*Buddhi Pradaayaka*” (One who grants intelligence). This day is celebrated as the birthday of Lord Ganesha, the elephant-headed son of Lord Shiva and Goddess Parvathi. It is believed that worshipping Lord Ganesha during the festival will bring good luck and prosperity.

At MMTC RO – Bhubaneswar, this year also Lord Ganesha was placed in the lobby at the entrance on a raised platform decorated to pay homage. Shri B. Dash, General Manager, performed the

rituals in the presence of officers and staff and the priest who chanted the mantras. After *Pranapratishta* of the Lord, *arati* was performed and holy *prasad* was distributed to all the employees.

On the last auspicious day, i.e. *Ananta Chaturdashi*, the Elephant God is taken through the streets in a procession accompanied by live music and dancing to be immersed in a river, symbolizing a ritual see-off of the Lord in his journey towards his abode in Kailash while taking away with him the misfortunes of all human beings. After the final offering of coconuts, flowers and camphor, the idol is carried and immersed into the river with slogans of “*Ganapathi Bappa Morya, Purnchya Varshi Laukariya*” (O Father Ganesha, come again early next year).

Independence Day Celebration at RO Bhubaneswar

S. Rahim Basha
Dy. Manager (Admin/ RB)

The 67th Independence Day was celebrated at Regional Office Bhubaneswar. The ceremony began with the unfurling of the National Flag by Shri B. Dash, General Manager. Addressing the gathering, he

recalled the sacrifices made by great freedom fighters of their lives in the freedom struggle. He also highlighted the great thoughts of the great people who helped win freedom for our country, and appealed to everyone to join hands

and work with dedication for the betterment of our country and our Company. The event concluded with distribution of sweets.



बड़बिल में हिन्दी सप्ताह का आयोजन

भारत की स्वतंत्रता के बाद 14 सितम्बर 1949 को संविधान सभा ने एक मत से यह निर्णय लिया कि हिन्दी की खड़ी बोली ही भारत की राजभाषा होगी। इस महत्वपूर्ण निर्णय के बाद ही हिन्दी को हर क्षेत्र में प्रचारित करने के लिए राष्ट्रभाषा प्रसारित करने के प्रचार समिति, वर्धा के अनुरोध पर सन् 1953 से संपूर्ण भारत में 14 सितम्बर को प्रतिवर्ष हिन्दी दिवस के रूप में मनाया जाता है।

हिन्दी भाषा प्रेम, मिलन और सौहार्द की भाषा है। यह मुख्यरूप से आर्यों और पारसियों की देन है। हिन्दी के ज्यादातर शब्द संस्कृत, अरबी और फारसी भाषा से लिए गए हैं। हिन्दी अपने आप में एक समर्थ भाषा है। अन्तर्राष्ट्रीय स्तर पर हिन्दी के प्रति जागरूकता पैदा करने और हिन्दी के प्रयोग को प्रोत्साहन देने के उद्देश्य से विश्व हिन्दी सम्मेलन जैसे

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व.का. प्रबंधक

समारोह की भी शुरुआत की गई है। 10 जनवरी 1975 को नागपुर से शुरु हुआ यह सफर आज भी जारी है। अब इस दिन को विश्व हिन्दी दिवस के रूप में भी मनाया जाने लगा है।

हिन्दी भारत की नहीं पूरे विश्व में एक विशाल क्षेत्र और जनसमूह की भाषा है। 1952 में उपयोग की जाने वाली भाषा के आधार पर यह विश्व में पांचवें स्थान पर थी। 1980 के आसपास वह चीनी और अंग्रेजी के बाद तीसरे स्थान पर आ गई। 1991 में यह पाया गया कि हिन्दी बोलने वालों की संख्या पूरे विश्व में अंग्रेजी भाषियों की संख्या से अधिक है, जो मध्यम वर्ग के एक विशाल क्षेत्र को अपने में समेटे हुए है। इस मध्यम वर्ग की क्रय-शक्ति हाल के वर्षों में काफी बढ़ी है। आज अपने माल के प्रचार-प्रसार, पैकिंग, गुणवत्ता आदि



के लिए हिन्दी को अपनाया बहुराष्ट्रीय कंपनियों की विवशता है और उनकी यही विवशता आज हिन्दी की शक्ति बन गई है।

दिनांक 9 से 14 सितम्बर, 2013 तक कार्यालय में हिन्दी सप्ताह मनाया गया। कार्यक्रम का उद्घाटन करते हुए श्री शिव नारायण त्रिपाठी ने कहा कि हिन्दी एक सरल, सुगम व स्नेह वाली भाषा है जो राष्ट्र को एक सूत्र में बांधे रखती है। हिन्दी के महत्व को बनाए रखने के लिए हमें अधिकतर कार्य हिन्दी में ही करने की कोशिश करनी चाहिए।

दिनांक 10 सितम्बर को लेखन प्रतियोगिता तथा 12 सितम्बर को भाषण प्रतियोगिता का आयोजन किया गया। इसमें कार्मिकगण ने उत्साहपूर्वक भाग लिया।



बड़बिल में स्वाधीनता दिवस समारोह का आयोजन

15 अगस्त, 2013 को भारतीय स्वाधीनता की 67वीं वर्षगांठ के शुभ अवसर पर कार्यालय परिसर में झंडोत्तोलन किया गया। श्री शिव नारायण, वरिष्ठ प्रबन्धक ने झंडा फहराया। तत्पश्चात उपस्थित सभी लोगों ने राष्ट्रीय गीत गाए। श्री शिवनारायण त्रिपाठी, वरिष्ठ प्रबंधक ने अपने संक्षिप्त भाषण में कहा आजादी का यह मतलब नहीं है कि हम केवल अपनी मांगें रखें। हमें अपने कर्तव्य का भी पालन करना चाहिए। हमारी कम्पनी के लिए अभी

संकट की घड़ी है। हमें एकजुट होकर इसका सामना करना है तथा इस मुसीबत से हर हाल में हमें बाहर निकलना है। उन्होंने आगे कहा कि व्यापार में यह सब चलता रहता है। हमारे अच्छे दिन अवश्य ही आयेंगे।

उसके बाद जय हिन्द, जय भारत के नारे लगाए गए। अन्त में मिठाई वितरण के साथ समारोह का समापन किया गया।

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व.का. प्रबंधक

बड़बिल में सद्भावना दिवस का पालन



सद्भावना दिवस पर एमएमटीसी बड़बिल के कार्मिक

दिनांक 20 अगस्त, 2013 को एमएमटीसी, बड़बिल में राजीव गांधी का जन्म दिवस सद्भावना दिवस के रूप में मनाया गया। इस मौके पर सम्मेलन कक्ष में हुई सभा का शुभारम्भ उप महाप्रबंधक

श्री एस.के. तपादार ने किया। श्री तपादार ने कार्मिकों को संबोधित करते हुए कहा कि जाति-धर्म व संप्रदाय से ऊपर उठकर कार्य किया जाना चाहिए। इसके बाद सभी को

सद्भावना दिवस की प्रतिज्ञा पहले हिन्दी तथा बाद में अंग्रेजी में दिलायी गई।

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व.का. प्रबंधक

जयपुर में हिन्दी दिवस

जयपुर क्षेत्रीय कार्यालय में हिन्दी दिवस के उपलक्ष्य में 13 सितंबर, 2013 को एक प्रश्नमंच प्रतियोगिता का आयोजन किया गया। इस कार्यक्रम की अध्यक्षता माननीय महाप्रबंधक (प्रभारी) श्री संजीव दुआ ने की। प्रतियोगिता में राजभाषा नियम, शब्दावली एवं वाक्यांशों के अनुवाद, हिन्दी साहित्य तथा सामान्य ज्ञान से संबंधित प्रश्नों को शामिल किया गया। प्रश्नों को पर्चियों में लिखकर एक बॉक्स में रखा गया। प्रत्येक प्रतिभागी को बॉक्स में से एक पर्ची निकालकर उस पर अंकित प्रश्न का

उत्तर देना था। विजेता बनने के लिए अधिक-से-अधिक प्रश्नों के सही उत्तर देना जरूरी था। हर प्रश्न में एक उत्सुकता और रहस्य का मिश्रण रहता क्योंकि सही उत्तर प्रतिभागी को अगले पड़ाव पर पहुंचने का अवसर देता जबकि गलत उत्तर प्रतिभागी को प्रतियोगिता से बाहर करने वाला था। अंततः निम्नलिखित चार प्रतिभागियों को हिन्दी पुस्तकों के पुरस्कार के लिए चुना गया :-

