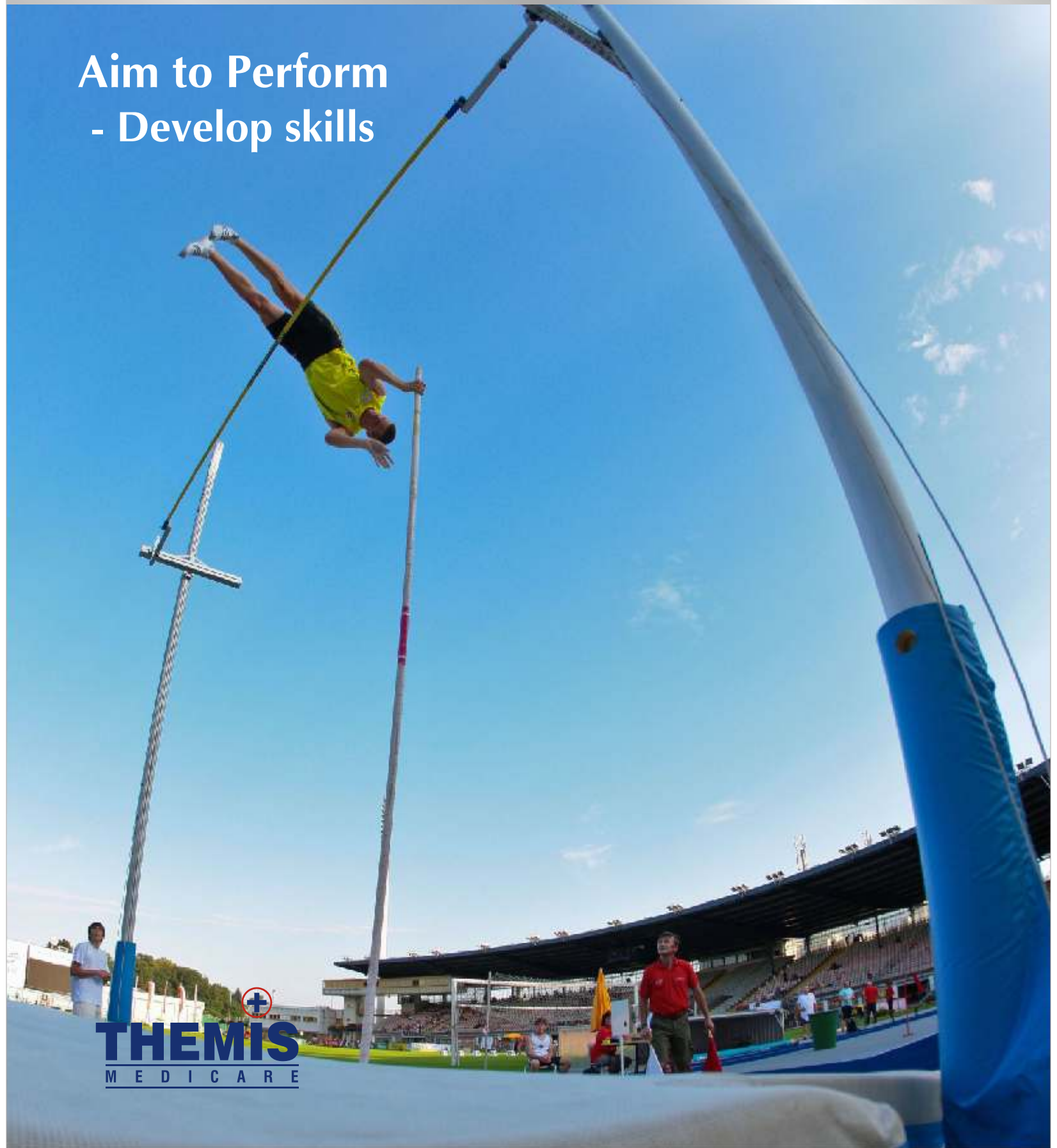


June - 11

Reach

Aim to Perform
- Develop skills



At the outset we at REACH are saddened to bring to you the news about the passing away of our dearly beloved Chairman Emeritus and Founder of Themis Medicare Ltd. - **Shri Shantilal D. Patel** fondly addressed as “Dadaji” on February 22nd 2011 at the age of 85!

