Chapter-1

PLANTATION AND ADOPTION OF A TREES

Plantation : An area of land where trees are grown to produce wood.

As an **SOCIAL CONNECT & RESPONSIBILITIES** activities , we have planted tress in Our college campus and maintaining them by taking care on regular basis and observing its Development in day to day life.

Adoption of trees : Adopting of trees near by us and taking on regularly by supplying Water , necessary minerals in the form of compost etc. we need to keep our environment Green so that we can have fresh air , fresh air keeps our mind fresh and more active. We need to conserve our green environment to the future for upcoming generations.

WWF India initiated the ‘Adopt a Tree’ campaign in 2005 to encourage individuals and Organizations to plant and care for native species. Since then, we and our partners have Grown and managed thousands of trees. Each one of us can adopt a tree for life and help Make our planet a greener place.

Plants and trees are our natural capital. They are fundamental to life on earth, offering food, Medicine and shelter. They also sequester carbon, fight pollution and bind the soil.The solution to catastrophic events like wildfires, floods and pandemics lies in restoring Green cover and restoring the balance in nature. Planting or adopting trees can help safeguard Jobs, human health and essential natural resources for millions of people.

Why should we adopt and plant trees?

By planting trees, you’d help reverse the loss of green cover and attract birds and Buzzing pollinators. Trees also vastly improve air quality.

Can I dedicate the plantations to friends and family?

You can dedicate trees to your near and dear ones on their birthdays, Anniversaries, other special occasions, or even in memory of someone. Each tree Adoption will get you a personalized certificate from WWF-World Wildlife Fund.

When and where will the trees be planted?

Plantation drives commence in the monsoon. All adopted trees will be planted at Selected sites. These sites are finalized based on the number of trees adopted. Those that cannot be planted in the current season will be planted in the next Cycle.

Will I get tax exemption benefit under 80G?

Yes, you will receive a donation receipt upon completion of a transaction. An

80G certificate will be issued.

80G:Section 80G of the Income Tax Act primarily deals with donations made towards charity, with an aim to provide tax incentives to individuals indulging in philanthropic activities. This section **offers tax deductions** on donations made to certain funds or charities.

Procedure for adopting trees in India

1. https://join.wwfindia.org/adopt-a-tree/
2. STEP 1- Visit select FNP stores in Delhi NCR.
3. STEP 2- Choose your Tree Sapling absolutely free of cost. The available choices are-Neem, Amaltas, Bhel, Kaner, Ashoka, Jamun, Imli etc.
4. STEP 3- Fill & Sign the pledge card at the store and hand it to the store manager
5. STEP 4- Take the Sapling with you and plant it.

Chapter-2

HERITAGE WALK AND CRAFTS CORNER

HAMPI



Hampi is one of the **UNESCO** world heritage sites, but how many of us actually know what is The history behind the small place located in the city of Karnataka? There are a great many Tales related to the town of Hampi with as many interesting facts about the city, which calls Upon all history enthusiasts to pursue its intriguing ruins.

The city is filled with ancient temples, dating back to the **Vijayanagara Empire**. You will be Amazed to know that this city is the seat of the empire which flourished in the 16th century.
Hampi has been in existence since the **Mauryan** Empire and has seen a lot of changes ever Since, making it instrumental to the course of India's history.

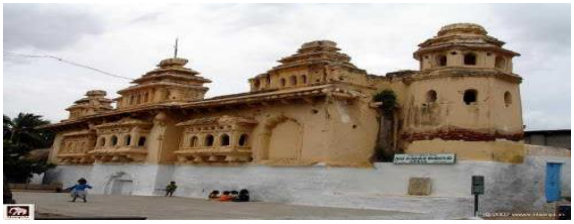
A place of such great magnificence and opulence is sure to have a rich cultural heritage to it too. Hampi was a part of the Mauryan Empire back in the third century BC. There has been Enough evidence of the fact that the **rock edifices** found in the **Bellary** district were a common form of recording relevant information in the times of **Ashoka**. Hampi was the capital city During the four different dynasties altogether in the Vijayanagar city that came into Existence in the year **1336 AD**. The Vijayanagara Empire reached unfathomable heights under the guidance of King **Krishna deva Raya** of the **Tuluva Dynasty.**

