

EDITORIAL

MAKE WAY FOR SUMMER HEAT IS ON FOR A NEW FINANCIAL YEAR

JwalaDhwani begins with a hearty welcome to all new Kochrefiners arriving as team members of the largest PSU Refinery at God's own country in the new Financial Year. Likewise, many colleagues are taking their expertise from here to their new locations in sister Refineries and Business Units. It is indeed an opportunity for great exchange and new learnings. *JwalaDhwani* extends good wishes to all who are embracing transitions and taking on new roles.

April definitely brings with it the beautiful summer warmth and as all restrictions of the pandemic are being relaxed at a faster pace, we are all set from day-one for the plans laid out for the new Financial Year. People, budgets, targets and more, lets keep the cool to get on track and keep things moving quicker, lighter and simpler to make every milestone crossed, a moment to celebrate.

In this edition, we bring you some of the prized moments from the month that went by and also new things that would interest everyone in the family. *JwalaDhwani* invites you to make life a pretty tune to be hummed along!. Go to page 16 to know more.

Stay safe and motivated.

Warmly,
Editor

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FIRST CONSIGNMENT OF 2 EHA FLAGGED OFF FROM KOCHI REFINERY

It was another historic moment for Bharat Petroleum when the first consignment of **2 Ethyl Hexyl Acrylate (2 EHA)** from the Propylene Derivative Petrochemical (PDP) complex was dispatched from Kochi Refinery. The 2 EHA is the last of the series of six niche petrochemical products from BPCL.

Mr. Ajith Kumar K, Executive Director, (Kochi Refinery) appreciated the concerted efforts of all team members for crossing this prestigious milestone. ED (KR) flagged off the trucks containing the 2 EHA to the first customers M/s Asian Paints in Satara and M/s Visen Industries in Chennai on 21 February 2022, in the presence of senior officials from BPCL.

Chief General Managers Mr. Chacko M Jose (Operations) and Ms. Geeta Iyer (Finance) handed over the Sale Documents to Mr. Teekam Singh, Territory Manager (I&C). Mr. AN Sreeram, Chief General Manager (Project Technical & PETCHEM) welcomed the gathering and Mr. V Karunanidhi, GM(OM&S) proposed the vote of thanks.

The 2 EHA finds application as a raw material, to make adhesives, coatings, construction materials, acrylic rubber, and emulsions. The niche Petrochemicals are being manufactured at the Petrochemical Complex which was dedicated to the nation by Hon'ble Prime Minister Narendra Modi, in February last year. Built at the cost of Rs 6,000 crore, the complex has an Acrylic Acid Unit, Acrylates Unit & Oxo-Alcohol Unit of world scale size and capacity and will substitute the import of Acrylic Acid and save approximately Rs 4,000 crore in foreign exchange. Acrylic acid unit is the largest single train unit in the world with capacity of 160,000 MTPA.





NEW DIRECTOR REFINERIES INAUGURATES NEW BUTTERFLY PARK

Team Kochi Refinery was elated to welcome **Mr. Sanjay Khanna** on his maiden visit to Kochi Refinery as the **Director of BPCL Refineries**. Mr. Khanna was 'back home' to take a toll of the projects in progress at KR that were initiated under his leadership as Executive Director (Kochi Refinery). Mr. Sanjay Khanna took over as Director (Refineries) on 22 February 2022.

On his first visit as BPCL Director, on 01 March 2022, Mr. Khanna inaugurated a newly developed Butterfly Park in the presence of Mr. Ajith Kumar K, Executive Director (Kochi Refinery) and other senior officials of the Refinery.

The new Butterfly Park has been developed near the SRU-2 Unit in an area that was occupied by contractors' containers, sheds and scrap a few years back. Approximately 1000m² area has now been transformed into this beautiful space that has plants like hibiscus, melestoma, kufiya, ixora, jatropa and more, all of which attract the winged beauty. The park also has three ponds with water lilies and lotuses.

