

Scribbles

Bringing colour to your lives

Volume No.8

March - April 2017

Issue No. 2

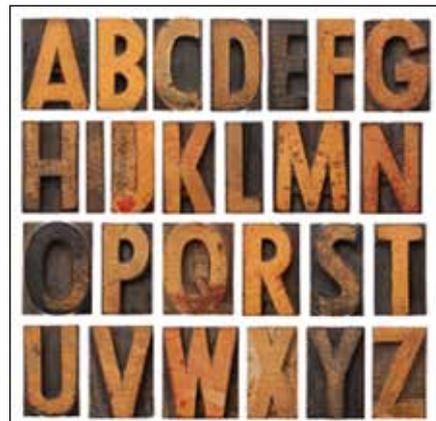
From the desk of the Editor

Dear colleagues,

The Alpha story is a fascinating one.

Most people would designate as “English” the writing that is used to express the English language. This writing might also be termed “Latin,” or “Roman,” for even in its modern form English writing differs little from the Latin writing of more than 2,000 years ago.

The Latin alphabet is a development from the Greek alphabet. The Greek alphabet, in turn, is an adaptation of a writing that was developed among the Semites of Syria about 1500 BC. Outwardly, this first Semitic writing seems to be an original and individual creation. Its principles, however, are certainly based on the Egyptian word-syllabic writing, which, together with the Sumerian, Hittite, Chinese, and other writings, belongs to a great family of ancient systems of writing. The history of the oldest of these writings, Sumerian, can be followed from about 3100 BC. Examples of written numbers exist from even earlier — as early as the late 3rd millennium BC — in other parts of the Middle East.



This issue ...

We have attempted to give each of the 26 alphabets equal weightage. We identified individual contributors and allotted them an alphabet and asked them to put in their creative best in presenting thoughts around the Alphabet.

I am confident you will find this issue informative, colourful, fascinating, (can I get an adjective starting with each alphabet!). My thanks and congrats to each contributor and thanks to the creative team for making this issue very special. Please don't miss a letter in this - you'll regret it for sure!

Look forward to your feedback.

Ciao until the next issue (your favourite summer special).

Ananda Jagann

The Power of Alphabets

Special Issue

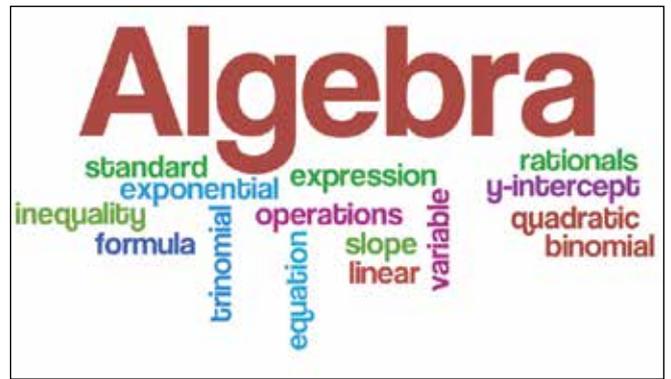
A ALGEBRA

Algebra is an important and a very old branch of mathematics which deals with solving algebraic equations. In third century, the Greek mathematician

Diophantus wrote a book "Arithmetic" which contained a large number of practical problems. In the sixth and seventh centuries, Indian mathematicians like Aryabhata and Brahmagupta have worked on linear equations and quadratic equations and developed general methods of solving them.

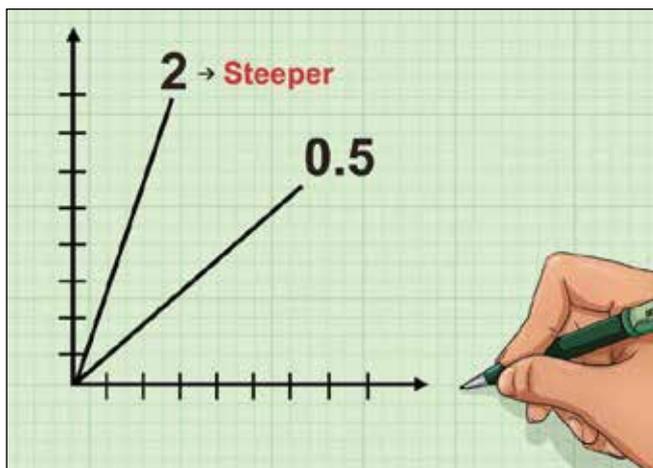
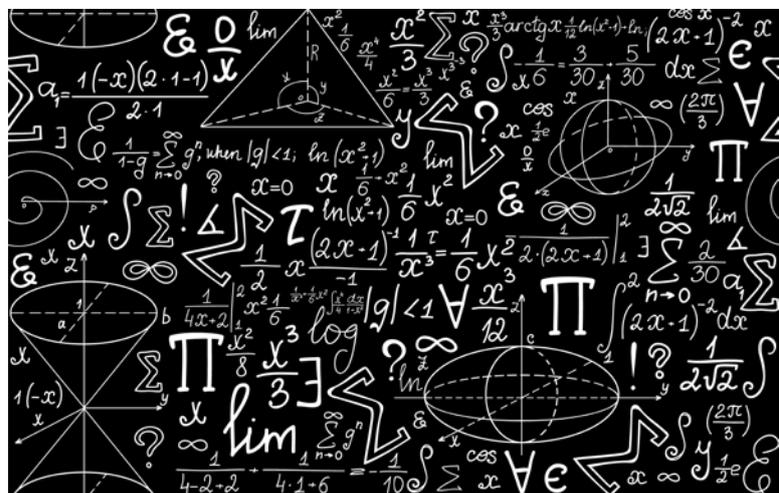
The next major development in algebra took place in ninth century by Arab mathematicians. In particular Al-Khwarizmi's book entitled "Compendium on calculations by completion and balancing" was an important milestone. There he used the word aljbra – which was Latinized into algebra – translates as competition or restoration. Al-khwarizmi's contribution to Mathematics and Geography established the basis for innovations in Algebra. He presented the first systematic solution of linear and quadratic equations. He is considered the founder of algebra.

In the 13th century, Leonardo Fibonacci's books on algebra were important and influential. Other highly influential works on algebra were those of the Italian mathematician Luca Pacioli (1445-1517), and of the English mathematician Robert Recorde (1510-1558).

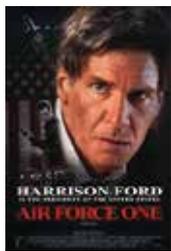


Peacock (Britain, 1791-1858) was the founder of axiomatic thinking in arithmetic and algebra. For which he is called the "Euclid of Algebra." De Morgan (Britain, 1806-1871) extended Peacock's work to consider operations defined on abstract symbols.

P Prabaharan, Production, SSCL, Berigai.



Air Force One (1997)



The President of the US is returning home from Moscow when his plane, Air Force One, is hijacked. Held for ransom until a General is released, the President now finds himself in a do or die situation.

Director: Wolfgang Petersen
 Writer: Andrew W Marlowe
 Stars: Harrison Ford, Gary Oldman, Glenn Close



Apricot: *Apricots can be eaten fresh or dried - both are packed with vitamins! Fresh apricots have a soft and slightly furry skin. They make a good lunchbox snack. Apricots are also high in beta-carotene - this helps us keep our eyes and skin healthy.*



Asparagus: *Asparagus is a perennial vegetable, taking two or three years to become established, but it lives for 20 to 30 years. Asparagus requires minimal care and produces sweet, tender stalks every spring.*

B Positive

Words starting with the letter B

Beatify

To make supremely happy.

Bliss

Complete happiness.

Benevolent

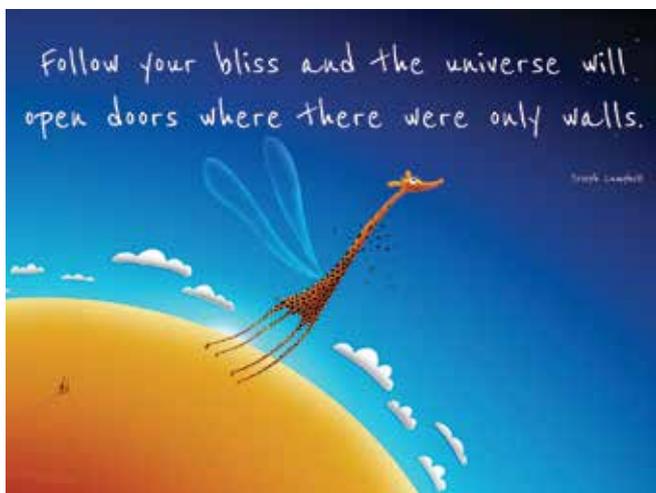
Marked by or disposed to doing good.

Blazing

Of outstanding power, light, speed, heat or intensity.

Benefactor

Someone or something that provides help or an advantage.



Buoyancy

The ability or tendency of something to float in water or other fluid.

A cheerful and optimistic attitude or disposition.

Bullishness

Optimistic about the prospects of something or someone.

Brio

Great energy and confidence.

Bloom

A flower, especially one cultivated for its beauty.



Bruce Lee

Lee Jun-fan, known professionally as Bruce Lee, was a Hong Kong and American actor, martial artist, philosopher, filmmaker, and founder of the martial art Jeet Kune Do.

Biophilia

A hypothetical human tendency to interact or be closely associated with other forms of life in nature.

Beingness

The quality, state, or condition of having existence.

Beautify

Improve the appearance of.

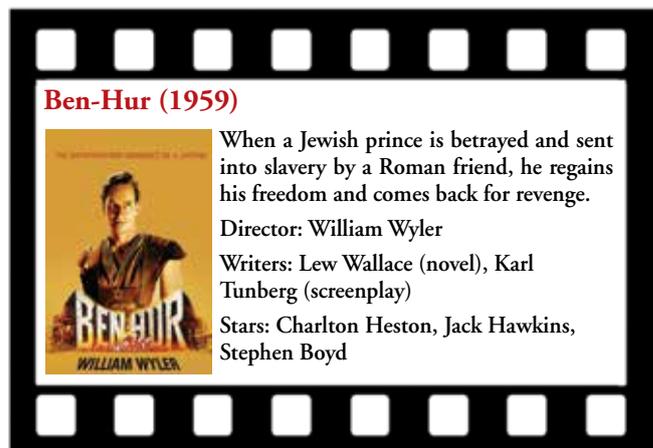
Breeziness

Briskly informal, relaxed, cheerful.

Beatitude

State of utmost bliss, blessedness.

K Sathish Kumar, *Maintenance, Chemplast Sanmar, Mettur.*



Blueberry: *The blueberry is a flowering shrub that produces berries that are coloured blue to purple.*



Broccoli: *Broccoli is a cool-season crop that tolerates late spring frosts. Fresh broccoli tastes infinitely better than commercially-produced counterparts.*

C Conflicted, Confusing, Capricious, Charming, Crazy, Cool!

C for Cat? Or C for Cut? This is not easy to C!

Sometimes C has no role as in 'science'. C is definitely schizophrenic, it seems. Even worse – it is almost unnecessary – when we have an 's' and a 'k' to do most of its work. A simple semi-circle that doesn't lend itself to much elaboration is the third letter of the alphabet. It usually also stands for the third in a series.

Scientifically 'c' has been enshrined in "E = mc²" – an equation everyone knows, even if they do not know what it says, 'c' stands for the velocity of light – nearly 300,000 km/s. Oddly enough 'c' also stands for the velocity of sound in air – about 330 m/s. 'C' is all light and sound, one might say. Of course, 'C' has no copyright on presence in equations, even if it does stand for 'Copyright'. C makes several other appearances in science: 'C' for Carbon – the basis of life, 'C' also stands for 'cytosine' a building block of life – one of the four nucleotides used in building DNA.