श्री मुकेश कुमार शाह, उप महाप्रबंधक
श्री रवीन्द्र भट्ट, वरिष्ठ कार्यालय प्रबंधक

श्री राजीव कालड़ा, वरिष्ठ कार्यालय प्रबंधक

श्री उमेश वर्णवाल, ऑपरेटर

अंत में महाप्रबंधक (प्रभारी) श्री संजीव दुआ ने सभी प्रतिभागी कार्मिकों को कार्यक्रम में भाग लेने के लिए धन्यवाद दिया और विजेता कार्मिकों को बधाई दी। मनोरंजन एवं ज्ञान से भरपूर यह प्रतियोगिता सभी के लिए एक यादगार कार्यक्रम बन गयी।

विजय कुमार सहगल
उप प्रबंधक

बड़बिल में विश्वकर्मा पूजा का आयोजन

भगवान विश्वकर्मा पूजा का आयोजन बड़बिल कार्यालय के स्थापना वर्ष से ही होता चला आ रहा है। अब पहले की भांति उतनी धूमधाम नहीं रही किन्तु पूरे निष्ठा, नियम व श्रद्धा के साथ अभी भी कार्यालय परिसर में यह पूजा की जाती है। अन्य त्योहारों की तरह इसकी तारीख में कोई परिवर्तन नहीं होता है। यह हर वर्ष 17 सितम्बर को ही मनाया जाता है।

इस वर्ष भी इस दिन विश्वकर्मा पूजा का आयोजन किया गया। ब्राह्मण द्वारा मंत्रोच्चारण के साथ पूजा की गयी। कार्मिकों के सवारी गाड़ी,



बड़बिल कार्यालय में विश्वकर्मा पूजा का आयोजन

कार्यालय के कम्प्यूटर, जेनरेटर, पम्प सेट इत्यादि सभी उपकरणों को तिलक लगाकर फूलमाला चढ़ाई गयी। प्रसाद के साथ-साथ खिचड़ी का भोग भी लगाया गया। इस भोग का सभी कार्मिकों ने दोपहर के लंच के रूप में उपभोग किया।

श्री किशोर कुमार राम, वरिष्ठ कार्यालय प्रबंधक तथा सोहन कर्मकार, ड्राइवर ने उपरोक्त सभी कार्यों का निर्वाह बड़े ही अच्छे ढंग से किया।

कोमल शर्मा
व. का. प्रबंधक

राष्ट्रीयता के सजग प्रहरी – भारतेन्दु हरिश्चन्द्र

वीरेन्द्र कुमार यादव

(लेखक—विश्व हिन्दी सम्मेलन समन्वय समिति सह हिन्दी सलाहकार समिति भारत सरकार के सदस्य हैं)



देश गुलामी के जंजीरों में जकड़ा हुआ था। भारत में शासन की भाषा अंग्रेजी स्वीकार की जा चुकी थी। अंग्रेजी हुकूमत में पद लोलुपता की भावना प्रबल थी। बड़े ओहदों के लिए लालायित भारतीय, अंग्रेजी और विदेशी सभ्यता अपनाकर खुद गौरवान्वित महसूस करने लगे थे। भारतीयों में जो खुद को सभ्य और सुशिक्षित समझते थे वे हिन्दी को हेय दृष्टि से देखने लगे थे। अंग्रेजी की नीति से हमारे साहित्य पर बुरा असर पड़ रहा था। ऐसे समय में जब हिन्दी को एक दृढ़ आत्मविश्वासी कुशल नेतृत्व की आवश्यकता थी, जिसमें युग परिवर्तन और राष्ट्रीयता की रक्षा की क्षमता हो, ऐसे वातावरण में हरिश्चन्द्र बाबू अवतरित हुए। इनका जन्म काशी नगरी के प्रसिद्ध सेठ अमीचंद के वंश में 9 सितम्बर सन् 1850 को हुआ। जब इनकी उम्र 5 वर्ष की थी तो माता जी चल बसी और 10 वर्ष की आयु में पिता जी चल बसे। इनका विवाह 13 वर्ष की आयु में हो गया था। इनका निधन भी अल्पायु में ही 6 जनवरी 1885 को हो गया। घर के साहित्यिक वातावरण का प्रभाव भारतेन्दु पर पड़ा, उन्होंने 5 वर्ष की अवस्था से ही दोहों की रचना करनी शुरू कर दी थी।

वे विलक्षण प्रतिभा के व्यक्ति थे। उन्होंने सर्वप्रथम समाज और देश की दशा पर विचार किया और फिर अपनी लेखनी के माध्यम से विदेशी

हुकूमत का पर्दाफाश किया। वे विदेशी भाषा की अपेक्षा स्वदेशी भाषा के प्रबल पक्षधर थे। राजभाषा के रूप में हिन्दी को प्रोत्साहित करने वाले भारतेन्दु हरिश्चन्द्र पहले व्यक्ति थे। भाषा, धर्म, राजनीति, अध्यात्म, राष्ट्रीयता तथा सभी क्षेत्रों में भारतेन्दु जी ने लिखा।

इन्होंने अपने परिस्थितियों से गंभीर प्रेरणा ली। इनके मित्र मंडली में बड़े-बड़े लेखक, कवि एवं विचारक थे, जिनकी बातों से प्रभावित थे। इनके पास विपुल धनराशि थी जिसे इन्होंने साहित्यकारों की सहायता हेतु मुक्त हस्त से दान किया।

अपने जीवन काल में लेखन के अलावा और कोई कार्य नहीं किया। तभी तो 35 वर्ष की अल्पायु में 72 ग्रन्थों की रचना करना संभव हो सकता था। इनकी विद्वता से प्रभावित होकर 27 सितम्बर सन् 1880 में 'सार सुधा निधि' नामक पत्रिका में एक प्रस्ताव प्रकाशित हुआ कि बाबू हरिश्चन्द्र को 'भारतेन्दु' की उपाधि से विभूषित किया जाए। समस्त हिन्दी संसार ने तब इस प्रस्ताव का हृदय से स्वागत किया और बाबू हरिश्चन्द्र सदा के लिए हिन्दी भाषी जनता के 'भारतेन्दु' बन गये। यह जनता की दी हुई उपाधि थी जो तब भी सरकार और उसके समर्थकों के लिए चुनौती के रूप में थी, क्योंकि तभी सरकार ने राजा शिव प्रसाद को 'सितारे हिन्द' बनाया था। भारतेन्दु जनता के बनाये अपने भारतेन्दु थे।

यद्यपि भारतेन्दु जी विविध भाषाओं में रचना करते थे, किन्तु ब्रजभाषा पर इनका असाधारण अधिकार था। इनका, साहित्य प्रेममय था क्योंकि प्रेम को लेकर इन्होंने सप्त संग्रह प्रकाशित किये हैं। 'प्रेम माधुरी' इनकी सर्वोत्कृष्ट रचना है—

“मारग प्रेम की समुझै” हरिश्चन्द्र यथार्थ होता यथा है।

लाभ कुछ न पुकारने में, बदनाम ही होने की सारी कथा है।

बाबरे हैं ब्रज के सिंगरे मोहि नाहक पूछता कौन बिथा है।”

'बादशाह दर्पण' इनका इतिहास की जानकारी प्रदान करने वाला ग्रन्थ है।

इनके प्रमुख नाटक वैदिक हिंसा हिंसा न भवति—1873, भारत दुर्दशा—1875, सत्य हरिश्चन्द्र—1876, नीलदेवी—1881, अंधेर नगरी—1881, कृष्ण चरित्र 1881 इत्यादि।

उनमें अपने देश के प्रति बड़ी निष्ठा थी। उन्होंने सामाजिक समस्या उन्मूलन की बात की। अपने समकालीन शासकों के अत्याचारों के विरुद्ध जनता को जगाने की परंपरा इस देश में बहुत पुरानी है। परंतु संपूर्ण भारतीय जनता को संगठित कर आततायी शासकों के विरुद्ध संघर्ष करने की प्रेरणा का अभ्युदय हिन्दी में भारतेन्दु हरिश्चन्द्र के लेखन से ही प्रारंभ होता है। भारतेन्दु एवं उनके सहयोगी रचनाकार राष्ट्रीय यथार्थ के प्रत्येक पहलू पर अपनी दृष्टि गड़ाये हुये थे तथा परिणाम पर पहुँच चुके थे कि जब तक भारतवासी अपने देश के गौरवमय अतीत को

याद नहीं करेंगे तब तक उनमें से दौर्बल्य एवं हीनभावना का निष्कासन संभव नहीं होगा। इसी मूल भावना को आधार भूमि में रखकर अत्यन्त निश्चल उद्गार के साथ भाव प्रवण भारतेन्दु ने सरलतम शब्दों में भारत के महान स्वरूप की बड़ी मार्मिक मीमांसा प्रस्तुत की है।

विश्व में हर समय विद्या, कला संस्कृति, शांति तथा धन-वैभव में समृद्ध एवं अग्रणी रहनेवाला भारत आज जीर्ण-शीर्ण अवस्था को पहुँच चुका है। भारतेन्दु को यह दशा बड़ी ही कष्टकर लगती थी। "अब सबके पीछे-सोहू परत लरबाई! हा भारत दशा न देखी जाई।" जैसी पंक्तियाँ लिखकर अन्यत्र भी उन्होंने अपने अन्तः स्थल के बड़वानल को उड़ेल कर रख दिया।

