



From the Editor's desk...

Our library 'SanGyan' completed 10 years. When we realised this a few months ago the editorial team decided to bring out a Reading special on this occasion.

Reading habits have changed and in many a case has declined too. The advent of television, Internet and the explosion of information has moved many away from the reading habit. Technology has played a major part in this shift.

For people like me who grew up with books it is still difficult to accept that reading is not a preferred hobby. When I tell my child that I can't imagine myself without a book in my hand in my growing years, she thinks that I was too academically driven. How perceptions have changed!

In this issue of Scribbles we have tried to bring in different hues on Reading.

For the first time we organised a group discussion with children studying in 4th to 11th standards on the 'Habit of Reading'. It was a wonderful experience for us, the kids who participated and few parents who witnessed this discussion. It is heartening to note that all the children felt that the Habit of Reading is important for their development. Don't miss reading this.

Our SanGyan 10th Anniversary was celebrated across all locations that it services. Low cost, but high enthusiasm!

We have a number of contributions in this issue on different facets of reading – influence of books, history, purpose and methods of reading, famous characters from books and other contests... a variety that we hope you will enjoy reading.

Some thoughts for those who wish to develop a reading habit but do not find the time for it...

Start reading for short periods of time. It is easier to find ½ hour every day than trying to allocate an hour or so for reading.

Second, develop the habit of speed reading. It has its benefits and its problems. The big benefit is the amount of information that can be captured by our brain in a short span of time is huge. Also, not all reading needs to be done with the same level of concentration. Some data may actually be skipped, without missing out on the essence.

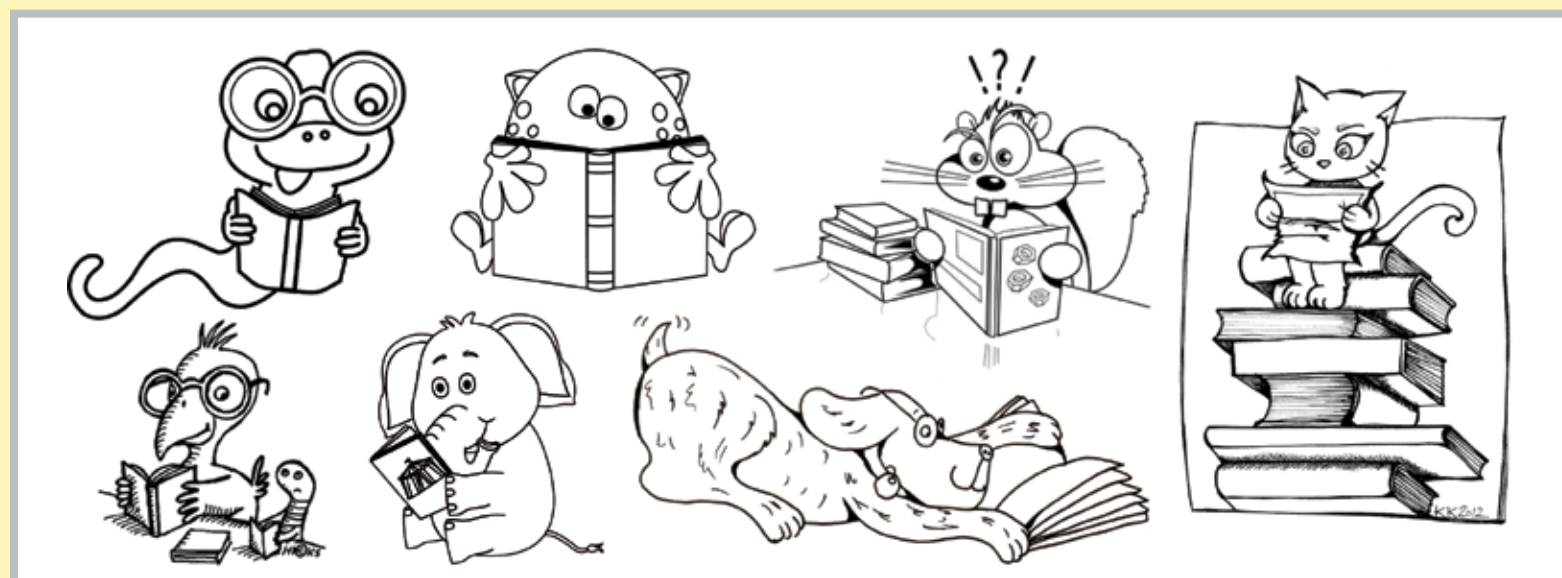
Whichever way we look at it, as Steven Covey said, we need to 'Sharpen the Saw' and for that the habit of reading becomes essential.

Let us make time for reading, the same way we make time for lunch or brushing our teeth. Let us turn off our mobiles and sit down and read. We don't need a physical book to do this (although it is my personal preference). Starting with newspapers and magazines is a good beginning. Browsing information on the Internet is another option.

Whichever mode we take to, let's all start today towards making reading a habit.

Sanada Jagan

SPECIAL ISSUE ON READING



History of Books

The moment I was told to trace the history of books, the motor-cells of my brain – as is usual with any ‘brainy’ chap of the modern day – commanded me to Google for the topic. Imagine my predicament when I found that the site has millions of listing on History Books of various kinds but not its history. Results for ‘History of Books’ are sparse. Some of those materials are used herein, though.



Before tracing books, we need to trace writing, which is the backbone of books. Writing is nothing but a system of linguistic symbols which enables one to transmit and conserve information. It is believed that writing had developed between 7th and 4th millennium BCE. This was more in the form of mnemonic symbols which later developed into ideograms and pictographs. This was the basis for the syllabic and alphabetic writing that followed.

The earliest written communication was in the form of pictures, like the ones found on the cave walls. Sumerians (of Mesopotamia – current day Iraq) are supposed to be the pioneers in the first true written language using wedge-shaped inscriptions. They created the first portable documents by writing on clay tablets, which were then dried to make it a permanent record. This was around 3500 Before Christian Era (BCE).

The Egyptians used the stem of Papyrus plants which was used as sheets of writing material after due processing. This was around 2700 BCE and mostly bird feathers were used for writing on Papyrus scrolls. Being stem of the plant, Papyrus books could not be folded but had to be kept in scrolls. Also only one side could be made use of.

In India and Southeast Asia, books were written on palm leaves bound together with string. A sharp instrument had to be used for carving the impressions on dried up palm leaves. Corrections and erasing of the writing was not possible.

The Greek and Romans used wax tablets in the form of Codex. These are wax-coated wooden tablets upon which one could write and erase by using a ‘Stylus’. One end of the stylus was pointed and the other was spherical.



With the pointed end, one could write while the spherical end was used to smoothen the wax so that the writing could be erased! The wooden tablets were linked together using cords, and this arrangement was called ‘Codex’. This was the basis for the modern day book-binding, with its varied forms and styles.