In thermodynamics (the science on heat and energy) C starts the Calorie. C also measures the temperature as Celsius. C for Curie, the unit of radioactivity and one of the greatest scientists (not just woman scientist) – with two Nobel Prizes! C for Chemistry and C for Chemical Engineering!



Marie Curie

C also represents Centum (that dreaded number of the students of mathematics in Chennai). C also names the iconic devices of all – Car and Computer. C is also the original superstar of programming languages. In that case C did come after two other languages

called A and B! The fun part is that the C language is written in its own tongue. It evolved into C++ and then C#.

C is Cool; it gives us music in Concert. In music, C is a note having a frequency 261.63 Hz or its multiples by 2 or ½.



C is rich: standing as it does for Cash (Crores anyone?) as well as for Credit Card. Demonetisation clearly does not affect this rich guy. C is for Carat – a measure of a gem stone's size.

C is sporty: C for Champion, Courage and Class. C is for Cricket and 'caught by' in cricket. C is emotional: C for calm, C for care, C for contact, Co-operation and Companionship, C for child, C for church and C for colour. C also has a dark side: as Crime and Criminals.

C gives us food – by allowing us to cook! C also names many culinary delights. C for Coffee and C for Chocolate – sometimes combined into one heavenly ice-cream!

Clearly without the Vitamin 'C' we would not have Chemplast, Chennai, Cuddalore or Cricket – one wonders where all these important components of the Sanmar family would then be!

G Sanjay Kumar, SRSTI, Sanmar Corporate Division, Cuddalore.

Casablanca (1942)



In Casablanca, Morocco in December 1941, a cynical American expatriate meets a former lover, with unforeseen complications.

Director: Michael Curtiz

Writers: Julius J Epstein, Philip G Epstein

Stars: Humphrey Bogart, Ingrid Bergman, Paul Henreid



Cantaloupe: Cantaloupe is a type of melon belonging to the Cucurbitaceae family which also includes fruits and vegetables like squash, pumpkin, cucumber, gourd, etc. This fruit is light yellow to orange in colour, sometimes with a deeper salmon hue and like other melons it also grows on the ground surface as a trailing vine.



Carrot: Carrots are slow to germinate, especially in dry conditions, but they take up little room and are easy to grow. Thin carrots to 2 inches apart and grow half-length varieties, such as 'Danvers Half-Long' if you have heavy soil.

D for Absolute Power and Certainty!

When one pronounces the letter D one subconsciously puts power into it! D is used for strong words like Daring, Decadent and Diligent. When the letter D is enunciated it is done so with confidence and it is seen that D can be pronounced only with confidence and never with doubt or lack of energy! Thus is the letter D, one of the most powerful letters among the English alphabets! A certain amount of Dignity and Dauntlessness is carried with the pronunciation of this dapper letter!

D is the fourth letter of the Modern English Alphabet and the ISO basic Latin Alphabet. D in the Roman Numerals



represents the number 500. D is the grade below C but above E in the school grading system.

Words that begin with this Letter

Dictionary	Do	Dominating
Developers	Danger	Dead
Definition	Don't	Disclaimer
Distribute	Date	Dark
Define	Dominant	Development
Daily	Dependent	Day
Dad	Doctor	Digene
Daughter	Diabetes	Disprin



Daughter in Law	Diarrhoea	Dettol
Dengue	Dolo 650	Dhoti
Dilip Kumar	Dalai Lama	Denim
Deepika Padukone	D K Pattamal	Dress
Dev Anand	Devegowda	Diamond
Dhanush	Donald Duck	Dollar
Dharmendra	Dadasaheb Phalke	

Information Technology with D

DOS	Data	Data cable
Detachable	Design	Downgrade
Desktop	Drive	

V Subramanian, *Central Accounting, Sanmar Corporate Division, HO.*

Django (1966)



A coffin-dragging gunslinger and a half-breed prostitute become embroiled in a bitter feud between a Klan of Southern racists and a band of Mexican Revolutionaries.

Director: Sergio Corbucci
 Writers: Sergio Corbucci, Bruno Corbucci
 Stars: Franco Nero, José Canalejas, José Bódalo



Durian: *One of its own kinds, durian fruit is delicious, soft, succulent and very popular for its unique characteristics. Durian is widely revered as the "King of Fruits" in the South-East Asian countries. The durian tree is tropical in origin and belongs to family of Malvaceae, in the genus, Durio, a large family of plant species.*



Drumstick: *The drumstick is an extremely well-known veggie, cultivated in several regions of India. It has got excellent therapeutic values and high nutrition content.*

E Enlightenment

- BEING WHO YOU ARE

To get enlightenment, you need not head to Bodh Gaya and sit under a bodhi tree, it is an act of trying to be yourself, to understand more about yourself.

Being yourself will make your individuality and uniqueness shine through. You respect others but don't conform to stereotypes on their expectation on you. It doesn't mean that you are disrespectful of others. It means that you will not let others define you or make decisions for you that you should make for yourself.



Bruce Lee, the most influential martial artist, began practicing the Wing Chun style of Kung Fu at the age of 13. After mastering in it, Lee ushered a new fighting style, Jeet Kune Do (JKD). He

broke away from the usual style and invented JKD which was different, free-flowing and truly expressed the unique fighting ability of the user. Rather than duplicating another fighter's style, he chose to 'be himself' and revolutionised the way of the fist. He once said, "Always be yourself, express yourself, have faith in yourself, don't go out and look for a successful personality and duplicate it."

Those who are most successful in life have dared to creatively express themselves and in turn, broaden the experiences and perspectives of everyone else.

Knowing others is wisdom; knowing the self is enlightenment – Tao Te Ching.

B Santhosh Gupta, *Purchase, Sanmar Foundries, Viralimalai.*

Expressions

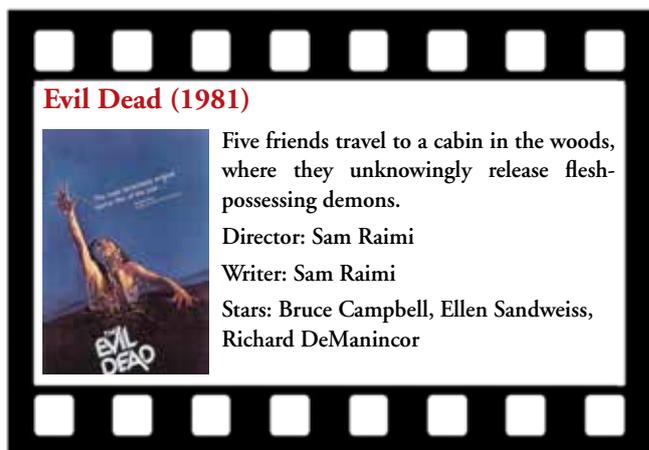


POEM ON E - ENOUGH

Out of the 10740 words starting with the letter E,
The most Enthusiastic word
That Exhibits your Ethnic value;
Helps to Evaluate yourself
Establishes Effective,
Easy pleasant
Harmonious unity;
Expresses a radiant
And Equivalent alliance;
Essentially Emphasises the peacefulness
And Ensures Enjoyment
Truly Evident Everywhere;
Eventually Elates Everyone,
The Exciting word is nothing but "ENOUGH."

Vanaja Mathan Raj, W/o **T Mathan Raj**

Production, Sanmar Foundries, Viralimalai.



Elderberry: *An American fruit familiar to the nation's first inhabitants, traditional uses for elderberries by Indians, who made use of every little part of the plant, included tools crafted from the branches, such as arrow shafts and pipes, as well as the berries.*



Eggplant: *Those shiny, purple lobes are the royalty of any garden. Grow eggplant as you would tomatoes. Plant seedlings in a warm, sunny location after the last frost. Keep the soil evenly moist and protect eggplants from late spring frosts by using row covers or cloches.*

F Fitness

The body achieves what the mind believes.

There are two types of people in this world - Those who are fit and everyone else!

Fitness is more about the journey, than the destination. There is no destination as such; fitness is about being



better than what you were yesterday. Considering today's lifestyle, fitness has indeed become the need of the hour. A lot of people complain about not having time; but it's not really about having time, it is about making time.

Scientifically speaking, not only will running help you lose or maintain weight, it will also make you happy; since it secretes Endorphins in the brain. Endorphins act as a natural drug that makes a person more energetic, more awake and happier. Running also strengthens your heart and helps efficient blood-oxygen flow throughout your body, which helps decrease the risk of a heart attack. Apart from this, running long distances can make you a long term thinker. Once you start running every day, you tend to gradually increase the number of miles and cultivate this habit of gradual and consistent efforts



and belief in your work. It has been known that many successful entrepreneurs and CEOs have been runners.

I have taken up endurance sports like running, swimming and cycling to stay fit. We, in Pune, have formed a huge fitness group "Runalcoholics" especially for running. I have successfully completed three half marathons (21 km), two small marathons (10 km) and aim for many more.

In an attempt to promote awareness about fitness, I urge everybody to start indulging in sports, yoga and other fitness activities. I would also like to share that just for the sake of this article; I timed myself doing 12 suryanamaskars, and found out that it takes just 6 minutes and 10 seconds. This much time for self should not be hard to find.

So, stop wishing and start doing.

Abhinandan Milind Jadhav, Sales, Flowserve Sanmar, Pune.

Forrest Gump (1994)



Forrest Gump, while not intelligent, has accidentally been present at many historic moments, but his true love, Jenny Curran, eludes him.

Director: Robert Zemeckis

Writers: Winston Groom (novel), Eric Roth (screenplay)

Stars: Tom Hanks, Robin Wright, Gary Sinise



Fig: Delicious, sweet fig fruit is one of the popular fruits enjoyed since ancient times. Fig is rich in natural health benefiting phytonutrients, antioxidants, and vitamins. Entirely developed and ripe fig features bell or pear shape with succulent, juicy flesh inside. Dried figs, indeed, are a highly concentrated source of minerals and vitamins.



French bean: French beans are smaller than common green beans and have a soft, velvety pod. Quite fleshy for their size, only tiny seeds inhabit these delicate pods. French beans are sweet, tender and wonderfully crispy and delicious.

Geneva

A global city, an international centre for world economics and diplomacy, Geneva is one of the most renowned cities in the world. The second most populous city of Switzerland - one of the most beautiful countries on Earth, it is also home to various international organisations, including the headquarters of many of the agencies of the United Nations & the Red Cross.

With a population of close to two hundred thousand people, Geneva is close to being one of the most developed cities in the world, alongside New York, Tokyo, London

main city in the French speaking part of Switzerland. This part of the country is called “The Republic and Canton of Geneva.” The influence of the French is quite understandable, considering that this part is surrounded by France on almost all sides. Geneva is also home to a few Swiss heritage sites, like the Cathedral St.Pierre and the Notre Dame Church.

The official language of the city is French. However, not surprisingly, English is also quite commonly spoken here due to the high number of foreigners working in the various international organisations. Geneva is the European headquarters of the UN. Several UN agencies

are also headquartered at Geneva, like UNHCR (UN High Commissioner for Human Rights), the ILO (International Labour Organisation), WHO (World Health Organisation), to name a few. Apart from the UN agencies, it also has international offices of other organisations, like the WTO (World Trade Organisation), WMO (World Meteorological Organisation) and the International Federation of the Red Cross.

B Shivraman, Sales, Flowserve Sanmar, New Delhi.



amongst several others. In 2009, a survey listed Geneva as the fifth most expensive city in the world. With the right kind of money, it would be anyone’s dream to settle down in a place like Geneva. The climate here is temperate, with the winters cool and the summers pleasantly warm.

It is believed that the word “Geneva” derives its origins from Latin text, meaning “bend”, in the sense of a bending river or estuary. The city also shares its name with the Italian port city of “Genoa.” During the 18th century, the Catholics of France had a strong influence on the residents of the city, proven by the fact that Geneva is the

Gladiator (2000)



When a Roman General is betrayed and his family murdered by an emperor’s corrupt son, he comes to Rome as a gladiator to seek revenge.

