

# Scribbles

Bringing colour to your lives

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## From the Editor's desk...

Dear Readers,

For a long while there has been a request to reduce the size of Scribbles, to one that is easy to carry around, especially home. We are through the new Government (a year old!) at Delhi being inspired to work towards a new and stronger India.

This issue is dedicated to their Swachh Bharat program. In tune with the topic, we decided to time the new look of Scribbles. I am hoping that a lot more people read Scribbles now and start contributing to make it one of the best Employee Newsletters in the country. It is indeed very satisfying that in our maiden attempt Scribbles won two awards.

Coming to this issue...

Superb response, lots of articles especially from spouses and children, lots of thoughts, many suggestions, some thought provoking questions... Even if we do 50% of what's said inside, our homes, work-places and environment will be a far cleaner place to live in and Swachh Bharat will not be a distant dream.

A cleaner environment makes us healthier,  
a healthy living makes us happier,  
a happy atmosphere makes us productive,  
a productive life makes us fulfilled,  
Fulfillment leads to soul satisfaction,

wishing you all march towards self actualization,

Sarada Jagan



## Cleanliness for a healthy life style

Cleanliness is next to godliness is an old adage. Clean habits for a healthy body and clean thoughts for a healthy mind are most essential for a healthy life.

Gandhiji considered cleanliness and sanitation the most imperative than even independence. It is a sad state of affairs that the Prime Minister had to launch a cleanliness campaign to keep our nation clean.

We must strive to ensure cleanliness both in our personal lives and the society. To have a lasting change, we must inculcate clean habits in children at an early age and educate them about life threatening water and sanitation related diseases which are caused due to lack of basic habits like washing hands. Let us not forget the plague epidemic in Surat which took away thousands of innocent lives mainly due to poor sanitation.

Keeping ourselves clean, timely disposal of wastes, shedding unwanted possessions, refraining from cluttering are some of the personal hygiene habits that everyone can follow. We can contribute to a clean environment by abstaining from certain basic actions like littering on the road, spitting tobacco, and defecation in public places.

Cleanliness is more than a habit; it is a responsibility of every citizen. They say charity begins at home and so does cleanliness. One small step towards practicing cleanliness will go a long way in building a healthy nation.

**Nandini**, W/o **Raman Krishnan**, *Special Audit, Chemplast Sanmar, HO.*



### Flu, cold, or allergies??

We all talk about our fundamental rights, forgetting the fundamental duties to our nation.

Cleanliness is a fundamental duty of each and every citizen.

Clean habits and healthy lifestyle obviously does not mean perfumed room fresheners, costly curtains, decorative carpets, etc.

Being clean is not a big task – if it is brought into practice just as we wear clothes, eat, and sleep everyday.

Here are a few tips, which we can practice in our lives.

1. Keeping ourselves and our rooms clean does not mean that our garbage has to be thrown in the public, please make sure it is disposed off in a proper manner.
2. If we are back from shopping or market place or from a long journey, make sure our luggage is emptied and everything is put back in place.
3. If we are working then program at least every week, two-hours to make our home a beautiful place.
4. Share and allot the work among family members by offering fantastic dinner or special snack on achieving this. (Above all no one can say 'no' to a lovely family atmosphere and I am sure our intimacy might go up).
5. Make children participate in our work by encouraging them with complementary words and educating them on the necessity of keeping our surroundings clean.

Where cleanliness prevails God dwells. Clean homes ultimately result in a clean nation.

**Vanaja**, W/o **T Mathan Raj**, *Production, SFL, Viralimalai.*

**ONE, WHO  
MAINTAINS  
CLEANLINESS  
KEEPS AWAY  
DISEASES.**

## Menacing issue of the hour - Cleanliness

### CLEAN CLEAR COLOURS

Globe so warm  
It's much harm  
Grow more trees  
To feel the breeze  
Sun so hot  
Use the pot  
Build a bridge  
To the fridge  
Make sure  
Your water is pure  
Life needs air  
Let's take care  
Cycling is good  
Recycling is the best  
For every birth  
Our earth is worth  
Have a smiley earth  
Let the smile begin!



**R Shobana Devi, W/o P Shanmuga Natha Durai,**  
*Welfare, SFL, Viralimalai.*

### The Self

As the saying goes "Prevention is better than cure" and "Cleanliness is next to Godliness", cleanliness starts with personal hygiene. If we manage to keep our environment and our surrounding clean, healthy nation is inevitable. Health is a shared concept. It is innate that you share your piece of cleanliness with others. For example, when you throw trash in the bin, it saves you and many others from a multitude of undesirable infections. Similarly, when you minimise the wastage of paper, you save trees that in turn protects the earth from harmful rays.

#### Taking the first step

Start off with self care and self grooming. It is the responsibility of each and every human being to maintain certain hygienic standards. A clean environment, besides being a pleasure to live in, is a healthy environment.

**S Padmavathy,**  
D/o **S Sankaran,**  
*Quality Control,*  
*Xomox Sanmar,*  
*Viralimalai.*



'Everyone must be his own scavenger' Mahatma Gandhi. One of the first signs of a well managed place — whether it is a restaurant, airport, office or a railway station — is its level of cleanliness. If the place isn't clean, it is unlikely to impress anyone. The same applies to an entire country. Indians who travel abroad are often awestruck by cleanliness levels in the developed world. The general lack of cleanliness and hygiene hits the eye wherever one goes in India. Are Indians, then, by nature oblivious to standards of hygiene?