The Papyrus and wooden tablets were soon replaced by “Parchment”, which was made out of skins of animals such as sheep, cattle, antelope, etc. The pages were stitched together and was easier to conserve. But the rarity of material

and time required to produce the document made this an expensive medium.

Paper was invented by the Chinese around the first century AD. Initially paper was prepared from bark and hemp. Only hand-writing was used for creating books. The paper making gradually spread to Japan and then to the Arab world, who took it to Europe.

Printing was another invention by the Chinese. The first printing of books started in China during the period of Tang Dynasty – between 600 and 900 AD. Texts were produced/ reproduced by woodblock printing. Thus we can say that the modern day books had their birth around 6th century AD.

A major advance in the West was Johannes Gutenberg’s printing from cast metal type around 1450 AD. This was still hand composed on wooden press. The metal printing press came about during the beginning of 19th century AD.



The operation of the press was manual and then came the press operated by steam. This was followed by rotary press invented by Richard Hoe, an American in 1846.

After the invention of electric current, electricity became the driving force of printing press and mass production of books became the order of the day. For printing pictures, lithography was used initially and from this came the off-set printing in late 20th century. Gradually computerised and digital printing took over and mechanical printing is almost extinct now.

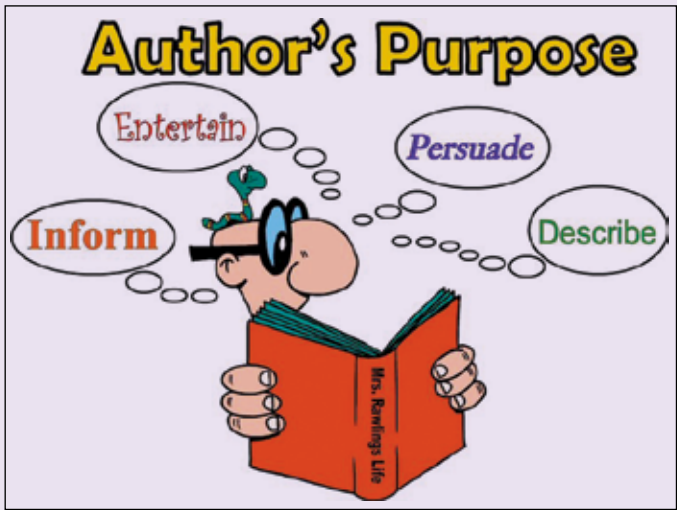
Books in physical form will soon give way for books in electronic form and the dawn of 21st century has almost rung a death-knell for physical books. ebooks can be read using any of the modern gadgets and can replicate all existing literature. The ebook can also become a layered and interactive multimedia experience. And who knows, soon we may get a sort of aggregator-like program whereby the moment you enter a topic, the gadget will assimilate the relevant contents spontaneously from multiple sources and assemble and serve you a readymade ebook – tailored to your specific needs. And let us hope that one day, a few years down the lane, we may be able to mock at the wisdom of Prof Joseph M Jacobson of MIT who said, “If books had been invented after the computer, they would have been considered a big breakthrough. Books have several hundred simultaneous paper-thin, flexible displays. They boot instantly. They run on very low power and at a very low cost.”



PR Somaskandan, Internal Audit, Sanmar Corporate Divn., HO.

Purpose of Reading

The mind needs exercise even more than the body. Without exercise, it tends to accumulate mental plaque that slows our processing speed, analytical skills and eventually our physical output. We then become a cacophony of emotional, irrational bluster and mindless ‘isms’ and prejudices, unable to listen or think, much less solve life’s challenges.



Ah! I see that I’ve grabbed your attention. You have already identified friends and colleagues who need this mental exercise. But really, we should turn selfish and worry about our own mental agility. The first step to this goal is to develop a systematic reading habit.

We don’t build triceps and six-pack abs through disjointed body movements. Similarly, we can’t put a shine on those grey cells reading the tidbit nonsense that screams on our faces, begging to be read. I am talking about the humongous chatter on the social media, of the advert hoardings with come-hither paradise resorts and scantily clad folk, seedy wall posters extolling Dr. Anandam Anbudayal’s miracle healing, of the ticker tape stock index as you struggle to make sense of News Hour Tonight. We all badly need a break from this noise that goes by the name of information. For an hour or two, every day.

There is nothing quite like a good book to get you to that peaceful island without spending money, effort or precious leave. You are instantly transported to a fascinating world of the author’s mind and imagination. Reading gives us perspective and an ability to appreciate thoughts and ideas other than our own. That is a near-extinct quality that commands a premium in the market-place. You will find yourself listening more and interrupting less. Keep at it and you will soon be penning eminently readable thoughts yourself. It is the fond hope of teachers, mentors and business leaders that when their wards and peers take the first step in developing a reading habit, it will eventually groom them to take their place as rational, articulate, considerate thought-leaders capable of effortlessly converting ideas to action. Now, wouldn’t that be nice?

Author’s note: On what constitutes a good read, please consult our in-house experts at SanGyan – their motto is to serve.

Capt S Krishnamurthi, Operations, Sanmar Shipping, HO.

Kindle vs Book

First, let me explain about the Kindle in my own words.

KINDLE is a product of Amazon to improvise ebook reading. It is a device to read ebooks. This makes ebook easier to read and non-technical. It is easy to access and can contain many books instead of carrying a huge pile.

If Kindle is left behind at home or office, reading can be continued using iphone or smartphones if it possesses a Kindle application.

If you can’t read, but interested to continue the stuff in the Kindle then make use of an audio version.

Above all, WhisperSync enables you to continue from where you left or highlight your valuable points.

To list out cons :

1. Books can’t be shared.
2. Not all ebooks are compatible with Kindles.
3. Should handle carefully to avoid breakage.
4. Stolen often, as it is valuable.
5. Needs special applications to download books.
6. Studies prove that we absorb less things on Kindles than on books.
7. There are few interruptions during reading such as flickering or getting stuck or hanging over.

If you are a book lover, I am sure to take your side. The experience of holding piles of paper in both hands, nostalgic smell of new and old books, using wet fingers to turn to the next page, and showing all our collection to our friends or relatives and giving it a name ‘home library’ will sure mean a lot. “Sharing is care” right? What is there without sharing a valuable book with our beloved ones? No need of any applications or formats. Easily accessible. Keeping a peacock feather, old withered dried leaves or flowers or memorable chocolate papers are not possible with Kindles. It makes pleasant reading by moving our finger across the lines of paper. Looking for old editions of books on the sides of the platform is a wonderful experience during our evening walk, which no one can refute. Incomparably, even after years and years, when we open any book, we are sure to be carried away to our golden day memories. These are undeniable.

So a book is a BOOK for technology lovers.

But, a book is NOT JUST A BOOK for conventional people.

Vanaja Mathan Raj, W/o T Mathan Raj,

Production, Sanmar Foundries, Viralmalai.



