



# JWala DHwANI



**YEARS OF  
CELEBRATING  
THE MAHATMA**



## INSIDE



### 02. Highlights

Director (Refineries) inaugurates PSM National Seminar

WGC2 at FCCU revamped with minimum shut-down

### 06. 150 years of celebrating the Mahathma

Remembering the Mahatma....

National campaign on "say no to plastic" goes live

International Tom Joseph flags off the Swachhata Cycle Rally by Kochi Refinery

Coastal Clean up with Indian Coast Guard

### 12. Highlights

Mock Drill at STF, Puthuvyppeen

New CCTVs introduced for security coverage

### 13. Accolades

Best-In-Class Supply Chain and Procurement Diversity Initiative" award

Team Maintenance champions of Hindi Fortnight 2019

### 14 Spirit of Mani Bhavan

### 16. Aayudha Pooja

### 18. People

Service Citations

### 20. Travelogue

Grand Canyons of India beckons

### 22. Young Minds

CR School pays respects to the Mahatma

Solar student ambassador programme

### 24. हिन्दी

कैलाश-मानसरोवर-यात्रा स्मरण

गुरुजी तेरो प्रणाम

### 26. മലയാളം

ഇന്ത്യയുടെ കുതിപ്പിന്റെ ഊർജ്ജം

പ്രകൃതിയും മനുഷ്യനും

### 30. Health

World AIDS Day

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## Remembering the Mahatma

As we pay homage to Mahatma Gandhi, an icon of Non-Violence and Truth, we remember him with deep gratitude for gifting us a Nation to love and serve, as our own. We as a community have a lot to learn from him for delivering a Nation he dreamt of.

We pay our respectful tributes to the world leader as we join the 150<sup>th</sup> Birth Anniversary celebrations of Mahatma Gandhi. In the observance for a period of two years from October 2<sup>nd</sup> 2019, Bharat Petroleum under the aegis of the Ministry of Petroleum & Natural Gas is also celebrating by organizing various activities. This issue is dedicated to The Mahatma and we bring you updates of the events and initiatives at Kochi Refinery.

Along with the top-highlights of the Refinery, we have also included special reports of the Swachhata Mission that concluded at Kochi Refinery and our active participation for the National mission to **avoid single use plastics**. Upon request from our readers we have also featured a special update about Petrochemicals in Malayalam.

The life of the Mahatma remains an open book for generations after generations. Let us echo his thoughts for our Nation and keep walking with him.

Warm regards  
Editor



## Director (Refineries) inaugurates PSM National Seminar

**Process safety and improvements and innovations in Mechanical Integrity and Quality Assurance, are key factors in improving reliability and operational excellence,”**  
**- Mr. R Ramachandran, Director (Refineries).**

Inaugurating the 2<sup>nd</sup> National Seminar on *Process Safety Management; Vistas on Asset Integrity & Contractor Safety* organised by Kochi Refinery, Mr. Ramachandran also stressed on the importance of Contractor Safety, as contractors are an integral part of refinery operations and maintenance. He inaugurated the seminar in the presence of Mr. Lalit R

Gabhane, Director General, National Safety Council of India, Mr. Prasad K Panicker, ED, (Kochi Refinery) and Mr. C J Iyer, ED (Mumbai Refinery).

Mr. Gabhane, Director General, NSCI, delivered the keynote address where he appreciated the initiatives of Kochi Refinery for propagating the importance of safety. He also assured full support and cooperation for enhancing the scope and reach of such seminars to empower more PSM practitioners. Mr. Prasad K Panicker, who presided over the function, shared about the PSM journey and the vision of transforming Kochi Refinery as one of the safest places to work. Earlier Mr. Babu Joseph, CGM(HSE) welcomed the gathering. Mr. C J Iyer, felicitated and Mr. M K Ramachandran, GM (PSM) proposed the vote of thanks at the inaugural ceremony.

The seminar at BPCL Learning Centre, Kochi on 8 November 2019 served as a platform for experts in Process Safety and Operators of Petroleum Refineries in India to deliberate on crucial areas of asset design, installation, operations and maintenance throughout its life cycle. The ever increasing role of contractors in managing the units and assets also mandates higher focus on contractor safety. The seminar that intended to propagate Process safety as a stimulant for Operational Excellence, Reliability and Innovation had nominees from BPCL group Refineries, Safety & Engineering consultants, PSM experts and PSM professionals from private sector refineries.

Experts from Refineries, Consultants and IIT Professors were amongst the distinguished speakers. Presentations and experience-sharing also made the platform relevant to participants that included process engineers, safety engineers, asset integrity managers, process safety managers and heads of operations.

In addition to appreciating Process Safety Management from different perspectives, the seminar also aimed at adding momentum to the PSM Vision 2020 which is in its last phase of implementation at Kochi Refinery.





## WGC2 at FCCU revamped with minimum shut-down

The Wet Gas Compressor 2 (WGC2) at the FCC Unit of Kochi Refinery has been converted into an electric driven facility for enhanced efficiency and increased savings. The Variable Frequency Drive (VFD) controlled electric motor, has been introduced as an energy conservation (Encon) project here at Kochi Refinery with a projected annual savings of Rs. 8 crores. With smart planning, the WGC2 has been revamped with minimum shut-down inside a fully running Plant.

Mr. Prasad K Panicker, Executive Director (Kochi Refinery) switched on the transformed WGC2 in the presence of Mr. Murali Madhavan P, ED (Refinery Operations), Mr. M R Subramoni Iyer, CGM (Operations & Commissioning), Mr. Mohanlal A, CGM (Engg. & Advisory Services), Mr. RJ Sampath Kumar, GM (Engg. & Construction) and the project members on 29 September 2019.

The revamp process included dismantling of steam turbine, surface condenser and accessories, extension of the foundation and shed, erection and alignment of second half base frame with gear box and motor, modification of compressor control instrumentation in ITCC, installation of VFD and replacement of FCC 11kV switchboard. Technology partner

BHEL supplied the VFD, 2.5 MW Motor and Gear Box.

The challenges at hand for a transformation inside a fully operational refinery were plenty but they were overcome with smart planning and coordination. Shut-down of only the target WGC2 was taken for the extension of the foundation table top and pedestal without removing the compressor. Relatively newer technology of chemical anchoring was adopted and to save on curing time, epoxy based grouting was used for foundation bolt grouting.

“Our team could deliver this in 125 days inside a fully running plant. We are happy that we could meet the target on time and do it without incidents of any kind,” shared Mr. Georgi Varkey Abraham, DGM (Engineering & Construction). The team that delivered the

**High energy saving and marginal increase in capacity of WGC2 are the direct outcomes of the revamp that was executed at Rs.18 Crores. With electricity addition of 20,865,600 KWh and Steam Reduction of 131040 Tonnes, the annual savings (TOE/year) is 2610. The energy consumption in tonnes of oil equivalent (TOE) that was 7009 earlier is 4399 post this transformation.**

transformation included M/s Saju Thomas, (Project Manager), Arun T K, (Mechanical Lead), Krishna Rao P, (Civil Lead), Libinment S and Pralhad Kumar S (Instrumentation) and Sammeta Sai Saran (Electrical).





## Remembering the Mahatma....

**We can call ourselves proud citizens of the land of The Mahatma. Mahatma Gandhi's steadfast belief in non-violence and his life principles is what made him unique. To some he was a guru to others a leader and to the world, an icon of Non-Violence and Truth.**

**Y**es! Each one of us can call ourselves proud citizens of the land of The Mahatma. In his times, there was no social media nor internet to connect instantly with countless people. But his principles and the truths that he believed in, were life lessons, searched the most even after several decades. That is the power of the legacy of values that he has left behind not just for India, but for the world.

Ask any ten people around for the world leader who has inspired him or her in any age, and one will be the name of The Mahatma. There are so many stories about Mohandas Karamchand Gandhi, the shy boy from Porbander, Gujarat who went on to be the most unique leader the world has seen. From his life principles to

political views, the world has much to receive from this small man of giant ideologies.

Gandhiji's faith in self-belief was unshakeable. Perhaps it was this faith that took us to a free India, through his steadfast approach of Non-Violence. An entire Nation followed him and his trust in this most powerful tool. There was nothing that could not be achieved through love, respect and non-violence, the Mahatma believed.

His leadership mantra was to take everyone along. We know the very deep philosophy that runs in his words, "The world has enough for everyone's needs, but not everyone's greed. To the Mahatma, simplicity and humility are the strongest weapons for any leader.

One would see Gandhian philosophy as a double-edged weapon. It transforms not only the individual but also the society simultaneously. Those who lived in his era, takes pride in having walked on the planet at the same time he did. Yes, Gandhiji walked miles together to show us the life he believed in. He was a man of action. And every action was out of the strong belief that was engraved in his clear conscience.

We pay our respectful tributes to the world leader as we join the 150th Birth Anniversary celebrations of Mahatma Gandhi. The observance is for a period of two years from October 2nd 2019. BPCL under MoP&NG is also celebrating this by organizing various activities like lectures, seminars, exhibitions,





workshops, plays and musical programs on Gandhiji during the commemoration period. We bring you updates of the events and initiatives at Kochi Refinery.

Commemorating the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi, **floral tributes** and homage were paid to the Mahatma on 02 October 2019. Mr. Prasad K Panicker Executive Director (Kochi Refinery) led the floral tributes followed by Mr. Murali Madhavan P, Executive Director (Refinery Operations), Mr. George Thomas, General Manager (PR and Admin) and subsequently other members of the KR fraternity.

A special **music video** of the Mahatma's favourite Bhajan, *Vaishnava Janato* was



broadcast on Bharat Petroleum and Kochi Refinery social media handles. The music composed and performed by Kochi Refinery officials who have formed a band of their own, called Vyaalie, received wide viewership and compliments from all corners. Filmed on the verdant banks of the rain water harvesting pond inside Kochi Refinery, the soulful and soothing composition is a complete made-in-Kochi Refinery tribute for the Mahatma. The video was produced in association with Corporate Brand, Bharat Petroleum.

Mr. Prasad K Panicker inaugurated the **Great Pedestrian March**, Swachhata Walkathon in tribute to the Mahatma that was organised in association with the Cochin Orthopedic Society on 02 October 2019.

Commemorative programmes and competitions organised in association with St Alberts College, Ernakulam from 23 to 26 October was inaugurated by Mr. Jayesh Shah, Executive Director (HR).

The programme included a National Seminar on the life and principles of Mahatma Gandhi, a state wide elocution contest for students, the **Mahatma Gandhi film festival and Photo exhibition**. Taking the children back into the life of the Mahatma, Mr Shah expressed in his inaugural address, "As a world leader, he was one among the most revered as he brought India to the world-map and he lives in our minds even today. The life of the Mahatma remains an open book for generations after generations. Let us keep walking with him."





