

Scribbles

Bringing colour to your lives

Volume No. 4

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Issue No. 3

From the Editor's desk...

Work life balance is a well debated and favourite topic in the corporate world. Two years ago, when I was responsible for organising a woman managers convention, while discussing with a couple of friends (career women), we started wondering why it was called 'work-life balance'. Is not work part of life? Therefore, is it not more appropriate to call this 'life balance'.

I have been a victim or to put it more positively, a student of this subject for many years. As a student of maths, I do not think I can say 'Q.E.D' - that 'I have solved the problem'. Very late in my career, I discovered that I had not defined the objective clearly; therefore I had been groping for solutions, without the end in the mind.

Let me share my understanding. All of us have to play multiple roles in life - we have no choice. This is not a gender or an age specific issue. Roles may get added or removed - but it is for sure that there are a multiplicity of roles to play.

The challenges arise due to time being finite and inadequate to play all of the required roles in a given period or time. Clash of priorities across roles complicates the issue. As in any subject, clarity of the end goal helps in resolving many of these challenges and conflicts.

The end goal gets defined by a person for himself/ herself. Outsiders can at best advise or facilitate the thought process. 'What do I want to do with my life?', is a choice that I need to make. This dictates the priorities I assign to my various roles. Often a question like, 'As a person, under what conditions would I say I have led a satisfactory life?' may provide clarity into defining what is important.

Thus, there are no standard templates, no standard necessary conditions for success.

Success and happiness depends on how each of us define it for ourselves.

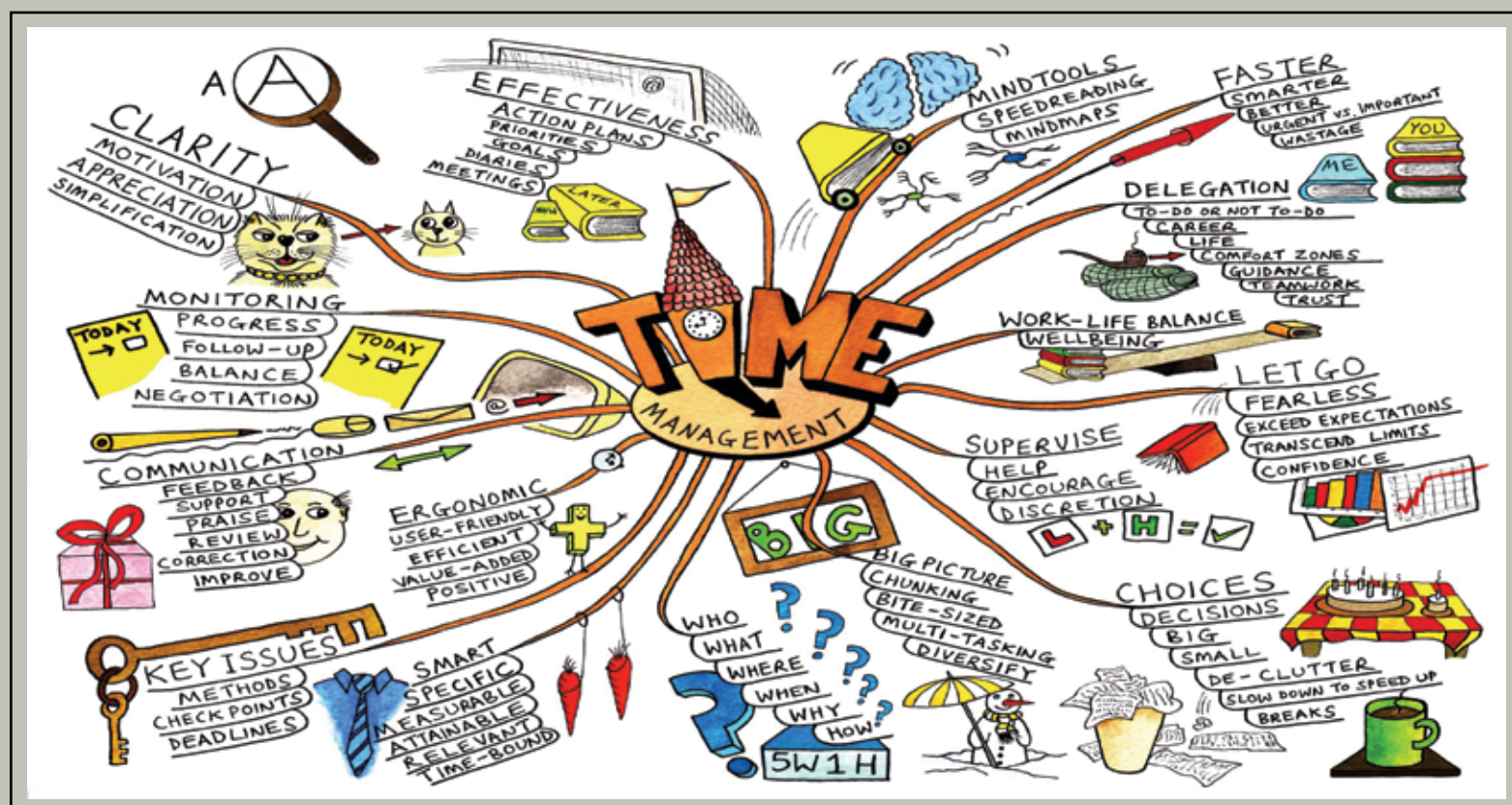
One person may be concentrating on success at work, at a perceived cost of family time. Another may be willing to take up a job which provides a lot of time for family - may be at a lower compensation. The former typically looks at the latter as not being ambitious. That view is from the former's perspective on life's balance. The latter is a happy person and believes he/ she is successful, since the person is balancing life the way he/ she wishes to.

The wheel on balancing life is drawn by each individual to cater to his/ her definition of success. Success or failure is determined by that individual, and not by others.

Hope you enjoy this issue and find the contents useful.

