

Scribbles

Bringing colour to your lives

Volume No. 5

March - April 2014

Issue No. 2

From the Editor's desk...

This issue of Scribbles being a 'Women's Special', I thought it would be fitting to share my experience in management, being a woman executive for over two decades.

One of the first decisions that a woman has to make is whether she is opting for a "job" or a "career". I feel that even today, many women use these two words interchangeably. Basically, the difference between a job and a career, as I define it, is choosing between working mainly for economic reasons or leisure vs. for challenge, achievement, social recognition, etc. The problems, dilemma or challenges that women face in their career depends on this choice.

The 'Super Woman Syndrome' is something that most women experience. In this syndrome we experience anxiety, stress and tension, which flows from a fundamental belief that expectations from us as a career woman is higher than that from a man. Do not most women want to be the best at everything—daughter, wife, sister, mother, etc. Some women suffer from the Super Woman Syndrome lifelong! After a battle over years, some learn to live with and few overcome it!

On the professional front, our socio-cultural framework lends itself to a gender bias and stereotyping. Value judgements are often passed on women coming late, leave taken, mistakes made etc. Also, women are often accused of tackling anything on an emotional front and hence, being better at handling so called soft jobs.

On the family front, very often women feel guilty about not spending enough time at home, to take care of household chores. They get torn between being a good home maker and a good professional. But they are not Superwomen, and the only way to get out of this problem is to put things in perspective and to accept that they have to bring a balance between their professional and personal lives.

I share the sentiments of an Australian psychologist, which I endorse completely:



"Until women love who they are and stop trying to compete with men as if males belong to a different species, they cannot expect to make the best of themselves. Women should stop playing semantics and get on with the business of being the best individuals they can."

In this issue, we talked to spouses of colleagues about their dreams and choices they made. For the first time, we feature the women working at the Head Office. To all women who read Scribbles, Happy Women's Day and may you get to achieve your desires/dreams.

Ciao, until the next issue,

Sarada Jagannathan



Send your contributions / responses to scribbles@sanmargroup.com



"There is no chance of the welfare of the world unless the condition of women is improved.

It is not possible for a bird to fly on one wing".

- Swami Vivekananda

Courtesy: P R Somaskandan,
Internal Audit, Corporate Divn., HO.



Courtesy: P Manoharan,
Safety, Corporate Divn., HO.

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.

From Maa to Ammamma

No matter how the world changes, no matter what country and social system people live in, no one can deny women's importance in history and life.

A woman in her lifetime plays at least five crucial roles that make her indispensable. Each role holds high regard in its own way. Let us look into the different roles of a woman that have been the reason for your birth, growth, success and survival on planet earth ...

Daughter

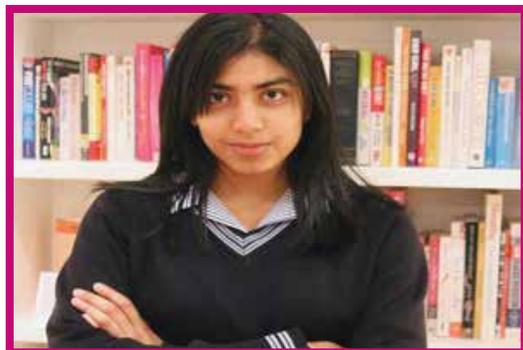
As a daughter, she's taken care of by her family like how the bees protect their honey in a beehive web from all the evils of the society. Many people would



agree that daughters are a treasure-trove of joy. Their chirpy nature and distinct aura keep the household brimming with happiness. Daughters are precious and cherished. As the adage goes, a man is a son till he gets himself a wife, but a daughter is a daughter all her life.

Sister

When she takes the role of a sister, she becomes a multi-

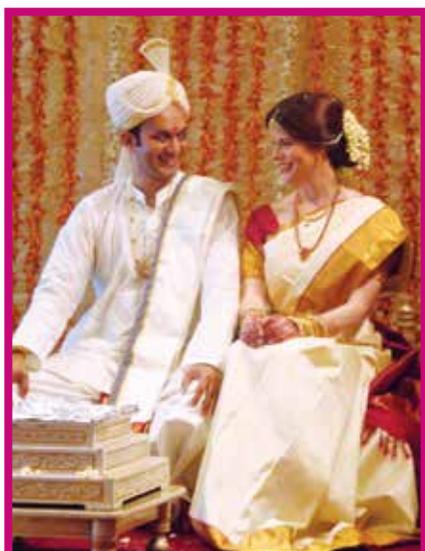


tasker indeed! Sisters become friends in need. While an older sister is a second mother for her sibling, the younger one, on the other hand,

is more like a member who keeps the atmosphere happy at home with her innocent jokes, lively vibes, mischievous pranks and she is a close buddy to one and all, and on a funny note, a walking-talking ATN (Any Time Network) of all the family gossip.