## National campaign on “Say NO to plastic” goes live

The “Say No to Plastic” campaign as part of Swachhta Abhiyan 2019 was taken across in full letter and spirit in Kochi Refinery.

Leading the campaign from the front, the senior leadership of Kochi Refinery, displayed cloth bags with the message of Say

No To Plastic at the Refinery Council Meeting.

The first cloth bag was presented to Mr. Prasad K Panicker, ED(KR) by Mr. Jayesh Shah, ED(HR), to mark the launch of the campaign. The bags were subsequently distributed to all employees

and apprentices through BPCL Employees Consumer Society. Mr. George Thomas, General Manager (Public Relations & Administration) also made a brief presentation on the Swachhta activities anchored by Kochi Refinery Swachh Bharat Committee in the last five years.

## Swachh Vidyalaya Shresta Vidyalaya, in CBSE Schools



Swachh Vidyalaya, Shresta Vidyalaya, a Swachh Bharat Abhiyan initiative in CBSE Schools, was launched by Mr. DV Sadananda Gowda, Hon’ble Union Minister of Chemicals and Fertilizers

and Mr. V Muraleedharan, Hon’ble Minister of State for External Affairs, Govt. of India in Ernakulam on 31 October 2019. The Swachhta initiative in association with Bharat Petroleum is being rolled out in CBSE schools in Kerala.

The Hon’ble Union Ministers handed over the inaugural

inscription of Swachh Vidyalaya, Shresta Vidyalaya to Mr. Prasad K Panicker, Executive Director, (Kochi Refinery) at the inaugural ceremony of the XXIV CBSE Interschool Athletics Meet, one of the biggest sporting events in the State. Over 4000 students participated in the athletic meet this year.







## International Tom Joseph flags off the Swachhata Cycle Rally by Kochi Refinery

Arjuna Awardee Tom Joseph flagged off the Swachhata Cycle rally at Sacred Heart College Thevara, Ernakulam on 3 September 2019. Popular Cine Star Balu was also a star attraction of the cycle rally organised by SH College as part of its Platinum Jubilee Celebration in association with BPCL-Kochi Refinery. College Principal Rev. Dr. Prasant Palakkappillil CMI, and Arjuna Awardee George Thomas, General Manager (PR and Admin), BPCL Kochi Refinery spoke on the occasion.

With placards reading, GO GREEN, BREATHE CLEAN and SAY NO TO DRUGS, a team of 75 students and teachers covered districts of Ernakulam, Alappuzha, Kottayam and Idukki in 3 days, spreading the message to 20 Schools and Colleges in addition to other organisations like LIC (Kottayam)

and Deepika (Malayalam News Daily).

In addition to presenting street plays and Swachhata awareness talks at each institution, the campaigners also distributed Cloth Bags with the message SAY NO TO PLASTIC and a sapling of a jack fruit tree as a token of the green campaign.

Setting out from SH College, the cyclists were warmly received at Naipunya College, St. Michael's College, SN College, St. Joseph's College and Leo XIII Higher Secondary School Alappuzha on 3 September.

They moved on to S. D. College, S. B. College, Assumption College, Nattakam Govt. College,

Baselius College, BCM College, LIC office, CMS College, Deepika and Malayala Manorama dailies at Mannanam, Kottayam from where they covered Ettumanoor, Pala, Thodupuzha, Vazhakkulam on 5 September 2019 and further at K. E. College, St. Thomas College, Alphonsa College, Newman College and Carmel School Vazhakulam.

On the last leg of the journey, Vazhakkulam to Kolencherry, Thripunithura, on 6 September 2019 they covered Carmel School, Nirmala College, CMI Carmel Provincial House, St. Peter's College, Muthoot Engineering College, RLV College and finally returned to their base Sacred Heart College, Ernakulam.





## Coastal Clean up with Indian Coast Guard

On International Coastal Clean Up day, BPCL Kochi Refinery joined hands with Indian Coast Guard to clean-up Fort Kochi Beach on 21 September 2019 under the aegis of United Nations Environment Programme (UNEP) and South Asia Co-operative Environment

Programme (SACEP) in South Asian Region. Dr. M. Beena, IAS, Chairperson of Cochin Port Trust formally inaugurated the Coastal Clean-up Drive at Fort Kochi Beach, where over 600 volunteers participated. Among others who participated are Customs, Coastal Police,

CISF, Cochin Corporation, NCC Cadets, and Students and Teachers of Schools and Colleges. Indian Coast Guard also demonstrated coastal clean-up by helicopter. A huge quantity of plastic waste was removed from the Fort Kochi Beach.

## Swachh Bharat mera, Swachh future hamara

Cleanliness and sanitation remains an integral part of the Gandhian way of living and his dream was total sanitation for all. Cleanliness is most important for physical well-being and a healthy environment, he said.

In Bharat Petroleum, under the aegis of the Ministry of Petroleum & Natural Gas we have championed Swachhata Missions across the country, contributing to developing hygiene solutions for schools, villages and tribal settlements. The Petroleum Ministry also recently announced a Swachhata campaign for

avoiding single use plastics as part of our commitment to environmental responsibility and sustainability for the Nation. We bring you an update of both these campaigns taken across by Kochi Refinery.

Widespread branding was done for spreading awareness through traditional and new media platforms Placards, banners and associated publicity / awareness material were prepared and delivered for the individual events as part of the communication plan for the campaign. Awareness messages and event coverage

was also published on social media.

Ministry and BPCL corporate posts on Facebook, Twitter were shared and retweeted to disseminate the information through Kochi Refinery handles as well. Awareness messages were also shared on KR Intranet portal for information of employees.

### Video series

In an exclusive video series, employees took the pledge "Let's Say no to single use plastic, let's Go Green". Arujna





Awardees, International Volleyball players, senior executives, Employees from different departments, over 2000 children and School coordinators of Energy Conservation club took the pledge in English and Hindi. Starting from 19 Sept 2019, a video was posted at 10.00 am on KR Facebook. These videos were also shared by Corporate BPCL handles for wider reach. The videos are available on KR Facebook and YouTube: [www.youtube.com/BPCLKROnline](http://www.youtube.com/BPCLKROnline).

Awareness messages on Electronic Display boards across Refinery and messages from C&MD's and ED-KR were prominently displayed on Main Display walls and electronic media. Awareness messages are also on view at the Annie Besant Park in the heart of Kochi City to drive the message clear to the public.

### Waste bins

As part of Swachhata Hi Seva 2019 from 11 September 2019 to 2 October 2019 with 'Plastic Waste Management' as the theme, waste bins were installed in surrounding areas of the Kochi Refinery with 'Say no to single use plastic' stickers. Mr. Emilee Toppo, DGM (Admn & LW) & Mr. Rajeev R, Manager (Admn) led the programme.

### Cycle rally

A swachhata cycle rally and walkathon by NCC cadets of CR School on 23 September 2019 was flagged off by Ms Mala Menon, Principal in the presence of Lt Col R. Murugaiyan, Senior Manager (Projects), Nb Sub Gurdhan Singh from 22 Kerala (BN) NCC Unit, Eloor, and Physical Education Teacher Mr. Stanley Arun CA (NCC Master).

### Awareness programmes

At the Swachhata Awareness Talk conducted at Anganwadi of Manjakkuzhy – Muthuvalakkudy Tribal (ST) colony in RajakumaryPanchayat, Idukki the message was shared in Tamil and Malayalam on 29 September 2019 by the team from Kochi Refinery. Ms. Jisha George, Panchayath Ward Member also spoke on the occasion.

### Plastic collection

The mega plastic collection drive organised in association with the NGOs Thelineer and Pelicon in Angamaly Municipality on 30 September was inaugurated by MLA Mr.Roji M John. Over 500 students, teachers and staff of different Schools and Colleges participated apart from the Merchants association and general public. Thelineer President Jaison Panikulangara, Lt Col R.Murugaiyan and R. Rajeev from Kochi Refinery and Ms MA Gracy Teacher Chairperson, Angamaly Municipality were amongst those who spoke on the occasion. Morning Star Home Science College, Viswajyothi CMI Public School, KG Hospital Nursing Home, St Patrick's Academy, NirmalJyothi College students and teachers had participated. While Thelineer assisted in collection of plastics from the shops at Angamaly, Pelicon will recycle the same at their facility at Kuthiyathodu, Cherthala.

### Competition

As part of the campaign, a poetry competition "Bharat Mera, Swacch, Hara Bhara" ("भारत मेरा... स्वच्छ, हरा भरा") was organised for employees where they had the freedom to write on go-green activities, protection of nature and environment and building of a cleaner world. The best poems were suitably rewarded.





## KR improves safety record

Kochi Refinery crossed 62 million accident free man hours on 18 October 2019. A contact programme was organised

at the LPG truck loading area to mark the milestone and appreciate employee efforts for and conscious safe working.

## Mock Drill at STF, Puthuvypeen

For gauging Refinery emergency preparedness a mock drill was exercised at the Shore Tank Farm, Puthuvypeen on 24 October. The exercise was done at the storage tank STT 11 where crude receipt was in progress. Staff sprang into action as per the safety protocols of the ERDMP. Mutual aid members from Petronet –LNG & FACT reached the site and joined the activities. The site was cordoned as per safety norms and once through the emergency drill was called off with the disaster siren for withdrawal.

Officials from Dept. of Factories and Boilers and the Kerala Fire and Rescue



Services along with internal observers inspected the procedures. A review was also taken at the close of events to share the shortcomings and highlight concerns that were observed.



## New CCTVs introduced for security coverage



Mr. Prasad K Panicker, Executive Director (Kochi Refinery) and Mr. T Vikram IPS, IG South Sector (CISF) inaugurated the new CCTV facility for security coverage at Kochi Refinery on 14 October in the presence of Mr. Jayesh Shah, ED (HR) and Mr. Murali Madhavan P, ED (Refinery Operations).

Also present were Mr. George Thomas, GM (PR & Admin), Mr. Sandeep Kumar, Group Commandant, Mr. Shankar Pandiyan, Deputy Commandant and Major Vinu T Mathew, Senior Manager (Security Coordination). As part of this project, 78 additional CCTV cameras have been installed in at the Refinery perimeter and Shore Tank Farm. This is in addition to the existing 28 cameras to enhance surveillance around the Refinery.

The new system has high definition, IP based night vision PTZ, bullet and fixed cameras as per application. A centralized control room has been introduced and existing cameras have been integrated with the new system. The project was executed through NPCB by Engineering & Constructions department in coordination with IS, P&CS, HR- Security, Maintenance and P&CS.