Sarada Jagam

Send your contributions / responses to scribbles@sanmargroup.com



Life Balance

Balancing Act

Balance as the word suggests means “a state of equilibrium”. Taking a few liberties from the English language, let’s just expand the terms to Life Balance meaning a state of equilibrium in all aspects of life namely, work, family, health, and social parameters. When does one strike the perfect life balance or is it just a misnomer?

The work-leisure dichotomy was invented in the mid 1800s. In anthropology, a definition of happiness is to have as little separation as possible “between your work and your play”. The expression “Work-life balance” was first used in the United Kingdom in the late 1970s to describe the balance between an individual’s work and personal life. The concept of work life balance in India, is however only a recent phenomenon in industry.

Stepping ‘Off balance’

Taking another view of the subject, when does one fall ‘off-balance’. This state is often arrived at when life is busy, or all energies are focussed on a special project, that’s when one is not paying enough attention to other important areas of one’s life. While you need to have drive and focus if you’re going to get things done, taking this too far can lead to frustration and intense stress.

“Wisdom is your perspective on life, your sense of balance, your understanding of how the various parts and principles apply and relate to each other.” - *Steven R Covey*

That’s when it’s time to take a “helicopter view” of your life, so that you can bring things back into balance.

Wheel of life

This is where the Wheel of Life (or Life Wheel) can help. Commonly used by professional life coaches, it helps you consider each area of your life in turn and assess what’s off balance. And so, it helps you identify areas that need more attention.

The Wheel of Life is powerful because it gives you a vivid visual representation of the way your life is currently, compared with the way you’d ideally like it to be. It is called the “Wheel of Life” because each area of your life is mapped on a circle, like the spoke of a wheel.

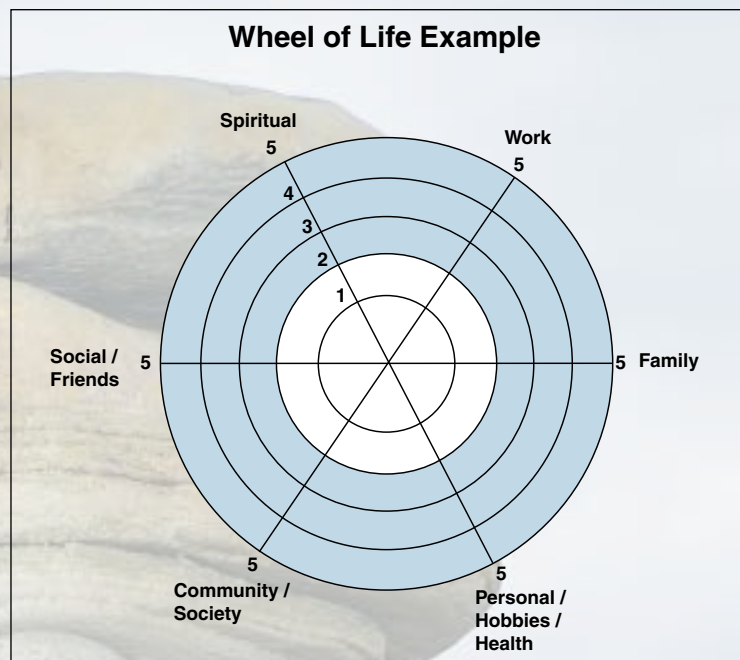
This exercise not only helps in introspection, it gives insights on finer aspects such as goal setting. As it helps draw out areas of interest, areas of work at current and desired levels, it is a useful tool for monitoring life over a period of time.

The challenge of identifying key areas of imbalance is not as daunting as putting a regular positive programme of action. An action programme calls for a complete metamorphosis of oneself—a fresh outlook to life itself. Positive Attitude is the genesis for change.

Use the tool given below and make your wheel of life and draw your balance:

1. Start by brainstorming the 6 to 8 dimensions of your life that are important for you. These dimensions could be Family, Work, Spiritual, Personal (Health/ Hobbies), Community (Society), Social (Friends) etc.

These dimensions are your combination of these (or different) things, reflecting the things that are your priorities in life.



2. Write down these dimensions on the Wheel of Life diagram, one on each spoke of the life wheel.
3. This approach assumes that you will be happy and fulfilled if you can find the right balance of attention for each of these dimensions. And different areas of your life will need different levels of attention at different times. So the next step is to assess the amount of attention you’re currently devoting to each area.
4. Consider each dimension in turn, and on a scale of 0 (low) to 5 (high), write down the amount of attention you’re devoting to that area of your life. Mark each score on the appropriate spoke of your Life Wheel.
5. Now join up the marks around the circle. Does your life wheel look and feel balanced?
6. Next it’s time to consider your ideal level in each area of your life. A balanced life does not mean getting 5 in each life area: some areas need more attention and focus than others at any time. And inevitably you will need to make choices and compromises, as your time and energy are not in unlimited supply!
7. So the question is, what would the ideal level of attention be for you in each life area?
8. Plot the “ideal” scores around your life wheel too.
9. Now you have a visual representation of your current life balance and your ideal life balance. What are the gaps? These are the areas of your life that need attention.
10. And remember that gaps can go both ways. There are almost certainly areas that are not getting as much attention as you’d like. However there may also be areas where you’re putting in more effort than you’d ideally like. These areas are sapping energy and enthusiasm that may better be directed elsewhere.

Once you have identified the areas that need attention, it’s time to plan the actions needed to work on regaining balance. Starting with the neglected areas, what things do you need to start doing to regain balance? In the areas that currently sap your energy and time, what can you STOP doing or reprioritise or delegate to someone else? Make a commitment to these actions by writing them on your worksheet.

Courtesy: mindtools.com

Art-life balance: Always on her toes

My friend is a woman who dons many hats and is happy doing what she is doing. She is a senior dancer in her mid-fifties – very popular but not a star nor a celebrity because she chose not to be one. Her life is an interesting study of “the art-life balance”.

She is a Bharatanatyam dancer and runs her own dance school. She is a doting grandma, a loving wife, a good mother, an equally good daughter, a respected teacher, an excellent student of her dance guru, an active member in cultural organisations, an ambassador of Indian culture, and family woman – all rolled into one!