Director: Ridley Scott

Writers: David Franzoni (story), David Franzoni (screenplay)

Stars: Russell Crowe, Joaquin Phoenix, Connie Nielsen



Grapes: One of the most popular among the regularly featuring table fruits, grapes are widely considered as the “queen of fruits” since earlier times. These tiny berries of the Europe and Mediterranean origin are the storehouse of numerous health-promoting phytonutrients such as polyphenolic antioxidants, vitamins, and minerals.



Ginger: Ginger is a flowering plant whose rhizome, ginger root or simply ginger, is widely used as a spice or a folk medicine. It is a herbaceous perennial which grows annual stems about a metre tall bearing narrow green leaves and yellow flowers.

H Ha! Ha! Haa!

See, you have started laughing with me, albeit, unintentionally! That's the power of 'H'.

And as you know, laughter is an indication of Happiness which Helps maintain, if not improve, your Health. Both the Haves and the Have-nots Have to be Happy to be Healthy. The pre-requisite for Happiness is being loving and loveable and Having a Heart for this. That's why Heart symbol is used for representing love. Love springs from the bottom of one's Heart, rushes to the Head and spreads through Hands to Heels. This emotion is so subtle that it not only boosts all our Hormones



but also improves our Hearing. That's why we speak gently with persons whom we love, as against shouting to people with whom we are angry.

A House is a dwelling unit for Human beings while in

Astrology, it indicates the position of the planet. Home is where there is Harmony. Husbands are not restricted to Homes. You have "Ship's Husband" who are ship owner's agents, managing the affairs of the ship. "Howdie" means a midwife. "Housewife" has two different pronunciations with differing meanings.

No amount of Howling will Help you when your voice becomes Hoarse due to cold. Be at Home but don't turn Homesick. Homeopathy may Help, However.

Holy books may define Heaven and Hell differently but in fact, Heaven is where there is Happiness and grace; Hell is where there is vice and misery. Halo sits around the Heads of the Holy and the Humble. Uneasy lies around the Heads of the Haughty.

Horticulture is the art of gardening while Horoscopy is the art of predicting one's future based on one's Horoscope. Human Resources have to be marshalled properly if we have to improve upon Human capital. Head-Hunting is a lucrative profession today while animal-Hunting was considered to be valour, not very long back. Hunting was Kings' sport but today people Hunt blackbucks and land in courts if not in jail. Many of us like Horror movies but none of us would like people who are Horrible or Horrendous.

Horse-riding is another favourite sport but we all live in the day of Horse-trading. Horses have Hoofs, we are sure, but it was believed that Horses with one straight Horn – called unicorns – existed in India. Hornbills are birds, Hornets are wasps and Hamsters are rodents. Harp is a musical instrument. Hackberry is an American tree. Helicopters are never Hijacked. But your mail id can be Hacked. Heckling is a tactic used by Parliamentarians. Habits die Hard! Hexa in Greek is Six. Hex is a compound. Hebrew is the language of the Jews.

While sportsmen may suffer from Hamstring pull, most of us develop cracked Heels. But all of us Have Achilles' Heel - identify and Harness the same. If you have done your Homework thoroughly, you can be Head over Heels. Else, Heals over Head. In either case, your will Hit the Headlines. Don't split your Hair, if you are Humorous.

Hello, this is neither a Haiku nor Hushaby. But am sure, one can Hail this piece. That's my Hallucination!

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

Home Alone (1990)



An 8-year old troublemaker must protect his home from a pair of burglars when he is accidentally left home alone by his family during Christmas vacation.

Director: Chris Columbus

Writer: John Hughes

Stars: Macaulay Culkin, Joe Pesci, Daniel Stern



Honeydew Melon: *Honeydew melon makes a refreshing treat on a hot summer day, but it's also a low-calorie and healthy choice any time you need to feed a craving for sweets. Whether enjoyed fresh or added to a fruit salad, honeydew delivers iron, B vitamins and essential nutrients.*



Horseradish: *Horseradish is a perennial plant of the Brassicaceae family. It is a root vegetable used as a spice. The plant is probably native to southeastern Europe and western Asia. It is now popular around the world.*

Ishvara Pranidhana

Ishvara Pranidhana, pronounced 'Ish-va-ra-pranid-hah-na' is the very last of the Niyamas of Patanjali's Yoga Sutras. It means offering our actions up to the divine and humanity.

Applying the practice of Ishvara Pranidhana to life:

There are two ways of looking at this sutra when taken into daily life; it's often described as the 'easiest' path to peace and realisation, requiring no effort or pain on our part – we simply let go, devote everything to a higher power and completely devote our actions to whatever we consider that higher power to be.



our energy to that moment and experiencing it fully just for what it is. What happens after, happens after.

Benefits

It gives an understanding that everything works out in its own time. It enables us to do our best and let go of the result. We do not have to live up to some image we have of ourselves, and no longer need to beat ourselves up for it. We get a relief from the feeling that we always have to struggle to get through life and feel a deep sense of being guided and cared for by something greater. These gifts of self-surrender bring peace, clarity and a sense of freedom from our self-imposed burdens.

The sun doesn't resist its own setting – it lets go, knowing that it will rise once again. As you practice your own surrender of self, know that you allow the dawning of greater serenity in your life.

T Vimal Francis, HR, SSCL, Berigai.

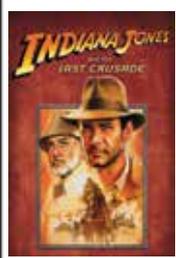


Ishvara Pranidhana in work or life duty

Surrendering our ego and selfish desires is very closely linked to the concept of 'letting go of the fruits of our actions' and 'non-attachment,' which is the focal point of the Bhagavad Gita. If we put a lot of effort into something which is important to us, we often worry about what might happen as a result. This worrying, about things we have no control over, is the main cause of our suffering. We are never fully engaged in the action we are doing because our minds are already thinking about what might happen after.

The practice of surrendering requires us to acknowledge that we can do our very best in each situation, but we can't really do any more than that. Realising this essentially allows us to be present in what we are doing, bringing all

Indiana Jones and the Last Crusade (1989)



When Dr Henry Jones Sr suddenly goes missing while pursuing the Holy Grail, eminent archaeologist Indiana Jones must follow in his father's footsteps and stop the Nazis.

Director: Steven Spielberg

Writers: Jeffrey Boam (screenplay), George Lucas (story)

Stars: Harrison Ford, Sean Connery, Alison Doody



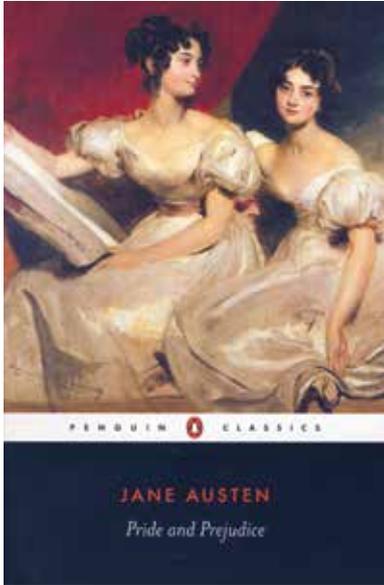
Imbe fruit: Imbe fruit contains small, dark orange colour, thin skin, large seed and also latex. It is grown like ornamental fruit in the southern Florida.



Ivy Gourd: Little Gourd the ivy gourd, also referred to as baby watermelon, little gourd, gentleman's toes or even gherkin is actually an exotic vine belonging to the family Cucurbitaceae, in the genus *Coccinia* Wight & Arn. The flesh is equally crispy as well as tasty in texture having a slightly bitter aftertaste.

Jane Austen

Jane Austen was an outstanding Novelist of the 18th Century. She was a great reader and a good story teller. Her stories were family related conflicts and salvations. Her writings were simple. She considered novels as a form



of art, which required a close and exacting discipline. Her world and experiences were limited and never borrowed a story or character, which was outside her limited experience. All her characters, stories, and situations were from the day-to-day happenings of her time.

Her chief characteristics as a novelist are her faithful observation, detachment, sense of irony, humour and her tolerance of human frailties. Her dialogue is skilful and lively and her narrative is precise and fluent. In the control of her world and art, she is often compared to Shakespeare.

Jane Austen is mainly concerned with the aspects of domestic existence. She observed how people live in a society, social life and how men and women are interested in love, marriage and friendship.

Her best known novels are the following:

- 1) **Pride and Prejudice**
- 2) **Sense and Sensibility**
- 3) **Emma**
- 4) **Persuasion**

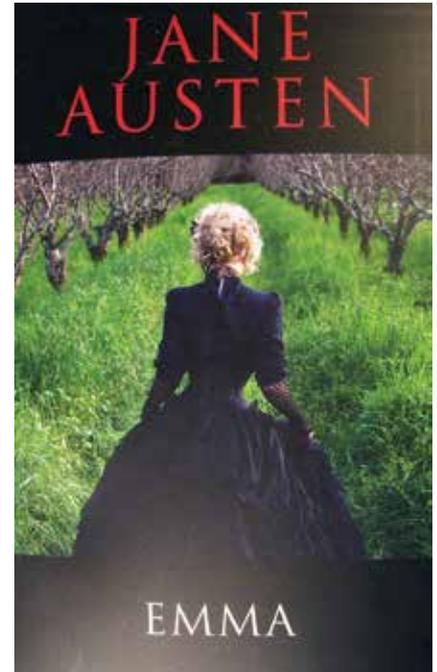
In *Pride and Prejudice* she introduces the matchmaking mother Mrs Bennet, the funny clergyman Collins, the

Imperious Lady Catherine, the gay Elizabeth and the Proud Darcy. The interactions of these characters and events in the novel make it one of the wittiest novels in English Language.

Sense and Sensibility presents contrasted characters like selfish John Dashwood, unprincipled John, the sensitive Marianne and the cheerful but vulgar Mrs Jennings. The novel presents different mental attitudes of the people in the society.

Emma, the central theme is marriage. It presents a clever and egoistic young lady who faces different situations in her marriage life.

In *Persuasion*, Jane Austen's own experiences are reflected through the Character Anne Elliot. It is also a domestic novel. It presents the complex life of a lady.



D Ragu Ramachandran, *Stores, Chemplast Sanmar, Mettur.*

Jurassic Park (1993)

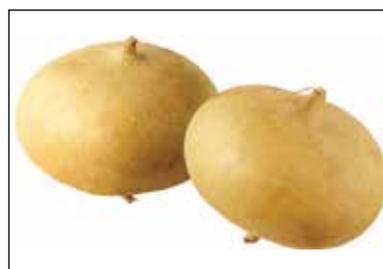


During a preview tour, a theme park suffers a major power breakdown that allows its cloned dinosaur exhibits to run amok.

Director: Steven Spielberg
 Writers: Michael Crichton (novel), Michael Crichton (screenplay)
 Stars: Sam Neill, Laura Dern, Jeff Goldblum



Jujube: *Jujube may sound like a funny name for a fruit, but don't let the name fool you... this is a very powerful food that packs a healthy punch for the millions of people who know its true value.*

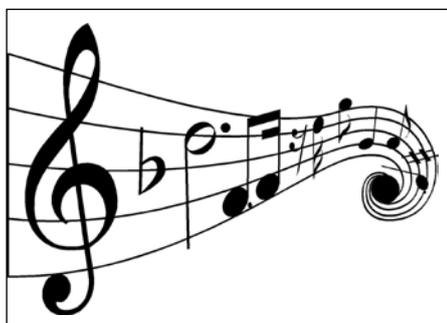


Jicama: *Pachyrhizus erosus, commonly known as jicama, Mexican yam bean, or Mexican turnip, is the name of a native Mexican vine, although the name most commonly refers to the plant's edible tuberous root.*

Kirtanas, Keeravani Ragam & The Inimitable Keera Vadai

I went through the usual conditioned reflexes when I was tasked to write on topics that start with the letter K. Examples of such contrived humour ranged from:

- Indian diplomats at the UN raise an eyebrow even as a neighbour raises the K-word, though within the domestic parliamentary circuit, K-word is kosher.
- Then there was this knobby Scot in a kinky kilt that played his bagpipe on a grassy knoll.
- Ku Klux Klan Kalled upon their krusaders to krush the Koloured uprising – no wonder Klan members never won prizes in any spelling bee.