## Best-In-Class Supply Chain and Procurement Diversity Initiative” award

The Express, Logistics & Supply Chain (ELSC) Conclave is by far Asia's most important gathering of Logistics & Supply Chain Professionals in India. The ELSC Summit is a leadership focused meeting designed around improving Supply Chain and Procurement Strategy across the Globe. It serves as an Annual platform to exchange ideas and collaborate on the impact of Market dynamics and new Technologies for current and future Supply Chain & Operations leaders.

The SCO team is responsible for selecting the Right Crude Oil mix

for our Refineries and making it available at the Right Time for getting the Right Product Mix. Work done by Team SCO in widening of acceptable Crude Oil Baskets and their ranking based on Economics helped Sourcing of a record 8 new Crude Oil grades in the year 2018-19.

The origin of these Crude Oil ranged all 6 continents. This also helped Refineries to significantly improve their GRM's.

This was appreciated as an effort towards reducing the dependence on the traditional suppliers from the Middle East

or West African countries for the supply of Raw Material. With this Supply Diversity, BPCL became a part of select group of Asian Refiners with such a feat and thus winning this Award.

The ELSC Conclave conducted its 13th successful edition with the much awaited Supply Chain Leadership Awards as an integral part on 3rd October 2019 and the Award was received by Mr. Suresh Nair (ED SCO), Mr. D.V. Mamadapur (CGM SCO), Mr. D.S. Rao (GM SCO) and Ms. Bhagyashree Vaidya (Sr. Manager SCO) in a glittering function in Mumbai.

## Team Maintenance champions of Hindi Fortnight 2019

Mr. Murali Madhavan P, ED (Refinery Operations) and Mr. Jayesh Shah, ED (HR) has urged more prolific use of Hindi for official communication at Kochi Refinery. They were addressing employees at the Valedictory Ceremony of the Hindi Fortnight organized at Kochi Refinery here today, 01 October 2019. They also distributed awards to winners of various contests organized during the fortnight.

Mr. M R Subramoni Iyer, Chief General Manager (Operations & Commissioning) was also present. Maintenance Department bagged the ever-rolling trophy for maximum participation this year.

Earlier Mr. Munesh Sharma, Chief Manager (ER) welcomed the gathering and Ms. Girija V R, Sr. Manager (OL) gave a brief report of Official Language implementation in the company.





# Spirit of Mani Bhavan



I am the spirit of Mani Bhavan,  
I walk in tip toe as the Museum opens at 9.30 am  
and take slight liberties when the gate closes  
as night slowly slips down like the shrill rotation  
of the spinning wheel.

Ever since that fateful evening,  
I had tried to be as inconspicuous  
as any spirit could be.

Only sigh of relief  
is that I did not have the fate  
of the spirit of the Birla House at Delhi  
who saw the young loner bow in penance  
and then rise to pump three bullets  
in to that holy flesh  
which was then  
laid bare-chested  
with those three blood holes  
open to the eyes and sky.

Late evening when the news reached Mani Bhavan,  
I could not believe it to be true.  
But I could hear people talking in sighs of shock,  
some crying and weeping  
some wailing in helplessness.  
I wandered the streets of Bombay  
where people were crowding in concern  
with dilated eyes and sweating hands.  
I feared the worst,  
see, it takes not long for saline hands to become  
clenched fists.

As anyone would,  
I stood behind the radio  
waiting for Prime Minister's broadcast.  
After quite some static hiss and cracks,  
the deaf sound flowed in as a slightly streaking light  
on a sea of darkness.  
It was like Edison's bulb fusing in to its own filament  
and grasping the light around  
with heaviness of the being.

Like the flowing 16 mm reel  
on a rusting keystone projector,  
my mind reflected fleeting images  
running back in reverse.  
I could see him sitting on the floor,

deep in his spinning thoughts  
drawing and unwinding the yarn  
as the 'wheel hummed merely.'

In fact, it was in Mani Bhavan  
that he learnt to spin the wheel  
breaking, snapping and yet striving  
he caught on to the ebb of the yarn.

His master,  
a greedy Carder  
who asked for a sumptuous fee  
that the student readily agreed  
and the spinning classes began.  
From that solo class,  
the wheel went around  
mending, sewing and healing  
till the land was one single loin cloth.  
I agree,  
my words are slightly hyperbolic ,  
that comes when I speak about him only.

But, you know  
when I saw him for the first time  
in that Kathiyawadi turban,  
I took him for a simpleton,  
a peasant from the interior.

As years passed by,  
he become simpler and simpler,  
till he was thread bear  
with that simple loin cloth  
that it seems Churchill  
with disdain called him  
a 'Naked Fakir.'

As an ethereal being,  
I was privy with all his thoughts;  
let me tell you,  
he did what he thought  
and thought what he did.

Looking back,  
my spirit awakes  
to recall all those waking hours  
when great movements and agitations  
where just smoke rings of ideas  
being born in random crisscrosses  
of emotions and thoughts.

**Mani Bhavan was the focal point of Gandhiji's political activities in Mumbai between 1917 and 1934. It was from here that he initiated the Non-Cooperation, Satyagraha, Swadeshi, Khadi and Khilafat Movements. Now a museum, this house attracts innumerable visitors from all walks of life who revere the life and legacy of Gandhiji. The then US President, Barack Obama after visiting Mani Bhavan for inspiration on 7 November 2010 wrote: "I am filled with hope and inspiration as I have the privilege to view this testament to Gandhi's life. He is a hero not just to India but to the world."**

**This is a fictionalized poem celebrating the great place and its ethereal spirit.**



I had seen ideas like Swadeshi and Salt March  
as spirits in progress:  
gliding around first as slight sparkling flies;  
then opening petals to candle flames  
being exchanged from one hand to other;  
and then burning loud with a howl  
as the bonfire of clothes from Lancashire  
in the beach sands of Chowpatty.

We spirits have a spiritual hunger  
that we envy such transgressions:  
from spirit to real human matter,  
from vapour to a pinch of salt.

But, we also understand human hungers  
though we can't touch the taste of life:  
we savour through our eyes,  
we smell the licking taste,  
we soul mate the soulful hearts -  
otherwise we will also die of hunger.

So every time he fasted,  
I starved my senses out  
and went in to a black hole  
with eyes and mind full shut.  
But to be a celibate like him  
of not even sinning in the mind:  
I am still trying,  
but have not yet perfected.

Now to confide a secret to you,  
he was among few  
who knew my very presence  
and tried to exchange pleasantries  
which we spirits also require.

In many a little ways,  
we could also talk each other,  
a word, a pause, a wish, a yes  
we did hear each other.

Every time he left,  
he will look for me around,  
bow his head and smile a little  
and go his own way beyond.

Now that he has gone forever,  
no single soul looks out for me  
and with the same shock of that evening  
I roam around in silence.

I had thought then  
to take a train to Delhi;  
but then, we spirits do not travel in trains;  
and how could I have deserted Mani Bhavan  
at that hour of grief.

I look out at the  
waning gibbous Moon:  
I want to cry,  
I want to beat my chest and wail,  
I want to tear my tear rivulets to a river of salty sea.

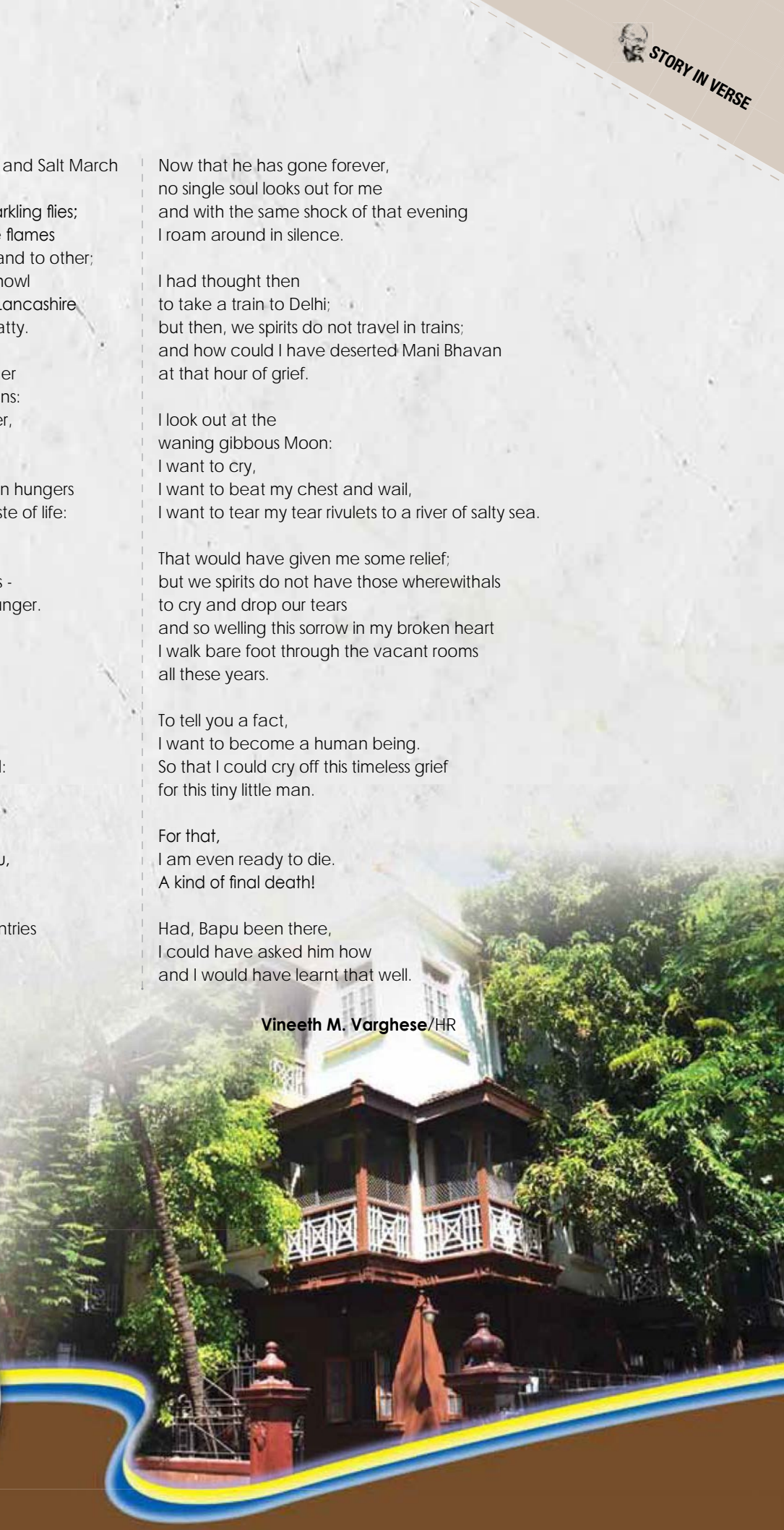
That would have given me some relief;  
but we spirits do not have those wherewithals  
to cry and drop our tears  
and so welling this sorrow in my broken heart  
I walk bare foot through the vacant rooms  
all these years.