History of Vijayanagara Empire

The Vijayanagara Empire, also called the **Karnata Rajya,** was created in **1336 AD** by **Harihara I** and **Bukka Raya I** of the **Sangama Dynasty**. It came to power by fighting off Islamic invasions towards the end of the 13th century. Famed for its efficient governance and strong trade connections abroad, the Empire brought Southern India to new heights in both **technology** and fine **arts**. Their level of mastery can be seen easily in

the architecture of the temples at Hampi. Among other examples, intricate engravings of horses or yali (hippogryphs) an be found standing around **8 feet** tall on temple pillars.

Hampi was the capital of the Vijayanagara Empire in the 14th century. Portuguese, say that Hampi was a prosperous, wealthy and grand city.City near the **Tungabhadra River** numerous temples, farms and trading markets.




Virupaksha Temple is a Hindu temple dedicated to Shiva, and it is one of the oldest in India, where there has been continuous worship since the **7th** century. One can take an evening stroll after visiting the temple, and we will find ancient structures and artefacts along the trail. The **Gopura of Virupaksha Temple** is a grand structure that stands **165** feet tall, **120** ft deep and **150** ft wide. The Gopura was cited as one of the tallest in Southern India.

Another interesting part of Hampi is the **Queen's bath.** This aquatic area is the first ruined structure that visitors see when entering the royal palace. The Queen's bath is a rectangular structure that personifies the architectural marvel of the ancient period. There is a large sunken bath of **15 square metres and 1.8 metres** deep. Some columns are arched with beautiful balconies and windows around them. Recently, a small garden was added in front of this place.

Hampi was in its **Golden Era** during the reign of the emperor Sri **Krishnadevaraya**. It is believed that people used to trade precious gemstones like **diamonds, emeralds, rubies and sapphires in the local markets**. Moreover, Hampi's diamond trading is etched in the history of the Vijayanagara Empire.

These are some interesting facts about the Vijayanagara Empire we could on Hampi. Hampi is a testimony to the golden age in India, where people lived their lives in peace, joy, harmony, and unity, and they prospered.


Hampi Utsav, also known as the **Vijaya Utsav,** Festival of Hampi has been celebrated from the times of the Vijayanagar reign. This event has been reiterated as the "**Nada Utsava** " by the Government of Karnataka. Hampi being a World Heritage Site is a international tourist spot. This festival is attributes to the mega cultural extravaganza.

Renowned artistes all over India come forward in bringing the grandiose days of the Vijayanagar Period to the present day. The rich culture of **Kannadigas** in the fields of dance, music and art thus showcased complement the beautifully carved ruins of Hampi.

Hampi Utsav

Bright colored handicrafts, leather puppets done by the traditional craftsmen of the past are reproduced with the same skill by their present generation. Musical instruments such as **pipes and drums** traditionally played vibrate the air with past grandeur. The Government of Karnataka promotes this festival every year to attract people all over the world to this magnificent land.

Decorated elephants, horses and men dressed in the military fashion of the Golden Era, are posted underneath the red, yellow, blue and white cloth "**Gopuras**" are posted along the lanes of Hampi. The **2** kilometer path near the **Virupaaksha temple** which was known as the Raja Marga has been decorated as the Vijayanagar theme.

Traders offered tokens of "gold coins" and "diamonds" recreating the once world famous open trade in diamonds, gems and gold of the Golden Era. Classical dance exponents and classical vocalists are set to entertain the guests with their brilliant performances in five avenues.

"Janapada Kalavahini" a concert of folk songs is a special attraction introduced this year festival.

"Jumbo Savari" similar to the **Dasara elephant march** is held at **Hospet town.** The **Howdah in Panchaloha (made of 5 metals)**, from the Vijayanagar Empire is being used.

