

# Scribbles

Bringing colour to your lives

Volume No. 5

November - December 2014

Issue No. 6

## From the desk of the editor of this special issue

As someone who recently started on the journey of attempting a healthy lifestyle, imagine my joy and pleasant surprise when I was requested to anchor and facilitate this edition of Scribbles focused on "Healthy Living". As you go through this edition, you will realise that there is no "One size fits all" approach possible with respect to managing one's health. However you will also notice that 4 recurring themes or as I call it "Pillars" emerge that stabilises and holds the "roof" that one defines as Health. And intentionally, we have also ordered the four pillars differently than what conventional wisdom would say:

*They are*

**Sleep** - What are you doing to get 7-8 hours of sleep every day?

**Stress** - What strategies do you practice to cope with the stress of our day to day lives?

**Nutrition** - What do you do to ensure that you are eating a balanced, nutritious food majority of the time?

*and lastly*

**Mobility** - How active are you on a daily basis?

During this journey of mine, I have also come across this concept of N = 1. What works for others may not necessarily work for you. Because YOU are unique and if something works for you embrace it and stick to it.

I thank our fellow colleagues who have taken the time to put their thoughts together on these pillars. Hope you find something that is useful and that you can incorporate in your respective journey towards a healthy lifestyle. It has been a privilege and a great experience working with the editorial team in putting this edition together.

*R. Krishna Kumar*

Dr Krishna Kumar Rangachari, *Speciality Chemicals, HO.*

## From the Editor's desk...

When the editorial team decided to work on a 'Health' special, I was convinced that I did not qualify to lead this time. Simultaneously, I was clear that Dr Krishna was the right choice for being a 'Special Editor' of this issue.

Krishna continuously demonstrates his commitment to being healthy through regular exercise routines and a healthy diet. He does not stop at that. He converts those who have neglected exercising regularly into becoming conscious about their health. There are so many examples of such 'Krishna converts' in my own team!

I must congratulate Krishna and the team for putting together a thoughtful and useful edition. Every article is a contribution and each of them has something to learn from.

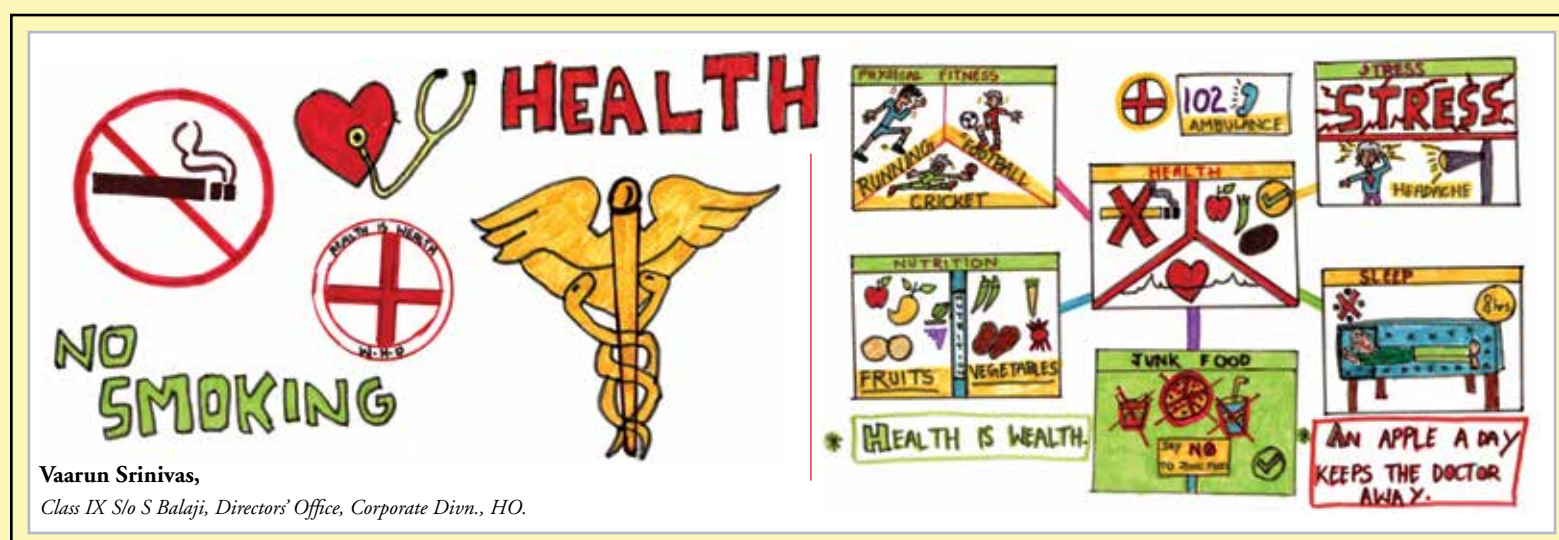
Don't miss reading this issue.

*Ciao until the next one - a Sanmartini special.*

*Aravinda Jagan*

*Special  
Issue on  
Health*

Send your contributions / responses to [scribbles@sanmargroup.com](mailto:scribbles@sanmargroup.com)



Vaaran Srinivas,

Class IX S/o S Balaji, Directors' Office, Corporate Divn., HO.

Guess Who? ! Given at the bottom of each page are the tips that will lead on to the photo of the person on the last page.

# Sleep Towards holistic health – the sleep factor

*Out of the Blue – a shocking story*

*A fateful day during the last week of October 2009.*

He was the Indian country head and CEO of one of the global leaders in application software... relentlessly marching towards occupying the throne of the global company sooner or later... a role model for aspiring techies... 42 years old... extremely fit and diet conscious... regular runner on Bandra's Carter road... at the pink of health... a couple of months before, he ran the Chennai Marathon and was among the top 25 percentile of the contestants! Managed to keep himself energetic and enthusiastic the whole day, and was proud that he could manage with 2-4 hours of sleep every night...

**THAT WAS** the story of Mr Ranjan Das, former CEO of SAP India... **THAT WAS...**

But on that fateful morning, he suffered a massive cardiac arrest and went into a state of eternal sleep, never to wake up again.

Corporate world was shocked beyond belief. That was a singular wake up call for the entire fraternity of highflying professionals. If somebody as fit and as balanced a person as Das could be snatched away so young, what is it that others can do! Everybody was asking the question, 'what went wrong?'

The answers started flowing in, but it was too late for Mr Das.

It turned out that the only factor, which could be diagnosed as negative in Mr Das' lifestyle was his neglect of sleep.

