

Scribbles

Bringing colour to your lives

Volume No. 4

July - August 2013

Issue No. 4

From the desk of the editor of this special issue, presented by Team ATLAS

I was going through the title of the journal “Scribbles” and the sub-title “bringing colour to your lives.”

Though on the face of it, the name “Scribbles” pre-supposes a compilation of random thoughts, down the years we all have seen the issues well organised and compiled, revolving around carefully selected themes which are topical and relevant. Of course, there is no doubt that “Scribbles” continues to bring colour to our lives.

When the Atlas team from Mettur was given the responsibility of creating and editing an issue of “Scribbles”, we did not have to spend too much time on the theme/s.

One theme chose itself, Life in and around Mettur over the years. Vignettes of day to day life in the Chemplast township, the story of the largest reservoir in South India, which irrigates more than 300,000 acres of fertile land, feeding millions of people are all captured in this issue.

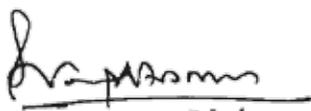
Our able team members visited the breadth and the width of the chosen territory (in and around Mettur) and came out with some very interesting picture stories – flora and fauna in Chemplast sanctuary, a day in the lives of weavers of Vanavasi, the craftsmanship of the artisans who weave mats in Mecheri, the story of fishermen on the backwaters of Stanley Reservoir.

To bring a little more variety, there are articles on ‘Angkor’ and ‘Krishna - the first example of a CEO’.

I hope Sanmarites will enjoy the contents and presentation of this edition. On behalf of colleagues in Mettur, I take the opportunity to wish every one of you a great time in reading this issue.

I am sure that many of you will be inspired to visit Mettur soon after going through this issue...

Wishing all the best.



S Venkatesan

From the Editor's desk...

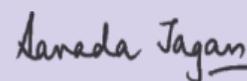
Dear readers,

This is a special issue of a different kind! We requested one *Sanmartini* team ATLAS, from Mettur, to present this issue of “Scribbles”. S Venkatesan, head of Mettur operations, immediately said YES. There will be occasions for other teams of *Sanmartini* to present future issues.

What you will read in the first three pages have been put together by visiting those places. Kudos to the team's effort.

I was impressed with presentation of healthy spread in the cookery contest.

My congratulations to the ATLAS team and their families for bringing out an informative and interesting issue.



Send your contributions / responses to scribbles@sanmargroup.com

A view of 16 sluice gates of Mettur Dam



Vijay Prasanna, S/o J Vidhyatharan, SRS Training Institute, Corporate, Mettur.

Guess Who? ! Given at the bottom of each page are the tips that will lead on to the photo of the person on the last page.

Mettur Dam – Stanley Reservoir



Mettur Dam is one of the largest and oldest in India. This Dam was constructed in 1934, in a gorge, where the river Kaveri enters the plains. This Dam has a long history from 1834 to 1934. Built at a height of 65 metres, the total length of the Dam is 1700 metres. The total area of the Dam is 15,540 hectares with a capacity of 2648 cubic metres. Maximum height of the Dam is 214 feet and its catchment area is around 16,300 sq metres. The maximum level of the Dam is 120 feet and its maximum capacity is 93.4 tmc ft.

First charge was blasted in the presence of HE Vincent Goschen, Governor of Madras. The Dam's construction work commenced on 20 July 1925 and it was completed and opened for irrigation by HE Sir George Stanley on 21 August 1934, in whose name the reservoir is named. The structure of the Dam was designed by a British Engineer Mr Mullings.

Stanley Reservoir celebrated its diamond jubilee on 21 August 1994 and next year, 2014, is the Rhodium/Oak jubilee for the Mettur Dam.

The reservoir provides drinking water to Salem, Erode, Namakkal, Karur, Thiruchirapalli and Thanjavur districts and

irrigates over 2,71,000 acres of farm land. The Mettur Hydro Electrical Power generator produces 400 MW.

The main attraction of the Mettur Dam is its 16 sluice gates which is a channel for surplus water from the Dam when the level crosses 120 ft. This water joins the river Kaveri and reaches barrage for power generation.

While there are times when villages get submerged in the catchment area of the Dam, at times during peak summer, the temple of Pannavadi (built 200 years ago) and a Nandi statue are visible when the water level dips. An old church can also be found near Pannavadi.

The Dam, the park, the major hydro electrical power station and the hills around make Mettur a tourist attraction. And upstream from the Dam is Hogenakkal, the Niagara of Mettur.

Vani Vidhyatharan, *W/o J Vidhyatharan, SRS Training Institute, Corporate, Mettur.*



Mat Weavers of Mecheri

More than three generations of artisans in the villages of Omalur, Mecheri, Chinthamniyur and Mettur are engaged in mat weaving, creating mats woven out of natural Korai fibre specially grown in the Kaveri Delta area of Musiri, Tottiyam and Trichy.



The weaving of mats goes back to over a 100 years, and more than 200 families are engaged in creating

these healthy bedding. Korai plant is cultivated in about 1.5 lakh acres in the Kaveri delta. This material is not available anywhere else in the country, and the harvesting time is six months.

The process of weaving the mats starts with the soaking and treating of the fibre, drying, cutting the fibre using machines, dyeing, weaving and then stitching. Before the 1990s the weaving was entirely done using handlooms, but since the past twenty years power looms are installed, which resulted in a substantial increase in productivity. Earlier, not more than 5 or 6 mats could be woven in a day in the handlooms, as against 200 mats per day now in the power looms.