हरिशचन्द्र चन्द्रिका पत्रिका मई-सितम्बर अंक 1875 में बड़े साफ शब्दों में भारतेन्दु ने भारतीय रियासतों की दुर्बलता की ओर संकेत किया।

"राज-भेंट सबही करौ अहौ अमीर नवाब।

हाजिर हवै झुकि-झुकि करौ सवै सलाम-अदब।"

भारतेन्दु संकुचित दायरे के कायल न थे। उनके जेहन में यह बात बिल्कुल घर कर गयी थी कि जनता के ऐक्य में इतना सामर्थ्य होता है जो बड़े-बड़े आततायी की कठोर दंड शलाका को भी झुका दे। ऐसी ऐक्य तथा संघ शक्ति को ध्यान में रखकर उन्होंने हिंदू राष्ट्र को बड़ा ही व्यापक रूप प्रदान किया ताकि अनेकता में भी एकता लाकर अत्याचारी शासकों के विरुद्ध संघर्ष तेज किया जा सके। उनका तो स्पष्ट उद्घोष था कि हिन्द की सहायता करो। बंगाली, मराठी, पंजाबी, मद्रासी, वैदिक, जैन, बौद्ध तथा मुसलमान सब एक का हाथ एक पकड़ो। उन्होंने अपने लेखन में यह सिद्ध कर दिया कि ईश्वर या

खुदा न किसी जाति विशेष से संबद्ध होता है नहीं यह किसी भी पूजा अभीष्ट पारस्परिक प्रेम तथा सहानुभूति के अतिरिक्त अन्य कुछ भी नहीं होना चाहिये, विशेषकर उस स्थिति में जबकि संसार से विदा लेते समय यहाँ का सारा साज-सामान यही छूट जायेगा।

जुलाई सन् 1874 में अपने द्वारा प्रकाशित कवि वचन सुधा पत्रिका के संपादकीय लेख में भारतेन्दु ने अत्यन्त पीड़ा पूर्वक लिखा था, 'बीस करोड़ भारतवासियों पर पचास हजार की संख्या वाले अंग्रेज शासन करते हैं।' दूसरे देशों के लोग क्या अंग्रेजों से लड़कर मुक्त नहीं हुए? वे अगर मुक्त हुए तो भारत के लोग मुक्त क्यों न हो? अमेरिका के स्वतंत्रता संग्राम से प्रेरणा लेने की बात उन्हीं की मस्तिष्क की उपज थी। इससे भारत भी स्वतंत्रता लाभ कर सकता है, यह उन्हीं का कथन था।

उन्नीसवीं सदी के प्रारंभ तक भारत में मुसलमान शासकों के समय से चली आ रही फारसी सरकारी कार्यालयों एवं कचहरियों की भाषा थी जबकि भारतीय जन सामान्य की यह भाषा नहीं थी। इससे जनता को बड़ी कठिनाइयों का सामना करना पड़ता था। इन्हें दूर करने के लिए ब्रिटिश सरकार ने सन् 1836 में एक कानून पास किया जिनके अनुसार सरकारी कार्यों के लिए हिन्दी के शब्द प्रयुक्त होने थे जिसकी लिपि अरबी-फारसी के ही रहे। किंतु इस कानून से जनता का कोई हित न हुआ उल्टे देश में जहाँ-तहाँ आंदोलन शुरू हो गये। भारतेन्दु एवं उनके मंडल के सहयोगी इस बात पर दृढ़ थे कि जब तक इस देश की एक अपनी भाषा नहीं होगी विदेशियों से चलने वाला हमारा संघर्ष दमदार न होगा। अतः इन लोगों ने मिल-जुल कर जून 1877 में भारतेन्दु हरिशचन्द्र के सभापतित्व में एक 'हिंदी वर्द्धनी सभा' नाम की संस्था स्थापित की। इस अवसर पर भारतेन्दु ने हिन्दी भाषा

संबंधी एक बड़ा ही सारगर्भित व्याख्यान दिया जिसमें अंग्रेजी तथा संस्कृत से लेकर अरबी-फारसी आदि समस्त भाषाओं से हिन्दी को सरल, सुबोध एवं सहज ग्राह्य बताकर हिन्दी के पक्ष में वकालत की गई। इस व्याख्यान के अंतर्गत कुल 98 दोहे हैं और इसका 5 वां दोहा सार्वकालिक एवं सनातन हैं जिसे राजभाषा के संदर्भ में सर्वाधिक ख्याति मिल चुकी है।

"निजभाषा उन्नति अहै सब उन्नति को मूल।

बिन जिन भाषा ज्ञान कै मिटत न हिय को शूल।।"

यह बात बेहिचक कही जा सकती है कि स्वदेशी भावना के सृजन से लेकर राजभाषा हिंदी के प्रचार प्रसार की लंबी यात्रा की ओर भारतीय जनता को ले जाने का श्रेय सर्व प्रथम भारतेन्दु को ही है।

"परतन्त्र भारत ने भारतेन्दु, प्रताप नारायण, प्रेमधन, महावीर प्रसाद द्विवेदी से लेकर प्रेमचन्द, प्रसाद, निराला, मैथिलीशरण तथा दिनकर सरीखे कई मूर्धन्य रचनाकार पैदा किए पर आज का स्वाधीन भारत उलूल-जलूल रचनाकार एवं उसी रंग में रंगे पाठक भी पैदा कर रहा है। जबकि आज भी देश-दशा में बहुत सी वैसी ही बातें देखने को मिल रही हैं जो भारतेन्दु के समय थी।" वस्तुतः आज की स्थिति में राष्ट्र हितों से विमुख तथा अपने ही व्यक्तिगत स्वार्थों के पीछे पागल बनी हुई वर्तमान पीढ़ी के लिए भारतेन्दु जैसे राष्ट्रप्रेमी रचनाकारों के व्यक्तित्व एवं कृतित्व से प्रेरणा एवं प्रोत्साहन लेने की आवश्यकता है।

इन्होंने अपने कार्यों से हिन्दी साहित्य के क्षेत्र में सदा के लिए स्थायी रूप से स्थान बनाया है। अपनी विशिष्ट सेवाओं के कारण ही ये आधुनिक हिन्दी साहित्य के आधुनिक काल के प्रवर्तक कहे जाते हैं।

Concept of Workman in Changed Global Scenario

Madhusudan Jena
Sr. Manager (Law)

Sec 2(s) of Industrial Act, 1947 defines workman as follows:

"Workman" means any person (including an apprentice) employed in any industry to do any manual, unskilled, skilled, technical, operational, clerical or supervisory work for hire or reward, whether the terms of employment be expressed or implied, and for the purposes of any proceeding under this Act in relation to an industrial dispute, includes any such person who has been dismissed, discharged or retrenched in connection with, or as a consequence of, that dispute, or whose dismissal, discharge or retrenchment has led to that dispute, but does not include any such person--

(i) who is subject to the Air Force Act, 1950 (45 of 1950), or the Army Act, 1950 (46 of 1950), or the Navy Act, 1957 (62 of 1957); or

(ii) who is employed in the police service or as an officer or other employee of a prison;

or

(iii) who is employed mainly in a managerial or administrative capacity;

or

(iv) who, being employed in a

supervisory capacity, draws wages exceeding one thousand six hundred rupees per mensem (which has been revised to ten thousand rupees) or exercises, either by the nature of the duties attached to the office or by reason of the powers vested in him, functions mainly of a managerial nature.

The scope of aforesaid expression has been the subject matter of judicial interpretation in a series of decided cases. In the post-Independence era till 1980s, the courts have taken a very restricted view on interpretation of workmen. However, in later years, due to rapid growth of industry and expanding economic activities, the courts have taken a liberal view in interpreting the concept of workman.

In a land mark decision in the case of Union Carbide India Ltd. vs. D Samuel & others, (1999) LLR 21 (Bom), the Hon'ble Bombay High Court summarized the test laid down by Supreme Court in various decisions as follows:

1. Designation is not material but what is important is the nature of work;
2. Find out the dominant purpose of employment and not any additional duties the employee may be performing;



3. Can he bind the company/employer to some kind of decisions on behalf of the company/employer;
4. Has the employee the power to direct or oversee the work of his subordinates;
5. Does he have the power to sanction leave or recommend it; and
6. Does he have the power to appoint, terminate or take disciplinary action against workmen.

Further in the case of Surendra Kumar vs. Union of India, 1986 Lab. IC 1516 (All), the Hon'ble Allahabad High Court has decided that a doctor who has been performing duties of technical nature is a workman irrespective of whether the hospital is charitable or not, under the Industrial Disputes Act.

