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# OPINION

Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN  
PRIVILEGED TO BE GLOBAL

Volume XXIII | Issue 3 | October-December 2017



message from  
chairman

01



message

We have come a long and we have a long way to go. Having said that India's gross domestic product (GDP) grew by 6.3 per cent in July-September 2017 quarter as per the...  
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After receiving the "Gold Award" at the state level, the Quality Circle team 'Uday', the facilitator Shri Vinod Purohit (CTSC), team members – Shri Ambuj Saxena, Shri Rahim Sahu and Shri...  
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a better you



**Strength**  
does not come from what  
**you can do.**  
It comes from  
**overcoming**  
the things you once  
**thought**

you couldn't.  
- Rikki Rogers



welcome and adieu



## From editor's desk

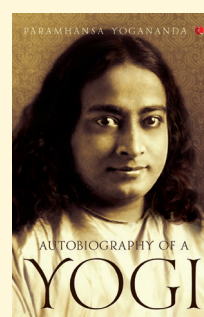
### editorial

**Editor-in-Chief:**  
Sudhir Sood

**Copy Editor:**  
U. Padma Latha

**Editorial Board:**  
S.C. Garg  
O. P. Ajmera  
Raju Rustogi  
Rakesh Mahajan  
Sanjay Sharma  
Mohit Maheshwari  
Jyoti Gupta

### good read



#### **Autobiography of a Yogi**

An Indian yogi and guru, Paramhansa Yogananda introduced many westerners to the teachings of meditation

and Kriya Yoga through his book, *Autobiography of a Yogi*.

This autobiography has inspiring chronicles of his life, the experiences of his remarkable childhood, encounters with many saints and sages during his search throughout India for an illumined teacher, ten years of training in the hermitage of a revered yoga master, and the thirty years that he lived and taught in America. There are records of his meetings with Mahatma Gandhi, Rabindranath Tagore, Luther Burbank, the Catholic stigmatist Therese Neumann, and other celebrated spiritual personalities of East and West.

This book is a written account of an exceptional life and a profound introduction to the ancient science of Yoga and its time-honoured tradition of meditation. This book is considered a modern spiritual classic and has been translated into more than twenty languages.

Dear Friends

There has been a heart-warming response to Opinion and the forthcoming editions are eagerly looked forward to. I have received positive feedback on the new layout, design and presentation of the events, news and happenings. The aim of Opinion is to provide a forum for all the plant offices to talk and showcase the activities, achievements and events that have happened and the progress they have made in different work-related fields. The Newsletter features a distinguished editorial board, which brings together a team of highly experienced professionals together under one umbrella of LNJ Bhilwara Group.

The entire editorial board and I strongly encourage you to submit novel and enlightening articles or events to apprise one and all about the sustained growth and strides taken in the growth of the organization.

With so many events happening starting year-end 2016 and continuing throughout the year 2017, the Indian economy has seen some major ups and downs. The close of a year fills us with trepidation because we are not sure what the new year has in store for us. But come new year, there is optimism, zeal and enthusiasm all-round to welcome it and we prepare ourselves to take challenges head-on in store for us.

With this, I wish the entire LNJ Bhilwara staff, their families and all our business associates a very warm, heartening and prosperous start to 2018.

Sudhir Sood



## Waste Paper Management

**G**reenobin, a Gurgaon-based NGO has created a sustainable business opportunity in the space of organised waste paper management. It provides a customer-oriented service for collection of waste paper. It helps individuals, businesses, educational institutions, and government agencies save resources and money. Greenobin, has been associated with LNJ Bhilwara. It collects waste paper from the office and converts it into office stationery like slip pads, pens, paper reams etc.

At LNJ Bhilwara, employees are encouraged to keep waste paper aside and not throw it in dustbins since it will be collected and sent to Greenobin. The employees recently received slip pads and pens made from waste paper. The motto in the office is "Let us all pledge towards a sustainable future and say no to waste."

### Why do we need to recycle?

Industrialized paper has an effect on the environment both upstream (where raw materials are acquired and processed) and downstream (waste-disposal impacts). Paper production accounts for about 35% of felled trees. Recycling one tonne of newsprint saves about 1 tonne of wood while recycling 1 tonne of printing or copier paper saves slightly more than 2 tonnes of wood. Some tips to save paper

1. Print again, reuse printer paper if it has text on one side.
2. Make notepads by stapling used printer paper, blank side up.
3. If time permits, block print newspaper and use it as gift wrapping option.

1 ton of



= 17 trees

REDUCE REUSE RECYCLE

## Message from group's Chairman

Dear All

### A hearty welcome to 2018!

We have come a long and we have a long way to go. Having said that India's gross domestic product (GDP) grew by 6.3 per cent in July-September 2017 quarter as per the Central Statistics Organisation (CSO). It has emerged as the fastest growing major economy in the world as per the Central Statistics Organisation (CSO) and International Monetary Fund (IMF). It's GDP increased 7.1 per cent in 2016-17, and is expected to reach a growth rate of 7 per cent by September 2018. We have retained the position as the third largest startup base in the world. India's foreign exchange reserves were US\$ 404.92 billion in the week up to December 22, 2017, according to data from the RBI.



### The Year That Was

The top 100 companies in India are leading in terms of disclosing their spending on corporate social responsibility (CSR), according to a 49-country study by global consultancy giant, KPMG, in the world. India has improved its ranking in the World Bank's Doing Business Report by 30 spots over its 2017 ranking and is ranked 100 among 190 countries in 2018 edition of the report. The World Bank has stated that private investments in India is expected to grow by 8.8 per cent in FY 2018-19, to overtake private consumption growth of 7.4 per cent, and thereby fuel the growth in India's gross domestic product (GDP) in FY 2018-19. The Government of India plans to facilitate partnerships between gram panchayats, private companies and other social organisations, to push for rural development under its 'Mission Antyodaya' and has already selected 50,000 panchayats across the country for the same.

### In the Company

Looking internally, structural changes in the graphite industry, arising from developments in China, can boost HEG Ltd. margins. China was exporting about 120 million tonnes of steel to 200 countries. That's now likely to drop somewhere in the region of 60-70 million tonnes. That 50 million tonnes which are not being exported is now being produced in countries which were importing. That has added to the demand for electrodes. Along with steel capacity, China has also closed down electrode capacities to the tune of 30-35 per cent boosting domestic demand. To meet the "incremental demand", HEG will operate at 80-85 per cent capacity this year as compared to last year's 60-65 per cent. HEG posted strong earnings this quarter as revenue rose 92 per cent this quarter from a year ago period. The stock has risen 1,249.87 per cent this year, as compared to 26.3 per cent rise on the sensex.