How to inculcate the habit of reading

Initially one can start with reading the heading in a newspaper according to the individual's interest in the areas of politics, regional, cinema, sports, etc.

Why should we read?

- The reader gets pleasure out of it.
- Helps in conversation with others.
- Helps in sharpening our judgement.
- Helps to get relief from boredom and refreshes us.
- It improves our general knowledge.

Steps to inculcate the habit of reading

1. Pick up a book

Don't choose a book too high for your level. If you read a book above your level you may give up the habit of reading.



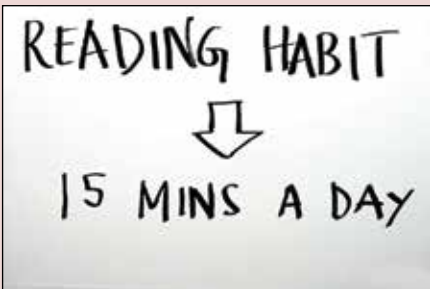
2. Practise your reading habit

You can set a goal of 30 minutes a day for reading. Practise this everyday. Make it

a habit. Then increase the time to 45 minutes to 1 hour daily.

3. Don't give up

If you can't complete the 30 minutes reading the first day, it's ok. Try again the next day. But read everyday.



4. Don't put much pressure on yourself

If you get stressed while reading a book, don't continue reading. Reading is a pleasure not a pressure.

5. Browse the contents of the book

Before you start reading a book, browse the contents to form an idea of what the book is about. If you have interest in those topics, go ahead with reading.

6. Read a review of the book

Review reading is the deciding factor whether to read the book or not.



7. Sharing your views

You can discuss what you have read with your friends and relatives who have a flair for reading.



It gives you confidence and motivates you to read more.

8. Forming a book/ reader's club

Once you get on with the reading habit, you can form a book/reader's club among your friends, so that you can circulate books for reading. The cost of the book can also be shared. You can also have a group discussion among your friends thereby utilising your valuable time in gaining healthy mind.

9. Start a home library in a small way

You can have a home library with some books to start with. Now-a-days there are a lot of



book exhibitions where books can be purchased at a discount. You can go on adding to the library one book at a time. Human tendency is whenever we are surrounded by books, we feel like reading it, thus improving our reading habit.

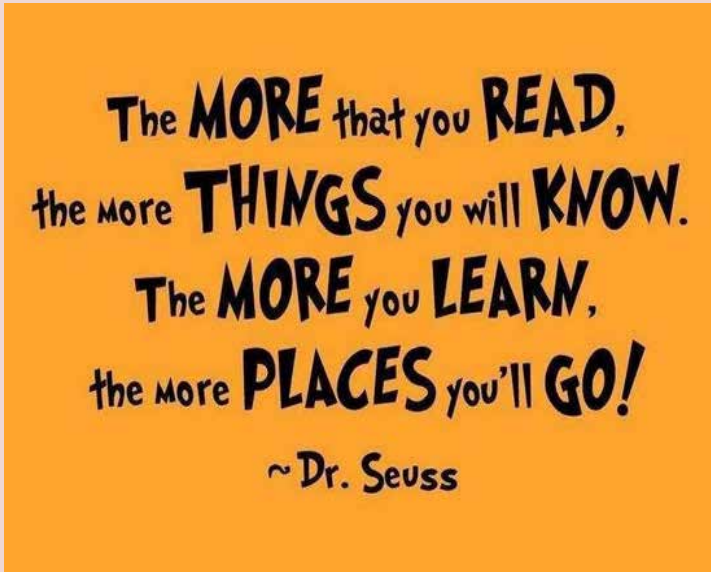
10. Avoid mind poisoning

Avoid unproductive entertainment like seeing unworthy programmes on television and indulge yourself in reading which results in refreshing your mind.

Happy reading leads to healthy mind.

Vani Vidhyatharan W/o J Vidhyatharan, SRSTI, Chemplast Sanmar, Mettur &

Revathi Sriram W/o R Sriram, Support Services, Chemplast Sanmar, Mettur.



Browsing (v) Reading

Prologue

Of Browsing and Reading...

One is an instant coffee, taking just a few seconds to prepare and swallow in a hurry. The other is a delightful and flavour-some dose of filter coffee, taking its own time to brew - out of carefully chosen and lovingly roasted coffee beans,



with a right mix of freshly boiled milk. We take our own time to prepare, relish, savour and enjoy this brew.

One is a bite of a pizza or burger chewed in a hurry in the midst of a meeting or journey, mixing it with a dash of coke. The other is a leisurely meal savoured with a large group of family members, on a plantain leaf, with rice, paruppu, poriyal, koottu, sambar, rasam, vadai, payasam and thayir, cooked with great care, lovingly served.

One is a best-of-five-overs cricket match and the other, a test match in the stadium on a long pongal weekend, with a group of childhood friends, munching cones of popcorn, hearing the noisy drums and trumpets.

One evolved out of necessity and the sign of times, fleeting and transitory, but the other is the way it should be, the way to experience, fulfilling and sumptuous.

Information, Knowledge, Wisdom and Life

We are living in an era, with an overwhelming dose of information, encompassing all our senses, flashing across as a collation of trillions of unrelated bits and pieces, with little relevance to our lives.

Hierarchy of erudition and scholarship involves four different planes or dimensions of wisdom. At the lowest levels it starts with an ocean of bits of information. Information by itself never adds any value to human life. But information



does count, if we have the ability to progress to the next level, distilling relevant information into knowledge. The knowledge base then serves as a tool for making our lives comfortable

and more habitable. But the ultimate achievement of mankind is its ability to convert knowledge into wisdom, a way of rightful living. The accumulated tomes of wisdom - religions, philosophy, sciences, arts, crafts - all are a result of deep reading, profound and sustained research and creativity. Finally at the fourth level, it is about the living and the life, guided by the wisdom thus gained.

Browsing versus Reading

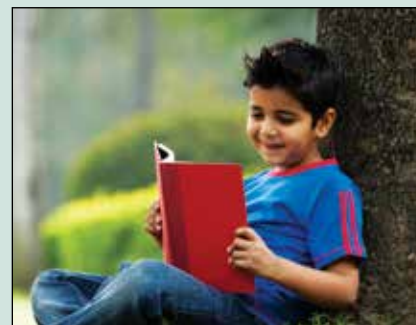
A sleekly made video on the Arab Spring broadcast through YouTube, played over few minutes, may be much more informative and fascinating to watch and feel what's

happening at the ground level. But it can never substitute a well researched and well presented book by experts, which will take us back and forth in time, to create a wholesome and complete experience. It is only books that allow people to bring into their lives any depth of attention or purpose. The sheer and unalloyed joy and pleasure of sitting on your balcony on a wind swept weekend or reclining on the beach during a holiday break with your favourite Wodehouse or Thoreau in your hands. It's nothing short of the Divine. We can all consider ourselves blessed that we are part of the only species on earth and perhaps in the whole universe (at least as far as we know) who have the ability to enjoy this divine feeling!