These pages of the Mettur Diary has been compiled by correspondents R Navaneethakrishnan and Dr Valaiparameswaran by their personal visits and interviews.

The mats are sold for prices ranging Rs 35 to 160 per piece, and the mats woven here are distributed not only in

Tamil Nadu, but across the whole country through distributors and vendors. Prior to using Korai fabric, mats were made by stitching palm leaves, and Koraiappaai is a later evolution. It has been medically proved that sleeping on the striped mats creates a health effect equivalent to acupuncture, improving the blood circulation, balancing the body temperature and helping to keep the spinal cord strong.

Due to changes in the living style, usage of this healthy bedding has come down substantially, and now the mats are used mainly during functions like marriages.

As in other traditional crafts, the future generations of weavers abandon their hereditary occupation, seeking their fortunes in other industries. It is not a bad idea to buy a few mats and try sleeping on them occasionally, if not regularly, to keep our bodies more supple and flexible, with stronger spines!

Silk and Cotton Weavers of Vanavasi

Vanavasi is a sleepy little village located half way between Salem and Mettur. Vanavasi and the surrounding villages of Ilampillai, Jalakandapuram and Nangavalli are known for weaving silk and cotton fabrics, especially beautiful saris, which are sold all over the country through well known textile chains like Pothy's and RMKV. It is also rumoured that even co-operatives in the silk city of Kanchipuram source saris from this area and sell them as Kanchipuram saris. The saris woven here are even exported directly to countries like Singapore, Malaysia and Canada.



The mission of the weaving community here is described quite business like: "to create genuine and affordable silk saris to the middle class and lower middle class families". They state that silk saris woven here are sold in the range of Rs 2500 to Rs 25000, but the most popular saris are priced at around Rs 4000 apiece.

High quality silk saris are woven using handlooms, even though power looms are used now. The hand woven silks are much sought after. Our in-house correspondents were really surprised to learn that there are about 50 wholesalers in the region with annual business volume of more than Rs 50 crores each, and about 100 more log in sales ranging from Rs 5 to 10 crores each.

The designs of the saris have been created by master weavers here since the last several decades, but of late the wholesale buyers now summon the weavers to design based on their own

computer designed patterns. Several distributors and wholesalers in this area too extensively use computers to create new designs. A few of them also receive

designs from global buyers and create fabric according to their specifications.

In Vanavasi still majority of the weaving is done through handlooms, while power looms are used in the surrounding areas like Jalakandapuram and Nangavalli where more of cotton and art silk saris are created. During the past few years, art silk saris like Apoorva pattu saris are in great demand and there are several weavers specialised in creating fancy silk saris.

The process starts with the twisting of yarn to thicken the fibre to the desired thickness, followed by dyeing and then weaving the warps and wefts, superimposing the designs.

About 10,000 families are engaged in the industry, giving livelihood to more than thirty thousand people. As a general rule in a family almost all the members are engaged in weaving, sometimes even part time, to supplement the family income.

Fishing on Annai Kaveri

Annai Kaveri not only provides sustenance to the farmers across the delta and feed the entire state with their produce of rice and other products like corn, plantains, turmeric and sugarcane, but she also supplements the availability of carbohydrates with abundant protein through the wealth of fisheries across her flowing belly. Thousands of people are engaged in fishing in Kaveri right from the border when she enters into Tamil Nadu and Mettur reservoir is one of the most abundant resources for fresh water fish in the state. The fish from Mettur is sold through the fisheries department, not only in Tamil Nadu but also in the neighbouring states of Kerala, Karnataka and Andhra Pradesh.

It is learnt that the Fisheries department in Mettur, established in 1956, issued licences to about 1300 fishermen, for fishing in the reservoir of Mettur and upstream upto Hogenakkal through their centres in Mettur, Palar and Hogenakkal. They have collection centres in the surrounding villages of Mettur like Keeraikkaranur, Thippampatti, Kottaiyur, Pannavadi, Masilapalayam and Palar. Various kinds of fish such as Rogue, Katla, Sura, Kezhuthi, Currymeen, Aaral, Kokku meen, Sorangal, Kottavalli, Kalpa and Jilepi are being caught by the fishermen.



The breeding time for the fish is in the Tamil months of Adi and Avani – from July to September. The fisheries research centre in Mettur breed species of Rogue, Cutla and Jilepi in their captive ponds in the month of Adi and let them into the dam at the beginning of the breeding season. The research centre employs 15 staff and they oversee the process of breeding.

The ideal water level for fishing is said to be about 70–80 feet, when the catch will be copious. Once the water level crosses 90 feet the fish population is spread over a larger area and the catch will be less. Once the water level falls below 60 feet the catchment area becomes smaller. Another interesting fact is that when thunder and lightning are heavy the harvesting will be rich.

The fishermen mainly use two types of vessels – plastic boats and coracles made out of bamboo. While the plastic boats cost around Rs 10000/- the coracles cost about Rs 5000 to 6000. Mechanised boats are not allowed for fishing in the reservoir. No catch is wasted, as smaller fish are treated and sold as dry fish. The fisheries department however regulates the usage of nets, which ensures that smaller fish are not caught and allowed to grow to a specified size. The enforcement squads keep a close watch, and impound the catch if they fall below the specified sizes.