However, since domestic focus seems to be the new global order, I have chosen to ramble on the virtues of Keera Vadai and how it fits culturally

into nuanced appreciation of a famous Carnatic ragam Keeravani. At the outset, let me assure you the two are not related, even over 7 degrees of separation.

Keera Vadai is no ordinary snack in the Sabha circuit during the Tamil month of Margazhi. It evokes among the discerning audience, a gastronomic craving that can only be matched by the Bhakti bhavam that the performer is constantly exhorting us to immerse ourselves in. Made from the batter of auspicious Urad dal, it packs a protein punch that can sustain you through the most demanding, head-shaking duels between the mridangam and the ghatam. All that is needed to create this masterpiece is Urad dal soaked for a few hours and ground lovingly in a Sumeet Mixi. Add green chillies, a dash of salt, a pinch of Perungayam (asafoetida for the less literate) and, if your grandmother is not looking, finely diced onion. But it is the garnished Keerai (Amaranthus of the spinach family)

that sets the dish apart in a class of its own.

During the break in the concert, there is an animated discussion at the Sabha canteen that alternates furiously between the need for more freshness in the accompanying



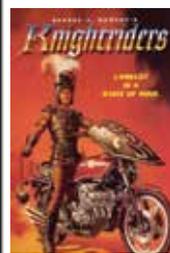
tomato chutney and how a bad case of sinusitis can ruin the Anupallavi and even the swaram. But there is rarely a debate on the divinity of the Keera Vadai. It is partaken, in hushed reverence and a harmonic sideways nod of collective heads.

Keeravani ragam is best appreciated after the soul is satiated with Keera Vadai. It is the 21st of the 72 Melakarta ragas, as ordained by the Muthuswamy Dikshithar school of musical classification. A sampoorana ragam, that contains both ascending and descending notes, it represents a fullness and richness of music that is often compared with the digestion of hot Keera Vadai accompanied by an orchestra of burps that fills the auditorium after the interval.

A rough translation of the immortal Kirtana - 'Kaligiyunte kadaa' by Thyagaraja goes, "I can only attain what I desire if I have been endowed with good fortune that was bestowed on the more enlightened souls." In summing, the road to such enlightenment is more than likely paved with the beatific Keera Vadai.

Capt S Krishnamurthi, Operations, Sanmar Shipping, HO.

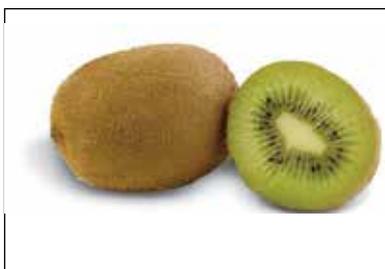
Knightriders (1981)



A medieval reenactment troupe find it increasingly difficult to keep their family-like group together, with pressure from local law enforcement, interest from entertainment agents and a growing sense of delusion from their leader.

Director and Writer: George A Romero

Stars: Ed Harris, Gary Lahti, Tom Savini



Kiwifruit: *Kiwis are small fruits that pack a lot of flavour and plenty of health benefits. Their green flesh is sweet and tangy.*



Kohlrabi Turnip: *Kohlrabi is an annual vegetable, and is a low, stout cultivar of cabbage. Kohlrabi can be eaten raw as well as cooked. Edible preparations are made with both the stem and the leaves.*

L The Louvre

A visit to Paris is considered incomplete without a tour of one of the world's most iconic museums, the Louvre, located on the bank of the River Seine. A fortress first, a palace next, and then a museum, the Louvre has a history of over nine centuries.

It has survived hundreds of battles, two world wars, many famines and floods. Through its art displays, it gives a glimpse into the beginning of the civilisation to the Middle Ages and beyond.



The Louvre Palace was built as a fortress in the 12th century by Philippe Auguste. Before the Palace

of Versailles was completed, French kings lived in the Louvre. In 1682, during the Renaissance, King Louis XIV shifted court to Versailles, abandoning an incomplete Louvre.

The museum today has a collection of over one million works of art, of which about 35,000 are on display, spread out over miles and miles of galleries. The museum has a diverse collection ranging from the antiquity up to the mid-nineteenth century.

Some of the most famous works of art in the museum are the Venus of Milo, the Nike of Samothrake, the Dying Slave by Michelangelo and of course Leonardo da Vinci's Mona Lisa.

More than 8 million visitors pass through the halls of the Louvre every year trying to catch a glimpse of the many popular exhibits, making it one of the most visited museums around the world. A visit to the museum at night provides a spectacular view of the Seine which many believe is the heart of Paris, the city of Love.



The most recent addition to the Louvre was the construction of the Louvre Pyramid, which functions as the museum's main entrance. The pyramid was built in 1989 by the renowned American architect IM Pei. The glass pyramid allows the sunlight to enter the underground floor.

K Vignesh, Sales, *Xomox Sanmar*, Chennai.



L



Lion of the Desert (1981)

Set during the reign of Mussolini, this epic tale revolves around Libyan leader, Omar Mukhtar. Omar, an Arab Muslim rebel takes on the Italian attack which is directed towards conquering Libya.

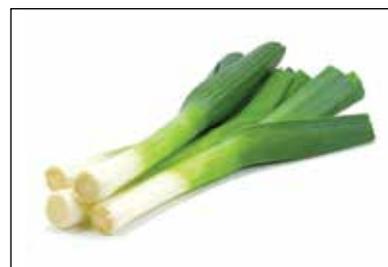
Director: Moustapha Akkad

Writers: David Butler, H A I Craig

Stars: Anthony Quinn, Oliver Reed, Rod Steiger



Lychee: *It is a tropical fruit tree native to the Guangdong and Fujian provinces of China, and now cultivated in many parts of the world. The fresh fruit has a "delicate, whitish pulp" with a floral smell and a fragrant, sweet flavour.*



Leeks: *The leek is a vegetable, a cultivar of Allium ampeloprasum, the broadleaf wild leek. The edible part of the plant is a bundle of leaf sheaths that is sometimes erroneously called a stem or stalk.*

M Mind

The life of many of us is defined

by the mind. We make decisions that alter our lives overnight. The mind may never get satisfied. When one wish is fulfilled, another occupies the mind and captures it till it is fulfilled.



The thoughts that pass through the mind are responsible for almost everything that happens in life. They affect our behaviour and reactions.



They influence the way we think, our preferences, likes and dislikes. Usually, we automatically accept these thoughts, letting them shape our life, becoming a prisoner to them. If you leave your mind open to every thought that passes by, you put your life in other people's hands, and without realising it, you accept their thoughts and act in accordance with them.

So, it is not just a four letter word, it is one of the most powerful words that changes the fate of many.

R Jawahar, *Development, Sanmar Foundries, Viralimalai.*

Mahendra Singh Dhoni

The name held by thousands as a mantra. From a ticket collector to a captain, the journey could not have been more dramatic. The smiles showed that he enjoyed his career and the grays showed the pressure and struggle.

Taking up the helm after a loss in the 2007 World cup was never an easy task. Motivation, perseverance and composure are what he will be remembered for by the younger generation. His selflessness in letting the team take credit for victory and taking responsibility for failures himself make him the hero that he is.

Kathiravan AS, *Trainee, Sanmar Foundries, Viralimalai.*



Mackenna's Gold (1969)



A bandit kidnaps a Marshal who has seen a map showing a gold vein on Indian lands, but other groups are looking for it too, while the Apache try to keep the secret location undisturbed.

Director: J Lee Thompson

Writers: Heck Allen (novel), Carl Foreman (screenplay)

Stars: Gregory Peck, Omar Sharif, Telly Savalas



Mango: *The mango is a juicy stone fruit belonging to the genus Mangifera, consisting of numerous tropical fruiting trees, cultivated mostly for edible fruit. The majority of these species are found in nature as wild mangoes.*



Mushroom: *A mushroom is the fleshy, spore-bearing fruiting body of a fungus, typically produced above ground on soil or on its food source.*

Narendra Damodardas Modi

Narendra Modi is the 14th Prime Minister of India. Modi, a leader of the Bharatiya Janata Party (BJP), was the Chief Minister of Gujarat from 2001 to 2014, and is the Member of Parliament for Varanasi. Modi was sworn in as the Prime Minister of India on 26 May 2014 at the



Rashtrapati Bhavan. He is the first Prime Minister born after India's independence from the British.

Narendra Modi emerged as the indisputable champion of the Lok Sabha Election 2014 by delivering the party's best results ever in the general election of India. Modi, who worked as a tea-seller in his childhood, definitely came a very long way to excel in the report card of the world's largest-ever electoral exercise. His goal was to implement the Gujarat model of development throughout the nation.

In September 2014, Modi introduced the Make in India initiative to encourage foreign companies to manufacture products in India, with the goal of turning India into a global manufacturing hub. On 25 June 2015, Modi launched a program intended to develop 100 smart cities. In June 2015, Modi launched the "Housing for All By 2022" project, which intends to eliminate slums in India by building about 20 million affordable homes for India's urban poor. On 9 November 2016, the government demonetised Rs 500 and Rs 1000 banknotes, with the stated intention of curbing corruption, black money, the use of counterfeit currency, and terrorism.

Nirav Suresh Vadgama, Sales, BS&B Safety Systems (India), Mumbai.

Age	66 Years
DOB	Sept 17, 1950
Place of Birth	Vadnagar, Mehsana, Gujarat
Religion	Hindu
Education	Did his schooling from Vadnagar. According to his teachers, he was an average student but had great interest in debates.
Mother's Name	Smt. Heeraben
Father's Name	Damodardas Mulchand Modi
Prime Minister of India	Since 26th May, 2014
Portfolio	Minister of Personnel, Public Grievances & Pensions Dept of Atomic Energy Dept of Space All important policy issues and all other portfolios not allocated to any Minister
Achievements	Major force behind Gujarat's position as a global brand and a great industrial destination.

Notting Hill (1999)



The life of a simple bookshop owner changes when he meets the most famous film star in the world.

Director: Roger Michell

Writer: Richard Curtis

Stars: Hugh Grant, Julia Roberts, Richard McCabe



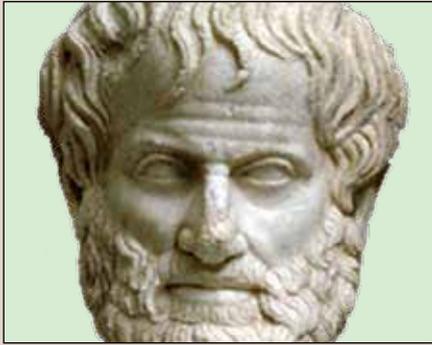
Nectarine: Nectarines are delicious fruits which belong to the Rosaceae family just as plums and peaches. In fact, they are quite similar to peaches in appearance except for the lack of fuzziness on the nectarine skin which is there in peaches. Nectarines grown in warmer temperate region are also referred to as stone fruits or drupes as they enclose a hard seed inside their outer juicy flesh.