Simultaneously, the Division Bench of Kerala High Court in the case of Mar Basellos Medical Mission Hospital vs. Dr Joseph Babu 2010 LLR 376 held that a senior doctor engaged in diagnosis and treatment of patient was not a workman under Industrial Dispute Act.

The court gave the following reasons:

- (i) A post-graduate doctor was engaged at a fairly high salary for treatment of patients as a senior doctor in the department of medicine.
- (ii) His work is essentially to diagnose diseases of patients and treat the same.
- (iii) A senior doctor is always assisted by a team of junior doctors, medical attendants, nurses, etc and it is the duty of the senior doctor to ensure examination of the patient by way of x-ray, blood test, etc and that the treatment suggested by him is carried out strictly in accordance with his instructions.
- (iv) No one can doubt that any

subordinate employee disobeying the doctor's instructions will do so expect at the risk of disciplinary action.

Further the Supreme Court in the case of Devinder Singh vs. Municipal Council, Sanaur 2011 LLR 785 (SC) while interpreting Sec 2(s) of the ID Act ruled that

1. The source of employment, the method of recruitment, the terms and conditions of employment / contract of service, the quantum of wages/pay and the mode of payment are not at all relevant for deciding whether or not a person is a workman within the meaning of Sec 2(s) of ID Act.
2. The definition of workman also does not make any distinction between full-time and part time employees or a person appointed on contract basis. There is nothing in the plain language of Sec 2(s) from which it can be inferred that only a person employed on regular basis or a person employed for doing whole-time jobs is a workman and the one employed on temporary, part-time or contract basis on fixed wages or as

a casual employee or for doing duty for fixed hours is not a workman.

3. Whenever an employer challenges the maintainability of industrial dispute on the ground that the employee is not a workman within the meaning of Sec 2(s) of the Act, what the labour court / industrial tribunal is required to consider is whether the person is employed in an industry for hire or reward for doing manual, unskilled, skilled, operational, technical or clerical work in an industry. Once the test of employment for hire or reward for doing the specified type of work is satisfied, the employee would fall within the definition of workman.

From the above, we can conclude that the definition does not exclude persons employed on (i) temporary basis (ii) part-time (iii) contract basis on fixed wages, (iv) casual employees, (v) for doing duty for fixed hours. The court has also brushed aside various tests laid down by it in its earlier decisions.

"It is not the brains and ability and drive of the top men. It is not the cleverness of the purchase/ sales and finance bosses. No! In any work, it is the spirit and morale of the employees that really matter. What do the men think of the company? How they will work together as a team? Do the men work only because they are ordered to or because they want to? These are the things that really matter."

From the book '109 Ways of Getting to the Top' by C.N. Parkison and M.K. Rastogi

Contributed by Shri Madhusudan Jena, Sr. Manager (Law)



The Nuts & Bolts of Retail Business: Part II

M.k. Suryanarayanan
Ex-Senior Manager

The Set-up

A retail business can be set up as

1. a proprietor firm
2. a partnership firm
3. a corporation
4. a company

A proprietor firm or a shop is singly owned. Such a shop lacks finance and does not have much space to stock its good; so variety of products available will be limited. Very often it may not have the product that is required by a customer. These shops run on daily collection of money.

Two or more persons may join and form a partnership firm. These firms are better than the single owned shops or firms as the partners can contribute finances in certain proportion, run the business and share the profits according to the amount of contribution. The risk is that there may be misunderstanding between the partners and the partnership may have to be dissolved. Or the partnership may have to be dissolved in case a partner dies or retires from the business.

Forming a Corporation or a

Company for running a retail outlet is the best alternative. The advantage of such a type of retail outlet is that there would be a number of people running the outlet with each being an expert in his field – finance, marketing, inventory control, customer relations, etc. Compared to a proprietor firm or a partnership firm, a Company or a Corporation can secure finance from a banking institution easily. Generally companies are formed with an idea of becoming a chain of retail outlets.

The Strategy

Selecting a location for retail shopping- Selecting a location for running a retail shop is very crucial for success of the shop. Select a place which is not predominantly inhabited by people with low income group. Their purchasing power may not match the prices of products sold. Further, people from such an area would like to purchase goods in fragmented quantity and it would be uneconomical to sell the products in such small quantities. Remember that a neat and clean surrounding is an attraction by itself.

Another important requirement is that the area should have adequate power, water, facilities for drinking water and other social requirements that can be easily accessed. The area should not require high environmental and safety standards as the requirement of these may reflect on the overheads of the Company, which means, squeezing on profits. Also, avoid an area where any other retailer sells the same type of goods.

Abandon a place where there is dearth of parking place and approaches to the shop are congested. The approaches should be friendly to customers, particularly to the senior citizens and to the handicapped persons.

The shop should be well ventilated. Enough space between rows of shelves should be available for customers to move around

along with trolleys. The height of the shelves should be such that a person with average height can reach the top of the shelf.

Retail pricing strategy - For pricing their products, most retailers adopt the technique of cost plus pricing. Depending upon the competition, location, etc. a mark-up amount is added to the retailer's cost. If the retail is located in a posh area where wealthy people reside, the mark-up can be high; otherwise the mark-up would be only moderate.

Another common pricing technique is to charge the same amount that is printed by the manufacturer of the product. Alternatively, when prices are not clearly displayed, there can be what is known as price discrimination, where the sale price is dependent upon the customer. A retailer can charge a high price if he finds that the customer is willing to pay the price. Another way of attracting customers is to offer concessions to students, discounts to youths, and to senior citizens.

Maintenance - Maintain cleanliness inside the shop. Mopping of the floors should be done regularly and during lean hours when the number of customers is few. Keep the place free of rats, mice, cockroaches, white ants, etc. Adequate number of trolleys should be available to customers to carry their goods upto a certain point outside the shop. In some of the foreign countries, these trolleys are charged at a nominal amount.

Goods display - The products should be arranged aesthetically on the shelves. Same products of different companies should be kept at one place but separately from other company's product. Quantity and prices of each product should be displayed on the product itself so that the customer knows the price that he is going to pay for the quantity he is about to purchase. Customers are likely to mix up the products, so the shop attendants should rearrange the products. There should be a regular system in place for cleaning the shelves each day so that the spillover products do not spoil the cleanliness of the shelves. No gap should be left in the display of the product and empty spaces should be filled up quickly and regularly.

Staffing - Retailers should have a fully trained staff. They should serve the customers with a smile and attend dedicatedly to the needs of the customers. They should be able to perform various functions during a day or even a month. Therefore, it is necessary that the staff is flexible and can perform any job that the retailers require. It is not necessary that the entire workforce should be permanently employed; a small percentage of the workers may be part-time employees. The staff should have good communicating skills to engage with the customers and guide them. Such behaviour would inspire confidence in the customers towards the shop. Once the customer is satisfied with the shop, he/she would continue to patronize the shop.

The Food – Health Relationship

K. B. Lakra
Manager (Personnel)

Medical science tells people to expect and accept chronic pain, declining health and reduced energy levels as they age. Let us examine the changes in our food supply that created most of the illnesses we experience today. But first let us understand why we need food and the origin of two major problems with our supply of food.

According to the Bible, the Garden of Eden freely contained “every tree that is pleasant to the sight and good for food”. Because Eve tasted the apple, the ground was cursed so that it would yield food only with hard labor. Ever since, search for food has dominated our existence. But what is food and why is it so necessary for human existence? There are three main purposes that are served by food intake:-

1. **Energy.** Fuel or calories necessary for us to perform tasks and for organs to function.
2. **Building blocks.** Raw materials (e.g., proteins and many minerals) used to manufacture tissues.
3. **Catalysts.** Chemical compounds (e.g. vitamins, enzymes and some minerals) necessary to facilitate the chemical reactions that convert food into energy.

Human beings require food for

energy every few hours and require specific foods that function as building blocks and catalysts on a daily or semi daily basis. Our bodies are biologically programmed to immediately sense when energy is needed – we experience hunger pangs. Unfortunately, we usually become aware of missing building blocks or catalysts only when our bodies become ill from these deficiencies.

Our bodies are biologically programmed to seek out foods containing the highest amounts of energy. Foods containing the highest amounts of energy (e.g. sugar, fat) taste the best.

All food consists of one or more of six nutrient categories:

1. Water
2. Carbohydrates (contained in sugars, breads etc.)
3. Lipids (contained in fats, oils etc.)
4. Proteins (contained in meat, fish, eggs, vegetables etc.)
5. Vitamins (contained in fruits, vegetables etc.)
6. Minerals (contained in fruits, vegetables etc.)

Human body is composed of about 60 percent water. A mere 2 percent drop in body water can trigger fatigue and mental dysfunction. Drinking five glasses of water daily decreases the risk of colon cancer by 45 percent, the risk of breast cancer by 79 percent and the risk of bladder cancer by 50 percent. However, we should

avoid drinking water during meals. The chemicals in our stomach become less efficacious when diluted and this can cause valuable nutrients to wash through versus being absorbed by our body.