## Understanding sleep

Sleep timing is controlled by 'circadian clock', and in humans, within certain bounds, is a willed behaviour. The circadian clock is an inner timekeeper, a temperature-fluctuating and enzyme-controlling device. Optimal amount of sleep becomes meaningful only in relation to an individual's 'circadian rhythms'. A person's major sleep episode is relatively inefficient, ineffective and inadequate when it occurs at the 'wrong' time of day. One should be asleep at least six hours before the lowest body temperature, which is generally reached at about 04.30 AM. About 2 to 3 hours before this, one enters the phase of REM sleep.

Now, about REM (Rapid Eye Movement) and NREM (Non REM) - broadly speaking there are two kinds of sleep. NREM represents the early part of one's sleep, and forms part of about 70 to 75% of sleep. REM (Rapid Eye Movement) sleep occurs mostly during the later part of the sleep.

If a person gets about 3-4 hours of sleep, he never enters into the stage of REM sleep. This is what precisely happened in

the case of Mr Das. It appears he rarely entered into the phase of REM sleep – that is, as if he has never really slept at all in life! Ideal sleep should last for about 6 to 7 hours and ideally this should happen between 9 PM and 6 AM!



## Benefits of sleep

Right quantity and quality of sleep makes sure that the body and mind are rejuvenated and kept alert.

- Curbs inflammation
- Spurs creativity
- Reduces stress
- Reduces accidents
- Steers depression out
- Increases capacity for attention and learning
- Ensures ideal body weight and controls craving for food.

## Towards a rejuvenating sleep

- Keep regular timing
- Cut down afternoon and late night caffeine intake
- Avoid a heavy meal right before bed
- Limit, or ideally banish alcohol
- Set the mood for slumber: Keep your room dark
- Ban your smart phone.

## A little about insomnia

Insomnia is a general term describing difficulty in falling asleep. But often, it is only a mental state of anxiety about inability to sleep. There is no cure for insomnia, except making some behavioural changes. This can often be cured, not by lying in the bed brooding over insomnia, but getting up and engaging in some relaxing activity such as reading, hearing music and gentle stretching, totally forgetting about insomnia!



## The last word

Sleep and sleep related concerns cannot be isolated as a separate phenomenon or problem. It's part of life that we lead. Wishing you all a great life, a life that God has designed uniquely for every human being!

**R Doraisamy**, Personnel, Chemplast Sanmar, Mettur.

## Myths on sleep

- 1. Snoring is a common problem, especially among men, but it isn't harmful.** *Although snoring may be harmless for most people, it can be a symptom of a life threatening sleep disorder called sleep apnea, especially if it is accompanied by severe daytime sleepiness.*
- 2. You can "cheat" on the amount of sleep you get.** *When we don't get adequate sleep, we accumulate a sleep debt that can be difficult to "pay back" if it becomes too big.*
- 3. Turning up the radio, opening the window, or turning on the air conditioner are effective ways to stay awake when driving.** *These "aids" are ineffective and can be dangerous to the person who is driving while feeling drowsy or sleepy.*
- 4. Teens who fall asleep in class have bad habits and/ or are lazy.** *According to sleep experts, teens need at least*

## Nightmare of a train journey

I'm a frequent traveller to Trichy from Chennai. I take either the Mangalore Mail that leaves at 10.15 PM or the Rockfort Express which leaves at 10.30 PM.

I'm usually a sound sleeper on trains and I've never had a problem travelling by either train—until yesterday, that is.

I had a very tiring weekend. After the office meeting had a get-together in a Beach Resort. We had played cricket there and then I got back at 8.30 PM. My son Sandeep had booked tickets for "The King's Speech" for the 10.30 PM show and we got back at 1 AM. Next day, Sudha & I had gone for a Sathyanarayana Pooje followed by a heavy lunch. When we got back, my cousin Deepali was at home and we were exchanging a lot of stories including how she met her husband for the first time and their whirlwind romance and wedding.

Immediately thereafter, we had to rush to R K Nagar for a Colony meeting and got back at 9 PM. I packed my luggage for the trip to Trichy and wolfed down by Dinner and left by 9.20 PM. All this is to let you know how frazzled I was and therefore how I was really looking forward to settling down in my 1st AC compartment and having a good sleep. My co-passengers were a 12 year old boy accompanied by his 80 year old grandmother and they were to get off at Srirangam at 3 AM. My other co-passenger was a businessman who was getting off at Karur (after Trichy).

I had a lower berth. The first thing I noticed was that the lower berths were occupied. I soon sent the 12 year old boy to the upper berth and snuggled down to sleep.

In a few minutes, the Karur businessman was on to a long business call. By the time he finished, I knew all the details of his business. As soon as he finished, the 12 year old got a call. It was from his dad, asking if he had settled down. Our chap said that he had settled down very well, was into the 3rd page of his Tinkle Comics and also wanted to know whether mum, sis, little bro and their Pomeranian had gone to sleep. He then gave the phone to his grandma who said that she had said her prayers and was settling down to sleep. She also wanted to know whether Prabha (d-i-l), Priya (granddaughter) and Parthiban (grandson) had gone to sleep – and oh, she had forgotten to ask about Dolly, the little Pomeranian (a fuff, in my daughter-in-law Greeshma's words).

Everyone was well and sleeping (except me!). Just when the little



brat switched off his dad's call, he got another call – this was from his uncle at Srirangam. Did he and Paati get on the train and were they well settled? Yes, said our boy, and for good measure asked if Chithi (Aunt), Vignesh and Prabakaran (his cousins) had all gone to sleep. Chithappa said everyone was asleep (except me!). Our brat then said how he looked forward to getting to Srirangam and playing with Vignesh and Prabakaran and whether they still had the cricket bat. I wished the cricket bat was in my compartment and I would have put it to better use.

By now it was 1 AM and everyone in my coach was sleeping except me. I was just drifting off to sleep when I was woken up by (you guessed it!) our 12-year old. He was on the phone to his dad asking what time the train would reach Srirangam. I looked at my watch. It was 2 AM. His dad said he didn't know and asked the boy to ring up Chithappa. Our friend duly rang up Chithappa and was told it would reach by 4.30 AM. The sadist in me was happy that I wasn't the only one now awake.

At 3.45 AM, the boy rang his Chithappa again and asked whether he (Chithappa) had reached the station. He then rang up his dad (in Chennai) and informed him that the train was nearing Srirangam and he had spoken to Chithappa and Chithappa was waiting for him at the station.