Among the multitude of experiences which made my life a great blessing, I consider the joy of reading as the most enriching - both

on the sensory as well as spiritual and philosophical planes.

During my younger days I wandered with Alice in her wonderland, emphathised and lived with Mougli in



the Jungle Book and was fascinated by the fun, adventure and wisdom of Tintin. Though all these and much more are available on the screen, the screen adaptations leave nothing for imagination, while reading these classics, our imagination takes wings and the joy is limitless. Later in my life the fascination shifted to books of much higher gravity and purpose - like the epics such as Ramayana and Mahabharatha, immortal fictions of Kalki, Jayakanthan, Charles Dickens, Emile Zola, Jane Austen, Thomas Hardy, the poetic works of Shakespeare, Keats and Wordsworth and Kalidasa. Enjoying, savouring and relishing the essence of such wonderful books such as Ponniyin Selvan, Kambaramayanam, Wuthering Heights, Raghuvamsham and Sakunthalam, Pride and Prejudice... the list is endless. This joy can only result out of soulful and deep reading and not through browsing.

Epilogue

The browsing phenomena, may it be the web or social media such as facebook, youtube, whatsapp, tweet and their brethren do add colour and vibrancy to our lives. By themselves they are entirely harmless like any other human invention or



innovation, as long as we are their masters. But if we become slaves to them, like any other addiction, it is bound to create a major imbalance in life. It can never be a substitute or

replacement for the sheer joy of soulful reading.

Rather than comparing them or considering them as mutually exclusive activities or sources, we will be greatly benefited by embracing both for different purposes and objectives. Let's keep enjoying both and continue to enrich ourselves in the process.

R Doraisamy, Personnel, Chemplast Sanmar, Mettur.

SanGyan - a decade old

Head Office



The Sanmar library- SanGyan has the finest collection of books, periodicals, videos and CDs, which covers a wide spectrum of subjects. These collections are updated and expanded continuously based on need, usage and feedback from employees. The open access system of the library provides reading and reference facilities for the employees based in Chennai and other locations.

Inaugurated by our Chairman, N Sankar, on 23 February 2005 at the Sanmar Corporate Headquarters at Chennai, the library presently has a record of 2366 books, 80 CDs and 52 video cassettes. Over the years, video screening sessions on management related topics, book reading and book review sessions, inviting guest speakers of stature to interact with library users, and quiz contests are some of the activities at SanGyan.

To mark the 10th anniversary on 23 February 2015, an array of activities were conducted across locations including Mettur, Viralimalai, Karaikal, Cuddalore, Berigai, Karapakkam and Head Office. Ramkumar Shankar was the chief guest and distributed prizes to the winners of various competitions at the library. A video on 'motivation' was presented by Capt S Krishnamurti.

The hallmark of the anniversary was the 'bookmark contest' held across locations. The winning bookmark will be made available for users in 2015. SanGyan currently contributes in enhancing the reading habits of Sanmarites and plans to unfold into a higher platform of learning in the next few years.



and growing strong

Celebrations

Berigai



Cuddalore



Karaikal



Karapakkam



Mettur



Viralimalai



Habit of Reading - A discussion

Reading is often looked upon as a fundamental skill that a child needs to develop in order to succeed in life. Many perceive reading as vital to their child's future, not just academically but in everyday life as well.

Who best can comment on this topic than children themselves. Hence, an informal freewheeling discussion on the 'Habit of Reading' was organised by the Scribbles team on 20 February 2015. Children from standards IV to IX gave their perspective on reading.

From reading books in class instead of listening to the teacher to loving TV more than books, what came through was the absolute honesty and frankness with which these children expressed themselves.

Participants:

Vaarun Srinivas (S/o S Balaji, Directors' office): XI standard, Vivekananda Vidyalaya; Hobbies: Cricket, football and reading books.

Anirudh (S/o C Padmanabhan, Purchase, Chemplast, HO): IX standard, Chinmaya Vidyalaya; Hobbies: Singing, mridangam, cricket, reading books.

Sapna (D/o Krishnakumar Rangachari, Speciality Chemicals, HO): VI standard, Vidya Mandir; Hobbies: Dance, singing, basketball, reading and crafts.

Harikrishna (S/o K Venkatasubramanian, Accounts, Sanmar Corporate Divn., HO): VI Standard, National Public School; Hobbies: Playing veena, tennis and chess.

PS Hariharan (S/o PV Sriram, Taxation, Sanmar Corporate Divn., HO): VI Standard, Padma Seshadri Bala Bhavan; Hobbies: Playing cricket .

Subhika (D/o M Sathiyamoorthy, Technical, Sanmar Shipping, HO): V standard, Church Park; Hobbies: Reading.

Viba (D/o Krishnakumar Rangachari, Speciality Chemicals, HO): IV standard, Vidya Mandir; Hobbies: Singing.

Moderator: Jyotsna (D/o, Sarada Jagan, HR & Corporate Services, Sanmar Corporate Divn., HO), XI standard, Vidya Mandir; Hobbies: Dancing, reading and listening to music.



Jyotsna



Sapna

Excerpts from the discussions:

Jyotsna Jagan: Let us start this discussion on the Habit of Reading – talk about what you kids think – is it worth reading? Let me begin by asking what is your favorite book?

My favorite book is 'The fault in our stars' by John Green. It is an amazing book about a cancer patient who is dying and her friendship with a boy which turns her life around.

So Vaarun, what is your favorite book?

Vaarun: Goose Bumps by RL Stine – It is a horror story.

Anirudh: I have just started with reading comics and I gradually plan to increase my reading.

Subhika: I do not read.

Sapna: The famous Harry Potter by JK Rowling.

Viba: Magic Tree House Fact Tracker series.

Harikrishna: I read the Geronimo Stilton series.

Hariharan: My favorite book is 'Wimpy Kid' by Jeff Kinney.

Jyotsna : I wonder when do you people find the time to read?

Hariharan: Nights.

Harikrishna: At nights – a nice story can give you a good sleep.

Viba: At school during free periods or later.

Sapna: Invariably I have no time to read. At school when I have free period or during weekends or when I tell my parents I really finished all my home work.

Subhika: At night.

Anirudh: I read during library periods at school and during nights.

Vaarun: I read the newspaper in the morning.

Jyotsna: Now how many of your friends read? A lot of my friends rather watch the TV than read. How many of your friends do like reading - Do you think it is good not reading?





Hariharan



Viba



Harikrishna



Vaarun



Subhika



Anirudh

Vaarun: Not good.

Anirudh: Some read, and some listen to the teacher.

Subhika: They read only during class hours.

Sapna: My friends talk a lot and read when the teacher takes class.

Viba: My friends read so much that they don't even hear what I am talking. They are so concentrated.

