



MATRIX

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A PUBLICATION OF **THE SANMAR GROUP**

COVID-19

**PANDEMIC
PANIC**

(See back cover of this issue for Safety tips you need to know)



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Sanmar Speciality Chemicals
(A division of Chemplast Sanmar Ltd)
Chemplast Cuddalore Vinyls Ltd
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Sanmar Shipping Silver Jubilee @ Chennai



A trip to Milan gave a young marketer working for a Seattle coffee bean roaster an idea for upscale espresso cafes like they have all over Italy. His employer had no interest in owning coffee shops but agreed to finance Howard Schultz's endeavour. They even sold him their brand name, Starbucks.

In much the same way, N Sankar opened up to Shipping in 1994 in a casual conversation while on a flight from Chennai to Mumbai. Twenty five years later, as part of the Silver Jubilee celebrations, Sanmar Shipping followed up with a social get together in an elegant setting at the Taj Coromandel, Chennai on December 23rd; a month after the function in Mumbai on November 22nd at the Rooftop, Trident Hotel, Nariman Point.

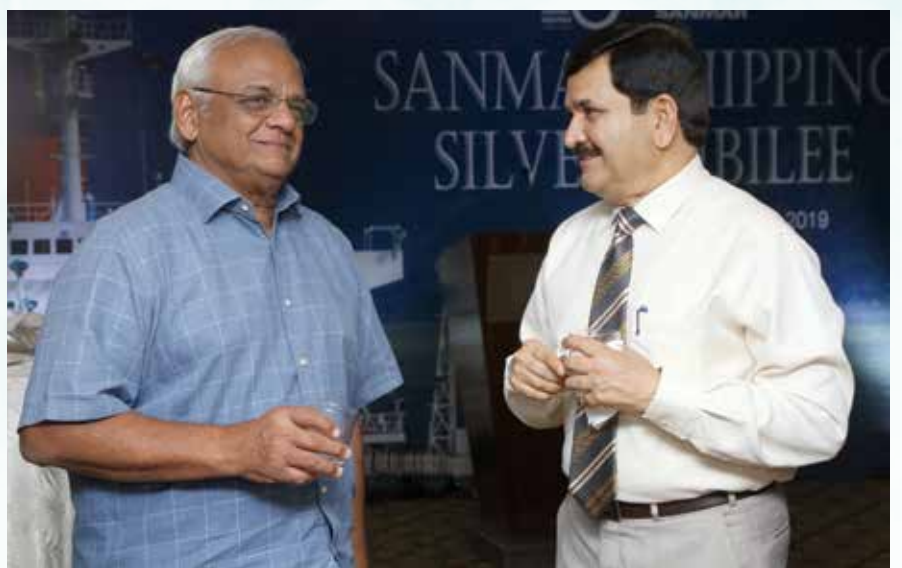


If the evening in Mumbai looked staid, the evening in Chennai turned out to be a lot more garrulous, in



the presence of N Sankar, N Kumar and Vijay Sankar. The city's senior mariners, having left the adventure of the seas long ago, and now in senior management positions ashore, found time to catch up in friendly banter, recalling Chennai's tryst with the shipowning world.

As the evening ended, one of the guests suggested that in a world of shipping known for its volatility and cyclicity, The Sanmar Group turned on its charm in a rare public appearance; prim, courteous and its sense of humour intact. The history of 25 years witnessed the Asian crisis in 1998, the Y2K crisis in 2000 and the financial crisis in 2008, and yet managed to keep its stakeholders on their feet, with the underpinning logic of uniformity in people management and ethics as the cornerstone of business, as Vijay Sankar said in his brief speech.



Magic of India at Port Said

‘India by the Nile’ - Season 8

The eighth season of ‘India by the Nile 2020’, a celebration of the essence of India through classical and contemporary performing and visual arts, food and popular culture was held from 2-10 March 2020 in Cairo, Alexandria, Fayoum and Port Said. TCI Sanmar was one of the sponsors for this festival for the eighth season in a row.

