



From the Editor's desk...

Dear Readers

Who is a hero? The dictionary defines a hero as

- a) *a mythological or legendary figure often of divine descent endowed with great strength or ability*
- b) *an illustrious warrior*
- c) *a person admired for achievements and noble qualities*
- d) *one who shows great courage.*

This issue of *Scribbles* is a dedication to the various heroes in our readers' lives. There are heroes from different walks of life – each *Sanmartini* team was assigned an area from which they could talk about their heroes.

I believe that the variety that you see in this edition only illustrates that there are many heroes in the world – the pick depends on the person and what the person sees in that person he/she calls a hero.

As a child, the first set of heroes are from the books we read – Superman, Batman, Hanuman etc. Then, as we get older, it moves to sports – especially cricket, tennis, football and so on. This is soon followed by heroes from the film industry – actors, music directors, singers – this list lingers on for a while. Then come heroes from different fields, work life. Thus, our list of heroes keeps moving on, as we move along in life.

So, who is that ONE HERO who has remained with us for almost forever?

I guess it is difficult to pick one. That's the point – our heroes keep changing. The hero that we focus on depends on the stage in our lives, what our interests are at that point in time. Heroes emerge from our need to fill a 'gap' between our 'current' state and the 'perfect' state. But, if we deep dive within ourselves, I believe, there are a couple of people whom we admire, worship, revere and they have remained in that high pedestal for a long time. These are the heroes who have actually shaped our personalities, provided us our values and core beliefs.

I hope we remain true to these heroes who have instilled the core values in us and make them proud of our actions. In the process, maybe we will become heroes to some people...

Good luck and God Bless.

Ananda Jagann

<p>A Special Issue on</p> <p>My Hero</p>			
Topic	Team	Topic	Team
Family	Socrates	History/ Current affairs	Atlas
Business	Apollo	Colleagues	Rhea
Friends	Nyx	Sports	Zeus
Movies/ Books	Midas	Science/ Technology	Poseidon

Heroes in my Family

Family is not an important thing. It is everything.



An embodiment of love

Who is my hero? Is it a superhero like Superman, Batman or Spider man out to save the world from danger? No my hero is even better, more special, braver and stronger than them. It is my mom and she is amazing. That's why she is my hero. There is nobody else like her. She is a role model to me. The saying 'God can't be everywhere, so he created



most in my mom is her cooking; even my friends love her cooking.

My mom is my greatest influence for several reasons. **Whenever I feel like giving up, I just think about my mom and how she managed life with her head always held high.** She supports me through everything and holds me tight through all the hurdles life throws at me.

My mom is everything to me, I don't show my appreciation and I don't tell her how much I love her. Sometimes, we take people we love the most for granted, but still she has always been there for me and encourages me to do my best. I will never be able to repay my mom for the things she has given and done for me.

I will forever be grateful to God for giving me such a wonderful mother.

*Helpful
Comforting
Jovial*

mothers' suits her well. Mother's love is deeper than the ocean; a mother's love can never be expressed in words.

'A mother is a person who knows you nine months more than others.'

A great trait of my mom is that she extends a helping hand to anyone who needs it. People are always attracted to her positive vibe and jovial nature. She is very hardworking. Being a home maker, she felt that it is her responsibility to take care of us. She always insists the importance of togetherness in family. My brother and I have heated arguments and my mother plays an important role of keeping us united. One more aspect that I love the

K Rajasekar, Technical Services, Chemplast Cuddalore Vinyls, Cuddalore.

“A mother is one who can take the place of all others, but whose place no one else can take.”

My brother, my hero

When one is asked who their hero is, they generally say it is their dad or a cinema celebrity. But I am different; my hero is my younger brother (seen in red shirt in the photograph). Most siblings always have a lot of arguments and disagreements and they never do anything together but we're not like that. We do everything together because of our love for each other. His dedication towards his work is what I love about him. He is unique, intelligent and very determined. He wanted to achieve everything with his hardwork. His hardwork is one of the qualities which inspire me a lot. He wins people



over with his gentle nature and kindness. To be honest, I envy him sometimes. Though being a diploma holder, his mind works like an engineer. **Even if he has very limited knowledge about something, he would take that particular job seriously and as a challenge and complete it successfully.** He always supports me and says life is a challenge, and we must face it happily. He is truly a hero in my family.

*Dedicated
Hardworking
Challenge loving*

K Purushothaman, Production, Chemplast Cuddalore Vinyls, Cuddalore.

Hero of yesteryear

When my husband told me about the topic, the first person who came to my mind was my grandfather, Late Mr Pylappan. He was not only a hero but also a superhero for me. He was born on 24th February 1932. He was the eldest among five children in the family. His studies came to a halt at third standard due to family circumstances. He then started to work to earn for his family. He



*Inspiring
Hardworking
Disciplined*

never gave up. He slowly improved his life status and one day got married. They both were made for each other and were blessed with six children.

Hardwork always pays, he helped all his children get settled in life. Once my mother got married, my grandfather started his first tinkering and painting workshop for four wheelers. These are the stories that I was told about my grandfather by my mother and other relatives.

Of course, I remember my childhood days with him. We used to visit his house for holidays; his house was completely filled with fun and joy. I have never seen him worried. Though he had faced a lot of hiccups in his life, he never stopped working hard. He always emphasised on keeping the family united. Until the day my grandfather passed away, the family remained united with no quarrels. **He used to settle all disputes with a bright smile, ensuring that none of them got hurt.** He was authoritative but always had a strong logic behind every decision he made. My grandparents shared a great chemistry. Even though they were not economically sound, he adored my grandmother like a queen. They were really made for each other.

Be it son or son-in-law, he treated them both as his own children. Each member of our family had our personal touch with him. He struck a perfect balance between his work and family. Whenever there was a problem in the family, he would be the first person to support.

He maintained sound health. Even in his last days, his memory was very sharp. I remember his smiling face even in the ICU bed. In short, I can say he dedicated his life for the harmony of our family. He will always live in our hearts. He is the evergreen superhero of our family.