The habits learnt at a young age get engrafted into one's personality. Even if we inculcate certain habits like washing hands before meals, regular brushing of teeth, and bathing from a young age, we are not bothered about cleanliness of public places. So one should always remember "Cleanliness begins at home but need not end there." There are two kinds of people – one who thinks "Why should I?" and the other who thinks "Why not I?" Let's espouse these thoughts and pledge "na main gandagi karoonga, na main gandagi karne doonga" (I won't litter and won't allow anyone to do so). Hence a Swachh Bharat is indeed possible. The first step is 'Swachh Manasikta' or clean mindsets. To the savvy readers, let's be the change that we wish to see. Are you game?

**Dipankur Kumar Sinha, Engineer, SFL, Viralimalai.**

Raise your voice to reduce the noise  
Avoid noise pollution.

Clean homes and clean hearts make clean  
earth a happy place to live.

Cycle for good health, recycle for good earth.

**E Arun Kumar, HR, SFL, Viralimalai.**

Reduce, Recycle , Reuse - Never  
be confused.

**R Kanagaraj, Security,**  
*Tyco Sanmar, Viralimalai.*



**M Vaishali, XI Std., D/o B Mohan,**  
*Electrical Maintenance, Chemplast Sanmar, Cuddalore.*

## Cleanliness is next to Godliness



The Prime Minister has given an enthusiastic and passionate call for 'Swachh Bharat Mission' to realise Mahatma Gandhi's dream of cleanliness. The Mahatma's visualisation of cleanliness was three pronged; a clean mind, a clean body and

clean surroundings. Holding that "Cleanliness is next to Godliness", he empathetically wrote,

"We can no more gain God's blessing with an unclean body than with an unclean mind. A clean body cannot reside in an unclean city".

His famous quote "I will not let anyone walk through my mind with their dirty feet" sums up Gandhi's vision of clean Bharat.

Our cities, government offices, public utilities, water bodies and the temple surroundings are stinking with dirt, garbage and muck. Following the call of the PM, the broom is in demand and its value is shooting up with everyone being urged to devote minimum 2 hours every week towards cleanliness.

Towns and cities will never stay clean unless the citizens imbibe the value and take ownership.

**HP Sandhya**, W/o S Alagar, Instrumentation, Chemplast Sanmar, Karaikal.



Clean LIFE, healthy STYLE  
STAINED life - STRAINED style

**T Mathan Raj**, Production, SFL, Viralmalai.

**MV Nethra**, IV Std.,  
D/o **J Murugesan**,  
Mechanical Maintenance,  
SSCL, Berigai.



In the nook and crannies of those houses at our little village, prevalence of cleanliness is perennial. Everything has a purpose and those wise men and women have ensured that its purpose is always achieved. Recycling was part of life and never considered as an additional activity. Waste portion of anything that comes from home is channelised in such a way that, the waste acts as an input for making something useful. For instance, waste water coming from kitchens and bathrooms are diverted to those little vegetable gardens, and the unused portions of food will go to the livestock and other pet animals such as dogs or cats, bio gas from cattle dung etc. The trees around the houses were regularly pruned and composts made from those leaves. While the walls of the houses are separate in those villages, there was never a high wall of selfishness around them. There was always a plan that existed for tighter integration with Mother Nature and they respected the same with utmost love and care.

The transformation that occurred from rural to urban, has taken away all those values and skills of organised living. People became more and more selfish and ignored Mother Nature. We, the so called educated urban population have forgotten our roots and values and have ended up acting strangely spoiling ourselves and our environment. Our houses are designed with a selfish motive of being clean inside and unclean outside. We have neither bothered to reduce the wastages nor recycle the same and we compete with each other to generate more and more waste. This is evident from the heap of garbage that comes out of our cities, and it reflects our respect towards Mother Nature. We pushed the accountability of cleaning our own waste that is generated to municipal corporations and governments. While it is true that the respective government bodies also need to formulate strategies to handle this, it is still to be noted that the tons and tons of wastes generated out of the cities are partly from our homes as well.

We need to remember that keeping our houses clean alone will not help clean the environment, we should ensure that the whole society is clean. This can be achieved only if we follow a strict and disciplined approach for handling the waste we generate. There is nothing new that needs to be invented for handling the cleanliness of our society, if we just go back to the basics, the skill will automatically come back to us.

**T Santhosh Kumar**, Systems, BS&B Safety Systems, HO.

## Clean home makes clean India



**Radhika, W/o V Ranjith, Instrumentation, SFL, Viralimalai.**

As parents we have the responsibility and the power to create a foundation of love for nutritious food that will influence our children's choices for decades to come, setting the stage for our children, grandchildren, and future generations to flourish in wellness and health.

We can experience heaven on earth by making our homes, surroundings and work place portray a safe and clean environment.

If every individual plants a tree in their lifetime, the world will be full of trees. If you don't keep your country clean, nobody can do that for you.

**G Manikandan, Accounts, SFL, Viralimalai.**

Human life is a precious gift to this world. But in current scenario, our environment is facing a challenge because of pollution. What starts at home avalanches into the larger effects on the overall environment and living beings in the world.