As the largest international festival in Egypt, ‘India by the Nile’ provides audiences a keen flavour of India’s vibrant culture while strengthening artistic collaborations and bilateral ties between the two countries.

As a part of the 8th milestone season of ‘India by the Nile’, TCI Sanmar brought to Port Said a day of exciting activities that let everyone discover the magic of India - the India Day on the 5th of March. The day included exclusive performances and workshops in yoga as well as music

and dance shows, engaging families and the larger community with a carefully-curated programme appealing across age-groups.

Mr Rahul Kulshreshth, Ambassador of India to Egypt, says *‘As India by the Nile enters its eighth year, we look back with gratitude at the warmth and affection with which our Egyptian friends have received this festival in the past. It is indeed due to their love for Indian culture that IBN is billed as one of the biggest foreign cultural festivals in Egypt.’*



ICC's 13th Annual India Chemical Industry Outlook Conference - "Vision 2025"



The 13th Annual India Chemical Industry Outlook Conference by the Indian Chemical Council on the topic - "Vision 2025 - How do we Leverage the Discontinuity/ Disruption/ Uncertainty in the Industry?" was held at Mumbai on 13-14 February 2020.

The conference drew insights into latest trends in the chemical industry and expert views on how challenges could be addressed. Recent chemical industry trends such as digitalisation, global mergers and acquisitions, and focus on downstream speciality chemicals were addressed.

In his welcome address, Vijay Sankar, President ICC said, "The Indian Chemical Industry welcomes the vision of Government of India and our Hon'ble Prime Minister to take the Indian economy to US\$ 5 Trillion from the existing US\$ 2.7 Trillion, which is the target of Vision 2025.

In order to realise the target, ICC, as the premier Chemical Industry association, is actively working with both industry and Government to ensure that the Indian Chemical Industry contributes its fair share. Our resources in Delhi, Mumbai and other regions are actively involved in strengthening our footprint. From ICC's perspective, we continue to engage with the Government through our flagship programmes - 'Responsible Care (RC)' and 'Nicer Globe' to improve the perception of the Public of this very valuable Industry," he said.

The Secretary, Department of Chemicals and Petrochemicals, Government of India, P Raghavendra Rao IAS, listed in his address, the several opportunities in front of the Indian Chemical Industry.

He reiterated, "We have several opportunities such as rising disposable income, young population, fast urbanisation, and focus on speciality chemicals which is growing very fast, production and consumption shifting towards Asia and may be towards India, trade wars, environmental concerns in China, the customer shift towards healthier lifestyle and environment friendly products and with the growing policy support for the whole sector and entire economy, with focus on ease of doing business, FTIs, Infracs etc."

Vijay Sankar greeting P Raghavendra Rao IAS, Secretary, Department of Chemicals and Petro Chemicals, Government of India.



ICC's seminar on Opportunities for Petrochemicals

*(Seated on the dais: L to R):
M Ponnuswami, Past Chairman,
CII Tamil Nadu, State Council,
SN Pandey, Managing Director,
CPCL, K Shanmugam, IAS,
Chief Secretary, Government of
Tamil Nadu, and P Raghavendra
Rao, IAS, Secretary, Department
of Chemicals & Petrochemicals,
Government of India, N
Muruganandam, IAS, Principal
Secretary, Tamil Nadu Industries
Department and VT Moorthy,
Chairman ICC Southern Region.
Vijay Sankar, Deputy Chairman,
The Sanmar Group and
President, ICC is seen addressing.*

A one-day seminar on “Opportunities for Petrochemicals & Pharma Industries in Tamil Nadu” was organised under the aegis of the Southern Region of Indian Chemical Council (ICC) in association with the Chemical Industries Association, Manali Industries Association and Pharma Associations at Hotel Hyatt Regency, Chennai on 29 February 2020. Over 100 participants from the Chemical Industry and the Government attended this event.