Every day she strives to strike a balance between the varied roles of a composite personality.

Let’s have a chat with this lovely lady.

Have you allotted specific hours for your dance?

Dancing is not a profession where you can switch on and off when you enter the office room. There are no fixed hours. It is an ongoing process of learning, thinking, working, reworking, burnishing, performing, teaching, and choreographing. I was sent to dance class at the age of five. Over the past 45 years, dance has become an extension of my life. I managed to strike a wonderful balance between the roles I played at home, school, college, work, at my in-law’s house, in my dance school, at my guru’s classes, and in the company of fellow dancers.

Do you follow a fitness regime?

The day certainly keeps me on my toes! My alarm rings at half past five and I begin my day with a prayer. After a steaming cup of coffee, I am all set in my kitchen to begin cooking for the day and to clean the house.

By now it’s time for my aerobic class – it has improved my stamina and energy levels. After an hour’s workout I return home to complete the cooking. I gulp down my breakfast before my hyper-active grandson wakes up and my daughter needs my help to handle him.

Do you find time to keep abreast of what’s happening around you?

Yes, its very important. I make my regular morning phone calls – to fix my orchestra members who have to sing and play the instruments for my upcoming performances. A call to my mother to make sure she is keeping well, to my dance school staff to double check the day’s classes.

After a quick shower I swing out to the bank or to shop for vegetables and grocery. Back home, it is time to baby-sit. While my grandson has his catnap, I quickly glance through the newspaper and have my lunch. Now is the time to catch a quick ‘power nap’ to recharge my batteries. I get up refreshed.

When do you dance?

Oh, dance is always running 24x7 on my mindscreen even if am not physically dancing! I work on the lyrics, the music, and compose the dance.

The orchestra arrives to rehearse for my series of programmes in Chennai and down south. They sing, I dance, we pause when someone makes a mistake, and start all over again. I practice all the items I plan to present during the tour. I sweat it out in the March heat during a power cut. At the end of the rehearsal I feel good at the way things are progressing.



When you dance on stage we see the finished product. How do you work on a theme?

It's pretty time consuming. I rush off to the library to read books on the specific theme. I consult resource persons who help me choose the verses and songs, the musician who can set them to music, and go to my dance guru for guidance. Armed with all this, I start composing the dance. This is a conscious as well as sub-conscious process running round the clock! Things gradually start falling into place, take shape and the dance grows on me.

Apart from burnishing my dance, I need to hone my PR skills too! I have to prepare an attractive and artistic booklet and e-brochure about myself, and periodically send letters to organisers requesting for performance opportunities. Once the programme is confirmed, I print the invitations, courier them, and invite select persons and the media in person or make phone calls. All this takes up a lot of time and energy.

Do you have a fixed time to teach your students?

The first student arrives at 3 pm. Most often he or she is a student from abroad, sometimes it is a local student who wants to practise for her formal debut or a solo performance. The class goes on till 4.30 pm. I take a tea-break and go back to meet the parents of my students who come up with queries ranging from the incredible to the inane. That over, I get ready to teach my senior students who come in at six o'clock. These sessions are intense involving a lot of dancing and choreography.

How do you manage your programmes?

In between all this activity, I suddenly get a call from a prestigious organisation asking me to perform at a temple in Tamil Nadu in four days time! Now where can I find tickets for me and my troupe at such short notice? Then starts the process of fixing the orchestra for this programme. I make umpteen calls and after a two-hour struggle I finally manage to fix the members of the orchestra who are free for that date. This accomplished, I give my consent to the programme. I hurriedly call my agent who agrees to book our passage. Phew! By now it is nine o'clock – dinner time.

I guess now you can put up your feet for the day?

No not yet. Now is the time to visit the Net, check my email and reply to mails from relatives, organisers, friends and students. There are requests to conduct dance workshops and camps in the USA in the coming months. Gosh! Am flooded with numerous updates on Facebook. After browsing through most of them, exchanging one-liners with friends and fans, I have a cosy chat with my close friend and dance colleague to get my daily dose of gossip. Its now past eleven. It is finally time to hit the sack. As I drift off to sleep, I look back with a sense of contentment at the various roles I played during the day.

On some evenings I am called to preside over dance programmes. And if I am presenting a concert, a lot of time is spent in scripting, make-up, dressing, checking arrangements, and of course dancing! You just cannot separate me from my dance. Dance is not just a way of life, it is life itself.

So says my cheerful dancer friend.

S Janaki, Executive Editor, Sruti



“It’s the latest innovation in office safety. When your computer crashes, an air bag is activated so you won’t bang your head in frustration”.

R Ramesh, Operations, Sanmar Shipping, HO.

Do these sound familiar? Reasons for being late to work!!

Employees come up with many interesting, amusing excuses for being late to work. Some of the best reasons could be:

- The metro rail was not on time.
- The bus was not on schedule.
- The alarm clock did not go off.
- I thought you were going to call me.
- My back hurt - I didn't sleep well.
- I thought you said 11.00 A.M.
- I thought there was no work.
- My car would not start.
- I was at the hospital all night and I just got out.
- Locked house keys in car and car keys in house.
- My dog was sick and I had to make sure he'd be ok.
- My car's alternator/generator/brakes broke and I had to get it fixed.
- The heel on my shoe broke on the way to work so I had to go home to change shoes.
- I drove to my old office out of habit.

And the current leading contender for being late to work excuse:

- I didn't think you'd notice when I came in.
- You should be glad I got here anytime!



Tips to Balance Life

In life, our hopes and dreams are important and they deserve our due attention and energy.

A busy professional might find it challenging to reach his/her long-term or short-term goals when life gets hectic. Life balance helps to make the right decisions and find more time for family, personal interests, relaxation and fun – along with work.

Nowadays, life balance software like iPhone, iPod Touch, Palm OS, Machintosh and Windows help us focus on track and balance work, home and leisure activities.

In this context, the word ‘balance’ may not be quite right as it is not about 50/50 play/work. It is really about figuring out how to be sustainable so that she/he can keep their energies flowing and remain healthy in the long-term.

