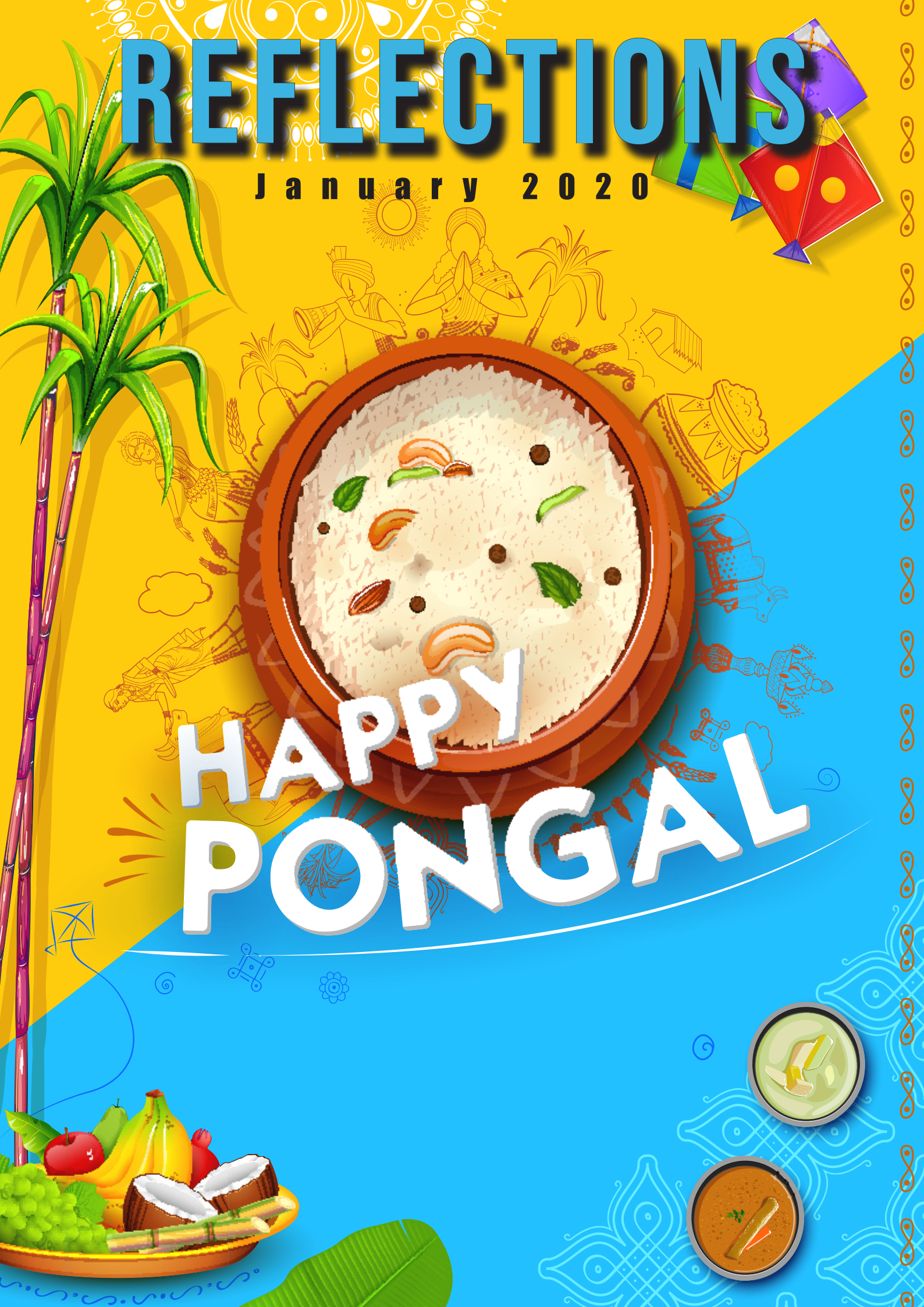


REFLECTIONS

January 2020

HAPPY
PONGAL



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Back Cover: Art by
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Pongal celebrations at Newgen Ranipet

FROM THE EDITOR-IN-CHIEF:

It gives me great pleasure to bring to you the newest issue of *Reflections*. Inside you'll find testimonials from attendees of the Cardiac Health and Wellness program, an interesting review of an award-winning feature film from the 1970s, travel snapshots, and a host of pictures on the recent festivities at Newgen. Similar celebrations happened at our Malaysia, Ranipet, and Pondicherry offices. The spotlight sections feature Bhavana, an Acquisitions Editor for Thomson Reuters, India, and Kumareson, the Director of Sales & Marketing, Thomson Reuters Books. The Newgen Support spotlight is on Jayaprakash, better known as JP, from Admin and the team spotlight is on the OUP UK Law team.

The *Reflections* team wishes to congratulate the Aspen team for crossing yet another milestone. The Nandavanam group celebrated the International Day of Persons with Disabilities on December 3, 2019, with a beach walk and a host of activities and games. The womenfolk at Newgen were made aware of the Kavalan SOS app, which can be used to seek immediate police assistance in dangerous or emergency situations to safeguard them from eve teasing, kidnapping, or threat.

Pongal was celebrated in a big way at Newgen with competitions and village games (including breaking sugar canes, gilli, uriyadi, tongue twisters in Tamil, making pongal and rangolis), a heated debate on "Nuclear family vs. Joint family," followed by prize distribution for the winners of the second season of the Newgen Premier League. Pongal, popcorn, and cotton candy were made available for the staff during the festivities.

A new year. A new beginning.
Here's a message that caught my eye:
Now that the year has ended,
look back and be grateful,
look ahead and be hopeful,
look around and be helpful.

Happy New Year, everyone!

- Lydia

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Pongal celebrations at Newgen Neelangarai

The Road to Wellness



Dr. Priya Chockalingam

Cardiac Wellness Institute

THE NEED OF THE HOUR

Cardiovascular diseases, namely heart attack and stroke, are the leading cause of death and disability in India and across the globe today. The fact that Indians are affected by these diseases at a young age is attributed to the rapidly changing sociocultural and work dynamics which lead to unhealthy lifestyle choices, poor sleep patterns and chronic psychosocial stress. Making appropriate lifestyle changes early in life is crucial to controlling risk factors like hypertension, diabetes and dyslipidemia (elevated cholesterol in blood) and preventing heart attack and stroke.

THE HEALTH & WELLNESS PROGRAM

Designing the program: Newgen partnered with the Cardiac Wellness Institute (www.cardiacwellnessinstitute.com) to help improve the health quotient of its employees. Leading the way in prevention and cure of cardiovascular diseases in India, Dr. Priya Chockalingam and her team at the Cardiac Wellness Institute provide comprehensive Health & Wellness programs for organizations. To begin with, Team Cardiac Wellness understands the needs of the employees by means of in-depth discussions, questionnaire-based surveys and laboratory investigations. They then design lifestyle intervention

programs that resonate with the demographics, work hours and shifts, and the health status of employees.

Components of the program:

- Physical fitness
- Yoga
- Psychosocial counseling
- Stress management
- Personalized diet planning

The health metrics of the participants, particularly those at risk for cardiovascular diseases, are documented before and after the program and a detailed report is provided to the organization at the end of the program. The Newgen SHR team worked closely with the Cardiac Wellness Institute team to plan and execute the program.

Duration of the program: The program typically lasts anywhere from a few weeks to a few months, based on the participants' preferences. The first phase of the Newgen Health & Wellness Program was conducted from August 2018 to January 2019 and the second phase was conducted from September 2019 to December 2019. There were 24 sessions in each phase with each session lasting an hour. The frequency of the sessions was once, twice or thrice weekly. The sessions were conducted in the Newgen office at Neelankarai in the late afternoon to early evening hours.

Focus areas of the program:

- Dr. Priya Chockalingam facilitated health education sessions on cardiovascular diseases and their risk factors as well as on the importance of long-term adherence to healthy behaviors.
- The fitness expert ensured that all participants became adept at aerobic and strengthening exercises, warm-up and cool-down exercises, workstation exercises and agility exercises.
- The yoga instructor taught participants breathing regularization and simple asanas to help relieve work stress and prevent aches and pains.
- Stress-management techniques and work-life balance were the focus areas of the counseling sessions facilitated by the psychologist who made it a point to understand their stress triggers and address them.
- The dietitian conducted sessions on the importance of a balanced healthy diet and provided personalized diet charts for employees.
- Demonstrative video clips, relevant reading material, PowerPoint presentations and goal-setting techniques were used throughout the program to ensure that participants clearly understood and followed what was taught during the sessions.