Light and sound show: Special lighting of monuments across the 15 km of Hampi ruins on the banks of **Tungabadra** is another attraction guaranteed to make the visitor mesmerize and put the spell of the ancient days.

For those who are fond of traditional shopping there cannot be a better place than Hampi to shop. Color, gaiety and excitement follow the long and spectacular processions which wind their way to the sounds of pipes and trumpets reliving the Golden past.

Chapter-3

ORGANIC FARMING AND WASTE MANAGEMENT

3.1 Organic Farming

Organic farming :Organic farming can be defined as an agricultural process that uses **biological fertilisers** and **pest control** acquired from animal or plant waste.

Organic farming was actually initiated as an answer to the environmental sufferings caused by the use of **chemical pesticides** and **synthetic fertilisers.**

India is home to **30%** of total organic producers in the world having **2.30 million ha**. Total organic cultivation area, **27, 59,660 total farmers (11, 60,650 PGS and 15, 99,010 India Organic)**, **1703** total processors and **745** traders.

Organic farming, also known as **ecological farming** or **biological farming**, is an agricultural system that uses fertilizers of organic origin such as **compost manure, green manure, and bone meal** and places emphasis on techniques such as crop rotation and companion planting. It originated early in the 20th century in reaction to rapidly changing farming practices. Certified organic agriculture accounts for 70 million hectares (170 million acres) globally, with over half of that total in Australia. Organic farming continues

to be developed by various organizations today. Biological pest control, mixed cropping and the fostering of insect predators are encouraged.

Organic standards are designed to allow the use of naturally-occurring substances while prohibiting or strictly limiting synthetic substances.For instance, naturally-occurring pesticides such as **pyrethrin** are permitted, while synthetic fertilizers and pesticides are generally prohibited. Synthetic substances that are allowed include, for example, copper sulfate, elemental sulfur and Ivermectin. Genetically modified organisms, nanomaterials, human sewage sludge, plant growth regulators, hormones, and antibiotic use in livestock husbandry are prohibited. Organic farming advocates claim advantages in sustainability, openness, self-sufficiency, autonomy and independence, health, food security, and food safety.

Organic agricultural methods are internationally regulated and legally enforced by many nations, based in large part on the standards set by the **International Federation of Organic Agriculture Movements (IFOAM),** an international umbrella organization for organic farming organizations established in **1972**. Organic agriculture can be defined as "**an integrated farming system that strives for sustainability, the enhancement of soil fertility and biological diversity while, with rare exceptions, prohibiting synthetic pesticides, antibiotics, synthetic fertilizers, genetically modified organisms, and growth hormones".**

Subhash Palekar:

Subhash Palekar is an **Indian agriculturist** who practiced and wrote many books about **Subhash Palekar Natural Farming (SPNF) Formerly ZBNF (Zero Budget Natural Farming).**hash Palekar was born in **1949** in a small village **Belora** in the **Vidarbha** region of **Maharashtra** in India, and he has an agricultural background. He practised **Zero Budget Natural Farming** without using pesticides to cultivate. He conducted many workshops all over India. He was awarded India's fourth highest civilian award the **Padma Shri** in **2016**.

Organic farming is a method of crop and livestock production that involves much more than choosing not to use **pesticides, fertilizers, genetically modified organisms, antibiotics and growth hormones**.