Vijay Sankar, Deputy Chairman, The Sanmar Group and President ICC, in his welcome address said that it was an honour to lead the body when the industry is seeing a huge revival. Looking at the enormous opportunities before the Chemical and Petrochemical industry, he reiterated, “In Tamil Nadu, we contribute 6% of our country’s chemical production. We used to be much higher in the 50s

and 60s. The opportunity to increase this lies in front of us. We have a huge coastline a huge fabrication industry, large number of engineering colleges, people willing to work in this industry and we have appreciation for this industry. I think the Government has revived the sentiments in Tamil Nadu and has announced various initiatives to bring the industry back in a big way....“He was hopeful that soon the State of Tamil Nadu would regain the Number One position.

The Secretary, Department of Chemicals and Petrochemicals, Government of India - P Raghavendra Rao IAS, the Chief Secretary of Tamil Nadu - K Shanmugam IAS as well as the Principal Secretary, Industries, Tamil Nadu - N Muruganandam IAS, Chairman of TNPCB AV Venkatachalam IAS, along with many senior officials from the Government of Tamil Nadu attended



and Pharma Industries in Tamil Nadu



N Muruganandam, IAS, Principal Secretary, Tamil Nadu Industries Department and Vijay Sankar watch P Raghavendra Rao IAS addressing the audience.

the seminar and spoke on the subject of industrial development in the state, the various initiatives taken for bringing investment especially in building large petroleum refinery along with petrochemicals complex at 3 locations in Tamil Nadu.

Other speakers focussed on various topics of importance to the industry such as Responsible Care, Environmental Regulations and compliance, and Infrastructure requirements for large chemical complexes.



(L to R): SN Pandey, Managing Director, CPCL, K Shanmugam, IAS, Chief Secretary, Government of Tamil Nadu, and P Raghavendra Rao, IAS, Secretary, Department of Chemicals & Petrochemicals, Government of India.



R Srikanthan, Director (Technical) and SN Pandey, Managing Director, CPCL in conversation with Vijay Sankar.



Vijay Sankar welcoming K Shanmugam, IAS, Chief Secretary, Government of Tamil Nadu.

“It’s Our Ship”

Mike Abrashoff addresses the Sanmar leadership team

Mike Abrashoff was the most-junior officer in the Pacific Fleet when he took command of one of its worst performing ships, the USS *Benfold*. By instilling a sense of ownership among the crew, he turned it into the Navy’s best within a year, winning the prestigious Spokane Trophy for having the highest degree of combat readiness.

This stunning story of transformation has lessons for every organisation. His simple credo “It’s Your Ship,” which became the rallying call for the crew of the *Benfold*, also became the title of his first *New York Times* and *Wall Street Journal* best-selling book. Since leaving the Navy, Abrashoff has worked with over 1200 organisations instilling leadership initiatives at every level.

Thanks to Prem Watsa, Fairfax, for having invited Abrashoff to meet the leadership team of The Sanmar Group.

Key takeaways from Abrashoff – ‘Taking ownership and a sense of shared responsibility (‘Don’t bear leadership on one’s shoulder alone’), trying to be intellectually curious, owning the results (It’s our Ship), excellence without arrogance, recording of what happened to improve on it the next time, touch leadership (getting down to the brass-tacks to examine things for oneself at the ground level) and never to make big mistake and never the same mistake twice.’

The big question is ‘how do you want your change of command to be? Cheers or Tears?’



Sanmar bags National Safety Council awards

Chemplast Sanmar Plant II, Plant III and Flowserve Sanmar, won the Occupational Health, Safety and Environment “Star Award” for 2018 from the National Safety Council (NSC) - Tamil Nadu Chapter.

K Manoharan, Chairman, National Safety Council, Tamil Nadu Chapter and Director, Directorate of Industrial Safety and Health, presented the awards at a function held on 8 January 2020 at Hotel Ambassador Pallava, Chennai.



P Sathiyamoorthy, receiving the award on behalf of Chemplast Sanmar, Mettur, Plant III.



M Senthil Kumaran receiving the award on behalf of Chemplast Sanmar, Mettur, Plant II.