Dadaji was one of the pioneers in the Indian Pharmaceutical Industry having set several milestones in the history of THEMIS. What is however even more endearing and not widely known, because he never involved either his name or the Company’s name, are his philanthropic activities in the fields of healthcare and education - the latter being one of special interest to him, besides social and cultural issues. His last personal wishes were to have his body donated for medical research and that there should be no period of mourning for his soul - the former clearly a culmination of his dedication to society and the latter a confirmation that he did not ever crave self-attention.

Dadaji was always interested in the activities of REACH. He made sure that he read each and every issue and provided his vision and words of wisdom a few times. We are happy to reproduce his quotes In the issue of **May 2004**, he wrote: “At this juncture, I would like to share with you the **Essential Qualities for Success**: Courage, Risk taking capacity, Willingness to do hard work, Knowledge of the subject and Devotion to Duty - an important ingredient”. In the issue of August 2008 he had stated: “Another key factor (for success at work), I would like to highlight this time is “Customer Satisfaction”. My experience has taught me one critical lesson: Always make sure that your customers are satisfied and success will follow. **Customer satisfaction** is based on effectiveness, reach, price and timely delivery.” REACH had also published Dadaji’s words of appreciation in the issue of **May 2006** which stated: “Admirable work day by day inspiring. Congratulations to all attached. Continue the same with speed and zeal. One day it will be a great motivating force of Themis.” Indeed, a treasure trove for us all and for REACH!

We are sure that all who have had the privilege of meeting with Dadaji will surely miss his heartwarming presence. Nonetheless his memories, wisdom and vision will continue to linger on as a source of inspiration for all!

Please read the tribute to Dadaji which will surely help to spread the light of his life a little more. What we Themisians can cherish is the fact that Dadaji lived life to the full and it has been his valuable contribution all through his tenure that have set the Company’s firm foundation for growth!

The baton has changed hands permanently and with the mantle now on our esteemed Dr. Dinesh Patel and Dr. Sachin Patel - Dadaji’s son and grandson respectively - we are sure to see our Company reach greater heights! Hence let us continue the journey with renewed dedication and determination to perform.

Thus on a renewed and cheerful note, REACH is proud to present the message of our respected MD & CEO - Dr. Dinesh S. Patel. The crux of Dr. Patel’s message touches on how one can choose to become a ‘Performer’! We are sure all of us Themisians will not only read it but will also endeavour to implement the principles in our day to day lives.

The issue also covers various significant events, one of them being the “Themis-Reach Out” which was a HR initiative!

And finally, REACH wishes each Themisian A successful year!



A Tribute to Shri Shantilal D. Patel (Dadaji) (1926 - 2011)

February 22nd 2011 will be recorded as one of the saddest days in the history of Themis Medicare Ltd., when we lost our founding father and Chairman Emeritus - Shri Shantilal D. Patel, fondly called Dadaji!

Time and space are limitations to the words that we would like to express in honour of this warm, loving, modest and principled visionary, nevertheless we pay our tributes with a summary of Dadaji's illustrious career in the pharmaceutical arena...

Dadaji was born on 18th October 1926 in Nadiad, Gujarat. Though Nadiad was then a small town it was not in any way a stumbling block for the young boy who had dreams of a bigger world out there which he could conquer.

Dadaji completed his B.Pharm., in 1950, thru the Bombay University - from L.M. COLLEGE OF PHARMACY, Navrangpura, Ahmedabad - 380 009. After a few years of field training the business arena drew his avid attention and he along with a few friends started a pharmaceutical manufacturing firm under the name and title of "THERAPEUTIC PHARMACEUTICALS" in Mumbai.

Dadaji's philosophy and vision was to play an important role in the development of products for the widely prevalent diseases in the country such as Tuberculosis, Malaria, etc. He desired and endeavoured that the products introduced should either be the first in the country or in the world.

The first preparation was manufactured on November 28, 1952 at the premises of Zandu Pharmaceuticals, Saini Road, Dadar under loan license arrangement.