Benefits of Organic Farming

1) Discourages environmental exposure to pesticides and chemicals

2) Builds healthy soil

3) Helps combat erosion

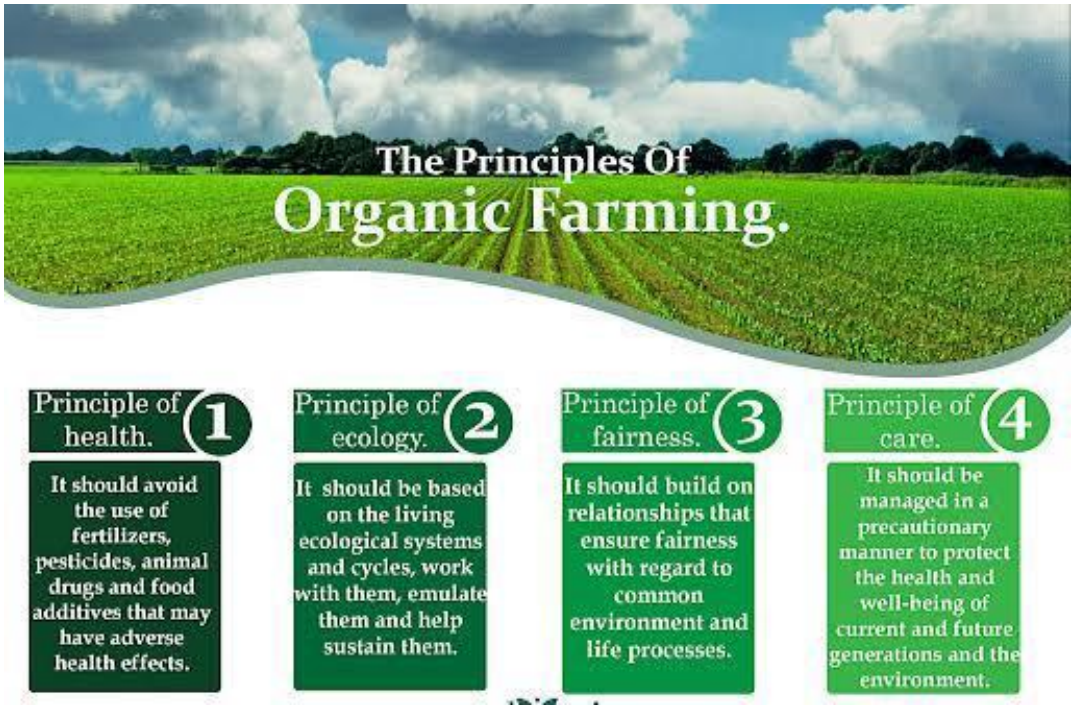
4) Fights the effects of global warming

5) Supports water conservation and water health

6) Discourages algae blooms

7) Supports animal health and welfare

8) Encourages biodiversity



3.2 Waste Management

Waste management or waste disposa

It includes the processes and actions required to manage waste from its **inception** to its **final disposal**.This includes the **collection**, **transport**, **treatment** and **disposal of waste**, together with **monitoring** and **regulation** of the waste management process and waste-related **laws, technologies, economic mechanisms**.

"Waste management is intended to reduce adverse effects of waste on human health, the environment, planetary resources and aesthetics.**"**

The aim of waste management is to reduce the dangerous effects of such waste on the environment and human health.

Waste can be **solid**, **liquid**, or **gases** and each type has different methods of disposal and management. Waste management deals with all types of waste, including **industrial**, **biological**, **household**, **municipal**, **organic**, **biomedical**, **radioactive wastes**. In some cases, waste can pose a threat to human health.Health issues are associated throughout the entire process of waste management. Health issues can also arise indirectly or directly: directly through the handling of solid waste, and indirectly through the consumption of **water**, **soil** and **food**. Waste is produced by human activity, for example, the **extraction** and **processing** of raw materials.

Waste management awareness through wall painting

Before

After

Environmental Impacts of Waste:

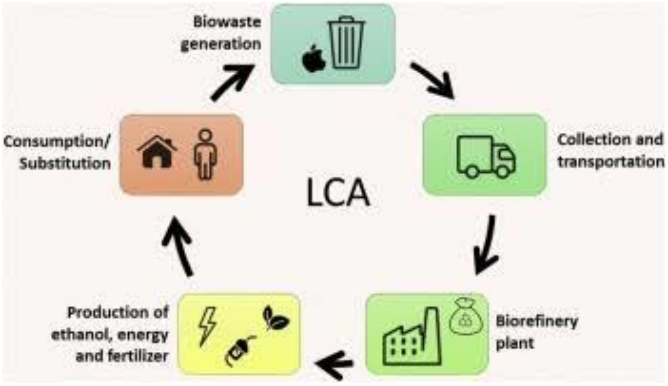
The economic growth and urbanization experienced in many parts of the Asian and Pacific Region over the past 10-15 years, has significantly escalated the quantities of **MSW** being generated in many cities, including Bangkok, Beijing, Mumbai,Calcutta, Colombo, Dhaka, Hanoi, Jakarta, Kuala Lumpur, Manila and Shanghai (United Nations 1995,Koe and Aziz 1995). Uncontrolled, **open dumping** on the peripheries of many of the region's cities has resulting in the **degradation of valuable land resources** and the creation of long-term

environmental and human health problems. The events of **July 2000** at the **Quezon City** garbage dump on the **outskirts of Manila,** where hundreds of people were killed by the collapse of a "**seven storey high**" open dump

stands testament to the direct potential consequences of uncontrolled dumping.Throughout the region, indiscriminate Dumping has led to the **contamination of surface and Groundwater supplies**, whilst open burning of waste Contributes significantly to urban **air pollution**. At a Global level, the uncontrolled release of **methane**,Which is produced as a by-product of the Decomposition of organic wastes, represents a Significant proportion of the region's contribution to the **greenhouse** effect

Waste disposal methods

In general, waste should undergo material recycling or thermal treatment. If this is not possible for technical reasons, or it is not economically viable, the waste is deposited in a landfill following suitable treatment.
The standard waste disposal methods used are:



Recycling

Recycling refers to both the direct reuse of used products (e.g. used clothing and functioning parts removed from used vehicles) and **material recycling**, that is the recovery of raw materials from waste (e.g. production of new glass from fragments, the melting of scrap iron and the production of recycled building materials from construction waste). **Downcycling** refers to the transformation of waste to materials of lower quality than the initially used material.

Incineration

Combustible waste from households and waste wood that is not suitable for recycling undergo thermal treatment in waste incineration plants or waste wood furnaces. The heat released in the process is used to generate electricity and heat buildings. Waste with a **high calorific value and low level of pollutant contamination** can be used in industrial plants, e.g. cement plants, as an alternative to fossil fuels. Waste that is contaminated with organic pollutants undergoes **separate thermal treatment** (e.g. in hazardous waste incineration plants). Incinerators must have a flue gas treatment system. The requirements for flue gas treatment and the incineration system are based on the nature of the waste.

Specialised waste disposal companies treat the waste in accordance with the requirements of the incineration plant. This guarantees that the fuel will be of a high quality and reduces the accident risk. The companies ensure, for example, that no undesirable reactions occur when liquids are mixed. Waste materials that are used as substitute fuels in cement plants must be crushed in advance and set at a constant calorific value.

Chemical-physical and biological treatment

The objective of both chemical-physical and biological treatment is to enable the removal of pollutants from waste or its safe landfilling. Wastewater and polluted excavated material are typical of the types of waste that are managed in this way. Following chemical-physical treatment, the pollutants can be disposed of in concentrated form in facilities suitable for this purpose.

Landfills

Residues from waste incineration or waste that is not suitable for **material recycling or thermal treatment** are deposited in landfills that are compliant with the legal requirements. If the waste does not fulfil the requirements for landfilling, it must be pre-treated.

Collection and logistics

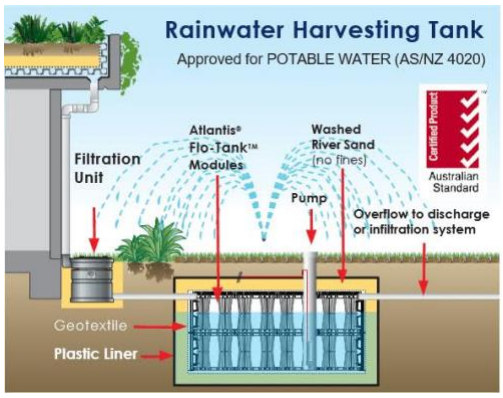
The waste management sector involves many different specialised actors. Their tasks include the collection of waste at source (industry, commerce and households) in suitable transport containers, its intermediate storage and handover to waste disposal operations. The treatment of waste is often based on a cascade of specialised plants. In all cases, smooth logistics are a precondition for the efficient management of waste. In the case of hazardous waste, in accordance with the Ordinance on Movements of Waste, the handover must be documented.