Harikrishna: All my friends read. They prefer reading in the class than listening to the teacher.

Jyotsna: Don't read during class. You will get caught and the book will not come back to you

Hariharan: I read during class hours.

Jyotsna: Why do you think reading is good and what good has it done to you?

Hariharan: It helps in development of vocabulary, meaning of words; it takes you wherever you want to go and it is fun reading.

Vaarun: To improve vocabulary, broaden knowledge. I have learnt new words.

Anirudh: Vocabulary, teaches communication skills and language skills – I can travel to many countries when I read a book.

Subhika: Learning new words.

Sapna: It improves my thinking skills, I feel a lot better, and it takes me out of the world and gives me happiness.

Viba: I think it makes my grammar better as I read many books.

Harikrishna: Gives me information, develop knowledge and English skills.

Jyotsna: Everybody has a laptop/TV and how do you see reading in a time like this? With other technical options, don't you think reading is going down? My mom says as a kid all she did was reading but I don't understand this.

Harikrishna: I like TV better but I also read.

Hariharan: It's good to watch TV but I should read to gain knowledge... but I like TV better.

Viba: Reading books is better than seeing the TV. We get power and problems occur in our eyes... even though I watch TV.

Sapna: Same old geography channels, the same old cartoons... a book is something more definitely.

Subhika: I love TV more than reading.

Anirudh: I watch a lot of sports channels on TV and at the same time concentrate on learning.

Vaarun: I like watching TV but also like to play games on the cell phone.

Jyotsna: Do you prefer a good book or an ebook/ Kindle? For me, it's not like having a book on hand. It is way better reading a book than reading something in a cell phone or a laptop. Do you advise your friends to read books?

Vaarun: They can read books and score good marks. They can also form sentences properly.

Anirudh: I care about myself only.

Subhika: Not tried telling them.

Sapna: They don't find books they want and if they find then they will read.

Viba: All my friends never listen to me even if I tell them to STOP reading as they don't even concentrate on Maths or geography class.

Harikrishna: All my friends read books. I don't need to tell.

Hariharan: I would tell myself and not my friends.

Jyotsna: Reading is not so popular nowadays. What will be your idea to increase reading among children?

Sapna: Tell them there is something in the computer and they will start off with reading as anything gadgetic is attractive.



Habit of Reading - A discussion contd.,

Jyotsna: My English teacher started off with an idea of a book club but in my class it was a big flop. Yet a book club is a good idea and you get along with people who have the same ideas and share the same tastes.

Now how did you cultivate the habit of reading? My mother used to read me stories when I was a child. Then I started with picture books, and slowly it became books with few pictures and then novels...

(It was the same experience for most of them... grandparents seemed to have kindled this habit of reading by telling them night time stories, especially on mythology.)

Jyotsna: All of us seemed to have started the same way... now what are the various kinds of books you read, like comics, children books etc.

Hariharan : I read adventure, comics/jokes are nice to hear and read.

Harikrishna: I like to read mystery books and encyclopedias

Viba: Actually, to tell the truth, I like only mythologies, that tell us what to do and what not to do and what people have done in the past.

Sapna: I started with board books, the Sue's books, Enid Blyton, Nancy Drew and now Harry Potter.

Subhika: I read jokes.

Anirudh: I have started with comics, jokes...

Vaarun: Comics, I like pictures and I try to draw them. I also like mythological books like Ramayana.

Jyotsna: Are you able to relate to character in the books like in any novel or short story? When I read Harry Potter I didn't like it. I prefer to watch, because I do not have similarities with Harry Potter. Do you guys feel the same?

Vaarun: Yes, in the case of The Famous Five.

Anirudh: I have not matched myself and character in the book.

Subhika: No.

Sapna: I read a book because I like the topic.

Harikrishna: Happened only once for me with Secret Seven.

Hariharan: It has happened for me.

Jyotsna: When I say 'reading' what is the first thing that comes to your mind?

Anirudh: Hobby, leisure.

Vaarun: Hobby.

Sapna: Takes me to a dream land, out from where I am.

Viba: Makes me take a break from studying at home.

Harikrishna: While away time.

Hariharan: Escape studies.

Modern gadgets impact on reading habits

Reading of any form helps in acquiring knowledge, enhances creativity and imagination and thus helps in all round development of a person. I had lot of interest in reading comics and thriller novels at my young age, however was unable to afford it. I used to run around to my friend's place to get hold of any books that were available. Well, quite the opposite these days! Nowadays, there is every opportunity to read more, still we don't read enough.

Have you ever thought as to what stops one from doing enough reading? Is it work, family, affordability or just the time? None of these are actually the deterrent factor. Surprisingly, it is the modern gadgets like mobile phones, tablets, television and the Internet, that keeps you away from reading. With the advent of technology, the productivity of a person has improved by way of faster communication and access to more information.

Seeking out time from our hectic schedule is in itself a challenge, and all we do in the spare time is surf Internet, play games and watch the "idiot box". Who is responsible for it— parents, teachers or the society? I do consider reading habit as a 'culture' by itself, one that needs to be inculcated from a very tender age. I came across an interesting article, which said that none of the project work/ assignment given in school is done with our personal mental effort. They are simply "lifted" from the Internet and with no application of our mind. Technology has made us lazy by providing a "short cut" to doing things, impacting even our reading habits. We do not want to take time to read sufficiently and arrive at a systematic understanding of a problem.

Not that technology does not offer advantages, ebooks have taken over the hard formats of bulky books, wealth of information at the touch of a finger and all of these being very user friendly. The ebooks can be read with the use of user friendly apps like Kindle, Kobo etc., which has host of aids for effective reading-like a dictionary at the press of a button.

Modern gadgets provide us with instant entertainment and pleasure, however doesn't help in self development. Good reading habit is a healthy hobby, which has to be built right from childhood. Parents and teachers have immense responsibility in honing this habit. It is quite saddening that people neither visit the libraries, nor take out time to read an ebook.

Every device is created with a purpose-let us ensure that we have a control over them, and not the other way around.

J Sridhar, Operations, Chemplast Sanmar, Cuddalore.



How to develop Reading Habit

Somewhere if you find “lose weight”, “fall in love” and “read more” you will have a tendency to go through it and it is one of the top goals that many people set for themselves. A good book can be hugely satisfying, can teach you about things beyond your daily horizons, and can create characters so vivid you feel as if you really know them.

If reading is a habit you’d like to get into, here are some ways to cultivate it. First, realise that reading is highly enjoyable, otherwise even if you have a good book and forcing yourself through it, it will seem like a chore, it will take several days to complete a page and you would consider abandoning the book.

Try these tips to cultivate a lifetime reading habit:

Set time. You should have a few set times during every day when you’ll read for at least 5-10 minutes. These are times that you will read no matter what — triggers that happen each day. For example, make it a habit to read



during breakfast and lunch (and even dinner if you eat alone). You also can try to read when you go to bed, now you have four times a day when you read for 10 minutes each — or 40 minutes a day. That’s a great start, and by itself would be an excellent daily reading habit. But there’s more you can do.