The energy contained in specific portions of food and the energy needs of the body are both measured in units called calories. The number of calories in a particular food can be when a weighed portion of the food undergoes combustion and the amount of heat produced is measured. It is possible to measure the number of calories burned during any particular physical activity, from sleeping to jogging.

Of the six nutrient categories, only carbohydrates (4 calories per gram), lipids or fats (9 calories per gram) and proteins (4 calories per gram) provide energy. The human body requires approx. 2,200 calories of daily energy in case of a woman and 2,900 calories per day for a man. A person doing daily athletic exercise requires more calories than a sedentary person. At any level of activity, the human body uses about 65 percent of energy for basal metabolic functions like breathing and pumping blood.

When our daily intake of calories exceeds our daily bodily requirements, the body converts these excess calories into fat, which is then stored in the body. A normal amount of fat, typically between 15 and 25 percent of body mass, is important for bodily functions ranging from maintaining body temperature to absorbing fat-soluble vitamins to cushioning vital organs. If we have

too little fat in our system, the body will begin destructively breaking down muscles and internal organs to meet its requirements for energy. However, when we consume more calories than body uses over a period of time, our body starts to store excess fat in visible places. Excess fat is associated with fatigue, heart disease, cancer and many other life-threatening diseases.

Excess stored fat should be converted back into calories when the body next requires more energy. This does not occur nowadays for four main reasons.

First, we consume available carbohydrate calories before fat calories. Just as a hungry person consumes the most readily available source of food, the human body always consumes the most easily convertible source of energy. Of the nutrients containing calories, carbohydrates are the simplest in form and thus

are the easiest for the body to quickly convert into energy. In contrast, molecules of fat are more complex and require additional energy and additional time to be converted into energy. The body always looks to available carbohydrates first for energy before it begins to break down ingested and then stored molecules of fat. This is why people crave carbohydrates when they haven't eaten for a while or immediately after performing strenuous exercise.

Second, our bodies tell us to look for more food before using stored reserves. When a person needs energy, he or she experiences hunger long before the body turns to its stores of excess fat. This biological programming served us well in prehistoric times – telling prehistoric humans to keep eating when food was plentiful before drawing on his stored reserves.

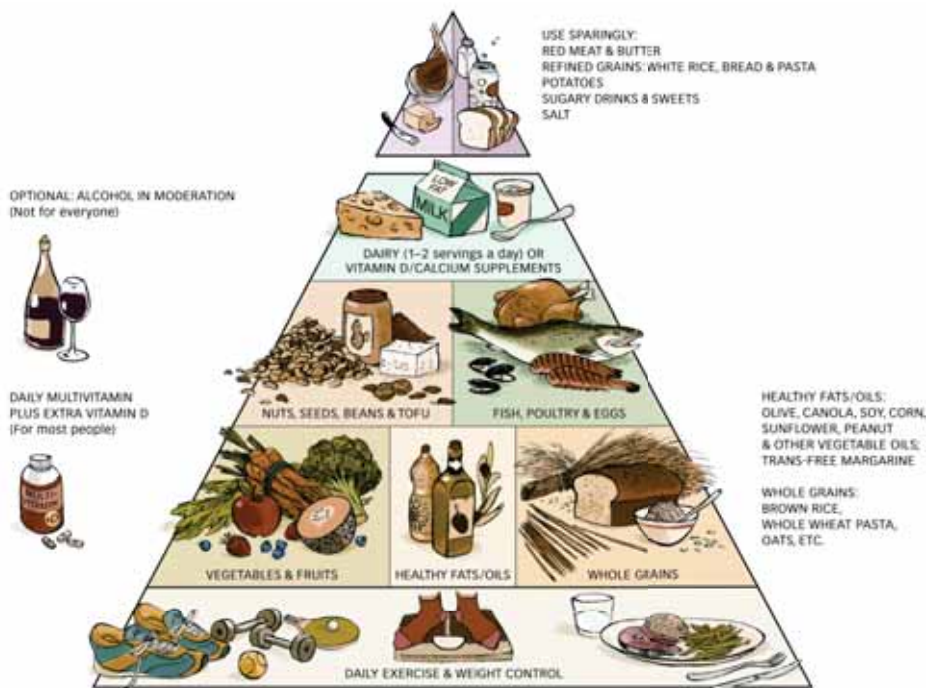
But the ability to make conscious

choices is what separates us from most of the animal kingdom. Humans and animals have virtually the same biological drive and desires, which yield pleasure when satisfied, with one all-important difference: Humans have a mind that is superior and can control the body's biological cravings.

It typically takes 10 to 15 minutes from the time we ingest food until our hunger is sated. When we take time between courses or bites to digest our food, our hunger becomes satisfied with only the amount of calories we require. But when we eat quickly at our desk between appointments or at fast-food restaurants, we often think we are hungry and keep eating even though we have already ingested more than enough calories.

Third, readily available food causes our metabolism to stabilize at the higher fat level. When people put on additional fat, say 15 pounds of weight during a vacation, their daily basal metabolic requirement for calories increases. Where their hunger used to be sated with 2,500 calories per day, they now require 3,000 calories in order not to feel hungry – their body and appetite having reached a new equilibrium at the heavier, 15 pound level. As long as food is readily available and people listen only to their stomachs regarding how much to eat, their weight gain will persist.

Fourth, the type of food we eat today is different than it was when our biological formula for energy storage was developed. The main reason that the stored excess fat may not be converted into energy calories is because our food today



contains much more fat. When our biological programming for food was developed, our ancestors ate mostly a low-fat vegetarian diet, with some game meats. And even those fatty foods that contained much less fat than they do today – game meats contain about 5 percent fat by weight versus the 30 percent fat by weight contained today in commercially produced and hormonally treated domesticated animals. Back then, fat was so rare and useful that our taste buds evolved to crave it. Today, unfortunately, this sensory craving has been exploited by our food suppliers.

The second major problem with our diet is that we are not getting the minimum amounts of building blocks and/or catalysts that our bodies require. Although most adults think of their bodies as fully grown, the individual cells that comprise their organs actually replace themselves on a daily to monthly schedule.

Our bodies manufacture 200 billion red blood cells each day, replacing all the blood in our body every 120 days. Skin is completely replaced every 1 to 3 months. It takes 90 days for old bone to be broken down and replaced by new bone.

The cells that comprise these replacement organs contain over 100,000 different proteins made up of 20 different amino acids. Food supplies us with plant and animal proteins containing the amino acids that our bodies require as the building blocks of living tissue. Without a daily supply of

proteins, vitamins and minerals, no matter how much energy we get in the form of calories, our bodies deteriorate because we are not able to fully replace the dying cells in our organs.

Food also supplies us with certain minerals we require as building blocks to repair and regenerate our living matter. There are 14 essential minerals, some of which are required as catalysts rather than as building blocks. Seven of these are major minerals, defined as those of which we need more than 100 milligrams per day – calcium, chloride, magnesium, phosphorus, potassium, sodium and sulfur. The remaining seven are called trace minerals, such as iron and zinc.

Food also contains the 13 essential vitamins our bodies require as catalysts to convert food into energy and to convert amino acids into living tissue. A catalyst is a substance that must be present, typically in a very small quantity, for a specific chemical reaction to occur. For example, without vitamin B3, present in green leafy vegetables and unprocessed grains, our bodies cannot break down proteins into basic amino acids. It doesn't matter how much protein we eat if our body can't process it.

When we don't get enough protein, vitamins and minerals, our initial symptoms include mood swings, fatigue, nervousness, headaches, confusion, and muscle weakness. Over the long term, such poor nutrition can cause cancer, hypertension, Alzheimer's, and many other diseases that we have grown to accept as part of our aging process.

Modern medicine typically treats these problems with drugs that focus on each symptom rather than on the underlying problem, i.e. what we eat or what we don't eat. But here is some good news. Our bodies require only a small amount of protein and a minuscule amount of minerals and vitamins on a daily basis.

The human body requires approximately 46 grams of protein daily for women and 58 grams daily for men. Ironically, meat and milk products are actually a poor source of protein because they contain high amounts of harmful fats compared to other protein sources such as fish, nuts, breads and vegetables.

The human body requires 13 essential vitamins in dosages ranging from 60 milligrams per day for vitamin C to 200 micrograms per day for vitamin B8 (folic acid). These quantities are naturally abundant in commonly available fresh foods. Similarly, the 14 minerals we require are contained in fresh foods in more than adequate quantities – 100 milligrams is only 3/1000 of an ounce.

Now here is the bad news.

Despite the relatively small amounts of proteins, vitamins and minerals we require and despite their abundance in natural foods, our biologically programmed need for these substances is not being met by our modern food supply.

When our ancestors were hunter-gatherers they subsisted on plant-rich diet of nuts, fruits, beans, grains, roots and game meats.