Chapter-4

WATER CONSERVATION

Water conservation includes all the policies, strategies and activities to sustainably manage the natural resource of fresh water, to protect the **hydrosphere**, and to meet the current and future human demand (thus avoiding water scarcity). Population, household size and growth and affluence all affect how much water is used. Factors such as climate change have increased pressures on natural water resources especially in manufacturing and agricultural irrigation. Many countries have already implemented policies aimed at water conservation, with much success. The key activities to conserve water are as follows: any beneficial reduction in water loss, use and waste of resources, avoiding any damage to water quality; and improving water management practices that reduce the use or enhance the beneficial use of water. Technology solutions exist for households, commercial and agricultural applications. Water conservation programs involved in social solutions are typically initiated at the local level, by either municipal water utilities or regional governments. Common strategies include public outreach campaigns,tiered water rates (charging progressively higher prices as water use increases), or restrictions on outdoor water use such as lawn watering and car washing.

4.1 Rain water harvesting



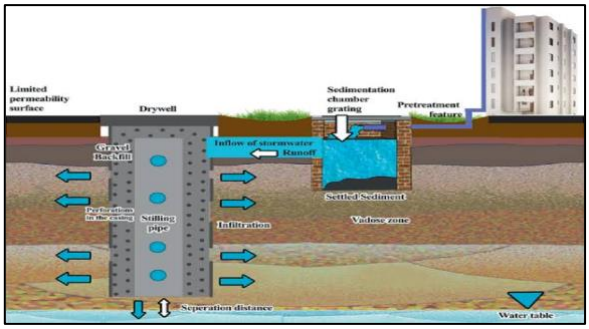
Rainwater Harvesting is one of the most commonly used methods to save water. It refers to storing of rainwater for various uses. The notion behind rainwater harvesting is to not waste the rainwater and prevent it from running off. In other words, it is done to **collect rainwater using simple mechanisms**. This method is very useful considering the water scarcity that is happening in India. Moreover, rainwater harvesting is so easy that almost anyone can do it. We must encourage this practice to help people get access to clean water easily without any cost.

In this method, we can collect the surface runoff water by making a path that directs to a storage space like a **tank or pond.** This can help store water in a large amount which can be used later for a lot of work. Everyone can design an efficient system which will collect large amounts of water from roads, gardens, parks and more. It will definitely be enough to sustain a community and even a city is designed on a larger level.

However, the runoff water will have a lot of impurities. Therefore, it is important to first filter the water properly so it can be reused for all purposes, whether it is drinking or cooking.

Next up, we have **rooftop rainwater harvesting**. Here, the roof of a house or building works as a rainwater collection unit. It includes equipping the roof with pipes that direct to a pit or tank. These pipes will divert the water falling on the roof in the tank to save water from falling off. This is a very economical and efficient way to harvest rainwater.

4.2 GroundWater Recharge



Groundwater is a far more important water resource than is often realized. For the United States, the significance of the role of the groundwater as a component of national water use can be gleaned from the statistical studies of the U.S. Geological Survey as reported most recently for the year **1990** by **Solely, Pierce and Perlman** .

Total groundwater withdrawals were estimated as **80,600 million gallons per day (mgd),** or **305 × 106 m3/d.** Groundwater is used for industrial-mining categories that amounted **40.2 per cent, 39.1 per cent** in public water supply, **38.1 per cent** in irrigation-livestock. The use of reclaimed wastewater averaged about **750 mgd (2.8 × 106 m3/d), or 30 per cent more than during 1985 .**

The growing need for water necessitates even greater use of this vast water resource. Thus, there has been increased interest in the use of artificial recharge of groundwater to augment groundwater supplies, particularly with reclaimed municipal wastewater and waters of impaired quality.

