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NSL

SUGARS

Sustainable Food, Fuel & Power

We...The People

October & November 2016



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From the Desk of the Managing Director



Greetings!

The impact of past years adversity on cane availability and our crushing estimates is quite a big challenge for all of our five business units. All our units are crushing moderately for this season. We are aware of this impending situation and this was elucidated in all Corporate deliberations. The Corporate team has laid down a strategic plan to overcome these consequences and to steer the company past this situation, that strategic plan comprises of *Cost Reduction, Optimization, Containment & Avoidance; optimum utilization of resources and driving a sense*

of task ownership & accountability in our workforce.

We must not compromise on our efforts on Cane front and at all means we must try and reduce losses in cane harvesting and transport. I also believe that Cane HOD's of all business units have been focusing on our **Cane Development Activities** for achieving budgeted **Cane Plantation** for this year.

I once again put utmost stress on **COST OPTIMIZATION**, as this is the most crucial phase. All the strategic business unit heads and department HOD's have great responsibility laid on their shoulders to lead the teams, execute strategic plans and drive team cohesiveness. We all need to work very hard to achieve the desired goal.

The coming months demand complete goal oriented behavior from all of us and we must be committed to deliver our best. I once again assure that the Units will get best support from the Corporate Team.

Advance best wishes for the coming New Year to all of you and wishing you all the best!

Ravindra S Singhvi

Honorable Group Chairman Birthday Celebrations @ Corporate



Blood Donation Camp @ Corporate on the eve of Honorable Group Chairman Birthday Celebrations

నూజివీడు సీడ్స్ ఉద్యోగుల రక్తదాన శిబిరం



రక్తదాన శిబిరాన్ని జ్యోతి ప్రజ్వలన చేసి ప్రారంభిస్తున్న ఎం. ప్రభాకరరావు

పేట్బషీరాబాద్, అక్టోబర్ 8 (వెన్ఎస్) : నూజివీడు గ్రూప్ ఉద్యోగులు శనివారం స్వచ్ఛందంగా ముందుకు వచ్చి కొంపల్లిలో రక్తదానం కార్యక్రమంలో పాల్గొన్నారు. మండవ ఫౌండేషన్ ఆధ్వర్యంలో నిర్వహించిన ఈ శిబిరాల్లో 1000 మందికి పైగా ఉద్యోగులు సంస్థకు చెందిన అన్ని ఆఫీసులు, ప్లాంట్లలో రక్తదానంలో పాల్గొన్నారు. హైదరాబాద్లోని కార్పొరేట్ ఆఫీస్ కార్యక్రమాన్ని సంస్థ ఫౌండర్ మండవ వెంకటరామయ్య ప్రారంభించగా మొట్టమొదటగా గ్రూప్ చైర్మన్ మండవ ప్రభాకరరావు దాతగా ముందుకు వచ్చారు. ఆంధ్రప్రదేశ్, తెలంగాణ, కర్ణాటక, మహారాష్ట్ర



రక్తదానం చేస్తున్న మండవ ప్రభాకరరావు

ప్రాంతాల్లోని విత్తనాలు, చక్కెర వ్యాపారాల ఉద్యోగులు రక్తదానం చేశారు. ఈ సందర్భంగా మండవ ప్రభాకరరావు మాట్లాడుతూ నూజివీడు సీడ్స్ సంస్థ సమాజసేవలో ఎల్లప్పుడూ ముందు ఉంటుందని తెలిపారు. మా సంస్థ ఎన్నో సమాజహిత కార్యక్రమాలని ముందుండి నిడివిస్తోంది. మొదటిసారిగా రక్తదాన శిబిరాలు నిర్వహిస్తున్నామని, ఈ రక్తాన్ని ఎన్టీఆర్ ట్రస్టుకి అందించడం జరుగుతుందన్నారు. ఎన్టీఆర్ ట్రస్టు వారు ఈ రక్తాన్ని తలసేమియూ వ్యాధితో బాధపడుతున్న పిల్లలకు చికిత్సకి అందిస్తారని తెలిపారు. ఈ కార్యక్రమంలో సంస్థ ఉద్యోగులు పెద్దఎత్తున పాల్గొన్నారు.

నూజివీడు సీడ్స్ గ్రూప్ ఆధ్వర్యంలో ఉద్యోగుల రక్తదాన శిబిరం



హైదరాబాద్, అక్టోబర్ 8 (వెన్ఎస్) : ప్రముఖ విత్తనాల సంస్థ నూజివీడు సీడ్స్ గ్రూప్ కు చెందిన ఉద్యోగులు శనివారం బంజారాహిల్స్ లోని కార్యాలయంలో స్వచ్ఛంద రక్తదాన కార్యక్రమాన్ని నిర్వహించారు. మండవ ఫౌండేషన్ ఆధ్వర్యంలో నిర్వహించిన ఈ శిబిరంలో 12 వందల మందికి పైగా సంస్థ ఉద్యోగులు రక్తాన్ని దానం చేశారు. ఈ కార్యక్రమాన్ని సంస్థ ఫౌండర్ మండవ వెంకటరామయ్య ప్రారంభించారు. ఇందులో గ్రూప్ చైర్మన్ ప్రభాకరరావు తదితరులు పాల్గొన్నారు.



Massive blood donation camp



OUR BUREAU

Nuziveedu Seeds Group of companies along with its CSR arm Mandava Foundation organised blood donation camp across all its offices and plants over the weekend. More than 1,000 employees participated at the Corporate office in Kompally and Sugar Plants lo-

cated in Mahboobnagar along with Textiles Units in Chandole, Edlapadu, Inkolli, Budampadu and Veeravalli in Andhra Pradesh. The blood donation camp was inaugurated by NSL Founder Mandava Venkatramiah. Group Chairman M Prabhakar Rao and Director M Asha Priya were the first donors. Speaking on the occasion, Rao

said that NSL always stood for the cause of the society and has been consistently striving and undertaking various welfare, charity and empowerment activities across its project locations. "For the first time, NSL conducted a blood donation camp on such a scale across all facilities to contribute to the cause of blood re-

quirement for the needy. The blood will be given to Red Cross Blood Bank in Telangana and Karnataka while in Andhra Pradesh, NTR Trust will use it for the cause of children suffering from Thalassemia, a genetic disorder when children get affected from their parents and will not have formation of red blood cells," he said.