Personal productivity and happiness can be optimised by finding new ways to manage time and to do a list so that you can get done more than what you really want in a much lesser span of time with greater peace of mind. Here are some tips that help to become ‘sustainable’.



1. First and foremost, it is wise to use a daily planner. Whether paper or electronic, use a planner with at least a page to use per day.
2. Prepare a to-do list. Before preparing the list, ask yourself a simple straightforward question, ‘When am I going to do this?’ Then transfer each of the items in the list to a specific day you plan to do it. This relieves stress and many tasks can be completed in this manner.
3. Be realistic about your needs and goals. Start focusing on positive outcomes as much as possible.
4. Action and procrastination are natural enemies. Therefore visualise the extra time you would be able to spend with your family, and this should spur you into maximum effectiveness every day.
5. Plan relaxation time every day. Block it out in your diary. Seek out some solitude each day - time alone is energising.
6. Have some FUN! Plan a weekend event of some sort, or a day out, every 4-6 weeks. Spend time with friends who make you feel good.
7. Learn to say ‘no’ to unreasonable demands.
8. Make one healthy eating change to boost your energy levels - such as reducing caffeine, alcohol, sugary snacks, or reliance on ready meals. Constant exposure to stress can lead to exhaustion and burn out. To keep the effects of stress on your health to a minimum, make sure you get enough sleep, eat healthily, and exercise regularly.
9. There’s nothing worse than feeling stressed and overwhelmed because you’re trying to do everything yourself. At work, learn to delegate and with help you can work smarter. At home, get your partner or other family members to help you with all your personal/family responsibilities.
10. Become web savvy. Start using the convenience of technology. Banking, paying bills, and grocery shopping can all be done electronically, cutting stress and freeing-up valuable time.
11. Create clearly designated boundaries for the various roles that you play.
12. Learn to let go of things once in a while. So what if the dishes are not washed everyday or if the house doesn’t get vacuumed every week. Learn to recognise the things that don’t really impact your life and allow yourself to let them go. In other words, don’t sweat the small stuff.
13. Take up a new hobby - Even this April should be a great month to start a new hobby.
14. Find a way to simplify your life. Change your lifestyle if necessary. Get rid of clutter and baggage in your house and your life.
15. Do not feel guilty about balancing life - life is not just work or play!

Vanishing Coins



One, Two, Three, Five, Ten, Twenty, Twenty Five –all these have gone. In my case it goes with my age but what I mean is the naya paise/paise coins in circulation. When ana was replaced with naya paise, as a child I wanted to collect as many new coins as I could. The first that reached me, I still remember, was the shining one naya paise copper coin. Many youngsters used this to make finger rings. But I did not do. Six naya paise made one ana and sixteen ana made one rupee. The surplus four paise always remained as a conversion adjustment. For quite sometime both ana and naya paise were parallelly legal tender. Finally the old ana and rupee coins with the embossing of a walking lion became a collector's precious possession. The rupee coin, it seems, had more silver and many people tried to collect as many as they could. As time passed, and naya paise became old, it became just paise as it is now. There were many people who preferred to collect the golden coloured twenty paise coins.

But all along and even today the coin I love is the first batch of 25 naya paise coins. They were so small and cute. At one stage I had collected a large number of them. Another reason one can attribute is that, for a boy who had no income, it was better to fancy collecting a smaller denomination coins! Though the reason is justified, my fancy for this coin still remains and quite a few remain in my cupboard.

Present system of coins is quite confusing as for the same denomination there are different types in sizes, weights and shapes. The other day I had to collect seven rupees balance from the shop and I kept my hand extended even after I received three coins, for the balance. I could see there were two one rupee coins and a smaller coin - for 50 paise. But he had to turn the smaller coin and show me that the embossing was of Rs.5. I said sorry and returned. I am sorry about the system which inconveniences the older people for whom every coin is much more dearer.

What if the small coins go out of circulation? It was so for a long time. In many shops for smaller balances they were either ignored or adjusted by a chocolate. Much before that the bus conductors had ignored to return them to the passengers. These are just small ratifications in the system. Legal ? Tender though!

K R Induchudhan, *Corporate Affairs, Corporate Division, HO.*



'Kanchenjunga peak'

Tuhin Bhadra, *Support Services, Flowserve Sanmar, Kolkata.*

“Stroop Effect”



The famous “Stroop Effect” is named after J Ridley Stroop who discovered this strange phenomenon in the 1930s.

Name the colours of the following words. Do NOT read the words...rather say the colour of the words. For example, if the word “BLUE” is printed in a red colour, you should say “RED”. Say the colours as fast as you can. It is not as easy as you might think!

Try it !

Why?

The words themselves have a strong influence over your ability to say the colour. The interference between the different information (what the words say and the colour of the words) your brain receives causes a problem. There are two theories that may explain the Stroop Effect:

1. Speed of Processing Theory: The interference occurs because words are read faster than colours are named.
2. Selective Attention Theory: The interference occurs because naming colours requires more attention than reading words.

Try this out on some small kids who know their colours, but cannot yet read! The children would not get confused by this puzzle because the words would not have any meaning to them.

Way out:

Turn the words upside down or rotate them 90 degrees to say the colours fast.

Dr P Ashok, *Chemplast Sanmar Limited, Karaikal.*



D Deepak, *Sales, Xomox Sanmar, Karapakkam.*

Figure it out!

Condition

1. Use numbers 1 to 9 or 11 to 19 with out repetition.
2. Sum of each column horizontally, vertically and diagonally should be 15 (if 1 to 9) or 45 (if 11 to 19).