Namakkal - a happening place in Salem

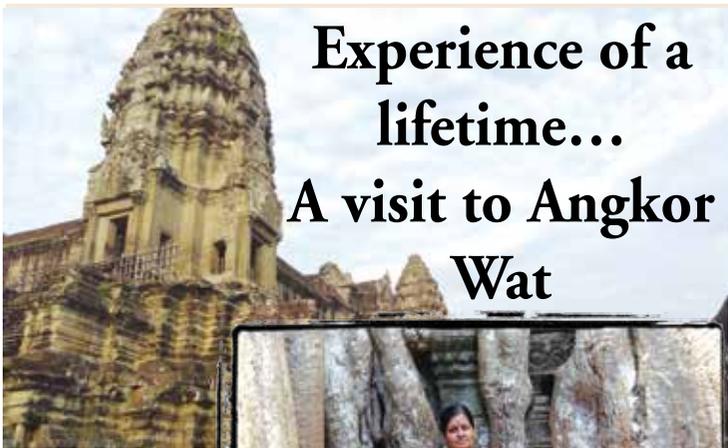
Namakkal is located at about 55 kms from Salem and is well known for its famous Anjaneya and Lord Narasimha temples. Of late, Namakkal has developed into an economic and academic hub, with its poultry and body building industries and super schools. If you happen to travel across the town, you will notice that more than half of the buildings on the main roads will be occupied by body building workshops, truck spares shops, poultry related outlets and truck financing companies.

About 1200 poultry farmers rear 520 lakh layer birds (egg laying birds) in the region. Typically for a poultry farm with automatic feeder system will invest Rs 450/- to Rs 500/- per bird as infrastructure. The industry boasts of an annual turnover in excess of Rs 2000 crores, employing more than 20000 people directly and much more indirectly.

Namakkal-Tiruchengode belt has about 200 truck body building units, out of the total 300 in the state. In addition there are several hundreds of small truck builders. It is estimated that these units roll out more than 1500 trucks every month to be deployed in the national highways across the country. They also build bodies for heavy vehicles like rigs and earthmovers. Some of them possess the capacity to build petroleum / hazardous chemicals tankers, meeting the stringent CCE norms. A typical routine body will cost around Rs 3 – 3.5 lakhs. It is said that the industry provides employment to more than one lakh people. Building a truck involves 26 different sets of skills such as electrical and wood working, painting, welding, glass works, upholstery etc.

The belt of Namakkal, Tiruchengode and Rasipuram has become a hub for intermediate students seeking admission into premier professional institutes. When the results were announced last month, we have seen majority of the state toppers were from schools in this region. About one third of medical admissions and engineering admissions in the premier institutes are cornered every year by students from these education factories. It is learnt that these schools provide admission to about 20000 students. The tough alone can withstand the rigorous, performance-oriented, round-the-clock teaching methods and 5 am to 10 pm schedule, which aim for 'all-firsts' and 'all-centum' here. Sports and entertainment are a rarity. Repetitive revision tests in all subjects are a daily routine. Though it is accused that here the students have been repeatedly taught to memorise and reproduce and that application-oriented knowledge is atrociously poor, ultimately it is admissions that counts. By that yardstick, these factories produce well.





Experience of a lifetime... A visit to Angkor Wat



When I got the opportunity to visit Angkor Wat in early May this year, nothing which

I had read or heard about prepared me for the real grandeur and magnificence of this artistic masterpiece. The 600 odd square metres of bass relief depicting the stories of Ramayana and Mahabaratha inside the Angkor Wat is no less monumental than the giant towers and water bodies in and around the complex.

The temple complex is located near the town of Siem Reap in Cambodia, equidistant (about 400 kms) from the capitals of Thailand (Bangkok) and Cambodia (Phnom Penh). The complex itself consists of about 400 square kms of giant temples in the midst of forests and lakes. They are neatly divided into several clusters of temples like Angkor Wat complex, Angkor Thom, Bayon, Baphuon, Ta Prohm etc., each with a special theme and structure. I was fascinated by three clusters each with a grandeur of its own. The temple complex was originally built to worship Vishnu between 9th and 12th century AD. However the ruins are now not places of worship, but monuments most widely visited in the world.

Angkor Wat is the biggest of them all, surrounded by a moat or Baray, a water body 8 km x 2.3 km in size. We reached the complex early and were fortunate to have had a breathtaking view of sunrise with the temple complex as a backdrop. The temple's balance, composition and beauty make it one of the finest monuments in the world.

Built in the latter part of the 12th century by King Jayavarman VII, Bayon is one of the most widely recognised temples in Siem Reap because of the giant stone faces that adorn the towers of Bayon. There are 54 towers of four faces each, totalling 216 faces. There is still a debate as to who is being depicted in the faces. It could be Avalokiteshvara, Mahayana Buddhism's compassionate Bodhisattva, or perhaps a combination of King Jayavarman VII and Buddha. Indians can be proud, as a team from ASI is now renovating the temple.

Ta Prohm was built during the time of King Jayavarman VII and is best known as the temple where trees have been left intertwined with the stonework, much as it was uncovered from the jungle. There is a strange beauty in the marvellous strangler fig trees which provide a stunning display of the embrace between nature and the human handiwork.

