

8th Edition

Nov, 2017

# ॥Silkai॥



**simon**  
India

 **adventz**

# HIGHLIGHTS...

- ❄️ Spotlight
- ⛄️ Candid Conversation
- ❄️ Article of the month
- ⛄️ SIL Highlights
- ❄️ Travel Diaries
- ⛄️ .....& many more



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# From The Editors Desk..

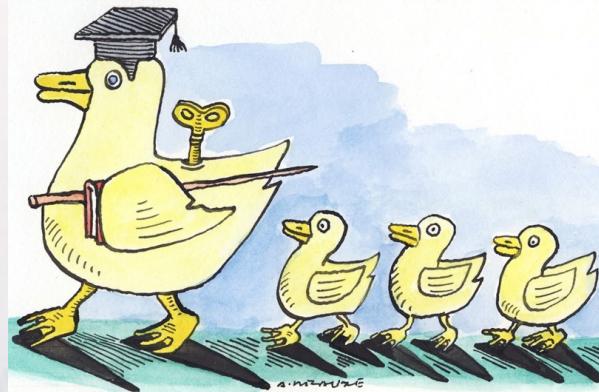
**Shakshi Arora**

## Happy Education

We celebrate children's day on 14th November every year, one of the best gifts we can give our children is GOOD EDUCATION.

The nation needs an education system that excites and stimulates children, providing them with the learning they need - and deserve - to fulfill their potential. This means providing a curriculum of practical and vocational learning alongside theoretical study.

Nowadays, most of our education focuses on academic topics, which have little application for students at present. Further, the introduction of strict specification for many courses does little to encourage natural ability to flourish. Practical and active learning is always more effective than passive learning, for then you have a use for what you learn. It is frustrating when a teacher cannot answer your question because "it's not on the spec." Yet in humanities you are encouraged to read around the subject, broadening your mind in areas that interest you.



The average student wakes up early in the morning, tired from a late night and has to drag themselves to school for a day's worth of free but generally, unwanted, education. Why is this? These students desire education on a topic they enjoy, not the lists of facts and trivialities peddled to us by exam boards.

As a matter of basic values, everyone wants to do well. But unless the motivation can be found, there is little chance of this. Education needs to be stimulating and interesting for a student in order for them to enjoy it and thus make best use of it.

It could be said that schools reject the idea of education being 'fun' and 'enjoyable', but this could just be due to our obsession with getting a good career and money, in the belief this will bring us fulfilment.

Few questions to stir our mind

Children learn best when teaching aligns with their natural exuberance, energy and curiosity. So why are they dragooned into rows and made to sit still while they are stuffed with facts?

Governments claim to want to reduce the number of children being excluded from school. So why are their curriculums and tests so narrow that they alienate any child whose mind does not work in a particular way?

The best teachers use their character, creativity and inspiration to trigger children's instinct to learn. So why are character, creativity and inspiration suppressed by a stifling regime of micromanagement?

**The seeds of change are sprouting - but they won't automatically grow. For them to flourish they need to be recognized and nurtured. They need the support of the nation; from parents, to young people, MPs and the business community.**

"Andy Powell, CEO of independent education foundation Edge."

# SPOTLIGHT

Odisha Cement Ltd. (OCL)



Erection of TG, ACC and AQC Boiler is completed. Erection of PH Boiler structure is under progress.

DM Tank & Cooling Tower Erection work in Progress. The interior work of TG Building is under progress.

The site activities along with piping, electrical & instrumentation work are in full swing.



# SPOTLIGHT

## Mundra LPG Terminal Private Ltd. (MLTPL)

- Substation, Security Cabin, Driver Amenity S&D buildings foundation works Ongoing
- Firewater Tank foundation Completed
- Conducted Safety Integrity Level (SIL) study at MLTPL Office Ahmedabad
- Drawings Issued to start Control room
- KOM Conducted for the Major packages
- Started to receive & review the Vendor Prints.





# Candid Conversation with Ms. Munmun Mazumdar

Interviewer : Shakshi Arora



## Basic Information

Birthday – 24th January

Hometown - Kolkata

Alma mater – Durgapur Girls high School

Zodiac - Aries

## Tell us about yourself and your family

I was born and brought up in Kolkata and Durgapur. I am the eldest in the family. I have a younger sister and brother. I did my MBA from Ranchi university. I have been settled in Delhi for last so many years with my husband. He used to work for the government's transport department. After retirement I want to stay in Durgapur with my husband, mother-in-law and other in-laws nearby.