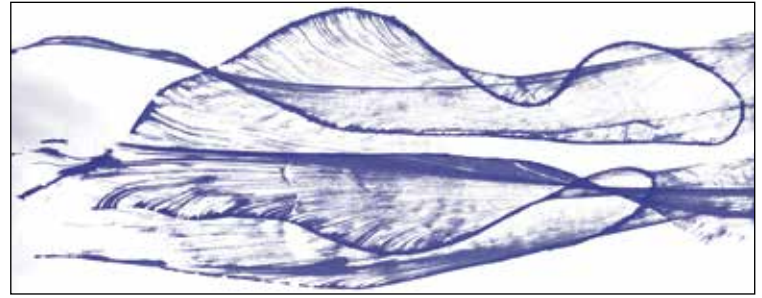
			xx	
xx	xx	xx		xx
xx	xx	xx		xx
xx	xx	xx		xx
	xx	xx	xx	

N Prem Chandran, *Purchase, SSCL, HO.*



S Manavalan, Production, Chemplast Sanmar, Karaikal.

Thread and Ink Art



Method: Dip a thick thread into the ink bottle. Pull the thread out without squeezing the ink. Place the thread gently in a long unruled notebook page randomly. Ensure that the edge is placed slightly outside the book. Now close the notebook and do not apply any pressure on it. Pull out the thread holding the edge swiftly. Open the notebook to see the unusual art.

The drawn art differs with the length of the thread and the shape in which it is placed.

Rajesh Kumar K, Corporate Communications, Corporate Division, HO.

Figure it out ! Solution

45	45	45	45	45	45
45	16	11	18	45	45
45	17	15	13	45	45
45	12	19	14	45	45
45	15	15	15	15	15

Erikson's Psychosocial Stages

Erikson's theory of psychosocial development is one of the best-known theories of personality in psychology.

One of the main elements of Erikson's psychosocial stage theory is the development of ego identity.

Ego identity is the conscious sense of self that we develop through social interaction. According to Erikson, our ego identity is constantly changing due to new experience and information we acquire in our daily interactions with others. In addition to ego identity, Erikson also believed that a sense of competence also motivates behaviours and actions.

Each stage in Erikson's theory is concerned with becoming competent in an area of life. If the stage is handled well, the person will feel a sense of mastery, which he sometimes referred to as ego strength or ego quality. If the stage is managed poorly, the person will emerge with a sense of inadequacy.

In each stage, Erikson believed people experience a conflict that serves as a turning point in development. In Erikson's view, these conflicts are centered on either developing a psychological quality or failing to develop that quality. During these times, the potential for personal growth is high, but so is the potential for failure.

K A Ravindran, Marketing, Chemplast Sanmar, HO.

Stage	Basic Conflict	Important Events	Outcome
Infancy (birth to 18 months)	Trust vs. Mistrust	Feeding	Children develop a sense of trust when caregivers provide reliability, care, and affection. A lack of this will lead to mistrust.
Early Childhood (2 to 3 years)	Autonomy vs. Shame and Doubt	Toilet Training	Children need to develop a sense of personal control over physical skills and a sense of independence. Success leads to feelings of autonomy, failure results in feelings of shame and doubt.
Preschool (3 to 5 years)	Initiative vs. Guilt	Exploration	Children need to begin asserting control and power over the environment. Success in this stage leads to a sense of purpose. Children who try to exert too much power experience disapproval, resulting in a sense of guilt.
School Age (6 to 11 years)	Industry vs. Inferiority	School	Children need to cope with new social and academic demands. Success leads to a sense of competence, while failure results in feelings of inferiority.
Adolescence (12 to 18 years)	Identity vs. Role Confusion	Social Relationships	Teens need to develop a sense of self and personal identity. Success leads to an ability to stay true to yourself, while failure leads to role confusion and a weak sense of self.
Young Adulthood (19 to 40 years)	Intimacy vs. Isolation	Relationships	Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation.
Middle Adulthood (40 to 65 years)	Generativity vs. Stagnation	Work and Parenthood	Adults need to create or nurture things that will outlast them, often by having children or creating a positive change that benefits other people. Success leads to feelings of usefulness and accomplishment, while failure results in shallow involvement in the world.
Maturity (65 to death)	Ego Integrity vs. Despair	Reflection on Life	Older adults need to look back on life and feel a sense of fulfilment. Success at this stage leads to feelings of wisdom, while failure results in regret, bitterness, and despair.

Winners of Cookery Contest - 'Paneer' announced in Dec 2011-Jan 2012 Issue.

Double Layer Paneer

Ingredients: • Paneer 200 gm, • onion - 2 nos • tomato - 2 nos • garlic - 5 small pieces • chilly powder - 2 teaspoons • garam masala • salt to taste • butter - 3 tablespoon • corn flour - 2 tablespoon • oil as required.



Green chutney: (Mix of coriander, mint leaves, tamarind paste, salt, green chilly).

Preparation: Cut paneer to ½ an inch to ease the frying process. Grind the tomatoes. Finely chop onion and garlic. Mix corn flour in water and make a fine thin batter.

Now apply a thin paste of green chutney on a paneer and place another paneer over in a manner similar to making sandwich. Pour some oil in a nonstick pan and heat it. Dip this paneer sandwich in corn flour batter and try to shallow fry it. Fry till the paneer turns golden brown. Repeat the procedure with all the paneer sandwiches.

Put the butter in another pan. Add garlic and onions chopped in the pan. Then, add tomato juice and chilly powder and salt. Boil this gravy till the raw flavour is gone. Now add garam masala to it. Allow to boil for two minutes and switch off the stove.



Add fried paneer sandwiches to this gravy, while serving. This is a best complement for naan, chappati, puri and paratha.

Vanaja Mathan Raj, W/o T Mathan Raj, Production, Sanmar Foundries, Viralimalai.

Paneer Pasanda

Ingredients:

• 1½ cups paneer (cottage cheese) cubes

For the onion and cashew paste

• 1 cup roughly chopped onions • 5 pieces garlic • 12 of ginger • 2 tbsp broken cashew nuts.

For brown onion paste:

• 2 sliced onions • oil for deep-frying

Other ingredients

• 1 tsp chilli powder • 1/2 tsp garam masala • 1 cup curd, whisked • salt to taste • 2 tbsp oil or for garnish - 2 tsp cream.

Method

For onion and cashew paste:

Boil onions in 1 cup of water until soft. Add garlic, ginger and cashew nuts and grind into a paste.