ఉచిత వైద్యశిబిరానికి విశేష స్పందన



రక్తదానం చేస్తున్న నూజివీడు సీడ్స్ ఉద్యోగులు

పేట్బషీరాబాద్, అక్టోబర్ 8 : కుత్బుల్లాపూర్ మండలం కొంపల్లిలోని నూజివీడు సీడ్స్ లిమిటెడ్ విత్తనాల పరిశ్రమలో శనివారం ఉచిత రక్తదాన శిబిరం నిర్వహించారు. నూజివీడు సీడ్స్ వ్యవస్థాపకులు వెంకటరామయ్య, నిర్వాహకులు ప్రభాకరరావులు శిబిరాన్ని ప్రారంభించారు. తెలంగాణ, ఏపీ, కర్ణాటకలోని తమ సంస్థల్లో రక్తదాన శిబిరాలను ఏర్పాటు చేయగా వెయ్యి మందికి పైగా ఉద్యోగులు రక్తదానం చేసినట్లు తెలిపారు.

8 Secrets to an Amazing Life

- by Jitendra Kumar Sharma, VP-HR

It's unlikely that an amazing life just happens by chance. ***It's necessary to spend your time, energy, and focus in an intentional manner.*** Too many distractions, less important goals, and a shortage of resources can get in the way of living an amazing life. The lack of a clear objective is the greatest obstacle. These are challenges that can be solved with a little effort.



Create an amazing life that's meaningful and exciting to you:

1. **Remove what isn't necessary.** Too many responsibilities and distractions are obstacles to an amazing life. ***Get rid of anything that takes up time or space and doesn't provide a worthwhile return.*** It should be important to you if you choose to include it in your life.
2. **Decide on your priorities.** You might not be able to walk on Mars, climb K2, become a movie director, and be chief of neurosurgery at Johns Hopkins. However, you can accomplish some pretty amazing things over the course of a lifetime.
 - It's important to narrow your focus to a few priorities. What's the most important thing to accomplish or experience? Keep your list short.
3. **Stock up on the necessities.** Creating an amazing life requires courage. The more your risk, the more courage you require. But imagine if you had plenty of money, time, energy, and support. You'd need much less courage to chase after that amazing life. Fear will have much less influence over your life. Start building reserves in the key areas of your life.
4. **Remove the distractions from your life.** It might be the television, the casual friend you've been half-heartedly carrying around



for 7 years, or the goals that only interest you moderately.

- Warren Buffett often advises people to make a list of their top 10 priorities in order of importance. He then says to avoid numbers 4-10 like the plague. Those are the things that get in the way of accomplishing the top 3.

5. Deal with negative thoughts. Big goals and ideas stir up negative thoughts and emotions. Failing to deal with these can cause big challenges down the road. Be committed to expecting the best, finding solutions, and staying positive. ***Negativity takes the wind out of your sails and fuels procrastination.***

6. Spend your time wisely. There are multiple ways to accomplish any task. Avoid taking the easy path. The easy way is often the long way. Life is short, so choose the shortest path to your amazing life. This is often the most uncomfortable path, but you can handle it.

7. Get started. The first step is often the hardest. ***You have everything you need to take a meaningful first step.*** Avoid waiting for some future event to occur. You can do it today, even if you have kids, a limited income, or limited knowledge. Just get started.

8. It's not that difficult. There's really much less competition in the world than you think. Look at how much time the average person wastes at work and at home. Most people fail to prioritize their time. Most people don't have goals. Most people have too many distractions. When you choose the direction of your life and eliminate distractions, the road is relatively easy.



Is your life less than amazing? It doesn't have to be. ***Setting priorities and removing distractions are the keys to creating an amazing life.*** Use your time wisely. There's still time to live the life you've always dreamed of, but it's important to get started today.

Blood Donation Camp @ Koppa on the eve of Honorable Group Chairman Birthday Celebrations



Blood donation camp held

STAFF CORRESPONDENT

MANDYA: A blood donation camp was organised at NSL Sugars Ltd., a private sugar mill, in association with Mandya Blood Bank, at Koppa in Maddur taluk on Saturday.

The camp was organised on the occasion of the birth anniversary of Mandava Prabhakar Rao, chairman of NSL Group. Around 100 persons donated blood at the camp, said K.B. Deepak, Manager (HR and Administration), in a press release.

Blood Donation Camp @ KSL on the eve of Honorable Group Chairman Birthday Celebrations



Blood Donation Camp @ Jay Mahesh on the eve of Honorable Group Chairman Birthday Celebrations



Blood Donation Camp @ TSL on the eve of Honorable Group Chairman Birthday Celebrations



No job is so important
that we can't take the
time to perform it safely.

— Mike Shavers, President



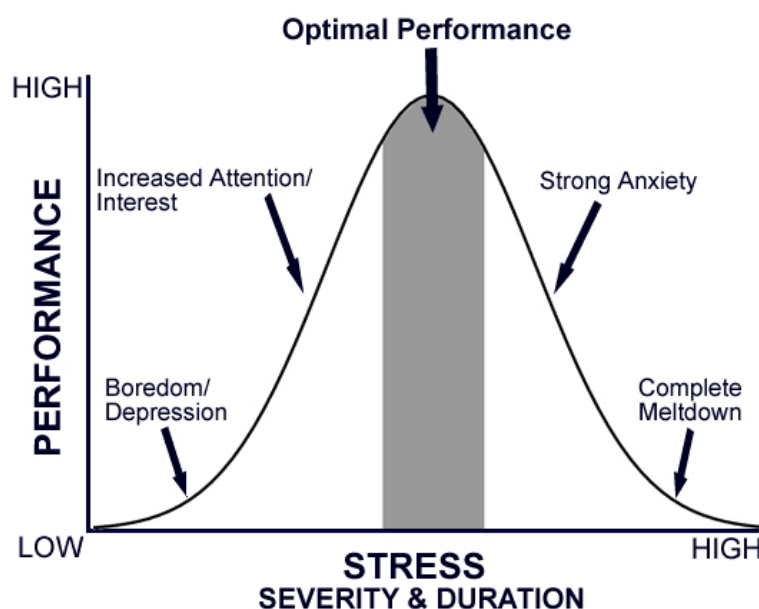
Blood Donation Camp @ Aland on the eve of Honorable Group Chairman Birthday Celebrations



How Successful People Stay Calm

- Author Dr.Travis Bradberry

The ability to manage your emotions and remain calm under pressure has a direct link to your performance. TalentSmart has conducted research with more than a million people, and we've found that 90% of top performers are skilled at managing their emotions in times of stress in order to remain calm and in control.