Wife

When she enters a new family through the relationship of marriage, she takes the role of a wife with much expectation. She is a confidant, a protector from the evil eye, someone who one could count on to share the trials and tribulations and help get over the hurdles.



She becomes the love of one's life. In India, there have been several examples of ideal wives like the Princess Savitri who tactfully brought back her husband Satyavan's soul from the hands of the Hindu Lord of Death - Yamaraj. She also takes the role of a daughter-in-law in which she is the new daughter of the family and takes care of all with love and concern to fill the home with happiness.

Mother

"The hand that rocks the cradle is the hand that rules the world" is a poem by William Ross Wallace that praises motherhood as



the pre-eminent force for change in the world. A woman's role as a mother goes beyond bearing and rearing children. Her job knows no bounds as she works for her children 24x7, 365 days a year and, in most cases, without days off from her duties. Besides doing all the basic chores like cooking, cleaning, washing, making you eat the 'tasteless' greens for the sake of good health, etc., she does the worrying bit for you too. Motherhood is truly a vocation that builds the foundation on which families and society stand.

Grandma

The last and the most admirable and lovable stage of a woman is that of a grandmother.



Her fantastic stories are what one craves for when the reality of the big bad world of the corporate work life hits us hard. She is usually the one whose loving shelter one seeks from dad's anger. She is always at her grandchild's disposal and is ever ready to listen to their concerns. Often, she is the one who ends up forwarding

special requests to the parents.

*A daughter who serves; A sister who loves;
A mother who bears; A friend who cares;
Besties of Love, Life, Friendship and Trust
A picture of Poise, Strength and Grace,
A Dreamer, Achiever, A Winner all along,*

We celebrate you

The phenomenal Woman today!

- Veena Merrillina J, HR, HO.

Women and Choices

Our lives are a sum total of the choices we make. Women of today have much bigger choices in their palette compared to those in the 70's, 80's and even 90's.

Women make choices at different milestones – education, marriage, children, career, etc. What they choose to study, why they chose to marry that person, when did they want to have children, how did they define their career path?

It is a difficult struggle – with many roadblocks on their way, from family pressure to financial constraints...

Constantly reassessing the choices they make, and learning to live with those choices... the struggle goes on...

However, the primary choice women have is to either accept their circumstances as they exist or accept for changing them.

With the International Women's day on 8 March 2014, the Scribbles team seized the opportunity to gather responses from wives of Sanmarites as well as the women team in the Chennai HO on the dreams they cherished, the choices they made and the challenges they faced/face. The feedback was so overwhelming, that the size of this issue of Scribbles had to be increased by 4 more pages.

As the challenge continues, let her don roles and responsibilities with a renewed sense of purpose and achievement... after all, is it not 'She' who can make or break the world!

The Scribbles team expresses its gratitude to the extended family members of Sanmarites who have made this issue not only colourful but also meaningful...

The Epic Effect

Among the feminine icons of Indian tradition, five epic characters stand out prominently. These are Sita, the heroine of the Ramayana; Draupadi, the heroine of the Mahabharata; Mandodari, the wife of Ravana; Ahalya, the wife of the Sage Gautama and Tara, the wife of Bali.

Each of these women is described as extraordinarily beautiful and virtuous. As a matter of fact, tradition says that their character was so strong, that no calamity could diminish their spiritual power or their worshipful places in the hearts of generations of people the world over.

Most Indian women believe that

- They tolerate and accept the worst kind of injustice like Sita and remain steadfast in their duty and devotion to their husbands and families.
- Yet, surprisingly, like Draupadi, they also hide storms of anguish, anger and revenge in their hearts. They believe that the curse of a virtuous, strong woman can ruin the most powerful of men.
- Like Mandodari, they live a life of duality, with the turbulence of varied experiences on the surface and a deep, silent core in their souls, where wisdom originates. Like Mandodari, they have an inherent gift of distinguishing between right and wrong. In a crisis, they know how to insist on doing what they consider right.
- Like Ahalya, they have a dormant power buried deep down in their psyches. They have the strength to move like the wind and the compassion to forgive wrongs done to them.
- Like Tara, they seek a special place of their own. They seek a sacred place – which is their right – in the vastness of space. From this niche, they spread their compassion and tenderness.



Dream Achieved

As Abdul Kalam quoted, "Dreams transform into thoughts and thoughts result in action"
Yes! Our dreams too resulted in action and we are the proud owners of our dream.

Although a random sampling, the survey reveals that most women have dreamt to be a 'teacher'.



I dreamt to get the title of "Dr." before my name and today I am holding the degree of "Doctor of Philosophy" in life sciences.

I have fulfilled my dream...with the support of my hubby, my father-in-law, my parents and yes how can I forget the support of my little angel.

Dr Darshika Shah

W/o **Nayan M Shah**, *Flouserve Sanmar, Vadodara.*



I wanted to become an engineer by profession and now I am working as a professor in an

Engineering college. I have completed my doctorate in engineering... My husband and my children are my support.