## What kind of personality you were in your teenage?

I was always an introvert person. I used to have very selected friends. I was always more into studies.

## Which personality do you admire the most and why?

The person who comes to my mind is Ms. Kalpana Chawla and Mrs. Indira Gandhi – great personality and most inspiring ladies with huge contribution for country.

## Success mantra for procurement professionals?

I have always believed that one should take responsibility of whatever task is given to them. Sometimes it seems difficult but in the long run if you are dedicated for your work, you will achieve success. **Let "small difficulties" not hamper your path.**

## Had you not been in this profession, what would have been your alternate career?

I have done my Bachelor with Philosophy honors and got 4th position in university. I was about to do MA in Philosophy and become a Lecturer. But scenario changed and after doing MBA started job.

## Your message for our readers.

My experience with Simon has been great, I have made some good relations here. Everyone is nice here and supportive. I will request everyone to be more communicative because you need to express yourself. We can't expect people to understand us without expressing our emotions.

**Any suggestion to government / private organizations for ensuring working women's safety?**

I have few suggestions

- Areas around office buildings and the roads leading to nearest bus stops should be properly lit up.
- Some cab facilities /contact numbers should be available with office.

**Any suggestion to working women on how to keep a balance between office and home?**

I really admire women as they manage both home and office with full efficiency. But my advice to all working ladies that they should give some time to their own and take good care of their health. As in the long run health plays the most important role. If we are healthy we will be able to take up any challenge. So, please do good care of yourself.



**Favorite cuisine - :** I like non veg food specially fish and chilly chicken

**Favorite actor - :** Amitabh Bachhan, Shahrukh Khan

**Favorite actress – :** Hema Malini, Madhuri Dixit

**Favorite Holiday Destination - :** Kashmir

**Hobbies –:** Listening to music specially old songs

**Favorite Singer – :** Kishore Kumar, Lata Mangeshwar, Sonu Nigam, Shreya Ghoshal

# LEARNING COMMITMENT BY EXAMPLE



Date – 25 Oct 2016

Venue – Bombay House Board Room

**Situation – There were 9 boards of directors sitting in a board room along with a chairman. There were certain decisions made which were not in direction of favorable marketing driving conditions.**

One of such decision was to break TATA-DOCOMO partnership. Tata has earlier done a tie up with a Japanese telecom company NTT-DOCOMO (A predominant mobile phone operator in Japan) to bring internet services to India with TATA then forming a joint venture telecom arm, Tata-DOCOMO. Accordingly, all share holdings and financial aspects were mutually agreed with all terms and conditions scripted on registered stamp papers.

From past year or so, TATA-DOCOMO has not been performing as per market expectations and requirements, which left the fortunes of this venture in a crux. For any business across the world, if bottom lines are not met w.r.t. planned strategies, then alternatives have to figure out to reach bottom line.

One of the easiest way to avoid loss making in any joint venture is to sell off stressed assets and one other option way is to revive the venture which is toughest, challenging and most respectful at the end of day. Unfortunately, former option was picked.

This is one of the situations in corporate life where there is opportunity hidden to learn what “COMMITMENT” really means.

When the tie up was done, there were terms and conditions scripted, which said if either of the company decides to break up the joint venture, then since DOCOMO has invested in TATA to form joint venture, so TATA will have to pay back to DOCOMO. This amount according to terms and condition was either product of actual share price of TATA –DOCOMO at the time of selling into total no. of shares or 12000 crores INR whichever is higher. However, since the venture was under performing and stressed, so actual price calculated on basis of shares was 7000 crores INR as only this amount can be recovered by selling shares in open market.

This is where point of views differed within the joint venture management team. It was initially decided that some terms and conditions will be deviated and only 7000 crores INR will be paid. But COMMITMENT is what matters for the goodwill of corporate brands. If the terms say that in such situation, 12000 crores INR is the default amount, then it has to be. Eventually, this much amount is paid and it was within TATA financials that extra 5000 crore INR was being arranged.

Gentleman, this is what we need to learn. EPC is a client based industry and COMMITMENT is what really matters at the end of day. If client has given us certain contract of EPC, we have to be committed to that. We need to DESIGN our ENGINEERING as per customer needs. But it doesn't mean that one deviates from standard designs, but a mutual maturity in following standard design guidelines and meeting client expectations is what always needs to be optimized and delivered on time.