Though we spent just two days, I personally feel that to fully appreciate the glory of the monuments, one need to spend at least a fortnight. It was a memorable experience, and I felt so small and insignificant in front of the timeless glory unfolding in front of me.

Ranjithamani Doraisamy, W/o R Doraisamy, Personnel & Admn. Chemplast Sanmar, Mettur.

The first example of a CEO of a great Corporation

Krishna.....

One who has transcended the sense of time and space and is liked by almost all for many Yugas.

A multi dimensional personality.

The attractive character in Bagavatham, Harivamsam, Vishnupuranam or Mahabaratha....

A person who dons several mantles...

As a play child in Bagavatham and a full time politician in Mahabaratha.

Krishna had played many roles all perfectly balanced.

He was the most beloved friend of Arjuna and Draupathi.

He was a guide for Pandavas.

He was a perfect son for his both the parents- Yashodha & Nand, Devaki & Vasudeva.

He was a charming and disciplined husband for his wives.

He was a great warrior.

He was a mature leader of the innocent people and an embodiment of super-consciousness for the devotees like Aakora, Vidhura, Radha and many more.

No wonder than that every home in India celebrates his Birthday with great fervour as Krishna Jayanthi.

Krishna is possibly a perfect example of a complete leader, a strategist, a philosopher, a wealth creator, a non-playing captain (in Mahabaratha war) and interestingly, the first rebel and revolutionist who took care of the following four important aspects.

1. Pragmatic in rebellion
2. Participation of common folks
3. An accurate plan
4. Anticipate ill designs of the opponents

Perhaps Krishna should be the first example of a CEO of a great Corporation without being the stakeholder!

S Venkatesan, Operations, Chemplast Sanmar, Mettur.





Flora and Fauna in Chemplast Sanctuary

Chemplast is a haven for several species of birds belonging to the families of Herons, Cormorants, Mynahs, Peacocks, and Cuckoos etc. During the migratory and breeding season from October to April more than 1500 birds visit our premises. The abundant greenery in and around our plant and townships serve as a safe heaven for the breeding birds, and the water bodies inside the plant and the reservoir serve as an ideal source of their habitation. The residents of the township and their family members take special care in nurturing the green belt by planting and nurturing trees in the township.



CSR Activities of Chemplast in Mettur

Health Care

The company has established and maintains 4 rural health centres with two doctors and paramedical staff. This team visits the health centres and attends on patients in the surrounding areas, mostly poor patients, children, women and the elderly. Periodical meetings are conducted in the health centres to spread awareness on communicable and non-communicable diseases and epidemics. The patients are also supplied with essential medicines.

Mega Medical Camps



Bi-annual mega medical camps are being conducted in collaboration with Gokulam Hospitals. About 600 to 1200 patients participate in the camp. In the last camp conducted in February 2013, about 800 patients participated. Blood sugar, ECG, Echo tests are done to the participants free of cost. In each camp about 15 doctors specialised in multi-disciplines

such as Diabetology, Cardiology, Paediatrics, Geriatrics etc., attend to the patients, and free medicines are supplied to them.



Pulse Polio Camps

Chemplast in cooperation with Public Health agencies conducts pulse polio camps in our OHCs. We also provide assistance for the transportation of polio vaccine to several PHCs and camps conducted in and around our area. We also support the PHC team members by providing them food.

Education

In addition to running a Higher Secondary and a Primary school in Mettur RS with a student strength of 1850, the company also runs 3 free tuition centres in rural areas to coach about 100 poor children. The tuition centres are well attended and their progress is periodically monitored.

Women Self-help Tailoring Centres



The company is running two tailoring centres, and about 75 women are being trained in batches each extending to six months. They are given free tailoring classes and many of the women who are trained in our tailoring centres earn a stable income by tailoring.



Infrastructure

Chemplast constructed a railway station and platform with an investment of Rs 6 crores in Mettur, which is currently catering to the people in and around Mettur. Two passenger



services are being operated between Mettur and Salem and a daily night train provides direct connection to Chennai from Mettur. We have also built bus shelters, overhead water tanks, large concrete bins for waste storage and public toilet.



Water supply

The company supplies about 30 lakh litres of water per day to the villages around our plants, benefiting several thousands of families.

Environment

The company invested Rs 28 crores to set up a Zero Liquid Discharge plant, and incur substantial recurring expenses to run the plant. Since the commissioning of the plant in August



2009, we have not discharged even a single drop of water. We have planted more than two thousand trees in the villages in and around our plants. We are also maintaining a substantial green belt in the entire premises other than the built up area.



Life in Chemplast Township

About 360 families live in Chemplast colony. The residents enjoy uninterrupted power supply, piped water lines, ample green cover around every home, streets and lighting. The company takes responsibility for providing all civic amenities to the residents. The employees have facilities for recreation and social activities with three employee recreation clubs and three ladies clubs. There are eight temples in the colony premises, maintained by the company. Daily pujas are performed, and several functions are celebrated round the year with participation from all the residents. The festivals celebrated in the temple on the occasions of Ganesh Chaturthi, Rama Navami, Panguni Uthiram, Krishna Jayanthi, Adipooram etc., attract huge crowds and on all such occasions dinner prasadam are served. Annual factory days are celebrated in plant II and plant III when long service awards are distributed to employees. A family dinner get-together is arranged during New Year, which attracts enthusiastic participation of employees with their families.