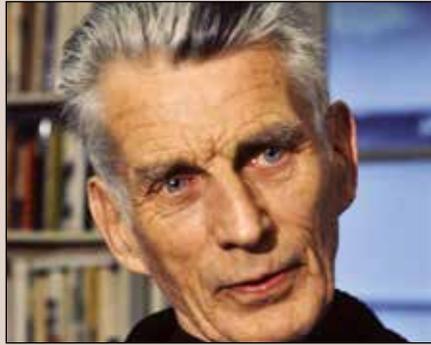
Naranjillo: Naranjillo, also known as lulo, comes from the highlands of Ecuador. The seldom mentioned and just as rarely grown vegetable is a relative of the eggplant.

Authors A to Z

How many of their books have you read?



Aristotle



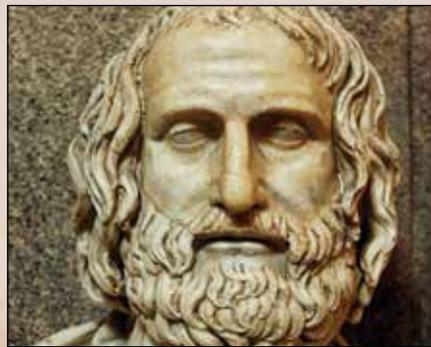
Beckett, Samuel



Carroll, Lewis



Dickens, Charles



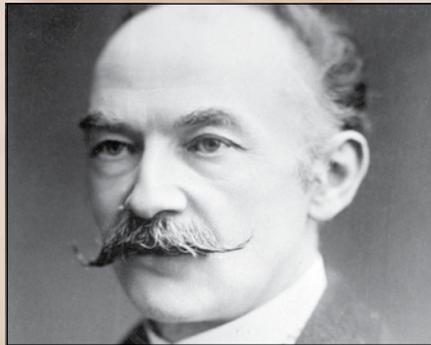
Euripides



Fleming, Ian



Greene, Graham



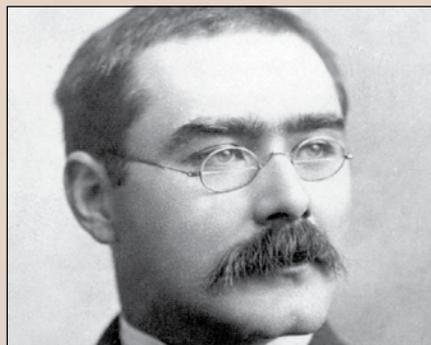
Hardy, Thomas



Irving, John



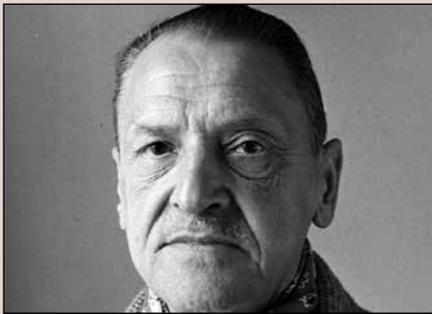
Joyce, James



Kipling, Rudyard



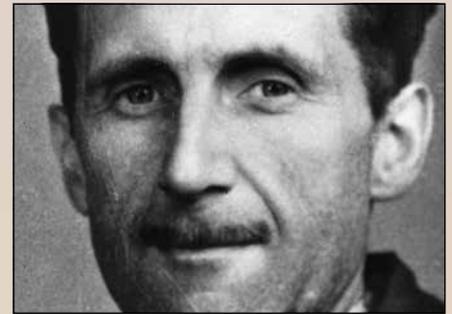
Lewis, CS



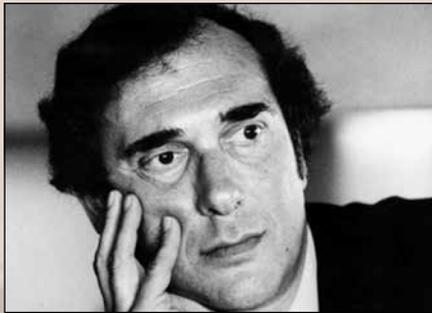
Maugham, Somerset



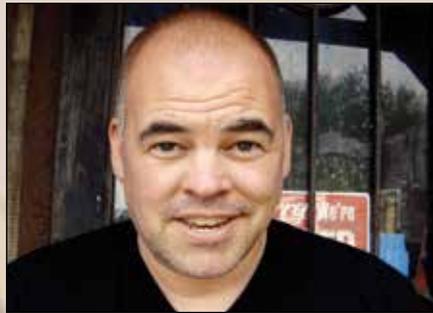
Narayan, RK



Orwell, George



Pinter, Harold



Quick, Matthew



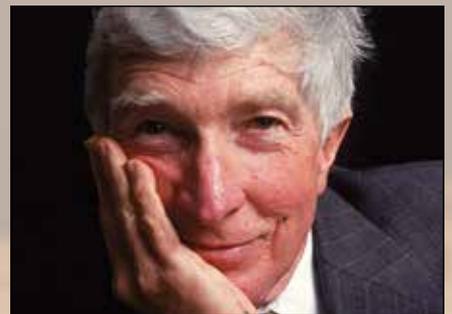
Rowling, JK



Shakespeare, William



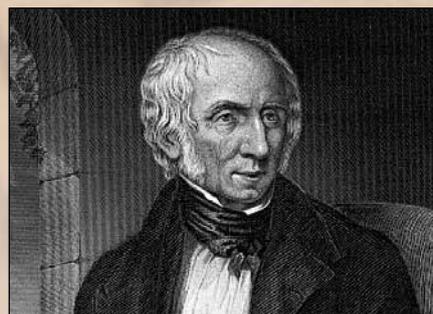
Tennyson, Alfred



Updike, John



Voltaire, Francois Marie Arouet de



Wordsworth, Williams



Xinran, Xue



Yeats, WB



Zola, Emile

O Oh! Calcutta!

Being given the kind opportunity of writing with the letter 'O', the first thing that clicked in my mind, being a food lover, is the famous fine-dine restaurant named Oh! Calcutta. Located at the 4th floor of Forum mall, Kolkata, this food-joint serves authentic Bengali cuisine. It is indeed one of the classiest venues with authentic Bengali cuisine served with elegance.

Oh! Calcutta knows how to bring out the vibrant spirit and the orderly chaotic ambience of Kolkata inside one



Kancha Lonka Murgi: Four pieces of boneless chicken served in a thick, green curry. It had a bit of spice to it and I found this item to be very tasty.

Seventh Heaven Glass: Served in a large glass, is a thick shake called "Seventh Heaven Glass". Made from fresh strawberries, this item is rich, creamy and worth a try.

Chaal Payesh: This was a good dessert to end my meal with. A generous bowl of Payesh (Rice and milk pudding) done well and topped with cashew nuts.

For all non bongs who are visiting Kolkata and looking out for good eateries serving Bengali food this is your place. The extended menu comprising the widest variety of Bengali cuisine is a treat to all Bengali food lovers. The ambience is phenomenal with an open bar.

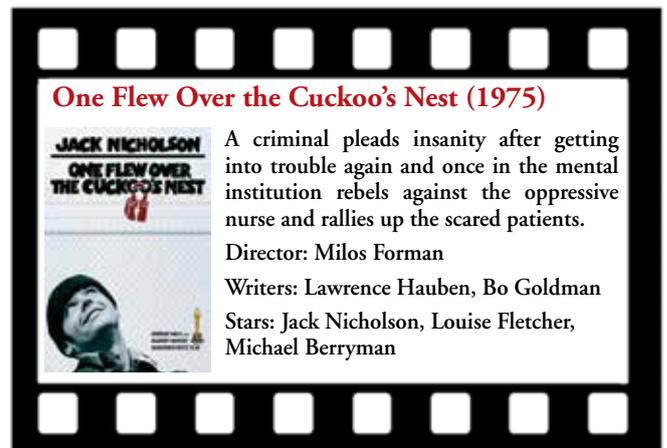
If it is Bengali food, it must be Oh! Calcutta.

Indraneel Khasnobis, Sales, Flowserve Sanmar, Kolkata.

restaurant room. Through its food, it takes us on a journey to our city's golden times, its treasured and rich histories and time tested traditions.

Few noted food items to try here without fail are listed as follows:

Daab Chingri King Prawn: Served beautifully inside a coconut or what I would like to call, "daab" were four pieces of king sized prawns drowned in rich, creamy malai (milk fat). They had got the balance right and the flavour was spot on.



Orange: Delicious and juicy orange fruit contain an impressive list of essential nutrients, vitamins, minerals for healthy growth and development and overall well-being.



Onion: The onion, also known as the bulb onion or common onion, is a vegetable and is the most widely cultivated species of the genus *Allium*.

Pandyan Dynasty

The Pandyan dynasty was one of the three ancient Tamil dynasties, the other two being the Chola and the Chera dynasty. The three of them were referred to as the Three Crowned Kings of the now called Tamil Nadu.

The Pandyan dynasty ruled parts of South India from around 600 BC to the first half of the 17th century AD. Fish being their flag, Pandyas were experts in water management, agriculture (mostly near river banks) and fisheries. They controlled the pearl fisheries along the South Indian coast, between Sri Lanka and India, which produced some of the finest pearls known in the ancient world.



The Pandyas excelled in both trade and literature. They had widespread contacts reaching even the Roman Empire. The Pandyan empire was home to temples including Meenakshi Amman Temple in Madurai, and Nellaiappar Temple built on the bank of the river Thamirabarani in Tirunelveli.

Puducherry

Puducherry has its history recorded only after the advent of the colonial powers such as the Dutch, the Portuguese, the English and the French. It was an important destination for Roman trade with India. Archaeological excavations between 1944 and 1949 showed that it was “a trading station to which goods of Roman manufacture were imported during the first half of the 1st century AD.”

In 1674, the French East India Company set up a trading centre at Puducherry. This outpost eventually became the chief French settlement in India. The British took control of the area in 1793, and returned it to France in



1814 and they allowed the French to retain their settlements in the country. Puducherry, Mahe, Yanam, Karaikal and Chandernagar remained a part of French India until 1954.

The de jure union of French India with the Indian Union took place and Puducherry was organised as a Union Territory in 1963.

Penguin

Penguins are a group of aquatic, flightless birds. They live almost exclusively in the Southern Hemisphere, with only one species, the Galapagos penguin, found north of the equator. Penguins have counter shaded dark and white plumage, and their wings have evolved into flippers. Most penguins feed on krill, fish, squid and other forms of sea life caught while swimming underwater. They spend about half of their lives on land and half in the oceans.

Penguins seem to have no fear of humans probably because there are no land predators in Antarctica or the nearby offshore islands.



In June 2011, a penguin came ashore on New Zealand’s Peka Beach, 3200 km off course on its journey to Antarctica. It was nicknamed Happy Feet, after the movie of the same name.

L John Anand Antony, Production, Chemplast Sanmar, Karaikal.

Psycho (1960)



A Phoenix secretary embezzles \$40,000 from her employer’s client, goes on the run, and checks into a remote motel run by a young man under the domination of his mother.

Director: Alfred Hitchcock

Writers: Joseph Stefano (screenplay), Robert Bloch (novel)

Stars: Anthony Perkins, Janet Leigh, Vera Miles



Pear: The pear is any of several tree and shrub species of genus *Pyrus*/pears, in the family Rosaceae. It is also the name of the pomaceous fruit of the trees.



Pumpkin: Pumpkins take up a lot of space in the garden with their long, lazy vines, but their cheerful, orange or white fruit are worth the space. Plant them in late spring when the soil is warm.

Q

Queen Honey Bee

The Queen honey bee is the largest of the bees in a honey bee colony, measuring around 2 cm - about twice the length of a worker bee. As she establishes her colony, she may lay 1000 eggs per day.

In a colony of 50,000 bees, there will be only 1 queen, and perhaps around 300 drones (males) and the rest will



be female worker honey bees. If the queen bee performs well in the colony, she will probably live two or three years, but possibly as many

as four or five. If the queen produces too few eggs, she may be replaced by a new queen. The new queen will be pampered with food and affection, whilst the old queen is left to waste away.