The name of the preparation was ISOPASCAL-CD, which was a combination of - Isoniazid, PAS (para-amino-salicylic acid, Calcium, Vitamin C and Vitamin D. This preparation, which was in tablet

form, was convenient and economical for use in the treatment of Tuberculosis.

- The Company adopted the following policies-
- To market preparations only being marketed by MNCs
 - To develop new indications of available drugs
 - To undertake improvements / re-innovation of existing drugs
 - To manufacture raw materials required for making formulations

The Company in a very short time introduced the analgesic / anti-inflammatory Phenylbutazone - Butarin Tablet and injectable which had the only competition at that time in Iragapyrin, the tablets of which were being marketed by the MNC - Geigy.

This was followed by a Hetrazan-like preparation - Diethylcarbamazine citrate viz., Dicarbimin Syrup and Tablet for tropical eosinophilia, which was a new indication.

The next were Calcitonin injection as well as an improved product ADICAL-12 - for growth and well being of children.

Since there was an increase in activity, the Company purchased a closed unit in June 1953 - Synthetic India Ltd., owned by a German pharmacist and started its own production of tablets and liquids.

Then as ISOPASCAL-CD tablet was required to be coated for stability of the ingredients the Company developed a novel coating procedure of Shelac and Talc, for the first time. This gave the tablet protection against atmospheric changes as well as a better appearance and compliance.

The Company moved on to produce many more preparations at the new unit keeping its policies in mind and thus introduced products like Panediol tablets - a tranquilizer, which was accepted by the Medical Profession. The only competing preparations

A Tribute to Shri Shantilal D. Patel (Dadaji) (1926 - 2011)

to this product were Equanil of Wyeth and Miltone of Lederle. However, there was better acceptance of Panediol by the Medical Profession in comparison to the MNC brands.

The Company further noted the increased requirement of laboratory reagents in Quality Control, which at the time were all being imported at prices much higher vis-à-vis cost of production.

Thus Therapeutic Pharmaceuticals started a reagent-manufacturing department in 1956.

The first reagent manufactured was sodium chloride AR and customers for the same were not only government laboratories but also MNCs like B.D.H. They purchased the same in bulk for re-packing in small packets - a proof of the quality of the product, which was most important.

The Company then in the light of the above achievements, desired to have better facilities for manufacturing and research activities.

Search commenced for land in Bombay to construct a factory for such activity. A plot of land admeasuring 10,000 sq. yards was purchased at 38 Suren Road, Andheri East in the year 1958. Work towards construction of the factory admeasuring 40,000 sq. ft. started and was completed in 1960.

New machinery like a strip-packing machine - dry coata, center-coata as well as glass lined and stainless steel vessels were installed to manufacture laboratory reagents and formulations.

In 1955 the Company applied for registration with the Ministry of Industry, since the Company desired to manufacture and market its own preparations. To undertake such activity the law required that the Company obtain an Industrial License. Since obtaining an Industrial License at the time required many conditions to be met, the partner Therapeutic Pharmaceuticals started a Small Scale

Company under the name LABORATORIES ORGASYN and immediately applied for registration with the Director of Industry - Maharashtra, to avoid any delays in the commencement of manufacturing and marketing activity.

In 1958 for the first time the Company applied for industrial license to manufacture Paracetamol. The Ministry of Industry granted permission and production of the drug based on technology developed in-house which started in 1962.

The first product marketed by the Company in India containing Paracetamol was Metacin as tablet, syrup and drops. This product became the No. 1 product in the analgesic / antipyretic segment in India.

Laboratories Orgasyn then started manufacturing and marketing preparations at its Proctor Road factory. These preparations were being promoted initially by the Medical Representatives of Therapeutic Pharmaceuticals. Later a new Marketing Department was set up at Laboratories Orgasyn to undertake marketing activities of preparations, which by then had become quite well accepted by the Medical Profession.

The advantage at the time was the endeavour of State Drugs Control authorities to guide and encourage entrepreneurs in the need to manufacture standard and quality preparations.