To tell you a fact,  
I want to become a human being.  
So that I could cry off this timeless grief  
for this tiny little man.

For that,  
I am even ready to die.  
A kind of final death!

Had, Bapu been there,  
I could have asked him how  
and I would have learnt that well.

Vineeth M. Varghese/HR









## Aayudha Pooja

Annual prayers at Kochi Refinery Maintenance shop-floor. Kochrefiners offer themselves and work tools for a prayerful journey ahead.

## SERVICE CITATION

35 YEARS



Jayesh Kumar Shah  
ED (HR)'s Office



Vijayakumar P  
MFG



Venugopal A G  
HR



Yesudas Fernandez I  
E&C

20 YEARS



Dineshkumar C K  
Maintenance



Prasanth P N  
Maintenance



Rajeshkumar K T  
Maintenance



Sudhakaran V S  
P&U Electrical



Jijesh P J  
Maintenance



Prabahar K  
Maintenance



Achuthanandan C S  
P&U Utilities



Sreekumar G  
Tech - P P



Jayaksankar P  
P&U Utilities



George Philip  
Fire & Safety



Shy Kumar T C  
OM&S



Remash Babu J  
OM&S



Arunkumar K G  
OM&S



Noby Mathew  
OM&S



Binoy M G  
OM&S



Biju D  
Maintenance



Vasanthan M R  
Maintenance



Vimal T Jacob  
HR

15 Years

## SUPERANNUATION



**Mr. Ramesh M**, joined Kochi Refinery in Finance and Accounts Department in 1982 and is retiring from OM&S Department this month.



**Mr. Vijayan D N**, joined Kochi Refinery in HR Department in 1982 and is retiring from Maintenance Department this month.



**Mr. Varghese K I**, joined Kochi Refinery in the Security Department in 1994 and is retiring from Fire and Safety Department this month.

## OBITUARY



We deeply mourn the sad demise of **Mr. M N A Narayanan** who passed away on 29 Oct 2019. He had retired from the service of Kochi Refinery in 2002 from Finance & Accounts department. He is survived by his wife Mrs. M N Lalitha, daughters Asha, Hema and son Anand.



We deeply mourn the sad demise of **Mr. K M Mathew** who passed away on 25 Oct 2019. He had retired from the service of Kochi Refinery in 2008 from Manufacturing department. He is survived by his wife Mrs. Lillykuttty and sons Milan and Midhin.



with Arjuna Awardee Tom Joseph as their current team coach.

Asian Games 2018 player Ajit Lal, BPCL was adjudged the 'Best Player of the Tournament' and Mr. Basab Borah, NRL was declared the 'Most Promising Player'.

The Closing function of the Tournament held at Kunjabon was attended by Director (Finance)-NRL Mr. Indranil Mitra, Joint Secy.- PSPB Mr. K L Tejwani, Sr. CGM (HR & Legal)-NRL Mr. D Choudhury, and Hony. Secy.- Assam Volleyball Association Mr. Amal Baruah along with other officials from Assam Volleyball Association.

Petroleum Sector teams of BPCL, ONGC, OIL INDIA, HPCL, NRL and MRPL tested their champion strokes at the tournament hosted by Numaligarh Refinery Limited during 15 -18 October 2019.

## BPCL retains PSPB Volleyball title with a unique hat-trick

BPCL volleyball team retains the PSPB inter unit volleyball championship for the third consecutive year at the 40<sup>th</sup> PSPB Inter Unit Volleyball Tournament 2019-20 that concluded on 18 October 2019 at NRL Township Kunjabon.

In a super exciting clash of the titans, BPCL essayed a 3-0 win over ONGC. In the semi-finals,

it was a straight set 3-0 win over OIL. Earlier, in the league matches, BPCL took down MRPL and NRL in straight sets (3-0). This unique hat-trick of straight set wins for Bharat Petroleum was scripted by Jithin N (Captain), Vibin George, Jerome Viniith, Akhish GS, Rohith P, Kiran Philip, Ajith Lal C and Muthusamy A, the national and international star players of Kochi Refinery,

## BPCL Marine Drive Club House opened

Mr. Prasad K Panicker, ED (Kochi Refinery), Mr. Murali Madhavan P, ED (Refinery Operations) and Mr. Jayesh Shah, ED (HR) jointly inaugurated the Club House at BPCL Marine Drive Township. With reading and sporting facilities, the club-house is open to the officer community residing at the township and others including retired officers.



## Grand Canyons of India beckons

When Meera, our trusted guide and folklorist in the making, announced this trip to us a few months back, I knew nothing about it. She said "our next visit is to the **Grand Canyon...**" a long pause... **"of India"**. Continuing, she said, " We are going there, come November.... Get ready, it's a long drive from Kochi"

The spacing in tone brought in the thrill and then surprise. This location was not known to me. And, I guess, not known to many too. A remote village in Andhra, **Gandikota, the Grand Canyon of India**. A small village in Kadapa district of Andhra Pradesh, Gandikota is known for its spectacular gorge formed by river Pennar that cuts through the Erramala hills

October, 30 we took off from Kochi to Bengaluru in my new Civic. Never done a long drive in my Civic. I was frankly waiting for this day, not to check on our destination but more to drive my epic. Overall, having covered a distance of around 1,800 km, in around 6 days, my epic was just "simply super, അളിയം"

**Before sunset, we were there, the priced destination, Gandikota... History beckons this hamlet, with present dwellers probably as much your finger counts. This historical fort is on the banks of the Penna River. It has a very long history, anybody's guess, as the length of the fort and those monuments around it stand testimony to it. This fort has seen many dynasties before it fell to the British Raj...**



First halt at Bengaluru where I picked our travel guide, Meera. She had the itinerary chalked out to the micro-level. The program talked about getting to **Lepakshi**, then moving over to **Gandikota** and then checking on the sunset at **Gandikota**. Repose at the Andhra Pradesh tourist home, **Haritha Resorts**, (an "interesting" government and the only establishment where one can get something to munch and rest unless you prefer the vagabond style of travel). The next morning moving towards the east of the gorge to view the Sunrise, breakfast and then that drive to the **Belum Caves**. Evening, back to pavilion, stretch your legs and leave for Bengaluru the next day morning.

Not too cramped, as she very well knows that I enjoy a relaxed schedule than a cramped one. After all, we are on holiday...

I must thank God that all fell in place as planned.

31<sup>st</sup> morning we left for **Lepakshi**, a village in Anantapur District of Andhra Pradesh. "**Le pakshi**" said Lord Rama to **Jatayu**, asking the bird to raise. **Jatayu** was the bird who tried to stop Ravana from abducting Sita. The poor soul had to pay the price by losing its wing ...so says the lore around this place and thus the name **Lepakshi**.

Here we made it to the **Veerabhadra** shrine, dedicated to the Shiva and Vishnu. We were told that this was built around the time of **Vijayanagara Kings**. The mural painting atop the ceilings is now only partially visible. Why don't we preserve these treasures, I wonder???

The **Lepakshi Nandi** close to the temple complex is said to be the second-largest monolithic structure in India. What carving!!! A must-see. Fortunately, I felt that this has been preserved as it should be. I sat under the shade of a tree along with **Sujata**, for its rare that one gets fresh air to rejuvenate and she quiet.

Yonder atop a hillock I saw this sculpture of **Jatayuu**, probably a later modern addition to bringing in that feeling to the lore. Somehow the heat did not prompt me to climb up the hillock.

We had our packed lunch inside the car and started the second lap.

Before sunset, we were there, the priced destination, **Gandikota**. We moved to our room booked in the AP tourism **Haritha Resorts**.



History beckons this hamlet, with present dwellers probably as much your finger counts. This historical fort is on the banks of the **Penna River**. It has a very long history, anybody's guess, as the length of the fort and those monuments around it stand testimony to it. This fort has seen many dynasties before it fell to the British raj.

With the Sun done for the day, and the place new, we did not risk as it was getting too dark. We retired to our Government resort. Evening, my guide Meera spelt out the plan for the next

day. "Got to get up early, to see the sunrise", she cautioned. No network, except for Jio inside the resort campus, (still wondering why only within the campus as outside all the providers were on 4G mode??), we spend some good time talking, planning for tomorrow before hitting the sack. Content with what we did for the day, we slipped into the land of nods, three folks on a double bed!!!

We got up early and set off to see the sunrise. The sun in the east slowly rising, the mighty *Pennar River* flowing across the solid pink Granite on either side, incredible gorge so created over the years.... nature was at its best. Not the least, fresh air to breathe, one couldn't have asked for anything better. Clicking this visual beauty, my Kid was super excited, whereas I preferred to meditate and merge with nature. Suja too went around with her mob camera capturing stupendous frames...

An hour there, we moved around from the east of the fort to west of the fort through the fort's main gates. Within the fort, there are two ancient temples, dedicated to the *Madhava* and *Ranganatha*. However, we found them in absolute ruins, so are the other ancient structures.

**Belum Caves is the second largest and longest caves open to the public in the Indian subcontinent. Maybe this needs authentication. This cave isn't too old a discovery and was open to the public only in the year 2002. A long winding cave, narrow in certain areas, is understood to have been used as the meditation centers by the Buddhist monks.**

Sad indeed. The large granary with its vaulted roof and the *Juma Masjid* is presently fighting against time.

Moving around these vast "monuments in ruins" took me to those times when it was all P & P, plum and prosperous. Soon realised that the Sun wasn't too courteous which forced us to withdraw to our resort. A quick breakfast, and we set out to our next destination, *Belum caves*.

Around two hours of drive from our destination to *Belum caves*. I understand that the Belum Caves is the second largest and longest caves open to the public in the Indian subcontinent. Maybe this needs authentication. This cave isn't too old a discovery and was open to the public only in the year

2002. A long winding cave, narrow in certain areas, is understood to have been used as the meditation centers by the Buddhist monks. We did not venture to the farthest point permitted because it was too slushy and somehow I felt a bit claustrophobic. Further certain tunnels were closed due to water within. No guides were the other reason that did not prompt us to move too far as instructions clearly said that one should move only with guides!!! Anomalies of Indian tourism, instructions without services!!!