The tricky thing about stress (and the anxiety that comes with it) is that it's an absolutely necessary emotion. Our brains are wired such that it's difficult to take action until we feel at least some level of this emotional state. In fact, performance peaks under the heightened activation that comes with moderate levels of stress. As long as the stress isn't prolonged, it's harmless.

Research from the University of California, Berkeley, reveals an upside to experiencing moderate levels of stress. But it also reinforces how important it is to keep stress under control. The study, led by post-

doctoral fellow Elizabeth Kirby, found that the onset of stress entices the brain into growing new cells responsible for improved memory. However, this effect is only seen when stress is intermittent. As soon as the stress continues beyond a few moments into a prolonged state, it suppresses the brain's ability to develop new cells.

"I think intermittent stressful events are probably what keeps the brain more alert, and you perform better when you are alert," Kirby says. For animals, intermittent stress is the bulk of what they experience, in the form of physical threats in their immediate environment. Long ago, this was also the case for humans. As the human brain evolved and increased in complexity, we've developed the ability to worry and persevere on events, which creates frequent experiences of prolonged stress.

Besides increasing your risk of heart disease, depression, and obesity, stress decreases your cognitive performance. Fortunately, though, unless a lion is chasing you, the bulk of your stress is subjective and under your control. Top performers have well-honed coping strategies that they employ under stressful circumstances. This lowers their stress levels regardless of what's happening in their environment, ensuring that the stress they experience is intermittent and not prolonged.

While I've run across numerous effective strategies that successful people employ when faced with stress, what follows are ten of the best. Some of these strategies may seem obvious, but the real challenge lies in recognizing when you need to use them and having the wherewithal to actually do so in spite of your stress.



They Appreciate What They Have

Taking time to contemplate what you're grateful for isn't merely the "right" thing to do. It also improves your mood, because it reduces the stress hormone cortisol by 23%. Research conducted at the University of California, Davis found that people who worked daily to cultivate an attitude of gratitude experienced improved mood, energy, and physical well-being. It's likely that lower levels of cortisol played a major role in this.

They Avoid Asking "What If?"

"What if?" statements throw fuel on the fire of stress and worry. Things can go in a million different directions, and the more time you spend worrying about the possibilities, the less time you'll spend focusing on taking action that will calm you down and keep your stress under control. Calm people know that asking "what if?" will only take them to a place they don't want—or need—to go.

They Stay Positive

Positive thoughts help make stress intermittent by focusing your brain's attention onto something that is completely stress-free. You have to give your wandering brain a little help by consciously selecting something positive to think about. Any positive thought will do to refocus your attention. When things are going well, and your mood is good, this is relatively easy. When things are going poorly, and your mind is flooded with negative thoughts, this can be a challenge. In these moments, think about your day and identify one positive thing that happened, no matter how small. If you can't think of something from the current day, reflect on the previous day or even the previous week. Or perhaps you're looking forward to an exciting event that you can focus your attention on. The point here is that you must have something positive that you're ready to shift your attention to when your thoughts turn negative.

They Disconnect

Given the importance of keeping stress intermittent, it's easy to see how taking regular time off the grid can help keep your stress under control. When you make yourself available to your work 24/7, you expose yourself to a constant barrage of stressors. Forcing yourself offline and even—gulp!—turning off your phone gives your body a break from a constant source of stress. Studies have shown that something as simple as an email break can lower stress levels.

Technology enables constant communication and the expectation that you should be available 24/7. It is extremely difficult to enjoy a stress-free moment outside of work when an email that will change your train of thought and get you thinking (read: stressing) about work can drop onto your phone at any moment. If detaching yourself from work-related communication on weekday evenings is too big a challenge, then how about the weekend? Choose blocks of time where you cut the cord and go offline. You'll be amazed at how refreshing these breaks are and how they reduce stress by putting a mental recharge into your weekly schedule. If you're worried about the negative repercussions of taking this step, first try doing it at times when you're unlikely to be contacted—maybe Sunday morning. As you grow more comfortable with it, and as your coworkers begin to accept the time you spend offline, gradually expand the amount of time you spend away from technology.

They Limit Their Caffeine Intake

Drinking caffeine triggers the release of adrenaline. Adrenaline is the source of the "fight-or-flight" re-

sponse, a survival mechanism that forces you to stand up and fight or run for the hills when faced with a threat. The fight-or-flight mechanism sidesteps rational thinking in favor of a faster response. This is great when a bear is chasing you, but not so great when you're responding to a curt email. When caffeine puts your brain and body into this hyperaroused state of stress, your emotions overrun your behavior. The stress that caffeine creates is far from intermittent, as its long half-life ensures that it takes its sweet time working its way out of your body.

They Sleep

I've beaten this one to death over the years and can't say enough about the importance of sleep to increasing your emotional intelligence and managing your stress levels. When you sleep, your brain literally recharges, shuffling through the day's memories and storing or discarding them (which causes dreams), so that you wake up alert and clear-headed. Your self-control, attention, and memory are all reduced when you don't get enough—or the right kind—of sleep. Sleep deprivation raises stress hormone levels on its own, even without a stressor present. Stressful projects often make you feel as if you have no time to sleep, but taking the time to get a decent night's sleep is often the one thing keeping you from getting things under control.