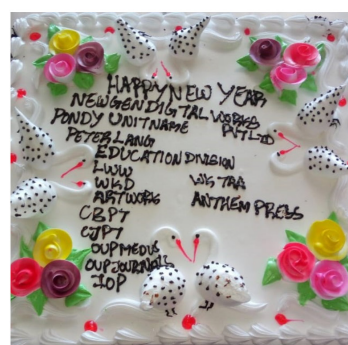
Program participation and outcomes: A total of 60 Newgenites have participated in the two

phases of the program. There was a significant improvement in the lifestyle of participants at the end of the program. Intake of fruits, vegetables and whole grains had increased; the consumption of fried foods, packaged foods and high-calorie foods had reduced; the number of hours of exercise per week and the quality of exercise had gone up significantly; sleep quality and stress-coping skills had improved and an overall interest in sustaining a healthy lifestyle had spiked considerably. These highly desirable lifestyle changes were associated with improvements in their blood pressure, blood sugar, blood cholesterol, body mass index and exercise capacity. The overall risk of cardiovascular disease diminished significantly in this cohort.

The feedback of the participants was that the quality of the program was high and that the personal touch of the healthcare professionals was unique.

Lifestyle Questionnaire sample: You may fill this health-related lifestyle questionnaire if you are interested; Team Cardiac Wellness will revert to you with tips to improve your lifestyle:

<https://forms.gle/DSAhVhWfJ9k8RUSq8>



Cake cutting celebration at Newgen to ring in the New Year

Cardiac Health & Wellness Program



Dharmasamvardhini
Aspen Copy Editing



"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
~ WHO, 1948

This definition of good health is still widely used today. With the intention and plan to bring about health awareness in the 40+ age

group of employees in Newgen, the Strategic Human Resources (SHR) team organized Phase 2 of the Health & Wellness Program conducted by the Cardiac Wellness Institute. In June 2019, I received an invitation from SHR to join this session. I was hesitant at first: my concerns being whether I was fit enough to join the exercise program, whether I would be able to manage work because the training session coincided with the “peak” of the last quarter of Aspen work. Besides, I worried about commuting to the office thrice a week in the evenings when the traffic is at its peak because I work from home all the time. But I was leading a very

sedentary life and though I had no major health concerns, I was a little anxious about issues with aging. Finally, I decided to join the session.

All the participants had a health assessment at the beginning of the program with a check-up that included vitals (blood pressure, heart rate), BMI, blood biochemical parameters (blood count, lipid profile, thyroid, liver and kidney functions, and bone health), and an exercise capacity assessment (a 6-minute walk test). This was followed by an assessment of the participant's lifestyle in the form of a personal questionnaire.

Dr. Priya Chockalingam, cardiologist and Clinical Director of the Cardiac Wellness Institute, addressed us during the inaugural session. Her talk was very informative and encouraging. The program included exercise

training, nutritional counselling, yoga and meditation, and psychosocial counselling. We had experts in their respective fields training us in physical exercise, yoga, and diet with a follow-up program. The videos on exercise and yoga and the dietary chart tailored to individual needs were of great help.

I enjoyed and benefitted immensely from the interactive exercise session with our instructor Vaishnav, the yoga sessions with Suchi, diet planning with Tharani, and counselling with psychologist Mathangi.

These sessions helped me realize that setting a weekly dietary and exercise goal and following it will help me in the long run to lead a healthy and stress-free life.

~

K V Raghu
Thomson Reuters



Health checkup: Health screening was done on all 29 participants to assess the functioning of major body systems. For those in the risk zone, a one-on-one session was organized with the chief cardiologist.

In this world of connectedness, we are prone to a lot of stress. The Cardiac Health & Wellness Program primarily focuses on stress management. Newgen inaugurated the first phase of this program in 2018. After a huge hit among the participants, Newgen SHR decided to go ahead with the second phase in September 2019.

The program officially began on September 20, 2019, with a total of 28 participants. (An outlier was asked to join on September 24 after a strange incident in one of the meetings.)

There were 24 sessions in the program covering (1) yoga, (2) physical exercise, (3) counseling by a psychologist, and (4) dietary recommendations.

Yoga: Suchitra conducted the yoga sessions. There were six sessions covering *pranayama* (breath control), *asanas* (body posture), and standing and sitting *suryanamaskar* (sun salutations).

Exercise: Vaishnav, a physiotherapist at the Cardiac Wellness Institute, conducted six sessions of exercises. All these exercises were targeted at strengthening core muscles and getting rid of excess fat.

In the last session, a test of physical strength was done on a few volunteers. Four volunteers participated in an iron man plank competition. The competition was tough, but I won it by holding for 176 seconds.

Counseling by a psychologist: Mathangi, a psychologist, taught us various ways of managing stress at work, focusing on work-life balance and in setting priorities in life.

Dietary recommendations: Tharani, a dietician, conducted a few sessions on diet and nutrition. She helped some of our colleagues with a diet chart. She made us realize that our current lifestyle is the cause of a majority of health issues.

Personal experience: I have been abusing my health for more than 15 years, smoking like a chimney. In 2018, I decided to bid adieu to cigarettes and to pay attention to my health. When people were invited for the first edition

of this program, I immediately filled up the form. Unfortunately, I was not chosen.

I did not make the cut for the second edition of this program in 2019 either. My presence in this program happened purely by chance and as a result of a freak incident in a meeting in the boardroom. I realized that my breathing was shallow and my heart gets agitated too quickly. After this program, I practice *pranayama* every day to normalize my breathing and do at least 30 pushups a day. The goal is to not break this chain and to do some kind of exercise no matter how busy my day is. I hope that more such initiatives are taken in the future.

~

.....
Krishna Kumar
General Manager – Operations
Education Division



My daily routine used to be *work, eat and sleep undisturbed*. I worried about neither my health nor my diet. My diet begins and ends with *rice*! Being a vegetarian, my day cannot *not* end with curd rice (a dish comprising rice and yoghurt, a staple, and often a comfort food, of people living in South India), and I have no shame in admitting that I'm addicted to it. It never occurred to me that too much rice (carbohydrates) would increase my blood sugar levels, which would in turn lead to diabetes.

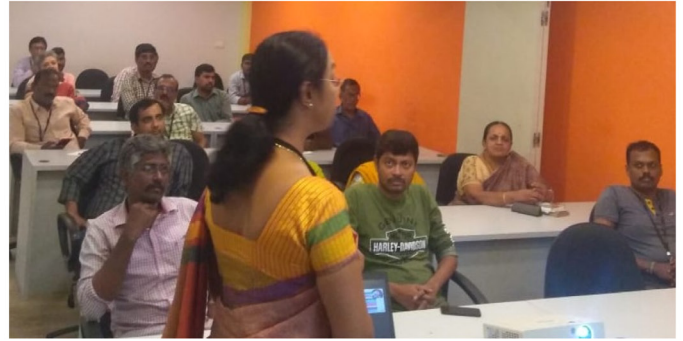
In 2018, I filled in the health and fitness program survey to enroll in this program. Somehow, I did not make the cut and I was unable to participate.

In 2019, I believe I was the first person to enroll. My perception of fitness changed when I had a health screening. As per my health card, I would

have to lose a few pounds. I also understood that my glucose levels had increased and I was well aware of the root cause of this problem.

The program consisted of simple aerobic exercises blended with yoga and dietary recommendations. I have never done yoga in my life and I have to say that I achieved some inner peace after attempting it. The aerobic trainer Vaishnav was very good and taught us a few exercises that I could manage on my own at home. I have started reducing my intake of rice, especially curd rice; I have increased my intake of vegetables and sprouts every day. I changed my breakfast from traditional *idly* and *dosa* to nuts and millets, and I also make sure I have my dinner on time. It was a difficult task for me initially, but my body has started to adapt to the new diet and I feel very light.

I am doing regular exercises at home; I have changed my diet and I have started to feel the difference. The post-screening was very favorable to me on the health side. I would encourage my fellow colleagues to undergo this session.



Jayshree Parthasarathy
Aspen



MY ROCKY PATH TO FITNESS AND BETTER HEALTH

I have always wanted to be fit, lean, and healthy. Well, who doesn't? In my teens and early twenties, it was easy to play sports, go to the gym, and generally lead a relatively active lifestyle. Fast forward to the late-twenties and later . . . work and life take over and, unless you are disciplined, it becomes harder and harder to be active and keep fit. If you are a slug, like me, it is a Himalayan venture.

So well into my fifties now, I found myself not only quite unfit and overweight but also prey to a host of the usual lifestyle-related diseases. I tried going back to the gym, did yoga for a few years, became an earnest walker, etc. etc., hoping I could control my various ailments without having to resort to medication . . . all to no avail. The problem was me! I didn't seem able to apply myself to anything long-term, and work and life always seemed to get in the way.