For the brown onion paste:

Deep fry onions in oil until golden brown. Drain. Grind into a fine paste in a blender using a little water. Heat oil in a

pan. Add onions and cashew paste and cook over a slow flame for a few minutes. Add chilli powder and garam masala, mix and cook again till the oil separates from the gravy. Take the pan off the fire, add the curds and mix well. Simmer for 5 to 6 minutes, while stirring continuously. Add the brown onion paste and salt and simmer for another 2 minutes. Add the paneer, garnish with the cream and serve hot.

Courtesy: Tarla Dalal

Paneer Paratha

Ingredients:

For the paratha:

(6-8 parathas) • 1.5 cups of wheat flour (atta) • 1 teaspoon of ghee • salt to taste • water to make the dough



For the paneer stuffing:

• 200 gms of paneer • 1 onion • 1 tomato • 2-3 green chillies • ½ teaspoon of red chilli powder • ¼ teaspoon of turmeric powder • ½ teaspoon of garam masala powder • coriander leaves • salt to taste.

Preparation:

Mix wheat flour, ghee, salt and water and knead the dough until it forms a soft ball. Ensure that it is not too wet and sticky but smooth and elastic. Cover the dough and keep it aside.

Grate 200 gms of paneer and finely chop the onion, tomato, green chillies and coriander leaves. Heat two teaspoons of oil in a pan and fry the onions. Mix the tomato, green chillies, red chilli powder, turmeric powder, garam masala powder and salt. Simmer fry till all the ingredients are well mixed. Add the grated paneer and mix well. Finally add the chopped coriander leaves and remove it from the pan. Allow the mixture to cool for a while.

To make the parathas:

Make balls of the kneaded dough and roll it out into small rounds (like puris). Add two table spoons of the stuffing in the centre. Gather the edges of the dough and bring them up, pleating them to form a parcel.

Pinch the top to seal the dough within the paratha. Dip it in dry flour and flatten it gently using your hands. Use the rolling pin and start rolling the parathas out ensuring that the filling does not spill. Roll it to about ¼ inch thick and to the size of a normal chapathi (roti).

Heat the tava, place the paratha gently over it. Add a few drops of oil to tava while turning the paratha on both sides. Cook on medium heat till pale brown spots start appearing on both sides of the paratha.

Serve hot with curd / salads / raithas.

Pickle Contest

No French meal is complete without cheese. Likewise, no Indian meal is truly complete without a pickle. Pickles enhance the taste of a meal and a 'perker-upper' for the not so perfect one.



They are easy to prepare and can be preserved for months.

Send us your recipe for some mouth watering homemade pickles. It can be mango pickle/ thokku, tomato pickle, lime pickle, vadu mango pickle or mixed vegetable pickle or any other.

And, a prize awaits the 'finger licking good' pickle.

Pickles are better judged by tasting them. Send us a sample of your recipe carefully packed. Do ensure that it reaches *Lavanya Monangi at Corporate HR at HO.*

Send in your entries by 10 May 2012 to

scribbles@sanmargroup.com

'Best Friend' contest

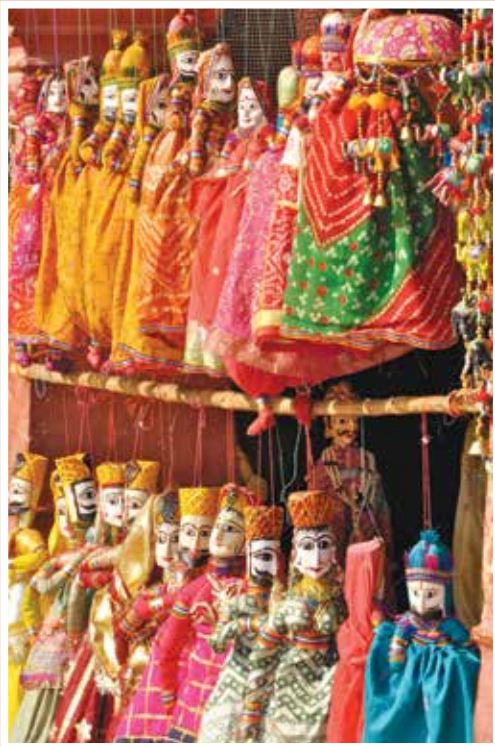
There can be many friends in our lives. But out of them, there can be only one 'best friend'.

God gives us relatives; thank God, we can choose, our friends.

Describe your best friend / value of your friendship in not more than 300 words.

Contest is open to anyone (Employee/Family) with a 'best friend'.

Send your entries, not later than 30 April 2012 to scribbles@sanmargroup.com



Puppet Show, Jaipur

Pritika, D/o A Latha Kumar, Personnel Division, Sanmar Shipping, HO.



Master S Vishaal S/o N Senthil Kumar, Production, Chemplast Sanmar, Cuddalore stood second in the Chess competition conducted by Cuddalore Chess Academy.

Thirst to Succeed

It was three years back when I visited an orphanage situated on the outskirts of Chennai during my college days.

The whole experience of the visit still flashes across my mind. It was a one day visit where we interacted with the children over there and taught some basics of Mathematics and Science.

I was awestruck on seeing those energetic and enthusiastic children. Their minds were so fresh and they were yearning to learn a lot. I am very sure that they are heading towards the path to success. I saw the thirst to succeed in their beautiful eyes. God has bestowed these wonderful children with the urge to learn and win.

I met a girl there who really made me think and feel that day. She was explaining about her future ambitions to me. She said she wanted to do civil service and change our nation, develop our country. Some of us lack this service-oriented mind, even though we are privileged and well off. The girl got my contact number and at last we bid adieu to each other. I was completely drowned in thoughts that night about these children and their quest to success.

From the very next day, my mundane work started and I almost forgot about these children. One fine evening, my phone rang and I received a call from an anonymous number. I answered the call thinking that it could be my old friend who was calling me and yeah, it was from that girl with high ambitions. She happily started speaking to me and I was highly surprised that she actually called me. She had travelled few miles from her school along with her friend to reach the public telephone booth. She hurriedly enquired about everything and asked when I would be visiting the orphanage again. She added that her call would cut soon as she did not have a one-rupee coin to insert to make the call extend.