They Squash Negative Self-Talk

A big step in managing stress involves stopping negative self-talk in its tracks. The more you ruminate on negative thoughts, the more power you give them. Most of our negative thoughts are just that—thoughts, not facts. When you find yourself believing the negative and pessimistic things your inner voice says, it's time to stop and write them down. Literally stop what you're doing and write down what you're thinking. Once you've taken a moment to slow down the negative momentum of your thoughts, you will be more rational and clear-headed in evaluating their veracity.

You can bet that your statements aren't true any time you use words like "never," "worst," "ever," etc. If your statements still look like facts once they're on paper, take them to a friend or colleague you trust and see if he or she agrees with you. Then the truth will surely come out. When it feels like something always or never happens, this is just your brain's natural threat tendency inflating the perceived frequency or severity of an event. Identifying and labeling your thoughts as thoughts by separating them from the facts will help you escape the cycle of negativity and move toward a positive new outlook.

They Reframe Their Perspective

Stress and worry are fueled by our own skewed perception of events. It's easy to think that unrealistic deadlines, unforgiving bosses, and out-of-control traffic are the reasons we're so stressed all the time. You can't control your circumstances, but you can control how you respond to them. So before you spend too much time dwelling on something, take a minute to put the situation in perspective. If you aren't sure when you need to do this, try looking for clues that your anxiety may not be proportional to the stressor. If you're thinking in broad, sweeping statements such as "Everything is going wrong" or "Nothing will work out," then you need to reframe the situation. A great way to correct this unproductive thought pattern is to list the specific things that actually are going wrong or not working out. Most likely you will come up with just some things—not everything—and the scope of these stressors will look much more limited than it initially appeared.

They Breathe

The easiest way to make stress intermittent lies in something that you have to do everyday anyway: breathing. The practice of being in the moment with your breathing will begin to train your brain to focus solely on the task at hand and get the stress monkey off your back. When you're feeling stressed, take a couple of minutes to focus on your breathing. Close the door, put away all other distractions, and just sit in a chair and breathe. The goal is to spend the entire time focused only on your breathing, which will prevent your mind from wandering. Think about how it feels to breathe in and out. This sounds simple, but it's hard to do for more than a minute or two. It's all right if you get sidetracked by another thought; this is sure to happen at the beginning, and you just need to bring your focus back to your breathing. If staying focused on your breathing proves to be a real struggle, try counting each breath in and out until you get to 20, and then start again from 1. Don't worry if you lose count; you can always just start over.

This task may seem too easy or even a little silly, but you'll be surprised by how calm you feel afterward and how much easier it is to let go of distracting thoughts that otherwise seem to have lodged permanently inside your brain.

They Use Their Support System

It's tempting, yet entirely ineffective, to attempt tackling everything by yourself. To be calm and productive, you need to recognize your weaknesses and ask for help when you need it. This means tapping into your support system when a situation is challenging enough for you to feel overwhelmed. Everyone has someone at work and/or outside work who is on their team, rooting for them, and ready to help them get the best from a difficult situation. Identify these individuals in your life and make an effort to seek their insight and assistance when you need it. Something as simple as talking about your worries will provide an outlet for your anxiety and stress and supply you with a new perspective on the situation. Most of the time, other people can see a solution that you can't because they are not as emotionally invested in the situation. Asking for help will mitigate your stress and strengthen your relationships with those you rely upon.

ABOUT THE AUTHOR:

Travis Bradberry, Ph.D.

Dr. Travis Bradberry is the award-winning co-author of the #1 bestselling book, Emotional Intelligence 2.0, and the cofounder of TalentSmart, the world's leading provider of emotional intelligence tests, emotional intelligence training, and emotional intelligence certification, serving more than 75% of Fortune 500 companies. His bestselling books have been translated into 25 languages and are available in more than 150 countries. Dr. Bradberry has written for, or been covered by, Newsweek, BusinessWeek, Fortune, Forbes, Fast Company, Inc., USA Today, The Wall Street Journal, The Washington Post, and The Harvard Business Review.

Koppa in Pictures



ಶ್ರೀಮತಿ ಸರಸ್ವತಿ ದಾಸಪ್ಪ ಶೆಣೈ ಪ್ರತಿಷ್ಠಾನ, ಸಾಲಿಗ್ರಾಮ.
 ಪ್ರಧಾನ ಕಛೇರಿ : 431, "ಕನ್ನಡ ಕೃಷಿ", ಕಸ್ತೂರಬಾಬು ಬದಾವಣಿ, ಕುವೆಂಪು ರಸ್ತೆ, ದಾವಣಗೆರೆ - 577 002.
 ಶಾಖೆ : "ಕನ್ನಡ ಕಲಾ ಕುಟೀರ", ಡಾ. ಪಿವರಾಮ ಕಾರಂತ ರಸ್ತೆ, ಸಾಲಿಗ್ರಾಮ - 576 225. ಉಡುಪಿ ಜಿಲ್ಲೆ.

ಸರಸ್ವತಿ ಪುರಸ್ಕಾರ-2016
ರಾಜ್ಯಪ್ರಶಸ್ತಿ

ಸರಸ್ವತಿ ಪುರಸ್ಕೃತ : ಅಭಿಷೇಕ್ ವಿ.ಆರ್.
 ತಂದೆ : ಶ್ರೀ ರಾಜೇಶ್ವರಯ್ಯ ವಿ.ಜಿ.
 ತಾಯಿ : ಶ್ರೀಮತಿ ಶಾಂತಲಾ ಹೆಚ್.ಎಂ.
 ವ್ಯಾಸಂಗ ಮಾಡಿದ ವಿದ್ಯಾ ಸಂಸ್ಥೆ : ಅಳ್ಳಾಸ್ ಪ್ರೌಢಶಾಲೆ ಮೂಡಬಿದರೆ.