Unfortunately in 1960 with so much pronounced activity a note of discord struck leading to a division amongst the Partners. Shri Shantilal D. Patel along with a couple of other Partners took over Chemosyn Pvt. Ltd. and started manufacturing and marketing activity under the name "Themis Pharmaceuticals". At around this time Chemosyn entered into collaboration with the Hungarian Company Gedeon Richter and formed another Company under the name of THEMIS CHEMICALS LIMITED.

A Tribute to Shri Shantilal D. Patel (Dadaji) (1926 - 2011)

The formation of this first Joint Venture between Gedeon Richter and Themis however has its roots in the strong bond of friendship that evolved between the late Mr. Lajos Pillich (1916-2006) Honorary President of Gedeon Richter, who served Gedeon Richter Plc for 71 years, and Mr. S. D. Patel. The history of this bond is interesting... read on...



Mr. Lajos Pillich & Mr. S.D. Patel

The late Mr. Lajos Pillich spent a large number of his years in assisting Mr. Gedeon Richter, the founder and original promoter of Gedeon Richter Plc, to set up the pharmaceutical giant from scratch. Mr. Pillich had the vision of establishing M/s. Richter Gedeon as a global company and one of the destinations he had in mind was India.

With this plan in place Mr. Pal Szekely and a representative from M/s. Medimpex visited India in the year 1964 to look for business opportunities. Coincidentally they met with Mr. S. D. Patel and his Partner Mr. K. H. Shah at the Bombay airport and thus commenced the journey of M/s. Richter Gedeon to India!

Business between the Indian gentlemen and M/s.

Richter Gedeon represented by Mr. Pillich and Madam Dr. Edit Varga, commenced in a small way namely a buyer and seller relationship / trading activity - involving the purchase of Vitamin B12 by Themis.

In the year 1967 Mr. Pillich visited India for the first time and met with the trading partners! Mr. Pillich and Mr. S. D. Patel, one could say, hit it off very well and a wonderful personal and business rapport grew between the two.

M/s. Richter Gedeon then decided to offer their Indian trading partners the technology to produce Vitamin B12. This resulted in the trading activity soon being converted into a long term business partnership and thus the establishment of one of the first Joint ventures in the country under the name of M/s. Themis Chemicals in May 1969.

This soon led to the setting up of a Vitamin B12 Plant in India - a very important milestone in the history of the Indian Pharmaceutical Industry as till then Vitamin B12 was being imported and sold in the country at the very high price of Rs. 4000/- per gm!



The Vitamin B12 Plant of M/s. Themis Chemicals was inaugurated with a grand opening in March of 1972 by the Deputy Prime Minister of Hungary Dr. G. Szekér. Dr. Szekér visited the Plant with a 65-member

A Tribute to Shri Shantilal D. Patel (Dadaji) (1926 - 2011)



delegation consisting of representatives from - M/s. Medimpex, M/s. Richter Gedeon, various research institutes and journalists.

In 1982 there was a division in the Chemosyn Partnership. This led to a further separation which had Shri S.D.Patel & Family commence their own activity, continuing under the name and style of Themis Chemicals Limited and retaining the Vapi Plant, while the other Partners took over Themis Pharmaceuticals and the Metacin brand.

To the common viewer this move would have spelt like doom especially since Metacin was a popular brand at the time but not for our Dadaji...

Indeed Dadaji's career was remarkable spanning more than three decades - driven by sheer grit, grind and gumption especially evident during his lone reign from 1969 to 1984, after which he was joined and assisted by his son Dr. Dinesh Patel. We salute Dadaji and pray that our Company will continue to be nourished by his principled life-style and counsel.





OBITUARY

We are deeply sorry to inform you of the passing away of our dearly beloved Chairman Emeritus SHRI SHANTILAL D. PATEL on 22nd February 2011.

Shri S.D.Patel or Dadaji as he was fondly called, was the Founder of the Themis Group of Companies. He commenced his long and illustrious career in the pharmaceutical arena in the 1950's.

A Special Tribute to our dearly beloved Dadaji has been incorporated in this issue of REACH!