A good around an hour in the cave, we moved out. The government is trying, but there's a long way to go before we can call it a great tourist centre. Nonetheless, for an inquisitive probing traveller, these challenges make it even sweeter.

Back to Haritha resorts at *Gandikota*. The next day we drove back to Bengaluru and then to Kochi. A weekend well spent, appreciating the WoWs of Indian culture and heritage along with some lovely creations of God. Back home, scripting my trip, I'm wondering why didn't I like the subject social studies and Indian culture when in school?

- **A Mohanlal** / E&AS





## CR School pays respects to the Mahatma

CR School reverently celebrated the 150th birth anniversary of Gandhiji on 3rd October 2019 in its true spirit by portraying his life through dance - documentary-drama, .

The auditorium witnessed the solemn function from 9.30 am. The hall was decorated with posters and diyas. Each poster served as an insight into his thoughts and principles while the diyas symbolised Gandhiji's ideologies and values.

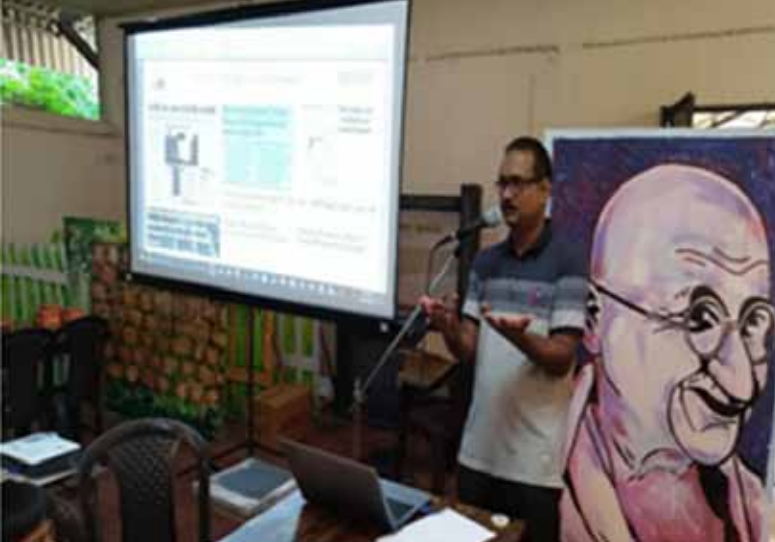
The Principal, Vice Principal, student prefects made floral tributes to the beloved leader. Gandhiji's favourite bhajans and satsang reverberated the walls of the school and brought in the spirit of patriotism.

The Malayalam poem Ente

Gurunathan by Mahakavi Vallathol was presented as a dance drama. The skit showcased the struggle and the sacrifice of the Mahatma for India's freedom. On the occasion, Ms. Preethi Rajeev teacher, ignited the young minds by sharing an instance from Gandhiji's life, highlighting the values he upheld in his life. As a part of Swachta Abhiyan, the students and staff administered pledge on unity and Integrity. Children actively participated in cleaning their classrooms and surroundings.

As a tribute, the students of primary section dressed up like Gandhiji, and walked the aisle of auditorium, adding respectful grandeur to the day's observance.





## Solar student ambassador programme

A one day work shop on solar lamp making was organised at C R School on 2 October 2019 in connection with 150<sup>th</sup> Gandhi Jayanthi celebrations. The event was supported by GGSY, IIT Mumbai, under the solar student ambassador programme. 75 students from 6 to

11 class participated in the programme under the guidance of Mr. C Satishkumar Teacher in Physics. This was conducted as part of UN Sustainable goal achievement on renewable, sustainable energy concept. Participants took pledge on "Environment Non-Violence" to protect Mother Nature



## Congrats Megna and Vaishnavi

Cochin Refineries School bagged the ever rolling trophy for the English debate competition conducted by the Delta Study, Fort Kochi. Megna Satish and Vaishnavi Rajeev of class XI were adjudged the second best speakers.

## IGNITRA 2019

Alen K Bejoy of Std IX, bagged the first Runner's up trophy in the IGNITRA 2019 competition held in UFK Kollam. He competed with 15 teams from High Schools and Colleges. Alen received a cash award of Rs 50,000 and a certificate of merit.

## Felicitating Teachers

At a special ceremony in CR School Teachers were felicitated by Chairman of CR School Board, Mr. Jayesh Shah, ED (HR).

**Class X: Teachers who were felicitated with excellence awards are:** Shine P Jose (Chemistry 50% A1), Manju S (Social science 50% A1 and Centems), Sangeetha K P (Mathematics 50% A1 and Centems), Preethi Rajeev (English 50% A1), Ann Jackson (Social science 50% A1 and Centems), Anu Antony (Mathematics 50% A1 and Centems), Vinitha Santosh (Science 50% A1 and Centems) Jayakrishnan R (Social science 50% A1 and Centems)

**Class XII: Teachers who received excellence awards are:** Satishkumar C (Physics 50% A1), Sureshkumar C (Business Studies 50% A1), Jayakrishnan P (Economics 50% A1 and centem), Anju B (Biology 505 A1 and Centems), Premlatha Shaji (Computer Science, IP 50% A1 and Centems), Ranjini Varma (English 50% A1), Srividhya R (computer science 50% A1 and Centem), Jayaree L (Chemistry 50% A1 and Centems), Vilma James (English 50% A1), Mala B Menon (English 50%A1) Devidayal S (Accountancy 50% A1 and Centem)

**Service awards were presented to :** C Satishkumar (20 Yrs), I Gopalan (25 Yrs), Sindhu S (20 Yrs), S Manju (20 Yrs), R Kumari Maya (20 Yrs), Premlatha Shaji (20 Yrs), Vinitha Santosh (20 Yrs), Alice George (25 yrs)

## कैलाश-मानसरोवर-यात्रा स्मरण

पिछले अंक से जारी ...

पहाड़ी जगह होने से काफी उतार-चढ़ाव थे। भाग्यवश उस दिन आबोहवा अनुकूल रहा। हाथ में ले चले पानी, बिस्कुट और सेब, हमारा दोपहर का भोजन बना।

15 किला मीटर के बाद हम दीराफुक नाम की जागह पर शाम 4 बजे को पहुँचे। यहाँ से कैलाश का दर्शन बहुत नज़दीक था। यह जगह समुद्रतट से 16300 फुट ऊँचाई पर है। हमारे सामने रोमांचित करने वाला दृश्य था। ठंडी हवा बह रही थी, जो तन-मन, दोनों को पारकर आत्मा को छूने लगी। कोई भी नास्तिक वहाँ होता तो यह अलौकिक दृश्य पाकर मानसिक बदलाव का पात्र अवश्य बन जाता।

दीराफुक पहुँचते ही कुछ यात्री हमारे साथ 4-5 किलो मीटर की दूरी पर चरण स्पर्श के लिए उत्सुक निकले। पूरा मार्ग बड़े पत्थरों-चट्टानों से भरा पड़ा था। खड़ी सड़क होने से जल्दी चल भी नहीं पाते। हमें निर्देश दिया गया कि जहाँ पर कैलाश के तल तल पर बर्फ दिखता है, वहीं शिवजी का चरण माना जाता है। रास्ते में जल धाराएं भी बह रही थी। वहाँ पहुँचे यात्री थोड़ी देर के लिए सामने बैठकर शिवजी के ध्यान में निमग्न हो गए।

कुछ लोग लाए गए बिल्व के पत्तों को शिवजी के चरणों पर अर्पित कर प्रार्थना किए। पहाड़ के रूप में शिवजी का विराट दर्शन हुआ। वहाँ पहुँचे लोगों के मन में ऐसा लगा जो अपनी ज़िदगी में भाग्यकाल का उच्चतम समय था। हमारे लिए इसके तुल्य में जीवन में संतोषजनक घटना कोई नहीं रही। हम सब यात्रा के लक्ष्य की सफलता यहाँ महसूस किए। शाम लगभग छः बजे हम वापस आए।

अगला दिन, अगस्त 24 परिक्रमा का दूसरा दिन था। पहले ही सूचना थी कि परिक्रमा का दूसरा दिन बहुत कठिन है। इसलिए सुबह 5.30 बजे ही निकलना पड़ा। पहाड़ों पर चढ़कर उतरना पड़ा। घोड़े भी कठिनता महसूस किए। क्योंकि रास्ता इतना कठिन था कि कहीं चट्टानें, कहीं बर्फ, कहीं जलधाराएं - सब कुछ पार करना पड़ा। हर 10-15 मिनट में घोड़े भी रुके, साँस लिए, कभी पानी पिए। कभी घेड़े वाले उन्हें सांत्वना करते। घोड़े का कष्ट देखकर हमें भी मानसिक संघर्ष झेलना पड़ा। दोपहर हमने आधार दूर पार किए। पहाड़ के शिखर पर हमें छोड़ा गया। घोड़ेवाले बताए कि घोड़े आगे साथ नहीं आएंगे।

पैदल से उतरना था। रुकने, आराम लेने या साँस लेने के लिए जगह कम थी। हर कदम गौर से देख-देखकर बढ़ाना पड़ा। पैर कहीं फिसल न जाए-सब के मन में थोड़ा सा डर छाने लगा। इन चट्टानों के बीच नाश्ता या भोजन करने के बारे में भूलना पड़ा। इस जगह का नाम है, डोलमा-ला-पास, जो कि 18600 फुटकी ऊँचाई

में है। रास्ते में गौरी कुण्ड का दर्शन हुआ। यह, माँ पर्वती देवी का स्नान करने का छोटा-सा झील है। पूरा झील हरे रंग का दीख पड़ा। यहाँ पर सब ने यात्रा की चरम-सीमा महसूस किया। भगवान शिवजी की कृपा से हम सुरक्षित पहुँचे। उस दिन शाम जुतुलफुक नाम की जगह पहुँचे। उस दिन हमने 22 किलो मीटर की यात्रा की। सबको बड़ी थकावट थी। वहाँ के होटल में हम सब उस रात जल्दी ही नींद में डूब गए।

परिक्रमा का तीसरा दिन, अगस्त 25 को सुबह 6.30 बजे हम निकले। उस दिन हमें वहीं पहुँचना था, जहाँ से हमने यात्रा शुरू की थी, यानी डार्चन पहुँचना था। यात्रा 12 किलोमीटर की थी। यहाँ भी आधी दूरी पैदल और आधी दूरी घोड़े पर सवार करना पड़ा। इस दिन की यात्रा भी पहाड़ों पर होने पर भी पिछले दिन के जैसा कठिन नहीं लगी। दोपहर के पहले ही हम डार्चन में होटर पहुँचे।