So when the Newgen health program by Cardiac Wellness was offered, I pounced on the opportunity. For me, the timing was most fortuitous. I was getting really worried about managing my health issues and developing a more healthy lifestyle. The combination of nutrition counselling, exercises, yoga, et al. offered in the program piqued my interest (I have never been fond of pumping iron . . . my wise-cracking brother calls me "Arnold Screwdriver," mocking my puny and flabby biceps, so the combination of programs on offer was appealing). Not only that, the

program offered a "before" and "after" snapshot of your basic health indicators, so you could monitor changes over a relatively short time period.

Despite the fact that I had already scheduled a vacation during the 12 odd weeks the program was being offered, which meant that I would definitely miss a couple of weeks, I signed on. Sure enough, the results of the first set of tests, both physical and bloodwork, were dismal. In fact, my BP was so high when the walking test was done, that Vaishnav, the physio who administered it, asked me to sit and not move for half an hour!

I participated in a majority of the exercises and yoga classes offered; I particularly enjoyed the workstation exercises we were taught and use them even today, especially when I work from home. The yoga classes motivated me to start practicing yoga again, and I am happy to report that I am sticking with it. I found the nutrition classes to be informative and the quiz sessions were fun. While I haven't changed my eating habits in any significant way, I have become more conscious of what I eat.

Most importantly, the "after" bloodwork and physical test results were extremely promising. They showed me the importance of just doing something and the almost immediate effect of the effort I put in. The videos of the exercise routine and yoga asanas were also extremely useful and I want to thank the Cardiac Wellness team for getting me back on the fitness track.

Just getting started with this program and feeling better about myself was the impetus I needed to make me join a wellness program. Fingers crossed, I'll stick with it for the foreseeable future.



Women's Safety Session

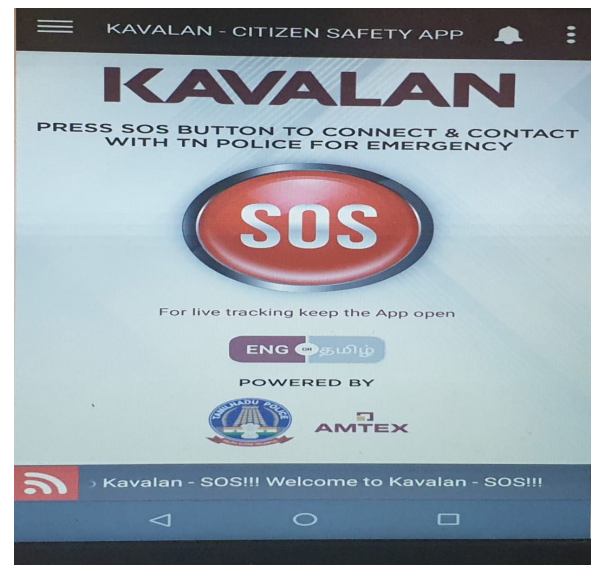
~~~~~ Srividhya  
AVP, Anthem Press

A session on "Awareness on Safety for Female Employees" was organized on 10 December 2019 at the Neelankarai unit. The Assistant Commissioner of Police (ACP) Vishwesharayya along with Police Inspector Saravanan and Sub-Inspector Pradeep of the Neelankarai Circle informed the women participants in this session about a new Android app called "Kavalan SOS" that the Tamil Nadu Police has developed for the safety of women. The ACP asked all participants to download the app and use it to reach out to the police for immediate help in case of an emergency when commuting to and from the office. The team explained and demonstrated how the Kavalan

team will call back within seconds of the caller pressing the SOS button in the app. The team also explained that the app could be used to track location and send audio and video feeds if it is kept on during an emergency situation. All participants downloaded the app, registered themselves and displayed the activated app on their mobile phones to the police team. The ACP encouraged everyone to spread the message about the app to all their women friends and relatives and to use it for their safety. The efforts taken by the Tamil Nadu Police to develop this app and provide safety to all women were greatly appreciated by all the participants.









# Travelling in South East Asia

~~~~~ Krishnaa Lakshmanan  
Senior Copyeditor, Bloomsbury Press



Mũi Né, Vietnam – The Fairy Stream

They say that the best trips are the unplanned ones. I have not travelled much in my adult life so far, but after my trip to South East Asia in September 2019, I have to say that I fully agree.

It all started with a whim in July. A friend of mine, who is an Indian fan ambassador for the band Linkin Park, spurred me on to attend a solo concert in Jakarta, Indonesia,



(clockwise from the top left): Đà Lạt, Vietnam – At the Xuan Huong Lake; meeting Mike Shinoda of Linkin Park at Jakarta; Qui Nhơn, Vietnam – reaching the top; at the Universal Studios at Singapore; Đà Lạt, Vietnam – at the Cầu Đất Farm

by Mike Shinoda, one of Linkin Park's frontmen. Afraid of second thoughts, within a

week, another friend and I bought our concert tickets first, before anything else was planned.



Qui Nhon, Vietnam – Ky Co Beach

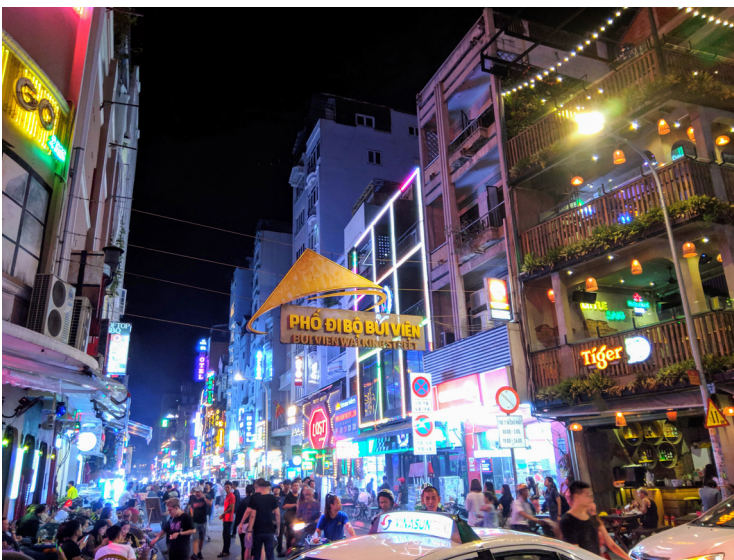
This got me thinking: Since I'm going all the way to Jakarta, why not visit one of my childhood friends in Vietnam? Ever since he moved to Ho Chi Minh City for his master's a few years ago, my friend, Soundar, had been inviting me to visit him. He's always super busy, though, as he works as a part-time English teacher. After more than a couple of weeks of discussion over video calls, we'd narrowed down on three places to visit, all of them towards the south of Vietnam. Apart from the names of the cities, we'd decided on nothing else.

Then another thought struck me: All of my flights were through Singapore, where my cousins live. I hadn't even seen my six-year-old niece and nephew yet. Why not make a quick stop on the way back for a visit?

So, two weeks after booking my concert ticket, I had a skeleton plan of the trip decided and locked in: two days in Jakarta, two weeks in Vietnam, and two days in Singapore – a mini South East Asia trip!

Jakarta: The day of the concert, 4 September, will be one of my most memorable ones. I was lucky enough to be selected for a Meet & Greet with Mike, and I'd prepared a small envelope with a letter and some photos on behalf of the local Linkin Park fan club in Chennai. Mike is very down-to-earth in person, and his genuine smile when interacting with the fans was humbling to watch.

I'll always regret not being able to watch the band live, while frontman Chester Bennington



(clockwise from the top left): Mũi Né, Vietnam – the Red Sand Dunes; Đà Lạt, Vietnam – Xuan Huong Lake; at the concert in Jakarta; Saigon – Bùi Viện Street; Qui Nhon, Vietnam – at the top

was alive. But that didn't stop this night from being one of the best I'd ever experienced. Mike and his touring musicians put up a brilliant show. When every single fan under the roof joined in to sing the band's iconic 'Numb', goosebumps crawled over my skin.

Unfortunately, the friend who was travelling with me for the Jakarta leg of the trip lost his passport and phone during the concert. The members of the Linkin Park fan base are always proud of the fact that we are much more than just fans – we're a community, a huge family

spread across the globe. The Indonesian fan ambassador was very helpful, and her friend, who works as an interpreter, helped us get to the nearest police station to file an FIR. She dropped us off at our hotel, and didn't even accept our offer to cover the taxi fare.

But the concert had been just so good that this incident didn't faze my friend for long. He took it in stride, and the next day, half of which was taken up by a visit to the embassy to apply for an emergency passport, we had time for one sightseeing trip. We visited the Monas Tower, which was built to commemorate Indonesia's independence struggle. The next morning, I had to leave for Ho Chi Minh City.