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

Heroes from Business

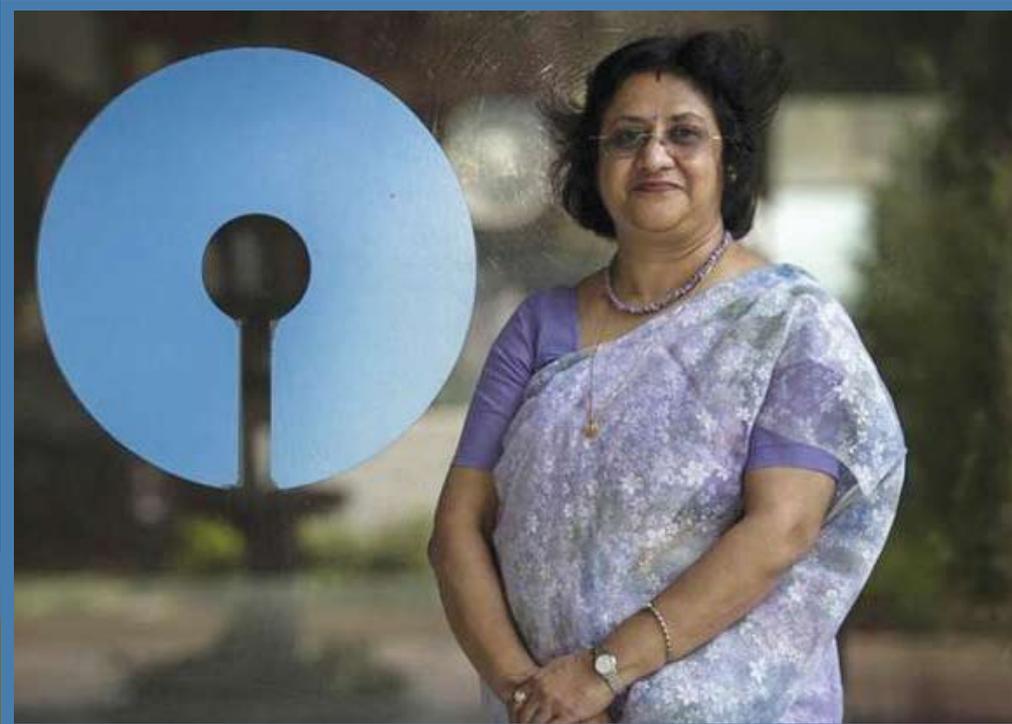
The way of the pioneer is always rough.



Banking superwoman

A hero is one who is adored for his courage, outstanding accomplishments and invigorates the next generation with his achievements. Corporate world has leapt across the globe in carving new boundaries. If someone can give a stellar performance thereby inspiring others in such a buzzing sector, then, he / she is indeed a real hero.

Action Orientation
Continuous Learning
Communication



Arundhati Bhattacharya - Former Chairman of the State Bank of India

She started her career as a probationary officer at the age of 22 at SBI and ended up as the first female chairperson of India's largest bank in the history, a corporate super hero. Banking industry is challenging and was a male dominated sector in her days. When a woman tops such a sector, it is indeed heroic and laudable.

She was the first woman to lead an Indian based Fortune 500 company (SBI). In 2016, she was named the 25th World's most powerful woman by Forbes magazine. She was also named as the 5th most powerful woman in finance by the same magazine in that year. In the same year, she was ranked among the FP Top 100 Global Thinkers – by Foreign Policy Magazine. In 2017, India Today ranked her at 19th among India's 50 most powerful people. In

2018, she was named the Business Leader of the Year at the Asian Awards.

Her continued stay in State Bank of India for a period of over 40 years saw her career move across domains in banking like foreign exchange, treasury, retail, human resources and investment banking. Digital branches were established during her time. She spearheaded various reforms like SBI General Insurance, SBI Custodial Service, and SBI Macquarie Infrastructure Fund. It was during her time that the age old Public Sector Bank had started becoming more customer friendly than ever.

“Never give up. Learn continuously. When you feel let down, just hang in there, things may change.” This is her mantra to the younger generation.

S Manjukesan, *Central Accounting, Corporate, HO.*

A musical hero

Who do I consider as a hero? AR (Allah Rakka) Rahman, the legendary music composer will always remain a hero and a role model in my heart. Rahman had a troubled childhood following the demise of his father, who was a small time musician playing instruments for some renowned music composers. Having to shoulder the burden of running a family with three sisters and a widowed mother, Rahman claims he has never lived a life of his age unlike other youngsters. He later found peace in Sufism.

What inspires me? Rahman's simplicity and calm and composed nature is a true inspiration to anyone. He has won 135 awards till date! Yes you read it right. Also he is the only Indian music composer to have won the prestigious Oscar award on international soil. He has been conferred prestigious awards like Kalaimamani, Padma Shri and Padma Bhushan. He also has made remarkable contributions to the society in the form of KM music conservatory, his own music school which trains aspiring

Humble
Passionate
Experimental



“There are no secrets to success. It is the result of preparation, hardwork and learning from failure.”

musicians in vocals, instruments and sound design. His AR Rahman Foundation helps improve the life of underprivileged by providing free music training and education.

He has also contributed to the business world through his collaboration with the technology giant Apple Inc. by setting up two Mac labs. The objective of this partnership is to extend music scholarship to underprivileged students. I have always wondered how someone of his stature who has achieved stupendous success can stay so humble and down to earth - truly inspiring.

What can we all learn from him? Have you ever wondered what makes him successful and a highly respected individual? It is his faith in God that drives him higher and higher. He attributes his success to God. In an interview, when asked the question “how come your music stays fresh and young and appeals to everyone for over 27 years?”, he replied “**I don't know, It just comes from the top**”. It is not important how successful you are, you have to stay down to earth and simple like the Mozart of Madras.

Kishore Kumar R, *HR, Corporate, HO.*

Heroes among my Friends

Remember that the most valuable antiques are dear old friends.



A true friend



common amidst us. His approach to life is different, focusing on his family. His family is everything to him and next are his friends. He is so friendly that he is loved by all. He is very jovial and an easy going guy. I always admired his confidence and appreciate how he faces life. Even in difficult situations, he takes it light and faces it courageously.

Confident
Reliable
Approachable

F Scott Fitzgerald, renowned American writer once said “show me a hero and I will write you a tragedy”. I would like to share my experience with my friend (seen in green T-shirt in the photograph) whose way of living always inspired me. First I will elaborate about his background before listing out his qualities. He is a native of Chennai, but shifted to Coimbatore as his father was a tea vendor in Podanur railway station in Coimbatore. He lived in a nuclear family with an elder brother and parents. They were not that sound, economically. Both the siblings studied in Government aided school. When he was around 15, his father passed away due to illness. After this tragedy, both were brought up by their mother who made a living through pottery. Yet he stood first in his school in higher secondary and joined PSG Tech, one of the most prestigious colleges in Coimbatore. We got introduced to each other as day scholars and had lunch together. As days passed by, we became best friends. Through his various experiences, I understand that life can change drastically. He used to share his sad moments so humorously with us that we used to tease him instead of showing any empathy or sympathy. He is one different personality who doesn't show his emotions on his face, which of course is very

He gives values for others but judges everyone. One thing is for sure wherever he was the entire surrounding would be happy. I learnt a lot from him which indirectly developed a lot of confidence within me.