उसी दिन दोपहर को बस से तकलकोट पहुँचे। शाम के पहले ही चीनी इमिग्रेशन और कस्टम्स की औपचारिकताएं खतम करके हिलसा पहुँचे। पहले ठहरे उसी होटल पहुँचे। सारे यात्रीगण अपने अपने अनुभवों को आपस में बाँटने लगे। लेकिन उस दिन अंतर दिख पड़ा। यानी उस दिन सभी के चेहरे में छोटी सी खेद की रेखाएं फैलने लगी। क्योंकि यात्रा की खुशियों का अंतिम चरण था। सभी यात्री आपस में एक दूसरे की फोटो खींचने लगे। वाटसाप ग्रुप बनाने में बड़ी चाव दिखाएं। उस दिन शाम थोड़ी बारिश होने लगी। हमारी इतने दिनों की यात्रा में कहीं भी बारिश नहीं हुई। कई सोच-विचार में वह रात भी गुज़री।

अगले दिन, 26 अगस्त को सुबह हम सब हिलसा से सिमिकोट द्वारा नेपालगंज में हेलीकॉप्टर से पहुँचे। जाते वक्त ठहरे उसी होटल में दोपहर को पहुँच गए और नहा धोकर भोजन किया। फिर शाम को लखनऊ के होटल पहुँचे।

यात्रा के अंतिम दिन, 27 अगस्त को लखनऊ हवाई अड्डे से मुंबई होकर शाम को हम दोनों कोच्चि पहुँचे। बाकी यात्री भी बैंगलूरु, चेन्नई, हैदराबाद जैसे अपने-अपने शहर लौटे।

यात्रा से हुई शारीरिक थकावट दो-चार दिनों में दूर हुई। लेकिन मन का उत्साह, और एक बार जाने की इच्छा, शिवजी का विराट दर्शन करने का मोह - इन सबकी अवस्थाएं कैसे प्रकट करें। हमारी यह अवस्था सिर्फ शिवजी जानते हैं। आत्मा का संचार, वापस लौकिक संसार पहुँच गया।



एस युवराज,  
एचआर-संपदा





## ज़िंदगी के रंग

रंगों से सजी ज़िंदगी  
रंगों से भरी ज़िंदगी  
रंगों के बगैर कितनी  
बेरंग होती ये ज़िंदगी

हरे से हरियाली  
लाती जीवन में खुशहाली  
देते मन को सुकून  
हवा लाती बर्फीली।

नीले से गगन  
और समुंदर भी सजते  
जीवन में उत्साह  
यही तो है भरते।

लाल से खतरा  
भले ही लगता  
वही ही लहू का रंग बनकर  
एकता का पाठ पढाता

पीली धूप सुबह की  
जगाती है सबको, नई सुबह लाती  
नए दिन की शुरुआत  
नए सिरे से कराती

काला रंग भले ही  
काली रात है लाती  
ज़िंदगी में सभी रंगों का महत्व  
यही तो है समझाती

सफ़ेद रंग रहे सबसे निर्मल  
शांति का प्रतीक बनके लहराती  
छल कपट से दूर रहकर  
प्यार और विश्वास का पाठ पढाती

हर रंग का अपना महत्व  
हर रंग का अपना स्थान  
हर रंग जुड़े जीवन के रंगों से  
हर रंग का अपना मान।



अनु अप्पुकुडन  
अनुरक्षण



एन्टणी सोलमन  
एचआर

## गुरुजी तेरो प्रणाम

बीत गए कई साल इस ज़िन्दगी के  
मिल गई नौकरी भी अच्छी कंपनी में  
सोचता हूँ इस उन्नती का हेतु कौन ?  
माँ-बाप से अधिक तुम ही हो, मेरे गुरुजी !

सिखाया मुझे इस जीवन में आद्याक्षर  
दिखलाया मुझे ज़िन्दगी का अमूल्यता  
बनाया मुझे अपने कर कमलों से  
काली मिट्टी से एक सुन्दर शिल्प तू!

जगाया मेरे तन-मन की सुप्त ज्वाला  
बना दिया समूह में ऊँचा सा दीप - स्थंभ  
ज़िन्दगी की हर मोड़ पर सुधारा मेरा रास्ता  
आपको दिखाए गए दिशा निर्देशों का प्रयोग कर !

प्रणाम गुरुजी, तेरा नमन करता हूँ मैं  
बनाया तू ने मुझे इस दुनिया में सच्चा मानव  
रहे सदा भगवान की आशिश आप के साथ  
प्रणाम गुरुजी, करोड़ नमन करता हूँ ....



# ഇന്ത്യയുടെ കുതിപ്പിന്റെ ഊർജ്ജം; 33,000 കോടി രൂപയുടെ നിക്ഷേപം

രാജ്യാന്തര നിലവാരമുള്ള റിഫൈനറിയെന്ന വ്യാതി മാത്രമല്ല ലഭിച്ചത്. ബി എസ് VI നിലവാരമുള്ള പരിസ്ഥിതി സൗഹൃദ പെട്രോൾ, ഡീസൽ എന്നിവ ഉൽപ്പാദിപ്പിക്കാൻ കഴിയുമെന്നതാണ് വികസനത്തിന്റെ പ്രധാന നേട്ടം

**രാ**ജ്യാന്തര വിമാനത്താവളത്തിൽ നിന്നും 35 കിലോമീറ്റർ ദൂരം, കൊച്ചി തുറമുഖത്തു നിന്ന് 20 കിലോമീറ്റർ, തൃപ്പൂണിത്തുറ റെയിൽവേ സ്റ്റേഷനിൽ നിന്നാകട്ടെ വെറും 5 കിലോമീറ്റർ ദൂരം. യാത്രകൾ അവസാനിക്കുന്നത് അമ്പലമുക്തിലാണ്. കൊച്ചി നഗര പ്രാന്തത്തിലെ ഒരു ചെറു പട്ടണത്തിൽ. ഇന്ത്യയുടെ കുതിപ്പിന്റെ ഊർജ്ജ സ്രോതസുകളിലൊന്നാണ് ഈ പട്ടണം! രാജ്യത്തെ വമ്പൻ എണ്ണ ശുദ്ധീകരണശാലകളിലൊന്നായ ബിപിസിഎൽ കൊച്ചി റിഫൈനറി പ്രവർത്തിക്കുന്നത് ഇവിടെയാണ്. ഫാക്ടും ഹിന്ദുസ്ഥാൻ ഓർഗാനിക് കെമിക്കൽസ് ലിമിറ്റഡും പോലുള്ള രാസ വ്യവസായ ശാലകൾ വേറെയും. റിഫൈനറിയുടെ വിവിധ പദ്ധതികളിലൂടെ രാജ്യത്തെ തന്നെ വമ്പൻ 'എണ്ണ' അധിഷ്ഠിത വ്യവസായ കേന്ദ്രങ്ങളിലൊന്നായി മാറുകയാണ് അമ്പലമുക്തി.

**രാജ്യാന്തര നിലവാരം**  
2013 ൽ നിർമാണം തുടങ്ങിയ സംയോജിത റിഫൈനറി വികസന പദ്ധതി (ഐ ആർ ഇ പി) പൂർത്തിയായതോടെ റിഫൈനറിയുടെ അസംസ്കൃത എണ്ണ (ക്രൂഡ് ഓയിൽ) ശുദ്ധീകരണ ശേഷി 9.5 മില്യൻ മെട്രിക് ടണ്ണിൽ നിന്ന് 15.5 മില്യൻ മെട്രിക് ടണ്ണിലെത്തി. അതോടെ രാജ്യാന്തര നിലവാരമുള്ള റിഫൈനറിയെന്ന വ്യാതി മാത്രമല്ല ലഭിച്ചത്. ബി എസ് VI നിലവാരമുള്ള പരിസ്ഥിതി സൗഹൃദ പെട്രോൾ, ഡീസൽ ഇന്ധനങ്ങൾ ഉൽപ്പാദിപ്പിക്കാൻ കഴിയുമെന്നതാണ് വികസനത്തിന്റെ പ്രധാന നേട്ടം.  
ഐആർഇപിയുടെ തുടർച്ചയായാണ് പെട്രോകെമിക്കൽ കോംപ്ലക്സ് സ്ഥാപിക്കുന്നത്. ആദ്യ ഘട്ടത്തിൽ മുതൽ മുടക്ക് 5500 കോടി രൂപയും മൊത്ത നിക്ഷേപം 16,800 കോടിയും. അസംസ്കൃത എണ്ണ (ക്രൂഡ്) ശുദ്ധീകരിച്ച് ഇന്ധന മാക്കുവോൾ

ഉപോൽപ്പന്നമായി ലഭിക്കുന്നത് 5 ലക്ഷം ടൺ പ്രൊപ്പിലീൻ. ഇതുപയോഗിച്ച് അക്രിലിക് ആസിഡ്, അക്രിലേറ്റ്സ്, ഓക്സോ ആൽക്കഹോൾസ്, പോളിയോൾസ് തുടങ്ങിയവ ഉൽപ്പാദിപ്പിക്കുകയാണു പെട്രോകെമിക്കൽ കോംപ്ലക്സിന്റെ ദൗത്യം.

**ഭാവി ഹബ്ബ്**

പെട്രോകെമിക്കൽ കോംപ്ലക്സിന്റെ ഭാഗമായ പിഡിപിപിയിൽ നിന്നുള്ള അസംസ്കൃത വസ്തുക്കൾ ഉപയോഗിച്ച് അക്രിലിക് പെയിന്റ്സ്, സോൾവന്റ്സ്, കോട്ടിങ്ങ്, വിവിധ തരം പശകൾ, റെസിൻ, സ്റ്റേബിലൈസേഴ്സ്, ഡൈ, ഡിറ്റർജന്റ്സ്, ഡയപ്പർ, സാനിറ്ററി നാപ്കിൻ, വാഹന സീറ്റ്, കിടക്ക, ഷ്യൂ സോൾ, അച്ചടി മഷി, ഫാർമ ഉൽപ്പന്നങ്ങൾ, ഫുഡ് അഡിറ്റീവ്സ് ഉൾപ്പെടെയുള്ളവ നിർമ്മിക്കാൻ കഴിയും.