Because no single type of food was found in abundance, while they searched primarily for calories, they also consumed a variety of foods containing the different proteins, vitamins and minerals that their bodies required. (Conversely their bodies adapted to the nutrients in the variant of foods they consumed).

Over time, these hunter-gatherers became farmers. Channeling human ingenuity and the economic abundance that results from specialization, they learned how to efficiently produce large quantities of specific foods that they could then trade for other foods. They learned how to produce the foods that tasted the best and could last the longest – foods rich in fat like dried meats and aged cheeses. Meanwhile, world population rose steadily.

In the twentieth century, rising agricultural technology finally eliminated the age-old problem of food scarcity. Thanks to the green revolution, India and China went from starvation economies to net exporters of food. World population continued to grow.

During this period of technological advances in our food supply, our knowledge of basic nutrition was merely evolving. Many of our food scientists and engineers, let alone the consuming public, didn't know enough about the need for proteins, vitamins and minerals. Each food company concentrated on making each product taste better than that of the competition by adding fat, safer from microbe contamination by pasteurization, and last longer by adding

preservatives ranging from enormous amounts of sodium to chemical compounds.

The Food-Health Connection

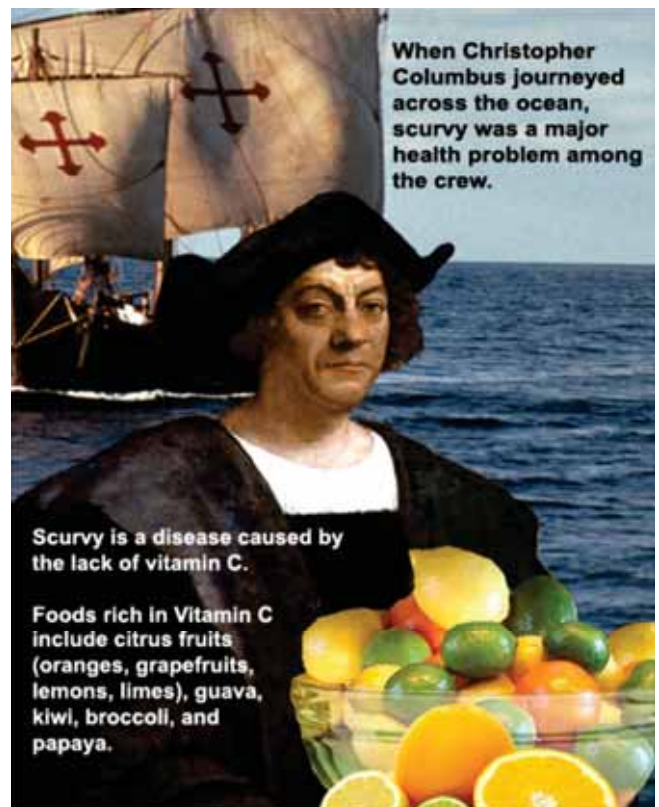
Decades ago, doctors began warning diabetics away from sugar and sugary foods. More recently, they have raised the alarm about the dangers of eating trans-fats and have begun advising people to restrict their intake of certain fish due to the risk of heavy metals contamination. That is, mainstream medicine has made the connection between food and disease – but it has yet to focus on the connection between food and health.

In contrast, sailors and explorers of the “new world” made the food-health connection five hundred years ago. They learned to avoid the horrors of scurvy by eating fresh whole foods. There are accounts of Christopher Columbus unloading desperately ill sailors to die on a tropical island only to return a few months later to find them not only alive but thriving. Similarly, when scurvy devastated the crew of French explorer Jacques Cartier in the winter of 1535 – 1536, First Nations people taught the sailors to treat the disease with a tea infused with evergreen needles. Early symptoms of scurvy include

bleeding under the skin and in deep tissue, receding gums and loose teeth, anemia, fatigue, joint pain, difficulty walking – a condition that the British Royal Navy viewed as mere laziness and treated with flogging.

The problem, however, was not laziness, but low production of collagen related to low intake of Vitamin C. As the disease progressed, bones began to rub painfully together, making it impossible to walk. Sailors eventually died of cerebral hemorrhage, blood loss, or convulsions.

Most physicians of the day scoffed at the idea that something in food could offer a treatment, maintaining it was the sea air that made the sailors ill. Nevertheless, Dr. John Woodall began treating scurvy with lemon juice and



ultimately convinced the East India Company to provide it to their sailors while they were at sea.

In the mid – 1700s, James Lind, a surgeon's mate with the British Royal Navy offered different remedies to six pairs of sailors afflicted with scurvy. To Lind's delight and surprise, the pair given a remedy that included a daily ration of two oranges and one lemon recovered. Eventually, the British Royal Navy was persuaded to use lime juice to prevent scurvy, but it took over 40 years of coaxing and cost an estimated 1,00,000 seamen their lives before the change was implemented.

Today, healthcare providers acknowledge that Vitamin C contained in citrus fruits and other foods offers a treatment for scurvy. Nevertheless, somewhat like its 8th century predecessors, modern mainstream medicine remains slow to make similar connections between dietary nutrients and health, although physicians have made the connection between some nutrients and certain health conditions: iron and anemia, calcium and osteoporosis and folic acid and neural tube defects, to name a few.

As pharmaceutical remedies were proving their worth at the beginning of the 20th century when infections were the leading causes of death, nutritional remedies appeared to be losing their value. Soils across the globe were degrading. Plants grown in different parts of the world did not

contain consistent levels of nutrients – at least in part because the quality of the soils varied from place to place. How could a physician rely on a nutritional remedy if it could not be measured or controlled? As the use of pharmaceuticals became more successful and more widespread, and as plants became an increasingly complex issue, nutritional remedies were slowly overshadowed.

Here are some freaky facts. When we experience a nutrient



deficiency, our body will try to alert us. It may send a message via any combination of seemingly inconsequential symptoms: aches and pains, circulatory problems, cognitive impairment (such as brain fog, poor concentration or memory loss), dandruff, depression, fatigue, infections, insomnia, irritability, or low energy levels. The underlying causes are difficult to pinpoint – especially for those who have not been trained in the science of nutritional deficiencies.

In these situations, standard medical tests seldom show

anything is abnormal, leaving both physician and patient at a loss. This is the point at which we may misinterpret the symptoms as laziness, a bad temper, hypochondria, some kind of mental or character weakness, or simply as normal ageing (old standbys the patients tend to accept all too readily). Our body's message has been sent and received, but grossly misunderstood. So we force ourselves to go to work, to get on with it. It is the modern near-equivalent of flogging a sailor in the early stages of scurvy.

If our doctor cannot diagnose or treat our symptoms or if we simply choose to ignore them, we may succumb to a more serious illness. It is important to realize, however, that we become ill one mouthful at a time, one sedentary day at a time, one nutrient-deficient, inactive week at a time. Despite the best that medical technology can offer, a heart attack or stroke can kill or permanently debilitate. In fact, once we become ill, we may end up in treatment for the rest of our lives.

In the midst of all this, let us not lose sight of the incredible healing power of our own body and the need to maintain its natural, healthy state. It is said that –

... it's not medicine which "cures", not the drug. No doctor can heal a wound. He or she can contribute toward its healing, can relieve the strain on the body in many ways,

support it, but healing and maintenance of health is the responsibility of the body's own defenses.

One of our body's main defenses is our immune system. It's our internal physician, on call 24 hours a day. Its job is to protect us against pathogens and toxins. In the face of new viral and bacterial threats, medical professionals are now advising people to do all they can to enhance their immune function as a first line of defense.

Unfortunately, many people have weakened immune systems that may not be fully up to the task of defending against disease. Not all that long ago, a cold or sore throat was something the immune system could handle fairly readily. Today, it seems more and more people are suffering through multiple bouts of flu and colds each year, and it's not uncommon for children or adults to have cough or sore throat for several weeks. If this is us, our body is not in its optimal state of well being and it's time to make some changes.

If we have allergies or arthritis or asthma or brain fog or cholesterol problems or constipation or cravings or fatigue or frequent colds or gingivitis or high blood pressure or infections or insomnia or irritable bowel syndrome or mood swings or chronic muscle pain or rashes or sinusitis or stomach pain or tonsillitis or weight problems or zits or any other symptom from a to z, then we are not healthy: we are coping.

These symptoms are signs of ill health, not a healthy state of being. They have to be addressed by improving our nutritional status and food is the primary source for health and nutrition.

When science is mute or ambiguous about nutritional issues, when marketers promote foods that have more flavor than nutritional value, when consumers fail to educate themselves about sound nutrition and especially when all these situations exist simultaneously – a nutritional void opens up. It's an empty space that fails to provide sufficient nutrients that are indispensable to lifelong vibrant health.

The food items being sold in the market are full of preservatives and pesticides. In most countries, farmers did not use fertilizers, chemicals and pesticides till about 1960. The use of these compounds has increased the agricultural yield by at least four folds. Therefore, the nutritional value of the agricultural produce gets divided accordingly.