ಸನ್ಮಾನ್ಯ ಪ್ರತಿಭಾವಂತರೇ,

2015-16ನೇ ಸಾಲಿನ ಎಸ್.ಎಸ್.ಎಲ್.ಸಿ. ಸಾರ್ವಜನಿಕ ಪರೀಕ್ಷೆಯಲ್ಲಿ ಒಟ್ಟು ಅಂಕ 625ಕ್ಕೆ 600ಕ್ಕೂ ಹೆಚ್ಚು ಅಂಕ ಪಡೆದು ನಿಮ್ಮ ಹೆತ್ತವರಿಗೆ, ವ್ಯಾಸಂಗ ಮಾಡಿದ ಶಾಲೆಗೆ ಹಾಗೂ ಊರಿಗೆ ಹೆಸರು ತಂದಿದ್ದೀರಿ. ಇದು ಕೇವಲ ನಿಮ್ಮ ಶ್ರೇಯಸ್ಸಿನ ಮೊದಲ ಮೆಟ್ಟಿಲಷ್ಟೇ. ಇನ್ನೇನು ನಿಲ್ಲದಿರಲಿ ನಿಮ್ಮ ಸಾಧನೆ ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ಅದರ್ಶ ವಿದ್ಯಾರ್ಥಿಗಳಾಗಿ, ಸಜ್ಜನರಾಗಿ ಸಂಸ್ಕಾರದೊಂದಿಗೆ ನಮ್ಮ ನಾಡು ನುಡಿಯ, ಕೀರ್ತಿ ಪತಾಕೆ ವಿಶ್ವ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಹಾರಿಸುವ ಹೊಣೆಗಾರನು ನಿಮ್ಮದಾಗಲಿ. ದಿನಾಂಕ : 14-08-2016ನೇ ಭಾನುವಾರ ದಾವಣಗೆರೆಯ ಶ್ರೀ ಅಜ್ಞಾನ ರೇಣುಕಾ ಮಂದಿರದಲ್ಲಿ ನಡೆದ ವರ್ಣರಂಜಿತ ಸಮಾರಂಭದ ಭವ್ಯ ದಿವ್ಯ ವೇದಿಕೆಯಲ್ಲಿ ನಾಡಿನ ಖ್ಯಾತ ಹಿರಿಯ ಸಾಹಿತಿಗಳಾದ ಮಾನ್ಯಶ್ರೀ ಎಂ.ಎನ್. ವ್ಯಾಸರಾವ್, ಖ್ಯಾತ ಸಾಹಿತಿ, ಸಂಶೋಧಕ ಡಾ|| ಕೃಷ್ಣಾಲೆ ವಸಂತ ಭಾರದ್ವಾಜ್, ಕಲಾಕುಂಜ ಸಾಂಸ್ಕೃತಿಕ ಸಂಸ್ಥೆಯ ಸಂಸ್ಥಾಪಕರಾದ ಶ್ರೀ ಸಾಲಿಗ್ರಾಮ ಗಣೇಶ್ ಶೆಣೈ ಹಾಗೂ ನೆರೆದ ಸಾರ್ವಜನಿಕರ, ಮುಖ್ಯ ಅತಿಥಿಗಳ, ಮೋಡಕರ, ಶಿಕ್ಷಕ ಶಿಕ್ಷಕಿಯರ ಸಮ್ಮುಖದಲ್ಲಿ ವರ್ಣರಂಜಿತ ಸಮಾರಂಭದಲ್ಲಿ ಪರಸಿ, ಗೌರವಿಸಿ "ಸರಸ್ವತಿ ಪುರಸ್ಕಾರ" ರಾಜ್ಯಪ್ರಶಸ್ತಿ ಘೋಷಿಸಿ, ಅಶೀರ್ವದಿಸಿ ವಿತರಿಸಿದ ಸನ್ಮಾನವತ್ತು.

ಸನ್ಮಾನ ಪತ್ರ

(ಮಾನ್ಯಶ್ರೀ ಎಂ.ಎನ್. ವ್ಯಾಸರಾವ್) ಹಿರಿಯ ಸಾಹಿತಿಗಳು, ಬೆಂಗಳೂರು
 (ಡಾ|| ಕೃಷ್ಣಾಲೆ ವಸಂತ ಭಾರದ್ವಾಜ್) ಖ್ಯಾತ ಸಾಹಿತಿಗಳು ಹಾಗೂ ಸಂಶೋಧಕರು, ಮೈಸೂರು
 (ಸಾಲಿಗ್ರಾಮ ಗಣೇಶ್ ಶೆಣೈ) ಸಂಸ್ಥಾಪಕರು, ಕಲಾಕುಂಜ, ಸಾಂಸ್ಕೃತಿಕ ಸಂಸ್ಥೆ, ದಾವಣಗೆರೆ

15.10.2016



Koppa in Pictures

On 03.11.2016 Project launch of increase water use efficiency in sugar cane cultivation training programme conducted for farmers by Dr. Gopinathan, Solidaridad Project Incharge, Dr. K.V. Keshavaiah, Associate Professor and Dr. S.N. Swamygowda, Breeder, VC Farm, Mandya.



The Secret Diet That Fights Depression

Everyone needs a nutritious diet filled with vitamins and minerals. However, you can use the secrets from top experts to strengthen your health with additional foods and supplements.

Your diet affects your mental health, too, and has a strong impact on depression.

Try these diet adjustments to feel better both mentally and physically:

Get more vitamin E. This vitamin can help lift your mood and has other benefits such as



helping to keep your skin healthy. You can find vitamin E in multiple food sources and supplements. It's easy to add to your diet by simply eating more nuts.

Seeds, nuts, oils and other items have vitamin E. You can help fight your depression by adding them to every meal.

Get more vitamin C. Vitamin C has antioxidant properties and naturally improves your mood. Vitamin C is available in supplement form, but it's also easy to find in food and beverages. Citrus fruits and drinks are a popular source of this vitamin. You can also find vitamin C in broccoli, potatoes, peppers, and kiwi.

Increase your selenium. Selenium is an important nutrient that can be found in food and supplements. It affects your mood and mind.



This mineral has an impact on depression, so it's important to get enough of it in your diet. You can find selenium in beans, lean meat, nuts, seeds, grains, and seafood.

It's easy to add more peanuts or legumes to your meals. You can also try to add more clams, sardines, or crab.