Despite the difference between herself and the female workers, she is produced from eggs that are identical to those eggs producing workers. The difference, however, is that the larvae of potential queens are fed only a special substance called 'royal jelly.'

About a week after a new queen emerges from her cell, she will take several flights in order to mate with as many as 20 drones, all while in the air. The drones, unfortunately, die after mating. However, when the queen returns to lay her eggs, she will only rarely leave the colony after that. Inside her, she will have enough sperm to fertilise her eggs for the rest of her life.

Queen bee syndrome in human beings

Queen bee syndrome refers to women in authority or power who treat subordinate females worse than males purely because of their gender. Another academic study theorised that Queen Bee syndrome may be why women

typically find it more stressful to work for female bosses than for male bosses. Another definition of Queen Bee syndrome describes a woman who has personal and professional success but who refuses to share knowledge and tips with other women to help them achieve their own success.

Queensland

Queensland is the second-largest state in Australia. It is nicknamed "Sunshine State" as it receives an average of 261



days of sunshine per year. Residents of Queensland are nicknamed "Banana Benders" due to the huge tropical areas of the state where bananas are grown. Queensland is home to some of the oldest dinosaur tracks still remaining on Earth.

Queensland is home to stunning beaches, lush tropical rainforest and five of the eleven existing natural World Heritage areas in Australia including the Great Barrier Reef which sits off the east coast and stretches for about 2000 km.

J Srinivasan Rangan, *Technical Services, Chemplast Sanmar, Cuddalore.*

Quantum of Solace (2008)



James Bond descends into mystery as he tries to stop a mysterious organisation from eliminating a country's most valuable resource. All the while, he still tries to seek revenge over the death of his love.

Director: Marc Forster

Writers: Paul Haggis, Neal Purvis

Stars: Daniel Craig, Olga Kurylenko, Mathieu Amalric



Quince: *The quince is the sole member of the genus Cydonia in the family Rosaceae. It is a small deciduous tree that bears a pome fruit, similar in appearance to a pear, and bright golden-yellow when mature.*

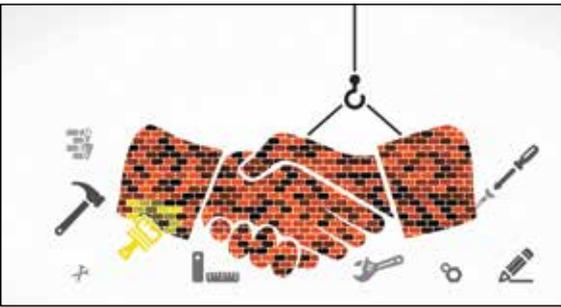


Quandong: *Quandongs are small, bright red Australian fruits about the shape of Apricots. They are about 1 inch (2.5 cm) in size and round.*

R Relationship

Successful relationships take work. They don't happen in vacuum. They occur when couples share what is going on in their hearts and heads.

You can only change yourself, not your partner. If you love someone and think that after a while, he or she will alter the behaviours you find uncomfortable, think again. If you want changes, put them on the table so that your partner knows what you need.



All arguments stem from our own fear or pain. When you are upset, look at what is going on inside you. Truth is that we usually are not

upset for the reasons we think we are.

Understand that men and women are very different. We are not from Mars or Venus; we are not even in the same solar system. Understanding and celebrating our differences will make living together more peaceful, interesting and fun.

Honour each other in some way every day. Every morning you have the opportunity to make your relationship sweeter and deeper by recommitting to your partner. Feeling respected and cherished by the one you love makes life much nicer.

Anger is a waste of time. It is a relationship killer, because it makes you self-absorbed and won't allow you to see the good. Give yourself some time to calm down and then gently discuss the issue.

It is good to get regular tune-ups, go to a couples workshop, talk to a counsellor, or read a relationship book together. Many may think that they do not need it but these will help pick-up ideas and the process alone will strengthen your connection.

Find a way to become and stay best friends. For some this sounds unromantic, but for those who live it, most say it's the best part of their time together.

Be responsible for your own happiness. No other person can make you happy. It is something you have to do on your own. If you feel it is your partner's fault, think again, and look within to find out what piece may be missing.

Give what you want to get. Our needs change with time. If you like to feel understood, try being more understanding. If you want to feel more love, try giving more. It is a simple process that really works.

River Dolphin

River dolphins are also known as fresh water dolphins with one of the species inhabiting saltwater estuaries known as the La Plata dolphin. River dolphins have a long, narrow beak and flexible neck which helps them to catch prey quickly and move easily in the water. River dolphins are normally found on their own or in pairs but large groups of river dolphins often come together to feed.



Some river dolphins are thought to be blind, but other river dolphins still possess incredibly poor eye sight and are therefore killed when accidentally coming into contact with fishing boats and nets. Like other species of dolphins, the river dolphins hunt and communicate using echolocation, a process which involves the detection of low frequency waves that are emitted by all the living things.

RN Srinivasan, Production, Chemplast Sanmar, Mettur.

Rocky (1976)



Rocky Balboa, a small-time boxer, gets a supremely rare chance to fight heavy-weight champion Apollo Creed in a bout in which he strives to go the distance for his self-respect.

Director: John G Avildsen
 Writer: Sylvester Stallone
 Stars: Sylvester Stallone, Talia Shire, Burt Young



Raspberries: *The raspberry is the edible fruit of a multitude of plant species in the genus Rubus of the rose family, most of which are in the subgenus Idaeobatus; the name also applies to these plants themselves.*



Radish: *Radishes are a good crop for the beginning gardener or even a child. They germinate quickly, take up little space and reach maturity in four to six weeks. Use them in salads or eat fresh.*

Sugar

All living beings can be considered as independent chemical factories by themselves because they use chemicals like water, salt, sugar, oxygen, carbon for their survival. Of all the chemicals, sugar occupies an important place in the food chain because sugar is the one which gives instant energy to any living organism. Children who are very active are fond of sugar because of the energy it supplies.

The usage of sugar was first practised in India and later spread to other parts of the world. Goddess Kamakshi,



Abirami and Pattinathar hold sugarcane in their hand which shows that the cane even had a religious tinge. The bow of the Indian cupid, Manmatha, is a sugarcane and there is a mention of a hell which is a sugarcane crushing machine.

Chemically, sugar is called sucrose or "saccharose". When sugar is dissolved in water, it breaks into glucose and fructose which are instant energy suppliers. Sugarcane, which belongs to the family of grasses, has a growth period of one year. They grow well in climates having hot day and cold night times. Sugarcane juice has 13% sucrose with some more organic materials and inorganic salts as impurities. The impurities are removed by treating the juice with sulphur-di-oxide and lime. The concentration of the juice is increased to almost 100% and at that condition,

the syrup is supersaturated and sugar is crystallised from the mother liquor by adding seed crystals.

Quality of sugar is decided by the colour of the sugar. When the sugar crystallises, some molasses also will get into the crystals. These crystals will be brown in colour and hence called Brown sugar. There is colour measurement for sugar with an international unit called ICUMSA.

Lots of discussions are going on in the cyber field regarding the ill effects of sugar and the benefits of using jaggery. Jaggery is nothing but the sugar with all the inorganic salts present in the cane. It is definitely better than sugar which is totally devoid of any nutritional salts. However, the salts in jaggery will load the kidneys and will not be suitable for people beyond a certain age. If a person is old, and does not suffer from diabetes, it is better to go with refined sugar. Also the claim that sugar leads to obesity is not proved beyond doubt. If the sugar consumed is not utilised properly by the body, it will be stored as excess in the liver which acts as a buffer and releases the sugar later when required.

Many old people consider sugar as non-vegetarian because during the early days of manufacturing sugar, animal bone char was used to remove the impurities. But that practice has been abandoned and the modern factories use sulphur-di-oxide for removing certain impurities. Sugar has traces of sulphur which is good for health. The garlic and onion we use also have sulphur.

People need to enjoy sugar without fear and with the right understanding of the metabolism.

M Olichandran, *Manufacturing, Chemplast Sanmar, Cuddalore.*

The Sound of Music (1965)



A woman leaves an Austrian convent to become a governess to the children of a Naval officer widower.

Director: Robert Wise

Writers: George Hurdalek, Howard Lindsay

Stars: Julie Andrews, Christopher Plummer, Eleanor Parker



Sapota: *Sapodilla or sapota (chikoo) is another popular tropical fruit in line with mango, banana, jackfruit, etc. Sapota composes of soft, easily digestible pulp made of simple sugars like fructose and sucrose. Sapota is a tropical evergreen, fruit-bearing tree and belongs to the family of Sapotaceae.*



Spinach: *Delicious in salads or steamed, spinach is one of the earliest garden greens. It goes to seed as soon as temperatures spike.*

T Townsville

Uncover a vibrant and bustling city

Townsville is a place on the North-Eastern coast of Queensland, Australia. It is in the dry tropics region of Queensland, adjacent to the central section of the Great Barrier Reef. Despite its name, however, Townsville is a city. It has around

Cuddle a koala, and stroll amongst kangaroos at the Billabong Sanctuary. Townsville offers the Texas Longhorn wagon tour where visitors can take a wagon tour into Leighton Park, the home of famous Texas Longhorn steer which holds a Guinness World Record for the longest horns in the world.

A visit to the world's largest Reef HQ Aquarium is as enjoyable as it is informative and it gives you a great opportunity to explore the Great Barrier reef without getting wet.



1,97,000 residents and over a million visitors. From its myriad of beaches to its vast outback desert, there's a lot going on in Townsville.

It is pretty hard to be unhappy when the sun is shining. And with an average of 320 days of sunshine per year, Townsville has cause to celebrate. From Magnetic Island with its 23 bays and beaches, to the beautifully wild Hinchinbrook Island and epic Wallaman Falls, you can't help but succumb to the allure of this region – sitting pretty between the reef and the rainforest.

The red granite monolith called Castle Hill dominates the city centre. Take a walk to the top for views of the city and surrounding islands. The Ross River, which flows through the city, is often used by locals for water skiing and fishing. Three separate gardens form the Townsville Botanic Gardens. You can cycle between the gardens and the river on the Ross River Bikeway.

Townsville city was also seen in the famous cartoon network series "The Powerpuff Girls" well remembered by each and every 90's kid.

K Giftson Sam Jebaraj Howie, *Engineer, Flowserve Sanmar, Karapakkam.*

The Ten Commandments (1956)



The Egyptian Prince, Moses, learns of his true heritage as a Hebrew and his divine mission as the deliverer of his people.

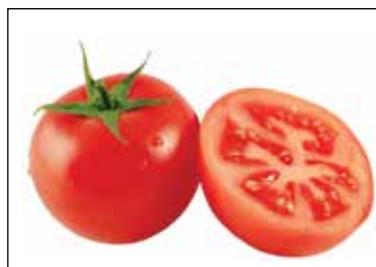
Director: Cecil B DeMille

Writers: Dorothy Clarke Wilson, JH Ingraham

Stars: Charlton Heston, Yul Brynner, Anne Baxter



Tamarind: *Tamarind is a delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes.*



Tomato: *Tomatoes are the most commonly grown garden vegetable, and with good reason. Home-grown tomatoes are infinitely better than those found in the grocery store. Plant them from seedlings after the last frost and choose disease-resistant varieties.*

Uakari

The Uakari is a small species of monkey native to the tropical rainforests of South America. The Uakari is most well-known for its face which most commonly ranges from pink to deep red in colour. The name Uakari is actually pronounced “wakari.”

Scientific Name: Cacajao

- Location:** Amazon River Basin
- Colour:** Red, Brown, White, Black
- Skin Type:** Fur
- Size** (L): 38cm - 57cm (15in - 22.5in)
- Weight:** 3kg - 3.5kg (6.5lbs - 7.75lbs)
- Life Span:** 16 - 22 years

Despite not having an incredibly long tail to clutch onto branches with, the strong hind legs of the Uakari enable



them to be able to jump staggering distances. The face of the sick individuals becomes paler and so the skin colour actually acts as an indication of the animal’s health. The faces of those Uakari kept in captivity, are also noticeably paler.