A special cookery contest was organised for the family members in Mettur on 22 May 2013.

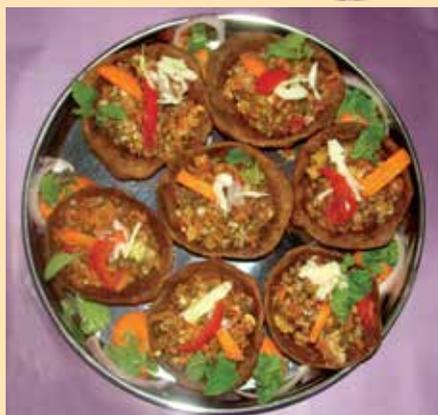
The theme for the contest – Healthy snacks with multi grain / vegetables as main ingredients. Even with a short notice, 11 home makers presented 16 dishes.

The judges found it difficult to select the winners, as every one of the participants created lip-smacking snacks, pleasing both the eyes and the palate.

Five entries were awarded prizes. Here are the winning recipes...



Healthy Bowl



Ingredients:

Wheat flour - 1 cup
Ragi flour - 1 cup
Kambu flour - 1 cup
Maize flour - 1 cup.

Directions:

Mix all the flours and knead the mix into a fine paste. Mould the paste in the form of a cup and deep fry it in

oil. The health bowl is ready.

For filler: Soak green grams and karamani (a kind of lentil or pulse); cut apple, cabbage, carrots, tomato, dates, few pepper seeds, garlic, chilly flakes and cheese into fine pieces; mix them all together with chat masala and fill in the deep fried grain bowls. The crunchy grain bowl is ready with the healthy filler.

Sasirekha Navaneethakrishnan, W/o R Navaneethakrishnan, Personnel, Plant II.

Nutritious Multi grain Laddu



Ingredients:

Wheat gram - 50 gms, Green gram - 50 gms, Karamani gram - 50 gms, Soya - 50 gms, Maize - 50 gms, Fried Channa gram - 50 gms, Cashew nuts - 4 nuts broken into

small pieces, Badam nut - 2 nuts broken into small pieces, Cardamom - few cloves, Palm candy - 200 gms (as desired), Ghee - One table spoon.

Directions:

Fry grains to a golden hue. Grind the fried grains into a fine powder. Fry the cashew and badam pieces in ghee. Remove the skin of the cardamom cloves, mix it with palm candy and grind into a fine paste. Mix the paste into the grain flour, add the badam and cashew pieces. Convert the mixture into small balls. Delicious nutritious multi grain laddu is ready.

Komala Chandrasekaran, W/o M Chandrasekaran, Polymer, plant II.

Grains Bag:



Ingredients for the bag:

Maida flour - 1/2 cup, Millet (Thinai) flour - 1/4 cup, Salt - as required, White gingelly - 1 spoon



cookery contest



Ingredients for filler:

Green gram - ¼ cup, Green peas - ¼ cup, Channa - ¼ cup, Bellary onion - 1, cut into fine pieces, Salt - As required, Butter - 1 table spoon, Pepper powder - 1 tea spoon.

Directions:

Mix the flour into a paste. Boil the pulses. In a kadai fry the onion pieces in butter, adding salt and pepper powder. Mix with boiled pulses. The filler is ready. Make the flour paste into small balls, mould the balls in the shape of small bags with the top open. Stuff the filler in the flour bags. Keep the filled flour bags in Idly plates and steam them. The healthy grain bags are ready and can be served with Mayonnaise sauce.

Monisha Janakiraman, W/o K Janakiraman, Power plant.

Vegetable Spicy Cake



Ingredients:

Channa flour - 2 cups, Cabbage - ½ cup, Carrot - ½ cup, Green peas - ½ cup, Grated coconut - ¼ cup, Kovaikkai - a small portion, Drumstick leaves - a small portion, Plantain flower - a small portion, Capsicum - a small portion, Garam masala - a table spoon,

Chilly powder - a tea spoon, Green chilly - One, Baked soda - Little, Refined oil - 2 table spoons, Sour buttermilk - 1 ½ cups, Asafoetida - A pinch, curry & coriander leaves.

Directions:

Mix gram flour and finely cut vegetables in a large vessel. Add chilly powder, garam masala, baked soda, asafoetida, sour buttermilk and refined oil and mix with the flour and vegetable. The dough should be made a semi liquid paste like idly dough. Spread the mixture in a cooker tray applied with oil. Allow the dough to get steamed in the cooker. Remove the cooker from the stove after two whistles. Leave for a few minutes, and then spread finely chopped curry and coriander leaves. Delicious and soft vegetable spicy cake is ready. Cut the cake round into small pieces and serve.

Uma Thiagarajan, W/o E Thiagarajan, Electrical, Plant II.

Seeyalam



Ingredients:

Broken green grams - ½ cup, Channa dal (Gram flour) - ¼ cup, Wheat rava - ¼ cup, Maize rava - ¼ cup, Kambu - ¼ cup, Millet (thinai) - ¼ cup, Horsegram - ¼ cup, Ginger - 1 piece, Dried chilly - 1, Salt - As required, Dried coriander seeds - A tea spoon, Broken Channa dal - A tea

spoon, Asafoetida - Little, Mustard seeds - Little, White Bengal gram - Little, Curry leaves - Little, Refined oil - A table spoon.