### Looking Ahead

The growth and development in any economy depends on the leaders at the helm of affairs. I strongly feel we have overcome many obstacles and roadblocks and foresee a continuous upward trend in direct relation to progress. India has made modest progress in closing its gender gap over the last decade, our economy would have much to gain from getting more women into the workforce. International Yoga Day and building more diplomatic missions and cultural centres across the world is enabling India towards becoming a 'soft power'. India's space agency is planning a second mission to Mars by 2021-22. All these and more steps in technological advancement will firmly establish India as a force to reckon with.

Our values lie in the happiness of our employees and appreciation from our customers. To build a happy and harmonious society, it is a worthwhile attempt to build a happy business. We strive to fully undertake our social responsibility, build a green and sustainable business, and ultimately achieve the shared vision of a progressive nation.

Best wishes, growth and prosperity for all in 2018!

Ravi Jhunjhunwala



# IMMORTALS

an exhibition by Smt Rita Jhunjhunwala



*This exhibition was organized at Visual Art Gallery, India Habitat Centre, Lodhi Road, New Delhi from October 1-5, 2017.*

'Immortal' stands for something that has permanence about it. Smt Rita Jhunjhunwala's works range from landscape and abstraction to narratives and portraiture. The series 'Immortals' comprise 32 artworks featuring great men and women. The portraits were created over a span of two years and entail some extraordinary and renowned enlightened minds. What makes her work distinct and engaging, is her ability to paint not just the physical features of the characters but also their ethos, philosophy and spirit. They are Indian and world citizens simultaneously, and integral to our culture and contemporary history. Each one, a leader in his/her chosen field, is an enlightened, kind hearted and eminent



personality who has contributed to the civil society in a distinct way. Rita has used acrylic, charcoal and mixed media on wood, canvas and paper to showcase her artworks.

Some are three dimensional installations created in the form of books and bookshelves. Reminiscent of Bengal school in their oeuvre, the works evoke respect for the great minds and architects of modern India. In a fine blend of the imagined and the real, the dramatic compositions appear diligently planned. In her own evolved style, she dresses up the characters in engaging portrayals. An impressive use of chiaroscuro and a play of light and shade intertwined with block printing, collage and text, as appropriate in each case, adds elegance and charm to the portraits featured in this collection.

The exhibition featured portraits of some extraordinary



individuals, who are no longer with us and this is my humble way of paying tribute to them. Rabindranath Tagore mentioned in one of his early essays, 'We must glory in the illumination of a lamp anywhere in the world.' Art as a medium of expression is a recovery of faith in humanity at a time when our moral, spiritual, cultural and social values are rapidly shrinking. While humans, great or otherwise, are invariably riddled with imperfections, I believe that this should not hold us back from celebrating the lives and deeds of those who through their sacrifice, relentless hard work, their remarkable insight or innate talent have left the world richer than they found it. These, and many more great personalities and their ideas need chronicles, biographers, storytellers, song writers and painters. And so "to these serving hands mine also shall belong."

— Rita Jhunjhunwala



## Head Office

### Bhilwara Natya Puraskar



In 2010, LNJ Bhilwara constituted Bhilwara Natya Puraskar, to promote and inspire Hindi theatre under the guidance of Shri L N Jhunjhunwala.

The first play was directed under the patronage of Syt LNJ Babuji, by the famous director Shri Bapi Bose, on the life of Thakur Ramakrishna Parmahansa, in 2007. The play was nominated as the best production of the year by the Ministry of Culture. Syt LNJ Babuji mentioned "We have made an honest beginning in this direction and I am sure as

we go along, we shall be able to contribute to the cause of promotion of Hindi theatre in the country."

Many plays directed by famous directors have been performed since the inception of Bhilwara Natya Puraskar, in 2010. The seventh Bhilwara Natya Puraskar was organized on December 9, 2017, at Abhimanch Auditorium, New Delhi. A play on Swami Vivekananda, 'Vivekananda in Chicago' directed by Shri Rohit Tripathi was staged therein. It was based on his visit to 'World Religious Parliament,' in 1893. The play showed how Swami ji lost his important documents and money in the US and how an American lady helped him out by giving him shelter and money. The quotation "Arise, awake and stop not till the goal is reached," proved true for him. Kathak dance performance was also presented by the famous dancer Akshita Dadich, from Bhilwara.

Syt LNJ Babu, Smt Mani Jhunjhunwala, Shri Ravi Babu and Mrs Rita Jhunjhunwala enjoyed the play. Ritaji gave away the awards to all the participants. Many executives from Head Office also enjoyed the play.

## Maral

### Safety Awareness Campaign

In the memory of lives lost in Bhopal Gas Tragedy that occurred midnight on December 3, 1984, safety awareness campaign was organized at Maral Overseas Ltd. Maral Sarovar declared State Safety Week from December 3-10, 2017. Various safety promotional and awareness activities like classroom training, mock drills, shop floor events, safety quiz competition, etc., were organized to create awareness among the people involved in different types of hazardous work.



## Mandpam

### Customer Visit from Switzerland

On October 11, 2017, Mr Simon Hohmann from Remei AG, Switzerland, visited Mandpam and Kanyakheri Units. He was accompanied by Shri Navdeep Gautam and welcomed by the plant COO, Shri H M Vashisth. He went around both the plants, appreciated the functioning and held business discussions.



### IMS Surveillance Audit

IMS surveillance audit was held at Mandpam Unit, between December 18-20, 2017. Management representative, Shri S K Migalni supported by HODs and their respective teams ensured a successful conduct of the audit by the renowned certification agency, M/s SGS India Pvt Ltd. Shri Nishan Chouhan, audited the systems and processes for three days. The certification remains in force after the successful completion of the audit.

### SA:8000 Audit

Mandpam Unit went through SA:8000 audit by BSI Auditor, Shri Vijay Bhardwaj, on November 22, 2017. Management representative, Shri Sudhir Tiwari, supported by HODs and their respective teams ensured a successful audit. The certification stays in force after audit clearance.



## RSWM

### Shifting of Mumbai Office and MD's visit to New Office

RSWM Mumbai office shifted to a new premise in Times Square. Laxmi puja was held in the new office in October, 2017 and it was attended by Shri Prakash Maheshwari, HODs, staff and their family members. Student achievers of the staff members who had secured excellent marks were honoured.