TN Sriram and V Sivakumar receiving the award on behalf of Flowserve Sanmar from K Manoharan, Chairman, National Safety Council, Tamil Nadu Chapter and Director, Directorate of Industrial Safety and Health.



Shopping malls across the globe

Trends in India

*Main atrium of Berjaya Times Square
Kuala Lumpur shopping mall*



Shopping malls are literally, the thirst quenchers of Oniomaniacs. And for the millennial, who is always on a mode to experiment and explore,

malls are veritable cathedrals of shopping.

The arcades in Trajan's Market in ancient Rome are thought to be the world's oldest public shopping mall. Built around 100–110 AD by Apollodorus of Damascus, the shops and markets are found in a multi-level structure and it is still possible to visit several of the levels. Delicate marble floors and remains of a library are some of the highlights.

The Grand Bazaar of Istanbul, which is still one of the largest covered shopping centres in the world, was built in the 15th century, a marvel indeed with more than 61 covered streets and 4000 shops.

The modern mall, as it stands today, can be traced to the 1950s. Australian born American immigrant architect Victor Green takes the credit towards the invention of the modern mall. And the first generation of malls was set up in North Gate, US in 1950.

Southdale Regional Shopping Centre opened in Minneapolis in 1956 is the first enclosed mall, such that visitors could stay warm and dry while shopping. It had ample parking space which attracted many to experience this kind of shopping. The café in Southdale is also the precursor to today's food courts. The lighting fixtures in Southdale were so chic that it was much admired for its modern architectural sense.

In the early 1960s, malls became paradise for retailers who could now aggressively market products. As more and more people flocked these retail destinations, many different speciality products from hosiery to shoes were sold.

The 1970s was an era of showcasing plants – large indoor trees to brighten up the interior, with live vegetation and entertainment to attract shoppers – it was when band in the shopping area became a part of the mall culture. Fountains and other water features became common for dressing up malls.

The 1980s malls thrived on ‘record stores’ which became a mainstay attracting droves of shoppers year-round. Here was a time when the world was not yet spoilt with the advent of mobile phones; people had to meet friends physically instead of in a video call. So the food courts played a major role in facilitating these meetings, eventually becoming the favourite hangout of youngsters.

By the 1990s the concept of malls had evolved so much that in the United States of America there were malls where you could buy a wedding dress and also get married in the same mall at once. The gigantic Mall of America which opened in Minnesota in 1992 with one-of-a-kind-shops offered items and services one would not find anywhere else. A 1.2 million gallon walk-through aquarium is another amazing feature of this mall.

From 2010s, a trend of malls dying has set in. Increase in online shopping with the younger consumers, closing of anchor stores and changing



As the coronavirus spreads, more malls will look like this one in Italy.

Malls around the world are literally empty, as fear over the spread of the Coronavirus is causing people to distance themselves from public spaces. Since the virus spreads from person-to-person contact, several centres for disease control and prevention including the WHO are recommending ‘social distancing’, to maintain atleast 6 feet from others and limiting social interaction.

Nearly empty shopping mall in Beijing, China.



demographics are some possible reasons for malls failing especially in countries like the US with declining foot traffic. Whereas in Russia, Middle East and Dubai, Asia, China, South Korea and European countries due to a growing middle class and increasing demand for luxury goods, malls are still popular.

Dubai houses the world's largest mall with over 1200 stores. The Lotte World in South Korea which opened in 1989 includes amusement park, lake, and monorail service. The American Dream, a retail and entertainment complex in New Jersey with over 450 shops opened its first and second phase in 2019. With hundreds of luxury retailers, indoor snow sports centre and amusement park, this Dream is approximately 2 million square feet in size.

Trends in India

It might come as a surprise to many that India's first modern mall didn't begin in Mumbai or Delhi or even Bangalore for that matter. While people in these cities were yet to experience

mall-culture, it was Chennai that trumped them and became home to not only the first mall in India but also, one of the biggest in South Asia when Spencer Plaza was built in 1985 in the city's arterial Mount Road.