Once a philosopher said “**Friends are the real superheroes, they battle our worst enemies - loneliness, grief, anxiety, depression, fear and doubt**” and yeah! He is a true friend of mine. His name is Vasanth. There are lots of friends who inspire us in some way or the other. Take the positive energy from them and spread happiness everywhere.

M Manibharathi, Production, Sanmar Matrix Metals, Viralimalai.

“Life is partly what we make it, and partly what it is made by the friends we choose.”

A friend in need is a friend indeed

A true friend is the person who is believed to be the closest and dearest to us. Without a friend, life is just meaningless and dull. To find a good friend is just like winning half the world. A good friend's company always matters a lot to the success of a person. Never lose those friends who

were always beside you in your bad time. Likewise, I got my superhero in my college who is always with me. He is caring, loving, loyal and passionate.

His name is Kattalagan KS (seen in the front in the photograph) from Theni. He studied in Vidya Vikash School at Coimbatore. He completed B.E. in Metallurgical engineering at PSG college of technology. This place is a heaven on earth as I found my superhero here. Kattalagan is a very bold, confident, easy going person, always bubbling with positive attitude. He is also a multi-talented person. According to me, one cannot be a master in both sports and education. But, my friend made me understand that my assumption was wrong through his inspirational speech and support. **I learnt a lot from him and he is the source behind my confidence.** Though he is my bestie, I adore him as my superhero.



Kathirvelan R, *Sanmar Matrix Metals, Viralmalai.*

*Motivating
Helpful
Positive*

A real life hero



*Selfless
Caring
Empathetic*

A decade back, at the very beginning of my career, a bunch of young men, got an opportunity in a steel foundry, to try out our skills acquired after four years of engineering at college. With little fear in mind, we were all set to prove ourselves with high energy; couple of weeks passed by very fast. Nashath from Malabar joined our crowd of

interesting blend of three different cultures, communities and religions, knitted with strong bond of friendship.

Things were fine with us until summer, when we had a small rift about controlling the speed of the fan in our room, as Nitesh used to suffer a lot with wheezing. Nashath explained me the pain that Nitesh was undergoing, because of my intolerance to control the speed of the fan. Despite being in the same rank, I was inspired by Nashath's way of handling this issue with such humility and benevolence.

To my surprise, he quit smoking for the well being of Nitesh and proved that he really cares.

A year later, when we went on a trip, Nashath saved two young boys, who had met with a road accident. When people around just stood and watched, with no hesitation, Nashath pitched in and pulled those bleeding boys into our car and rushed them for immediate medical attention. This made him a real hero and he was appreciated by the boy's parents for his brave and timely act. I always admire his selfless behaviour towards people and try to be like him. "Heroes are born, not made" - Yes I have experienced it!

PM Raj Bino, *Sales & Marketing, Sanmar Matrix Metals, Viralmalai.*

trainees whom I describe as my best friend.

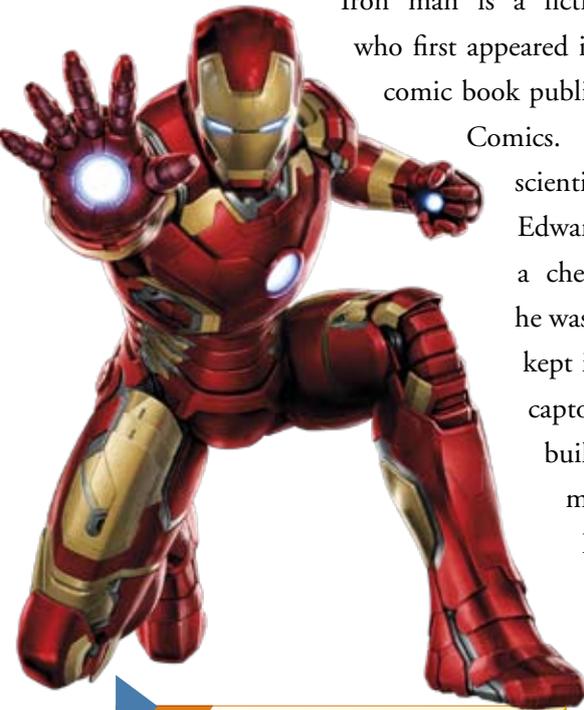
Luckily, he joined me as my roommate, along with one more roommate Nitesh, who had strong academic records, but had severe wheezing problem. From then on, our room was identified as TRINITY among our peers, having an

Heroes from Movies/ Books

Heroes rise to the occasion and slip quietly away.



Iron Man: The supersonic fighter



Iron man is a fictional superhero who first appeared in the American comic book published by Marvel Comics. An ingenious scientist, Anthony Edward Stark suffers a chest injury when he was kidnapped and kept in isolation. His captors force him to build a weapon of mass destruction. Instead he creates a powered suit of armour to save his life and escape from captivity.

*Brave
Perseverant
Creative*

Lessons from Iron man

Learn from errors

Though he is aided by his intellect and an array of futuristic tools, Tony is at his core, a scientist. And the core principle of his life's work is to experiment. After a dangerous build-up of ice which almost killed him, he reconfigured the metals used in his suit to ensure he could survive high altitude. The best teacher in the world is failure. When you mess up, don't think of it as wasted time or effort but, think of it as sanding down the rough surfaces of your idea. It's messy and frustrating, but nothing gets smoothed out on its own. Each mistake is another step towards the finish.

Know when to listen

There are situations in which Tony is definitely not the most qualified person to make the decisions. Tony's willingness to listen to others is an invaluable skill from which we can all learn. It's important to always consider the strength of those around you, regardless of your confidence in yourself. Use everyone's knowledge to achieve your goals and you'll do much better.

You have value, no matter what

It's easy to write off Tony Stark as one of those superheroes who wouldn't be able to contribute any heroics without their special technology and magic. But that's never truly been the case with the person inside the Iron Man suit. After his time as a prisoner in an Afghan cave, being isolated in Tennessee and being presumed dead in outer space, Tony knows that his destiny is not dictated by his resources or the people around him. **The common denominator of his repeated triumphs is him. It's not material aspects that give you power, it's you.** You can lose your apartment, your relationship or your car, but the reason you had those things in the first place is you. Don't get caught up in the circumstances; as long as you're still around, you are valuable.

M James Smilon, *Product Engineering, Flouserve Sanmar, Karapakkam.*

“You can take away my suits, my home, but there's one thing, you can never take away from me - *I am Iron man.*”

Captain America: The master tactician and field commander



Captain America wears a costume bearing an American flag motif, and he utilises a nearly indestructible shield made of Vibranium which he throws as a projectile. Captain America is the alter ego of Steve Rogers, a frail young man enhanced to the peak of human perfection by an experimental serum to aid the United States' efforts in World War II. Captain America was the first Marvel comic character to appear in media outside comics in 1944.