Therefore, if a person ate four slices of bread or chapattis in 1960, he would be required to eat a minimum of sixteen bread or chapattis today to provide same nutrition to the body. On the contrary the people now eat only two slices of bread or chapattis. The nutrition to the agricultural produce comes from soil, water and air. Certainly, it does not come from the fertilizers, chemicals and pesticides. The nutritional value of food further

gets reduced substantially by the method of cooking. In addition to the above, we store cooked food/leftovers in the refrigerator and eat it later after re-heating. Every time one re-heats a meal, the nutritional value reduces to half. This implies that we are consuming a diet extremely low in nutrition.

Even fruits and vegetables provide maximum nutritional value only if consumed within four-six hours from the time of plucking/harvesting. But nowadays, due to paucity of time and change in lifestyle, we purchase fruits and vegetables in bulk for a week and store them in the refrigerator. Thus, the nutritional value is lost irrespective of storage method used. The availability of fresh vegetables and fruits has become a rare commodity.

It is a trend nowadays to eat out. The food in restaurants is made tastier by extra spices and oil. Neither of these ingredients provides any nutrition. Life is so fast that we find it convenient to nibble something at work from the canteen or order some fast food. All this is disastrous to health.

So we have junk food, factory food, additives, fresh fruits and vegetables that are most contaminated by pesticide residues and the inferior quality of agricultural soils - the soils that produce the food we eat and the nutrients the food provides to our cells thus add up to nutritional void.

Where is all this taking us? How does nutrition deficiency manifest itself in chronic degenerative diseases? We shall discuss this in the next issue.



The Biggest & The Strongest

An Oriental Legend

K. Unnikirishnan
Jt. Divisional Manager (Retd.)

Long ago, a large vulture lived in an island. The vulture was very proud of its size and strength and was often heard saying: “I am the biggest and strongest in the world. Can anyone prove to me otherwise?”

“Oh yes...!” said a sparrow engaged in collecting twigs on the ground. “There is yet another being that is much bigger and stronger than you. You would find it in the southern sea.”

So the vulture spread its wings and flew off towards the southern sea. The sea looked endless. The vulture could not find its rival. The

powerful wings of the bird began to tire. It then started to look for a place to rest a while. Soon, the vulture saw in the distance two red columns sticking out of the waves.

“Let me rest there for a while,” sighed the vulture in relief.

As soon as it perched on one of the columns, however, it heard a frightening voice like thunder, “Hey... what is this? Who is sitting at the end of my feelers?”

And suddenly, right from the middle of the waves, a huge lobster rose to the surface of the sea, waving its feelers. The vulture had mistaken those feelers to be the columns standing high in the sky. By then, the lobster’s feelers were swinging faster, and it coiled one of

its feelers around the throat of the vulture and began to strangulate the poor creature, saying: “So, you have the audacity to enjoy a ride on one of my feelers. Therefore, you have to be punished for the impertinence committed by you.” So saying, the lobster tightened its grip around the throat of the vulture.

Helpless in the lobster’s vice grip, the vulture begged, “Be kind enough to forgive me for the inadvertent mistake committed by me and let me go. I shall never fly over this sea.”

Meanwhile, the grip of the lobster had already slackened. It withdrew its feelers from the throat of the vulture gradually. But a cluster of feathers from the neck of the

vulture had got plucked off and fell into the sea and got scattered.

“Oh! What a terrible creature...! Now it is only wise for me to fly back to the shore,” muttered the vulture despondently and took to its wings.

It is believed that the bunch of feathers has disappeared from the neck of vultures ever since, thus turning their necks into bare skinny parts.

Meanwhile, the lobster laughed and exclaimed, “I am truly the biggest and the strongest in the world now. Or, is there anyone else that can equal me at least?”

A seagull swaying over the waves heard the lobster boasting. Unable to tolerate the false pride of the lobster, the seagull said: “Oh no! There is yet someone bigger and stronger than you. You just swim further towards the south and then you will come across your rival.”

The lobster sank into the depth of

the sea and swam with utmost vigour. It appeared to be an interminable journey. Gradually, the lobster felt the desire to rest for a while. All at once, it saw a huge

mountain rising out of the water. And he could also see two caves in the mountain.

“Ah, ha!” exclaimed the lobster. “Those appear to be quite cozy caves. I shall have a nap in one of them.”

And merrily wiggling its feelers, the lobster crawled into one of the caves. But what the lobster had thought as caves in a mountain were in fact the nostrils of a gigantic whale!

“Oh! Something is itching inside



my nose...” So saying, the whale sneezed hard. “...Hai-chh-eee...”

The helpless lobster was blown high, so high into the sky. It fell heavily on its back right on top of a huge rock sticking out in the ocean.

“Ouch... Ouch...,” cried the lobster. “My back is broken!”

The back of the lobster was indeed broken. And that is the reason why the backs of all lobsters have been curved ever since, as though the shells are broken...



Kudos

Shri Jaideep Singh, Sr. O.M., served as the Local Manager of Team Mumbai Indians during the Champions League T-20 2013, held in October 2013 at Feroz Shah Kotla Grounds, New Delhi.

Kudos



Kum. Mahejabeen, daughter of Shri Md. Ghouse, Field Officer, SRO – Bellary, has passed with distinction and secured 89.76% in SSLC Examination conducted by Karnataka Secondary Education Examination Board, Bangalore, in April 2013.



K Sai Sharath, son of Shri K. Madan Babu, Sr. OM, SRO – Bellary, has passed with distinction and secured 92.83% in the second year Pre-University Examination conducted by Karnataka State Examination Board, Bangalore, in March 2013.



M.B. Sachin Gautham, son of Shri M. Balasundaram, Sr. OM (PS), SRO – Bellary, has scored 83.67% in the Pre-University Examination 2013.



Kum. G.S. Meghna, daughter of Shri G. Srinivasulu, Manager, SRO – Bellary, has secured 10 out of 10 grade points in the Secondary School Examination conducted by CBSE.



Pratyush Ranjan, son of Shri P.K. Mallick, Sr. Manager, RO – Bhubaneswar, has secured 6th rank in the Odisha State and 139th International rank in the 3rd Science Olympiad Foundation Competition, held in January 2013.

Independence Day at MMTC, New Delhi



The 67th Independence Day of India was observed at MMTC's Residential Colony in Adhchini, New Delhi, like every year. Shri S.C. Chaturvedi, GM (Admin.), - seen here with the colony residents - unfurled the National Flag.

RWA Elections Held at MMTC Colony

Tribhuwan Mahato
President, MMTC Colony Rehayasi Vikas Samiti

The election of MMTC Colony Rehayasi Vikas Samiti, New Delhi was held on 8.9.2013 and the result of the same was declared on the same day. The following office bearers of RWA have been elected in the election:

	S/Shri	7. Treasurer	:	Sriram Kharwar
1. President	: Tribhuwan Mahato	8. Executive Members (6)	:	Manoj Kumar
2. Vice-President	: R.P.Singh			P.K.Jha
3. General Secretary	: Surinder Lal			R.K.Meena
4. Jt. Secretary	: Mohan Singh Bisht			Raje Singh
5. Organizing Secretary	: Shanker Yadav			Veena Sinha
6. Office Secretary	: Virender Singh (Bicha)			V.S.Yadav

बड़बिल में सेवा निवृत्ति

श्री रामचन्द्र दास, वरिष्ठ कार्यालय प्रबन्धक की आयु 60 वर्ष हो जाने पर उन्हे कम्पनी से सेवा-निवृत्ति दे दी गयी। उन्होंने एमएमटीसी में दिनांक 04.01.1973 को कार्यग्रहण किया था। बाद में विभागीय परीक्षा पास करने पर उन्हें कनिष्ठ सहायक के पद पर पदोन्नति दी गई। नवम्बर, 1982 में उन्होंने हिन्दी प्रवीण की परीक्षा पास की। 01.04.1989 को कनिष्ठ कार्यालय प्रबन्धक, 01.04.1993 को कार्यालय प्रबन्धक, तथा 01.04.1997 को वरिष्ठ कार्यालय प्रबन्धक के पद पर उनकी पदोन्नति हुई।

इस अवसर पर एक समारोह का आयोजन किया गया। जिसमें श्री शिव नारायण त्रिपाठी, वरिष्ठ प्रबन्धक, श्री जलधर महान्तो, वरिष्ठ प्रबन्धक (वित्त व लेखा), श्री एस.के. मंडल, उप प्रबन्धक (वित्त व लेखा) तथा कर्मचारी संघ के महासचिव व अध्यक्ष उपस्थित थे। सभी ने श्री दास की सराहना करते हुए कहा कि अपने कार्यकाल के दौरान श्री दास ने किसी को शिकायत का मौका नहीं दिया। वे काफी मिलनसार व्यक्ति रहे। श्री दास ने अपने छोटे से भाषण