Vietnam: And so the Vietnam leg of my trip began on 6 September. I landed in Ho Chi Minh City (or Saigon, as it is still called by some) in the evening, and Soundar and I did some quick Googling to decide on the place of stay at the first city on our backpacking trip, Mũi Né (the bus tickets to the city had been booked just that morning). This was the pattern we'd follow for the rest of the trip: finalizing and booking travel and accommodation for the next city on the go.

Mũi Né: Mũi Né (pronounced Mooi Nay) is known for its beaches with a unique twist: skirted by sand dunes, it is a unique experience to view a desert-like landscape with a beach on one side! We also visited the Fairy Stream: wading in ankle-deep water that is coloured by clay and limestone particles, you pass through rock formations on one side and bamboo forests on the other.

Đà Lạt: After two days in Mũi Né, our next stop was in Đà Lạt (pronounced Da Laat), a hill station, a five-hour bus ride away. Đà Lạt is a beautiful city with the Xuan Huong Lake at its centre. Here we stayed around three days, most of which was spent exploring the city and its nightlife. One day we travelled in our rental scooter up to the Cầu Đất Farm, known for its coffee and tea plantations. A cup of fresh hot coffee on top of the hill felt very

close to heaven as I looked out upon the sprawling plantations.

Qui Nhơn: The last stop on our backpacking trip was Qui Nhơn (pronounced Quee Nyun), a coastal city in central Vietnam. It took a nine-hour bus journey to get there, and a further hour until we could locate our beach resort, aptly named Life's a Beach. We had to rouse our room neighbours (inadvertently, because we didn't know it was part of the resort) – it was almost midnight – to find out where the reception was! We spent two days in Qui Nhơn, mostly hanging out at the resort with fellow travellers (who were from the US and the UK all the way to Australia).

We also visited the Ky Co Beach, with its resplendent shallow waters reminiscent of Maldives (in fact, Qui Nhơn is affectionately known as the Maldives of Vietnam). The trip to the beach was quite literally a roller-coaster ride on our scooter – having two not-exactly-thin guys on it meant that the poor vehicle had to whine as it climbed up steep roads! The next day was spent travelling to the Linh Phong Pagoda in the Phù Cát District, home to a 69-metre-tall statue of Gautama Buddha, allegedly the largest sitting Buddha statue in South East Asia. It was a long climb – about 560 steps, by my calculations – but the view was more than worth it. The sprawling city with its beach was breathtaking from up top.

Saigon: We had to get a flight directly back to Saigon from the Phù Cát airport, as Soundar had to report to work the next day. I spent the next four days in the city roaming around on a scooter in the afternoons while my friend was at work. In the evenings, we tried out different cuisines (Middle Eastern, Mexican, and Ethiopian, to name a few, all set up by expats working in the city) and took part in the nightlife a little. If ever you find yourself in Saigon, you must certainly experience the Bùi Viện Street – or the 'Walking Street' as it is fondly known – at nighttime. It certainly gives Chennai's own Ranganathan Street a run for its money!

Continued on p. 32

The Case of the Bekaar Brew

~~~~~ Ujwala Vaidyanathan

*Manager – Copyediting, Anthem Press*



For the past week my mornings – and by extension my days – have been horrible. I am usually a veritable ray of sunshine (but of course), a person with infinite optimism in

life, but I have been quite snarky and irritated the past week. I have been getting mysterious headaches and whatnot. Well! You must wonder why. My usual filter coffee, that elixir, that

secret to my sometimes overt happiness, has been tasting like poison — all bitter and dilute.

But the eternal optimist that I am, I began analyzing the root cause for this. So I changed the coffee powder, mixed various combinations of PA and PB, so much so that when the coffee shop guy saw me entering his shop, he began suggesting new permutations and combinations! This did not work. Then I changed the method of making the decoction, the quantity of powder, the amount of water, the time I left the decoction standing, the milk, the temperature of the milk, the cup that I've been using for so many years, various different coffee powder shops . . . But nothing helped. Nil, nada, nought, zilch!

My life went into a downward spiral, I lost all interest in life, I kept staring into space

for hours on end. People at home were very sure I was becoming a zombie.

Then today morning I raised the coffee filter (the upper container that holds the coffee powder, while you pour boiling water into it) to the sunlight and looked through it and what do I see? Nothing. The tunnel is in absolute darkness, with no light at the end. What I saw was that 98 of the 100 holes are blocked. My coffee filter had been labouring to give me some decoction through 2 tiny holes.

I then took a sharp pin and plunged murderously through each hole — 98 stabs to kill the offensive enemy! I must have looked like a serial killer, with vengeance writ large on my face. And finally, I cleared them all. And brewed freshly. And took a delicate sip. And the clouds moved away. And all's well with the world again!

~

**Congratulations**  
to one and all in **Team Aspen**





# John Abraham's *Agraharathil Kazhuthai* (1977)

௩௩௩௩ Rengarajan Sundararajan  
Managing Editor, Anthem Press

பாழாம் வெளியும் பதறிப் போய்மெய் குலையச்-சலனம்  
பயிலும் சக்திக் குலமும் வழிகள் கலைய-அங்கே  
ஊழாம் பேய்தான் ஓவோர் வேறா வென்றலைய-வெறித்  
துறுமித் திரிவாய் செருவெங் கூத்தே புரிவாய்!  
அன்னை அன்னை ஆடுங் கூத்தை  
நாடச் செய்தாய் என்னை.

*The wilderness of space shudders  
And the astral bodies that are in revolution lose their orbit  
The demon of doom wanders through space, howling and growling  
Roaming around and dancing in frenzy  
O Mother! The dance that you execute captures my heart*

சக்திப் பேய்தான் தலையொடு தலைகள் முட்டிச்-சட்டச்  
சடசட சட்டெனடைபடு தாளங்கொட்டி-அங்கே  
எத்திக் கினிலும் நின்விழி யனல் போய் எட்டித்-தானே  
எரியுங் கோலங் கண்டே சாகும் காலம்.  
அன்னை அன்னை ஆடுங் கூத்தை  
நாடச் செய்தாய் என்னை.

*Demons of Shakti make heads rattle in rhythm  
Flames from her eyes spread in every direction  
Seeing heaven burning, time itself is being immolated  
O Mother! The dance that you execute captures my heart.*

"ஊழிக் கூத்து," தெய்வப் பாடல்கள், சின்னசுவாமி சுப்பிரமணிய பாரதி,  
1882-1921

The last act of John Abraham's *Agraharathil Kazhuthai* (trans. *Donkey in a Brahmin Quarter*) opens with a narrator reciting Subramania Bharathi's ஊழிக் கூத்து (Dance of Doom). Not only is the scene crucial to the film, but it will also be interesting to read Bharathi's Dance of Doom vis-à-vis Goethe's or Baudelaire's Dance of





Death. But this will have to be for another day. I say this scene is crucial because this elevates

the film to something higher than the overly simplistic interpretations of the film attacking Brahmin bigotry and superstition.

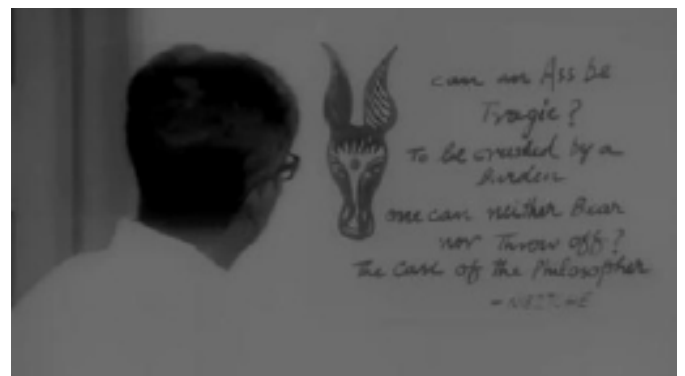
Made in 1977 by John Abraham (1937–1987), a Malayali filmmaker who made only four films apart from a few documentaries, *Agraharathil Kazhuthai* won the National Film Award for the Best Regional Film (Tamil) at the 25th National Film Awards. The award was given with the following citation: “For bold experimentation in a conservative milieu; for poetic intensity on a variety of levels; for creating a parable set against the orthodoxies and superstitions of a Brahmin village community; for its sympathy with the dumb world of animals and the equally dumb world of handicapped human beings; for the memorable impression it leaves on the minds of the viewers through the striking visual use of the verses of Subramanya Bharati, the first Tamil modernist.” The film was never screened in India because of pressure from various quarters, including the state government of that time, and was never written about by the Tamil press. A planned screening on Doordarshan in 1989, the only television channel at the time, was also shelved due to opposition.

Shot in and around Kundrathur, in Kancheepuram District, and also in Loyola College, Madras (now called Chennai), the film tells the story of a professor of philosophy (played by B. M. Sreenivasan) who adopts an orphaned donkey foal, who he names Chinna, after its mother is chased and killed by a mob. The professor is subjected to ridicule by his neighbors,

not to mention being the butt of his students’ jokes. Things reach a point when the reverend principal of the college has a “pep” talk with the professor saying that his rearing of a donkey foal is demoralizing to the students. Students those days were intelligent enough to play on Descartes’s “Cogito, ergo sum” to create jibes like “I’m an ass; therefore I think.” Philosophy students!

The rest of the story follows the foal growing into an adult Chinna in the Brahmin quarter in the professor’s native village where it is cared for by a mute adolescent girl. A series of “perceived” misfortunes because of the donkey, although it is not the donkey that actually causes them, convince the Brahmins that the donkey is a bad omen. When the temple priest finds a dead baby at the temple premises, it’s the last straw for the Brahmins, who assemble the vannans (washermen) and others from the village only to order them to kill Chinna. An important, but parallel, track to the story is that of the mute girl, who gets seduced in the ruins of a temple and whose still-born baby is deposited by the girl’s grandmother before the deity.

The film can be watched on YouTube these days with hard-coded subtitles provided by the, now seemingly irrelevant, National Film Development Corporation (NFDC); however, NFDC’s yet-to-be-fully-developed streaming service has a good collection of the best





regional movies produced in the country. John Abraham is credited with starting a film co-operative called the “Odessa Collective” (the term borrowed from Sergei Eisenstein’s *Battleship Potemkin*), a venture where the public donates money toward film production. This was even before the word “crowdsourcing” was invented. Alas, Odessa Collective’s first film, *Amma Ariyan* (Report

to Mother; 1986, Malayalam) was Abraham’s last when he died from an accidental fall.

It is now widely acknowledged that *Agraharathil Kazhuthai* is one of the finest films of the Indian New Wave and that Abraham ranks high along with the other avant-garde Indian film makers such as Ritwik Ghatak and Mani Kaul.

~

# Trash to Treasure

🌿🌿🌿 **Krishnaa Lakshmanan**  
*Senior Copyeditor, Bloomsbury Press*

If you work out of the Newgen Neelangarai office (Unit 4), you might have noticed two bins placed at the corner of the cafeteria. These are community composter bins (branded as My Green Bins), which were installed by the Admin team towards the end of August 2019. With a one-time investment of ₹1 lakh (~ USD 1,400), these bins (of 400 L capacity each) help manage waste in an ecofriendly way.



My Green Bin is an aerobic composting system that takes in food wastes from the cafeteria and, at the end of a 60-day cycle and with the help of microbes, provides around 100 kg of compost, which

can be used to nourish the soil. The manure can also be used as potting soil instead of conventional soil. The two bins are meant to be used alternatively. While the waste in one bin gets processed into compost, the other bin is filled. And by the time the second composter is full, the first would become empty.

Every day, the housekeeping staff fills the composter bin with the cafeteria’s solid waste. Care is taken so that no plastic bags or liquids enter the bins. Vegetable peels and fruit wastes are chopped into small pieces before being added. At the end of each day, a layer of microbes is added on top to cover the waste. From the 10th day onwards, liquid manure (or compost tea) will be available from the tap provided in the lower chamber of the bin. This can be diluted with water at a 1:10 ratio and sprayed on plants to act as a bio booster and pest repellent. The compost tea should be removed every two to three days.



Once the composter is full (after approximately 30 days), it is closed and left undisturbed for 15 days. From the 16th day onwards, every alternate day, the top dry layer (around 10–12 inches) is emptied into a microbes bag, where further curing takes place. Over the next 10–15 days, the composter should be empty and ready for the next cycle.

For the first cycle, a team from Greenrich Grow India Pvt. Ltd. – the vendor who supplies the

bins and microbes to Newgen – assisted in emptying the compost from the bin. Going forward, the vendor will be sending a team to inspect the bins every 45 days, providing a tentative date on which the current composting cycle will be complete.

At the end of the composting cycle, people from Eco Tree, part of Newgen's CSR division, collect the processed compost for use in their plantations.



# Annual Dinner & Christmas Lunch