Recipe:

Soak all the pulses separately for 4 hours. Drain the water, mix them, add ginger, dry chilly, salt and grind in the mixie to a fine paste. Spread this paste in a tray and steam it in a cooker. Take the steamed cake and cut it into a desired shape. Prepare a mix of dry coriander seeds, broken channa dal, dry chilly, salt, asafoetida and grind into a coarse powder. In a kadai fry mustard seeds, broken Bengal gram and curry leaves in oil. Add the coarsely ground powder and mix them well. Now add the steamed cakes and let the fried items stick to the cakes. Nutritious and traditional Seeyalam is ready.

Pavithra, D/o E Thiagarajan, Electrical, Plant II.

Health Tips

- Pumpkin seeds are rich in zinc which is vital for enhancing memory and thinking skills. So, add it to your homemade spreads, smoothies, shakes, rice and curries.

• Do you have brittle nails?

Biotin is a vitamin which helps strengthen nails and increase nail thickness. Foods rich in this vitamin are walnuts, almonds, eggs, cauliflower and strawberries.





Incredible India Contest

Winners

1. S Gayathri, D/o V Subramanian, Corporate, HO
2. Chitra, W/o Rajesh Jagan, Chemplast Sanmar, HO
3. Vanaja Mathan Raj, W/o T Mathan Raj, Sanmar Foundries, Viralimalai
4. S Swathini, sister of S Dinesh Babu, Sanmar Foundries, Viralimalai
5. Kalaivani, W/o P Senthil Kumar, Sanmar Foundries, Viralimalai
6. K Aruna, W/o K Karthikeyan, Sanmar Foundries, Viralimalai
7. M Deepa, W/o M Madesh, Sanmar Foundries, Viralimalai
8. Sonia Nancy, W/o S Raju, Sanmar Foundries, Viralimalai
9. D Priyadarshan, S/o E Dhanasekaran, Sanmar Foundries, Viralimalai
10. M Kumudhu, mother of M Bharati Raja, Sanmar Foundries, Viralimalai
11. D Aparna, D/o A Dhandayuthapani, Chemplast Sanmar, Karaikal

Answers

- | | | |
|--|---|--|
| <ol style="list-style-type: none"> 1. Sanchi Stupa, Madhya Pradesh 2. Gir Forest, Gujarat 3. Hawa Mahal, Jaipur, Rajasthan 4. Taj Mahal, Agra, Uttar Pradesh 5. Dal Lake, Srinagar, Jammu & Kashmir 6. Khajuraho, Madhya Pradesh 7. Nandadevi, Himalayas 8. Basilica of Bom Jesus, Goa 9. Red Fort, New Delhi 10. Charminar, Hyderabad, Andhra Pradesh | <ol style="list-style-type: none"> 11. Victoria Memorial, Kolkata, West Bengal 12. Shillong, Meghalaya 13. Somnath Temple, Junagadh, Gujarat 14. India Gate, New Delhi 15. Sri Laxmi Narayani Golden Temple, Vellore, Tamil Nadu 16. Mysore Palace, Mysore, Karnataka 17. Coorg, Karnataka 18. Brindavan Gardens, Mysore, Karnataka | <ol style="list-style-type: none"> 19. Leh, Ladakh 20. Gateway of India, Mumbai 21. Vivekananda Memorial, Kanyakumari, Tamil Nadu 22. Kumbh Mela, Pontoon Bridge, near Allahabad, Uttar Pradesh 23. Jagannath Temple, Puri, Odisha 24. Boat house, Kumarakom backwaters, Kerala 25. Shore Temple, Mahabalipuram, Tamil Nadu |
|--|---|--|

(Answers for images 7,12,19 and 24, were not considered for the contest).



M Radhika, D/o B Murali, Central Accounting, Corporate Division, HO, secured state 3rd rank with 1189/1200 in std XII.

I was delighted when my dad enrolled me in a workshop on robotics during my summer vacation. I used to wonder at the way modern gadgets work. When the gadgets happen to be mobile and perform functions like us, I get fascinated even more. Thus, it was really a great experience for me spending time with robots for four days. Organised by The Hindu and TUV Rheinland India, this four day camp, which was held in Salem was an eye opener for me. I was astonished that nano technology has penetrated robotics too, and it's indeed a miracle tool in medical sciences, that well directed nano and micro robots can be implanted and embedded into the human organism, and deliver the exact quantity of medicines to the exact cells and tissues! We got opportunities to assemble CKD and SKD kits of robots. We also simulated the mobility and functioning of the assembled robotics and enjoyed manoeuvring them in a contest to showcase our skills.

I am sure to enrich my knowledge and skills on robotic science further, thanks to the very useful orientation I gained through the workshop.

V Yuvaraj, S/o V Sriram Kumar, Electrical Maintenance, Chemplast Sanmar, Mettur.