Make it pleasurable. Make your reading time your favorite time of day. Have some good tea or coffee while you read. Get into a comfortable chair, read during sunrise or sunset or at bed time.

Find a quiet place. Find a place in your home where you can be comfortable, don’t lay down unless you’re going to sleep and curl up with a good book without interruptions. There should be no television or computer near you to minimise distractions, and no music or noisy family members/ roommates. If you don’t have a place like this, create one.

Always carry a book. Wherever you go, take a book with you. When you leave the house, always make sure to have a book along with other things you carry regularly. Whenever you find time, start reading. Reading is a great way to pass time.

Reduce television/ Internet. If you really want to read more, try cutting back on TV or Internet consumption. This may be difficult for many people. Still, every minute you reduce of Internet/ TV, you could use for reading. This could create hours of reading time.

Go to used bookshops. Go to the old shop where you get books on a variety of subjects. Fix some budget for buying books. You can get books on discounted price in the old bookshop.

Set a high goal. Tell yourself that you want to read 10 books this year (or some other number like that). Then set about trying to accomplish it. Just be sure you’re still enjoying the reading though — don’t make it a rushed chore.

S Krishnan, *Safety, Chemplast Sanmar, Mettur.*

Reading Habits

When one talks about reading habits it doesn’t necessarily mean that it is reading our school books or office files, it talks about the novels that one reads. Some might like fictional books, some might like fantasy books, some on the other hand might like crime or romance novels. It does not matter what genre of novel one likes, some might think that the genre that a person likes defines or talks a lot of about his characteristics and personality, but it is not true in all cases. Some people also crave for books because they give them some kind of adventurous experience which they don’t find in their lives. Reading habit is something that each and every person must have despite their busy schedules in life. A novel takes you through an adventure, gives you an insight of the protagonist’s life. The problem the protagonist faces, his joyful moments, his proud moments and his daunting moments of life; simply every detail of his life is presented in front of you as a novel. A novel opens up the imaginative part of your brain taking you to places that you have never even dreamed of. One might be surprised to know to what detail he can imagine, after reading a novel. For those few moments that you read the novel you are transported to an entirely different world, skimmed of all your problems and worries. A novel improves your language and your creativity. William Styron once said, “A great book should leave you with

many experiences, and slightly exhausted at the end. You live several lives while reading”. One must also know that a book is simply a work of fiction and that hoping that reading itself would make a change in your life is not the right way to think. The book gives you a clear pathway in your life which can be taken only if you put in an effort. The knowledge that the book delivers is immortal. A book leaves a good kind of scar in your mind and heart that is permanent. “Reading is like a bridge which fills the gap between the real world and the imaginations”, grab a book of interest, grasp its essence, go on a ride where you expand your imagination, improve your creativity and make sure you land back in the real world having learnt something that can be used to its fullest purpose!

Gayathri Subramanian, *D/o V Subramanian,*

Central Accounts. Sanmar Corporate Divn., HO.





Books for Kids

Growing up with Books

Welcome to the wonderful world of children’s books – full of colours, pictures, words and ideas. A book is a child’s best friend. The reading habit offers food for thought with never a dull moment. Books for kids play an important role in their growth and personality development.

Start them young as tiny tots. Read aloud to them, it is also the best way to develop bonding. Let them touch, chew the edges, watch the pictures pop out, and listen to sing-song rhymes. For toddlers (upto 3 years) there are ‘books to cuddle with’ displaying bright colourful letters, large numbers, simple shapes and familiar objects. The Fun with Phonics series connects words with sounds.

For the 4 to 7 age group there are ‘books to explore together’ with elders who can take them on a picture walk through the pages. It is an interesting fun way to learn about the seasons, flowers, fruits and vegetables, trees, the school, the family, pets, good manners and more. Ask the kids to read to you, tell you what they see.

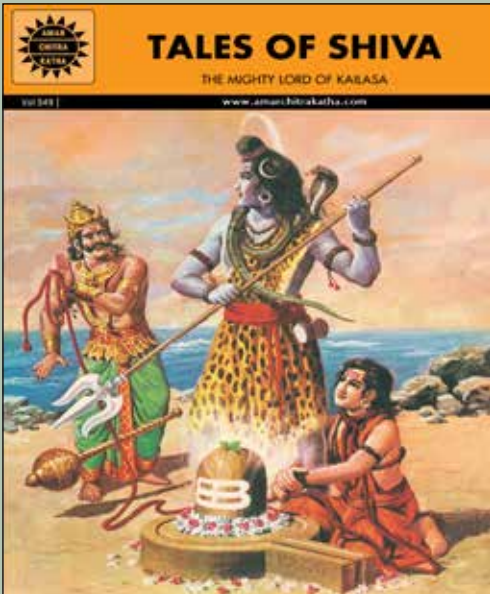
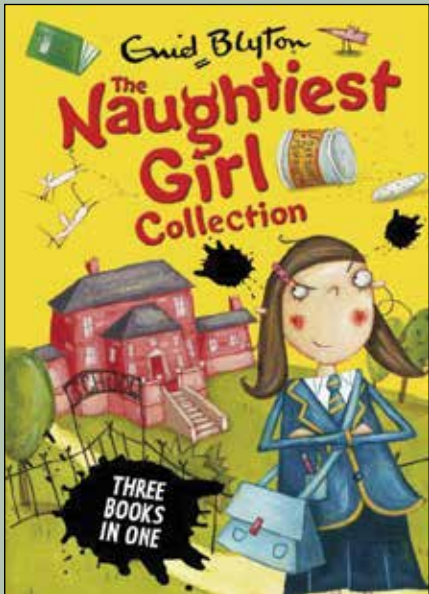
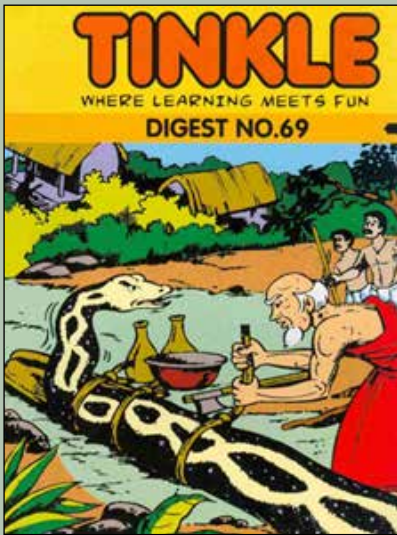
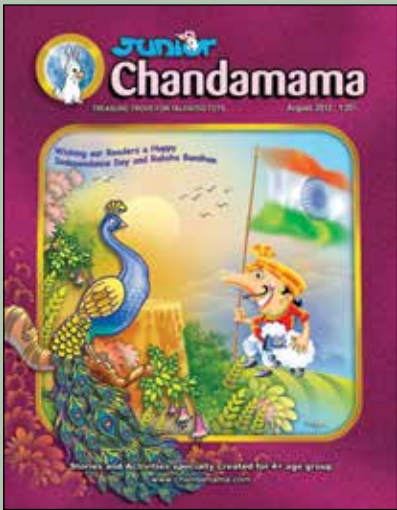
Advanced pictorials like the Amar Chitra Katha, Chandamama, Tinkle and Gokulam lead the growing child (8 years and above) into a world of make believe, bringing alive characters in the epics, historical figures, and folk tales. Spider Books has brought out a series of more than 100 books on famous personalities in India and abroad, in an easy-read, 30-pages format.