Groundwater recharge with reclaimed municipal wastewater and waters of impaired quality is an approach to wastewater reuse that results in the planned augmentation of groundwater for various beneficial uses. Because, in many locations, groundwater recharge with **reclaimed municipal wastewater** presents a wide spectrum of health concerns as well as concerns for the sustainability of groundwater recharge operations.

It is essential that water extracted from a groundwater basin for potable use be of acceptable **physical, chemical, microbiological, and radiological quality.** Main concerns governing the acceptability of groundwater recharge projects are that adverse health effects could result from the introduction of pathogens or trace amounts of toxic chemicals into groundwater that is eventually consumed by the public. Because of the increasing concern for long-term health effects, every effort should be made to reduce the number of chemical species and concentration of specific organic constituents in the applied water .

The quality of source waters used in groundwater recharge has a direct bearing on operational aspects of the recharge facilities and also on the use to be made of the extracted water. A source control program to limit potentially harmful constituents enter-ing the sewer system must be an integral part of any groundwater recharge project.

Extreme caution is warranted because of the difficulty in restoring a groundwater basin once it is contaminated. Additional cost would be incurred if groundwater quality changes resulting from recharge necessitated the treatment of extracted groundwater and/or the development of additional water sources.

The level of municipal wastewater treatment necessary to produce a suitable re-claimed wastewater for groundwater recharge depends upon the groundwater quality objectives, hydrogeological characteristics of the groundwater basin, and the amount of reclaimed water and percentage of reclaimed water applied.

Federal requirements for groundwater recharge in the context of wastewater reclamation and reuse have not been established in the USA. As a consequence, water reclamation and reuse requirements for groundwater recharge are regulated by the state agencies with a case-by-case determina-tion.

Considerably higher wastewater treatment prior to groundwater recharge is advo-cated in **California** because of the health concerns related to **potential chronic effects of trace organics** and **viruses** upon human health. The proposed guidelines for groundwater recharge with reclaimed municipal wastewater rightly reflect cautious attitude toward such health concerns.

Storm water quality is affected by several factors, including rainfall quantity and intensity, the natural and **anthropogenic characteristics of the drainage basin,** time since the last runoff event, and the time of year. Constituents of concern in storm water, accord-ing to the **National Research Council** , **include trace metals**, **organic compounds**, **pathogenic organisms**, **suspended solids**, and in northern climates in the **winter sodium and chlorides caused by road de-icing practices.**

Irrigation return flows exhibit the widest variation in quality of the three potential source waters, and water quality characteristics beyond salinity and concentrations of nitrate are not well studied. Salt content can be a problem in **arid** and **semi-arid regions,** and **suspended solids** and **trace element concentration** including **selenium, uranium, boron, and arsenic may also be of concern.**

Pesticide residues may also pose problems in irrigation return flows. Although treatment processes are available to remove the constituents of concern to acceptable levels, treatment of irrigation return flows is not generally carried out and the cost effectiveness of doing so is questionable because of their large volumes .

Chapter-5

Food Walk

Vidhyarthi Bhavan

Address:

32, Gandhi Bazaar Main Rd, Gandhi Bazaar, Basavanagudi, Bengaluru,. Karnataka 560004

History:

It all started as a small canteen keeping in mind to cater needs of the students of the nearby **National High School and Acharya Patashala**. Venkataramana Ural, from a place called **Saligrama** near **Udupi**, set this up in the early 1943-44. Passed on to the hands of his brother **Parameshwara Ural**, the restaurant bloomed to its demand.

In 1970, **Vidyarthi Bhavan** was taken over by **Ramakrishna Adiga** who hailed from **Shankaranaryana**, a village near **Kundapur**. What changed was just the management, but the name, tradition, recipes remained the same so was the services of many of the employees. The overflowing demand and its profound popularity shall be the prudent evidence for its **unchanging taste, flavour & delicacy.**

Standing right there where it started, Vidyarthi Bhavan has very little to change except for its minor **upgradation** in its interiors and a little extra comfort to ensure convenience to its everyday growing customers.