Clean homes give us a pleasant atmosphere, healthy way of life and also helps in reducing wastage.

\* The kitchen waste is usually dumped along with other dry waste in a common dust bin. This leads to food wastage by getting leaked through the dust bin. Bad odour is generated and this attracts flies and leaves stain marks on the floor.

I realised that it was also a source of infection, and I started maintaining separate bins for the dry and wet waste. The wet and kitchen waste was disposed off more frequently and helped resolve the other related issues. So we maintain separate closed dust bin for food waste.

\* Also in the toilet and bathroom, which is another neglected area in the house, there were health and safety concerns. An incident happened in my home my grandma slipped and fell inside the bathroom and she was admitted to the hospital. This was because the water in the bathroom did not drain completely due to clogged drain cover. After this we started removing the dirt from the drain cover to allow the soapy water to flow completely and thereby maintain a clean and dry bathroom.

Re-cycling plays an important role in homes. Avoid plastic bags, use the containers / bags repeatedly and use proper dust bins.

If there is some space near our homes we can also grow plants and trees and these will give a pleasing environment.

When we save our environment, it will save us.

**K Sonia Nancy, W/o S Raju, Electrical Maintenance, SFL, Viralimalai.**



**B Sreenidhi, IX Std., D/o V Balan, Quality Control, Chemplast Sanmar, Karaikal.**

Cleanliness is next to Godliness means,  
Oh God you are the one who makes me clean!  
To be pure and holy in the sight of holiness,  
To rinse away all the dark specks as it cleanses me,  
So you can fill us with bliss.  
I shall love to be put on your spiritual tub of purity  
Where your fragrance brings serenity.

**MV Raksha, IX Std., D/o V Muralidharan, Stores, SSCL, Berigai.**

## Our greatest treasure is Earth - Preserve it



On one Saturday evening, I happened to hear my 8 year old daughter reciting a poem, “All things bright and beautiful... The Lord God made them all”.

My nostalgic moments flashed my mind. When did the brightness and beauty of this earth vanish? Where did we lose the gift given to us by the Almighty? Who masked the snow-capped purple headed mountains? All these questions remain unanswered. Is this right to stay transfixed at this crucial moment? No, certainly not, I realised that I have to move on...

Are we happier than our forefathers? Thought the modern world is wonderful with comforts and luxuries, our forefathers who had not known any of these, lived in perfect bliss. In the present humdrum life, we need a reason or always strive to search for a reason to be happy. Our present way of living slowly pushes us towards ‘endangered species deprived of happiness’ in this world. We want all the luxuries of life to be given as a ‘package’ to us. Ultimately, we are wasting some precious moments in search of something that does not exist.

The greatest treasure ‘Earth’ has to be preserved for our future generations too. We share clean air, fresh water and cultivable lands with all other plants and animals on this earth. If we pollute or disturb these factors it can lead to grave problems and pose a great threat to our environment. After certain amount of destruction, it can no longer ‘heal’ itself.

Having understood that ‘the child is the father of a man’, this Government implements its ‘Clean India’ project at school level itself.

Even campaigns are organised to celebrate certain festivals like Diwali, Durga Pooja, Holi, Vinayaka Chaturthi in an eco-friendly manner by using natural colours and unbaked clay idols for immersion.

Nowadays even water has become an absolute rare commodity. It is predicted that water will become one of the most hard-fought resources, in future and the struggle for water has already started.

An alarming need of the hour is to manage our natural resources. Our non-renewable resources like coal, petroleum, etc., should be used sparingly. Our renewable resources like wind and solar energy to be used more.

God given things cost nothing. Free the land from plastics and inorganic waste. A clean environment will create flowering relationships in future and help us experience life’s infiniteness.

Let us meet the demands of today without jeopardising our planet. Let us recharge and enjoy life. After all, every sunrise unveils a new day and gifts us with yet another opportunity to explore life.

**K Hemalatha, W/o D Sivakumar, FSL, Karapakkam.**



### Clean India Green India

Cleanliness from inside and outside.  
Health automatically will reside in both the sides!  
Don't ever be ‘MEAN’ to the ones  
Who clean!!

**MV Roopa Dharshini, Xth Std., D/o J Murugesan,**  
*Mechanical Maintenance, SSCL, Berigai.*



### Clean:

- C** - Commitment
- L** - Living
- E** - Education
- A** - Awareness
- N** - Neutralise  
(Reduce Effect)

**M Sagadevan,**  
*Environment, SFL,*  
*Viralimalai.*

## Reduce, Recycle, Reuse

Being neat and clean has just its charm doesn't it? Everyone wants to be praised about how tidy and beautiful they are. In today's corporate world, it has its perks. Not just in looks and behaviour, we were all taught about our personal health and hygiene right from our kindergarten.

So, is that what it is all about? What about the environment around us? Is the air that we breathe, clean? Is the water that we drink, safe? What about the garbage that we dump everyday in a corner of our street? Is it not necessary that we found better ways to dispose off the wastes? Or maybe reduce the use of automobiles so that we can breathe air and not the automotive exhaust? Do we need a "Swachh Bharat" campaign to keep our homeland clean? Do we need a "Clean Ganga" project to keep our water sources clean and exploitable? We have dumped so much wastes into her that the mighty river has lost her capacity to clean herself. Should that not be considered equally important as washing our hands everyday? Should we not learn to dispose the garbage properly or is it none of my problem as long as the dirt is out of "my" house? Maybe cleanliness is more than just the "dettol dettol ho" advertisements and the "lifebuoy suraksha" promos.