Conceptualized by Mr. Shajikumar M R, GM (Mfg) and completed by the Maint (Civil) team under the leadership of Mr. Giridharan S, GM (Maint) and Mr. Johnson K, DGM (Maint), this is one more park at the refinery and one more effort in the direction of sustaining Kochi Refinery as a clean and green work-place.





TOWN HALL MEET

Mr. Sanjay Khanna, Director (Refineries), interacts with young officers of Kochi Refinery on 02 March 2022 at the Town Hall Meeting organised by HR Department. He was accompanied by Mr. Ajith Kumar K, ED(KR) and Refinery Council members in motivating the youngsters in taking on their new roles.



SAFETY WEEK AT KOCHI REFINERY

On the 51st National Safety Day, Mr. Kurian P Alapatt, Chief General Manager (HR) hoisted the Safety Flag to mark the National Safety Week observance at Kochi Refinery.

Mr. Ajith Kumar K, Executive Director (Kochi Refinery) delivered the Safety Message. The pledge in Hindi was led by Mr. Makdey Oy, DGM(HSE) and in English it was administered by Mr. Ramachandran MK, General Manager (HSE), Kochi Refinery. A cross section of employees participated and took the pledge.

The National Safety Day is observed in the country every year by the National Safety Council on 4th of March to enhance the safety awareness among people. The theme for this year's safety day was ***Nurture young minds, develop safety culture.***

The safety week was observed from 25 February to 04 March 2022 with various competitions including safety slogan competition, poster competitions, essay competitions and tool box talk competitions for employees and contract staff at both the refinery and STF.

The valedictory function was presided over by ED(KR) and Joint Director of Factories & Boilers Mr. Suraj Krishnan, the Chief Guest distributed the certificates and cash prizes to winners of Contractor Safety Award 2021 and also winners of various competitions of the safety week.





NEW DISTRICT COLLECTOR VISITS KOCHI REFINERY

Kochi Refinery was honoured to welcome Mr. Jafar Malik IAS, District Collector, Ernakulam on 11 March 2022. This was his maiden visit and he had scheduled enough time to see all the facilities of the largest PSU Refinery in India situated in Ernakulam.



In his meeting with the senior leadership, Mr. Malik expressed his fortune of being in charge of a District that has installations of national importance like the Kochi Refinery, Cochin Port Trust and Cochin Shipyard in addition to the critical defence functions. "It's my pleasure to visit the Refinery and also understand the multi layered processes that keeps the Refinery running 24 x 7 with so many safety protocols in place. I'm here particularly to understand and also see how the safety mechanisms are maintained both inside and at the periphery, where the Refinery borders with different communities," the District Collector shared.

Mr. Ajith Kumar K, Executive Director (Kochi Refinery), greeted him on his arrival and further explained about the expanse and operations of the Refinery at the initial briefing and during the plant-visit. The team along with ED(KR) included Mr. Sankar M, CGM (Manufacturing), Mr.A N Sreeram, CGM (Proj Tech & Petchem), Mr. Senthilkumar GR, CGM (Technology), Mr. Sriram S, CGM (E & AS), Mr. Kurian P Alapatt, CGM (HR), Mr. Ramachandran MK, GM(HSE), Mr. Ravi K, GM(Projects), Mr. George Thomas, GM (PR & Admn) and team members of Environment, Maintenance and Public Relations.

This visit is of high importance, as the Petitions Committee of the Kerala Legislative Assembly had appointed the District Collector to inspect Kochi Refinery and ensure that sufficient green cover is available as per norms inside the Refinery. In his four hour long visit, he inspected the entire refinery, the perimeters and the major facilities, particularly where the boundaries are closer to habitats. The District Collector visited the IREP and PDPP sites, both mega projects at KR and was impressed at the high level of protocols maintained in safety, environment care and security throughout the Refinery for the seamless operations of a continuously running unit of such gigantic size and scale. The District Collector planted a sapling each at the Refinery eco-park and the new park coming up in the vast PDPP green cover area.





BREAK THE BIAS

MAKE OUR RELEVANCE FELT FOR A COMPASSIONATE WORLD

- Does it really take a lot to understand the inner strength of a woman?
- Does being a woman mean that we are born to serve unendingly?
- Does womanhood imply that we are the sum total of the creator's idea of perfection?