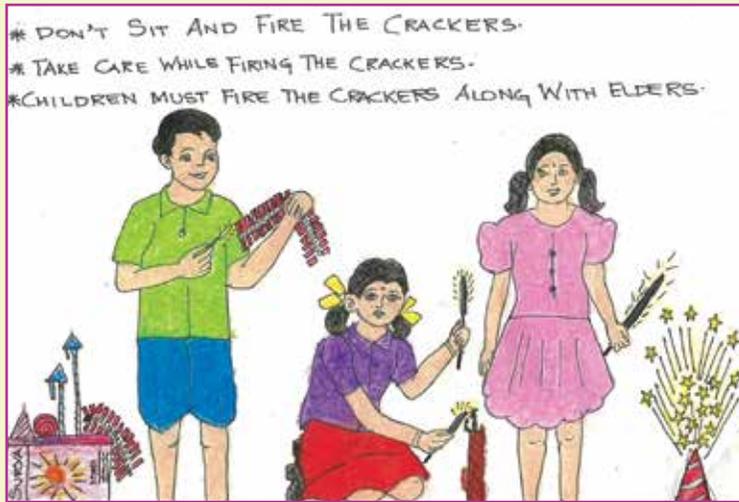


Drawing Competition for Children

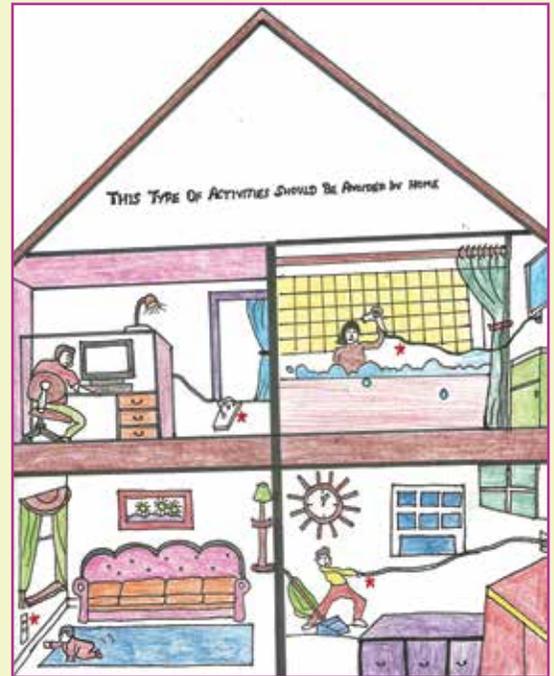
To create awareness on “Home Electrical Safety” an awareness programme was conducted for the families of employees in the colony on 23 March 2013 at the Recreation Club of Seshasayee Nagar, Mettur.

The chief guests for the function were Ravi Rajan – Executive Engineer and Mrs Dhamayanthi – Assistant Executive Engineer from TNEB training division. It was followed by a lecture on Electrical Safety to be carried out at home.

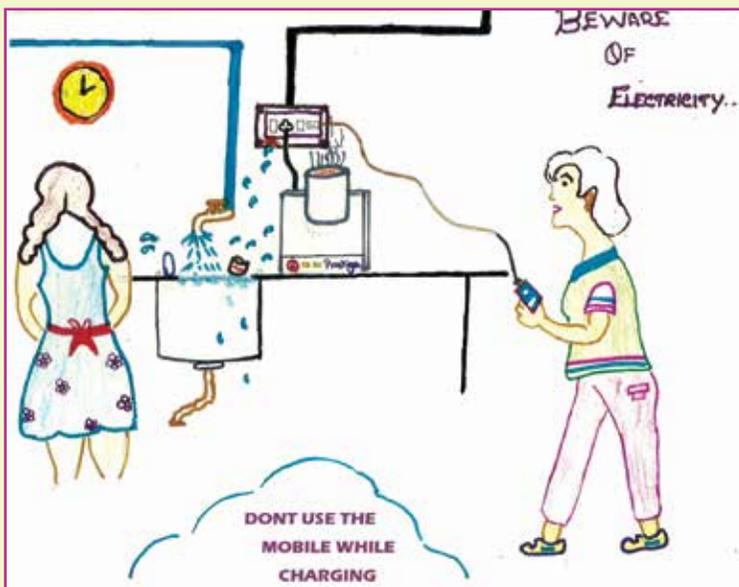
The response to the event was tremendous. More than 80 participants attended the programme. Essay, slogan and drawing competitions were conducted in which more than 36 spouses and children participated.



S Arthy, VIII Std, D/o P Sathiyamoorthy, Production, Chemplast Sanmar, Mettur.



AL Sivaramakrishnan, VII Std, S/o PL Alagappan, Sales Administration, Chemplast Sanmar, Mettur.



V Hariharan, IX Std, S/o J Venkataraman, Production, Chemplast Sanmar, Mettur.



B Sudhir, VII Std, S/o M Babusivaraman, Production, Chemplast Sanmar, Mettur.



Howrah Bridge - Kolkata

Congratulations first correct respondent:

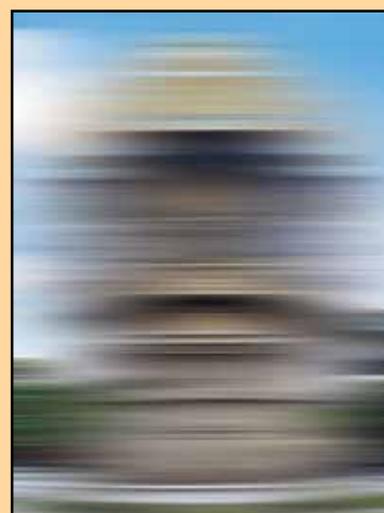
From HO:

TS Muralidharan, Central Accounting, Corporate Divn. HO.

From Plant:

R Raja, Production, Chemplast Sanmar, Panruti.

Guess What? Where?