What about being clean in our mind and soul? We say cleanliness is next to Godliness. So can we attain the



divine by just being clean physically? If only it was that easy!! What about our thoughts? Do we think "clean", or does it not matter as long as I have fame and money? Well, Lord Ram and Raavan did fight each other and you know who won.

I have raised a lot of questions here. I think it is necessary we ask ourselves these questions before we make a choice. It doesn't matter how we were in our past because, well, now that I've written this article, I might think twice before I litter next time. So now that you've read it... well, use your imagination!!

**S Ramalakshmi**, D/o PR Somaskandan,  
*Internal Audit, Sanmar Corporate Divn., HO.*

All of us are aware of the concepts of cleanliness and its benefits. Most of us know systems of 5S, TPM, TQM etc., but basic of all the systems is "cleaning".

All these systems teach us that instead of looking at cleaning as a separate job and leaving it to someone else, we begin from our own tables/ machines, this would give us much satisfaction.

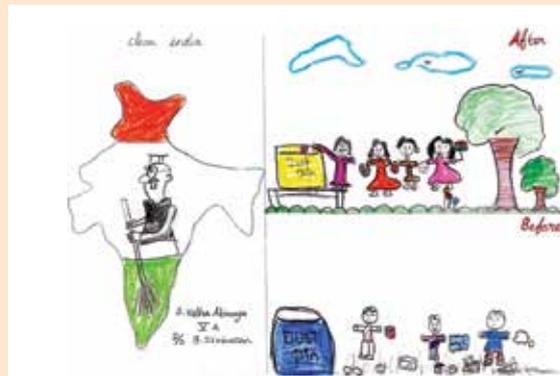
One fine evening, after reading "Aval Vikatan" my spouse shared me a story of a family who were often shifting and relocating their residence. The main reason for their shifting was to accommodate the things that they kept buying (not out of a need but just for the sake of buying) and unable to maintain those in the same home due to space constrains. This story made both of us introspect.

The answer to this is "clearing" – before we initiate any type of "cleaning". In Tamil culture "Pongal" celebration starts with "Bhogi" where all old stuffs are cleared. Our elders taught us that before prayers we should clear our homes and minds. Clean houses reflect the strong mind of its residents.

Once George Bernard Shaw was invited by his friend to visit his newly opened supermarket. When his friend proudly enquired about the super market, Bernard Shaw politely replied that the visit gives him the information on the things kept in the market which are so attractive but not at all useful in his life.

Let us restrict buying new things unless otherwise it is essential for day-to-day life.

**B Srinivasan**, Electrical Maintenance, Xomox Sanmar,  
*Viralimalai.*



**S Vetha Abhinaya**, Vth Std., D/o B Srinivasan,  
*Electrical Maintenance, Xomox Sanmar, Viralimalai.*

## Cleanliness is NO story

My grandma never had school education. I mean school education that you and I got, the Western one. But she was literate enough to build strong personalities. She had tons of stories in her treasure touching every aspect of life. These were stories from Indian epics Mahabharat, Ramayana and later Upanishads by many scholars. We the little ones used to assemble around her most of the evenings before dinner to hear stories.

Two habits which she taught me when I was young, were to take bath every day morning before breakfast and wash legs before we enter our home after school or play. No food would be served if we did not listen to her. To make us understand the importance of personal hygiene a story was told. Remembering my grandma let me narrate a story which she used to tell me to understand what cleanliness in life means.

There was a king called Nala. He was the ruler of Nishadha. He was known for his hygiene and considered cleanliness of mind and body is next to Godliness. He was the most righteous king of his age. This quality made him equal to Gods like Indra, Varuna, Agni and Vayu.

Dhamayanthi was the princess of Vidharba. She was the most beautiful girl in the three worlds and wanting to marry an intelligent, dynamic, daring, optimistic and truthful man on earth. The ambassador between the prince and the princess was a swan.

Both fell in love. Her father Bhima the king of Vidharba noticed his daughter's restlessness and proclaimed swayamvara.

Hearing this all the gods Indra, Varuna, Agni and Vayu decided to attend the swayamvara with an eager to marry the most beautiful woman on earth. However, Dhamayanthi garlands Nala as her man. This made the gods jealous. On the way back they met Kali the deity

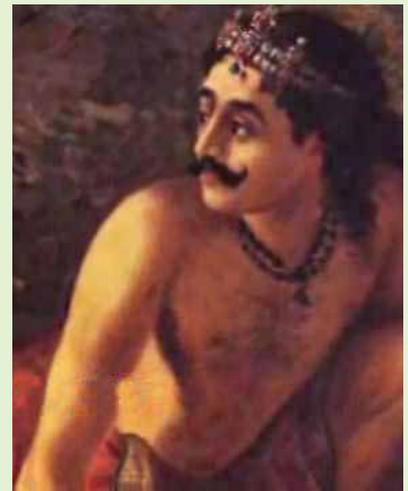


of evil who was late for the swayamvara. The gods narrated him about the D h a m a y a n t h i swayamvara.