Throwing sensible and sensitive questions, shaking the very thought processes and ideologies that we are born with, influenced by or accidentally accepted as normal, Dr. Aji C Panicker, prominent orator and well published author, had the women of Kochi Refinery take a whirlwind ride through the fallacies of many social rigmaroles on the **Women's Day**.



Read on >>



At the international women's day celebrations at Kochi Refinery on 08 March 2022, Dr. Aji C Panicker, Associate Professor, Mar Athanasius College, Kothamangalam, a gifted speaker, who holds a PhD in zoology and an active member of progressive literary forums, was successful not just in hurling harmless gibes but also in presenting known facts in a new light and convincingly resting her case with the biological truths behind why women are the embodiments of universal perfection. "There may be times we cannot win with muscle power, but there are ways of winning over a situation with confidence and intelligence. It is up to us to consciously choose to use what we are naturally gifted with. And we have to train our children with this tact at a very young age along with martial arts for self-protection," Dr. Aji explained with interesting anecdotes from her own personal experience.

The hour long session interspersed with quotes from great authors, poets and the puranas, echoed the voices of women from centuries ago to the present. "We have much to learn from historic efforts of men and women for liberating women and we have a great deal to do in the present in raising future citizens for a compassionate world," she said. "As salaried women, we are already in the upper bracket of the economically independent category. We can be of any relevance only when we take up community centric initiatives for empowering marginalized women. In our commitment to our country, let us strive towards that and help the community rise along with us. We have to break the bias and make our relevance," urged Dr. Aji.

The International Women's Day was organised at Kochi Refinery on the theme Gender Equality today, for a sustainable tomorrow. #BreakTheBias. Mr. Kurian P Alapatt, Chief General Manager (HR), Ms. Geeta Iyer, Chief General Manager (Finance) and Ms. Lakshmi N, General Manager (Finance) spoke on the occasion.

Mr. George Thomas, General Manager (PR & Admin) and Ms. Kavitha Mathew, Manager (PR) coordinated the open women's day programme post relaxation of COVID protocols. A short corporate film on the **Women of Bharat Petroleum** was presented at the event. A slideshow of CISF officers welcoming women of Kochi Refinery with roses earlier in the day was also shown. The warm gesture by the CISF team coordinated by Mr. Vinu T Mathew, Senior Manager (Security Coordination) was sincerely appreciated by the women-folk of Kochi Refinery.





MULTI SPECIALITY MEDICAL CAMPS

Kochi Refinery supports multispecialty medical camps in Ernakulam to address health needs of socially and economically deprived people as well as migrant workers in the industrial area.



Hon'ble Minister of Industries, Law and Coir, Govt of Kerala, Mr. P Rajeev inaugurated the multispecialty medical camp at Kalamasserry on 20 March 2022 in the presence of Padmasree Dr. Tony Fernandes, Padmasree Dr. Jose Chacko Periyapuram, Padmasree Dr. Philip Augustine, Mr. Ajithkumar K, Executive Director (Kochi Refinery) and Mr. George Thomas, General Manager(PR & Admn), Kochi Refinery. Close to 7000 people attended the camp where services were extended by specialists including Dr. N Vijayakumar, Dr Kala Kesavan, Dr. Jayasree V, Dr. E A Sonia and Dr. Leena Rani some of the leading medical practitioners in Kochi. Around 600 patients were referred for further treatment.

Earlier, 5000 people also attended the super specialty medical camp organised at the Rajiv Gandhi Indoor Stadium, in Ernakulam on 13 March 2022. This camp was inaugurated by Mr. VD Satheesan, Leader of Opposition of Kerala in the presence of Mr. Hibi Eden, MP, Mr. TJ Vinod, MLA, Mr. Jafar Malik IAS, District Collector, Ernakulam Mr. Ajith Kumar K, ED(Kochi Refinery) and Mr. George Thomas, GM(PR&Admn). Practitioners in various specialties and super specialties extended their services. Free diagnosis, medicines, laboratory tests, scans, ECGs, X-Rays were extended at the camp.