I broke down completely and my eyes were full of happy tears. I was moved by this incident so much I strongly support the cause of poor children's education.

Each of us meet many new people everyday, but the girl I met that day opened up a new door residing inside my heart.

S Padmavathy, D/o S Sankaran, Xomox Sanmar, Viralimalai.



Tenali Rama Series - VI

Tenali Rama and the Brinjal

King Krishnadeva Raya had some superior quality brinjal plants growing in his private garden. No one was allowed to view the garden without the king's permission, let alone taste the brinjal.

Once the king invited his courtiers to a feast in which the brinjal was served. Tenali Rama enjoyed the vegetable so much that he talked to his wife about it on returning home - so much so that she insisted on tasting it.



"The king is so possessive about the vegetable that he can detect the theft of even one brinjal from his garden. And, I'm sure that he would want the thief's head chopped off right then, if he caught him red-handed. Tenali Rama was helpless as his wife begged him to allow her to taste the brinjal.

One night he quietly jumped into the king's garden and plucked a few brinjals from the garden. His wife cooked them with zeal and was all praise for the taste. She wanted to let their six-year-old son also taste the vegetable, but Tenali Rama asked her not to.

"Don't make such a mistake", he warned her. "If he happens to tell somebody, we will be in deep trouble."

But his wife did not agree. "How is that possible? How can we eat something whose taste we shall remember forever and not share it with our son! Find a way out so that he gets to taste the vegetable and nobody is able to prove that we stole it from the king's garden."

Tenali Rama had no option but to nod his head in agreement.

He filled a bucket with water and went upstairs to the roof where his son was sleeping. He poured the water on the child. Then he picked

up the child and said: "It is raining. Let us go inside the house."

Once in, he got the child's clothes changed and gave him the vegetable to eat. He again remarked that it was raining outside, and let the boy sleep in the room.

The next day the king came to know of the theft in his garden. The royal gardener who kept a head count of each vegetable and flower, found one brinjal missing. It became the talk of the town. The king declared a huge prize on the thief's head.

Chief Minister Appaji suspected that only Tenali Rama was capable of such an audacious act. He let the king know about his suspicion.

The king said: "I know he is very clever and always gets out of charges on one pretext or the other. It is better that we call his son. We will find the truth through him. Tenali will lie to get out of any situation, but he would never ask the child to do so."

Tenali Rama's son was called. He was asked what vegetable he ate the night before. The child replied: "The brinjal and it was the tastiest vegetable I've ever eaten."

Chief Minister Appaji told Tenali Rama: "Now you will have to accept your guilt."

"Why should I when I'm not guilty?" replied Tenali Rama. "The boy went to sleep very early last night and seems to have had many dreams. That is why he is talking nonsense about brinjals and rain and what not. Ask him if it rained last night or not."

Appaji asked the child: "How was the weather last night? Was the sky clear or did it rain?"

The child replied: "It rained heavily last night. All my clothes got wet when I slept on the roof." The fact was, not a single drop of rain had fallen on Vijaynagar that day.

Appaji had no option but to get rid of his suspicions in the face of such apparent madness.

He apologised to Tenali Rama for having suspected him.

Scribble School



This column is aimed at improving 'general knowledge' and will feature informative articles for kids on a variety of subjects.

We begin with 'Sea creatures'. We invite your contributions/write ups on any exotic or weird sea creature.

We feature the mysterious 'Seahorse' in this issue.

Sea horses may not look like a traditional fish, but they belong to the Actinopterygii (ray-finned fishes). There are currently around thirty-five recognised seahorse species. Seahorses are part of the family syngnathidae (pronounced sing-nath-i-dee), which means "fused jaw". All seahorses belong to the genus Hippocampus. "Hippocampus" is derived from the Ancient Greek hippos meaning "horse" and kampos meaning "sea monster".

Seahorses are named for their equine appearance. Although they are bony fish, they do not have scales but rather thin skin stretched over a series of bony plates, which are arranged in rings throughout their body. Each species has a distinct number of rings. Unusual among fish, seahorses have a flexible, well-defined neck. They also sport a coronet on the head, which is distinct for each individual. They have long snouts, which they use to suck up food, and eyes that can move independently of each other (like a chameleon). Seahorses have no caudal fin.

Seahorses swim upright, another characteristic that is not shared by their close pipefish relatives, who swim horizontally. According to Guinness World Records 2009, H Zosteræ (the dwarf seahorse) is the slowest moving fish, with a top speed of about 5 feet (150 cm) per hour. They swim very poorly, rapidly fluttering a dorsal fin and using pectoral fins (located behind their eyes) to steer.

Riddles

1. What falls but never gets hurt?
2. What has a neck but no head?
3. Which is the room that we cannot enter?
4. Which is the table that we can eat?
5. Which is the biggest city?
6. Which is a dress that you can't wear?
7. Which is the biggest ant?
8. What has a mouth but cannot speak?
9. What is a history teacher's favourite fruit?
10. What did one mosquito say to the other?