Kali decided to take revenge on Nala and waited for an opportunity to enter into Nala's mind.

Nala was ruling his kingdom in all glory

and he lived a very happy married life. The couple got two beautiful children. One day, the beginning of tragedy started. Nala carelessly washed his feet leaving a small area with dirt. Kali took this part of the body to enter into Nala's soul.



Nala used to play dice. Kali used this bad inner quality of Nala for further manipulation. Kali maligned Nala's mind. Nala played dice with King Pushkara and lost everything.

Nala and Dhamayanthi had to leave their kingdom and beloved ones. The couple went to the forest and roamed for many years facing miseries after miseries. They lost the way and got separated in the forest. They had to wander in the jungle without clothes, food and water. A python grabbed Dhamayanthi. A barbarian attacked her. Nala turned to be a cook. The tearful days continued. It took years for them to reunite.

The story is millions of years old. It was told to keep man's mind and body clean. When your soul and body is clean a bird like swan volunteers itself to help you to accomplish your wish. You could even win over the gods. When your mind and body remain unclean there enters the evil Kali to give you all tragic miseries of life.

**KA Ravindran, Sales, Chemplast Sanmar, HO.**



**Dangar Prabhat Ranabhai, Customer Service, SESL, Jamnagar.**

## Clean ways to Healthy days

### Clean as you go

This should go without saying, but if you wipe off a counter in the kitchen when you are done preparing a meal, wipe out the bathroom sink right after brushing your teeth, or putting away that book or magazine as soon as you are done reading it, you'll save a lot of time. Find a place to file your mail, bills, receipts, etc., and do that immediately. When I get a bill in my e-mail, I set up an automatic bank payment that day for the due date. This keeps the paper clutter down to a minimum, and I save money because I don't forget to pay a bill on time.

### Never walk around empty handed

This is the biggest lifesaver ever. If you go from your living room to the kitchen for a cup of coffee, bring that breakfast plate with you. If you see someone left their shoes in the bathroom, have the offender put them away right away. Grab a dust cloth on your way from the laundry room and give the flat surfaces a quick "once over". If you have to wait for someone to get their shoes on to go out of the door, empty the trash can and take it with you.

### Follow a routine

Clean the bathrooms fully on Tuesdays, vacuum on Wednesdays, and wash towels on Thursdays. Following the same routine daily for your housework will help you stay on top of things without breaking your back.

### Declutter in 15 minutes

Spend only 15 minutes a day decluttering a shelf, drawer, or room. Don't take out more than you can do in 15 minutes. Do this as a break from cooking, working at a desk, or if you need to get the kids involved in something to distract them from arguing with each other.

### Keep only what you love or use

There is something to be said for having less to clean up and less to take care of. Keeping what you really love means that you will use it, and most likely take better care of it.

**Asha**, W/o P Sankara Kuthalam, *Sub Contract, Tyco Sanmar, Viralimalai.*

First deserve, then desire,  
First desire, then acquire,  
First serve, then deserve,  
Fling dirt away.

**Sheela A**, W/o B Mohan, *Electrical Maintenance, Chemplast Sanmar, Cuddalore.*

Some reasons for lack of cleanliness in present times:

1. Youngsters prefer packed food instead of cooked food from home. Fast food culture is dominating our food style and there is no need to wash hands after such food.
2. Abnormal usage of cell phone, Internet are the main reason for laziness. Some people do not even want to take bath, since they may skip the phone calls, whatsapp, etc.
3. Modern dresses like jeans tempt youngsters to use the same pair several times without washing. In the yore, parents will not permit to wear the dress for more than a day.
4. All of us think that cleanliness is ladies' responsibility.
5. In the past, cleaning was everybody's daily routine and now we outsource cleaning and do not bother about unhealthy surrounding. Cost of living is a major factor for lack of cleanliness. Servant maids demand money for each cleaning activity which we are also unable to do. Hence all the problems.

**Devi**, W/o V Vaidyanathan,  
*Industrial Relations, BS&B Safety Systems, Karapakkam.*



Be the change that you want to see in the world - Mahatma Gandhi

Cleanliness is very important to keep ourselves well organised and energetic. If the place where we live is clean and organised, then we will have peace of mind. There is a saying, "If we want to see the change, the change should start from ourselves." Once we keep our home and workplace clean then it is not difficult to keep our surroundings clean. If we maintain cleanliness in our society we will be free from diseases. Cleanliness should be initiated at home, workplace and society. It is essential to provide civic education in order to train the younger generation of a society. Secondly, the media can be a powerful source to educate about the importance of cleanliness. A clean and healthy life helps in refining the culture of a society and reflects in every aspect of life.

"The worthy aims are actually met with equally worthy practice", so every individual should participate and feel the difference that occurs around us.

**S Vijaya Lakshmi**, D/o S Selvaganesh, *Stores, Chemplast Sanmar, Karaikal.*

Schools are the most important and basic links which have a definite reach to the parents, individual families and consequently the community. It is a universal fact that children are more receptive to new ideas and are definitely at an age when they can be influenced to cultivate good hygienic habits. The promotion of personal hygiene and environment in schools can help the students adopt good sanitation habits during the formative years of their childhood and adolescence.