Today, although the different Uakari species are all classified by the IUCN slightly differently, they are generally considered to be animals that are vulnerable in their natural environment.

P Karthik Kumar, *Planning, Pacific Valves, Viralimalai*

Uniqueness

Once, a group of schoolchildren were playing ball; except Monty, who was seen as a bit of a fool - only good for making fun of. The one time he kicked the ball, it ended up in a little cave. When they went in to get the ball,

they found an enormous book. The children ran to give the book to the teacher. The book was called ‘The Great Gifts’ and the teacher read, “There’s a place in heaven called the fountain of hearts, where each heart is assigned its special gifts. They use a little bit of everything to make normal people. But, now and again, something goes wrong, and some hearts end up much emptier than normal. In those cases, the hearts fill up with a last gift which makes the person exceptional. They can lack many other qualities and they may well be seen as strange. However, when their special gift is discovered, they become part of books”.



When the teacher closed the book, Monty came out with one of his bizarre comments: “And if you get a heart transplant, and they give you a pig’s heart, will you take on a pig’s qualities?” Everyone wanted to burst out laughing, but, looking at Monty, they understood that he was exactly one of the special cases and felt ashamed. Monty became the best painter of his era.

Moral of the story: It is important to appreciate the uniqueness in every person as God’s creation is of that kind. Comparison between any two humans is baseless.

S Siva, *Application Engineering, Xomox Sanmar, Viralimalai.*

The Untouchables (1987)



Federal Agent Eliot Ness sets out to stop Al Capone; because of rampant corruption, he assembles a small, hand-picked team.

Director: Brian De Palma

Writers: Oscar Fraley, Eliot Ness

Stars: Kevin Costner, Sean Connery, Robert De Niro



Ugli fruit: *An Ugli fruit is a cross between a grapefruit and a mandarin! It is about the size of a grapefruit but it tastes a bit sweeter and has a wrinkly skin that peels easily. This funky fruit comes from Jamaica and is also grown in the USA.*



Upland cress: *Looking and tasting very much like watercress only with a stronger peppery flavour, upland cress is used in salads or in herb mixes. It can be eaten raw or cooked like other greens such as kale. All parts of the plant are edible and rich in vitamins, iron and calcium.*

V Veena

There is no life without music and chords. Veena, is the queen of all instruments, without a second thought. A celestial instrument with sculptures and pictures of Lord Saraswati, and Hanuman.

The Vedic sage Yajnavalkya speaks about its greatness in the following Verse:

“One who is skilled in playing the Veena, and one who is proficient in Tala attain Salvation without effort.”

Muthuswami Dikshitar attained Mukti while playing the Veena amidst his disciples. The epitome of Veena playing is the Tanams and it is the only instrument to be played simultaneously in two octaves. Playing the Veena is Nada Yoga. The music from the instrument touches the chords of the heart.

Veena is of two kinds - Deiveeka and Maanushi. The human body created by God is Deiveeka and the Veena made out of wood by human beings represent Maanushi. The two hands used for playing this divine instrument symbolises intellect and mind.



In south India, there is a belief that pregnant women who listen to the sweet music of Veena are assured of safe delivery. The first sense that develops for the child in the womb is the hearing sense.

Listening to the Veena is bliss. It is hard to describe the serenity of the celestial atmosphere when one plucks the strings of the Veena. The utter silence of the vast empty expanse amplifies the sound of the music. Such a spiritual state does not exist in the material world and neither can be duplicated.

In films, undoubtedly it is Director K Balachander who has extensively used this instrument to portray silence and for unusual conversations. It is a well known fact that late former President APJ Abdul Kalam loved to play the Veena, which he learnt in his childhood.



A Quick glance of Veteran Veena players.

Chitra Veena	N Ravi Kiran
Saraswati Veena	Chitti Babu
	Veena Dhanammal
	E Gayathri
	Karaikudi Sambasiva Iyer
	D Srinivas
	Rajesh Vaidhya
Vichitra Veena	Gopal Shankar Mishra
	Anurag Singh
Rudra Veena	Jyoti Hegde
	Asit Kumar Banerjee

Hari S, *Accounts, Chemplast Sanmar, Mettur.*

V for Vendetta (2005)



In a future British tyranny, a shadowy freedom fighter, known only by the alias of “V”, plots to overthrow it with the help of a young woman.

Director: James McTeigue

Writers: Lilly Wachowski, Lana Wachowski

Stars: Hugo Weaving, Natalie Portman, Rupert Graves



Victoria plum: Plums come in all sorts of colours but Victoria plums are dark red and are grown in England. They are super sweet, eaten raw or can be cooked in tarts and crumbles.



Vine leaf: This is a leaf from the vines that grapes grow on - and these leaves can be eaten! They are picked when they are quite young and then cooked slightly to soften them. They are used like a wrapping paper to make little parcels filled with things such as rice or finely chopped vegetables.

Wine

Well documented in numerous Biblical references, evidence of wine can be traced back to Egypt as far as 5,000 B.C.

Tomb wall paintings showing the use of wine as well as actual wine jars found in Egyptian tombs provide evidence of this fact. Because more northern climates and soil produce better wine, the growth of the wine industry can be traced from its emergence along the Nile River in Egypt and Persia northward into Europe and, eventually, to North America.

Though the wines of old were coarse and hard and had to be mixed with water, ancient Greek wine proved to be somewhat



better than Egyptian wine. For this reason, Egyptians began importing it. Then Roman wines became notably superior. Eventually, the French and German wines grew to be the most desirable, thereby shifting the centre of wine production from the Mediterranean to central Europe. Some of the best wine in the world is still produced in southern France, particularly in the Bordeaux region, where wine has been made for more than 2,000 years.

Today, California is one of the largest wine producers in the world. Though many of its table wines are known for their quality, the enormous wineries of central and southern California produce gigantic quantities of neutral, bulk wines that they ship elsewhere to make specific wines, such as dessert wines, or to blend with other wines. They also make grape concentrates to fortify weaker wines and brandies that use large quantities of grapes.

P Sudharson, *Sub Contract, Xomox Sanmar, Viralimalai.*

Watermelon: Watermelon is a vine-like (scrambler and trailer) flowering plant originally from southern Africa. It is a large, sprawling annual plant with coarse, hairy pinnately-lobed leaves and white to yellow flowers.

Water

Just a couple of months to summer, it would have been a treat to talk about a cold, juicy, thirst quenching watermelon that I relished



throughout, last time around. But a glimpse of the events happening around “Water” is so staggering that it would be preposterous not to talk about it. Water, enveloping about 3/4th of Mother Earth, is omnipresent and its useful share of less than 3% is a highly valuable resource to mankind and its survival.

Over the years, mankind has suffered a big deal due to the ragging reaction of nature. Ask a person affected in the Chennai floods or a farmer whose hope goes barren due to water scarcity. But I am most astonished by the man-made problems. Water is a problem in Asia. Nations like China, India, Pakistan, Israel, etc. are big enough to have a war among them. And, if WWII occurs it will be in Asia where there is enough nuclear power and unsettled past disputes.

So let's realise that it is mankind's responsibility to stop wastage and save water for a sustainable and well-nourished world for our future generations.

B Prashanth, *Planning, Pentair Sanmar, Viralimalai.*

Wizard of Oz (1939)



Dorothy Gale is swept away from a farm in Kansas to a magical land of Oz in a Tornado and embarks on a quest with her new friends to see the Wizard who can help her return home in Kansas and help her friends as well.

Directors: Victor Fleming, George Cukor
Writers: Noel Langley, Florence Ryerson
Stars: Judy Garland, Frank Morgan, Ray Bolger



Water Celery: Water Celery is a colourful, low spreading plant typically planted in water gardens partially submerged at the margins. The colourful, serrated leaflets of the variegated Water Celery pops with beautiful pink tips! About mid summer, tiny white flowers in umbels bloom.

Xerox Machine

(The name 'Xerox' has become synonymous with Photocopying, so much so that we say 'please xerox this instead of 'please photocopy this.')

In today's world, Xerox machine plays an important role in office, business and even in Educational Institutions for taking duplicates of any written material like office documents, project work or email.



Did you know? The Xerox machine was not invented by any scientist.

It was invented by Chester Carlson born in Seattle, USA. He was a graduate in Physics from California Institute of Technology and also a lawyer. He worked in a battery manufacturing company in New York city as a patent lawyer. Carlson found each patent had to be copied many times by hand or photographed before it could even be submitted to Patents Office which was very tedious and time consuming which lead him towards this invention.

After spending months by going through various articles, he reasoned that if an image of a document or photograph is projected onto a photoconductive surface, current would flow only in the areas where light falls. He worked further on this from his home and arrived at something he named "electro photography" and applied for a patent in 1937. This was further developed by Battelle Memorial

Institute, a non profit organisation, whose researchers developed Toner which is a dry ink made of ammonium chloride salt and a plastic material to get a clearer image. This product was introduced in the market through a company called Haloid in 1949.

At that time, it was suggested at Haloid to use the term xerography for this technology from the Greek words xeros for "dry" and graphos for "writing." Haloid, thus named its first photocopier the Xerox Model A. Then, Haloid officially changed its name to Haloid Xerox, and finally to Xerox in 1961 and the rest is history.

C Krishnakumar, Accounts, Chemplast Sanmar, Karaikal.



X Men (2000)



Two mutants come to a private academy for their kind whose resident superhero team must oppose a terrorist organisation with similar powers.

Director: Bryan Singer

Writers: Tom DeSanto, Bryan Singer

Stars: Patrick Stewart, Hugh Jackman, Ian McKellen



Ximenia caffra fruit: These are generally sour with a dry aftertaste, however, contains significant amounts of potassium. The tree itself is fairly hardy, with frost resistance and drought tolerance.



Xylocarp: The term xylocarp refers to any vegetable that has a hard, woody outer layer. One example of a xylocarp is the coconut.

Y Youth

“Youth is a gift of nature but age is work of art.” - Stanislaw Jerzy

This quote does seem to make sense to people who have crossed their youth. But the youth are still searching for the gem encrusted inside.

Youth is not just a word but a feeling. The time when everyone urges you to do something extraordinary. The moment you step into this phase you get an extra impulse for everything you do. The vigour and the enthusiasm with a craving for experiences and knowledge is undoubted. The time when ideas flush your mind every second. Creativity, romance, courage, and determination are at their peak.

Youth has the power to think freely since they are not preoccupied with the burdens of life. It is the time everyone yearns for passion. Some may achieve it while others change their priorities.

There is popular saying “Time and tide waits for none.” Hence do not wait for another day; do whatever you have to do today. The youth should try to learn the nature’s way. There is answer for everything in nature. Despite being simple, it is intransigent.

God has created everything around humans to make life easier. So try to make the most by drawing parallels from nature. Youth should learn from the bitter failures rather than fruitful success stories and think differently. Most important thing to note is youth cannot be determined by



Dr APJ Abdul Kalam was one of the keen advocates of youth empowerment. He once said, “I want the young people to understand how to manage failure; because any worthwhile task you do, you always have to come across problems.”

A nation’s future rests on the hands of its youth. The youth can bring about a revolutionary change. The recent Jallikattu issue is a good example. So it is every citizen’s duty to respect the youth and encourage them in spite of discriminating them on basis of experience.



age since age is just a number. It lies in one’s heart to claim that the stage is over. So believe in yourself, don’t let the youth inside you fade away.

Jeethesh Pai U, Trainee, BS&B Safety Systems (India), Karapakkam.

Young Frankenstein (1974)



An American grandson of the infamous scientist, struggling to prove that he is not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body.