Vennila Arasu

W/o **B Arasu**, *Production, Tyco Sanmar, Viralimalai.*



I am a teacher now and am playing a crucial role in the preparation for a successful transition in school education.

Kavita Singh

W/o **Vikram Singh**, *Central Accounts, Sanmar Corporate Division, Delhi.*



When I was young, I wanted to become a "Teacher", Yes it happened. My husband supports me a lot to balance my career and family.

G Meena

W/o **E Vinoth Kannan**, *Electrical, Chemplast Sanmar, Mettur.*



Passionate of becoming a teacher, and of course, now I am a teacher. When we got married, I thought, 'Paradise is Lost', but he proved that it was 'Paradise Regained'.

A Sheela

W/o **B Mohan**, *Electrical, Chemplast Sanmar, Cuddalore.*



From my childhood days my single dream was to bring light in millions of others lives by becoming a teacher. I started a play school for the humming bees. And my dream has come true!

Mohana Prabagaran

W/o **M Prabagaran**, *Production, Sanmar Foundries, Viralimalai.*



As every ambition draws inspiration from others, I too was inspired

to become a teacher. My husband has never been over demanding and my parents and in-laws are there to take care of our child.

Rajeshwari Sriram

W/o **TN Sriram**, *Business Manager, Xomox Sanmar, Viralimalai.*



I am now a selection grade secondary school teacher. I have also completed

M. Lit and B.Ed degrees.

M Sujatha

W/o **G Baskaran**, *Stores, Chemplast Sanmar, Cuddalore.*



When I was young, I would make my grandparents sit and listen to my teaching. And today I have become one.

Gayathri

W/o V Guruprasath, Engineering, Pacific Valves, Viralmalai.



It is because of my husband that all my dreams have come true. I

remember those days of my being busy/sick and he was my only support. He makes me laugh and understands me — what more could I possibly want?

G Poongodi

W/o Munuswamy, Stores, Sanmar Speciality Chemicals, Berigai.



My dream when I was young was to become a teacher.

After my marriage, my dream became my husband's dream. My parents supported a lot by taking care of my children while I was studying.

B Radjesvary

W/o S Gopu, HR, Chemplast Sanmar, Karaikal.



I wanted to become a Software Engineer in a reputed

MNC and I am a part of an MNC today.

As a wife I will award 9 out of 10 marks to my husband who has always supported me.

Priyanka Rai

W/o Rajmani Thakur, Engineering, Xomox Sanmar, Delhi.



Self-dependence has always been my dream. I wanted to continue my job even after getting married, and I am really happy I am able to do it. My husband has always been supportive of my

dreams and ambitions.

Nilam

W/o Avinash Madhukar Katkar, Xomox Sanmar, Mumbai.



My dream was to be well placed with a settled career and get married to a good partner and it did happen. Without my husband's support I would not be what I am today.

S Vijayalakshmi

W/o M Sridharanarayanan, Manufacturing Engineering, Flowserve Sanmar, Karapakkam.



I had a desire to study in Anna University and to work in a very clean, healthy and grand environment. Though a bit late, both happened. Work-life balance, personal-caring and improvement are the greatest challenges.

K R Thenmozhi

W/o R Karthikeyan, BS&B Safety Systems, Chennai.



I wanted to excel in whatever I did. I was the topper in my school and

in my B.E (ECE). I also completed M.E with a gold medal. Even in my career, I try to be the No. 1 technical person in BSNL. My parents support, my husband's and son's inspiration have helped me to be successful.

Anuradha Balamurali

W/o S Balamurali, Production, Chemplast Sanmar, Karaikal.



I dreamt of becoming a Staff Nurse to serve the humanity and it happened. My husband supports and shares my work. My parents take care of my child.

A Annammal

W/o **L John Anand Antony**, Production, Chemplast Sanmar, Karaikal.



My aim is to hold a master's degree and it happened. I am the first woman from my village to hold a master's degree in engineering. I am currently working as Asst Professor in a reputed engineering college in Trichy.

R Uma

W/o **M Jeyamurugan**, Purchase, Sanmar Foundries, Viralmalai.



I loved to study English Literature. The questions and comments raised by people drove me positively to achieve my goals. My parents encouraged me. I am a copy editor and edit international journals.

S Annapoorani

W/o **M Karthikeyan**, Production, Chemplast Sanmar, Mettur.



I too wanted to become an engineer, which became true on June 2008. Being a mom in the early stage was a challenge. My parents, in laws and my husband give me the support and courage to balance it.

Athira R

W/o **S Srijith**, Product Engineering, BS&B Safety Systems, Karapakkam.



I dreamt of becoming a beautician and social worker and I also wanted to be a housewife and financially support my husband. And this happened. As a common woman I too compromised, but have achieved my dream. My husband and my parents are behind me in all my endeavours.

H P Sandhya Rani

W/o **S Alagar**, Instrumentation, Chemplast Sanmar, Karaikal.



I dreamt to make my family financially stable. And it happened.