Managing Director, Shri Riju Jhunjhunwala visited the new office in November, 2017. Shri Ashutosh Sharma (Vice President – Export Mktg.) and Shri Deepak Bhala (Vice President – Domestic Mktg.) introduced him to the staff members. Shri Riju Jhunjhunwala wished everyone the very best and a prosperous beginning to the new office.



### Inter-group Table Tennis Championship

Inter-group Table Tennis Championship was organized at RSWM, Gulabpura, between November 16-17, 2017. 13 teams participated in the event - HEG, BSL, Maral, BMDL, AD Hydro, Melange, Denim, Fabric, TPP, Lodha, Rishabhdev and KGM. Shri Raju Rustogi, HEG Ltd., Shri Sanjay Gupta and Shri Sameer Singhal won the team championship. Singles and Doubles winner were also from HEG.



## Maral Saovar

### Inauguration of Sports Month

On December 17, 2017, Shri Suresh Maheshwari, Maral Overseas Ltd. inaugurated "Sports Month" in the presence of staff and their families. 50 m and 100 m races were held for children, men and women. A friendly volleyball match was also played on this occasion. In the sports month, various sport activities like inter-department cricket championship, inter-department volleyball and indoor games were also planned. In his address, Shri Maheshwari mentioned that a



healthy body and mind contributed to a high level of excellence in work, for which participation in sports and games was a must. He wished all the participants good luck for competitions.

### State Level Kaizen Competition

Confederation of Indian Industry, Indore Chapter, organized the 6th MP State Level Kaizen competition on November 24, 2017, at Brilliant Convention Centre, Indore. 23 companies from all over the State participated in the competition. Maral participated in the event in two-process category Kaizen. First team presented Kaizen titled "Increase in Productivity by Modification in Reversing Machine". Team members of the Kaizen were Shri Ayush Khandelwal, Shri Santosh Karma and Shri S K Tomar. Second team comprise Shri Brajesh Tripathi, Shri Jitendra and Shri Mishrilal Yadav who presented "Heat Recovery from Effluent of Dyeing Machine". The audience and jury members appreciated team's presentation style. All the team members were felicitated with certificate of appreciation.



## HEG

### Safety Calendar, 2018

Safety Calendar, 2018, was unveiled by COO/CFO Shri Raju Rastogi on December 30, 2017. This was for the fourth consecutive year when HEG came up with an in-house designed calendar. Twelve different scenarios were depicted covering various safety aspects like material handling, electrical safety, chemical safety and road safety. This calendar was distributed to all employees in view to promote safety awareness among them and their family members.



## Bagalur

### Customer Visit

Shri Binay Chowdary, General Manager, Control Union Organic Cotton Certification Agency and Shri Eswar Lal Manager, Control Union Certification, visited Bagalur Unit with their Netherland staff on December 9, 2017. They examined the manufacturing facilities at the unit and complimented the management and executives for maintaining high standards of quality and cleanliness and also appreciated the system of running organic cotton.



## ADHPL

### Sports Meet

A sports meet was organized at ADHPL, Prini, between October 9-14, 2017. The main attractions of the events were Volleyball and Badminton Championships. Employees from both ADHPL and MPCL participated with a lot of enthusiasm and sportsmanship. This event provided recreation and proved to be a motivational factor for all the employees. The winners were felicitated with trophies.

A cultural programme was also organized on October 15, 2017, to mark the ADHPL Annual Sports Day. The children of employees participated with enthusiasm in different



cultural programmes like fancy dress, dancing, singing and other competition. The winners were given prizes at the end of the ceremony and all children received consolation awards.

## LNJ Denim

### Participation in PV Show, Paris

LNJ Denim participated in Denim by PV Exhibition, Paris Event Centre, Paris, held on November 14 -15, 2017. The team presented their latest SS-19 collection at booth D-13 to global customers. The collection was categorized in four different segments - Hyperflex, Uniform, Archive and Intelligence, the main focus being sustainable manufacturing. Denim by PV Designers selected eight products from LNJ Denim and displayed them at Trend Area and Trend Presentation Workshops. The customer response was encouraging and highly motivating.





## Lodha

### Master's Sneh Milan

Master's Sneh Milan was celebrated on December 19, 2017. The programme commenced with a welcome speech by Shri R K Dixit. The highlights and achievements of 2017, were shared by him. The schemes that were launched in 2017 and benefits of the same were discussed with the Masters. The union representative expressed thanks to the management for various incentive schemes. During the programme, Shri Rajeev Jain, BH-O (YB) and Shri Sukesh Sharma, COO, addressed the masters group to encourage and motivate them. The union representative and masters group assured the management that a sincere effort will be made to improve the average attendance of their team. A vote of thanks was given by Shri Dilip Singh Sisodiya. At the end of the programme, staff and masters enjoyed delicious food.



### Industrial Visit

Students from APC School, Partapgarh, visited Lodha, on November 15, 2017. Students and teachers were highly impressed to see the plant and campus environment. Shri Aditya Sharma (AGM-HR) welcomed and addressed the students. The students witnessed the production process of yarns. A feedback session by Shri Abhimanyu Singh and Shri Vikram Singh was organized for the students.

### RSLDC Skill Assessment Programme

RSWM started a new initiative in youth skill development through ELSTP by RSLDC training programme. This is the first training centre in textile sector in Rajasthan, which has already successfully trained two batches. In this scheme, a total of 33 trainees were assessed by third party assessment, EDU World, Haryana. The participants undertook a practical and written test and highly appreciated the RSWM training programme.



### Tour to Kerala

The Lodha Staff Club organized a tour to Kerala in four batches for 400 family members of the Lodha Unit. The first batch completed the 8-day tour in December and other three batches have been scheduled to travel in January 2018. After reaching Banswara, a feedback session was organized and the arrangements were appreciated by all and the Club President, Shri Ashok Sodani. It was a memorable trip to Munnar, Alleppey, Kovalam, Trivandrum and Kochi.

## Annual Tour



environment to relax. The journey both sides to the resort was also filled with games and activities. The trip ended with loads of good memories.