I had borne all this patiently till now. I then got up and told the boy to shut up and let others sleep. He kept quiet for some time and then started speaking to his Paati in loud stage whispers. This was worse than his speaking loudly.

I gave up and resigned myself to catching up on my sleep in the office next day.

**AH Kesari Prasad, Xomox Sanmar, HO.**

*8.5 – 9.25 hours of sleep each night, compared to an average of seven to nine hours each night for most adults.*

### **5. Insomnia is characterised by difficulty in falling asleep.**

*Difficulty falling asleep is but one of four symptoms generally associated with insomnia. The others include waking up too early and not being able to fall back asleep, frequent awakenings, and waking up feeling unrefreshed.*

### **6. Daytime sleepiness always means a person isn't getting enough sleep.**

*Excessive daytime sleepiness is a condition in which an individual feels very drowsy during the day and has an urge to fall asleep when he/she should be fully alert and awake.*

### **7. Health problems such as obesity, diabetes, hypertension, and depression are unrelated to the amount and quality of a person's sleep.**

*Studies have found a relationship between the quantity and quality of one's sleep and many health*

*problems. Blood pressure usually falls during the sleep cycle, however, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems.*

### **8. The older you get, the fewer hours of sleep you need.**

*Sleep experts recommend a range of seven to nine hours of sleep for the average adult. While sleep patterns change as we age, the amount of sleep we need generally does not.*

### **9. During sleep, your brain rests.**

*The body rests during sleep, however, the brain remains active, gets "recharged," and still controls many body functions including breathing.*

### **10. If you wake up in the middle of the night, it is best to lie in bed, count sheep, or toss and turn until you eventually fall back asleep.**

*Waking up in the middle of the night and not being able to go back to sleep is a symptom of insomnia.*

# STRESS Coping with stress in every walk of life

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so common that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price. You can protect yourself by recognising the signs and symptoms of stress and taking steps to reduce its harmful effects.

## Stressed people's behaviour

*People behave differently when under pressure:*

- Some people feel very threatened but keep it to themselves;
- Others behave in very aggressive ways, without acknowledging that their behaviour is caused by stress;
- Others react to the same issue in quite calm ways, feeling unthreatened and relaxed;
- Others who are highly aware of their moods report that they are not very stressed by the issue, but enjoy its challenge;
- Others have very low tolerance of any threats, and so find smaller, simpler demands made of them quite threatening and start feeling stressed as soon as these demands are made of them.

## Signs and symptoms of stress overload

*Following is lists some of the common warning signs and symptoms of stress overload:*

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying
- Sense of loneliness and isolation
- Depression or general unhappiness
- Procrastinating or neglecting responsibilities.

## Things that influence your stress tolerance level

- Your support network
- Your sense of control
- Your attitude and outlook
- Your ability to deal with your emotions
- Your knowledge and preparation.

## Health problems caused by stress

Long-term exposure to stress can lead to serious health problems. Chronic stress disrupts nearly every system in your body. It can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. Long-term stress can even rewire the brain, leaving you more vulnerable to anxiety and depression.

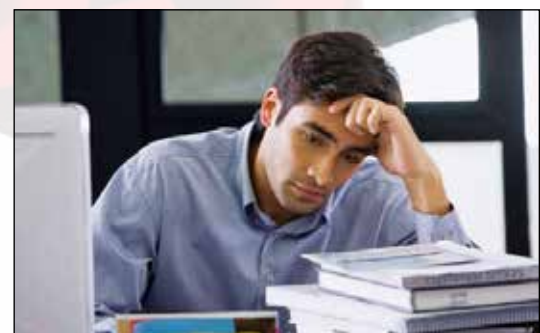
## Dealing with stress

Everyone has a unique response to stress, there is no "one size fits all" solution to dealing with it. Focus on what makes you feel calm and in control.

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems.

Stress management involves four A's: avoid, alter, adapt, or accept.

- **Avoid** unnecessary stress. Not all stress can be avoided, but by learning how to say no, distinguishing between "shoulds" and "musts" on your to-do list, and steering clear of people or situations that stress you out, you can eliminate many daily stressors.
- **Alter** the situation. If you can't avoid a stressful situation, try to alter it. Be more assertive and deal with problems head on. Instead of bottling up your feelings and increasing your stress, respectfully let others know about your concerns.
- **Adapt** to the stressor. When you can't change the stressor, try changing yourself. Reframe problems or focus on the positive things in your life. If a task at work has you stressed, focus on the aspects of your job you do enjoy.
- **Accept** the things you can't change. There will always be stressors in life that you can't do anything about. Learn to accept the inevitable. Learn to accept that no one, including you, is ever perfect.



**You can also better cope with the symptoms of stress by strengthening your physical health in the following ways:**

- Set aside relaxation time - Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response.
- Exercise regularly - Physical activity plays a key role in reducing and preventing the effects of stress.
- Eat a healthy diet - Well-nourished bodies are better prepared to cope with stress. Start your day with a healthy breakfast, reduce your caffeine and sugar intake, and eliminate alcohol and nicotine.
- Get plenty of sleep - Feeling tired can increase stress by causing you to think irrationally.

Managing stress is become an integral part of everybody's life, which needs to be done effectively in order to achieve our personal as well as professional life goals.

**Dr R Palaniappan, SHE, Chemplast Sanmar, Mettur.**

## Myths on stress

- **Stress is the same for everybody.**  
*Completely wrong. Stress is different for each of us. What is stressful for one person may or may not be stressful for another; each of us responds to stress in an entirely different way.*
- **Stress is always bad for you.**  
*Zero stress makes us happy and healthy. Wrong. Stress is to the human condition what tension is to the violin string: too little and the music is dull and raspy.*
- **Stress is everywhere, so you can't do anything about it.**  
*Not so. You can plan your life so that stress does not overwhelm you.*
- **The most popular techniques for reducing stress are the best ones.**

## Music and health

Music therapy is a fairly popular idea, and there are several practitioners the world over who claim that many of our conditions are curable by the expert use of music. Some of these experts prescribe specific kinds of music, even particular ragas for a variety of ailments. While I am in general agreement with the view that music, good music at that, has a calming influence on human beings, and, like yoga and pranayama, can perhaps reduce our blood pressure, I would advise caution when it comes to over-reliance on the therapeutic effects of music. We must also be warned of the adverse effects of loud or off-key music. I remember with horror how a friend of mine with a pre-existing ear problem once swooned as we entered a wedding reception and the hyper-amplified music attacked her sensitive eardrums. That was the first time I saw someone being physically injured by noise.