Gunveet Singh

# HYPOTHYROIDISM

One in 10 Indians suffer from thyroid issues, mostly hypothyroidism. Women are much more likely than men are to develop thyroid issues. Many middle age women especially suffer from this hormonal issue. But the even bigger concern is that hypothyroidism goes undetected.

Hypo means less and thyroidism is anything related to your thyroid gland. Thyroid gland is present in neck and is responsible for producing 2 key hormones – T3 & T4. T3 & T4 hormones regulate metabolism in the body. Therefore, anything that goes wrong with thyroid gland has a carryover to metabolism. Metabolism determines the speed with which body works. It determines, for instance, body's temperature, how fast you can use energy from food, your heart beat and most importantly how you can burn calories. It has one to one relation with overall fitness level. Therefore, hypothyroidism is a fitness issue in many cases because a lack of thyroid hormones can lead to slower metabolism which in the long term leads to weight gain and weight gain lowers down metabolism even more and causes many long term issues.

⇒ **Symptoms:**

- Weight gain
- Depression
- Mood Swings
- Constipation
- Hair Loss
- Dry Skin
- Fatigue
- Changes in menstrual cycle
- Swelling of the throat

⇒ **Long term issues:**

- Heart Disease
- Infertility
- Joint Pain
- Obesity

**Cure**

Thyroid is a lifestyle disease and can be cured by fixing diet and exercise regime. Hypothyroidism is of 2 types: one which can be fixed and the other cannot be fixed so simply. Both the cases though have similar symptoms. If there is sudden gain in weight or there is swelling in throat, it's time to get tested for hypothyroid issues as these are the immediate symptoms of hypothyroidism & next step is to figure out which of the two is your case.

## Type 1

First type of hypothyroidism is the more common case and can be fixed just through diet. It happens because of: 1) Deficiency of iodine and 2) Deficiency of iron.

### Iodine rich foods

- Seafood
- Seaweed
- Curd
- Iodised salt
- Strawberries

### Iron rich food

- Red Meat (small quantity)
- Seafood
- Beans
- Dry Fruit
- Peas

Iodine and Iron help with the production of T3 & T4 but there is a 3rd factor called goitrogens. Goitrogens are the foods that affect the production of those hormones in Thyroid Gland.

Following are the foods that contain goitrogens and need to be avoided:

- Cabbage
- Cauliflower
- Mustard Greens
- Broccoli
- Turnips
- Radish
- Soya

## Type 2

This type of hypothyroidism cannot be fixed by just fixing the diet and fitness regime. Lifestyle diseases can be fixed by just fixing the diet and without going for any sort of medications. But this type definitely requires medication and need to go to doctor. 2nd type of hypothyroidism involves body producing antibodies against your thyroid gland. This is mostly a genetic issue and runs in family. In this case, the body is producing substances that go and attack your thyroid gland and prevent it from producing T3 & T4 hormones. Medication is an absolute must in this case. The medicines prescribed by doctor include the man-made form of T4 hormone which helps to cure thyroid problem if backed with correct diet & exercise plan.



Zinnia Sachdeva

# SIL HIGHLIGHTS

## Contribution to "Skill India Mission"



When we look at a specially - abled person, we only see what physical disability he or she has. I urge people to focus instead on what extraordinary quality he or she may possess.



**Skill India**  
कौशल भारत - कुशल भारत



Dharmendra Pradhan  
Minister, Petroleum & Natural Gas &  
Skill Development & Entrepreneurship



Anant Kumar Hegde  
Minister of State,  
Skill Development & Entrepreneurship



Sanjay Kumar Pradhan  
Lead, Affirmative Action  
Industry Partnerships & CSR NSDC



Dr. Renu Swarup  
Sr. Advisor, Dept.  
of Biotechnology & MD, BIRAC



Dr. Shirshendu Mukherjee  
Mission Director,  
Program Management Unit, BIRAC



Bincy Baby  
Director & Chief General Manager  
Eram Scientific Solutions

Hunnarbaaz! Mission Skill India!  
Episode No.95  
Disabilities

This week Hunnarbaaz salutes the specially - abled who have overcome their disability to achieve great heights, and also focusses on the institutions which offer them training, helping them to stand on their own feet.