Righteousness
Leadership
Team Building

Inspiring aspects

A superhero is a modern mythology. The ability of Captain America to co-ordinate the entire Avengers was incredible. It is delightful to watch his martial arts and hand to hand combating ability, speed, durability and reflexes.

Leadership skills

He leads from the front. The way he leads and runs in the Wakanda fight in infinity war was a classic example on how to lead your team in case of emergency and danger. He never let his team down in any situation. The amount of faith that he had on his team is incredible. We can apply this attribute in our day to day life where we deal with a team of people to get the quality work done at the right time.

Delegation of tasks

He is a master in allocating roles and responsibilities. **Analysing the individual's strengths and weakness, he allocates the roles for the Avengers in a given situation.** Similarly, we should have the ability to allocate and command our team towards the organisation goals in our daily life.

R Sreekanth, *Product Engineering, Flowserve Sanmar, Karapakkam.*

Batman: The dark knight

What qualifies one as a Super hero? Is it the ability to fly or the muscle to fight? Well, they do come in handy when fighting for justice. But there's something more without which these aspects are incomplete. **Something which makes us a good human - Virtue.**

After having seen his parents being murdered right in front of his eyes, little Bruce Wayne is overcome by fear and guilt. He tries to avenge his parents' murder much to the dismay of his childhood friend, who then knocks sense into him. Ashamed of the kind of person he had turned into, Bruce starts on a path to fight injustice. Instead of letting his fear become a deterrent, he uses it as a tool. He then returns to Gotham only to see the city being terrorised by maniacs trying to rip it apart. The people are played to get them to lose their morality in the face of adversity. But Bruce, standing firm in his beliefs, does not want to give up on his people. He fights for them and in return, his faith does not go a waste.

From being knocked down by life to picking himself up, from being shown that people are fragile and can be corrupted to showing that the best of their nature can be brought out when trusted, Batman has shown what it is like to stand for what is right, to rise above one's fears.

One needs to realise that they can be a beacon of hope to bring out the best in others, to give them a reason to hold on, to show that there is light on the other side, even when the situations are not favourable. It's time we did that!

M Preetham, *Product Engineering, Flowserve Sanmar, Karapakkam.*

Well Trained
Agile
Virtuous



Heroes from History/ Current affairs

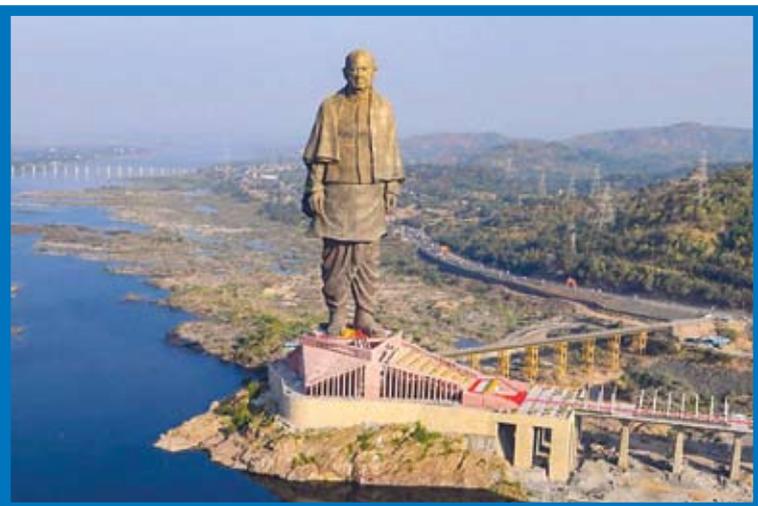
People with no
knowledge of
their history
are like trees
without roots.



Sardar Vallabhai Patel

Sardar Vallabhai Patel, the 'Iron man of India' was a man of integrity, solidarity and leadership. The ambitious attitude of Patel was reflected even during his childhood - "The crop that emerges is visible in the limb". He had an ambition of becoming a Barrister of law from London. He worked very hard while at school.

Besides his study time, he worked in his farm and earned money for his family. With his small savings, he pursued his Barrister studies in London. Finally he completed his studies and returned to India for practising law in Gujarat. He became one of the famous lawyers in his locality because of his continuous victory in all cases.



Patel was inspired by Gandhi's principle of ahimsa and so he joined politics. After the imprisonment of Gandhi due to Chauri Chaura incident, the leadership of Congress fell on the hands of Patel. Patel reorganised the Gujarat Congress committee. The Bardoli Satyagraha in 1928 resulted in success because of great leadership of Patel. Patel gained popularity after this and from then he was famously called as "SARDAR" by all. Sardar was a title of nobility that was generally used to denote noblemen in north western parts of India.

His work in the post independence era earned him the title of Iron man and Bismarck of India. Post independent India faced the challenge of geographical unification of India. Patel took up this huge task of integrating all the states. He used different modalities in the integration process. Through his negotiating skill, he was able to persuade almost all states except Travancore province, Hyderabad, Junagadh and Jammu and Kashmir provinces. He handled each of them differently.

When Patel was in court proceedings, he received an emergency note informing him of his wife's demise. Patel read the note, kept it safe in his pocket, continued his cross examination and won the case. He broke the news to others only after the proceedings ended. Everyone was shocked but Patel walked with tears to complete his final rites to his wife. He was sincere in his work and was able to balance his emotions effectively in every occasion.

He had a vision for Narmada river project for which foundations were laid during Nehru's Government. But

only after 60 years, Government of India had implemented it. Now it is the largest concrete canal irrigation in the world.

*Tenacious
Courageous
Diligent*

There is no doubt that vision is an inherent property of leadership.

Beyond awards, the legacy of Patel remains in his zeal, vision and valour for which he is a superhero in Indian history.

Dr Thamarai Kannan S, Medical Services, Chemplast Sanmar, Mettur.

A man with a golden heart

A native of Adirangam village in the Tiruvarur district, Jayaraman who is a class 8 dropout, began his work as a conservationist in 2004. He followed the footsteps of his mentor, G Nammalvar, who died promoting the need of preserving native paddy seeds. At that point, he had only managed to collect 15 varieties of seeds. Jayaraman's lifelong crusade to protect native paddy varieties is so



close to 174 indigenous paddy varieties that were thought to be lost forever. While preserving these varieties was one of his primary goals, Jayaraman also worked relentlessly towards popularising them amongst local farmers, besides vociferously advocating organic agricultural practices for increased paddy production.

It is also believed that he personally inducted close to 40,000 farmers into organic farming as well as seed conservation. Jayaraman took his cause to the literary sphere as well. He has authored several books that reiterated the need to protect native paddy varieties.