As you would appreciate, we need to inculcate the spirit of hygiene, cleanliness and aversion to unhygienic conditions in all our children from the very initial years of their schooling itself, so that every child in the country appreciates the value of good, clean and hygienic living.

After the Independence Day announcement by the Hon'ble Prime Minister paying homage to one of Mahatma Gandhi's favourite tenets, 'Cleanliness is next to Godliness' the Government of India decided to launch the Swachh Bharat Abhiyan on 2nd October, 2014, the Birth Anniversary of Mahatma Gandhi. Swachh Bharat Swachh Vidyalaya Programme is being implemented by the Department of School Education and Literacy under the rubric of Swachh Bharat Mission.

Schools organised competitions such as essay, painting, debates, songs, skits, street play etc., on cleanliness and hygiene. The central board has suggested the entire campaign be supervised by constituting a children's



cabinet which will help monitor the drive. The Ministry initiated Swachh Vidyalaya campaign from 25/09/14 till 31/10/14. During this period the schools under the administrative control of the Ministry took up the



following activities:

- Talk by a few children on different aspects of cleanliness in the School Assembly every day, especially with regard to sayings and teachings of Mahatma Gandhi, on cleanliness and hygiene.
- Cleaning classrooms, laboratories, libraries etc.
- Cleaning any statue installed in the school.
- Cleaning toilets and drinking water areas.
- Cleaning kitchen sheds, stores etc.
- Cleaning playgrounds.
- Cleaning and maintenance of school gardens.
- Annual maintenance of the school buildings including white wash and painting.
- Organising essay, painting competitions, debates, contests, songs, skits, nukkad natak etc., on cleanliness and hygiene.
- Constitution of children's cabinets to supervise and monitor the cleanliness drive.
- Any other activity related to school sanitation.

Further, the board has encouraged schools to fill their sanitation status online at [www.schoolsanitation.com](http://www.schoolsanitation.com) which is an award winning activity. Schools with good sanitation ratings (after verification) will be felicitated as per their ratings. The highest scoring schools with green rating will get a cash award of Rs.1,00,000, if the rating is blue the school will get a cash award of Rs.75,000, and if yellow the school will get Rs.25,000, however if they are black or red, they need to improve.

The objectives of this initiative are multi-faceted and aimed at

1. Saving Lives
2. Women's Safety
3. Universal Literacy
4. Boost the Economy

# Bharat Abhiyan in Schools



- 5. Eradicating Manual Scavenging
- 6. Waste Management
- 7. Water conservation

It is compulsory for the schools to focus on the practical aspects of sanitation in its right perspective, laying emphasis on personal hygiene, proper sanitation, clean toilet habits, safe drinking water, separate toilets for girls, disposal of waste water, human excreta disposal, waste water recycling, waterless urinals, waste segregation and composting, food hygiene along with the creation and conservation of green spaces.



**Parth Maheshkumar Bhavsar**, Sales, Xomox Sanmar, Surat.

## Morning Jobs

- Monday -
- Tuesday -
- Wednesday -
- Thursday -
- Friday -



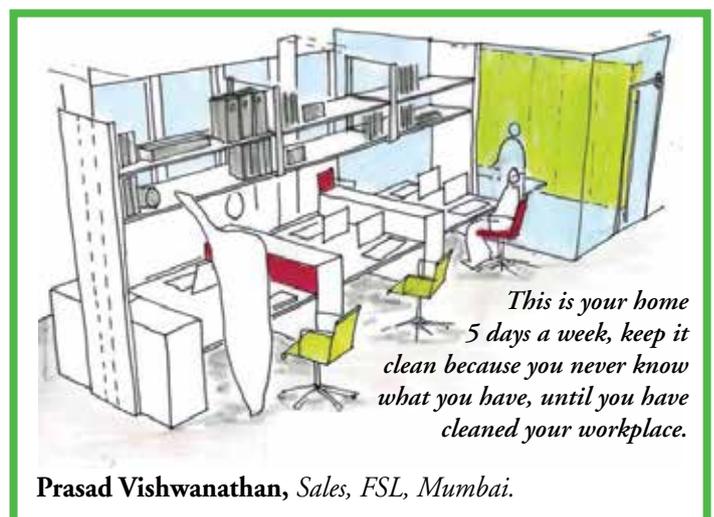
At our school, it is an on-going effort to meet the objectives of providing a clean and healthy environment to the children. Personal hygiene and safety are now an integral part of the value based education being imparted to the students.

Teachers are also given a chance to participate in workshops and seminars to inculcate a clean and environment centric culture among the students so that they can contribute in keeping their workplaces clean and safe.

Beginning this year, the school has issued circulars encouraging to fill an online questionnaire that provides a chance for the parents to rate the school's endeavour to meet the cleanliness and environment ambience levels apart from the facilities for curricular, co-curricular and skill development activities.

This is a first in the history of CBSE schools in the South that enables the parents to communicate directly with the school management who in-turn can take the feedback to improve upon their existing infrastructure and service levels to address the nation's interest at large.

**S Rekha**, Maths HOD, *Kamala Niketan Montessori School*, W/o **T Vinodh Gopinath**, Sales & Marketing, SFL, Viralmalai.