In Heartfelt Sympathy



18.10.1926 to 22.02.2011

A Few Gems from DADAJI'S Priceless Collection of Thoughts

Knowledge Is More Valuable Than Money

Satisfaction Is Life's Priceless Gift

Have Ambition but Do Not Be Over-Ambitious

Do Not Compete With Friends in Business

Do Not Cheat

Donations with Conditions are Equivalent to Business Ventures

In Life - Place God First, Then Family Followed By Work / Business

In Business - Immense Value Should Be Placed On Suppliers & Staff

There Is No Replacement for Hard-work with Common Sense

Time Is Money Hence the Essentiality Is Speed



From the desk of MD & CEO

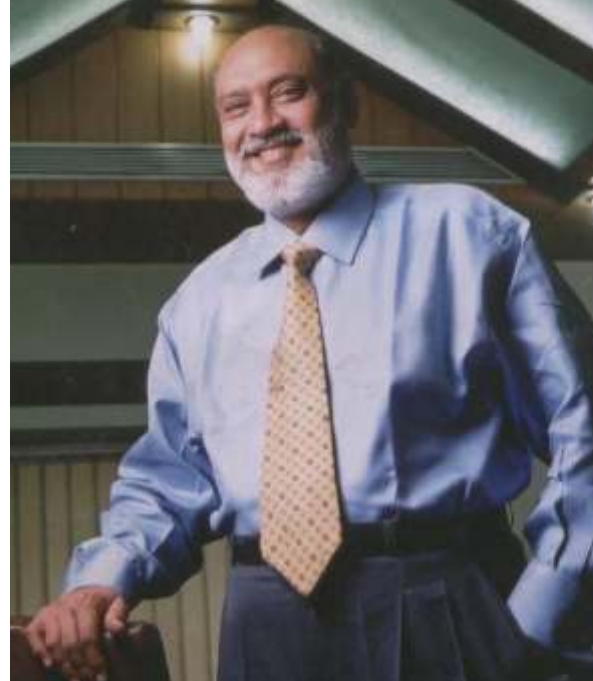
Dear Themisians,

I have the pleasure as every year of addressing you all in the first issue of REACH!

The global financial scenario has shown a marked change that has taken the heat off the edge in terms of turnover and market performances of the various Industries!

In my message to you all this year I would like to direct my focus not on what the performance has been or will be in our Company but on the skills that in my estimation can separate the wheat from the chaff i.e., the performers from the non-performers in any arena of life:

- a. Set a goal or goals in life.
- b. Focus on achieving the goals with dedication and determination.
- c. Seek the appropriate methods to work the goals.
- d. Keep your eyes on the horizon / the potential / the possibilities for better achievement of your goals and / or your assignments.
- e. Be faithful in your assignments.
- f. Always be self-motivational.
- g. Look to sort out issues or problems in a calm and peaceable state of mind to bring about effectual results.
- h. Do not work your assignments only for self-gain as most often than not self-centeredness can lead to self-destruction physically, mentally, emotionally and financially if not immediately then it would just be a matter of time.
- i. In a job environment seek to also understand the job functions of your Superior.
- j. Endeavour to make valuable contributions in your



Superior's work by taking on some responsibilities. This would be fruitful in setting a sound foundation for future growth.

- k. Make quick changes in every area of life as and when required.
- l. Finally seek always to serve and to be a blessing.

I am sure my dear Themisians that you will endeavour to bring about changes in your way of life if as yet you have not done so and I take this opportunity now to wish you all the very best in this new financial year!

Sincerely,

DINESH S. PATEL
Managing Director & CEO

Themis Reach Out !

Recharging batteries is required not only for mobiles, it is required for human beings also!

'Themis Reach Out' is a HR initiative of Themis Medicare to recharge its work force.

1st Themis Reach Out programme - 'The Power of One' was a motivational session conducted by Internationally acclaimed inspirational speaker & World class trainer from Dale Carnegie Institute, Mr. Suresh Srinivasan, on Saturday, February 19th, 2011 from 10.00 a.m. to 3.00 p.m. at The Mirador Hotel, Andheri, Mumbai

Program Objective - 'Power of One', was a 4 hours motivational session where participants had learnt critical lessons about commitment, persistence, going the extra mile, gratitude, adding value to the customers, creating more purpose, put organization goals before self goals, attracting mentors, and being fired up every day.

Later this programme was conducted at Vapi and Hyderabad also.

We bring to you the glimpses from these events :

At Mumbai



Themis Reach Out !