Every year I make our family finance budget, and deploy my finance as per my budget.

M Vanitha

W/o **J Murugesan**, Mechanical, Sanmar Speciality Chemicals, Berigai.



I wanted to become the First Graduate girl from my village and showed my interest towards completing Graduation in Commerce from the Mumbai University. It happened in the year 2007.

Vaibhavi

W/o **Umesh Suryawanshi**, Engineering, Flowsolve Sanmar, Mumbai.



I always wanted to help others. Yes it happened. Now I am a Professor helping people to get educated.

M Priya

W/o **T Karunanithy**, Production, Chemplast Sanmar, Karaikal.



I was the first in my family circle to become an engineer. Balancing time and energy between household chores and other activities is a challenge.

S Dharani

W/o **T Senthil**, Instrumentation, Chemplast Sanmar, Cuddalore.

Working to Achieve My Dream

By following our dream we develop a hunger to accomplish; and live the life we imagined and cherish.



After completing B.Ed I dreamt of starting a school on my own. I am confident that I will be an owner of a school in the near future. My husband and daughter are very supportive. I have completed my B.Ed, B.L.I.S after my marriage only.

Jayalakshmi

W/o A Senthil Murugan, Production, Sanmar Foundries, Viralmalai.



I dreamt to be a teacher and it is yet to happen and I am working hard to make it happen. My parents and husband help me to progress in my higher studies.

S Deepa

W/o R Singaravel, Production, Chemplast Sanmar, Karaikal.



I am Shweta Singh, working as Assistant Professor. I wanted to do Ph.D. & Post Ph.D. in Applied Chemistry which I am pursuing right now. I learnt to manage time with priorities. I am fortunate to have the best husband, parents and in-laws.

Shweta Singh

W/o Tarkeshwar Singh, BS&B Safety Systems, Raipur.



I dreamt of becoming a government employee. I have completed M.A., B.Ed., and passed Teacher Eligibility Test. Now I am waiting for the call letter.

M Rani

W/o A Murugesan, Production, Chemplast Sanmar, Karaikal.



When I was young my ambition was to do Ph.D. in Biotechnology. I am doing my research now.

S Saranya

W/o K Manikandan, Production, Chemplast Sanmar, Karaikal.



I want to complete M.Phil & Ph.D. to pursue teaching and will work to accomplish this. Presently, managing my home is a challenge. But my parents and my spouse are my support.

Sridevi

W/o G Muralidharan, Business Manager, Tyco Sanmar, Viralmalai.



I had the dream of becoming an artist but could not pursue my passion. I have started to dabble in the world of art once again. I write & click photographs of the food I cook for my food blog.

Sanjeeta KK

W/o M G Krishnakumar, IT, Sanmar Corporate Division, Karapakkam.



My latest dream is to become a Project Manager. I am blessed with two supportive pillars – my parents and husband.

Parul Sinha

W/o Vidit Shrivastava, Flowserve Sanmar, Delhi.

A Tribute to the Woman

From being an auto driver to an air commodore, she has truly shattered stereotypes. She has reached so far, despite societal shackles. Women of today are donning the hat of a multi-tasker with great élan.



Avvaiyar -
lived during the Sangam period (c. 1st and 2nd century CE) and had cordial relations with the Tamil chieftains Paari and Athiyaman. She wrote 59 poems in the Purananuru.



Chand Bibi Sultana -
best known for defending Ahmednagar against the Mughal forces of Emperor Akbar.



Vijaya Lakshmi Pandit -
the first woman to become the President of the United Nations General Assembly.



Meera Bai -
a Hindu mystic poet and devotee of Lord Krishna. She was one of the most significant Sants of the Vaishnava bhakti movement.



Noor-un-Nisa Inayat Khan -
the third of three World War II FANY members to be awarded the George Cross, Britain's highest award for gallantry not on the battlefield.



Sarada Devi -
the wife and spiritual counterpart of Ramakrishna Paramahansa, a nineteenth-century mystic of Bengal.



Rani Lakshmi Bai -
queen of the princely state of Jhansi, an epitome of bravery and courage.



Reita Faria Powell -
the first Indian and Asian to win the Miss World title in the year of 1966.



Rukmini Devi Arundale -
an important revivalist in the Indian classical dance form of Bharatnatyam and established Kalakshetra, an academy of dance and music.

Achievers of India

This is only a tip of the iceberg. There are thousands and thousands of women in rural India, left unsung, yet steadfast in their duty - who are the backbone of our motherland.



P T Usha -
“sprint queen” of the
Indian Track and Field.



M S Subbulakshmi -
a renowned Carnatic vocalist and the first
musician ever to be awarded the
Bharat Ratna, and the first Indian
musician to receive the Ramon
Magsaysay award.



Suzanna Arundhati Roy -
political activist and best known
for the 1998 Man Booker Prize
for Fiction-winning novel
The God of Small Things.



Sarojini Naidu -
“The Nightingale of India”, not only
confined to the fields of politics
but also a renowned poet.