The 21st century had no look back as far as retailers are concerned, and many malls rose to their glory. With growing number of Indian shoppers slowly but surely developing a penchant for shopping in clean, vibrant, climate-controlled and highly enabled malls rather than in the usual grocery shops and scattered individual stores, malls have come to stay.

Influence of media and marketing communication has resulted in changing aspirations, lifestyle orientation and change in consumer perceptions about shopping.

Despite many hiccups, including the recession of 2007-2008 and the advent of e-commerce businesses, the numbers vouchsafe that Indian malls are definitely here to stay. By 2017-end, there were more than

DLF Mall at Noida has a leasable area of 2 million sq ft. It was developed at a cost of around Rs 2,000 crore.



600 operational malls across the country. Interestingly, more than 30 new shopping malls covering nearly 14 million sq. ft. are expected to come up across top eight cities by 2021.

Biggest malls in India

LuLu International Shopping Mall, Kochi

LuLu International Shopping Mall is the largest mall in India in terms of total retail area and has over 225 outlets spread across four floors. Located in the city of Kochi, this mall has brought 100+ biggest brands in the world to Kerala for the first time. It also has one of the country's largest hypermarkets, besides a 2500-seater multi-cuisine food court and many fine dining restaurants and cafes.

DLF Mall of India, Noida

The DLF Mall located in Noida, is the second-largest shopping mall in the country and among the most popular ones in Delhi NCR. The mall has seven floors comprising five customised zones, namely Market

Place, International Boulevard, The High Street, Family World and Leisure Land, each zone is dedicated to a particular category.

Sarath City Capital Mall, Hyderabad

Sarath City Capital Mall is one of the biggest malls in Hyderabad housing more than 430 international and local brands across multiple categories like fashion, home décor, jewellery and electronics. Enjoying a prime location, this 8-storey mall also has an elegantly designed marketplace called BAZAAR selling quaint curious and everyday items.

As the concept of buying everything under one roof excites Indians, malls are bound to play a major role in India for a few more years to roll by.

Key reasons for the growth of malls in India:

- Fast growing middle class with higher discretionary income
- Emergence of youth as an independent shopper with a lot of disposal income
- Eagerness of Indian shoppers for a new shopping experience
- Ability of Mall developers to make shopping an enjoyable experience
- Presence of factors like cost effectiveness, convenience, wide variety of products with the fun element entertainment and good time pass plus shopping on weekends

The Grand Canal Shoppes is an upscale shopping mall inside The Venetian Hotel & Casino and The Palazzo on the Las Vegas Strip in Paradise, Nevada.



Jolly Rovers, League Champions 2018-19

TNCA Prize distribution ceremony

At the TNCA prize distribution ceremony held on 12 February 2020 at the MA Chidambaram stadium, Jolly Rovers bagged the Rajah of Palayampatti Shield for being the First Division champions in the 2018-2019 season. Rupa Gurunath, President, TNCA presented the trophy to Ajay Kudua, Manager, Jolly Rovers Cricket Club.



Honing young talent

Sanmar-Vidya Mandir Sportstar U-14 cricket tournament

The one month long Sanmar-Vidya Mandir Sportstar Invitational U-14 cricket tournament featured 32 teams and 31 matches in a round robin format this year. Nellai Nadar School, Thiruvannamiyur clinched the trophy. Vidya Mandir School, Mylapore, were Runners-up. Jolly Rovers cricketer J Syed Mohammed, was the chief guest and distributed trophies to the winners.



Beyond Sanmar

Chemplast Mettur organises mega medical camp

A mega medical camp was organised by Chemplast Sanmar on 16 February 2020 at the Vaidheeswara Higher Secondary School, Mettur, in collaboration with Sri Gokulam Hospitals, Salem for the benefit of the rural populace in and around the villages of Mettur.

The camp screened the beneficiaries for heart ailments, diabetes, BP, and other general conditions.