Unfortunately, we in India, especially in the south, seem totally unconcerned about the deleterious effects of noise and ignorant of the need for good acoustics in our music halls and cinema theatres. The other day, I attended a chamber concert by one of our most talented young vocalists at a small house inside the precincts of a famous educational institution. Misled by the beautiful surroundings and the calm and quiet of the whole campus, I entered the concert venue with keen anticipation of a mellow evening of reposeful music as intended by the Trinity and other great composers a couple of centuries ago. Alas, the amplification inside a tiny room ruined the concert for me. Where the microphone was totally redundant, we had our ears assailed by unadulterated noise. The vocalist and his accompanists were constantly worried about the feedback mechanism of the audio system, and as a result, failed to realise that neither voice nor violin was aligned to the sruti. Sadly, two talented artists gave us not only a mediocre performance despite their best efforts, but also an earache and a headache.

This is not to mean that I do not believe in the therapeutic possibilities of great music. Even on a personal level, I have experienced miraculous relief from pain or ill health after listening to great music on more than one occasion. I have



also seen at close quarters how people have sought refuge in music while going through a medical crisis or facing death. The first of these occasions occurred more than thirty years ago, when a young friend was undergoing treatment for third degree burns at a Hyderabad hospital. In her final moments, she kept asking my wife to sing MS Subbulakshmi songs for her, and she listened to them one after another until almost her last breath. Decades earlier, I had laughed at a scene in the Tamil film *Nenjil Oor Alayam* in which the wife sings and plays the veena for her ailing husband in his hospital ward, because I thought such a scenario was absurd and unrealistic. The scene had been shot inside the VHS Hospital at Adyar, and imagine my surprise, when I watched a replay of the scene, this time in real life, sometime in the 1980s. This time another woman friend, a dancer and the better half of a couple both my wife and I knew closely, was undergoing brain surgery at the very same VHS Hospital. And, in a surreal instance of *deja vu*, she asked my wife to sing songs from the MS Subbulakshmi repertoire. I don't know how my wife maintained her composure, but I was thoroughly shaken by the request, as I remembered the poignancy of the earlier incident. Luckily this time, there was a happy ending. Our friend not only completely recovered but decades later continues to perform on stage and travel all over the world.

**V Ramnarayan**, Corporate Communications, Sanmar Corporate Divn., HO.

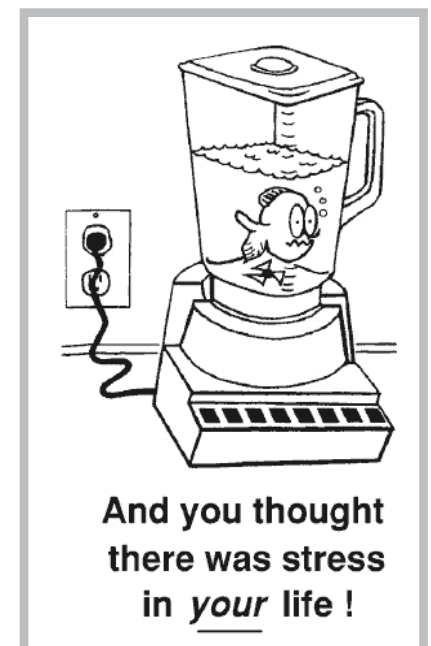
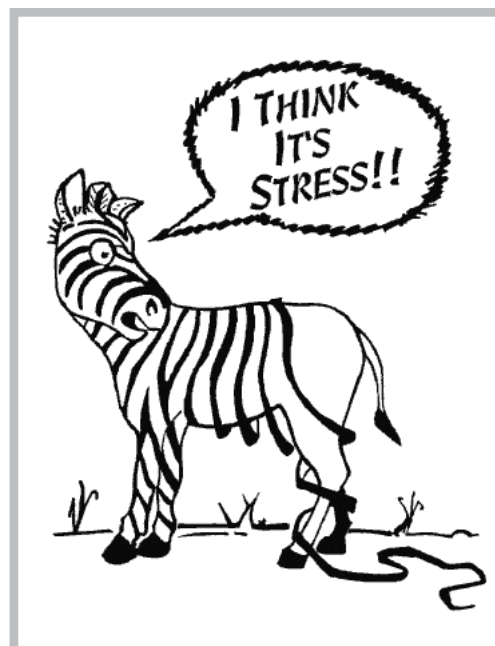
*Again, not so. No universally effective stress reduction techniques exist.*

- **No symptoms, no stress.**

*Absence of symptoms does not mean the absence of stress. In fact, camouflaging symptoms with medication may deprive you of the signals you need for reducing the strain on your physiological and psychological systems.*

- **Only major symptoms of stress require attention.**

*Minor symptoms, such as headaches or stomach acid, which are usually ignored, are the early warnings that your life is getting out of hand and that you need to do a better job of managing stress.*



# GM Diet for losing weight

The components of a healthy lifestyle include many things. A few examples of these components are eating right, exercising regularly, and keeping your mind calm and content.



In the modern context, though, it is easier said than done. A He or She has a hectic schedule at office, full of stress and also have to balance household work. While I tried to do many of these, ended up doing some, but not quite enough to burn out the extra calories.

This is when I learnt about the General Motors (GM) Diet plan. Most of us would have read about it, this is for the benefit of those who did not get to know about this. I tried this, recommended to my friends, and it works wonders. What started as an in-house program for individuals within the



General Motors Corporation today has become a worldwide phenomenon. The GM diet plan has grown to be a popular diet plan over time.

The GM Diet Plan is designed for the following goals:

- Shed off the extra pounds in order to achieve a proportional weight-height body mass.
- Experience a cleaner body system through routine detoxifying effects.
- Enjoy a better toned muscle through supplemental exercise.
- Prevent the onset of obesity related conditions such as hypertension, cardiovascular disease and arthritis.



The GM diet is a seven day diet schedule listed as below:

- **Day 1.** Only fruits. Just like in the regular GM diet, only fruits are allowed to be consumed on the first day. All fruits can be consumed in generous quantities except for bananas, as they are high in carbohydrates and potassium. Water intake should also be observed at 10-12 glasses during the whole day.
- **Day 2.** The second day involves potato and vegetables. A cup of baked potato would serve as the body's main energy source for the day, and then it can be followed up with vegetable dishes during lunch and dinner. Vegetable soup is highly powerful during this day, as it provides all the energy the body would need.
- **Day 3.** Fruit and vegetables. Fruits and vegetables may be served the whole day, from breakfast to dinner, including midday snacks.