में कहा कि एमएमटीसी से उन्हें जो गौरव व प्रतिष्ठा प्राप्त हुई है उसे वह कभी नहीं भूल पायेंगे।

कोमल शर्मा
व. का. प्रबन्धक

पाराद्वीप में विदाई समारोह



दिनांक 31.07.2013 को उप क्षेत्रीय कार्यालय पाराद्वीप में कार्यरत उप महाप्रबन्धक श्री सी.एच.एस. प्रसाद राव, स्थानांतरण होने के उपलक्ष्य में पाराद्वीप कार्यालय द्वारा एक विदाई समारोह का आयोजन किया गया जिसमें सभी पदाधिकारी एवं कर्मचारी उपस्थित थे। इस अवसर पर श्री प्रसाद ने अपने पाराद्वीप कार्यालय में बिताए गये पलों को स्मरण करते काफी भाव विह्वल हो गए और अपने कार्यकाल में सभी लोगों द्वारा किये गये सहयोग की काफी सराहना की और धन्यवाद किया।

दिनांक 31.07.2013 को उप क्षेत्रीय कार्यालय पाराद्वीप में कार्यरत माईका प्रभाग के कार्यालय प्रबन्धक श्री विनय प्रताप सिन्हा अपने कार्यकाल को सफलता पूर्वक पूरा करते हुए अवकाश प्राप्त किया और इस अवसर पर स्टाफ रिक्रिएशन क्लब पाराद्वीप की ओर से एक विदाई समारोह का आयोजन किया गया जिसमें सभी अधिकारी, कर्मचारी उपस्थित हुए और सिन्हा के मृदुल स्वभाव की प्रशंसा की तथा उनके सुनहरे भविष्य के लिए अपनी-अपनी शुभकामनाएं दी।

अनन्त चरण सिंह
क्षेत्राधिकारी (प्र.)



Superannuations at CO



Shri Anand Singh Negi	Grade II
Date of Appointment	05/11/1981
Date of Retirement	31/07/2013
Service Rendered	Nearly 32 years

Shri M.G. Gupta, Dir (Finance), with Shri Anand Singh Negi

Shri Vincent Tirky	Sr. Office Manager
Date of Appointment	23/10/1979
Date of Retirement	31/07/2013
Service Rendered	Nearly 34 years

Shri M.G. Gupta, Dir (F), with Shri Vincent Tirky



Shri Sher Singh	Sr. Office Manager
Date of Appointment	31/05/1978
Date of Retirement	31/07/2013
Service Rendered	Over 35 years

Shri M.G. Gupta, Dir (F), with Shri Sher Singh

Shri P.K. Vashisht	Sr. Manager
Date of Appointment	31/08/1980
Date of Retirement	31/08/2013
Service Rendered	Over 33 years

Shri M.G. Gupta, Dir (F), with Shri P.K. Vashisht



A Journey of 50 Golden Years

It has been 50 glorious years for MMTC since its inception in 1963 as the Minerals & Metals Trading Corporation. During these five decades the company has grown exponentially into a corporate giant, extending its areas of operation from the minerals and metals with which it was initially entrusted, to sectors including agro, power, fertilizers, coal and hydrocarbons, steel and precious metals. MMTC has adapted to changing paradigms to fit into newer roles and is today one of India's premier corporate houses, engaged in diverse trading activities, touching millions of lives across nations.

Within five years of its inception, MMTC had become the exclusive window for import and export under government ordinance for commodities such as iron ore and steel, and had reached the billion-rupee business status. In 1965, when the Indo-Pak war broke out, MMTC adopted the motto "Export of minerals for helping the national effort" and increased its pace of exports to aid the nation-building exercise.

By 1969, MMTC had consolidated its position as an export house by doubling its value of exports. In addition to Japan and Romania, it started export of iron ore to China, and commissioned an ore-handling plant in Visakhapatnam. In the next decade, MMTC had established its presence in Abu Dhabi, Bangladesh, Bahrain, Czechoslovakia, Dubai, Eastern Europe, Egypt, Hungary, Kuwait, Muscat, Pakistan, Philippines, Qatar, Singapore, Taiwan and Yugoslavia.

In 1974, the Mica Trading Corporation of India Limited

(MITCO) was formed as a subsidiary of MMTC for handling mica exports. Next year, the import of fertilizers was entrusted to MMTC. The following years saw the import of stainless steel sheets and strips, and the export of chrome ore and barytes canalized through the company. In its endeavour to diversify its activities in the field of export of non-traditional items, MMTC worked out a scheme to export finished products made out of imported raw materials such as copper, stainless steel, zinc, etc. By now, it had also started handling diamond imports.

The next few years, especially 1984-85, was a turning point for MMTC, as it took its first steps to making a transition from a canalizing agency to a full-fledged trading house. It thereafter began increasing its non-canalized exports and imports in direct competition with the private sector, going on to negotiate many successful counter trade deals. The big success at the time was negotiating a huge contract for the renewal of the railway system in Malaysia.

MMTC became the promoter of the Bharat Diamond Bourse in 1984 and entered the trade of emeralds. The jewellery complex at Jhandewalan started operations in 1987 and MMTC participated in its first international jewellery exhibition at Doha, Qatar. It also entered the trade of import of gold for supply to jewellery export units in 1988. The concept of establishing 100 per cent EOU (Export-Oriented Unit) jewellery complexes for promoting export of jewellery had its genesis with MMTC's entry into bullion business the same year. By its silver jubilee year, MMTC had become the country's top

exporter, dealing in a wide variety of items, from soya meal to HotShot cameras and photocopy machines, harnessing India's rich potential in international trading. Bulk trading by now was MMTC's core competency.

In 1993, MMTC became a public limited company, and the name of the company changed to MMTC Limited. It also expanded its global presence through foreign offices, diversified its operations, and set up joint ventures. Around this time, the idea of holding domestic jewellery exhibitions came up, by which the Festival of Gold became the flagship annual event in MMTC's retail activities.

By the 21st century, MMTC had grown into one of Asia's 1,000 largest companies and had become the first public sector enterprise to have been accorded the status of 'Premier Trading House' by the Indian government. Over the past five decades, MMTC has been a bridge for the Nation - sourcing what has been in short supply for India's industry while exporting its surplus to fulfill another country's growing needs. MMTC has also approached its CSR activities with gusto, encouraging a positive impact on the environment, communities, stakeholders and the society at large.

The company today stands as one of the nation's top wealth creators and a significant factor that aided the growth of foreign trade in India, adding to the foreign currency reserves and widening the scope of employment. It is, therefore, a proud occasion for the company and all its employees, of past and present, to share and revel in this historic 50th anniversary year.

Stop Press



Second Meeting Held of India Russia CEOs Council

The second meeting of India Russia CEOs Council was held on 21st October 2013 in Moscow. MMTC's CMD Shri D.S. Dhesi was part of delegation of the Hon'ble Prime Minister of India to Moscow for the Council Meeting.

The strength of India Russia bilateral relationship has been their friendly association that has traditionally defined foreign policy outlook and economic engagement. India and Russia aim to increase bilateral trade up to US \$20 Billion by 2015.

The Council emphasized the importance of identifying a road map for boosting economic engagements and working towards removal of barriers that affect trade and investment between the two countries. It was stated that the Council should work towards simplifying business processes and removing bureaucratic barriers. Emphasis should be placed on exploring new opportunities in areas of Hydrocarbons, Pharmaceuticals, Diamonds, Automobile sectors, etc. Russian expertise and technological advances combined with Indian innovative human capital can create collaborative frameworks in these areas of mutual interest. Members of the Council also highlighted sectoral issues and discussed other potential areas of cooperation.

Russia has the largest reserves of diamonds and is also the largest supplier while India has traditional expertise in cutting and polishing of diamonds. Thus cooperation between India and Russia is quite natural. Both MMTC and Hindustan Diamonds Company would like to see the participation of Alrosa, the Russian diamond producer, and other diamond companies as members of the Council.

The Council also noted that Russian business is complementary to Indian businesses. In today's challenging global economic circumstances it would be mutually beneficial if the two countries work together and engage in rewarding partnerships.



अधिक उत्पादन के लिए किसानों को प्रोत्साहन

●यूरिया, एमओपी, डीएपी, सल्फर आदि जैसे उर्वरकों का आयात

भारत के प्रमुख उपभोक्ताओं के बीच हमने स्वयं को एक भरोसेमंद और विश्वासी उर्वरक आपूर्तिकर्ता के रूप में स्थापित किया है। हम विश्व भर में उर्वरक की खरीद के लिए एक प्रमुख संस्थानिक खरीददार हैं और सभी प्रकार के उर्वरक उत्पादों की खरीद और बिक्री के लिए विश्व भर में एक महत्वपूर्ण श्रोत हैं।



50 वर्षों के उत्सव के अवसर पर हम स्वयं को खाद्य सुरक्षित भारत के प्रति समर्पित करते हैं।