Sachin Tendulkar  
Brand Ambassador, Skill India



Arunima Sinha  
Founder, Arunima Foundation  
& Mountaineer



Om Prakash  
President, Arunima Foundation



Rakesh Verma  
CEO, Simon India Limited



Ruma Roka  
Founder & General Secretary  
Noida Deaf Society



Siddharth Kak  
Host & Producer



भारतीय जीवन बीमा नियाम  
LIFE INSURANCE CORPORATION OF INDIA



HUNNARBAAZ Skilled to Win



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SIL, believes in the importance of contributing to the society and as part of the same endeavor have been involved with the Skill India Mission. As part of CSR initiative, Simon India has joined hands with NSDC (National Skill Development Corporation) to launch a Skill training program for the youth having hearing disability. Mr. Rakesh Verma inaugurated the programmed on 5th June 2017 and distributed the certificates to the students trained under this training programmed on 1st December 2017.

# SIL HIGHLIGHTS

## Adani 60% model review



## Aveva World Conference



SIL, as always, believes in the importance of adapting to the latest environment both in terms of technology as well as ideas, and its instrumental role in the key success to foresee company's vision to become a Global Engineering, Procurement & Construction (EPC) Company. As a stepping stone, SIL has equipped with the likes of Aveva E3D, a new efficient software technology for the 3-D modelling implemented successfully for LPG terminal –MLTPL Project. Challenges that are readymade, especially if you try something for the first time, not only limited to the integration of 3-D piping & ducting model from E3D to TEKLA(C&S) and vice versa, but also in providing proper engineering co-ordination as well, within a specific frame of time (fast-tracked).

Simon India participated in Aveva World Conference, New Delhi 2017. This conference showcases projects with 3d design and analysis. The conference is attended by all the brand names in the engineering industry, like EIL, Bechtel, and Flour Daniel to name a few. Simon presented the 30% animated model review for Adani LPG project. The review was acknowledged and praised for its fast progress, clarity and detailing. Kudos to the entire team! Keep up the good work!!

# SIL HIGHLIGHTS

## First Eye Session



## Internal Auditor Training



The trainer Col. K.K Pasrija from DNVGL is a certified trainer for OSAS. The two day training was attended by 12 employees.

## Excel Training

The trainer, Mr. Ajay Parmar teaches four subjects. Excel VBA, Access, Access VBA. Apart from teaching online, he takes corporate training plus work as a free lancer for my clients to help them in automation of Excel access based reports. The training was attended by a group of 18 employees.



# SIL MOMENTS

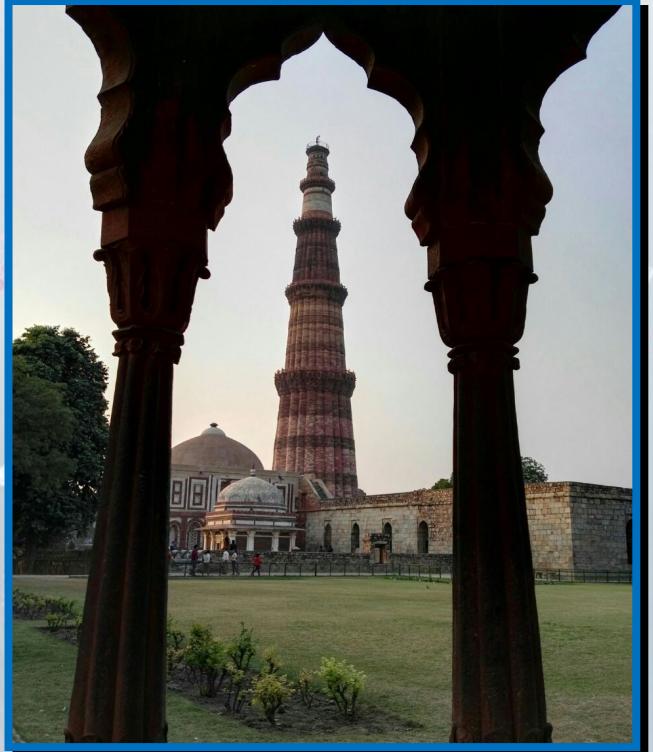
## New Arrival

Mr. Sukanta Roy is Blessed with baby girl.

Lots of Best wishes to the family.



## SHOWCASE



*Clicked by Farhan Kazmi*

# MARATHON

Many of us might not be aware of the History of MARATHON. It is interesting to know why a Marathon is always 26.2 miles or simply 42.195 kms. This numbers denotes the distance between the Greek Cities of Marathon and Athens. Following the battle of Marathon in 490 BC, a Greek messenger named Pheidippies ran from Marathon to Athens to announce that Greeks had defeated the Persian in this particular battle. This Marathon-to-Athens route was used as the basis for one of the most popular events designed to celebrate Greek history for the inaugural modern Olympics, in 1896.