Fruit juice can also be taken aside from water, although no bananas or potatoes are allowed.



- **Day 4.** Bananas and milk. Banana and milk combos may be consumed all day, with vegetable soup servings during lunch and dinner. Banana and milk may be taken in the form of shakes, during breakfast and midday snacks.

- **Day 5.** Brown rice and tomatoes. Instead of beef, brown rice can be used on Day 5. One cup of rice is good to last for the day together with tomatoes in order to induce cleansing.



- **Day 6.** Brown rice and vegetables. On this day mixed vegetables may be consumed all day, together with one cup of rice.

- **Day 7.** Up to two cups of brown rice may be consumed, together with fruit and vegetable servings.

By the end of Day 7, you should be feeling much lighter and look more glowing. This is because the detoxification effects have already taken place and the body has already shed off at least 2-3 kg.



You may repeat this once in six months and see amazing results. It is worth the try anyway. As recommended in the programme, people who are diabetic or have other health problems need to consult their doctor

before they start off on the GM diet regime.

**KV Neelakantan**, Administration, Sanmar Corporate Divn., HO.

## Myths on Food

### Chocolate ensures a healthy heart

*It's a myth that most of us would give our right arms to be proved true. Global researchers say that so far, there isn't enough conclusive evidence to indicate that chocolate is good for your heart.*

### Vitamin C keeps you from catching cold

*As opposed to common beliefs, Vitamin C does not ward off cold, except in unusual cases - marathoners, skiers, and people working in sub-Arctic conditions are known to benefit from it. It is true that keeping your diet rich in Vitamin C can strengthen your immunity to some extent.*

### The lesser your carb intake, the healthier you are

*Healthy carbohydrates like whole grains are a must for a well-balanced body. Another major global study has established a strong positive correlation between high amount of whole grains in one's diet and lower body weight.*

## Health, served on your platter

Unbelievable but true. Your health is served right from the kitchen at your home. That is every average Indian home. We, Bharathvaasis, used to keep good health – suitable even for doing



penances without food for years. The food we eat takes care of not only our climatic requirements and the spiritual needs of the Indian society but also helps one live longer and healthier. A few touch-stone effects of our food on our health is given below for your recapitulation.

- While rice and wheat supplies you the required carbohydrates to keep you going, the cereals and pulses are laced with vitamins and minerals.
- Ghee gives you the good-cholesterol while jaggery gives you iron.
- We Indians, in my opinion, have become chronic diabetics in the whole world only after started consuming sugar, which was introduced to us by the British Rule. Revert to jaggery from sugar and atleast the next generation will be free of diabetics.
- Turmeric and pepper cures you of cancer.
- Cumin helps in digestion while ginger helps you maintain a six-pack abs.
- Mirchi – Laal or Hara - contains Capsaicin and used in right quantities, takes care of your bowel movements.
- Vegetables, as we all know, contain various vitamins and so are the fruits.
- Nuts contain fibres required to keep your bad-cholesterol under control.
- Garlic is a boon for every carrying and feeding mother, in that it helps lactation.

Taken in right proportions and frequencies, all the above in-takes are not just food but medicines to keep you hale and healthy.

Foods prepared or served on brass/copper vessels coated inside with lead is a common sight across Bharath. Our fore-fathers have found that if taken in small quantities, lead is an antidote even for arsenic poison. Also, the South Indian delicacy of Rasam is made out of lead vessels. The traditional Indian foods are served on plantain



or other leaves which is not only eco-friendly but also supplies you with a bit of chlorophyll. And we normally sit down and eat as it is a good exercise for your knees and toes but also limits your intake so that we do not turn obese.

Idlis and Dhoklas are steam-cooked and hence are soft on your stomach and are easy for digestion. Hence these Indian delicacies can be taken even while

running temperature. Instead of aerated drinks which will only boost your sugar levels, take fresh fruit juices or tender coconut which is nutritious and healthier. Fast foods and taking it frequently is not for Indian climate and hence it causes more harm to us. I would exhort my fellow Bharathvaasis to understand and appreciate our traditional food habits, rather than aping the West, so that we all live healthier and be the leading light for the whole world.

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

## Healthy recipe for kids

(Healthy open-faced Indian style Sandwiches)



Educating kids on eating healthy food can be a challenge. A little effort to make mealtime playful by creating innovative and kid friendly recipes can

inculcate healthy eating in children. Here is one such recipe where healthy sprouts and fresh vegetables can be included in a fun way to kid's diet.

**Ingredients:** (serves 2)

- 3 slices of brown bread
- 1/2 cup chickpea flour
- 1/2 cup green gram sprouts
- 2 green chillies
- 1 large onion
- 1 large tomato
- 1 capsicum
- Coriander and mint leaves
- 1/2 tsp. chilly flakes
- 1/4 tsp. turmeric powder
- 1/4 tsp. salt
- Pinch of asafoetida powder
- Water as required
- Oil to shallow fry



**Method:**

- Finely chop onion, green chillies, tomato, coriander leaves, mint leaves and capsicum.
- Take a large bowl and add chickpea flour, sprouts, salt, chilly flakes, asafoetida powder, turmeric powder and stir with a fork to combine all the ingredients.
- Pour sufficient water in the bowl to make a batter of pouring consistency.
- Heat a griddle or set a sandwich toaster ready.
- Slice the breads and dip each slice in the batter.
- Place each slice on hot griddle, scoop out some chopped vegetables from the batter with a spoon and add it on the bread slices.

Drizzle a few drops of oil around it and let it cook for 2-3 minutes on both the sides. Serve the savory open-face sandwiches with tomato sauce or any chutney of your choice.

**Notes**

1. Use the same chickpea flour batter to make crepes or Indian Cheela.
2. Add grated vegetables of your choice to make this breakfast recipe more healthier.
3. I have used my sandwich maker to cook these slices, you could use a griddle or tawa to make the same.
4. Coarsely grind all the vegetables and sprouts for a different texture and easy to handle bread slices.

**Sanjeetha KK**, W/o **MG Krishna Kumar**,

IT, Sanmar Corporate Divn., Karapakkam.

# Nutrition Power GRAIN - "QUINOA"

When we think of proteins, the foods that come to mind are meats, fish, eggs, dairy like milk, cheese and poultry, all of which are animal based. It is here that this power grain - Quinoa (pronounced as "keenwah", Tamil name - "Thinai") comes in to play. Its benefits were neglected for long, however it is making a comeback in the modern diet because it is a complete source of plant-based protein.