The child loves to read at bedtime and during holidays. It can set out on an adventurous journey with Sindbad the Sailor, Robinson Crusoe, Huckleberry Finn, Tom Sawyer, Robin Hood, and Gulliver’s Travels. You have the evergreen classics for children and all-time favourites like the Panchatantra Tales, Aesop’s Fables, Fairy Tales, Alice in Wonderland, and A Child’s First Dictionary. As they grow, children love to read series like King Vikramaditya, the school series by Enid Blyton, Harry Potter, and soon develop a taste for classics by Charles Dickens, Children’s Encyclopedia, and simple translations of the Bhagavad Gita, the Bible, the Quran and the Tirukkural. These are ‘books to grow on’. The list is in no way exhaustive; there are books and more books in English and several Indian languages for kids who love to read.

With changing times there are now audio books and ebooks for tech savvy kids who prefer to swipe and finger-touch instead of turning the pages.

Children who grow up with books become avid readers, and are more imaginative and intelligent. Reading builds up a child’s vocabulary, improves concentration and strengthens brain connectivity. So take your kids to the library, or go shopping for books together. Give a child a book, it is a stepping stone to success in life.

S Janaki, Sruti.



The Book that influenced me...

The Difficulty of Being Good: on the Subtle Art of Dharma

by Gurcharan Das

This book dwells on the goal of dharma, moral well-being. It addresses the central problem of how to live our lives in an examined way—holding a mirror to us and forcing us to confront the many ways in which we deceive ourselves, how we are false to others and how we oppress fellow human beings. Its premise is that ordinary human life does not have to be so cruel and humiliating.

J Purushothaman, Production, Chemplast Sanmar, Cuddalore.

The Present

by Spencer Johnson

In this book the author insists that one person has to forget the bad things/ situations and instead should think of the good things that happened to them in the past. If a person should concentrate on what he/ she is doing out in the present (as per the author during childhood days all are enjoying their life because there is no worry about the past or future) and focussing should be in the particular work he/ she is carrying out without any distractions. The author beautifully narrates with an example in the book. It is a very useful book for one and all.

C Sridhar, Quality, Chemplast Sanmar, Cuddalore.

Jonathan Livingston Seagull

Richard Bach

Experiencing this book is the journey to self-awareness. It demands the reader to ponder over his motive and the outcome of it in life. It asks you a simple question “What do you yearn to live for?” in a metaphorical form such that a Jonathan Livingston Seagull rises and takes a flight to the zenith inside you.

It's a must read for its content and brevity.

Anirudh Jain, Trainee, Flowserve Sanmar, Karapakkam.

Zen and the Art of Motorcycle Maintenance

Robert M. Pirsig

As the author himself says, it neither about Zen nor motorcycle maintenance! It's another book about the search for that elusive element ‘quality’. The book describes a motorcycle trip from Minnesota to California—punctuated by philosophical discussions on scientific method versus ‘holistic’ art as well as the concept of quality.

G Sanjay Kumar, SRSTI, Chemplast Sanmar, Cuddalore.

Unposted Letters

by T T Rangarajan

The way the author looks at the things are so different and unique. This book talks about how to live a life, both professional and personal. He talks about the benefit of accepting changes.

Some of the excerpts from the books are:

- “A pawn, when used well, will become queen”
- “Genius is in knowing what to hold on and what to let go”
- “Don't quit midway. Play to the end. Play it long enough. Eventually will cross the finishing line”

KS Sampathkumar, Production, Chemplast Sanmar, Mettur.

Gone with the wind

by Margaret Mitchell

It was the only novel published by Margaret Mitchell in 1936. It was a magnum opus, set in the 1860s, capturing the horrors and travails of the American Civil war in the plantations of the South, slavery abolition and birth pangs of the confederation. While getting absorbed in the novel, I felt as if I lived in that era in the cotton country of Georgia. The characterisation of the lead characters Scarlett O'Hara and Rhett Butler was etched in great splendour and detail, later vividly portrayed on the screen by Vivien Leigh and Clark Gable. It was a sheer drama of 1040 pages—of love, vanity, hatred, petulance and social life of the times—an epic of gargantuan proportions. No wonder it occupies a place of pride as the second best-selling book in the entire publishing history, after the Holy Bible at more than 30 million copies.

R Doraisamy, Personnel, Chemplast Sanmar, Mettur.

JACK- Straight from the gut

By Jack Welch – Autobiography of CEO of General Electric

Joined as a Junior Engineer at the age of 24 fresh from a Ph.D programme to becoming the CEO of a conglomerate, his 41 years journey at GE was inspiring and interesting.

He often says, the organisation should take its cue from the person on top. The personal intensity determines the organisation intensity. He walked the talk.

According to him, Business has to be fun. Once he had said, ‘Your job is to make sure your team is having fun - while they are being productive’.

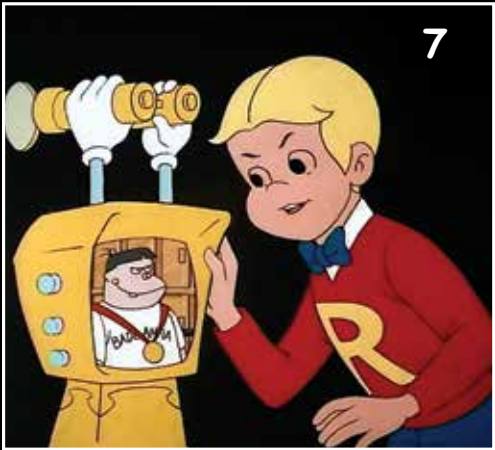
A Felix Sahayaraj, Mechanical Maintenance, Chemplast Sanmar, Karaikal.

It's Contest Time

Who am I?

Novels are made famous due to their characters and some of these characters are so magnificent that they are universally known. Portrayed below are 15 such characters. Identify them and their creators.

The first three correct entries win a prize each. Rush your entries to scribbles@sanmargroup.com



Methods of Reading

What is reading?

Reading is a process between the text and the reader and it requires continuous practice, development and refinement. Moreover, reading requires creativity and critical analysis. Much depends on reading practice from day one.