### BIL, Annual Tour to Wayanad

BIL, Bengaluru, went for its annual trip in November 2017, to Banasura Island Resort, Wayanad. It was a refreshing and rejuvenating experience for the employees. The two-day trip in peaceful surroundings, delicious meals and fun activities left everybody feeling highly enthused. The background to this resort is well known as it was built by vacating a whole city and a dam was constructed over this city. Below the waters of the dam lies roads, schools, college's hospitals, offices and buildings. The resort provided facilities such as boat riding, visit to Wayanad Dam, indoor and outdoor games, and an

## Kharigram

### Inauguration of Mayur Cricket Ground

RSWM Kharigram, has their own cricket ground to boast off, Mayur Cricket Ground. It was developed under the leadership and sports vision of Shri Rajeev Jain, BH-O (YB) and inaugurated by him on December 24, 2017. Senior staff and their family members were present for the inauguration. In his address, Shri Rajeev Jain appreciated the efforts put in by officers who were directly or indirectly responsible towards the construction of the cricket ground.



After the inauguration ceremony, a friendly cricket match of mixed teams (men and women) was played, Shri Rajeev Jain, Shri V R Joshi, COO and senior staff V/s junior staff, all participated in the match. The match was followed by prize distribution and lunch for everyone.

### Table Tennis Tournament

LNJ Bhilwara Group's 7th Inter Unit Table Tennis Championship, 2017 was organized on November 16-17, 2017, at Kharigram. The whole event went off well and all 13 teams (44 players) participated with full enthusiasm and sportsman spirit. The teams that participated in the championship are as follows.

1. Kharigram; 2. Lodha; 3. Rishabhdev; 4 Mandpam; 5. TPP; 6. Denim; 7. Fabric; 8. BSL; 9. BMDL; 10. HEG, 11. AD Hydro; 12. MOL; 13. HO

Shri Ravi Jhunjhunwala, Chairman, conveyed in his message to Shri Rajeev Jain, "extremely well organised and well attended tournament".

### Customer visit from Belgium

Mr Marc Bens and Mr Symond from M/s MBTC, Belgium, visited Kharigram plant on October 3, 2017. Shri V R Joshi, COO, welcomed the delegation. The visit started with the round of Unit 1 and covered SJ-11. It concluded at NPD. After the visit, the visitors appreciated the technology and product range and commented "Congratulations. Only one word - Impressive, Top Class."



### Visit of D'décor Team

Shri Uttam Newalkar, Purchase Head, Shri Ciby Kutty, VP-Development and Shri Pradeep Kumar, AVP, D'décor visited Kharigram Unit, on November 1, 2017. Shri Rajeev Jain, Business Head-Operations (Yarn Business) and Shri V R Joshi, COO, welcomed the delegation. The visit started with round of unit No. 1 to SJ - 11 and concluded at NPD. After the visit, D'décor delegation appreciated the housekeeping, technology and product range with the remarks, "Best spinning mills they have ever seen."



### Customer Visit from Korea

Ms Silver Lee from Sehbin Corp, visited Kharigram Unit, on December 7, 2017. Shri V R Joshi, COO, welcomed her. The visit started with the plant round of unit no 1 to SJ-11. She showed keen interest in various new developments and before leaving, commented "The Best of the Best Mills."

### Customer Visit from Bangladesh

Mr Bulbul, GM, FCBL, Bangladesh visited Kharigram Unit, on December 8, 2017. He started his visit from dyeing unit No. 1 to SJ -11. After the visit, he concluded his visit in NPD with discussion about new developments. He was overwhelmed seeing the facilities and remarked "This is one of the longest factory in area. We are proud to work with RSWM."



### Customer visit from M/s Tessutica Romania, SRL

A team from M/s Tessutica Romania SRL, Mr Karl Henderson, Plant Manager, Mr Bernard Nachtergaele, Technical Manager and Mr Dirk Steyaert, Assistant Purchasing, visited Kharigram, on October 5, 2017. They were welcomed by Shri V R Joshi, COO and Shri Sandeep Rohilla, DGM - NPD. They visited both Dyed and Grey units and expressed extreme happiness to see the automation of the SJ -11 unit and remarked, "Impressive. Very clean and well organised company. Congratulations."



## Rishabhdev

### Growth and Motivation @ Team LNJ Bhilwara

Different training sessions and workshops were held at Rishabhdev, some of which are mentioned below. Quality life workshop to help in personal growth, a two-day skill development training programme for supervisors to enhance their skill set, a session on emotional intelligence for creating the right work-life balance, a two-day workshop on stress management and common diseases for its staff, all were aimed at both professional and personal growth of the staff.



## HEG

### Sessions and Workshops on Lifestyle Management

The parameter that separates a successful organization from the rest is its focus on creativity and innovation. In HEG, we are committed to leverage our core-competence of creativity to enhance value for our customers, shareholders, employees and the society.



A company is always as healthy as its employees. HR L&D conducted a series of workshops on "Stress Management" where topics 'How to avoid stress and manage work life balance' 'Hypertension', 'Diabetes', 'Common Life Threatening Diseases' were covered. It was organized with the basic idea of how the employees can reduce health care costs, increase vitality and thus reduce absenteeism which could be a win-win situation for both employees and the company



### Instant Recognition and Appreciation

In creating a high performance workplace, recognition is a motivating factor that provides employees with increased job satisfaction and encouragement to perform more effectively. HR L&D launched "Instant Reward Policy" in 2013, where any exceptional work/special tasks performed by the employee or a team, is recognized and rewarded on the spot by plant senior officials. The last quarter (October-December 2017), 32 rewards were disbursed in various categories like Quality, Productivity, Cost, and Operations & Maintenance.

## Kharigram

### Training on Life and Stress Management

A seminar on Life and Stress Management was organized on November 13-14, 2017. Dr Pankaj Shukla, a Life Management advocate from Being Capable conducted the sessions. A group of 80 staff members were covered in the two-day programme. During the seminar, topics that like Lifestyle and Behaviour, Practical Relaxation Technique, Communication Skill, Teamwork, Time Management, Healthy Eating, etc., were covered. The programme was appreciated by all the participants.



### Training on Fire Safety

A safety awareness training programme was organised for the staff by Shri Dileep Chourasia—Dy Manager-Safety, to educate employees on fire safety at workplace and fire fighting. He covered various points like machine safety, use of PPE's and chemical handling.

## ADHPL

### Women Sewing Training Centre



Focusing on women empowerment, AD Hydro Power Limited has set-up "Women Sewing Training Centre" at Village Prini as part of its CSR activity. The sewing training center was inaugurated by Shri R K Khaitan, AVP- F&A, in the presence of Pradhan, Gram Panchayat, Prini, panchayat members and members of Mahila Mandal, Prini.