Lata Mangeshkar -
best-known playback
singers in the Hindi
film industry.



Medha Patkar -
social activist and social
reformer turned politician,
the founder member of
Narmada Bachao Andolan.



Indira Priyadarshini Gandhi -
India’s first, and to date only,
female Prime Minister.



Vyjayanthimala Bali -
an accomplished dancer,
the first south Indian actress
to become a national star.



Kiran Bedi -
the first woman to join the IPS
in 1972, she also founded two
NGOs in India.



Neerja Bhanot (airhostess) -
a real Heroine of India who saved the lives of
375 passengers and crewmembers (20 years
back on September 6, 1986 when five
terrorists hijacked the US bound
Pan Am Flight-73 flight
at Karachi airport).

Had a Dream and Compromised

As they say not all dreams come true,
We took life practically as it came,
And enjoy what we are doing.



My childhood dream was to become a Probationary Officer (PO) at SBI. But I became a teacher.

V Sudha
W/o **S Subramanian**,
*Mechanical, Chemplast Sanmar,
Cuddalore.*



My aim was to become a teacher and now I am working in a Medical department. My parents are taking care of my daughter in my native place and I await my daughter's arrival as she will be joining Pre KG here.

S Mageswari
W/o **R Sivakumar**, *Quality Control,
Sanmar Speciality Chemicals, Berigai.*



I dreamt of becoming a scientist but it did not happen due to my family scenario.

S Sabitha
W/o **R Vijay**, *Environment, Sanmar Speciality Chemicals, Berigai.*



I dreamt of becoming a teacher when I was young, but now I am a business associate. My parents taught me to overcome problems and my husband encourages and strengthens me.

Vijaya
W/o **John Selvin**, *Maintenance, Sanmar Foundries, Viralmalai*



I wanted to become a singer. But it didn't happen due to my engineering studies.

My husband supports me and has always stood by me.

Purnima Abhijeet Lokhande
W/o **Abhijeet Lokhande**,
Tyco Sanmar, Mumbai.



I wanted to become a classical dancer. It has happened partly.

Sulagna
W/o **Amitava Bandyopadhyay**, *Flowserve Sanmar, Kolkata.*



I dreamt of becoming a fashion designer and beautician. I attended beautician, fabric painting and tailoring courses. I am pleased when my friends say "wow" when I wear these dresses which I have designed.

F Arul Mary
W/o **A Felix Sahayaraj**, *Mechanical, Chemplast Sanmar, Karaikal.*

A Homemaker

We were not destined, but no occupation in the world is more blissful to the soul than the care for our family.
With patience and wisdom,
We deliver it all with skill and love.



My dream was to become an auditor, and it didn't happen. My husband helped me during my illness, and I manage my routine jobs.

S Padmavathi

W/o **C Sridhar**, Quality, Chemplast Sanmar, Cuddalore.



I dreamt of becoming a lawyer. But I couldn't. My husband takes care of educating the children and my parents help in daily chores.

V Indira

W/o **G K Vimalkanth**, HR, Sanmar Speciality Chemicals, Berigai.

Natyanjali

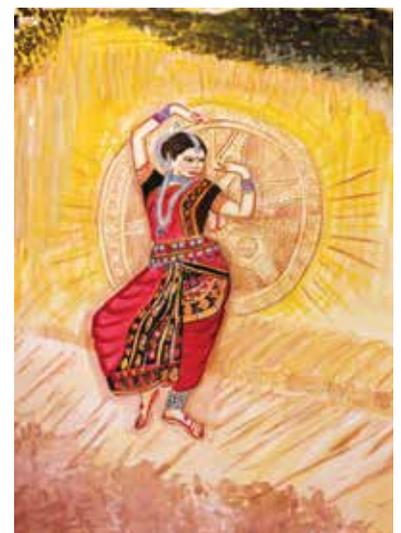
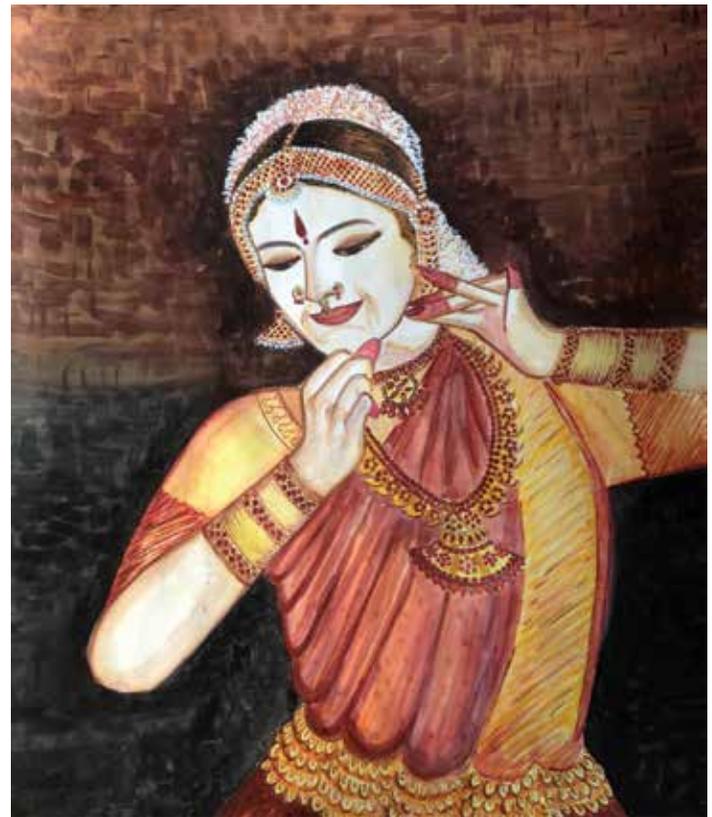
(A tribute to the traditional dance forms of India)