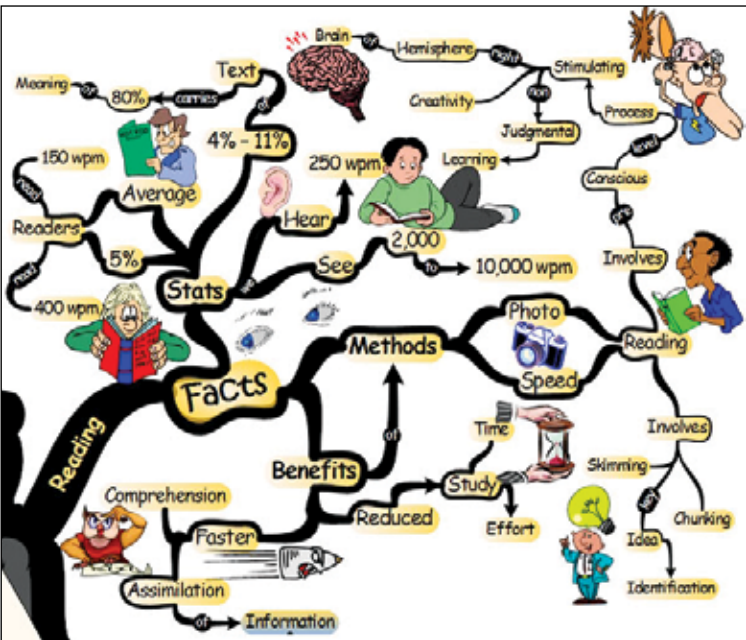
Methods of reading:

It varies from person to person. Few methods of reading are oral reading, silent reading, intensive reading and extensive reading.

Oral reading helps a person to improve a variety of skills, including fluency and helps a lot to understand the text. Ancient reading was usually oral, either aloud, in groups, or individually.

Silent reading helps a person to understand, concentrate on what he is reading, rather than the pronunciation of individual words. While reading silently, one can form mental pictures of the topic being discussed and also save one's energy. It helps develop the skills of reading for a purpose focusing on understanding the content and not worried about the pronunciation. Modern reading is a silent and solitary activity.

Intensive reading is to concentrates on grammatical forms and other surface structure details for the purpose of understanding literal meaning, implications, rhetorical relationships and the like. Its aim is to build more language knowledge rather than simply practice the skill of reading due to its 'zoom lens' strategy.



Reading Methods

Extensive reading relates to pleasure, information and general understanding. Its aim is to build readers confidence and enjoyment. It can be classified into two quick reading methods viz. Scanning and Skimming.

- In scanning method, reading is individual and silent and reading speed is usually faster. By quick reading, focusing on locating specific information like scanning is achieved which involves quick eye movements.
- In skimming method, due to quick reading, one can be aware of the general meaning of a passage, how the passage is organised and the main purpose is to review the topic.

R Sriram, Support Services, Chemplast Sanmar, Mettur.

For Sanmarites only

CONTEST

Find the etymology (word origin) for the following:

Papyrus
Epilogue
Kindle
Conglomerate
Scribbles

First three correct entries will be suitably rewarded. Send your entries to Scribbles@sanmargroup.com

FIND ME!

Only for the folks at home...

Given below are ten words from this issue of Scribbles. Find the page number and the name of the article where they appear. Send your answers to scribbles@sanmargroup.com Prize awaits.

Richard Hoe
Triceps
Kambaramayanam
Whispersync
Fact tracker
Solitary
Robinson Crusoe
Scar
Milk
Emma

Crossword

3					4	6	1	
6		8	7					
7				5			8	
2				7			5	
		3	6		1	7		
	4			3				6
	5			4				9
					2	5		8
	7	6	8					

A crossword puzzle grid with 15 numbered squares indicating the starting positions for words. The grid is 15 columns wide and 15 rows high. Numbers 1 through 15 are placed in the top-left corner of their respective starting squares.

1. 14% of children in lower income homes rarely or never read books for pleasure.
2. Only 1 in 5 parents easily find the opportunity to read to their children.
3. 10 to 16 year-olds who read for pleasure do better at school.
4. 35% of adults don't read for pleasure.
5. Children who are read to every day at age three have a vocabulary at age five, nearly two months in advance to those that are not.
6. Level of reading in the traditional reading is 60%, in the rapid reading – 80%.
7. 5% of people read very slowly 180-220 words per minute.
8. The human eye, with average reading skills, make 12-16 stops on the book row, and the ones who is reading quickly 2-4 stops.
9. The fatigability of the eye is less during fast reading than it is while you're reading slowly.
10. When reading the eyes of the reader, looking at different letters, convey a different image, but the brain still combines them into one.
11. The average person reads less than one book per year.
12. Across the world, children who read the most read the best regardless of social levels, income levels or where they live.
13. Being a reader means you are more likely to learn something new every day.
14. Reading enhances your memory.
15. Reading helps to boost your analytical thinking
16. Reading expands your vocabulary, so you'll sound like a genius.

6. notable for his novel *The Grapes of Wrath*
8. English poet of the Middle Ages
9. also known as 'Pied Piper of Delhi'
10. character in *Othello*
13. a tragical play by Marlowe
14. a short story in *Malgudi Days*
15. literary work on ancient Tamil grammar

1. pen name used by Samuel Langhorne Clemens
2. noted Tamil satirist and humorist
3. greatest Italian literary work by Dante
4. classical work of Japanese literature
5. considered the inventor of detective fiction genre
7. classical poem by Shelley
11. ancient Greek story teller
12. major figure of the Bhakti movement

Jane Austen was an English novelist whose literary works were set among the landed gentry and was one of the most widely read writers in English literature. She experimented with various literary forms. From 1811 until 1816, with the release of Sense and Sensibility (1811), Pride and Prejudice (1813), Mansfield Park (1814) and Emma (1815), she achieved success as a published writer. She wrote two additional novels, Northanger Abbey and Persuasion, both published posthumously in 1818, and began a third, which was eventually titled Sanditon, but passed away before completing it.



read writers in English literature. She experimented with various literary forms. From 1811 until 1816, with the release of Sense and Sensibility (1811), Pride and Prejudice (1813), Mansfield Park (1814) and Emma (1815), she achieved success as a

published writer. She wrote two additional novels, Northanger Abbey and Persuasion, both published posthumously in 1818, and began a third, which was eventually titled Sanditon, but passed away before completing it.

[illegible]

9	7	6	8	1	5	4	3	2
4	3	1	9	6	2	5	7	8
8	5	2	3	4	7	1	6	9
1	4	7	5	3	9	8	2	6
5	8	3	6	2	1	7	9	4
2	6	9	4	7	8	3	5	1
7	2	4	1	5	6	9	8	3
6	1	8	7	9	3	2	4	5
3	9	5	2	8	4	6	1	7

For Internal Circulation Only.