In recognition of his exemplary efforts, Jayaraman was bestowed with the 'Best organic farmer' award by the state government, two years in a row (2012 and 2013). Two

years later, he won the 'Best Genome Saviour' award instituted by the National Innovation Foundation (NIF), which was conferred to him by the President of India. Officiating as one

of the training directors of CREATE, a consumer-based organisation in Tamil Nadu, he had essayed a crucial role in furthering the famous 'Save our Rice Campaign' across the state. In December 2018, he breathed his last.

M Saravanaprasad, *Mechanical Maintenance, Chemplast Sanmar, Mettur.*

*Empathetic
Generous
Passionate*

legendary that he came to be widely known as *Nel Jayaraman*. He then cultivated these in his own village, with the intention of distributing the grains to farmers nearby.

This dream came to fruition when he organised *Nel Vizha*, a one-of-its-kind paddy seed festival in 2006 and distributed approximately 2 kg of native seeds to farmers across the state free of cost. For the next decade, he went on to revive

Mahakavi Subramania Bharati

Mahakavi Subramania Bharati was born on 11 December 1882 in the Tamil Nadu village of Ettayapuram. He was educated at a local high school in Tirunelveli. Bharathi was given to day dreaming and could not concentrate on his studies.

When he stayed in Benares, Bharathi was exposed to Hindu spirituality and nationalism. He learned Sanskrit, Hindi and English. He saw beyond the social taboos and superstitions of orthodox South Indian society. He met sister Nivedita, Swami Vivekananda's spiritual daughter. From her, arose another of

Bharathi's iconoclasm, his stand to recognise the privileges of women. He was simultaneously up against society for its mistreatment of the downtrodden people and the British for occupying India.

He was struck by an elephant whom he used to feed regularly at Parthasarathy temple, Triplicane, Chennai. Although he survived the incident, a few months later his health deteriorated and he died in 1921.

His poetry stands out for many facets of his love for his motherland. He berates his countrymen for many social evils. He sounds a clarion call for national unity, removal of casteism and the removal of oppression of women. **He was truly a visionary.** He visualised a modern Indian woman at the vanguard of society. He was of the strong opinion that the world will prosper in knowledge and intellect if both men and women are deemed equal.

S Sivananthan, *HR, Chemplast Sanmar, Mettur.*

*Bold
Resourceful
Path breaking*





Best of
'Click the Shine'
Contest



This photograph has been featured in the cover of 'Matrix'.



J Manirajvarman, *Chemplast Sanmar, Mettur.*



B Shivraman, *Sales, AGC Sanmar, New Delhi.*



Amitava Majumder, *Regional Sales, Flouserve Sanmar, Kolkata.*



Kathirvel S, Production, Sanmar Speciality Chemicals, Berigai.



Bhaskar Nandi, Regional Sales, AGC Sanmar, Kolkata.

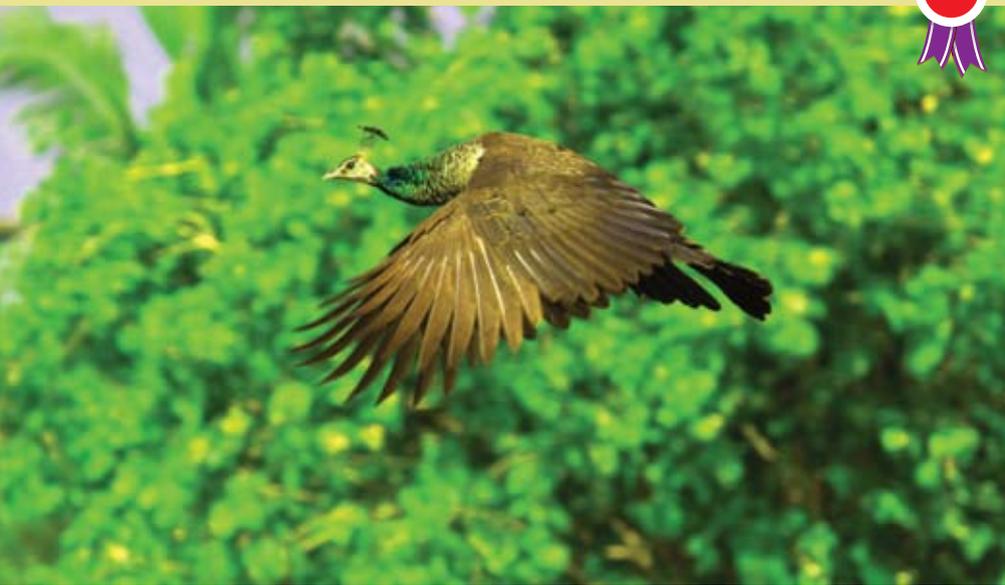


Kolkata.



MU Sughan, Customer Support, BS&B Safety Systems (India), Karapakkam.

Guess Who?! Clue No. 6: *He was never run out in his 184 Test innings long career.*



K Ezhilarasan, Production, Cabot Sanmar, Mettur.



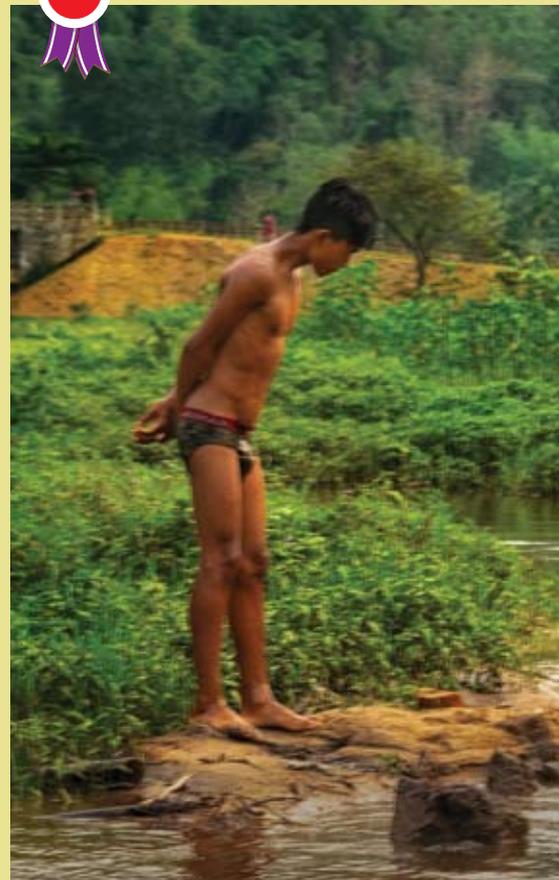
TN Sriram, Operations, Flowserve Sanmar, Karapakkam.



N Uday Bhanu, Support Services, Xomox Sanmar, Kolkata.



Debayan Basu, Branch Accounts, Flowserve Sanmar, Kolkata.



Sudip Kanaujia, Sales, Xomox Sanmar, Kolkata.