I dreamt of becoming a manager with precise pendulum of balance in household activities. My mom is my motivator. My husband takes good care of our kid while at home.

Rina

W/o **Sanjeev Kumar Singh**, Flowserve Sanmar, Kolkata.



by **Lavanya Venkatesh**, Director's Office, HO.

Youngster. In his mid twenties. Professional degrees in hand. I would like to emphasise, a man. Got up from the bed, frowned and looked for the hand phone. It was lying somewhere there under the sheet.

Typed a message "I am feeling sick, sir please grant me leave".

Youngster. In her late twenties. Professional degrees in hand. I would like to emphasise, a pregnant woman. Got up from the bed, placing one hand on the bed for support, keeping another one on the belly, looked at the clock. With dried lips and sunken eyes hurried to the office. A leave saved, could be added for her confinement day's.

(Provoked by a message that I got today morning.)

K A Ravindran, Chemplast Sanmar, Head Office.

The Women Power at Sanmar

We work, we play.
 We run every day.
 We manage work and home,
 We try to excel in every forum.
 Constraints on time, money and travel,
 Are the mysteries we try to unravel.
 Family, colleagues, friends are our resources,
 Thank you for being our eternal energy sources!

Here we capture thoughts of women at Corporate office



It all boils down to your attitude. I adopt a positive approach towards my job and life.

S Chitra
Directors' Office



I have not married and I enjoy my single status. I have made my passion – for the arts and journalism – my profession, which has earned me a lot of respect in life.

S Janaki
Sruti



There are innumerable instances I can cite where I have been the recipient of help from family, friends, relatives and even by-passers.

Padmaja
Corporate Services



To be a working woman is a path I chose, but to play both the roles as a housewife and as an employee is a challenge. Time management is the key to handling the challenge.

Vanaja Srinivasgopalan
Administration



Proper planning and reliable domestic help is what I rely on to manage life at home and work.

Lavanya Venkatesh
Directors' Office



Women are basically gifted with an ability to multi-task and so I manage my daily challenges.

R Sangeetha
Group Controller's Office



Having been in a profession that involves round the clock co-ordination, as well as a wife and mother with several responsibilities, it is extremely essential to understand how to juggle several roles.

Latha A Kumar
Personnel



From getting up at 5.30 in the morning to netting with friends and family till 10 in the night, the challenge goes on... and I JUST LOVE IT.

Ramadevi Ravi
Corporate Communications



Right from the day I got married my mother-in-law stood by me and encouraged to go after my dreams. She is the greatest grandmother that my daughter could ever get.

S Sai Priya
Finance & Accounts



The biggest challenge today is the security of women in the society. Regularly travelling to office by public transport has become difficult. Not just during evening/late hours but even in the morning rush hours.

R Anuradha
Central Accounting



The main problem for working women is that they run short of time since they have to financially support the family as well.

Ancy Mathew
Central Accounting



I manage stress through my hobbies. My colleagues are very helpful in reducing work stress.

KS Bhavani
Central Accounting



As a working woman we require more energy, time and resource, as we are expected to play all the roles perfectly.

M Uthra
Central Accounting



Being located far from office, travelling by public transport is the major challenge for me.

M Komathi
Central Accounting



I do perfectly manage the roles in office and as a mother with the marvellous support of my husband.

K Sangeetha
Central Accounting



To support their family women take up a job. Even I came to work to support my family financially.

Keerthana N
Central Accounting



In my experience nothing is impossible. If we develop mental strength (Will Power) and patience we can face any challenge in life.

Sumathi V
Sruti



Experience is the greatest teacher and my life continues to go on with endless challenges which I have learnt to handle pretty well by now...

R Srimathi
Administration



As the old adage goes - MEN, you can't live with them, you can't live without them. I would like to say - WOMEN, YOU JUST CAN'T LIVE WITHOUT THEM.

Shilpa Senthilkumar, HR



Born a girl child, grows up as a daughter, marries to be a wife, turns a mother and then a grand mother! Every stage is bliss; every stage is a challenge, the becoming of a woman.