## Nutritional facts of quinoa

Quinoa is one of the most protein rich foods containing all the nine essential amino acids. It is also high in fibre that helps with digestion and reduces high blood pressure and cholesterol. It is packed with minerals like iron, magnesium, manganese, and vitamins like lysine and Riboflavin (Vitamin B2) that helps in improvising metabolism.

## 100 grams of quinoa contains

Calories - 372 calories, Proteins - 11.49 grams, Carbohydrates - 71.2 grams, Iron - 8.5 milligrams, Vitamin C - 1 gram, Calcium - 66 milligrams, Fat - 4.86 grams, Thiamin - 0.24 grams, Riboflavin - 0.23 grams, Niacin - 1.40 grams.

Although there are hundreds of varieties of quinoa, but the most popular are the white, red and black ones.

## Health benefits of quinoa

The health benefits of quinoa are beyond measure and let us look at some of the benefits of the all-rounder POWER GRAIN.

### Protects against cardiovascular diseases

The high soluble fibre content of quinoa helps in reducing cholesterol and plaque formation in the blood vessels thereby protecting the heart from various risks like blockage and stroke

### Controls high blood pressure

The high levels of potassium and magnesium present in quinoa helps in balancing the sodium content in blood thereby relaxing and ensure proper functioning of the blood vessels that keeps blood pressure under control.

### Controls diabetes

Protein and fibre are the two key nutrients essential in controlling diabetes and quinoa is a rare seed that is rich in both. It works wonders in controlling blood sugar levels.

### Protects against colon cancer

Quinoa being a great source of fibre acts as a powerful cancer preventive food and helps in lowering the risk of colon and breast cancer.

### Fights obesity and supports weight loss

For those longing to shed the extra pounds and staying in shape, quinoa is a power-packed, fat free grain that will help you reach your health target with ease.

### Helps in digestion

The high level of soluble and insoluble fibres present in quinoa helps in proper digestion and also relieves problems of constipation, hemorrhoids and irritable bowel syndrome.

### Relieves migraine

Being rich in antioxidants and riboflavin, it helps relax and expand the blood vessels in the brain and improve energy metabolism within brain and muscle cells thereby reducing the frequency of migraine attacks.

### Promotes muscle and bone development

It is the richest source of plant protein that promotes muscle



and bone growth and also helps in repairing the wear and tear of muscle tissues.

### Helps prevent gallstones

The soluble fibres in quinoa control bile secretion while the insoluble fibres in it prevent the collection of bile in the liver.

### Prevents aging and wrinkles

Last but not the least; quinoa is also a great food for youthful and younger looking skin. It is a great source of lysine that helps in maintaining supple and vibrant skin and slows down the onset of aging.

### How to cook Quinoa ?

Place 1 part quinoa to 2 parts water in your rice cooker. Cook for 7 – 8 minutes (till you hear 2 to 3 whistles from the pressure cooker).

Quinoa can be totally replaced with rice in your meal and can be consumed everyday. It can be mixed with Sambar, Rasam, Curd or any other gravy of your choice and consumed.

Quinoa is available as grain or flour and can be procured from almost any grocery store.

**A Nageshwari**, HR, Sanmar Corporate Divn., HO.

## Lemon quinoa recipe

This is an extremely simple and easy to make quinoa recipe which is absolutely oil free and makes use of very less spices. Enjoy it as a salad, side dish with chicken or by itself.

### Ingredients

Quinoa - 1 cup, Water - 2 cups, Almonds / Peanuts - 1/4th cup  
Lemon Juice - 1/4th cup, Celery - 2 stalks chopped (optional), Onion - 1 chopped, Fresh Coriander leaves - 2 tablespoons chopped, Cumin Powder - 1 teaspoon, Red Chilli Pepper - 1/2 tablespoon, Salt - to taste.

### Directions

Toast the almonds/ peanuts for 5 minutes and keep aside. Boil the quinoa in a pot and add salt to it. Let the water dry completely; remove from flame and let it cool. Transfer the quinoa in a large mixing bowl and add the almonds / peanuts, celery, onion, pepper, cumin powder and parsley / coriander, sprinkle the lemon juice and mix well, season with salt and black pepper powder as required.

**NOTE:** Quinoa can be replaced with rice or added along with rice in various recipes like upma, biriyani, plain rice, payasam, pongal and so on. The quinoa grains are also available as flour and can be added to dosa batters to make crispy nutritious dosas.



## Wal(K)ing (Nada Raja)

Late 1980s ushered in technological tools which affects our lifestyle that we are practically confined to our bed/chair. In other words we have become couch potatoes and we have not realised it. A happy life recalled by the Tamil saint “AVVAIYAR” is ‘life without diseases is the greatest wealth’.

In our daily chores with hectic activities right from dawn, we forget to give importance to the need of brisk daily walk. It is of utmost importance to keep our life healthy. Whenever possible try to walk and avoid transportation. A little stretching exercises and use of office staircases would help to lead a healthy life. **KEEP WALKING AND STAY HEALTHY.**

### Benefits

- Walking 30 minutes a day cuts the rate of becoming diabetic by more than half and it cuts the risk of people over 60 becoming diabetic by almost 70 percent.
- Walking cuts the risk of stroke by more than 25 percent.
- Walking reduces hypertension.
- Walking improves the health of our blood. The body has over 100,000 miles of blood vessels. Those blood vessels are more supple and healthier when we walk.



- Walking cuts the risk of cancer.
- Women who walk have a 20 percent lower likelihood of getting breast cancer and a 31 percent lower risk of getting colon cancer. Women with breast cancer who walk regularly can reduce their recurrence rate and their mortality rate by over 50 percent.
- We don't have to walk a lot. Thirty minutes a day has a huge impact on our health.
- Men who walk thirty minutes a day have a significantly lower level of prostate cancer. Men who walk regularly have a 60 percent lower risk of colon cancer. For men with prostate cancer, studies have shown that walkers have a 46 percent lower mortality rate.
- Walking also helps prevent depression, and people who walk regularly are more likely to see improvements in their depression.
- Walking strengthens the heart. Walking strengthens bones.
- Walking improves the circulatory system.