From both camps over 1600 patients have been referred for further treatment which will be supported by Kochi Refinery in association with various hospitals. Both camps were organised as part of BPCL's CSR initiatives in association with IMA Cochin Chapter, National Health Mission Ernakulam and Government General Hospital, Ernakulam and was coordinated by Dr. Junaid Rahman and Mr. Vineeth M Varghese, Chief Manager (PR&CSR), Kochi Refinery.



VIGILANCE AN ENABLER FOR BETTER BUSINESS



“Vigilance is an enabler for better business, and we should look at it as a guide and support to avoid pitfalls while discharging our roles & responsibilities,” said Mr. R R Mandal, GM (Vigilance) i/c while interacting with senior officials of Kochi Refinery.

At the interaction with senior officials led by Mr. Ajith Kumar K, Executive Director (Kochi Refinery), Mr. Mandal appreciated the KR Management Team for their commitment to abiding by procedures and guidelines. He also shared that Vigilance function is now more focused on preventive and participative aspects of Vigilance management and that they would soon be arranging a *Mid-Career Training* for officers of KR.

Also present at the meeting were Chief General Managers, Mr. Kurian P Alapatt (HR), Mr. Chacko M Jose (Operations), Mr. Suresh John, (Refineries Projects Organisation), Mr. Sreeram A.N (Project Technical & Petchem), Mr. Sriram S (E&A) and Ms. Geeta Iyer (Finance) and other senior management members from across departments.

Mr. Mandal later took a tour of the Plant to see the operations of the largest PSU Refinery. He planted a sandalwood sapling too in the Refinery Eco Park to mark his visit during 14-15 March 2022.

JD ANNUAL MEET

The **Annual Meeting of JwalaDhwani**, the first one since COVID norms were relaxed post the second wave, was convened on 04 March 2022. Mr. George Thomas, GM(PR& Admn) & Editor formally welcomed the members. He shared that the journal will be published on 1st of every month going forward and the print versions will be considered once norms are fully relaxed. He also announced that several new features are being proposed in the upcoming editions for employees and family members and urged full support from all for motivating more participation from employees.

Ms. Kavitha Mathew, Manager (PR) & Associate Editor made a brief presentation about the journal in the new format and shared its archives on BPCL [website](#) and KR portal that are readily available for online access by all readers, basis where they choose to access it from. Mr.R Sasidharan (Retd), expressed that retired employees look forward to the original charm of reading the print version. The Editor also presented the *JwalaDhwani* prize for the first article in the *Hello Kochi* series to Mr. Akash Shukla, SM(IS) at the meeting.

In the discussions on motivating more participation, it was expressed that new readers may prefer to use other online networks more than the journal for sharing their literary creations and therefore have to be given more opportunities with new content ideas. Suggestions were also given for including new resource persons as more employees have joined from other locations and SBUs. Resource persons who attended the meet included Mohan Chandran KC, SM (ESE) and Thulasi Das N (CPO-KR) and from the JD support team : Latha Kamath P, Ajitha KK & Elizabeth Davis (PR & Admn).



May the best
PHOTO WIN !



Thanks to all participants who sent their entries!
We now invite all readers to vote for the best picture!

Please logon to www.facebook.com/BPCLKochiRefinery
and vote for the photo you like best in the album My Treasure. Photo that receives maximum LIKES will be adjudged winner of this year's Women's Day photo contest.

THEME : MY TREASURE

VOTING OPEN FROM : 5 APRIL (10:00 am) to 10 APRIL 2022 (10:00 PM)