**Prasad Vishwanathan**, Sales, FSL, Mumbai.

## Sri Sankara Vidyashramam Matriculation Higher Secondary School, Tiruvanmiyur

### Interact Club Initiative

As part of the “Swachh Bharat” initiative, the Interactors thought it fit to give their message on cleanliness to the children of kindergarten. On 13th October 2014, their project ‘Clean ways to Healthy Days’ saw them all giving a song based on cleanliness which the Interactors had specially written for the kindergarten students. The little ones enjoyed the song and the Mascot – “THE CLEAN WARRIOR”. Amidst a lot of fun and laughter the Interactors urged the little ones to join the “Bubble Brigade” and be a “Clean Warrior”. As for the Interactors, they went home with a warm glow in their hearts and the satisfaction of caring and sharing the message of cleanliness.

Yet another activity as part of the “Swachh Bharat” initiative, was done on 14th October 2014. The Interactors drove home the message, “Be the first one to make the move”, under their project ‘Clean Ways to Healthy Days’. Animated films were screened for the students of Std. I and II based on the theme.

The primary students also loved the sing-along on keeping the environment clean. The song went like this:

“It’s okay really to play in the mud because that’s what we love to do...

But remember to wash up after your play... At home, school, park or beach... no... No...NO littering ...”

One of the primary students got to be the ‘CLEAN WARRIOR’ and everyone took the pledge to “Join the Bubble Brigade and be a Clean Warrior”. The programme was a big hit as it was entertaining and educative.

Interactors were inspired by Mother Teresa’s quote, “Never worry about numbers”. Help one person at a time and always start with the person nearest you”.

The Interactors felt that reaching out to their fellow students about cleanliness was the best part of their project.



### Chennai Coastal Clean Up

A beach cleaning activity was organised by Chennai Coastal Clean Up of the Chennai Trekking Club on 7th June 2015. Nine Interactors volunteered for the activity. They joined hands with an NGO “Give Smiles” and cleaned the beach near Besant Nagar. This initiative helped to educate the younger generation on the importance of a clean environment.

# at Sankara Schools, Chennai

## Sri Sankara Senior Secondary School, Adyar

We are promoting Swachh Bharat Abhiyan in our school. A group of students in our school have taken the initiative to promote cleanliness by emulating the Swachh Bharat Abhiyan in our school. The students clean the classrooms every afternoon when each school day ends.

The interactors have taken the initiative and they have appointed monitors who check each and every class everyday and ensure that everything is clean. The monitors report to the interactors who keep track of the progress. As participants of a competition, some students have spoken to the Councillor of the area and have asked her to follow stricter measures in maintaining cleanliness.

Our Principal always emphasises on the importance of a clean environment. She gives inspiring speeches regarding this topic from time to time.



### Teacher's Report

Cleanliness is an important aspect of our lives. Sri Sankara Senior Secondary School, Adyar believes in the concept of cleanliness. Students are working towards the goal of keeping the school and its environment neat and clean. They have utilised structured group meetings to come up with ideas which would instill the concept of cleanliness in the students.

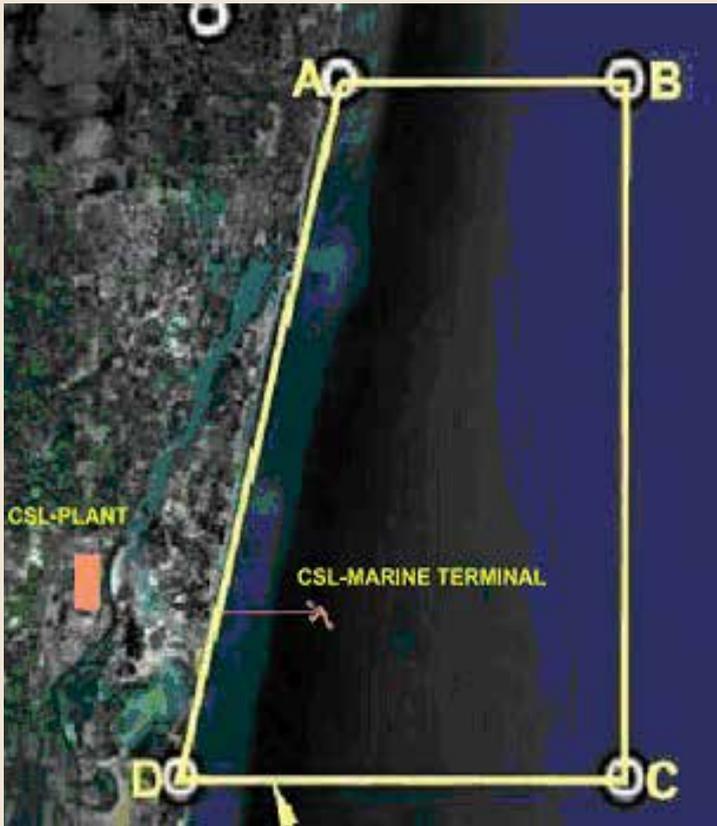
Setting up of dustbins at various points in the school, monitoring students class-wise daily by leaders, group discussions in classes, posters, poems and drawings have helped to create awareness among the students.

We believe that the children in the school have understood the importance of cleanliness and its benefit to the society.

Thus, cleanliness as 'The Power of One' has been aptly re-enforced by our school.



## Coastal Cleanup Day at



Every year, third Saturday of September is observed as World Coastal Cleanup Day. On this day people come together to clean up the coastal sites.