- Walking generates positive neurochemicals.
- When we walk every day, our bodies are healthier and stronger.
- Walking reduces the risk of blood clots in your legs.
- People who walk regularly have much lower risk of deep vein thrombosis.
- People who walk are less likely to catch colds, and when people get colds, walkers have a 46 percent shorter symptom time from their colds.
- Walking is a good boost of high density cholesterol and people with high levels of HDL are less likely to have heart attacks and stroke.
- Walking significantly diminishes the risk of hip fracture and the need for gallstone surgery is 20 to 31 percent lower for walkers.

**SG Santhakumar**, Corporate Services, Chemplast Sanmar, HO.

## Laughter is the best medicine

In a car garage, where a famous heart surgeon was waiting for the service manager to take a look at his Mercedes, there was a loud mouthed mechanic who was removing the cylinder heads from the motor of a car. He saw the surgeon waiting and lured him into an argument.

He asked the doc after straightening up and wiping his hands on a rag, “Look at this car I’m working on. I also open hearts, take valves out, grind them, put in new parts, and when I finish this baby will purr like a kitten. So how come you get the big bucks, when you and I are doing basically the same work?”



The surgeon very calmly leaned over and whispered to the loudmouth mechanic, “Try doing it with the engine running.”

A man goes to the doctor and says to the doctor: “It hurts when I press here”

(pressing his side) “And when I press here” (pressing the other side) “And here” (his leg) “And here, here and here” (his other leg, and both arms) So the doctor examined him all over and finally discovered what was wrong.. “You’ve got a broken finger!”

Doctor to hospital patient: “Your coughing seems to be easier this morning.” Patient: “It should be, I’ve been practicing all night.”

**R Christopher**, HR, SSCL, Berigai.

## Mobility Hooray! I am fit

In my prime age I considered myself a very robust and healthy person and was having a ball over my dinner table. The early morning walk on the beach which began as a hobby, later became a routine affair for me. I slowly started realising the importance for this early morning exercise when my doctor prescribed the same when I went to him for a checkup. It kept me fit and healthy and this also helped in detecting a serious ailment which was diagnosed in time. It is a good exercise for both mind and body. Medically, regular walking has got lot of positives. The medical parameters such as blood pressure, sugar and cholesterol levels are kept under check by this. It gives you lots of energy and helps us to keep fit all day. It also helps us to reduce our weight and make us look trim and healthy, which everyone of us aspire to be. The practice of regular walking (either in the morning or evening), I feel is a must for every individual and that too for people like us who have sedentary lifestyle. It has also has given me a host of friends. It helps you to unwind from the routine and gives us a good relaxation for both mind and body and helps us to look fresh all day. Till this day, I make it a point to walk for an hour to keep myself fit and healthy and wish all my colleagues to do the same.



**S Hanumanth Rao**, HR, Sanmar Corporate Divn., Karapakkam.

## Swimming – to stay fit and healthy

Who would not like to stop for a moment to enjoy watching fish swim in the tub or dolphins jump in the sea? Swimming is fun for human beings too. During summer, people would like to stay in water as long as possible. Also, swimming is essential for own safety and saving other lives.



Work out in a fitness centre may be difficult to some people, but swimming is easy and enjoyable for everybody. You feel light in the water. It is the only exercise in

which one need not sweat out but remain cool amidst heavy workout.

Swimming is an ideal fitness exercise for kids. One can learn and start swimming at any age. 'Learn to Swim' courses are conducted at many pools and the duration is just two weeks.

Swimming gives whole body work out. Swimming helps lose weight and waist. It is a boon for people with wheezing problem. In fact, a friend of mine who started swimming for breathing problems went on to become a national champion.

Swimming makes work out and fitness easy, fun and simple. Take a plunge and see the difference.

**Rishith S/o N Gnanasekar**, Industrial Relations,  
Sanmar Corporate Divn., HO.

## Cycle of life

Having heard enough and more of shipping and business cycles, one fine day I bought myself a bi-cycle. It was a bold investment decision of 6000 odd rupees taken defiantly without even putting up a proper note for approval from the wife. Rash act done, I committed myself to office commutes that add up to 12 km a day including the lunch rides home and back. I would have thought the sensation it created in the neighbourhood and office HO was enough RoI, but the wifey is made of stern and uncompromising numbers.

Let me enumerate little known merits of a simple bicycle in city life. It made me more approachable to junior staff. The security detail derived great pleasure in waving me across to the side gate. The peons felt no hesitation in buttonholing me to ask the price of the bike, speculate openly if I missed getting my increment and seek my view of Dravidian politics, completely oblivious to my urgent need to swipe-in before the clock struck. The housekeeping maids wanted to know if I was cycling on doctor's orders.

It improved my movement and agility on the badminton court. I actually started



to pick up the shuttle from the floor with my thumb and forefinger instead of a tired swipe with the racket head. Not finding time to exercise due to pre-occupation with work was no longer an excuse. To go to work, I had to work out. Using commute time to burn the breakfast calories makes you better appreciate the keerai mozhagottal at lunch and the cheese broccoli bake at dinner.

My view of road safety culture altered dramatically. From the bike, I could almost see what a rude and inconsiderate driver I can be behind the wheel of a car. Out of body experience, I tell you. A word of advice for those who wish to cycle to work. If you haven't slept well the night before or feel distracted with work-load, take the car, bus or train. Cycling in city traffic demands high level of alertness and a very clear head, preferably protected with a helmet.

To use a 900 kg car to transport an 80 kg human and the inseparable 10 kg laptop borders on insanity. Don't get me wrong. I am not an eco-flaky bloke. A warmer globe will certainly help cut down heating bills in Norway, Sweden, Canada and the US. But thanks to the cycle, our petrol bills started to come down long before the Brent Crude price did. I worked out a payback IRR and proved on paper that I can get my investment back in 6 months from purchase. Assumptions included 3 cycle-day-week and ban on long ECR car drives with friends on Sundays. It is eighteen months since purchase. I am still putting up revised P2 and P3 to the wife. But for some strange reason, she's smiling and telling me how proud she is that I made an investment decision all on my own. Health, I've come to learn, is a many-splendoured thing.

**Capt S Krishnamurthi**, Operations, Sanmar Shipping, HO.

## Five tips for maintaining good health

1. Practice health living style with proper food habits and exercise.
  - To achieve healthy body we cannot be lazy and lethargic.
2. Avoid junk food which makes us lethargic and dull
  - Higher percentage of suffering from health problems if you are overweight and obese.
3. Consume a healthy diet
  - Don't forget intake of glasses of liquids
  - Take some healthy snacks between meals
  - Changing your bad diet will contribute a difference within a short period and improve your health benefits.
4. Exercise 30 minutes 5 days a week
  - Exercising in the morning can leave you with a refreshed feeling throughout the day.
  - Maintain good mental health as it will be easy for you to think positively and generate better appetite.
5. Positive thinking is very essential in order to be healthy
  - Meditation and yoga gets rid of negativity and forces you to positive thoughts.
  - Running marathons strengthens your lower body and make your cardiovascular system more efficient.
  - A marathon can help you burn tons of calories and help weight loss.