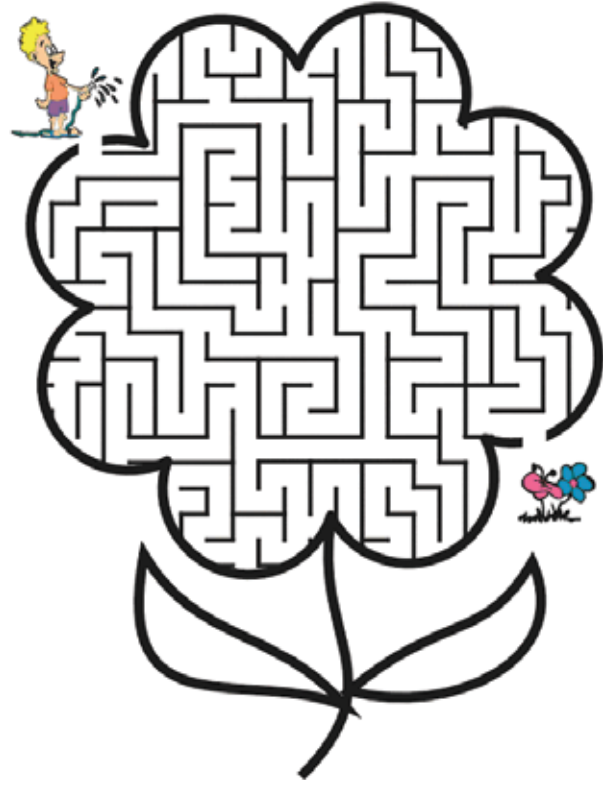


Answer: Spot the differences

- RIDDLES ANSWERS**
1. Rain
 2. Bottle
 3. Mushroom
 4. Vegetable
 5. Electricity
 6. Address
 7. Elephant
 8. A gramophone
 9. Dates
 10. Good bite

Maze

Can you help the little boy water the plant at the other end?!



Spot the differences

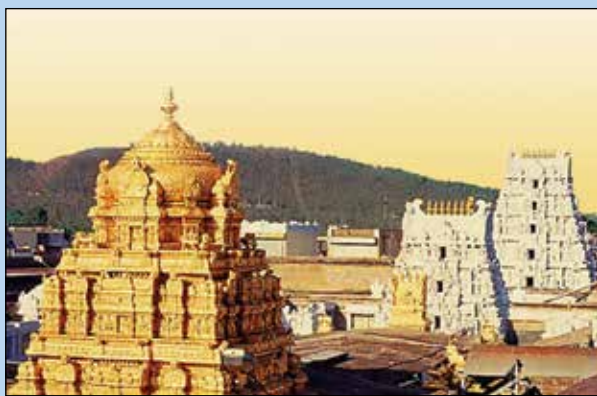


Guess What? Where?



Where is this well-known monument in South India ?

Write in to
scribbles@sanmargroup.com



Tirupati Balaji Temple

Congratulations first correct respondent:
G Srinivasan, Payroll, Corporate, HO.



B Venkat Sowmya,
V Std
D/o **G Ravichandran,**
Purchase, SESL, HO.



T Veerasethuraman,
IV Std
S/o **S Thiraviakumar**
Production, Sanmar
Foundries, Viralimalai.

Sudoku

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

Did U Know...

- Leonardo da Vinci has a unique talent. He could write with one hand and draw with the other simultaneously.
- Spam mails generate 33bn KWh-hours of energy every year, enough to power 2.4 million homes, producing 17 million tons of CO2 (approx).
- To make one kilo of honey, bees have to visit 4 million flowers, travelling a distance equal to 4 times around the earth.
- Hurricanes, tornadoes and bigger bodies of water always go clockwise in the southern hemisphere and counterclockwise in the northern hemisphere.
- The bones in your body are not white – they range in colour from beige to light brown.
- Martha Washington is the only woman whose portrait appeared on a U.S. currency note.
- A snail has two pairs of tentacles on its head. One pair is longer than the other and houses the eyes. The shorter pair is used for smelling and feeling its way around.
- The longest tennis match took place at Wimbledon 2010 when John Isner of the United States beat Nicolas Mahut of France, that match lasted for 11 hours and 5 minutes and was played over 3 days.
- Uranus is the only planet in our solar system that rolls on its side like a barrel and Venus is the only planet that spins in the opposite direction to Earth.
- When traveling at 80 km per hour speed cars use around half of the fuel just to overcome wind resistance.

Answers to the Crossword & Sudoku

H	A	I	R	S	P	L	I	T	T	I	N	G
H	A	R	T	H	R	I	T	I	S	D	I	R
L	E	V	E	L	L	A	T	E	S	C	A	L
O	B	T	A	I	N	E	S	E	B	R	E	A
S	B	R	O	T	H	P	E	B	B	L	E	A
C	L	E	R	G	R	A	M	A	N	F	L	E
A	G	E	P	I	N	A	N	C	E			
L	E	G	A	L	O	R	D	I	N	A	N	C
E	A	E	U	E	G	C	D					
P	R	E	D	E	T	E	R	M	I	N	E	D

	1	2		3		4		5		6		7		
8														9
10										11				
12														
14														
17														
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22														
25														
27														
29														

Across

- A plain rightist, excited, is pernickety (13)
- Right hand reversed in painting: it is showing a joint problem (9)
- Unfair to do it yourself? About right (5)
- Girl, escorted by students, is steady (5)
- Swing! (9)
- Such an angle is more than a right one (6)
- Money made from dough (5)
- Soup for the two containing a piece of radish (5)
- Footballer keeps doubly black thing found on the beach (6)
- Priest who made Clem angry somehow (9)
- Advertisement for an aviator (5)
- To fall behind the Spanish, on reflection, is lawful (5)
- Order that at one time confined restless Indra (9)
- Tempi rendered wrongly — that was decided in advance (13)

Down

- Bustle that an idler lacks (8)
- Pastoral wall painting changed at the top (5)
- The magic medicine of Asterix! (6)
- Unsafe sinecure abandoned (8)
- Sudden flood following big shake, possibly (5,4)
- 98.6 (6)
- Urge the dogs beginning to hunt, with everyone ahead of ducks (6)
- Reportedly chews on pieces of information (5)
- Strained to get drugs distributed around capital of Liberia (9)
- Put an end to a collector's item abroad (5,3)
- Suspended animation for a regulation, say (8)
- Educated, lost head but made money (6)
- A device to measure notes in a particular order (5)
- He has no choice in his vocation! (6)
- More cynical insider, confused, loses heart (6)
- The enjoyment a soldier derives from primitive plants (5)

Guess Who? !

She is Agnes Gonxha Bojaxhiu, better known to the world as 'Mother Teresa'. She founded the 'Missionaries of Charity' in Calcutta. Following her death, she was beatified by Pope John Paul II and given the title "Blessed Teresa of Calcutta".



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