A team of six doctors and forty paramedical staff attended the camp assisted by eighty volunteers from Chemplast, Mettur. Dr K Arthanari, MD, Gokulam Hospitals, was present and ensured smooth conduct of the camp.

There were 581 beneficiaries, whose BP and Blood Glucose levels were checked. ECG was taken for 421 persons, ECHO Cardiogram for 121 persons, out of which 27 were identified with heart issues and referred to Gokulam Speciality Hospitals, Salem for further treatment at no cost. Free medicines were distributed to the needy.



Children's Park at Armed Reserve Police Quarters, Cuddalore

Chemplast Cuddalore Vinyls Limited contributed Rs. 5 lakhs towards development of a playground and park for children at the Armed Reserve Police Quarters, Cuddalore. The park was inaugurated on 18 February 2020 by DIG, Villupuram, Santhosh Kumar and Superintendent of Police, Cuddalore, M Sree Abhinav. A memento was presented to CCVL in appreciation.



Infrastructure improvement at Cuddalore schools



N Palanisamy, Chemplast Cuddalore Vinyls Limited, handing over a cheque to J Vijayakumar, Head Master, in the presence of PRV Jagannathan, President, PTA, Government Higher Secondary School, Poondiyankuppam.

Chemplast Cuddalore Vinyls Limited provided financial assistance towards procurement of a submersible pump for providing safe drinking water to the children of Government Higher Secondary School, Poondiyankuppam, near Cuddalore.

Books for competitive examination were presented to Netaji Subhash Chandra Bose Public Welfare Association, Semmankuppam, Cuddalore.

Encouraging outdoor sports at Mettur

With an objective to encourage games and sports among rural youth, Chemplast Sanmar, Mettur, has been providing outdoor play materials to villages in and around Mettur. Chemplast Sanmar's R Sakkaravarthi handed over outdoor sport materials to the boys of Raman Nagar and Sakthi Nagar in Mettur on 4 January 2020.



Madhuram Narayanan Centre for Exceptional Children

Special Sports Day

The Annual Sports Day of the Madhuram Narayanan Centre for Exceptional Children was conducted on 7 February 2020. Chief guest Air Marshal (Retd) S Varthaman, took the salute of the children in the March-past. Little Daniel of the 4-6 years group brought the torch which the chief guest lit and declared the Sports Meet open. Teachers of the Madhuram Narayanan Centre, and the Agape Sports Academy for Special Children, Chennai, organised the activities for the sports day. The games played enabled the

special children to adopt motor and social skills, that they will require to sustain themselves in the long run.



Legends from the South

Dr M Balamuralikrishna (1930 – 2016)

Dr Mangalampalli Balamuralikrishna, recipient of a plethora of awards including the Padma Shri, Padma Vibhushan, Chevalier of the Ordre des Arts et des Lettres by the Government of France, Sangeet Natak Akademi Award, Sangeetha Kalanidhi and Sangeetha Kalasarathy to name a few, was a child prodigy.

Born on 6 July 1930 in a small village called Sankaraguptam, in the East Godavari District, Andhra Pradesh to Pattabiramayya, a popular flute player, and Suryakanthamma, a Veena player, young Balamurali's entire schooling lasted for not more than six months. It is said that he would excel in his school prayers, which involved singing but would shock his teachers by presenting

them with blank answer sheets in all his tests and examinations.

The musical genius that he was, Balamuralikrishna went on to get doctorates from six different universities. (Andhra University, Sri Venkateshwara University, Central University, Jawaharlal Nehru Technological University, Rabindra Bharati University, and University of Madras).

Sensing his son's inclination towards music even as a child, Balamurali's father put him under the tutelage of Parupalli Ramakrishnayya Pantulu. Murali learned Carnatic music here and performed his first on-stage concert at the age of eight. Witnessing his raw talent at such an early age, he was given the title of "Bala" by a Hari Katha performer Shri Musunuri Satyanarayana and henceforth came to be known as Balamuralikrishna.