At Vapi



At Hyderabad



Festivals and Celebrations



Women's day celebrations



Photo taken during the Women's Day celebration at HO

Happy
Women's
Day

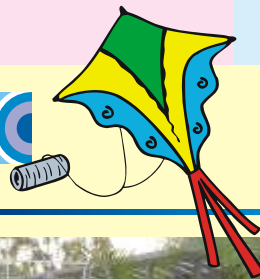
Creative Strokes!



Ms. Maya J. Bhattacharya
Regulatory Officer,
Regulatory Department, HO



Makarsankranti day



Makarsankranti day was celebrated by HO field staff by taking part in kite flying and enjoying a good refreshment.

As gold is tested in four ways: by rubbing, cutting, heatings and beating - so a man should be tested by these four things: his renunciation, his conduct, his qualities and his actions - Chanakya

New products launched

Themis Calcium

Themis Calcium is a very unique calcium preparation to be used as a dietary supplement for children. The unique features of Themis calcium compared to other calcium preparations available in the Indian market are the following:

- Themis Calcium is available in the form of gummies, i.e., chewable gum preparation. - These gummies are so deliciously yummy to chew that the orange & strawberry flavors keeps lingering on the children taste buds through out the day.
- Moreover, the gummies come in an attractive bear shape rather than the conventional round or oval shape tablet or a capsule to keep the children mind away from the mental block of taking a medicine.
- The child happily enjoys the gummies as medicine, more deliciously than a chocolates.
- These gummies are very safe to consume as they contain all natural colors & flavors and are completely from a vegetarian source.
- Such a kind of formulation was available for only a few privileged international markets like the USA
- With the noble intention of not keeping our Indian children been deprived of this delicious

formulation, Themis Medicare Limited, has brought this formulation for the 1st time in India so as to bring our Indian children at par with the international standards.

- Themis Calcium contain 100mg of elemental calcium, which suffices the calcium requirement of a growing child. It also contains vitamin D and each gummy provides 7.5 calories of energy.



Themis Multivitamin

Themis Multivitamin is an exactly similar formulation available for children & adults to meet the day - to - day requirement of vitamins. Themis Multivitamin is also very safe to consume as it contains all natural colors & flavors and is again from a completely vegetarian source. It is available in delicious Orange, Strawberry & Lemon flavors of gummies.

Themis multivitamin contains vital vitamins required by our body like vitamin A, B3, B6, B9, B12, C, D, E and H all as per international dosage guidelines to fulfill the day to day requirement of our body. Each deliciously yummy gummy provides 7 calories of energy.

These yummy gummies are really irresistible to tastebuds!!!



New products launched

Lovelong

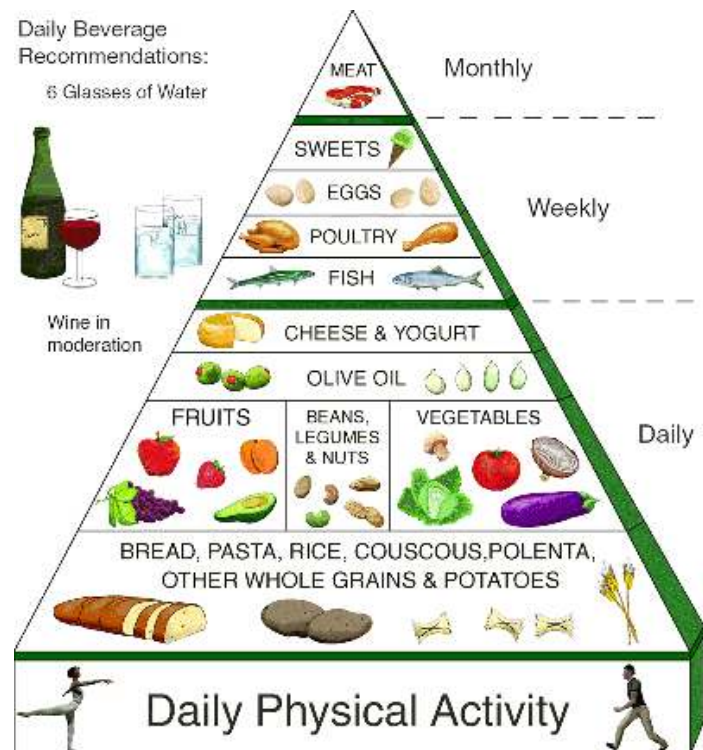
Lovelong is one of the 1st prescription products approved by DCGI in India, in the management of Premature Ejaculation. Lovelong is a topical spray and is a combination of two local anesthetics, Lidocaine 7.5 mg and Prilocaine 2.5 mg. Lovelong is to be sprayed 3 times on the glans of penis such that the entire glans part is completely covered with the medicated spray and is to be sprayed 15 minutes prior to sexual intercourse. This increases the ejaculation time of a man during the sexual intercourse by 3.38 minutes from whatever is the normal time for him for ejaculation. The most significant advantage of Lovelong is that it is a very safe preparation and does not cause any burning or itching sensation at the site of application if it is used once in 24 hours.