Arun Kumar Adiga, joined his father **Ramakrishna Adiga in 2005** by quitting his Engineering job and currently, the father-son duo have been continuing this legacy with an able support from its staff, who are an integral part of **Vidyarthi Bhavan family**.

INGREDIENTS

For batter:

*3 cup sona masuri rice

*½ tsp methi / fenugreek seeds

*water (for soaking)

*1 cup urad dal

*2 tbsp toor dal

*2 tbsp chana dal

*1 cup poha / avalakki (rinsed)

For aloo bhaji:

*2 tbsp oil

*1 tsp mustard

*1 tsp urad dal

*1 tsp chana dal

*1 dried red chilli

*few curry leaves

*pinch hing / asafoetida

*2 chilli (finely chopped)

*1 inch ginger (finely chopped)

*1 onion (sliced)

*¼ tsp turmeric

*1 tsp salt

*3 potato (boiled & mashed)

*2 tbsp coriander (finely chopped)

*2 tbsp lemon juice

INSTRUCTIONS

Masala dosa batter preparation:

Firstly, in a large bowl take 3 cup sona masuri rice and ½ tsp methi.

Rinse well and soak in enough water for 4 hours.

In another bowl take 1 cup urad dal, 2 tbsp toor dal and 2 tbsp chana dal.

Rinse well and soak in enough water for 2 hours.

After soaking dal for 2 hours, drain off the water and transfer to the grinder. You can also grind in mixi if you do not have access to a grinder.

Add water as required and blend to smooth paste.

Scrape sides. The smooth and fluffy batter will be ready after 40 minutes.

Transfer the batter to a large vessel and keep aside.

In the same grinder add soaked rice and 1 cup rinsed poha.

Add water slowly and scrape the sides. Blend to a coarse paste.

Transfer the rice batter to the same urad dal batter.

Mix well making sure everything is well combined.

Ferment in a warm place for at least 8 hours or until the batter doubles in volume. If you are living in a cold climate, then you can place the batter in the warm oven (just heat the oven until it turns slightly warm and then turn off) to ferment.

Once the batter is well fermented, mix gently, without disturbing the air pockets.

Transfer 4 cups of fermented batter to a small bowl and add 1 tsp salt.

Mix well until the salt is well combined. Masala dosa batter is ready. Keep aside.

Aloo bhaji preparation:

Firstly, in a large kadai heat 2 tbsp oil and splutter 1 tsp mustard, 1 tsp urad dal, 1 tsp chana dal, 1 dried red chilli, few curry leaves, pinch hing.

Now add 2 chilli and 1 inch ginger. Saute well.

Also, add 1 onion and saute until onions shrink slightly.

Further, add ¼ tsp turmeric and 1 tsp salt. Saute well.

Now add 3 potato and mix well, mash slightly making sure everything is well combined.

Turn off the flame and add 2 tbsp coriander and 2 tbsp lemon juice.

Mix well and aloo bhaji for masala dosa is ready. Keep aside.

Masala dosa preparation:

Firstly, add a ladleful of batter on hot tawa.

Spread as thin as possible making a crispy dosa.

Take 1 tsp of butter and spread uniformly.

Also, place 2 tbsp of prepared aloo masala in the centre.

Roast until the dosa turns golden brown and crisp.

Scrape the sides of dosa and roll the dosa.

Finally, masala dosa recipe is ready to serve with coconut chutney and sambar.

NUTRITION

Calories: 40kcal

Carbohydrates: 6g

Protein: 2g

Fat: 1g

Saturated Fat: 1g

Sodium: 81mg

Potassium: 20mg

Fiber: 2g

Sugar: 1g

Vitamin A: 36IU

Vitamin C: 6mg

Calcium: 9mg

Iron: 1mg