**N Palanivel**, *Quality, SSCL, Berigai.*

## Physical health

Changes in the chemistry of the physical body occurs due to heredity, food, thought, action, planetary positions and environment. Because of these changes, the movement at the energy particles in the body gets affected. These results in increase or decrease in their composition. These changes affect the circulation of blood, heat and air, and also their movement through various organs. To the extent and duration the movements are affected in different organs, the diseases vary in their intensity.

We have natural immunity against diseases. If we have proper control over food and take adequate rest diseases can be cured



## Health quiz

1. What will you do for the health of your heart?
  - (a) You will stop smoking
  - (b) You will keep your blood pressure normal
  - (c) You will keep cholesterol level under control
  - (d) All of the above
2. Is "broken heart" a genuine medical condition?
  - a) Yes
  - b) No
3. Cereal, bread, potatoes and spaghetti are all good sources of
  - a) Fibers
  - b) Sugar
  - c) Carbohydrates
4. What is the most important drink to have everyday?
  - a) Milk
  - b) Water
  - c) Tea/ Coffee
5. Vitamin D deficiency gives rise to
  - a. Arthritis
  - b. Hernia
  - c. Rickets
6. What does vitamin K deficiency cause?
  - a) Problem in Calcium Metabolism
  - b) Problem in Blood Coagulation
  - c) Problem in digestion
7. Detoxification is a function of
  - a) Liver
  - b) Heart
  - c) Lungs
8. The mosquito malaria link was confirmed in
  - a) USA
  - b) England
  - c) India
9. Sports drinks and nutrition energy bars are good for you
  - (a) True
  - (b) False

**Answers:** 1. d 2. a 3. c 4. b 5. c 6. b 7. a 8. c 9. b

in short time. If the intensity is severe, then it can be cured by proper medication. Only in a healthy body, intellect will function well. Mental purity, proper food, appropriate work and rest are required to achieve this objective. Greed, anger, vengeance, worry, etc., will destroy bio-magnetism. Through meditation and introspection, we can get over these emotional moods. Seek those who can guide you, your life will be success.

### Simple exercises, if practiced regularly

1. Oxygenizes the human body
2. Activates the endocrine glands
3. Purifies the blood and regulates its circulation
4. Rejuvenates the whole system and
5. Helps build a very high level of immunity against diseases.

**P Prabakaran**, *Production, SSCL, Berigai.*

**Eureka!**

**Sudoku**

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

**Guess What? Where?**



Where is this well-known seat of meditation in northern India ?

Write in to  
scribbles@sanmargroup.com



Vaishnodevi temple, Jammu and Kashmir

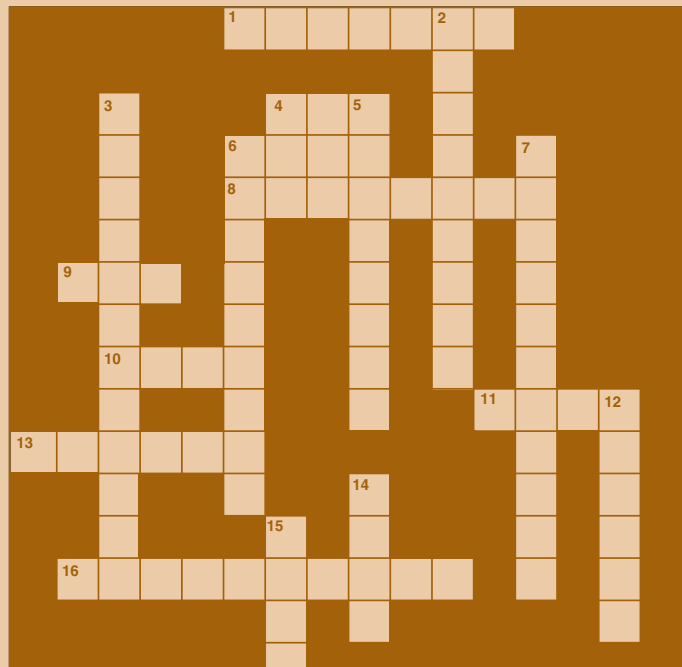
Congratulations first correct respondent:

**N Ramachandran**, Accounts, Chemplast Sanmar Limited, HO.

**Answers to the Crossword & Sudoku**



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



**Crossword**

**Across**

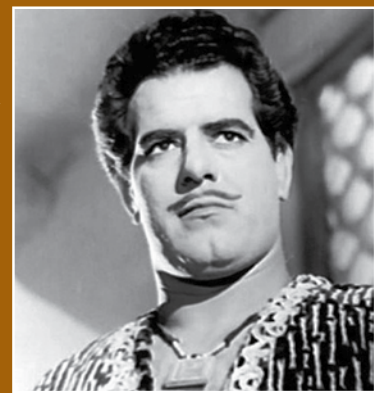
- 1. strength of physical constitution (7)
- 4. room equipped for physical education (3)
- 8. bodily exertion for the sake of growth of health (8)
- 9. run at a leisurely slow pace (3)
- 10. series of postures and breathing exercises (4)
- 11. travel on foot at a moderate pace (4)
- 13. a breakfast food (6)
- 16. devout religious contemplation (10)

**Down**

- 2. process by which organisms take and utilise food material (9)
- 3. synonym of saccharide (12)
- 5. a plain in Greece (8)
- 6. the edible part of a plant used as food (9)
- 7. abnormal loss of water from the body (11)
- 12. method of self-defense (6)
- 14. to move in water by using limbs (4)
- 15. seed of plant used as food (4)

**Guess Who? !**

*From being Bollywood's eternal Tarzan, Dara Singh Randhawa began his career as a body builder and later went onto become a professional wrestler. He toured many far-east countries. He went to Singapore in 1947, where he became the Champion of Malaysia by defeating Tarlok Singh. He then became the Indian Champion in 1954 and the Commonwealth Champion in 1959.*



Designed by Kalamkriya Limited, 9, Cathedral Road,  
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*For Internal Circulation Only.*

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