~~~~~ Jeanie Stanislaus

*Commissioning Editor,
Thomson Reuters Asia*



We had our Annual Dinner last year in November 2019. The theme for the dinner was for everyone to wear an outfit that begins either with the letter 'S' or 'D'. Some of us dressed up as a Dinosaur, Sunflower, Sponge Bob, Dracula; our Publishing Director Rachel Jaques came as a Spice Girl and even our Country Head Girish Kamat joined in the fun and dressed up as a Skeleton!

The prize for Best Dressed Male went to Nizam, who created his own costume and came as a Sunflower, and the one for Best Dressed Female went to our colleague from Thomson Reuters who dressed as Stitch from the cartoon *Lilo & Stitch*. We also had some games and a lucky draw for all the staff.

On January 8, 2020, we had our Christmas lunch with all our colleagues. Here are some pictures of the lunch.







Reflections



~ FEEDBACK ON THE OCTOBER 2019 ISSUE

"Thank you for sending this to me! It's wonderful." -Maria Pucci, Oxford University Press

"I did in fact read it with interest. I would like some time to visit you all again in Chennai one day" -Stephen Blackwell, Thomson Reuters Legal, Australia

"I very much enjoyed learning more about the Newgen staff, their personalities, customs, and insight. The issue was very well presented and enjoyable to read. I look forward to future issues." -James N. Orefice, Wolters Kluwer

"Just perused and already love it! will take time to read shortly. Thanks for sending this over. As always a nice respite!" -Deborah Shor, Oxford University Press

"Thanks for sharing! This is a great looking issue!" -Claire Chouzenoux, Kluwer Law International

"I am always amazingly impressed by your Reflections magazine. It is amazing. Particularly enjoyed the piece on Anupama, and the piece on Steven's visit!" -Emma Lonie, Oxford University Press

SPOTLIGHT ON

BHAVANA



Like a true bookworm, reading is something that Bhavana enjoys more than anything else. She stays in Bangalore, and when asked what she loves the most about the city, she says, 'That it is laid-back' – which is also what she hates about the city! She is most proud of the fact that she can drive. If she could have one superpower, it would be the ability to produce food from thin air.

Three things that no one at Newgen knows about Bhavana are that she practises the life philosophy of Buddhism, her love for cats, and her dislike for cooking (which explains her preferred superpower!). The top three items on her bucket list are to see the

fall colours in Banff National Park, Canada; to meet the stray cats in Istanbul; and to visit the Island of Strays in Costa Rica.

Walking in Grand Teton National Park, Wyoming, is a memory she cherishes as one of her happiest, and if she didn't have to sleep at all, she would simply read and travel all the time. Hawaii is the farthest she's ever been from home. Small things like feeding birds, listening to the radio, and reading are what make her day better, and that is how she likes to unwind. While crime is her favourite genre, Tara Westover's *Educated* is a recent read that she enjoyed.

Bhavana is usually early. When people come to her for help, it is generally when they want someone who will listen. A person's smile is the first thing she notices about them, and she doesn't get the point of obsession with social media. One thing she likes doing the old-fashioned way is the manner in which she addresses her emails: 'I never begin my emails with a "Hi," however familiar the addressee may be.'

Bhavana is an acquisitions editor for Thomson Reuters, India, and she has been with Newgen for the past 12 years.

SPOTLIGHT ON

KUMARESON

Kumareson C. is Director – Sales & Marketing for the Thomson Reuters (TR) Books team in New Delhi. He loves the food in the city, but the one thing he hates about it is the pollution. Kumareson feels most proud of his home town, Chennai, and his happiest memories are from his school days when he used to play football for the school team.

The stories and journeys of leaders who have achieved greatness like Ratan Tata and Azim Premji are what inspire Kumareson. Getting more organized, spending more time with his family, and travelling to various places are the top three items on his bucket list. Noise is a pet peeve of his, and if he could have one superpower, he'd want the power to be at peace and to keep others at peace. If a movie were made of his life, he would like Kamal Haasan to play his role.

Kumareson's secret talent that most don't know about is his coolness! Jackets are his favourite piece of clothing, and he spends time buying them and getting them custom fit. Fitness is the coolest thing that he is working on right now. He relaxes after a hard day's work by going out for a beer with friends, and some quality sleep is how he recharges.

On that note, if he didn't have to sleep at all, Kumareson would love to work towards

building an organization. Without any preparation whatsoever, he could give a forty-minute presentation on how to sell and build a business.

Reading and cycling are some of his favourite hobbies. Meeting his family members, having coffee, cycling, and finishing the day with no work pending are small things that make his day better. The farthest he's ever been from home is the United States. Kumareson refuses to watch the presently running TV serials, and he doesn't get all the obsession with mobile phones.