VOTE AT : <https://www.facebook.com/BPCLKochiRefinery/>

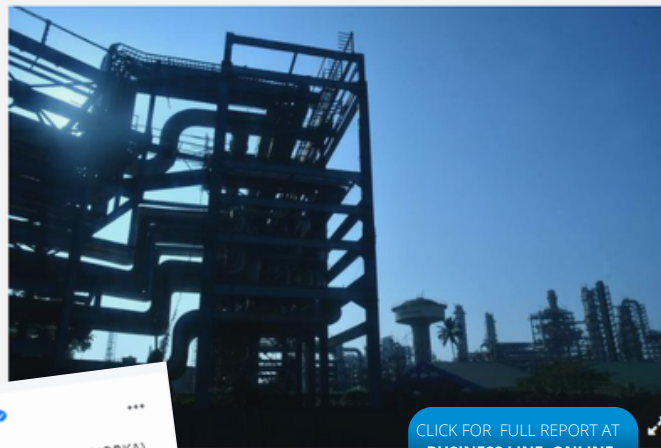
INTERNATIONAL
Women's Day
PHOTO CONTEST



TRENDING ON SOCIAL

Companies

Looking beyond domestic market, BPCL Kochi Refinery aims at petroleum products exports



The company to also expand its existing export pipeline network to Cochin Port Trust for products shipments

BPCL Kochi Refinery is betting big on petroleum products exports to shore up its revenue. The company has earmarked an investment worth ₹70 crore to expand its existing export pipeline network from the refinery premises to Cochin Port to enable more flexibility in the supply of products for

CLICK FOR FULL REPORT AT [BUSINESS LINE ONLINE](#)

Bharat Petroleum Corporation Limited
20 March at 16:29 · 🌐

We welcome Shri Suman Billa, Principal Secretary (Industries NORKA), as Director on BPCL's board. Shri Billa has earlier been the Joint Secretary in Ministry of Tourism and has served as the Director of United Nations' World Tourism Organisation in Spain.



NEW GOVT DIRECTOR ON BPCL BOARD
click to read on >>



BPCL crosses ₹1,000 Crores worth goods procurement through Government e-Marketplace (GeM)

#AtmaNirbharBharat

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WATCH THE LAUNCH CEREMONY

35 years



Eswaran K R
HR



Yuvaraj S
HR



Gijo John
Periappuram/OM&S



P Jayashree
Menon / Projects

25 years



Senthil Kumar GR
Technical



Manojkumar T S
Projects



Nisha E
Finance



Jagadeesh M G
Mfg



Joseph Thomas
HSE



Agitha M L
Finance



Soyi K J
Mfg



Joseph M R
Mfg



Santhoshkumar C
OM&S



Anilkumar P N
Mfg



Babu K C
P&U



Reeja S S
CPO



Lathakumari V R
CPO



Anil Kumar S
Projects



Pradeepkumar T A
P&U



Jayarajan C M
P&U



Prasannakumar A S
P&U

15 years



Shubham Khatri
Proj Tech



Jibu Varghese V
P&U



Jenin Jacob
Maintenance



Antony Savio M A
P&U



Madhur Kumar
Meshram /PETCHEM



M Venkata Sudhakar
Tech-Process Engg



Ramesh D
P&U



Rajesh B K
E&C



Anurag A A
QC



Praveenkumar P
QC



Pramod K
QC



Shiju Alias
QC

Happy Birthday

WISH KOCHIREFINERS CELEBRATING THEIR
SPECIAL DAY IN APRIL 2022.

LOG ON TO KR SOCIAL MEDIA TO WISH OUR TEAM
MATES DAILY ON FACEBOOK AND TWITTER. CLICK
ON CAKE TO VIEW ON YOUTUBE





SMASHING VOLLEYBALL PERFORMANCE

After winning over KSEB and Punjab Police in the league, and ousting Karnataka Postal Dept (3-0) in the semis, Team BPCL took on Haryana in the finals of the All India Volleyball Tournament for a straight set (3-0) victory at Gurdaspur.

With captain Jithin N, Officer (Sports) and the team of Akhin GS, Officer (Sports), Jerome Vineeth Officer, (Sports), Muthuswamy, Officer (Sports), Ajith Lal Officer (Sports) and Rohith P, Officer (Sports), BPCL clinched the overall championship of the tournament in Punjab during 10-11 March 2022. Arjuna Awardee and International player Tom Joseph, Asst Manager (Admn) was the coach and manager of the team.