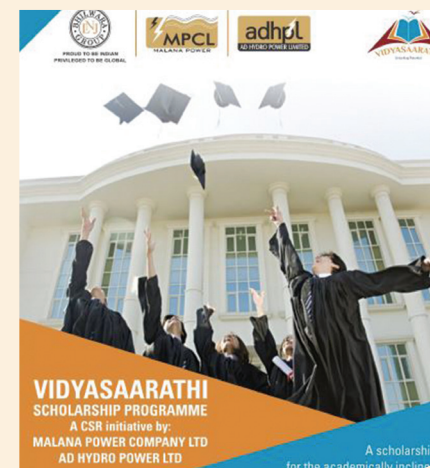
Approximately 70 women will be trained in the training centre. Two female trainers have been selected to conduct the training in two different sessions.

### Emergency Preparedness Drill

ADHPL conducted a "Tier-2 mock drill on flash floods" on November 3, 2017, to check emergency preparedness, planning and responses of the rescue team. Heads of the gram panchayat and people in the vicinity, staff of the small hydro power plants located downstream and local administration participated in the mock drill. This mock drill scenario involved the sudden rise of flow in the stream due to cloud burst in catchment area and subsequent rise in water levels. The staff was positioned at barrage control room and instructed to leave the site and move to safer locations. The areas downstream of barrage site were required to be informed and mobilized.



## MPCL & ADHPL



### Vidyasaarathi Scholarship Programme (in collaboration with Tata Institute of Social Sciences)

MPCL & ADHPL launched an online scholarship programme by the name 'MPCL & ADHPL Vidyasaarathi Scholarship Programme'. This is a technology-enabled CSR initiative in collaboration with NSDL e-Gov and Tata Institute of Social Sciences, to bridge the gap in educational scholarship in the state of Himachal Pradesh through an online platform. Vidyasaarathi proposes to effectively bring together various stakeholders in the education ecosystem. This would help manage the entire online scholarship application lifecycle i.e. submission and review of scholarship application, award of scholarship, disbursement of funds and renewal of scholarships. Vidyasaarathi aspires to empower MPCL & ADHPL (sponsors) as well as students to develop an ecosystem that benefits all stakeholders.

## Lodha



### Training Programme on Emotional Intelligence

Shri M P Pareek conducted a training programme on emotional intelligence. A total of 30 staff members attended the programme. The programme was much appreciated by all the participants. Shri Aditya Sharma (AGM-HR) concluded the session with an assurance that management would like to repeat such programmes at regular intervals.



# A Walk Down the Memory Lane

40th Jubilee and alumni meet at VKV Hurda

40th Jubilee & Alumni Reunion | VKV Hurda | Dec 23, 2017

www.vkvalumni.org



On December 23, 2017, VKV Hurda relived old memories at the institute's 40th jubilee celebrations. This occasion was further made special by the presence of some of the alumni members. 105 alumni and their spouses attended the full-day programme which was graced by the presence of Shri Laxmi Niwas Jhunjhunwala and his daughter, Smt Shashi Agarwal.



The programme started with the lighting of lamp amidst chanting of the Saraswati vandana. The students became nostalgic as they viewed a short movie made with photographs that had been clicked and collated over the



years. Shri Jhunjhunwala, in his address to the students, talked about the events leading to the setting up of the school and the contributions of Shri Raghunandanji in ensuring its success. The alumni then introduced themselves to the school management after a sumptuous lunch. The alumni also pledged to create a dynamic link between the institute and themselves, to lend support in enriching the school and taking the legacy forward. The evening came to a close with a dinner and screening of a short movie.

## PRAYAS - An Effort to Nurture a Child's Imagination



Vivekananda Kendra Vidyalaya, Rishabhdev organized an exhibition under the banner of Prayas, an effort towards nurturing the talent and imagination of students. The exhibition displayed models created by over 400 students in different subjects. Student volunteers who created the models engaged the visitors through a short presentation on their respective models. This was inaugurated by Shri Anil Batra, President RES and Shri KB Khatod, COO, RSWM Rishabhdev. The exhibition was attended by several other schools in the vicinity.



## Promoting Art Integrated Learning in Classroom

The LNJ Bhilwara Group Schools have committed themselves to making classrooms a place where the child feels comfortable and has the freedom to be him/herself. To orient teachers into this mindset, a workshop was conducted in August, in New Delhi, where all the four schools under Bhilwara aegis had participated.

In continuation, a two-day follow-up workshop was organized at Graphite School, Mandideep, in November. The purpose of this workshop was to stress on using art as a facilitating tool in classroom teaching. The workshop was conducted by Dr Pawan Sudhir, Head DEAA (Department of Education in Arts & Aesthetics), NCERT.



## Striking a Chord With Bhuvanesh Komkali

True to LNJ Bhilwara Group's spirit of staying connected to our roots, VVV Maral Sarovar organized a 3-day vocal music workshop. This workshop was conducted under the able guidance of Shri Bhuvanesh Komkali. Shri Komkali, a musician often described as an eccentric genius, is the grandson of Pandit Kumar Gandharva and the son of Pandit Mukul Shivputra. 50 students with a keen interest in music benefitted from their interaction with Shri Komkali.



## Reading - A Step Forward

"So please, oh PLEASE, we beg, we pray, go throw your TV set away. And in its place you can install, a lovely bookshelf on the wall." — Roald Dahl

How wonderful would it be that in the evening before going to bed, each child had a book in hand and dozed off while reading. Alas! It is not so. We often hear parents complain about their child's lack of interest in reading. As surprising as it may sound, children love books. When given access to the right kind of books and reading materials, a child will pick and read a book without having told to do so.

### Books For All and Everyone

The right book is the one that engages the child effortlessly – for instance, picture story books with big graphics and less text works very well with a younger audience (Tulika Books, Eklavya, National Book Trust and Katha all have excellent picture books set in the Indian context). It is important to include books on diverse topics such as breaking gender stereotypes and disability. A steady flow of books is also helpful in sustaining interest levels of early readers. A library membership or frequent visits to the bookstore also go a long way.

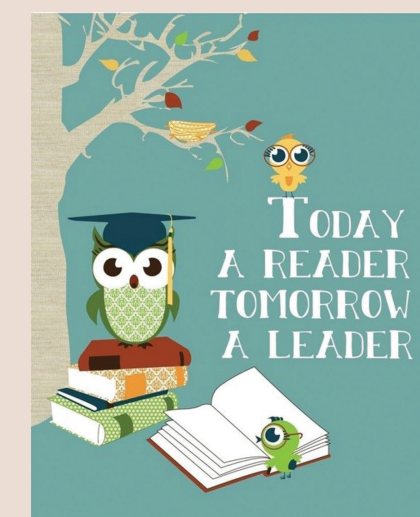
### An Environment of Trust and Ownership

We have to learn to empower children to take responsibility as much as possible. The dos and don'ts while picking or holding or touching a book instills fear to the extent that books seem untouchable and might just explode. Trust children and guide them to treat books like prized possessions. Work has been done to set up libraries in government primary schools where ownership of the books was given to 4th and 5th graders and even after one year almost all books were in perfect condition.