Director: Mel Brooks

Writers: Gene Wilder, Mel Brooks

Stars: Gene Wilder, Madeline Kahn, Marty Feldman



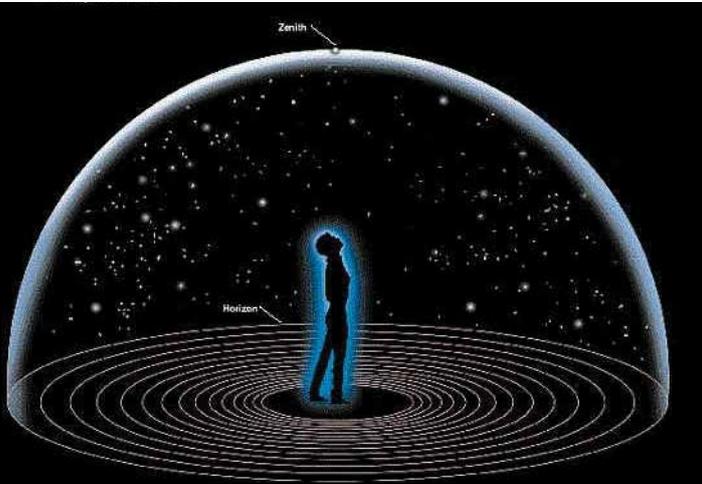
Yangmei: *Myrica rubra*, also called yangmei, yamamomo, Chinese bayberry, Japanese bayberry, red bayberry, yumberry, waxberry, or Chinese strawberry is a subtropical tree grown for its sweet, crimson to dark purple-red, edible fruit.



Yam: Yam is the common name for some plant species in the genus *Dioscorea* that form edible tubers. Yams are perennial herbaceous vines cultivated for the consumption of their starchy tubers in Asia, Africa, Central and South America, and Oceania.

Z ZERO to ZENITH

English, as any other language, has undergone many evolutionary changes starting from Egypt. Modern English, what we speak today, has had a creditable



change during 14th/15th Century. That was the time the Great Vowel Shift happened, changing the pronunciation and standardisation of spelling.

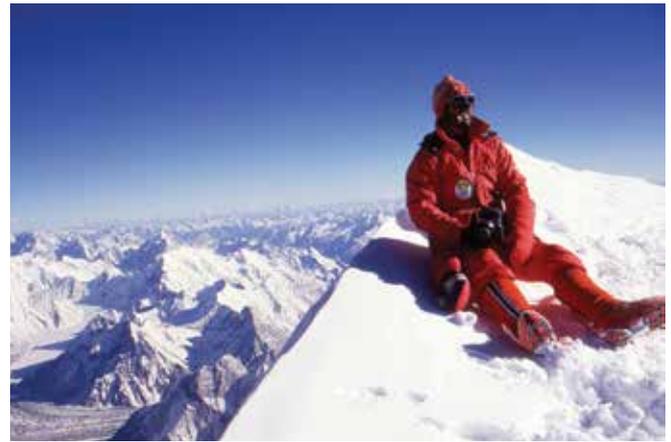
The word English itself was “Englisc” taking reference to Angles a Germanic tribe. Anglo-Saxon settlers in Great Britain were the people who brought English in the form of Anglo-Frisian dialects. Later invasions brought French and Latin enrichments.

So is the story of English Alphabets. In the course of history, letter “z” was borrowed by the Romans to use Greek words in English language. Since it was a borrow, the words starting with “Z” were also very limited. Interestingly the British pronounce it as “zed” but the defying Americans sound it as “zee”.

When I was asked to take an alphabet, somehow I preferred “Z”, the end. I never thought it could eventually be a beginning with words like “zero” and “zenith”, to explain life!

The word zero could be the one which is being used innumerable times, in our daily life. We, as Indians who gave a value to zero, can take credit for this. Zero is null

but with a value. Contradictory as life itself, it is so. It is the nothingness of life. But as you and I know, it adds value. Value to someone attached to it. It is always a reference



point – the beginning. Life is nothing but everything without which the universe is not there. It begins and ends in itself. Any point can be the beginning and any can be the end. You do not know where it starts and where it ends. However you are there within it, running through it not knowing the end point.

While cycling through, at some point of time you reach the “zenith”. You do not know when it is and where it is. When you are there, you will not realise that you reached. You can realise this point only when the downturn starts. By that time, it would become a thing of the past.

Life between zero to zenith is real, but you can realise it only when we pass it. Let us cycle through it.

KA Ravindran, Sales, Chemplast Sanmar, HO.

Zero Dark Thirty (2012)



A chronicle of the decade-long hunt for al-Qaeda terrorist leader Osama bin Laden after the September 2001 attacks, and his death at the hands of the Navy S.E.A.L.s Team 6 in May 2011.

Director: Kathryn Bigelow

Writer: Mark Boal

Stars: Jessica Chastain, Joel Edgerton, Chris Pratt



Zig Zag Vine fruit: *Melodorum leichhardtii* or Zig-zag vine, is a plant species of rainforest vines native to eastern Australia. The orange fruit has a pleasant piquant orange-sherbet flavour, and is used for sauces in gourmet dishes.



Zucchini: It is actually a specific type of summer squash, so it is grown using the same methods as summer squash. Great choices if you are looking to get a lot of vegetables from one plant, because they make a lot.

Zucchini can be dark or light green, a related hybrid, the golden zucchini, is a deep yellow or orange colour. In a culinary context, zucchini is treated as a vegetable.



Foodies delight

Almond Cake: Cut the almonds and grind to a thick paste. Add a wonderful twist to the regular cake recipe by beating the butter and almond paste on high speed until smooth.

Baked Beans: Cook bacon, onion, garlic, ginger and pepper until soft. Add water, beans and barbeque sauce and cook for 2 hours.

Chocolate Blitz Shake: Defrost a bar of chocolate in the oven. Blend ice cream, milk, melted chocolate and cinnamon in a jar. Top with frozen chocolate pieces and blend. Serve in juice glasses with spoon.

Dark Chocolate Dip: In a heavy saucepan, stir condensed milk, dark chocolate, corn syrup and milk until the chocolate melts. Add more milk, vanilla and nuts and continue stirring till dip is of desired consistency.

Egg Fried Rice: Scramble eggs on a wok and remove. Stir fry freshly cooked rice, spring onions and tomatoes in oil. Add the scrambled eggs and garnish.

French Toast Napoleon: Stir fry pieces of bread in molten butter. Crush toasted nuts and heat with maple syrup and cinnamon. Pour this mixture on stacked up bread. Garnish with ice-cream.

Garlic Mashed Potatoes: Saute garlic cloves in olive oil until tender. Add melted butter, boiled and peeled potatoes and the garlic in a pan and mash until creamy. Add salt as required.

Hot Cocoa: Add sugar, cocoa powder, milk powder, salt, cornstarch and cayenne pepper in a mixing bowl. Fill your mug half full with this mixture and pour in either hot water or warm milk. Stir to combine.

Irish Nachos: Layer cheese sauce, cheddar and bacon over half of the potato chips. Repeat with another layer with the remaining chips, sauce, cheddar, salsa and bacon. Bake until the cheese is melted.

Jalapeno Mayo: Grill jalapenos on both sides. Whisk vinegar and egg yolk in a bowl. Pour in oil, whisking constantly, until emulsified. Blend the grilled jalapenos with mayo.

Kashmiri Pulao: Cook rice along with milk, saffron and other spices. Garnish with fried onions, nuts, raisins and pomegranate, apple and pineapple chunks.

Lemon Rice: Stir fry mustard, channa dal, black gram, chillies, curry leaves, ginger, turmeric and salt. Add lemon juice and stir before adding cooked rice.

Mango Lassi: Place the yogurt, mango pulp, water, crushed ice, and mango chunks in a blender and puree until very smooth. Transfer to a glass and serve right away.

Nutella Sandwich: Grill bread until toasted, about 2 minutes per side. Spread the chocolate-hazelnut spread over 1 piece of toast. Top with the second piece of toast and serve.

Onion Rings: Mix 2 cups milk with 1 cup water. In another bowl, mix flour with some salt and pepper. Dip the onion rings in the milk wash and then into the flour. Fry them until golden and crispy.

Popcorn: Pop the corn in a big pan with lid. Melt butter with ground cinnamon, cumin, paprika, salt and sugar. Pour it over the popped corn.

Quinoa Salad: Boil quinoa in a cup of water and let cool. Combine apples, spring onions, cilantro, lime juice, olive oil, jalapeno and salt in a bowl and mix. Add the drained beans and cooled quinoa and stir gently.

Raita: Place cucumber and tomatoes in a sieve to drain off any excess liquid. Add buttermilk and yogurt into a bowl and stir well. Add the drained cucumbers, tomatoes and onion with salt and pepper.

Saffron Rice: Melt butter, add spring onion whites and garlic and stir until tender. Add in the saffron threads, and stir. Stir in uncooked rice, pour in water and bring to boil, cover, and reduce the heat to a simmer.

Tuna Salad: Lay the refrigerated tuna atop lettuce leaves. Top with shallot, bell pepper, capers, hard-boiled egg and micro greens. Sprinkle with black lava sea salt. Drizzle olive oil and a squeeze of lemon.

Up-side down Hazelnut Banana Cake: Add molten butter, powdered sugar and nuts, eggs, sour cream, vanilla, banana puree, flour, baking powder and salt. Smear butter and nuts mixture in a pan, add the ingredients and bake.

Vegetable Balls: Mix breadcrumbs, eggs, cheese, chickpeas, pine nuts, raisins, garlic, salt, pepper, broccoli and cauliflower. Refrigerate for 15 minutes. Make the mixture into balls and bake for 30 minutes.

Watermelon Mojito: In a blender, puree watermelon, fresh lime juice and mint in batches until smooth. Strain into a pitcher. Mix in syrup. Serve in glasses filled with ice and garnish with mint leaves.

Xacuti Masala: A Goan recipe with red chillies, coconut, coriander and Indian spices. Add the 1/2 scraped coconut along with the other masala ingredients and stir it so everything gets mixed well. Blend with water.

Yogurt Cheese: Place 4 layers of cheesecloth in colander set over a bowl. Add the yogurt and let drain overnight in the refrigerator. The desired consistency is that of soft cream cheese.

Zucchini Pear Soup: Cook carrot, onion and potato in butter with salt and pepper. When onion is softened, add zucchini and continue to cook till soft. Add pear and cook until it has softened. Add water and bring to a boil.

Eureka! Unscramble the Book Names

1. NEESS DAN IIIIYSSETNB
2. HRYMPU
3. EICAL NI DROANNLDWE
4. RIOVEL WTTSI
5. AEEMD
6. NOAISC EYAORL
7. OESLR SKATE LAL
8. HET OAYRM FO GESAERTIDBC
9. HET LHETO WNE EIAHHPMSR
10. YSSSUEL
11. HET GEULNJ OBKO
12. HTE RNCCELOHSI FO IANRNA
13. ETH DNIPETA LIVE
14. HET CEHRBOLA FO STAR
15. ETINNNEE THIEYEG UORF
16. EHT EHIOONMMGC
17. HET RVELI LNNIISG OPYOAKLB
18. RPPAH TTROPE NDA HET EIRNPORS FO NABKAAZ
19. CHUM DAO TUBAO ONGINHT
20. HET YALD FO HTLTOSA
21. HET URCANTE
22. DDECINA
23. HTE EULPERD
24. YUB EM HET YKS
25. HET ICCTLE IWTHITGL
26. AANN



Editorial team: Sarada Jagan, Ramadevi Ravi, Shilpa Senthilkumar, SS Rameshwari, Veena Merrilina J and Harini Sekar.

Designed by Kalamkriya Limited, 9, Cathedral Road, Chennai 600 086. Ph: + 91 44 2812 8051/ 52

For Internal Circulation Only.