A person's eyes, body language, and attitude are the first things he notices about them. In today's society, Kumareson feels that women have the capability to crack a lot of opportunities, keeping in mind the importance of their safety.



~

Erratum: In the *Reflections* October 2019 issue, on p. 5, the equivalent of 1 crore was misquoted as 10 million USD. It is 10 million INR. The error is regretted.

SPOTLIGHT ON NEWGEN SUPPORT

JAYAPRAKASH, AKA JP

Jayaprakash G., aka JP, must be a familiar face to almost all Newgenites at the Unit 4 Neelangarai office. A believer in 100% involvement in work, he heads the Admin team at Newgen and is in charge of all things under the sun related to running an office smoothly. When asked how long he has worked for Newgen, he says that he has been here since January 2007, and has to double-check with a quick mental calculation that he is starting his fourteenth year – time sure flies, he says!

He had worked at a BPO for two years prior to joining Newgen, and he was stationed at the Thiruvananthapuram office during the first

four years. He has seen over the opening of Newgen's branches at Pondicherry, Ranipet, and Kottayam. JP says that his experience has taught him just about everything required for setting up an office, right from the default set-up to other little things that add up. Recently, a WhatsApp group has been formed, which has made it efficient to manage employees working in the night shift and on Sundays, vendors, bills, budgets, and so on, and the whole process is more streamlined.

While he finds himself always busy, JP appreciates the learnings acquired over the



JP with his wife, Kalaivani Jayaprakash



JP's daughter, Nandhini, and son, Balaji

years. He has learnt different things from different people, and he credits especially Maran, president of Newgen, for instilling most of the knowledge gained.

Continued from p. 18

As you walk down the packed street (while internally screaming at the locals who dare to ride down the street on their mopeds), your ears get bombarded with music from both sides while hawkers push their carts selling dried squid hung with clothespins. Trust me, the experience is better in person than it sounds.

Overall, my trip to Vietnam was very enjoyable. I found the culture and the people much more similar to India than I expected. The traffic, for one thing, is very relatable! With much more two-wheelers than cars, people tend to go every which way and that, sometimes hardly obeying the traffic signals. I had a slight problem finding food to my taste, being

JP's family includes his wife, who is a homemaker, and two children. His daughter is in her final year of engineering and his son is in Class XI. His dream holiday is an all-India tour with his family that includes visits to the Taj Mahal and Kashmir. His favourite pastime is watching cricket. He also loves spending time with his family, though sometimes even Sundays are busy due to travelling for work. JP's childhood was spent moving between Vellore and Chennai every few years. His Grandma took care of him at Vellore, his hometown, while his parents were staying in Chennai. He has been living in Chennai since 1995. JP feels that his life has turned out as it has so far because of his decision to do a BA in economics. If he had pursued his earlier ambition of a BSc instead, his life would be completely different!

Rajinikanth is his favourite movie star, and JP makes it a point to watch his films when they come out at the cinemas with his family. If a movie were to be made on JP's life, he would like Vijay Sethupathi to play his role – 'He is great at playing different sorts of roles across his movies, and I think he would fit into the role easily.'

~

a vegetarian, but it wasn't impossible, and the food I did manage to find was quite tasty.

Singapore: Ah, the last leg of my tour had come, and in a couple of days I had to get back home to Chennai, back to reality. But until then, I had Singapore! Two of my cousins live there, and I spent one day each with them. After a quick evening trip around the city, my cousin took me to the Universal Studios theme park the next day, where we went on fun-filled rides with my nephew.

By the time my vacation had ended, I was a changed man: I realized the value of travel and world experience. Everyone should travel and see more of the world when they can – however much they can. Sitting at home and living our clockwork lives can only get us so far.

TEAM SPOTLIGHT

OUP UK LAW



The vibrant OUP UK Law Team is managed by Raji. Vignesh is the Assistant Manager; Anthuvan, Moses, and Dipak are the Senior Project Managers (PMs) in the team; and Afrose and Mohith are the Junior PMs. Lakshmi, Mohan Raj, Vijay, and Keerthana are the Assistant PMs. Each member in the team is well aware of what is expected from PMs; to list a few, they are expected to be creative, energetic, brilliant, chilled out, and solution bringers to all problems, including the ones

related to rocket science. The team believes, with all its superhero members, that they cover it all.

The diversity in the team is apparent with people of all age groups, different levels of experience, and also opposite poles of character. Yet, on the work front, they are a proud, close-knit family. Any problem in any project of the team members does not stay on one plate. Just as they share their food, they also share their problems

until they are sorted out. They have also made it a habit of pulling each other's legs when somebody makes a mistake in their work, and as a result, nobody gets stressed out from receiving feedback but they learn from their mistakes as they should.

The immense and valuable learning and the knowledge gained from working in the team would not be possible without the expertise of the seniors. Not only do the juniors gain hands-on experience from the seniors in the team, but sometimes the juniors enlighten the seniors with new processes and ideas.

The team feels blessed for the support and exposure provided by their managers. Both Raji and Vignesh are pillars of support for the team and do well in putting up with all the tantrums from the other members every single day. There is always an undefined wall between the personal and professional things and nothing reflects either way. People can learn from Raji on how to tame the most untamable human beings as (in the team's own words!) she has dealt with Rajalakshmi, Mohith, Lakshmi, and Afrose and successfully pulls them into one single path.

The team regularly meets outside the office for lunch and dinner. The last team outing was a dinner at the Black Pearl Restaurant in OMR. There is an expert in the team who can choose the best places based on everybody's preferences and conditions, which includes less travelling time and many other 'nonsense' rules. Sometimes they take weeks to conclude on a place for rendezvous, but eventually the team is never left disappointed.

Now, in case you were wishing to join the team, they say, "Sorry, we don't have any vacancy now!"

The team's go-to productivity strategy is simple. They work as a team, and any PM in need of help can reach out to the manager

and assistant manager at any time to get things sorted out immediately. This puts the minds of PMs at ease, and being calm during the work will, of course, increase productivity. The idea is to be relaxed at work, and any alarming situations will be dealt with timely guidance from the manager. The team is working on being proactive in terms of process and communication. The learning process is a never-ending story. The team deploys quality checks/ample checkpoints for process-related errors. Communication errors are handled with frequent exercises and periodic awareness meetings. The workflow process of the team is one of the most challenging aspects where there are chances for lots of deviations that would stop the PM's focus on a project, leading to quality issues. Hence, the only way to sustain a chaotic workflow is by being disciplined and vigilant at all times.

There is always a great deal of laughter and fun within the team. The junior PMs bring humor and joy at the workplace along with the assistant PMs, while the senior PMs are systematic and professional. The sense of humor of the junior PMs is a nice stress buster during tough times. Each PM is a star and each of their efforts is greatly valued.

The team is proud of the fact that they have been the center of attention during the client's offsite meeting for the past three years. OUP Editorial is impressed with the work they have been doing and have acknowledged the team's efforts in an email to Jo Bottrill (the business head). The team wishes to have a library and a meditation center set up at the office.

Rome was not built in a day, and neither was this team. The team sustains thanks to the brilliant collective performances from each of its members. "Never Give Up" is an apt phrase that would best describe this team.

Nandavanam's Beach Walk

Dec 3, 2019: International Day of Persons with Disabilities

 Micky Joseph

Manager, CSR, Nandavanam & EcoTree

December 3rd is celebrated across the globe as the International Day of People with Disability. On this occasion, the Newgen Nandavanam Charitable Trust gathered children from schools across Chennai, both mainstream and special schools, along with college students, parents, working professionals, artists, morning walkers and bystanders for an 'inclusive barefoot beach walking' experience. This was done in the morning at Edward Elliot's Beach, Besant Nagar, Chennai.

The inclusive barefoot beach walking was set in motion spectacularly by Mr. Karthik Chandrashekar, who is a multi-talented person with quadriplegic cerebral palsy. Children from the Puliyanthoppu Government School led the walk while performing a traditional *Parai* (a special drum played during festivals, sporting events, and funerals) and dance. Children with special needs along with friends from mainstream schools, teachers and parents were part of the 500-meter walk.

After the walk the whole crowd settled before the sand art and 15-foot canvas as backdrop. Both the sand art and the painting were done by professional artists in an inclusive way. The inclusive art was facilitated by Jayakumar, URF world record holder for the largest pencil sketch, and the sand sculpture by Prabhakaran. Both the art pieces were inspired by inclusion and how the five elements of nature come together in supporting the same. The *Parai*

team performed a dance and the volunteers from Patrician College of Arts and Science and Stella Maris College formed a human chain and walked as a show of support to persons with disabilities. Dr. Veera Panch, doctor and mentor at Nandavanam, addressed the crowd about the health benefits of therapeutic beach walking from a physical, emotional and mental perspective. The vote of thanks for all the participants was provided by Preetha Srinivasan, Managing Trustee of Newgen Nandavanam Charitable Trust.