Dairy products that are low-fat are also a popular source of this mineral.

Watch your protein. Researchers have found that tryptophan, commonly associated with turkeys, can make you sleepy and happy. It increases the serotonin levels in your brain

got protein?

and decreases the risk of depression. Turkey is an easy way to get more tryptophan and add more protein to your diet. However, other sources of meat also have tryptophan, so you don't have to be bored

with turkey. Try lean cuts of chicken for another source.

Consider the Mediterranean diet. The Mediterranean diet has multiple benefits for heart health and other parts of your body. *This diet can also affect your mind and decrease depression.*

The Mediterranean diet focuses on fish, vegetables, legumes, nuts, and healthy grains. It allows low-fat dairy and other products. You can eat a variety of fruits and vegetables on this diet.

The Mediterranean diet allows healthy fats and oils, so you can season your salad without feeling deprived. You can also eat different herbs and spices that add richness to your food.

Mainly, this diet limits red meat and sugar.



Nutrients and your diet. Your depression may improve with a diet that is complete and

nutritious. Ensure your diet includes all of the essential vitamins, minerals, and macronutrients.

A diet that has variety will keep you from getting bored. Boredom can have a negative impact on depression, so it's important to keep your diet interesting. Experiment with new vegetables, fruits, spices, and herbs to keep the diet lively. Try new

recipes and turn your kitchen into a tasting center.

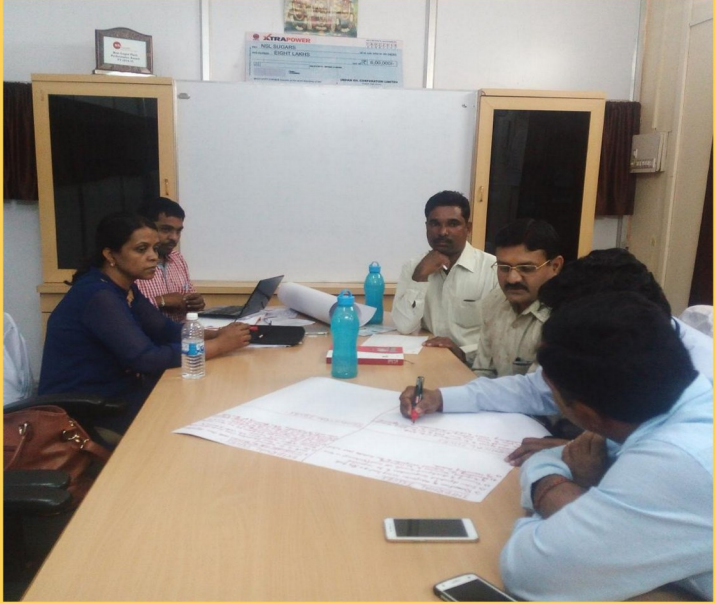
Your diet has a great impact on your mental health. Follow these nutrient tips and you'll notice a positive difference in your health and your life!



TSL in Pictures



Work Culture Transformation Workshop in TSL



Building Bridges

Once upon a time two brothers who lived on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labor and goods as needed without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days work," he said.

"Perhaps you would have a few small jobs here and there. Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbor, in fact, it's my younger brother. Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll go him one better. See that pile of lumber curing by the barn? I want you to build me a fence - an 8-foot fence - so I won't need to see his place anymore. Cool him down, anyhow."

The carpenter said, "I think I understand the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town for supplies, so he helped the carpenter get the materials ready and then he was off for the day.

The carpenter worked hard all that day measuring, sawing, nailing.

About sunset when the farmer returned, the carpenter had just finished his job. The farmer's eyes opened wide, his jaw dropped.



There was no fence there at all. It was a bridge... a bridge stretching from one side of the creek to the other! A fine piece of work handrails and all - and the neighbor, his younger brother, was coming across, his hand outstretched.

"You are quite a fellow to build this bridge after all I've said and done."

The two brothers stood at each end of the bridge, and then they met in the middle, taking each other's hand. They turned to see the carpenter hoist his toolbox on his shoulder. "No, wait! Stay a few days. I've a lot of other projects for you," said the older brother.

"I'd love to stay on," the carpenter said, "but, I have many more bridges to build."

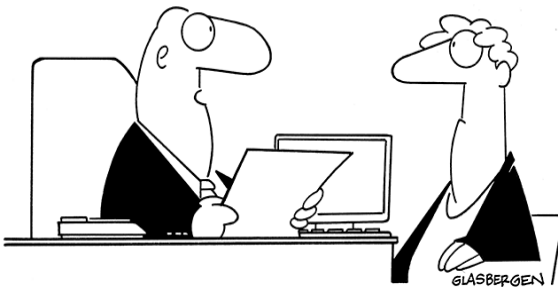
LET'S SEE...WE RESTRUCTURED IN '96 AND '97
REORGANISED IN '98 AND RECONFIGURED
IN '99, SO I GUESS IT'S TIME TO RESTRUCTURE
AGAIN!



CARTOONSTOCK
Search ID: for0322

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LOANS



"You need to improve your credit score. Come back
after you pay off your share of the national debt."



"LAST QUARTER SALES ARE UP 100 PERCENT. WE
WENT FROM ONE SALE TO TWO SALES!"

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"Except for the people, the hours, the work, the stress,
and the pay, this is the best job I ever had!"



"FACEBOOK FRIENDS DON'T COUNT AS CREDIT
REFERENCES."



"I don't care if the engine is running.
You can't leave it parked out there!"

Pooja & Homam in Aland Unit



Aland in Pictures



Thinking "Out of the Box"

Many hundreds of years ago in a small Italian town, a merchant had the misfortune of owing a large sum of money to the moneylender. The moneylender, who was old and ugly, fancied the merchant's beautiful daughter so he proposed a bargain. He said he would forgo the merchant's debt if he could marry the

daughter. Both the merchant and his daughter were horrified by the proposal.