HEARTY CONGRATS

Sunil Kumar A, Operator in OM&S on being adjudged best performer in the Territorial Army Annual training camp (801 Engr Regt Refineries & Pipelines) held during 17 January to 15 February 2022. He had received similar recognitions in earlier camps in 2013 and 2016. The Territorial Army is a volunteer reserve force of the Indian Army. Hailed as part time commitment, full time honour, it is meant for citizens who are already employed in mainstay civilian professions

JANAUSHADI DIWAS

A Padhayatra – ‘Sankalpa Yathra’ was conducted and leaflets were distributed to the contract labourers and public to propagate the message of the Janaushadi Diwas observance organised by BPCL Employees Co-operative Society Ltd on 7 March 2022.

The programme was earlier inaugurated by Mr. Kurian P Alapatt, Chief General Manager (HR), BPCL Kochi Refinery. Mr. George Thomas, General Manager (PR & Admn), BPCL and Mr. Jimmy Paul, President, BPCL Employees Co-operative Society were also present.

Jan Aushadi outlet has been operating in Akshaya Bharat complex, Ambalamugal near Kochi Refinery since two years. Generic medicines, sanitary napkins and adult diapers are available at low prices. The outlet is open from 9:30 am to 4:30 pm on all days, except Sunday.



SUPERANNUATION

BEST WISHES TO OUR COLLEAGUE SUPERANNUATING THIS MONTH



David PM
joined in the S&OM Dept in 1983 and is retiring from the same department.



Jayan K S
joined S&OM Dept in 1983 and is retiring from the same department.



Pauly Peter
joined the HR Dept in 1986 and is retiring from the OM&S department.



Regi Thomas Chandy
joined QC Lab in 1986 and is retiring from Manufacturing department.



Narayanan V
joined HR Dept in 1987 and is retiring from Maintenance department



Raju M P
joined the HR Department in 1988 and is retiring from Maintenance Dept.



Abdul Rahim M K
joined the HR Department in 1988 and is retiring from CPO-KR



Joseph Jordan T J
joined the Security Department in 1995 and is retiring from the same dept



Deena K A
joined the OHC in HR Dept in 1996 and is retiring from HSE Dept.

RAMAKRISHNAN BIDS ADIEU

Ramakrishnan P, fondly called PRK, hails from Wandoor, near Nilambur in Malappuram district of Kerala. He started his journey 34 years ago and is very content that he could meet and work with the most extraordinary group of people at Kochi Refinery.

He joined in the Materials department of CRL as a trainee in 1987 and is privileged to retire after 34 years from the same department which is now the Central Procurement Organisation of BPCL. PRK joined 1988 after apprenticeship as Commercial Trainee in Materials Dept and 3 years of teaching experience. PRK had worked in all the sections of the procurement Dept and bids farewell as Procurement Manager. "The times shared, the friendships forged and the incredible successes which we have enjoyed have been an extraordinary part of my life. I am very proud of what we have achieved and they are times I will never forget," he said.

He went on to add, "Whatever I am today is the combined effort of myself, my colleagues and my seniors. I thank all of them. I'd also like to take this opportunity to thank the CR School and its staff, the Canteen employees, and the Consumer and Credit Society employees. We have built our company into something extraordinary. It is a testament to countless hours of hard work, collaboration and inspiration. It's the result of the support willingly given by all stakeholders in our amazing company. We should all be incredibly proud of what we've achieved."

Ramakrishnan's wife Priya.C.Pillai, is the Principal of Chinmaya Vidyalaya, Tripunithura. Their elder son, Aravind R Menon, is working in Mindcurrv, an MNC based in Germany and the younger one Aniketh R Menon, is studying for B.Com at St. Joseph's College, Bangalore. *JwalaDhwani* wishes PRK and his family healthy and happy days ahead.

His address :

'Krishnapriya House', Near Vellakkinnavu Temple, OEN Road, Thekkumbhagom, Tripunithrua, Ennakulam 682302, Kerala. E-mail : rampalikkuth@yahoo.co.in Mobile: 9895147820



JOY SAYS GOODBYE

George Joy PX bids adieu to Kochi Refinery after 34 years of service. He joined erstwhile CRL after a year's apprenticeship at Cochin Shipyard and has been with the Materials Dept for a pretty long time and retires as Store Keeper. Fondly called Joy, he always kept his cool at work and enjoyed the ware-house operations. He takes pride in the critical nature of the job in issuing the right material after due processes.