### Fun, Play and Not Work

If parents engage children through storytelling and other fun activities while reading, a child will recreate these emotions everytime he picks up a book. Asking questions, getting the child to think critically and identifying new words all encourage active reading. Reading every day to a child or with the child will improve concentration and enhance the patience to sit still for longer periods of time, which can help later on when they go to school. There is nothing better seeing a child who loves to learn.

— Ruchi Dhona





## MPCL



### Workshops on COC, Core Values and Sexual Harassment at Workplace

Workshops on code of conduct, core values and sexual harassment of women at workplace were conducted at Malana Power Company Limited, between October 10-13, 2017. In all, a total of 80 participants were familiarized with these topics. Workshops were instigated by Shri H S Beshtoo, VP-O&M and Shri R K Khaitan, AVP-HR & Admin.

### Fire Fighting Training



Fire fighting training was imparted to the families residing in company's residential colonies at Jari Housing Complex, on October 24, 2017. They were exposed to techniques associated with firefighting, use of equipment and how to rescue injured persons.

### Fire Emergency Mock Drill



Fire emergency mock drill was conducted at MPCL power house on December 23 2017, which involved all the project components to test the emergency preparedness and response planning. The firefighting crew rushed to the spot and operated fire hydrants. Shri H S Beshtoo, VP-O&M addressed the team and emphasised upon the importance of the drill. He also appreciated the preparedness of the crew.

## LNJ Denim



### Art of Living Workshop, Yoga camp

A workshop on Art of Living (Happiness Programme) was held at LNJ Nagar colony, Mordi, from October 09-14, 2017, for the staff and their family members. Shri Dharmendraji, a spiritual teacher of Art of Living, spoke about happiness and making life a celebration to the staff. He teaches yoga and meditation and help people unlock their fullest potential. He also explained on ways to ease stress and enhance all aspects of their life and emphasized on practical tools like Sudarshan Kriya.

### KAIZEN FACTORY

For strengthening the organization, "Kaizen Factory" discussion was held in September. In the course of the discussion, eleven technical and non-technical points were identified which require improvement. On October 13, 2017, a progress and review meeting on "Kaizen Factory" was conducted in the Spinning Conference hall, Denim Unit, under the guidance of Business Head Shri Prabir Bandyopadhyay. During the meeting all eleven topics were discussed and reviewed.

### ITMACH Exhibition

"ITMACH" an International Textile Machinery & Accessories Exhibition (related to textile machinery, raw materials, home textiles, embroidery machines and textile products) was held between December 7-10, 2017 in Gandhinagar (Gujarat). This event showcases product from textile, fabrics and yarns industry. A team of LNJ Denim, Mordi, visited the exhibition.



## Maral Sarovar

### Yoga & Meditation class



A 15-days yoga and meditation class was conducted on November 2017, for its employees and their families at Colony Garden, Maral Sarovar. Yoga guru Shri KApil Mali from Swatantrayoga, Maheshwar conducted the sessions.

### Workshop on "Leadership Multiplier"

A workshop on "Leadership Multiplier" was conducted by a renowned trainer and orator Shri Janak Mehta on November 30, 2017. Middle management staff attended the workshop and they found it very useful in terms of understanding how to manage people on a day to day basis.

### Mock Drill and Firefighting Training



A special training on fire prevention and safety was conducted on November 17, 2017. This training programme was aimed at the staff, security guards and firefighters with the aim to familiarise them with the right methods of using and handling equipments. It was done through demonstration. The training session was held by Laxmi Fire Services and coordinated by Shri Ashok Kumar Chaudhary, Welfare Officer.

## Mandpam



### Industrial Safety Training

A training programme on Industrial Safety was organized by the Mandpam Unit on November 25, 2017. The main objective was to clarify why is industrial safety needed and what is it's importance in day-to-day work. Shri Anil Bishnoi was the faculty for this training programme.

### Fire Hydrant and Mock Drill

The safety department of Mandpam Unit organized an awareness session on the use of fire hydrants and a mock drill for all the members of the plant. The session was held on December 7, 2017. It was coordinated by Shri Anil Bishnoi, Executive - Fire & Safety.

## Bagalur



### Safety Induction Training Pogramme

Safety induction training session was organized at Bagalur Unit, for the first batch of PMKVY Version 2, by Shri Tamil Selvam (Assistant Manager- EHS) along with Shri Jeevan Chandra Uperti from LNJ skills division. A total of 60 workers attended the programme. The attendees found the programme very useful and relevant for their respective work areas.



## Diwali Celebrations



### HO

We in India are very proud of our heritage and on any given opportunity gladly talk about our glorious past. Since time immemorial, Diwali is part of our rich tradition and legacy. To continue this legacy, it is celebrated all over India in a larger than life manner. The preparations for this festival start more than a month in advance and people from all walks of life look forward to it. It an opportunity to let go of ill-will, disharmony and cherish and enjoy life in peace and live with great love for one another.

At LNJ Bhilwara, Diwali is celebrated with great aplomb and gaiety. The office premises are decorated with flowers, earthen lamps and rangoli. The employees can be seen walking around wearing bright colourful clothes and a big genuine smile on their faces in anticipation of the celebrations both in office and at home. Like every year a traditional puja was held where Smt. Rita Jhunjhunwala in her melodious voice sang Sree Ramanama Sankeertanam. A get-together for the staff was held in the office lawns. The lighting arrangements were a sight to behold. Shri LN Jhunjhunwala, Shri Ravi Jhunjhunwala, Smt Rita Jhunjhunwala, Shri

Shekhar Agarwal, Shri Shantanu Agarwal, Shri Riju Jhunjhunwala and all the staff members participated in the puja. The prayers invoked the blessings of Goddess Laxmi.



### Bagalur

On Diwali eve, Laxmi puja was organized at Bagalur Unit on October 18, 2017, at the Accounts Block. Shri Vinod Mehta (COO), Smt and Shri V V Raju (VP-O) and Smt and Shri C Narayanan (GM-Prod) participated in the puja. The officers and staff members with their families attended the puja and invoked Goddess Laxmi's blessings.