Health Tips

Mediterranean Diet

It was observed that there are comparatively lower incidences of ailments like blood pressure and heart diseases in countries surrounding the Mediterranean Sea, especially southern Italy and Greece. The major reason for it was identified as their diet. Based on the common characteristics of their varied diets, a general pattern for diet was developed known as Mediterranean Diet. It is represented here as a Pyramid. In a food pyramid, what is taken in more quantity and frequency is given in the wider base segments, while the top presents food of lesser quantity and frequency. Though the pyramid is easy to understand, one word of caution we wish to add. Though moderate consumption of alcohol is mentioned, it is not compulsory. Alcohol is optional. Secondly, it recommends only wine and no other variety of alcoholic drink. Maximum recommended quantity of wine is one measure of five ounces for women and two of the same for men. Mediterranean Diet also includes sufficient exercise and as a practice of habit in those countries, also eating meals with family and friends.



New entrants and Promotions



New Entrants

Office	Name	Dept	Design	D.O.J.
Head Office	Mr. Santosh Jahagirdar	Supply Chain	Manager-SCM	28-03-2011
	Mr. Vikas Tyagi	Export	Sr. Manager-International Marketing	01-04-2011
	Dr. Bhushan Mokashi	Clinical Affairs	Assistant Manager	20-04-2011
Vapi Factory	Mr. Upendrakumar Modi	API	Assistant Manager-Production	22-04-2011
Haridwar Factory	Mr. Vikash Kumar	QA	Assistant Manager	14-03-2011

Field Promotions

Name	Design From	Design to	HQ	W.E.F
Mr. Vishal Chouragade	BE (Main Dvn)	BM (Main Dvn)	Balaghat	01-11-10
Mr. Pravin Kumar Pandey	BE (Main Dvn)	BM (Main Dvn)	Mumbai	01-03-11
Mr. Ravindra Kumar Mishra	BE (Main Dvn)	BM (Main Dvn)	Raipur	01-04-11
Mr. Santosh Kumar Sharma	BE (Main Dvn)	BM (Main Dvn)	Jaipur	01-04-11
Mr. Jugal Kishore Sharma	BE (Main Dvn)	BM (Main Dvn)	Ujjain	01-04-11
Mr. Subhash Raut	BE (Main Dvn)	BM (Main Dvn)	Indore	01-04-11
Mr. Kalidas Bhaskar Sawant	Dy. RM (Main Dvn)	RM (Main Dvn)	Mumbai (Western)	01-04-11
Mr. Jignesh Jani	BE (Main Dvn)	BM (Main Dvn)	Ahmedabad	18-05-11
Mr. Alpeshkumar A. Parekh	BE (Main Dvn)	BM (Main Dvn)	Surat	18-05-11
Mr. Ankur N. Gandhi	BM (Main Dvn)	RM (Main Dvn)	Surat	18-05-11
Mr. Chandresh Chokshi	Dy. RM (Main Dvn)	RM (Main Dvn)	Ahmedabad	01-06-11

Build the house carefully and wisely

(Story collected by Mrs. Anuradha Majumdar, Sr. BM., Kolkata)



A house-builder who felt that he had done enough work got ready to retire. He told his employer-contractor of his plans to leave the house-building business for good to live a more leisurely life with his wife and enjoy his extended family.