ചെറുകിട, ഇടത്തരം വ്യവസായ യൂണിറ്റുകൾക്ക് വൻ സാധ്യതയാണു സൃഷ്ടിക്കപ്പെടുന്നത്. അതു ലക്ഷ്യം വച്ചാണു സംസ്ഥാന സർക്കാരിനു കിഴിലെ കിൻഫ്ര അമ്പലമുക്തിൽ തന്നെ പെട്രോകെമിക്കൽ പാർക്ക് സ്ഥാപിക്കുന്നത്. അടിസ്ഥാന സൗകര്യ വികസനം ഉൾപ്പെടെയുള്ള ജോലികൾ കിൻഫ്ര നടപ്പാക്കും. ഘട്ടം ഘട്ടമായി ഏകദേശം 17,000 കോടി രൂപയുടെ നിക്ഷേപം ഇവിടെ പ്രതീക്ഷിക്കാം.

**ഇറക്കുമതി കുറയും**

പിഡിപിപി സജ്ജമാകുന്നതോടെ 250 പേർക്കു നേരിട്ടും 900 പേർക്കു പരോക്ഷമായും തൊഴിൽ ലഭിക്കും. അതേസമയം, പിഡിപിപിയെ ആശ്രയിച്ചു സ്ഥാപിക്കുന്ന കിൻഫ്ര പെട്രോകെമിക്കൽ പാർക്ക് യാഥാർത്ഥ്യമാകുന്നതോടെ നേരിട്ട് 5000 പേർക്കും പരോക്ഷമായി 15,000 പേർക്കും തൊഴിൽ ലഭിക്കുമെന്നാണു പ്രതീക്ഷ. രാജ്യത്തെ സംബന്ധിച്ചിടത്തോളം റിഫൈനറിയുടെ പദ്ധതികൾ പൂർണ്ണ സജ്ജമാകുന്നതോടെ അസംസ്കൃത വസ്തുക്കളുടെ ഇറക്കുമതി കുറച്ച് 13000 കോടി രൂപയെങ്കിലും ലാഭിക്കാനാകും. ഇറക്കുമതി കുറയുന്നത് വിദേശ നാണ്യം ലാഭിക്കാനും രാജ്യത്തെ സഹായിക്കും. അക്രിലിക് പെയിന്റ് നിർമ്മാണത്തിന് ഉപയോഗിക്കുന്ന ബ്യൂട്ടെയ്ൽ അക്രിലേറ്റ്സ് പോലുള്ള അസംസ്കൃത വസ്തുക്കൾ 100% ഇറക്കുമതി ചെയ്യുന്ന രാജ്യമാണ് ഇന്ത്യ. അക്രലിക് പെയ്ന്റിലെ പ്രധാന അസംസ്കൃത വസ്തുവായ ഇത് കേരളത്തിൽ തന്നെ ലഭിക്കുന്നത് ഇവിടുത്തെ പെയിന്റ്, മഷി നിർമ്മാതാക്കൾക്കും ഗുണകരമാകും.

**സമരമില്ലാതെ**

ആവേശത്തോടെ തുടങ്ങി, പതിയെ ഇഴഞ്ഞ്, വൈകാതെ സ്തംഭിക്കുന്ന മട്ടിലുള്ള നിർമ്മാണ രീതിയല്ല റിഫൈനറിയുടേത്. സമയബന്ധിതമായി നിർമ്മാണ പ്രവർത്തനങ്ങൾ പൂർത്തിയാക്കുന്നതിൽ

പ്രത്യേക നൈപുണ്യമുണ്ട്, റിഫൈനറിക്കു്. 5 വർഷം കൊണ്ടു പൂർത്തിയാക്കിയ സംയോജിത റിഫൈനറി വികസന പദ്ധതി (ഐആർഇപി) തൊഴിൽ സമരങ്ങൾ മൂലം തടസപ്പെട്ടതേയില്ല! എല്ലാ വിഭാഗങ്ങളുടെയും സഹകരണത്തോടെ പൂർത്തിയാക്കിയ വൻ പദ്ധതി. ആയിരക്കണക്കിനു തൊഴിലാളികൾ ഒരുമിച്ചു പണിയെടുത്ത എത്രയോ ദിവസങ്ങൾ... ഐആർഇപിക്കു ശേഷം, പിഡിപി പിയും. അതേ രീതിയിൽ തന്നെ 2019-20 സാമ്പത്തിക വർഷത്തിൽ പദ്ധതി പൂർത്തിയാക്കുമെന്നായിരുന്നു പഴയ പ്രഖ്യാപനം. അതേ സമയക്രമം പാലിച്ചു തന്നെയാണു പദ്ധതിയുടെ പുരോഗതിയും.

**33,300 കോടി രൂപ നിക്ഷേപം**

കേരള ചരിത്രത്തിലെ ഏറ്റവും വലിയ വ്യാവസായിക നിക്ഷേപത്തിലൂടെ വളരുകയാണ് ബിപിസിഎൽ കൊച്ചി റിഫൈനറി. 33,000 കോടി രൂപയാണ് ഏതാനും വർഷത്തിനിടെ റിഫൈനറിയിലെ വിവിധ പദ്ധതികൾക്കായി ചെലവിട്ടു കൊണ്ടിരിക്കുന്നത്. 16,500 കോടി രൂപ ചെലവിട്ടു നടപ്പാക്കിയ സംയോജിത റിഫൈനറി വികസന പദ്ധതിയുടെ (ഐആർഇപി) സമർപ്പണം ഈ വർഷം ജനുവരിയിൽ നിർവ്വഹിച്ചതു പ്രധാനമന്ത്രി നരേന്ദ്ര മോദി.

16,800 കോടി മുതൽ മുടക്കുന്ന പെട്രോകെമിക്കൽ കോംപ്ലക്സിന്റെ നിർമ്മാണ ജോലികളാണ് ഇപ്പോൾ പുരോഗമിക്കുന്നത്. കോംപ്ലക്സിന്റെ ഭാഗമായി നിർമ്മിക്കുന്നതു 2 യൂണിറ്റുകൾ. പ്രൊപ്പിലീൻ ഡെറിവേറ്റീവ് പെട്രോകെമിക്കൽ പ്രോജക്ടും (പിഡിപിപി), പോളിയോൾസ് പ്രോജക്ടും. 11,300 കോടി ചെലവിടുന്ന പോളിയോൾസ് പ്രോജക്ട് 2023 ഒടുവിൽ പൂർത്തിയാക്കാനാണു ലക്ഷ്യമിടുന്നത്. സിവിൽജോലികൾ ആരംഭിച്ചു. 5,500 കോടി രൂപ മുതൽ മുടക്കുന്ന പിഡിപിപി കമ്മീഷനിങ്ങിന് ഒരുങ്ങുകയാണ്. അടുത്ത മാർച്ചി നുള്ളിൽ പൂർണ്ണ സജ്ജമാകും.

**രാജ്യത്തിന് വലിയ നേട്ടം**

രാജ്യത്തിനു വലിയ തോതിൽ ഗുണം ചെയ്യുന്ന പദ്ധതികളാണു റിഫൈനറി നടപ്പാക്കിവരുന്നത്. ബ്യൂട്ടെയ്ൽ അക്രിലേറ്റ്സ് പോലുള്ള അസംസ്കൃത വസ്തുക്കൾ ഇന്ത്യ പൂർണ്ണമായും ഇറക്കുമതി ചെയ്യുകയാണ്. പിഡിപിപി സജ്ജമാകുന്നതോടെ അക്രിലേറ്റ്സ് ഇവിടെ ഉൽപ്പാദിപ്പിക്കാനാകും. നമ്മുടെ കമ്പനികൾക്ക് അത് ഏറെ ഗുണകരമാകും. കൂടാതെ ധാരാളം ചെറുകിട വ്യവസായ യൂണിറ്റുകൾ വരും. ആയിരങ്ങൾക്കു തൊഴിലു ലഭിക്കും.

കടപ്പാട്: മനോരമ ഓൺലൈൻ

# ഗോപി പടിയിറങ്ങുന്നു

നീണ്ട 37 വർഷത്തെ സേവനത്തിനു ശേഷം ഗോപി റ്റി. എം. യൂട്ടിലിറ്റിയോട് വിട പറയുകയാണ്. 1982 മെയ് 3-ന് റിഫൈനറി ട്രെയിനിയായി Manufacturing Department-ൽ ജോയിൻ ചെയ്ത ഗോപി ഇന്ന് Utility യിലെ ചീഫ് മാനേജരായിട്ടാണ് വിരമിക്കുന്നത്. വരാപ്പുഴയിൽ കുന്താവിലെ വള്ളുവള്ളിയാണ് സ്വദേശം. കളമശ്ശേരി Govt. Polytechnic-ൽ നിന്നും Mechanical Engineering Diploma യെടുത്ത് ഒരു വർഷം HIL-ൽ Apprentiship Training കൂടി കഴിഞ്ഞാണ് ഗോപി കൊച്ചി റിഫൈനറിയിൽ ജോയിൻ ചെയ്യുന്നത്. അവിടുന്നിങ്ങോട്ട് തനിക്കുണ്ടായ വളർച്ചയെക്കുറിച്ചും കുട്ടികളുടെ career development ൽ കമ്പനിയുടെ സ്കൂളിനുള്ള പങ്കിനെക്കുറിച്ചുമെല്ലാം ഗോപി നന്ദിയോടെ സ്മരിക്കുന്നു.

വളരെ സൗമ്യനും മിതഭാഷിയുമായ ഗോപിയുടെ സമചിത്തതയോടുള്ള കൃത്യനിർവ്വഹണത്തെ സഹ പ്രവർത്തകർ വാനോളം പുകഴ്ത്തുന്നു. ഏതെങ്കിലും ഒരു പ്രശ്നത്തിന്റെ മുമ്പിൽ പതറിനിൽക്കുന്ന ഒരു ഗോപിയെ തങ്ങൾ കണ്ടിട്ടില്ല എന്നു സഹ പ്രവർത്തകർ എടുത്തു പറയുന്നു.

വിട പറയുന്ന ഈ വേളയിൽ utility department-ലെ തന്റെ നീണ്ട സേവനകാലത്ത് ഒരുപാടു നല്ല ബന്ധങ്ങളും അനുഭവങ്ങളും തന്ന സഹപ്രവർത്തകരോട് നന്ദി അറിയിക്കുന്ന തോടൊപ്പം സുരക്ഷാമാനദണ്ഡങ്ങൾ പാലിച്ച്



ശ്രദ്ധയോടെ ജോലി ചെയ്യാൻ ഗോപി ഉപദേശിക്കുകകൂടി ചെയ്യുന്നു.