K Muthukumar, Production, Chemplast Sanmar, Mettur.



B Vinothini, Kalamkriya, HO.



S Sivananthan, HR, Chemplast Sanmar, Mettur.



G Arjun, Product Engineering, BS&B Safety Systems (India), Karapakkam.



Dr Raghunanda C, Medical Services, Chemplast Sanmar, Mettur.



S Karthikeyan, Customer Service, Flowserve Sanmar, Karapakkam.



Rakeshkumar Jayakumar, Instrumentation, Sanmar Speciality Chemicals, Berigai.



N Nandhakumar, Instrumentation, Sanmar Speciality Chemicals, Berigai.



M Saravanaprasad, Mechanical Maintenance, Chemplast Sanmar, Mettur.

Contest Winners

Colour with Crayons



1st Prize



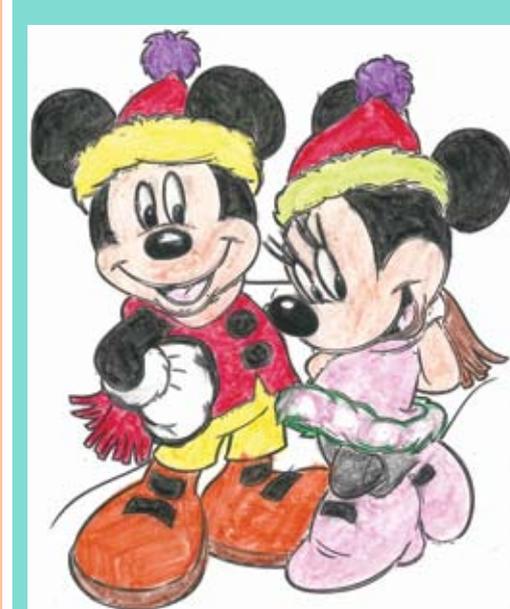
M Kamalarajan S/o Manivannan N, Plant Services, Chemplast Sanmar, Karaikal.

2nd Prize



A Sarah D/o G Antony Prabu, Customer Support, Sanmar Matrix Metals, Viralimalai.

3rd Prize



R Samhita D/o Rajesh Jagan, Purchase, Chemplast Sanmar, HO.

Colour with Poster or Water colour



1st Prize



A Sharon Rose D/o G Antony Prabu, Customer Support, Sanmar Matrix Metals, Viralimalai.

2nd Prize



S Kanishkan S/o M Senthil Kumar, Accounts, S Mukesh S/o P Sathiyamoorthi, Production, Chemplast Sanmar, Mettur.

3rd Prize



M Guru Prasanna S/o C Maruthachalam, Accounts, Chemplast Sanmar, Mettur.

Veera Mangai Velu Nachiyar

Veera Mangai Velu Nachiyar was one of the queens in the 18th century in South India. She rebelled against the British Empire and fought for the freedom of India. She was born in 1730 AD to the Mannar Sellamuthu Sethupathy and to Rani



*Well trained
Relentless
Ambitious*

Sakandhimuthal of Ramnad Kingdom. She was the only daughter of this Royal family. So they brought up princess Velu Nachiyar like the Prince of Ramnad.

She was trained in using weapons like Valari and also in martial arts and stick-fighting. She

learnt horse riding and archery at a very young age. The Royal couple had engaged teachers to teach her many languages like French, English and Urdu. Thus this young brave Princess had excellent training in all war techniques.

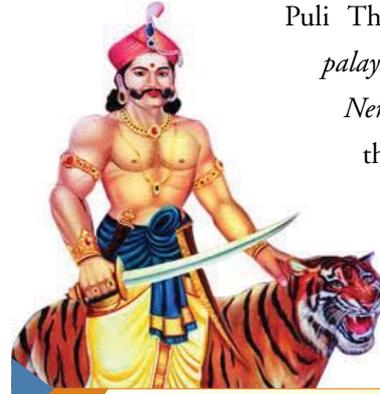
In the year 1772, the British invaded her kingdom. Velu Nachiyar got to know that her husband Raja Muthu Vaduganathar was killed in *Kalaiyar Koil* war. She was very much worried and wanted to take revenge. She took help from Hyder Ali.

The Nawab of Arcot inflicted many hindrances to avoid the advancement of Rani Velu Nachiyar's combined troops. The queen overcame all the hurdles. They geared up the troops and entered Sivagangai. She defeated the Nawab of Arcot and took him as a captive. She re-captured her Sivagangai samsthan with the help of Hyder Ali and was crowned as queen of Sivagangai seemai.

Velu Nachiyar is the first queen who raised the revolt against the British emperor, according to historians. Prof Sanjeevi mentioned in his *Maruthiruvuvar* book that 'the brave queen Velu Nachiyar raised revolt against English emperor and fought for the freedom of India 85 years before Jhansi Rani's freedom struggle in the north. Venkatam, a historian further stated that Velu Nachiyar is India's Joan of Arc.

A Muthu Vijayan, Personnel, Chemplast Sanmar, Mettur.

Puli Thevar - Hero of Southern Tamil Nadu



*Diplomatic
Brave
Dynamic*

Puli Thevar was a *poligar* (or *palayakarar*) who ruled *Nerkattumseval* situated in

the Sankarankoil taluk of Tamil Nadu. Puli

Thevar who belongs to the warrior *Maravar* community was one

of the earliest freedom fighters. He is

one of the first

Indian kings to have fought and defeated the British in India.

Nerkattumseval was the headquarters of Puli Thevar. The author of the Thirunelveli District Gazetteer, HR Pate, observes as follows:

“*Nerkattumseval* is chiefly memorable as having been in the eighteenth Century stronghold of the redoubtable Puli Thevar, who figured for many years as the leader of the Marava Confederacy against the troops of the Nawab and the Company. He had a shrewd insight into the political situation of the time and was a veritable thorn against the side of the Nawab's agents.”

Puli Thevar remains one of the illustrious figures in the chequered history of *palayakarars*. The vivacity of his character gave him an ascendancy over the western *palayakarars*, while his determined resistance to the Nawab's overlordship made him a potential enemy of the Wallajahs. He was the principal architect of the coalition of the *palayakarars* organised against the Nawab. The Nawab acknowledged his victory by presenting him with a gold plate and a sword.

Puli Thevar is regarded as the first ruler in Indian history, who sowed the seed, by his gallant resistance, to expel foreigners from his native land. To honour his services to the nation, the government of Tamil Nadu has erected a memorial for him in *Nerkattumseval* where the remnants of his palace still remain.

E Magesh, Plant Services, Chemplast Sanmar, Mettur.

Heroes among Colleagues

It's a great honour to be recognised by colleagues.