From 2011, we are carrying out the coastal clean up activity at our Marine Terminal facility, Cuddalore.

### Why?

Large amounts of debris litter the world's oceans causing harm, and most of this debris comes from land.

Our beaches are collecting spots for trash from city streets, highways. The trash travels - via inland waterways, storm drains, sewers, and through the wind, and eventually ends up on the coast.

Beach cleanups are a last line of defence to prevent debris from causing harm to our oceans, to marine life and to our coastal economies. If not removed, this debris will end up in the ocean.



# Chemplast Cuddalore

## On that day

- The terminal staff, marine operators and security wing assemble at Chitrapet coastal, take a pledge to keep our beach clean, and discuss about other ways to live an Eco-friendly lifestyle.
- The population around the site is engaged predominantly in fishing and agriculture.
- A major part of the fishing takes place well into the sea, about 5 km from the shore.
- We learn about plastic pollution, to explore the problem of ocean debris and some of the reasons why Coastal Cleanup Day is so important.
- The team starts collecting the trash and recyclables along beaches for a distance of 2 kms north and south.
- Our responsibility towards cleanliness to protect our environment in Terminal Operations:
  - No consumption of ground/ surface water for terminal operations.
  - No impact for marine life, since no discharge of oily waste etc.

**A Arivudai Nambi**, *Mechanical Maintenance, Chemplast Sanmar, Cuddalore.*



## Sudoku

			3			9	4	
	6	5			4			1
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				3		4		6
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### Guess Who? !

*Rajah Sir Muttaiya Annamalai Muthiah Chettiar was a banker, educationist, philanthropist and a short time politician. Along with his father founded the Annamalai University in the town of Chidambaram in Tamil Nadu. In 1948 he became Pro-Chancellor of Annamalai University.*



### Winners

**(Contests announced in Scribbles March-April 2015 issue)**

#### Find the etymology

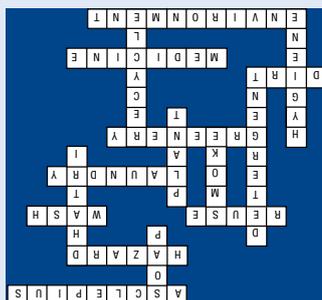
1. R Sriram, Support Services, Chemplast Sanmar, Mettur.
2. K S Sampathkumar, Production, Chemplast Sanmar, Mettur.
3. R Raja, Production, Chemplast Sanmar, Panruti.

#### Who am I

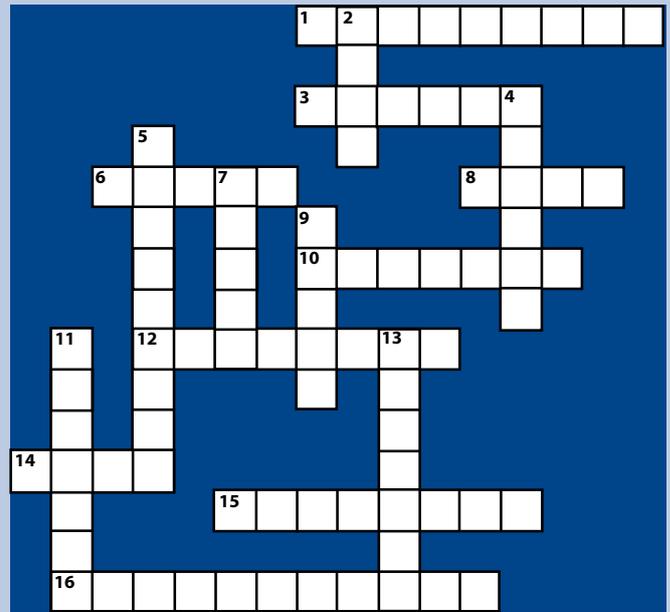
1. Ishaan Anand, Sales, Xomox Sanmar, Delhi.
2. Aakash Tanwar, Trainee, Tyco Sanmar, Delhi.
3. Sapna, D/o Dr Krishna Kumar Rangachari, SSCL, HO.

#### Find me

1. Karpagam Sankaran, W/o S Sankaran, Finance, Sanmar Corporate Divn., HO.
2. R Padmapriya, W/o R Raja, Production, Chemplast Sanmar, Panruti.
3. S Keerthana, D/o V Subramanian, Plant Services, Chemplast Sanmar, Mettur.



## Crossword



### Across

1. Greek god of medicine and healing (9)
3. a situation that poses a level of threat to life, health, property or environment (6)
6. use an item again after it has been used (5)
8. acronym stands for water, sanitation, and hygiene (4)
10. place for washing of clothing and linens (7)
12. term used in landscaping and florist industries (8)
14. material found on the Earth's crust (4)
15. derived from the Latin word 'ars medicina' (8)
16. biotic and abiotic surrounding of a population (11)

### Down

2. in chemistry, it is a salt of a fatty acid (4)
4. Hindu solar god of health (6)
5. mixture of surfactants with cleaning properties (9)
7. collection of airborne solid and liquid particulates and gases (5)
9. multicellular eukaryotes of the kingdom Plantae (5)
11. practices performed for the preservation of health (7)
13. process to change waste materials into new products (7)

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SS Rameshwari, Veena Merrillina J

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