Where is this well-known monument in South India ?

Write in to scribbles@sanmargroup.com

Sudoku

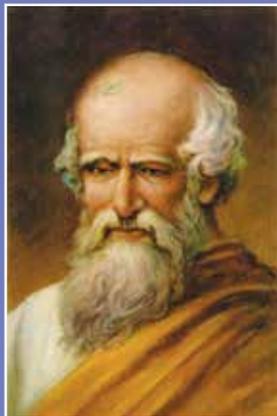
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| | 2 | | 6 | | 4 | | 1 | |
| 7 | | 6 | | | | 3 | | 8 |
| | 8 | | 4 | | 3 | | 2 | |
| | | | | | | 9 | | |

Interesting Trivia

The original name for the butterfly was 'flutterby'.
 All babies are colour blind when they are born.
 A SNAIL can sleep for three years.
 The most common name in the world is Mohammed.
 Coca-Cola was originally green.

Guess Who? !

Archimedes was a Greek mathematician, philosopher and inventor who wrote important works on geometry, arithmetic and mechanics. He is most famous for discovering the law of hydrostatics, sometimes known as 'Archimedes' principle', stating that a body immersed in fluid loses weight equal to the weight of the amount of fluid it displaces.



Archimedes was supposed to have made this discovery while stepping into his bath, and exclaimed 'Eureka!'

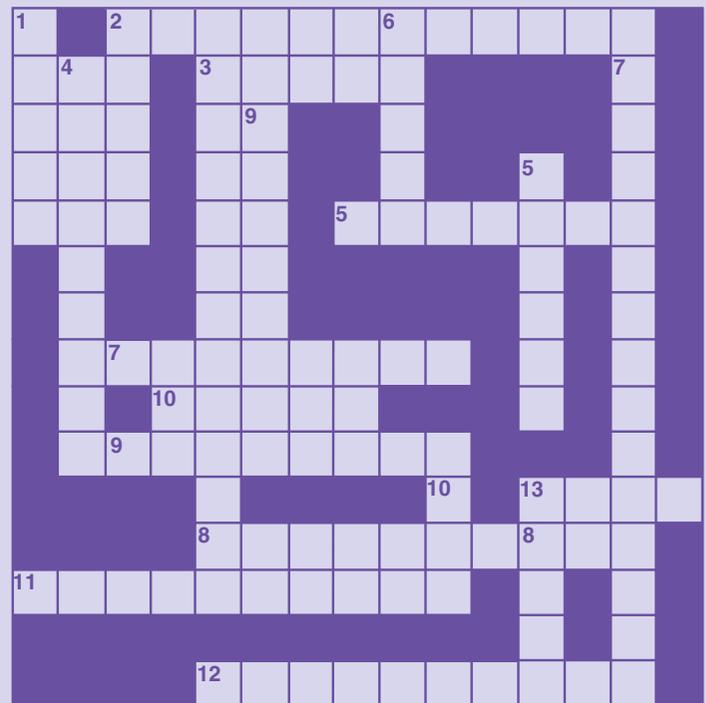
Sitting (from L to R) - Major Suresh Kumar Nair, S Gajendiran, S Venkatesan, R Doraisamy.

Standing (from L to R) - Dr D Valaiparameswaran, R Pradeep Athreya, R Navaneethakrishnan, P Manivannan.

Answers to the Crossword & Sudoku

| | | | | | | | | | | | | |
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| P | G | E | I | A | | | R | | | | K | M |
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| E | | | N | T | | | | R | | | | R |
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| I | N | A | M | A | K | K | A | L | | A | | M |
| T | | M | A | N | G | O | | | | N | | A |
| E | Y | E | L | A | G | I | R | I | | | | N |
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| 5 | 6 | 1 | 7 | 9 | 2 | 4 | 8 | 3 |
| 4 | 9 | 8 | 5 | 3 | 1 | 2 | 6 | 7 |
| 3 | 2 | 7 | 6 | 8 | 4 | 5 | 1 | 9 |
| 7 | 4 | 6 | 1 | 2 | 9 | 3 | 5 | 8 |
| 9 | 8 | 5 | 4 | 7 | 3 | 6 | 2 | 1 |
| 2 | 1 | 3 | 8 | 6 | 5 | 9 | 7 | 4 |



Crossword

Across

- Kaveri falls here before entering Tamil Nadu (12)
- Produces lot of heat and dust (4)
- Village near Krishnagiri famous for textile merchandise (6)
- Ashok Leyland set up a driver's training institute here (8)
- A key word in Sanmar's vision statement (9)
- A hill station famous for spices (8)
- Salem is also called with this prefix (5)
- Source of steel ore near Salem (10)
- Poet associated Vadalur in Namakkal (10)
- A product from tapioca abundantly made in Salem (4)

Down

- A UNESCO world heritage in Karnataka (5)
- A product made from iron famous in Salem (5)
- A brave freedom fighter from Erode (11)
- Ore found in abundance in Salem (9)
- Name associated with white revolution (6)
- Promoted by Reliance to advertise (5)
- Famous person from Salem with a surname of a Birla (14)
- Unit of measurement of water storage (3)
- Periyar wanted to abolish this (5)
- King of Kolli hills (3)

Editorial Board of Team Atlas, Mettur



Designed by Kalamkriya Limited, 9, Cathedral Road,
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For Internal Circulation Only.

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