The moneylender told them that he would put a black pebble and a white pebble into an empty bag. The girl would then have to pick one pebble from the bag. If she picked the black pebble, she would become the moneylender's wife and her father's debt would be forgiven. If she picked the white pebble she need not marry him and her father's debt would still be forgiven. But if

she refused to pick a pebble, her father would be thrown into jail.

They were standing on a pebble strewn path in the merchant's garden. As they talked, the moneylender bent over to pick up two pebbles. As he picked them up, the sharp-eyed girl noticed that he had picked up two black pebbles and put them into the bag. He then asked the girl to pick her pebble from the bag.

What would you have done if you were the girl? If you had to advise her, what would you have told her? Careful analysis would produce three possibilities:

1. The girl should refuse to take a pebble.
2. The girl should show that there were two black pebbles in the bag and expose the moneylender as a cheat.
3. The girl should pick a black pebble and sacrifice herself in order to save her father from his debt and imprisonment.

The above story is used with the hope that it will make us appreciate the difference between lateral and logical thinking.

The girl put her hand into the moneybag and drew out a pebble. Without looking at it, she fumbled and let it fall onto the pebble-strewn path where it immediately became lost among all the other pebbles.

"Oh, how clumsy of me," she said. "But never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked." Since the remaining pebble is black, it must be assumed that she had picked the white one. And since the moneylender dared not admit his dishonesty, the girl changed what seemed an impossible situation into an advantageous one.

MORAL OF THE STORY: Most complex problems do have a solution, sometimes we have to think about them in a different way.



Frogs

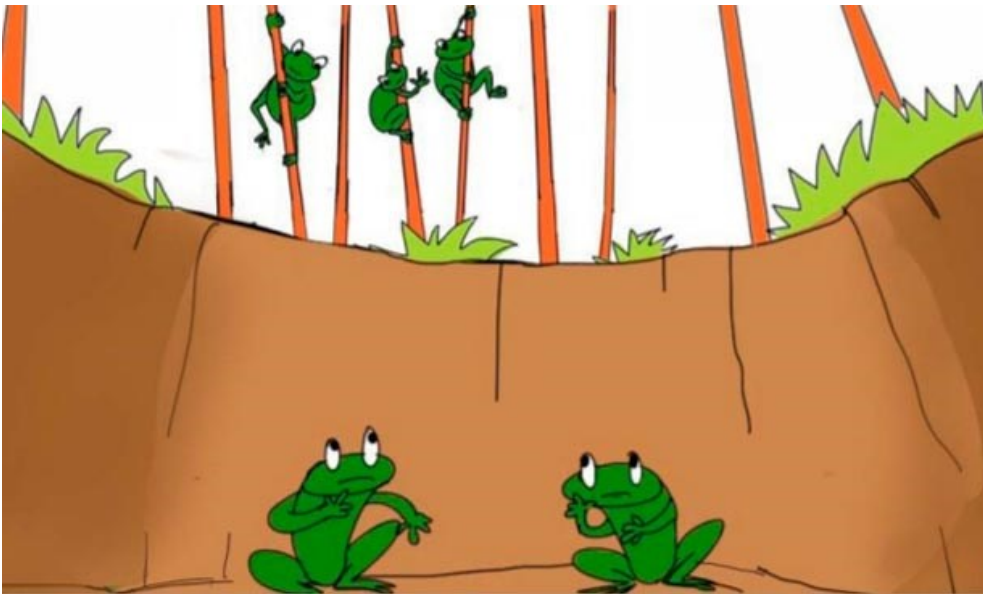
A group of frogs was traveling through the woods, and two of them fell into a deep pit.



All the other frogs gathered around the pit. When they saw how deep the pit was, they told the two frogs that they were as good as dead.

The two frogs ignored the comments and tried to jump out of the pit with all of their might.

The other frogs kept telling them to stop, that they were as good as dead.



Finally, one of the frogs took heed to what the other frogs were saying and gave up. He fell down and died.

The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just die.

He jumped even harder and finally made it out. When he got out, the other frogs said,

"Did you not hear us?"

The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

Lessons to be learnt:

1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.

2. A destructive word to someone who is down can be what it takes to kill him or her.

Be careful of what you say. Speak life to those who cross your path. The power of words.... it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times.

Special is the individual who will take the time to encourage another.



Jay Mahesh in Pictures





Have a Great Night and Morning!



Sleeping not only relaxes us, but also supposed to recharge us. So indulge yourself in soft sheets, re-charge your body and enjoy every moment to take on the day. Here's how.

- A loose-fitting pajama is always the best choice. It will protect you from feeling cold and at the same time will not cling to your body every time you turn in the bed.
- Avoid drinking strong coffees or cold beverages before going to bed and after waking up. Green teas are rich of natural aromas and vitamins and give you a very gentle push into reality. Use honey instead of sweetener or sugar in your hot drinks.
- Sleep with cotton or pure wool bed sheets as those fabrics are natural and provide comfort to the body.
- Wash your bed sheets at least every other week! Sleeping in clean, fresh sheets will make your night rest more efficient for a great next day.

Build Your Confidence in Just few Steps



- Affirm your worth daily - Take a moment daily to acknowledge your worth. Look at yourself in the mirror and state, "I am worth it!"
- Dress for success - Dress like a runway model but it does require that you make the effort. "Wake up each day, brush your hair, and put on a touch of blush or lipstick.
- Maintain a happy shopping list - Go shopping for the things that you like. As you change your focus to being happy, it will uplift your mood and shift the negative to a positive.
- Random acts of kindness - Being kind to others directly reflects who you are as a person. It gives you the opportunity to imprint another's life and start a kindness ripple. Smile at strangers, hold the door open for others, send a handwritten letter to an old friend, say thank you.
- Learn, grow, explore - Find ways to challenge yourself daily. This will help in proficiency which builds self-esteem. Step out of your comfort zone and be brave.

THE BUMBLEBEE CANNOT FLY...

According to the theory of aerodynamics and as may be demonstrated through laboratory tests and wind tunnel experiments, the Bumblebee is unable to fly. This is because the size, weight & shape of his body in relation to the total wing spread, makes flying impossible. **BUT...** the Bumblebee, being ignorant of these profound scientific truths, goes ahead and flies anyway... and manages to make a little honey every day.