The contractor was sorry to see his worker go and requested the house-builder to stay on. But the house-builder was unwilling to work. So the contractor asked the house-builder if he could build just one more house as a personal favour. The house-builder agreed. But over time it was easy to see that as he was in a hurry to leave, his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was indeed a very unfortunate way to end a career.



When the house-builder finished his work, his employer came to inspect the house. Then he handed the front-door key to the house-builder and said, "This is your house... my gift to you for serving me all these years."

The house-builder was extremely shocked! What a shame! If he had only known that he was building his own house, he would have done it all so differently.



So it is with us. We build our lives, a day at a time, often putting less than our best into the building. Then, with a shock, we realize we have to live in the house we have built. If we could do it over again, we would do it much differently. But you can't go back.

The Deliberate Practice The Missing Link to Progress

By P. K. Mohanakrishnan

One question that always bothered me was Why most of the people do not improve their capabilities and performance in spite of many years of experience? And at times the question must be modified as why as the years of experience increase, many people's capabilities deteriorate?

Indeed, I had a vague idea. But not clear enough to assertively say that.

In an interview of Mahan Khalsa by Charles H. Green in DNA dated 28th March, 2011 gives great insight to this problem. Mahan Khalsa is a known for his contribution towards the idea of consultative selling.

Let us return to the problem. Let me quote Khalsa: "I now feel the biggest overarching problem is that 80% or so of all sales people fail to get substantially better, year after year. They may get more comfortable, they may make minor improvements they need to make just to stay even." He then quotes the words of Geoff Colvin which states: "..... they frequently don't even get any better than they were when they started." During my years as a trainer, I have noticed it. What is the missing link?

Mahan Khalsa says: "We hold two beliefs that happen to be backed by considerable data, research and direct experience:

1. Deliberate practice is the key to improvement.
2. A supporting environment is the key to deliberate practice."

It is this "deliberate practice" that is missing. He defines the "deliberate practice" by quoting Edward Deming: "It is not enough to do your best. You need to

know what to do and then do your best."

It is training but of different kind. Mr. Khalsa says "As it turns out, training by itself, no matter how good it is, starts fading the moment the trainer leaves."

This is the reality.

The deliberate practice is not what is happening during the structured training course. But afterwards, usages of its learning during day to day work. In this, not only the sales person, but also his manager will have to put conscious effort. This is the missing link, that prevents improvements.

For example, for a Medical Sales Person there is a choice: "To detail or not to detail." The easiest choice is not to detail! There ends the quest for improvement.



Marathon Runner of Themis



Mr. Maulik Patel, Dy. GM Business Development, is the first Themisian to successfully complete running the Mumbai Marathon. He successfully completed running the 8th Edition of the Standard Chartered Mumbai Marathon conducted on Sunday, January 16, 2011.

Mumbai Marathon is an annual international road running competition being held in Mumbai. The race has five separate categories: Marathon (42.195 kms), Half Marathon (21.097 kms), Dream Run (6kms), Senior Citizen's Run (4.3 kms) and Wheel Chair (2.5 kms). In these many leading personalities like business tycoons, bollywood stars and renowned national and international runners take part.

Mr. Maulik Patel successfully completed running the full marathon, i.e., 42.195 kms. A great achievement indeed!



Hearty congratulations to you, Mr. Maulik Patel, from REACH and all Themisians!



Story of Marathon

The Marathon running has a legend behind it. In the Battle of Marathon which followed the attack of Greece by Persians in 490 BC, Greeks won over the Persians. To inform this victory, Pheidippides a messenger ran non-stop from Marathon to Athens, and while reaching Athens shouted "Nenikekamen" meaning "We have won". But, immediately after that he collapsed and died on the spot from exhaustion.

Like many legends, its historic authenticity is doubtful. Yet, it is a great story to get inspiration.

The first modern Marathon was conducted in April 1896 Olympic. Afterwards, in several Marathon runs, the distance was not standardized. The standard distance was set by the International Amateur Athletic Federation (IAAF) in May 1921 to a distance of 42.195 kms (26miles and 385 yards).



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