All the participants proceeded to play different kinds of traditional beach games organised by Nandavanam parents and teachers. Some of the games were lemon and spoon, cycle-tyre racing, hopscotch, castle making and sand art for children who could not move around.

The participants were provided with healthy refreshments made by Tharang, a self-help group for adults with disabilities and parents. The ambulance facilities were provided by Dr. Rela Institute & Medical Centre and first aid support was by Lead Rehabs Physiotherapy Center.

More than 350 children and adults participated in the event. The true spirit of Inclusion could be seen when all the children walked and played together. Hope this spirit of inclusion translates to all spheres of life and everyone continues to enjoy the benefits of barefoot beach walking.





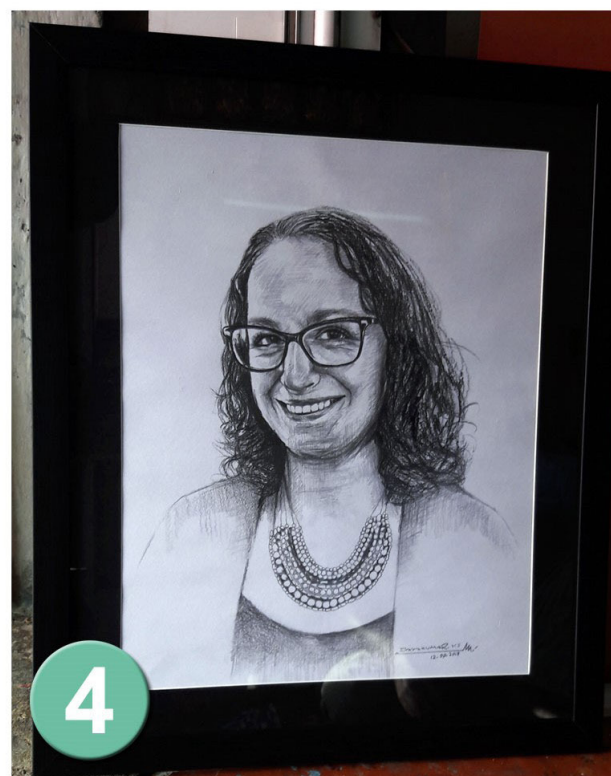
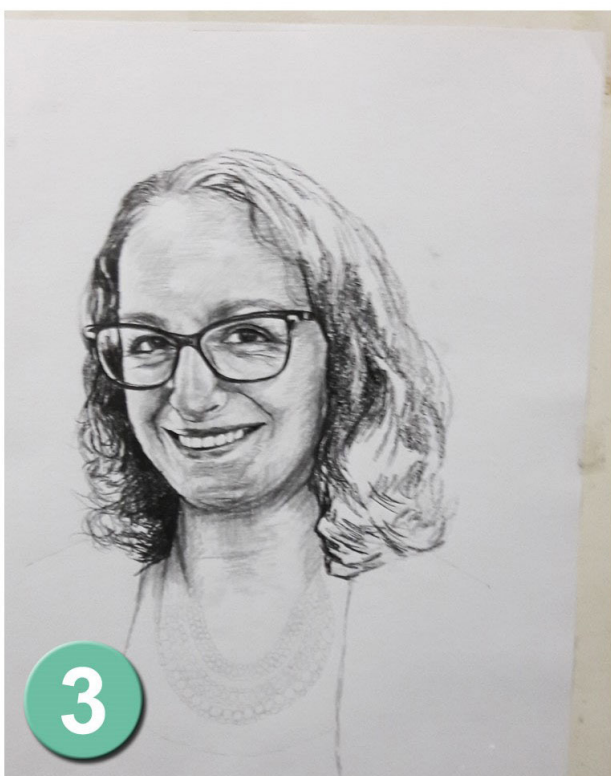
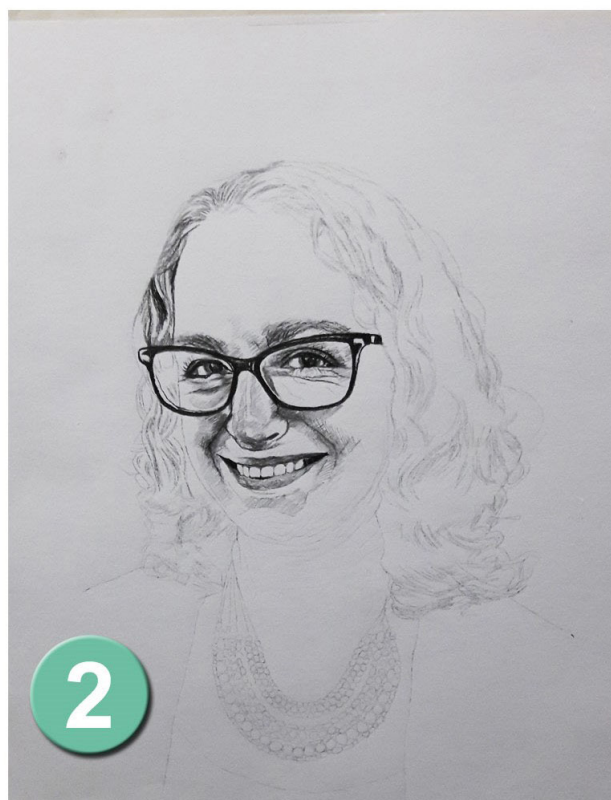
Events @ Newgen

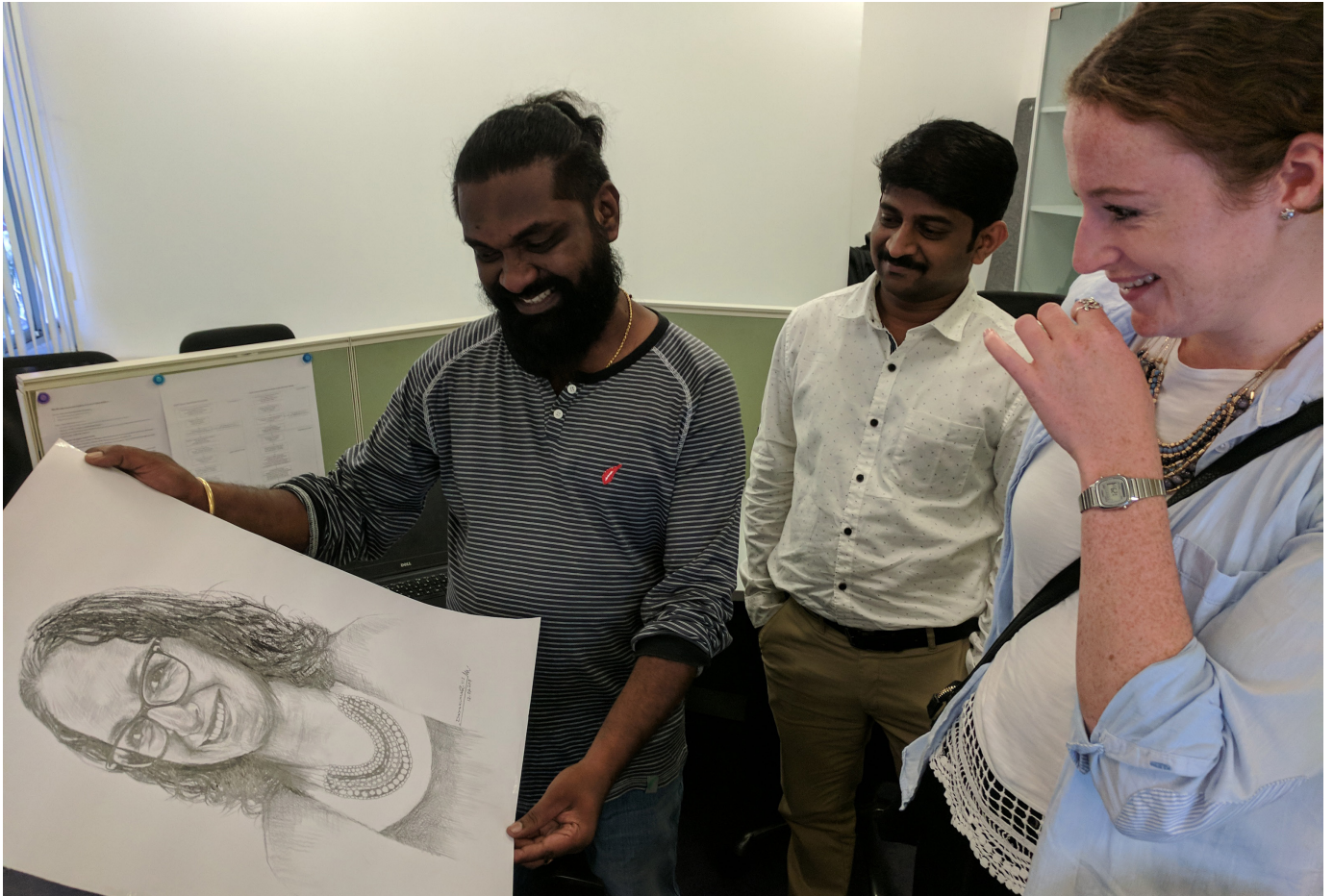




Christmas and New Year celebrations. Bay decoration contest and winners. Judges: Dr. Priya and Meera Maran