The Unsung Heroes

Startled by the electronic chirp,
 I woke up with yawning and a burp,
 The drooping eyelids winked at the vortex sun ray,
 Life's just another day,
 Is now under way;
 As I enter the gate,
 With multitude of thoughts conjuring inside my carapace,
 A welcoming smile wakes me from the dream space,
 Cloaked by the handlebar moustache face;
 Punching my mark of entry,
 I ascend the staircase shouldering my sundry,
 Treading the floor as clean as a mirror,
 I see a man cleansing it with valour,
 Happy as ever sporting the blue collar;

As the clock struck ten,
 My energy is receding back to its den,
 And there comes the saviour with a glee,
 Luring my zing with a steaming cup of tea;
 I enter the shop floor,
 The smell of grease and metal wafting through the air,
 There is wrist's exhaustion and there is laughter,
 Grease and sweat stains evidences of the hard work that matter;
 It is high time we salute these unsung heroes,
 Let us join hands in filling their coffers,
 Recognising their deeds of wonders,
 For approbation is so befitting that we shall proffer.

Kausikaraajan Varatharaajan, *Application Engineering, AGC Sanmar, Viralmalai.*

Just for Laughs

- ☺ Boss to an employee: Do you believe in life after Death?
- Employee: Certainly, not, there's no proof for it.
- Boss: Well, there is. After you left early yesterday to attend your uncle's funeral, he came here looking for you.
- ☺ My boss texted me, "Send me one of your funny jokes."
- I replied, "I'm working at the moment, I'll send you one later."
- He replied, "That was fantastic! Send me another one."



“You can be a leader in your workplace, your neighbourhood, or your family, all without having a title.”

Heroes from Sports

You need good health and for that, you need to play sports.



Captain cool and other heroes

Hero! Not just a word but a feeling of safety, support, inspiration, enthusiasm and most importantly - HOPE. Heroes are everywhere around us and in every arena of life ranging from common people doing day to day chores, to humans who hold key positions like the Presidents or Prime Ministers. It just takes the right eye to find one.

In reference to sports, we have an amazing and spine chilling set of heroes.

In the most recent instance, Shane Watson's act of continuing to play even while bleeding is no less than an act of heroism. Everyone was awestruck at what Shane did. He put his team's interest above those of his own and bore all the pain.

If we go further back to the 2011 World Cup, Sachin Tendulkar left the ground knowing he was out, solving the puzzle faced by the umpire. This gesture of honesty is no less than heroism. No doubt, he is considered as the God of Cricket.

Dhoni giving du Plessis assistance in the fifth ODI between India and South Africa before the medical team arrived, speaks volumes of his kindness. Isn't he an amazing hero?

Not just this, there are many other instances of Dhoni which have made him my favourite.

Dhoni's match-winning knocks are just the upper crust of the iceberg. His amazing wicket keeping has astounded many and lightning fast stumpings are still regarded as the best in the world.

Not just cricket, but his ideals are also an inspiration. He is only second to Kapil Dev in being honoured by the post of Lieutenant Colonel by the Army. His story from a ticket

checker to one of the best captains in Indian history has also inspired Bollywood to make a movie on him.

Sportsmanship
Leadership
Humility

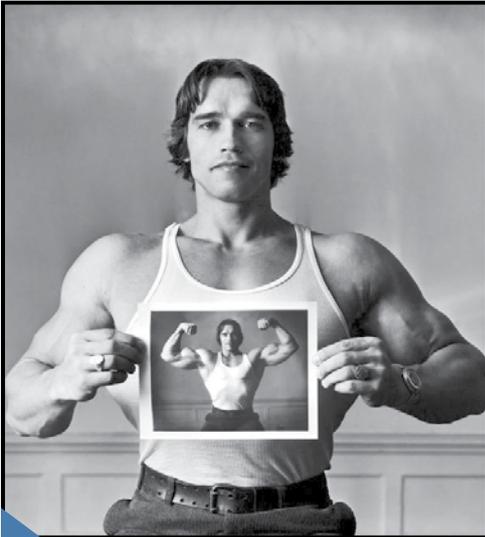
Many imagine heroes with muscular bodies, ready to take on any number of enemies; but as the era has changed, so has the imagination. While this glorification of a hero is still prevalent, there has been a landslide shift towards other definitions. **Not just muscular bodies, but sharp brains, smart actions, acts of kindness and trust and most importantly, the spirit of putting our interests below others have become important.**

It is because of this awe inspiring spirit of sportsmanship and the various instances where he rose above the game, that cricket is among my most liked sports and brings about so much inspiration. This inspiration, though comes from a sports arena, boosts my spirit in everything I do, from personal life to professional life. It gives me important pointers on why, though it is important that we win, but how we win, sure matters a lot.

Anandpratap Rajkaran Singh, Sales, Flowsolve Sanmar, Mumbai.

Man who followed his dreams

My Superhero is Arnold Schwarzenegger. Being a back-bencher, I was a naughty kid at school. We used to conduct arm wrestling matches during break time. In spite of me being only 35 kg in grade 7, I was the best arm-wrestler



in my class. I still recall my childhood friend Jericko saying, Arnold cannot sip a cup of coffee as his biceps are big and he cannot fold his hands.

Since my school days, I have always looked at Arnold as a superhero because, I believe that becoming a superhero is not just sheer luck.

Goal Oriented
Versatile
Hardworking

Out of the many superhero stories, this is one story of a man who was an immigrant from Austria to America with almost nothing with him. His hard work and determination, turned his misery into opportunities.

In a mass gathering, Arnie told his audience that, to be successful, one needs to have a goal and vision. He picked-up his first barbell when he was 15 and he had a vision of becoming the best body-builder in the world. He worked out 5-6 hours every day at the gym. His gym mates used to mock at him as to why he was doing so many reps. Arnold believes that, every rep that he did extra, took him closer to the competition to achieve his goal and turning his vision into reality. He worked on his vision and became the Junior Mr Europe at the age of 17 and held the title of Mr Olympia 7 times. Arnie, from a modest beginning has attained the fame as the Governor of California.

He has held many roles as a body-builder, actor, filmmaker, businessman, author, philanthropist and politician. He would remain a superhero not only because of his stature or his action movies but by the character he is in his real life. **“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”**

– Arnold Schwarzenegger.

A Antlin Joe Vinoj, HR, SETL - PD, Karapakkam.

The ultimate football star

My hero amidst the multitude number of sportspersons is Lionel Messi, the football champion.

Though I don't watch football, because of his popularity, I once tried to read up about him on Wikipedia. His life story inspires me. As a child, he suffered Growth Hormone



Loyal
Relentless
Persistent

Deficiency syndrome. In comparison with the stature football

players usually have, Messi is comparatively very stunted. Though he was affected with this syndrome, it didn't stop him. He represented the Barcelona club; this club took the responsibility of the treatment of Messi. Even in that tender age, he took an oath that as long as he plays football, he would be loyal to that club.