The distance being quite long, Half Marathon of 21.098 kms is very popular these days. Many such events are regularly being conducted by various Organizers. ADHM (Airtel Delhi Half Marathon) is one such event which is being conducted by Airtel for the last 10 years.

I also participated in the 10<sup>th</sup> ADHM conducted on 19<sup>th</sup> Nov 2017. Although it was my third Half Marathon, but the Target as usual seemed difficult to reach. We should always keep in mind that practice can make difficult task easy and the same thing happened to me. I successfully completed the Half Marathon in 2 hours and 12 mins. The memories of my first Half Marathon - 2013 are still running at the back of my mind wherein I faced a tough time to complete it. The complete body was paining at completion. However my completion time improved every time I participated.

Running a Marathon requires gradual building of mileage and speed, prolonged running and commitment to fitness. Constantly improving fitness will improve the body's ability to take on greater mileage, lower blood pressure, and improve overall heart health.

We must remember that the body is our home base for life. So we have to take care of it and fuel it properly by eating healthy.

You only get one life and one body to live it in – take good care of it.

# TRAVEL DAIRIES

## ONE FINE EVENING

One fine evening, my parents decided to explore Rajasthan. And to me and my sister's surprise, my parents handed over us the tickets to Udaipur. It was our first family trip to City of palaces and lakes-Udaipur. Udaipur is known for its lakes and palaces. Apart from that, to have a luxurious trip there, you can try staying in Taj palace or Oberoi Udaivilas. Not to forget, this place is a Dream for Photographers as well as those who like to get photographed (:p). One can visit this place from Sep-Feb, because of its good weather.



Our first move was to the historic and majestic City Palace. The City Palace is built adjacent to one of the two prominent lakes in this city of lakes. This has been the residence of the royal family over the centuries. The grandeur of the palace makes it a 'must not miss' landmark. It took us two hours to finish the tour. After City palace, we went to a place that was once a garden meant for the Queen and her chaperones, called Saheliyon Ki baari.

We were now excited to move to Sajjangarh fort. It is a sunset treat, situated atop a hill 12 kms away from the city. Sajjangarh Palace is the place for an early morning or a 'just in time' twilight visit. Sunrise and sunset are a delight to watch from the hill. It gives you an entire landscape view of the city which covers two major water bodies and numerous buildings. That over-the-top view, is mesmerizing.

Day 2 started with our journey to Chittorgarh. Chittorgarh is so rich in history that you would easily require half a day to know the entire fort. A guide is always recommended since there are so many places to see that it is impossible to do it yourself. We took around 1.5-2 hrs to reach Chittorgarh from Udaipur. The famous and the most Controversial movie Padmavati is all about the history of Chittorgarh fort. Despite of being such an amazing and magnificent fort, it is presumed a jinxed fort by the localites there since it is associated with the Jauhar of Rani padmavati with her companions. The entire trip took us around 5 hours and while coming back to Udaipur we stopped by Eklinji temple. Then, we went for dinner to Rajwada, a restaurant in the main city of Udaipur. The ambience of this restaurant gives you feeling of a typical Rajasthani environment, dal baati churma and besan gatta is a must try there.

We started off the 3rd and final day by going to Nath Dwar Temple. The Shri Nath ji temple in Nathdwara has enshrined the historic Shri Nath ji 7 year old 'infant' incarnation of Hindu god Krishna. The legend or history

behind the temple goes like this – the shrine at Nathdwara was built in the 17th century at the spot as exactly ordained by Shrinathji himself. The idol of the Lord Krishna was being transferred from Vrindaban to protect it from the Mughal ruler Aurangzeb who, according to sectarian literature, wished to have the deity reside with him in Agra. When the idol reached the spot at village Sihad or Sinhad, the wheels of bullock cart in which the idol was being transported sank axle-deep in mud and could not be moved any farther. The accompanying priests realised that the particular place was the Lord's chosen spot and accordingly, a temple was built there under the rule and protection of the then Maharana Raj Singh of Mewar. Shrinathji Temple is also known as 'Haveli of Shrinathji'. The temple is an amazing one and is a Must Visit for people visiting Udaipur.

Like all moments, this moment of our trip also came to an end, giving me and my family a memorable & an unforgettable experience.



**Prerna Arora**