### Maral, Noida

Diwali puja was held on October 18, 2017, in Noida office. On this occasion, all employees prayed to Goddess Laxmi for her benevolence. Staff members participated in the puja. This is that time of the year when not only people come together but this festival also helps in creating a more inclusive environment across departments and boosts employee engagement. After the puja, prasad was distributed among the employees.

## Diwali Celebrations

### LNJ Denim

On Diwali, a traditional Laxmi puja was held on October 19, 2017 at LNJ Denim, Admin Hall, which was performed by Shri Vinod Gang (GM-Finance & Account) and Shri Prateek Bansal. Staff members of the Denim plant also joined in. It was followed by the sweets distribution and bursting of crackers.

A gala Diwali sneh milan was organized on October 22, 2017, by LNJ Denim & Fabric Unit. Staff and their family members were a part of the celebrations and it was an occasion to enhance and strengthen the feelings of respect and love for each other. A live orchestra by a professional enlivened the evening. The programme ended with a sumptuous dinner.

### ADHPL

An ecofriendly Diwali was celebrated with zeal and fervour at ADHPL, on October 19, 2017, by avoiding burning crackers and fireworks.

### Lodha

On the eve of Deepawali, Laxmi Puja was performed on October 29, 2017, at ADM Block of RSWM Limited, Lodha and Banswara. The puja was performed by a team of renowned pandits of Talwara, under the guidance of Shri Nikunj Mohan Pandya. The yajman of the puja, Smt and Shri Suresh Sharma addressed and wished employees and their families a glorious and prosperous new year. Special thanks was duly conveyed to Shri Ashok Sodani and his team for a great puja and arrangements.



Diwali Sneh Milan is a great and an unique activity of LNJ Bhilwara group where staff meets to greet each other on the occasion of Diwali. This year the get-together was followed by a dinner at Mayur Nagar, Lodha on October 21, 2017. Officers and staff along with their family members were present. The function was inaugurated by Smt and Shri Rajeev Jain, BH-O (YB). At the end of the programme, a few lucky staff members were selected and were rewarded by Shri Rajeev Jain. A vote of thanks was given by the Club President Shri Ashok Sodani.



### Maral Sarovar

Diwali Sneh Milan was celebrated on October 28, 2017. Children's Park lawn was decorated with lamps and flowers which was a sight to behold. Staff Club members and their families assembled at the venue for the celebrations and wished each other a joyous and prosperous Diwali. Special attraction was the colourful fireworks. A prize distribution was also held on this occasion for the winners of Ganesh Utsav. The evening ended with a delicious dinner.

### Ringas

RSWM, Ringas, celebrated Diwali on October 19, 2017, in the HRD Hall of the Unit in a joyous manner. The puja was performed by Smt and Shri Avinash Bhargava, Dy Chief Operating Officer, along with the staff members and their families.

### Rishabhdev

On the eve of Diwali on October 19, 2017, puja for Goddess of Wealth Lakshmi was held at the Accounts Hall by the COO Shri K B Khatod, in the presence of staff and their families. Diwali Sneh milan was held on October 22, 2017, in a joyous atmosphere. Shri Rajeev Jain and family and invited guests from Rishabhdev were present on the occasion.



### Mandideep

Lakshmi puja ceremony was held in the administrative block of Mandpam Unit on October 19, 2017 and presided over by Shri S C Garg, Chief Executive. Staff and their family members attended the ceremony and sought the blessings of Goddess Lakshmi.



## Christmas and New Year Celebrations



### LNJ Denim

Christmas was celebrated on December 25, 2017, in LNJ Nagar Colony, Mordí, with great enthusiasm, in the presence of Denim COO Shri Piyush Chandarana along with the staff members. Santa Claus was the main attraction of the occasion. The celebrations concluded with distribution of cake, pastries and sweets among the members. The event was graced by senior staff along with their family members.

### "DISHA 2018", New Year Celebrations

LNJ Denim, Fabric Unit organized a grand celebration on the eve of New Year, on December 31, 2017. The celebration began with the group dinner hosted by the Staff Club. The cultural programme was inaugurated the CEO Shri Prabir Bandyopadhyay and Shri R K Choudhary with the lighting of the lamp before Lord Ganesha. On this occasion, Shri Prabir Bandyopadhyay extended his warmest greetings to all employees and in his inspirational message on the topic "DISHA 2018," he mentioned "Remove the word 'I' from us and work as a Team."

Variety of cultural events like group dance, drama, etc., were presented by staff and their families. During the celebrations, an award ceremony 'Children's Meritorious Award 2016-17' was also organized for students who scored more than 75% marks in classes 8, 10, 12 and graduation. A lucky draw was organized for the staff members. Gifts were distributed to the participants. It was a fun-filled event for everyone. The centre of attraction for the evening were optical illusion, light and shadow dance of Lord Krishna's Avatar and new year celebrations in mini India. The dances were choreographed by Shri Kapil Kumawat. The cake was cut at 12:00 to welcome 2018 by CEO Shri Prabir Bandyopadhyay.

### Kharigram

New Year 2018 celebrations were thoroughly enjoyed with great zeal and enthusiasm, in the presence of Shri Rajeev Jain, Business Head (Operation), staff and their family members. The event was organized by RSWM Staff Club, Kharigram. The celebrations began with a dinner followed by cultural events. Deep prajwalan was performed by Smt and Shri Rajeev Jain and Smt and Shri V R Joshi.

### TPP

On December 31, 2017, team TPP, GST and CCD celebrated New Year's eve as UMANG 2018 (Unforgettable Magnanimous Achievements Nourished for Good Fortune). The theme conveyed their belief of 1) being people with a great past, 2) taking challenges head on greater than those were behind and 3) being a person what he/she wishes to be. The teams TPP, GST and CCD set for themselves high goals to achieve and to march ahead in the constantly changing economic environment. Since the start of a new year is a bundle of new opportunities to perform and grow, there would be a surge in the Indian economy. Staff, their family members and children participated in the celebrations with full energy. Shri Sanjay Shah welcomed all present. Shri N K Bahedia inaugurated the programmet by lighting a lamp and poetically conveyed his thoughts.

### BIL

BIL, Bengaluru, Christmas celebrations were fun-filled. Employees actively participated in the Christmas tree and office decorations. The Billians Club had organized a "Secret Santa" which led to a lot of Christmas cheer and surprises among employees. Christmas carols were also sung by the employees.