Having started his career at the age of six, Balamurali gave more than 25,000 concerts worldwide. He could play on the Violin, Viola, Veena, Khanjira and Mridangam. He is the only Indian musician to win the National Award for classical music, playback singing and music direction. He also composed music for the first Sanskrit film *Adi Sankara*.

Some of the talas that he invented include Tirmukhi,





Balamurali, as a 14-year old, performing at the 6th Sree Ramanavami celebrations at the Chamarajpet Ramaseva Mandali in 1944, accompanied by mridangam maestro A Veerabdraiah.

Panchamukhi, Saptamukhi and Navamukhi. His music concerts attracted thousands, as he usually combined sophisticated vocal skills with precision of classical music. He even featured in a British choir which had its music composed by the famous Goan composer Dr Joel and lyrics from Nobel prize-winning poetry of Rabindranath Tagore. He sang his first Jugalbandi in the 1977 with another legend Bhimsen Joshi in Mumbai.

As a constant experimenter with music, language was never a barrier for Balamurali and he sang in French, and even ventured into jazz fusion, collaborating with the top Carnatic percussion teacher, Sri TH Subash Chandran, in a concert for Malaysian royalty.

Not content with fame and recognition that he gained by performing in concerts, Balamurali composed a detailed work known as 'Raganga Ravali' on 72 Melakarta. He also has over 400 compositions in different

musical scales to his credit that are widely accepted by music lovers and critics alike.

Out of all his impressive contributions, the creation of new ragas would stand out for years to come. Some outstanding ones include 'Mahati', 'Sumukham', 'Trisakthi', 'Omkaari', 'Janasammodini', 'Manorama', 'Rohini', 'Vallabhi', 'Lavangi', 'Pratimadhyamavati', 'Sushama', 'Murali' among many other ragas.

Balamurali had a successful film career as well. His contribution to film music is considerable with 126 songs in Telugu, Tamil, Malayalam, Kannada, Sanskrit and Bengali. He won the best play back singer award thrice. He also won the national award for his music composition, in 1974 and 1975 consecutively. He had acted in movies making his debut in Telugu movie Bhakta Prahlada as Narada.

For a short span he worked with the AIR as Music Supervisor, a designation which was specially created for him. AIR-Vijayawada rose to new heights after he took charge. Later, he resigned his lucrative job to become the principal of the Government Music College in Vijayawada.

Dr Balamuralikrishna established the Academy of Performing Arts and Research in Switzerland. He also worked on music therapy. For extensive research in the field of music, he established the MBK Trust to develop art and culture and to spread knowledge.

Balamuralikrishna was probably one of the two iconoclasts in the world of south Indian classical music in the 20th century, the other being Veena Balachandar, with whom he had a running battle over the composition of new tunes.

Here was a genius who lived life to the lees. It is said that he was crazy after cars, and till 1995, would never allow anyone else to take the wheel. He loved to eat deep-fried foods or ice-creams — stuff that most vocalists avoid out of a fear of ruining their throats.

On the personal front Balamuralikrishna married Annapurna, a pious, courteous lady. They were blessed with three sons and three daughters, all of whom are doctors. He passed away on 22 November 2016, at his Chennai residence.

When once asked what he cherished most about his life, Balamurali said that it was the sheer pleasure of seeing his compositions sung by others in his lifetime - an honour that was not enjoyed by the great composers of yore, such as Tyagaraja or Purandara Dasa. That was the essence of the man: proud and happy.

COVID-19: Safety Tips

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol base.
- Maintain a six-foot distance from people who cough.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Maintain distance between yourself and other people, if COVID-19 is spreading in your community.
- Stay home if you are sick, except to get medical care.
- Cover your nose and mouth with a tissue when coughing or sneezing; throw used tissues in a covered trash. If tissue isn't available, cough or sneeze into your folded elbow or sleeve, not your hands.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets and countertops.
- If surfaces are dirty, clean them - use detergent or soap and water prior to disinfection.
- Wear a facemask, if you are sick. You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a Doctor's clinic.