The Art of Sketching





Jayakumar showing his sketch of Rebecca Lowe (OUP Lead for Cover Design) as Mani looks on



Rangoli competition at Newgen

FutureBook Live Conference

Jo Bottrill

Managing Director, Newgen UK & US Operations

On 25th November, hundreds of the brightest minds on the UK publishing scene gathered in London for The Bookseller's Annual FutureBook Live Conference. Now in its tenth year, this successful conference attracts speakers from the likes of Pearson, Hachette, Springer Nature, and the BBC. Jo Bottrill, the managing director of Newgen's UK and US operations, was there.

It was a privilege to join so many of the leading lights in the UK publishing industry for this special tenth anniversary outing of the FutureBook Live Conference. This one-day meeting was an opportunity for publishing executives from across the trade to confront change in the industry and to plot a course for further success.

The day opened with a keynote address from James Daunt, the CEO of UK bookselling chain Waterstones and now Barnes and Noble in the United States. Challenged with turning around the US business, Daunt prescribed a refreshingly simple cure for the US chain's malaise. His three-point plan will see the stores project a distinctive personality: improved stock, customised for each store and engaged and knowledgeable staff. Like any turnaround, it will take two years.

Katie Espiner from Orion then reminded us that, while we talk a good talk, there are not enough examples of great innovation in our industry. Managing democratically, moving the industry away from London and continuing to push for equality across the sector will all help drive diversity and push the development of new ideas.

The conference then moved on to some more focussed sessions, including a lively summary of the 'Day of Code', where Emma Barnes and Sara O'Connor from Consonance reminded us just how accessible and motivating coding can be. Consonance is a publishing management system that helps manage everything from rights to production.

From here the day split out into separate streams, inviting delegates to dig a little deeper either into the world of audio production, the latest developments in academic and education publishing or a more general trade publishing track.

During a fascinating session on the new world of open access publishing, we were reminded that the industry is split in two. While open access is largely being driven by the funders,

consumers and publishers of scientific research, many in the humanities and social sciences are left stranded by open access. Some will not survive.

According to the panel 2021–22 will be the big year during which this will hit home – 2020 is but a warm up. We were warned to watch out for learned societies – particularly those in the humanities.

Is there some infrastructure, support or innovation the industry can offer to help these important scholarly institutions continue to publish their valuable research?

Sessions followed on innovation in scholarly publishing, audio and education.

Kathryn Earle of Bloomsbury Publishing reminded us that publishers continue to ‘mine’ their backlists for rich data and content that is yet to be repurposed.

Tom Clarke from DeGruyter addressed the innovation gap, commenting that ‘the culture around the traditional can squash the innovative’ – a reminder to us all that we can get stuck in our ways, and it sometimes takes a disrupter from outside to shake things up.

The education stream panel ‘Where next for textbooks?’ pulled together top executives from Pearson, Cambridge University Press, the bookseller Blackwell’s and from data analytics firm Outsell. The panel introduced us to the power of artificial intelligence (AI) for essay marking, the importance of faculty adoption for courseware and the reality that more than 90 per cent of revenues in content for English Language Teaching (ELT) come from blended print and digital products.

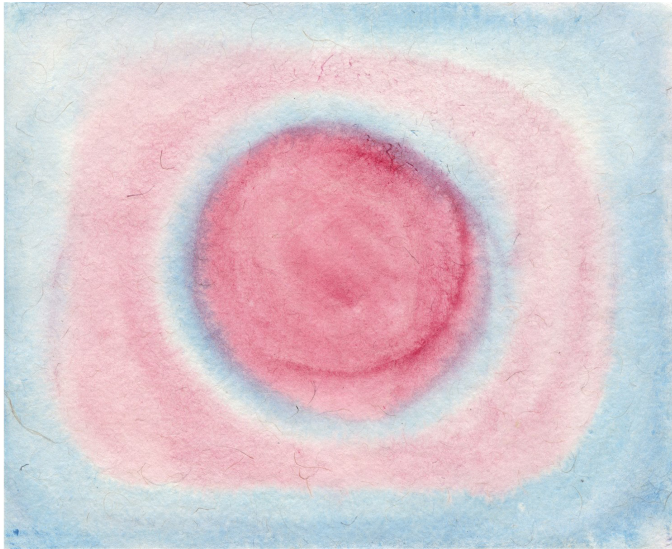
With an ever-growing range of options for delivery of content, what matters more than ever is efficacy. Does it work? Here publishers, educators and writers are increasingly turning to the science behind learning to hone our techniques for delivering content that truly sticks.

The day started to draw to a close with an inspiring discussion between Baroness Gail Rebuck, chair of Penguin Random House; Helena Gonda and Ella Horne, founders of The Flip (Female Leadership in Publishing) and Crystal Mahey-Morgan, founder of OWN IT! Entertainment. Rebuck called for more female leaders at the top of the UK publishing industry: ‘Unlike the US we have no women running large groups . . . I think that is a problem.’

Somehow, we need to accelerate the opportunities for all of those stuck in mid-level and junior level careers – there is too little turnover at the top, which puts off so many people on their way up.

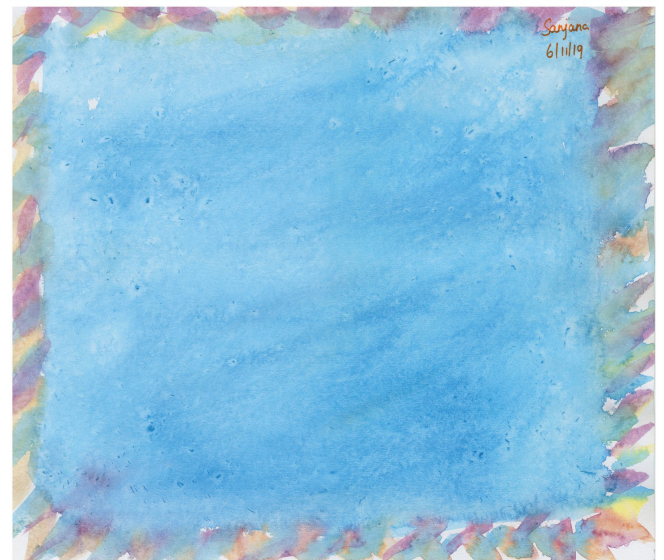
The Bookseller team should be proud to have delivered ten years of FutureBook Live conferences. The 2019 conference was certainly an important and inspiring event, and I’ve no doubt 2020 will be equally on point.





*"Colour conversation-
Red and Blue"*

Art by Siva Sakthi (Age: 5 years);
child with delay in Speech and Language Development and dysmorphic features;
part of Nandavanam School for Special Needs,
a CSR initiative of Newgen Group of Companies.



"Ocean depth"

Art by Sanjana (Age: 8 years);
child with Autism;
part of Nandavanam School for Special Needs,
a CSR initiative of Newgen Group of Companies.



"Sunrise at the seashore"

Art by Siva Sakthi (Age: 5 years);
child with delay in Speech and Language Development and Dysmorphic Features;
part of Nandavanam School for Special Needs,
a CSR initiative of Newgen Group of Companies.



"A magical jungle walk"

Art by Devashree (Age: 10 years);
child with Cornelia de Lange Syndrome and Cognitive Impairment;
part of Nandavanam School for Special Needs,
a CSR initiative of Newgen Group of Companies.

Art by Nandavanam students

Nandavanam Center of Excellence for Children with Developmental Challenges caters to underprivileged children from local communities. Children with developmental challenges and learning difficulties attend a free day care school while also working on acquiring life-improving, social, and emotional skills. The center provides academic help to children in overcoming their learning difficulties and medical and paramedical support through humane and traditional practices in rehabilitation for differently abled children. Currently 36 children from local communities avail this service. Nandavanam is a CSR venture of the Newgen group of companies.



"Sun setting behind the mountains"

Art by Nethra (Age: 8 years);
child with Quadriplegic Cerebral Palsy;
part of Nandavanam School for Special Needs,
a CSR initiative of Newgen Group of Companies.