He feels that, in earlier days, the Engineers were aware of all the plants and its parts, requirements and created reservation for the right material with specific codes, whereas now the Engineers come with a list of materials, which the Store Keepers check and help them identify the right material. The new generation officers are intelligent and learn things very quickly and help us too," he shared. "Joy is very calm and is rarely seen involved in any controversial discussions. He always keeps a low profile and concentrates well in his work," says his colleague Sanjay S.



Joy remembers his seniors and their help and guidance including personal and official matters. He is thankful to one and all and wishes the company a bright future ahead. He remains thankful to CR School teachers and Management for the best education provided to his children. His gratitude also to the staff & management of Canteen, Store, Credit Society for all the help and assistance. He is looking forward to travelling a lot, post retirement.

Joy's wife Jeena, retired as a teacher from St. John De Britto Anglo Indian High School, Fort Kochi in 2021. They are blessed with two sons, Gejoy and Rejoy. Both are Engineers and working in reputed companies in Canada. *JwalaDhwani* wishes George Joy all the very best of life in the days ahead.

*His address : Pandaraparambil House, Mayooram Road
Aroor PO, Alleppy Dist – 688534. Kerala. Mob: 9446612335.*

UDAYAKUMAR BIDS ADIEU

Udayakumar T joined erstwhile CRL in January 1996 after 13 years' service at Binani Zinc and is retiring from the Manufacturing department after 26 years of service. He remembers with gratitude that BPCL has given him all the fortunes in his life. His wife Sreedevi is the Headmistress of Government High School, TV Puram. Their elder son Jayavishnu is a Mechanical Engineer working in Abudhabi and their younger son Rishikesh who passed Naval Architecture from Indian Naval Academy is a Sub Lieutenant in the Indian Navy. Having keen interest on Astrology and Organic Farming, Udayakumar intends to pursue more in that area. *JwalaDhwani* wishes him a safe, healthy and peaceful retired life.

His address : Sreemangalath, Vadakkenada, Vaikom. Ph: 9496804080



Near Miss Award Winners

for the month of March-2022



Ajay Kumar Naik
TF-II, OM&S



Vignesh S
PETCHEM



K Challa Rao
PETCHEM, PDA Unit



Soji Varughese
PETCHEM, PDA Unit

KEEP THAT "MASK MOUTH" HEALTHY



DR. BINDU NITALI, MDS,
Consultant Prosthodontist,
Kochi (9886565387)

Mask mouth might create an inconvenience, but it's easy to deal with, by paying extra attention to your oral care along with protecting others from Covid-19 virus transmission. So, mask up & keep up with your oral health.



TIPS To stay on top of your oral hygiene and avoiding halitosis and gum disease :

- Brush your teeth at least twice a day.
- Floss between the teeth
- Brush you tongue too
- Swish your mouth with non-alcohol based mouthwash before putting on a mask.
- While Mask on: Continue breathing through your nose and continue to Drink lots of waters throughout the day to Stay hydrated to prevent dryness of mouth.



GO FIT

BE THE INSPIRATION! SEND US YOUR HEALTH GOALS and SUCCESS STORIES. Tell us how you cracked your fitness code and enjoy your routines. It could be yoga, exercise or music. Tell us about your therapy to happiness. Mail your article by 15th of every month and Win a JwalaDhwani prize for spreading happiness & good health!

During this pandemic it has become inevitable to wear a face mask to protect ourselves and others from risk covid 19 virus transmissions which is the part of our "new normal". For this very reason CDC recommends everyone to use face mask for protection. Since this pandemic has being extended further, we are forced to spend more time behind the mask in order to protect ourselves from infection, some people have noticed an unfortunate side effects from wearing mask for long periods of time – includes bad breath and skin lesions around mouth.