C-138

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Cane Crushing Pooja in KSL



KSL in Pictures



Meaningless Goals

A farmer had a dog who used to sit by the roadside waiting for vehicles to come around. As soon as one came he would run down the road, barking and trying to overtake it. One day a neighbor asked the farmer "Do you think your dog is ever going to catch a car?"

The farmer replied, "That is not what bothers me. What bothers me is what he would do if he ever caught one."

Many people in life behave like that dog who is pursuing meaningless goals. ***"Life is hard by the yard, but by the inch, it's a cinch"*** --Gean Gordon



World Record in the Telangana Premier League Cricket

We The People congratulates **Mr.Radhakrishna** Son of Mr.M.V Ramana Rao, AGM-HR, NSL Krishnaveni Sugars. Mr Radha Krishna playing for Secunderabad Venus XI teams has set a world record in the "Telangana Premier League". He set out to smash a record score of **196 Runs off 75 Balls** in T20 history of a Premier League.



లో

దుమ్మరేపిన

రాధాకృష్ణ



1st in Inter Collegiate Dance Competition- Hyderabad

We the People congratulates **Mr.Akankshy Kumar** Son of Mr. Shradha Kara Sahu, Asst.Manager - Security at NSL Krishnaveni. **Mr.Akankshy Kumar** stood first in the Intercollegiate dance competition held by "Times Fresh face 2016" Hyderabad Region. He participated from St.Peters Institute of technology. He is studying 2nd Year B.Tech in the same college.



Are you flying with Eagles or Gobbling with Turkeys?



Many people don't realize that their fate as well as their destiny is proclaimed in the people they associate with. Your friends and associates can stimulate you to help you reach your highest potential or they can bring you down.

When we look at birds of the kingdom, we realize that there are significant differences in their lifestyle and associations. We've all heard that "**Birds of a Feather Flock Together**". That's absolutely the truth! And People in many ways are similar. We have a tendency to associate with people who make us feel good or people we are comfortable with, staying within "**Our Comfort Zone**".

However, in order to reach your highest potential, you may have to remove yourself from your "Comfort Zone".

Let's take a look at two distinct Birds. The Eagle and the turkey, and examine how they live and communicate.



The eagle is recognized as the "**king of birds**"; by reason of his great size, his remarkable power of flight, and his keenness of vision. The Eagle also builds his home to heights where the atmosphere is always below freezing, and descend to the warm earth almost every day. They have great strength and can kill small mammals, large birds, etc., even though they never slay except to eat. The Eagle is also known to be an intelligent Bird.

Turkeys on the other hand are considered to be bird-brained. They are not as intelligent as the Eagle and in many cases will peck each other to death if they don't receive proper care. Turkeys can be absolute mean at times and can drown in a rain storm. They hear the thunderstorm and usually look up with their mouths open, and after swallowing too much water, they drown.

There is a story about an American Indian who found an eagle's egg and put it into the nest of a prairie chicken. The eaglet hatched with the brood of chicks and grew up with them.

All its life, the changeling eagle, thought it was a prairie chicken, it did what the prairie chickens did. It scratched in the dirt for seeds and insects to eat. It clucked and cackled and flew in a brief thrashing of wings and flurry of feathers no more than a few feet off the ground. After all, that's how prairie chickens were supposed to fly.

Years passed and the changeling eagle grew very old. One day, it saw a magnificent bird far above in the cloudless sky, hanging with graceful majesty on the powerful wind currents, and it soared with scarcely a beat of its strong golden wings.

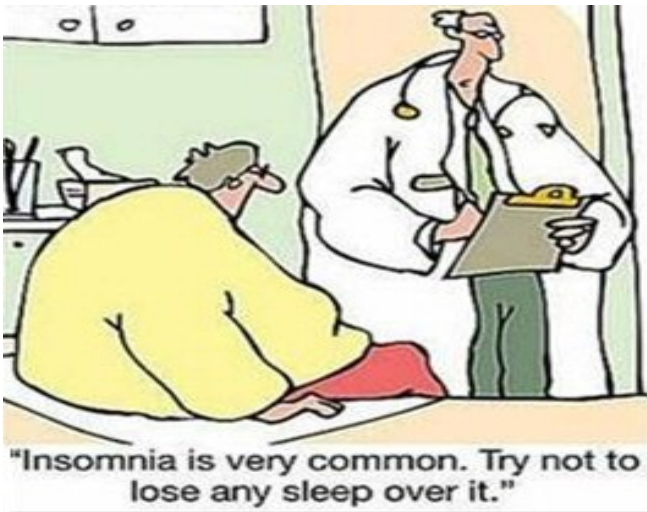
"What a beautiful bird!" said the changeling eagle to its neighbor. "What is it?"

"That's an eagle - the chief of the birds," the neighbor clucked. "But don't give it a second thought. You could never be like him." So the changeling eagle never gave it a second thought. Throughout its entire life the changeling eagle pride itself as being a prairie chicken and it died thinking it was a prairie chicken. (Story Taken From: The Christophers, Bits & Pieces)

Keep in mind that we have personal differences and very unique gifts that God has given us. And in order to soar like an eagle, we must surround ourselves with Positive experiences and Positive People. Of course, no one wants to end up like the **"Eagle who thought he was a Chicken"**. Just as the Eagle, when placed in an inferior environment we become inferior. So not to be inferior or less than what we ought to be, it is imperative that we surround ourselves with people who can help us grow, stimulate us, point us in the right direction, help us up when we stumble, give us hope when we are down, and lead us to God when we are Godless.

At this point, say to yourself I will surround myself with Positive and encouraging people who can help me establish my Self Confidence and build my Self Esteem.

Just to recapture the article, I leave you with a word of advice, never, never, never surround yourself with people that are negative but instead make it a point to surround yourself with people who will encourage you to reach your Highest and Greatest Potential. Now **which do you prefer? Do you want to Soar like an eagle or gobble like a turkey?**



Employees send your Contributions, Feedback & Suggestions to madhav.r@nslsugars.com