റിട്ടയർമെന്റിനു ശേഷം കുടുംബത്തോടൊപ്പം സമാധാനത്തോടെയുള്ള ഒരു വിശ്രമജീവിതം ആഗ്രഹിക്കുന്ന ഗോപി കമ്പനിയുടെ സമീപപ്രദേശമായ കൊല്ലംപടിയിലാണ് താമസിക്കുന്നത്. കമ്പനിയിൽ തന്നെ പ്രവർത്തിക്കുന്ന കെ.പി. സുരേഷ്, കെ. കെ. ജോസഫ് എന്നിവർ അൽവാസികൾ ആണ്.

ഗോപിയുടെ ഭാര്യ സുനിത വെണ്ണല ഗവ. എൽ.പി. സ്കൂളിൽ നഴ്സറി അദ്ധ്യാപികയാണ്. രണ്ടു മക്കൾ, ആനന്ദ് ഫാഷൻ ടെക്നോളജിയിൽ ബിരുദ ശേഷം ബാംഗ്ലൂരിലെ CICADA Companyയിൽ User Interface Designer ആയി ജോലി ചെയ്യുന്നു.

അജയ്, തേവര Sacred Heart College ൽ ബി. എസ്. സി കെമിസ്ട്രിയ്ക്കു മൂന്നാം സെമസ്റ്ററിനു പഠിക്കുന്നു.

ഗോപിയ്ക്കും കുടുംബത്തിനും ജാലധാനിയുടെ എല്ലാ ആശംസകളും നേരുന്നു.

വിലാസം:  
Thettalil House, Nila H. No. 61, Mangattil Road, Kollampady, Irumpanam P.O., Ernakulam.



## മലമുകളിലെ ദൈവം കരയുകയാണ്

മലമുകളിലെ ദൈവം കരയുകയാണ് രക്ഷകന്റെ വരവിനായ് കൺ പാർക്കവേ.... ചേർത്ത് വയ്ക്കപ്പെട്ട വിരലാൽ മൗനം അനാദിയായ ഈ പേമാരിയ്ക്ക് ഇന്ന് എത്രനാൾ

മഴുവിൽ വീണ രക്തം പിശാചായ് മഴമേഘങ്ങളെ ആർത്തി പെരുമ്പാവുപോൽ വിഴുങ്ങിയിട്ടും ഈ തീരാ മാരിതൻ മാമാങ്കത്തിനെത്രനാൾ..?

മലമുകളിലെ ദൈവം കരയുകയാണ് ആത്മരക്ഷാർത്ഥം പായുകയാണ് നിറയുന്ന ജലരാക്ഷസന്റെ ഉച്ചിയിൽ നിന്നു ചിരിക്കുന്നതാരാണ്?

# പ്രകൃതിയും മനുഷ്യനും

സമൂഹത്തിൽ കാട്ടിലെ ഗൃഹയിൽനിന്നാണ്. താലോലിക്കാൻ കൈപിടിക്കാൻ കൂട്ടുകൂട്ടാൻ പ്രകൃതിയുണ്ടായിരുന്നു. പലവട്ടം വീണുപോയപ്പോഴും എഴുന്നേറ്റ് നിന്നതും മുന്നോട്ട് പോയതും വഴി കാട്ടാനും ഒരുമിച്ച് നിൽക്കാനും കൂടെ ആളുണ്ടായതുകൊണ്ട് തന്നെയാണ്.

ഇന്ന് മഞ്ഞുമലകളേയും മഹാസമുദ്രങ്ങളേയും കീഴടക്കി ഇനിയുമെന്ത് ഇനിയുമെന്ത് എന്ന് ചോദിച്ച് ചോദിച്ച് മനുഷ്യൻ ചൊവ്വയിലേക്ക് നോക്കുന്നു. അവൻ നിർമ്മിതബുദ്ധിയുടെ കൂട്ടാണ്. യന്ത്രമനുഷ്യൻ അവൻ കാവൽ നിൽക്കുന്നു. അവൻ സൃഷ്ടിച്ച യാനങ്ങൾ ശബ്ദത്തെ മറികടന്ന് പ്രകാശത്തോട് മത്സരിക്കുന്നു കീഴടക്കിയവന്റെ ജയോന്മാദത്തിനിടയിലും ചെവിയോർക്കും...

കേൾക്കുന്നില്ലേ ഒരു കുഞ്ഞു ജീവന്റെ കരച്ചിൽ? അവളുടെ സന്തോഷം തട്ടിപ്പറിച്ചത് ആരാണത്? അവളുടെ വയർമാത്രം എന്താണ് നിറയാത്തത്? അവളുടെ കൈ പിടിക്കാൻ ആരുമില്ലല്ലോ

തീർന്നില്ല... ശ്രദ്ധിച്ചാൽ നിങ്ങൾക്ക് കേൾക്കാം ഉറുകുന്ന മഞ്ഞുമലകളിലേക്ക് നോക്കി ആ കൊച്ചുപക്ഷി എന്താണ് നമ്മളോട് പറയുന്നത്? മഞ്ഞുമലകൾ എന്തുകൊണ്ടാണ് വേഗത്തിൽ അലിയുന്നത്!

അതേ, എവിടെയാണ് നാം എത്തിനിൽക്കുന്നത്!

കുറവൻ, തന്നെ കണ്ണാൽ പാർക്കുന്നതവൻ നിൽക്കുക, തൈവമേ നിൻ ദുഃഖം ഞാനിതാ ഉൾക്കാമ്പിലേറ്റുന്നു ഞാൻ, സ്വയം ശിലയാവവൻ കൺകോണിൽ ഒരു ജലരാക്ഷസനെ കെട്ടിയിട്ടവൻ....

ഉത്തരമെല്ലാം ചൊല്ലാം ഈ മഴയൊന്ന് വിശ്രമിക്കട്ടെ, അല്ല ഈ നിത്യധാരയ്ക്ക് എന്ത് ശമനം..... നീണ്ടും ചുരുണ്ടും അലയായ് ഒഴുകിയും അവൾ, നിൻ പുത്രി, സ്വച്ഛമായ് ആ കണ്ണിലാകെ നിശാന്തനീലിമ അവൾ തൻ ഇഴകൾ പിരിച്ചും കടുംകെട്ടാൽ മെറുക്കിയും, സ്വപ്ന സഞ്ചാരത്തിന്



വേണം, നമുക്കിനിയും സഞ്ചരിക്കണം.. പഴയ ഗൃഹയിലേക്കല്ല, മുമ്പോട്ട്... ഒരു പാട് മുമ്പോട്ട്... കൂടുതൽ വേഗത്തിൽ കൂടുതൽ ദൂരത്തിൽ

അതിന് കൈത്താങ്ങാകാൻ കൂടുകൂട്ടാൻ പ്രകൃതിയുണ്ടാകണം യുദ്ധം ചെയ്യാനും ചവിട്ടിയരക്കാനുമല്ല!

പിന്നെ ആ കൊച്ചുപെൺകുട്ടി അവൾ ഒറ്റക്കാവരുത്, ആ കരച്ചിൽ ഇനിയും കേൾക്കുകയുമരുത് ഒരുമിച്ച് കൈകോർത്ത് മുമ്പോട്ട് .... മുമ്പോട്ട്.....



**Bisal K E**  
Manufacturing - I

ആക്കമാക്കിയവർ ഞങ്ങൾ... കാറ്റിനെ കൊടുത്തു, പിന്നെ ഉഷ്ണമാപിനിയിൽ ശീതം പൊതിഞ്ഞു ആകാശ നീലിമയിൽ കാളകൂടവിഷം കലക്കി അറിവിന്റെ മേൽ അടയിരുന്നു കാലദൈവന്റെ കണ്ണേറു കണ്ടിട്ടും കരയാതെ തൈവമേ, കലങ്ങിതെളിയട്ടേ മാനവ ധാർഷ്ട്യത്തെ, ഈ ജലയുദ്ധം വെല്ലുട്ടേ ഉയരട്ടേ പുതുമുഗം, കണ്ണാൽ ഉഴിയാം കാടിന്റെ മൗനം, കാട്ടാറിന്റെ രാഗോൻമാദം ചിരിക്കാം വീണ്ടും നിനക്കിന്ന് തൈവമേ....



**Srikumar M K**  
P&U Utilities



## World AIDS Day

**Caring is the best gift of life. On World AIDS Day that is observed on 1 December, let's spread the message of caution and care that can save many from this dreadful disease.**

**H**IV (Human Immuno deficiency Virus) is a virus that suppress the immune system. It targets and alters the immunity, increasing the risk and impact of other infections and diseases. Without treatment the infection might progress to an advanced stage called AIDS (Acquired Immuno Deficiency Syndrome). Once HIV infection takes hold, the virus remains in the body for life. HIV and AIDS interfere with the body's ability to fight infections. The gravity of HIV infection is very much alarming, as in India we have more than one million cases per year.

HIV harbors in the body fluids like blood, seminal fluid, vaginal secretion, breast milk etc. So the HIV can be transmitted through unsafe sex, contact with blood of infected person, from mother to child during pregnancy, child birth or breast feeding. HIV will not be transmitted through saliva or shaking hands and sharing food. Once infected the symptoms will appear within 2-4 weeks, sometimes an infected person may remain symptom free for longer period, but blood tests will be positive. The symptoms comprises from flue like symptoms to severe life threatening infections like meningitis, pneumonia even cancer since no immune system to fight against infections. In general HIV patients are more prone to infections of skin eyes, lungs

kidneys gastro intestinal tract and brain.

Currently there is no cure for HIV infection, but treatment can reduce its effect on patient's life. Regular antiviral treatment can reduce HIV to undetectable levels in blood, at this level the virus will not progress to the later stages of HIV infection or the virus cannot be transmitted during sex.

Prevention is possible, by avoiding unsafe sex(single partner, use of condom), avoid sharing injection needles, and taking pre exposure prophylaxis.

A little care goes a long way in shaping happy and healthy individuals. And happy and healthy individuals are the pillars of a strong Nation. Let's build our relations for a greater purpose and commitment to humanity.

- Dr Lissamma NK / HR



## Go Fit. Love your heart

Raising a toast to good health and fitness, Kochrefiners join the Tripunithura Heritage Run in Kochi. The run was also as part of World Heart Day 2019.



**I FINISHED 10Km RUN**



# THE FINAL STRAW

Plastic straws are among the **top 10** plastic debris found during coastal clean ups.

**500,000** plastic straws are used daily.

Their size makes it **hard to recycle.**



#SingleUsePlasticBan

Use shopping bags made of cloth



**How can you help make India plastic-free?**



Use cutlery made from steel



Avoid buying bottled drinking water



#SingleUsePlasticBan



# Follow these small steps to create big impact



#BanSingleUsePlastic



USE PAPER OR GLASS BOX



USE GLASS JARS



USE REUSABLE CUTLERY



USE WOODEN COMB