He has worked so diligently to prove himself as one of the best football players among the world champions. He has been awarded with Ballon d'Or, European golden shoe awards more than five times. He has also achieved the FIFA golden ball in 2014 and FIFA player of the year in 2009.

He turns out to be an inspiration to someone who is about to give up by becoming an example that shows that **time can never be that strong to defeat a person's will.** Determination and valuing the person who helped you in your worst times make you a person of values who will surely gain recognition.

As it is rightly said, 'God is always watching you. Work hard and stay humble.' His life also reminds me of the saying that God always plays with the best of his creations.

Abhishek Ajay Singh, Sales, AGC Sanmar, Mumbai.

Heroes from Science and Technology

Science is a beautiful gift to humanity; don't distort it.



Ancient guide to medical science

Whenever we hear the word heroes and superheroes, we get thrilled and excited and start thinking about fictional characters such as Iron Man or Superman but in real life I think we all have that ability to become a hero or a



*Path Breaking
Experimental
Relentless*

superhero, the only thing that matters is how we work on our strength and develop our potential.

Well, for me, **a hero is a person who has done something good for the society with his knowledge and efforts even when the world did not believe or support him.**

Heroes believe in themselves, never give up and finally emerge as a personality in front of others.

The best thing that I like about them is their never give up attitude and even when they fail they have the ability to accept criticism positively and hence transpire the path for betterment of society.

I have also been inspired by many such personalities but, I think that Acharya Charaka and Sushruta Samhita

have brought new reforms in the field of Medicine and Surgery in India. Charaka is known as the “Indian father of Medicine” and Sushruta is known as the “Father of Surgery”. Charaka was the early proponent of “prevention is better than cure”, also he propagated that, it is more important to prevent the disease than to seek a cure.

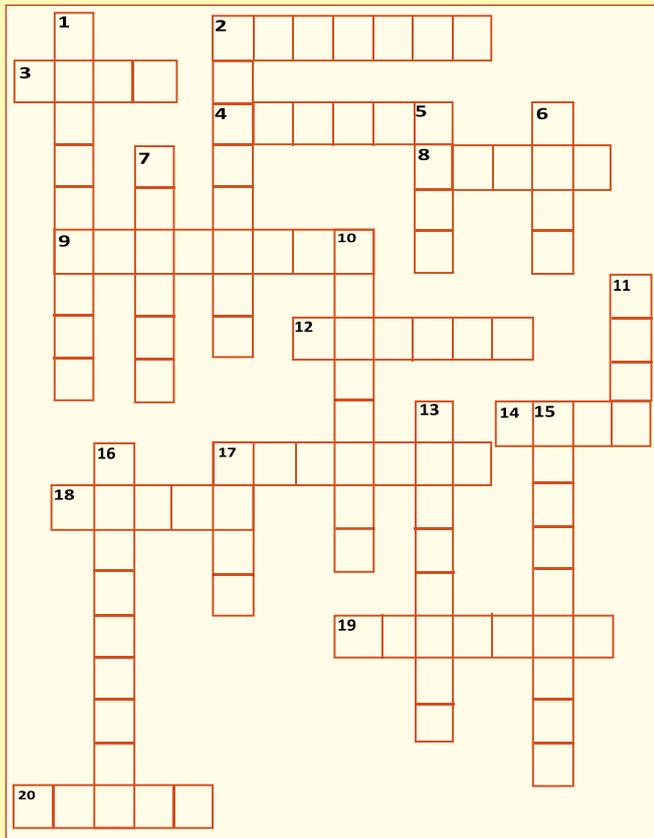
As Hindus were prohibited by their religion from cutting the dead body, their knowledge of anatomy was limited. The Sushruta Samhita recommends that a body be placed in a basket and sunk in a river for seven days. On its removal the parts could be easily separated without cutting. As a result of these crude methods, the emphasis in Hindu anatomy was given first to the bones and then to the muscles, ligaments, and joints. The nerves, blood vessels, and internal organs were not well known in their period. Sushruta was probably the first surgeon to perform a plastic surgery.

Hence we can take many lessons from these two heroes as they will always inspire us to do something extraordinary for the benefit of nature and mankind.

Hemant Dokania, Sales, Flowserve Sanmar, Kolkata.

**“Success is a Science.
If you have the conditions,
you get the results.”**

Crossword



Across:

2. Open shoe with sole and straps
3. Month of the summer solstice in the Northern hemisphere
4. Originally the 6th month in the ancient Roman calendar
8. Release from effort or strain
9. As opposed to playing inside
12. Pick a basket and nap under the sun
14. What saves Jack from being a dull boy?
17. Day on which business activity is suspended
18. Open boat with pointed ends that is paddled
19. Riding on water for pleasure
20. Unpleasantly humid and warm

Down:

1. I bloom looking at the sun
2. She sells sea shells here
5. Journey, voyage or excursion
6. We like bonfire here
7. A day out from home
10. Masterstrokes on water
11. The month of Julius Caesar
13. Carrying gears made easy
15. Flashes in the sky
16. Growing plants at home
17. What do the sun rays bring?

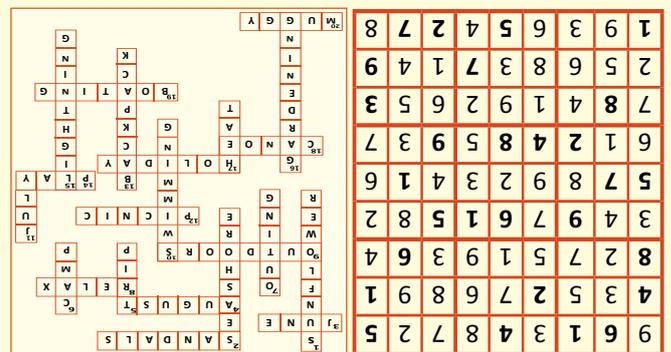
Sudoku

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

Guess Who?!



Kapil Dev captained the Indian cricket team that won the 1983 Cricket World Cup. He retired in 1994, holding the world record for the greatest number of wickets taken in Test cricket. He was also India's highest wicket taker in both major forms of cricket, Tests and ODIs. He is the first player to take 200 ODI wickets. He is the only player in the history of cricket to have taken more than 400 wickets (434 wickets) and scored more than 5000 runs in Tests, making him one of the greatest all-rounders to have played the game.



Designed by Kalamkriya,
9, Cathedral Road,

Chennai 600 086. Ph: + 91 44 2812 8051
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Editorial team:

Sarada Jagan, Ramadevi Ravi, Shilpa Senthilkumar,
Harini Sekar, Leena Bose