SS Rameshwari, HR



The biggest challenge has always emanated from inside – “THE GUILT” that I have not been able to spend quality and quantity time with my precious daughter. Children are our prized possession and that is all what matters.

Nageshwari A, HR



I am comforted and encouraged by my parents in all my ups and downs. They have always been my support and a pillar of strength.

Veena Merrilina J, HR



Time management, not being health conscious are some of the challenges I face. There are many more!

Nithya N, HR



Challenges I face as a working parent are endless, especially at times when my son is unwell, and he wants me to stay near him.

Sandhya Sivasundar, HR



My role is being played by my husband and in-laws wherever and whenever required which is a great support given to me.

Deepthi B, HR



Finding substantial time to spend with family is also a challenge.

**Sudha Narayanan
Sruti**



office and I am really proud of it.

I never travelled to school and college by bus. Now, I take 3 buses to reach

**B Vinothini
Kalamkriya**



Keeping in regular touch with my parents, relatives and friends so that they do not feel isolated and neglected is a challenge.

**M Kalpana
Sruti**

Women's Health

In 1900, a woman's life span was about 50 years. Now, in the new millennium, life expectancy for women is 82 years of age, and continuing to rise. Not only are women living longer, but they also enjoy a better quality life.



Balancing work and family tasks can put additional stress on women, when family and work demands collide, the resulting stress can lead to physical health problems

such as poor appetite, lack of sleep, increase in blood pressure, fatigue, and increased susceptibility to infection. It can also result in mental health problems such as burnout and depression.

Cancer is one subject of concern seen among today's Women. The three common types of cancer in women are Cervical, Breast and Uterus Cancer. Let us look into the risk and lifestyle choices that contribute to this disease.

- Not having children or having them late (approx. after 30 years)
- Certain kind of birth control methods adopted or pills
- Using hormone therapy after menopause
- Not breastfeeding
- Being overweight or obese
- Alcohol and Tobacco Smoking
- Not adapting clean habits, especially the restroom hygiene and the food habits.

Top five concerns in today's working women are:

- **Insomnia:** Late nights at work, working in shifts, working on computers or calls has become a norm in our work culture. Work involving the screens or TV viewing should be stopped at least 2 hours before bedtime.

Be active

- Exercise protects heart. It is also good for muscles and joints.
- Exercise can be effective as an antidepressant medication in people with depression.
- It improves concentration and thinking thereby making you more productive.
- Walk 20 minutes after eating. It reduces your glucose and insulin levels.
- Yoga and meditation offers relief from back and neck pain and chronic fatigue. It also boosts memory.

- **Obesity:** Easy access to and affordability of fast or ready-to-eat food has increased the problem of obesity around the world. Avoid large gaps between meals, eating small portions at a time, eating balanced meals comprising complex carbohydrates, protein, fats, dairy products, fruits and raw vegetables is the key to weight loss.

- **Hypothyroidism:** There is almost an epidemic of this condition around the world! A deficiency in iodine can trigger this condition.

Be healthy

- Eat as much fresh, raw fruits and vegetables as you can everyday.
- Fruits are rich in vitamins and minerals. Regular intake reduces the risk of heart disease, diabetes, and cancers in stomach. It also strengthens the immune system.

Hypothyroidism is difficult to spot till the symptoms are aggravated: these include fatigue, depression, modest weight gain, cold intolerance, excessive sleepiness, dry, coarse hair and

constipation. However, hypothyroidism is treatable.

- **Musculoskeletal issues:** Like chronic lower back pain, neck pain along with chronic fatigue is being seen due to women taking on mammoth tasks with no realistic ideas about what their bodies are capable of.
- **Osteoporosis** is a condition in which bone density decreases. Some studies have reported that as many as one of every two women over 50 will suffer a fracture related to osteoporosis in her lifetime. By the time one turns 65, some women have lost half of their skeletal mass.

Eating sensible meals, eliminating after-dinner snacks, and making physical activity a part of daily life are significant ways to help control weight and lower the risk of a long list of health problems.



Last but not the least, seeing your family physician every year is a must, not only for health reasons but

also for your overall physical and emotional wellbeing.

Did you know?

- About 18% of women compared to 6% of men suffer migraine headaches, a ratio of three females to one male.
- If a woman's waist size measures more than 35 inches (89 cm), she is more likely to develop heart disease, high blood pressure, and diabetes.

General Health Tips:

- Get the sunshine for just 10 minutes in a day can be an instant energy booster.
- Chill to look younger. People experiencing long-term stress or recurring depression actually age faster. So just take the chill pill and look younger longer.
- Working women must go for a health check-up at least once a year.
- A ripe banana along with 1 or 2 spoons of honey, consumed daily can boost the haemoglobin levels and protect you from anaemia.
- Reduce the intake of the 3 white products – Sugar, Salt and Rice.