According to many Canadian Dental Associations, they termed the phenomenon as 'Mask Mouth'. When you wear a face mask, the unavoidable mouth breathing caused by wearing a mask increases the dryness in your mouth. This creates a perfect breeding ground for bacteria and viruses to flourish. Because of decreased saliva production and flow in mouth, the useful properties of saliva such as creating a protective barrier, antimicrobial properties are impaired.

What is the actual impact of using face mask on our oral health?

- Bad breath –prolonged dryness in the mouth is the prefect environment for odour causing bacteria to thrive. This is called Halitosis. Many individuals have noticed this change in breath after wearing mask for long duration of time.
- Inflamed gums and tooth decay – because of dryness of mouth, the saliva produced to flush food particles in our teeth is decreased allowing bacteria and viruses to flourish. As a result it will create inflammation of gums. This can eventually lead to periodontal disease which slowly damage your gums and bone structures of your mouth.
- Changes in pattern drinking of water and breathing behaviour – while wearing mask most of the people try to breathe through their mouth to improve inhalation capacity. This all will leads to increased dry mouth and which in turn leads to various dental conditions.
- Trapping of air due to mask – when you wear a mask we tend to trap more of carbon dioxide in your mouth which creates more acidic environment for bacterial build up and further dental problems.

- Take regular breaks during a day at work away from crowded area, if possible, to breathe in fresh air without mask.
- Avoid alcohol, sugary foods and acidic drinks to avoid creating of acidic environment in mouth.
- Eat a balanced and nutritious diet is good for your general and dental health.
- Keep up your regular dental appointments.
- Use clean mask – replace regularly or clean your mask to prevent bacterial growth.
- For any skin lesions around the mouth which is due to contact with mask please consult your dermatologist.

Dr.Bindu Nitali, w/o Pratik Sambrani, Manager (Process Engg). wins a cool USB to preserve these interesting tips for a healthy smile.

Thanks for sharing this GO FIT article for the JwalaDhwani wellness series!

HABITAT FOR HUMANITY

The smallest act of kindness is worth more than the grandest intention. CRS plays a big role in fostering charity activities and has been successful in doing many good deeds in the past many years. As part of the 'School Reach Out Programme' CRS has taken up a project to sponsor the construction of a house for a most deserving economically weak family in the school locality.



The foundation stone was laid at an auspicious ceremony in the presence of Mr. Kurian P Alapatt, CGM (HR) & Chairman, School Board, Mr. V Sathyan, General Manager(TAM IREP) & School Board member, Mr. Jaison Paul, Purayidam Builders and Realtors, Mr. Prakashan C R, President Thiruvaniyoor panchayat, Mr. Ajith Kumar, President PTA, Ms. Mala B Menon, Principal CRS, Ms. Premlatha Shaji, Vice Principal CRS, Ms Nalini, Head Primary Dept CRS, Teachers and Student Council members of CRS.



BASEBALL

Tess Francis and Theresa from CRS represented the Ernakulam Girls Team that won the Runners' Up trophy of the 20th Kerala State Sub Junior Baseball Championship.



NATIONAL SCIENCE DAY

As part of National Science Day, the Science Dept and Atal Tinkering Labs (ATL) conducted various competitions for the students of classes 1 to 12 which included powerpoint presentations, making of working and static models etc.

[Watch the video](#) on works of the winners of these contests.

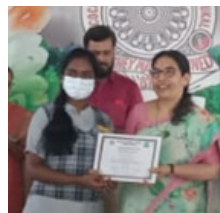
THROWBALL

Ernakulam District Girls team won Runners' Up Trophy in Kerala State Sub Junior Throwball Championship held at Kottayam. The team led by Captain Aleena Benny, CRS, won the Silver medal.



APPRECIATION CEREMONY

CRS lay due emphasis on different activities for the students through various clubs. Despite all odds put forth by the Covid pandemic and Online classes, the members of various clubs were successful in coordinating and conducting programmes for its members and the students of the school. In recognition of the exceptional performances of the members of different clubs, the school arranged an 'Appreciation Ceremony' wherein the members were felicitated with a certificate.



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