Boost your emotional health

Reading a good book before bedtime and taking hot milk or tea helps to relax. Engage in music, dance or other extra-curricular activities.

Sleep well

It reduces your stress, inflammation, and your risk of depression, makes you more active and smarter, and keeps your heart healthy.

Sudoku

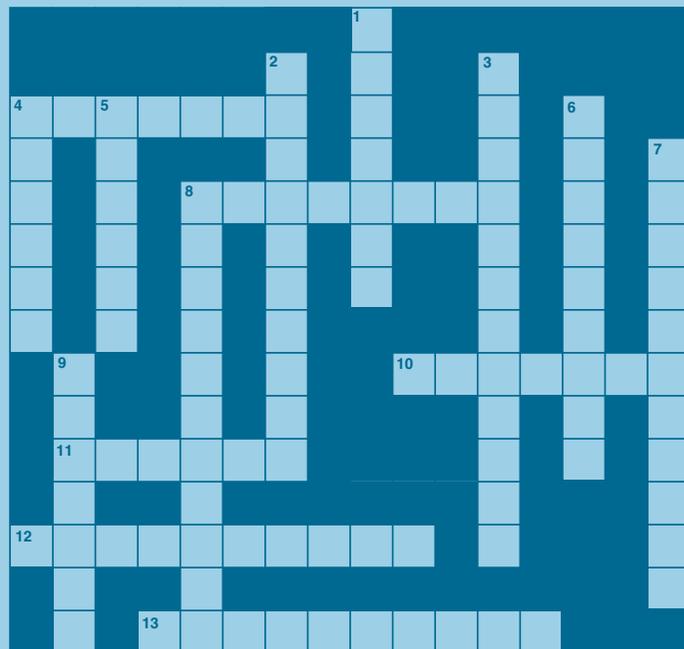
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First Indian women

- Ruled India and occupied the throne of Delhi - **Razia Sultan**
- Bharat Ratna - **Indira Gandhi**
- Magsasay Award - **Kamladevi Chattopadhyay**
- Governor of a state - **Sarojini Naidu**
- Chief Minister of a state - **Sucheta Kripalani**
- Central Minister of the country - **Rajkumari Amrit Kaur**
- Speaker of Lok Sabha - **Meira Kumar**
- Chief Election Commissioner - **Rama Devi**
- President – **Pratibha Patil**
- Airline pilot - **Durba Banerjee**
- First female graduates - **Kadambini Ganguly & Chandramukhi Basu**
- Director General of Police - **Kanchan Chaudhary Bhattacharya**
- Doctorate of Science - **Asima Chatterjee**
- Physician - **Kadambini Ganguly**
- IPS Officer - **Kiran Bedi**
- IAS officer - **Anna Rajan George**
- Women's court in India - **Malda, West Bengal**
- Chief Justice of a state High Court - **Leila Seth**
- Judge of the Supreme Court - **M Fatima Beevi**
- High Court Judge - **Anna Chandy**
- President of UN General Assembly - **Vijayalaxmi Pandit**
- To go to space - **Kalpana Chawla**
- Walk across the Gobi Desert - **Sucheta Kadethankar**
- Ski to the South Pole - **Reena Kaushal Dharmshaktu**
- Swim the English Channel - **Aarti Saha**
- Asiad medal - **Kamaljit Sandhu**
- Olympic medal - **Karnam Malleswari**
- Mt Everest - **Bachendri Pal**
- Chess Grandmaster - **Koneru Humpy**
- First actress of Indian cinema - **Durgabai Kamat**

Answers to the Crossword & Sudoku

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Crossword

Across

- 4. Doordarshan television newsreader (7)
- 8. Vedic philosopher in ancient India (8)
- 10. woman to head a large bank in India (7)
- 11. female incarnation of Vishnu (6)
- 12. magazine by British & Indian feminists in 1918 (10)
- 13. ancient Egyptian queen (10)

Down

- 1. unseen character in The Tempest (7)
- 2. famous school teacher in India (10)
- 3. Sahitya Akademi for poem 'Sunehe' (12)
- 4. chess player from Hungary (6)
- 5. film supposedly based on Indira Gandhi (6)
- 6. Jewish victim of the Holocaust (9)
- 7. Indian lady doctor to obtain a degree in medicine (11)
- 8. among the top women centric film (11)
- 9. Greek goddess of grain & agriculture (7)

Compiled by **K Rajesh Kumar**, Corporate Communications, HO.

Guess Who? !

She is Bachendri Pal, the first Indian woman mountaineer to reach the summit of Mt Everest. She achieved this feat on 23rd May 1984. She led the "First Indian Women Trans-Himalayan Expedition - 1997", which was an effort by 8 women, who completed the trekking journey from the eastern part of the Himalayas from Arunachal Pradesh to the western part of the Himalayas at Siachen Glacier reaching Indira Col - the northernmost tip of India at the altitude of 20,100 ft, covering more than 4500 km in '225' days by crossing more than 40 high Mountain passes. This is the first success by any country.



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