### HEG Limited

HEG welcomed the New Year with a bang. The employees were invited to ring in the New Year with friends and family at Hotel Amer Majestic, Bhopal. The celebrations began with the orchestra playing old melodies. Head HR & Administration, Shri Sanjay Singh invited seniors with their family members to sing along. COO, Shri Raju Rustogi participated and encouraged all present to join in the celebrations. Later, everybody moved to the dance floor to dance and celebrate on tunes being played by the DJ.

### Maral Sarovar

December 31, is that time of the year when it's time to bid farewell to the year gone by and usher in the new year. The celebrations at Maral Sarovar were held with joy and fervour. On the night of December 31, 2017, the festivities started with a group dinner hosted by the Staff Club at 8.00 pm. There were cultural event in which dances were performed by children and ladies and this continued well into the midnight and January 1, 2018.

### Mandideep

A dinner party was organized and coordinated by the Melange Staff Club on Christmas, December 25, 2017. Staff colony residents had a wonderful time. Santa Claus distributed toffees and cake to the children.

New Year eve was celebrated with much enthusiasm and gusto on December 31, 2017. The party was organized by the Melange Staff Club. Office staff and their family members participated in various cultural activities and welcomed the new year.

## Other Celebrations



### ADHPL

Children's Day was celebrated at ADHPL on November 14, 2017. A general knowledge competition was organized in which the children of ADHPL employees participated with great enthusiasm. The winners of the competition were felicitated with prizes.

### Ringas: Laddhu Chouth

A sneh bhoj was organised on October 23, 2017, for all workers and staff on Laddu Chouth. The staff members and workers were invited for the *bhoj*. The COO Shri Suresh Sharma and officers attended the programme. On this festival, prayers are offered to Lord Shiva on every Monday for four months starting from the first Monday of the *Shravan* month. This festival is known as *mansa vrat* also. This is one of the most famous festival of the tribal region Banswara/Dungarpur.



### Ringas: Neev Puja Ceremony, Spinning Unit and RPSF Plant

In the proposed modernization of the Spinning Unit and expansion of RPSF plant at Ringas, *neev puja* was held on October 13, 2017, in the Spinning Unit and RPSF plant at 5:15 AM and 6:15 AM simultaneously. The puja was performed jointly by Shri Avinash Bhargava, Dy. Chief Operating Officer and Shri Anurag Tiwari, Sr. Vice President (RPSF).



### Rishabhdev: Annual Day Celebration

RSWM Rishabhdev, celebrated its Annual Day, on December 31, 2017, with joy and cheer. A large sumptuous dinner and variety of programmes like solo singing, ladies and children group dance, a play by children and men and many other programmes by the family members of the Unit made the evening a memorable one. Amidst the excitement and gaiety, at the dawn of the New Year, everybody greeted each other. Shri K B Khatod, COO, congratulated everyone and conveyed his best wishes to all for a happy and prosperous new year. The programme ended with prize distribution to the merit holders and selection of key executives of Staff Club for the year 2018-19.



## The Power of Smile

Upon first thought, a smile seems pretty straightforward. "Smiling is the simplest thing we can do and it's something that we've forgotten to do." When we smile, we travel through lives and moments that everyone can understand and enjoy. Decades of research has established that smiling and laughter boost our well-being, reduce anxiety and stress, and enable us to cope with good and bad situations.

Interestingly, research has shown that facial expressions can influence your emotions. "If we can capture a million smiles, and smiling is scientifically known to be as contagious as a cold, maybe that million can spread to others and inspire a billion smiles." From love, faith, family and giving, to challenging today's distorted, materialistic idea of 'success', we can show people life, and happiness through only a smile. These days people don't always seem to have the time for simple gestures of kindness or happiness. For instance, the act of smiling can make you happier, even if it's a fake smile. Some studies have also stated that "the facial changes involved in smiling have direct effects on certain brain activities associated with happiness." So just do it. Start smiling and laughing more. The only way to protect our happiness, is to protect the happiness of others. "Smiling is universal" to life.







### Sahara Old Age Home

ADHPL distributed winter clothes to 53 inhabitants sheltered in Sahara Old Age Home, Village Kalath near Manali, on November 27, 2017 under ADHPL CSR activities. The Sahara Old Age Home management expressed its gratitude and appreciated the initiative taken by ADHPL.

### Badminton Tournament

AD Hydro Power Ltd. sponsored a "District Level Badminton Tournament" as part of its CSR activities. The tournament was organized by Kullu District Badminton Association, between December 12-17, 2017. 172 sportsperson (both male and female from different age-groups) participated in the tournament from different cities/townships in Himachal Pradesh. In the closing ceremony, Shri Surya Kant Chehal, VP-O&M, honoured the winners.



### Lodha

### Blood Donation Camp

On the birthday of Syt. LNJ Babu, a blood donation camp was organized at Lodha Banswara. The MG Hospital staff facilitated the camp with a team of senior doctors. Blood was donated by the staff as well as the workers and contractors for a good cause. To motivate the donors, the COO Shri Sukesh Sharma, Vice President Shri R P Mundra, Shri Ashok Sodani and Shri Aditya Kumar Sharma were present. Shri Rakesh Gagrani, Shri K C Wilson and Shri Vikram Singh were the main coordinators for this social cause.



### Visit to Devliya village



Shri S K Mittal, Shri R K Dixit, Shri Aditya Kumar Sharma, Shri Pramod Mahipal, Shri S K Mathur, Shri M K Jha, Shri Dilip Singh, Shri Abhimanyu Singh, Shri Vikram Singh and the trainers team visited Devliya village. This village is 12 km from the mill campus. The villagers extended a warm welcome to the visitors. The parents and family members of the workers were asked about the problems being faced and solutions were given on the spot. They were asked to send their son/husband regularly to work for continued income for a better life.

### Anti-tobacco Awareness at Workplace



RSWM, Lodha regularly works towards creating anti-tobacco awareness at the workplace through posters and slogans at Khata gate and the main gate. More than 7 million deaths happen in a year due to use of tobacco. Workmen have committed that they will never take/use any tobacco products. The management appreciated the trainers and Shri Vikram Singh's efforts towards this social cause.

### Blood Donation Camp



A blood donation camp was organized on October 17, 2017, on the occasion of Shri L N Jhunjhunwala's birthday at Rishabhdev, Ringas, Kharigram, Bagalur and Mandpam unit.

All the workers and staff members participated enthusiastically and donated blood. The staff members of Kharigram unit donated 86 units which were highest in the group. Certificates were given to all donors in appreciation of their contribution to this noble cause. COOs along with senior officers were present in the camp to motivate the donors.

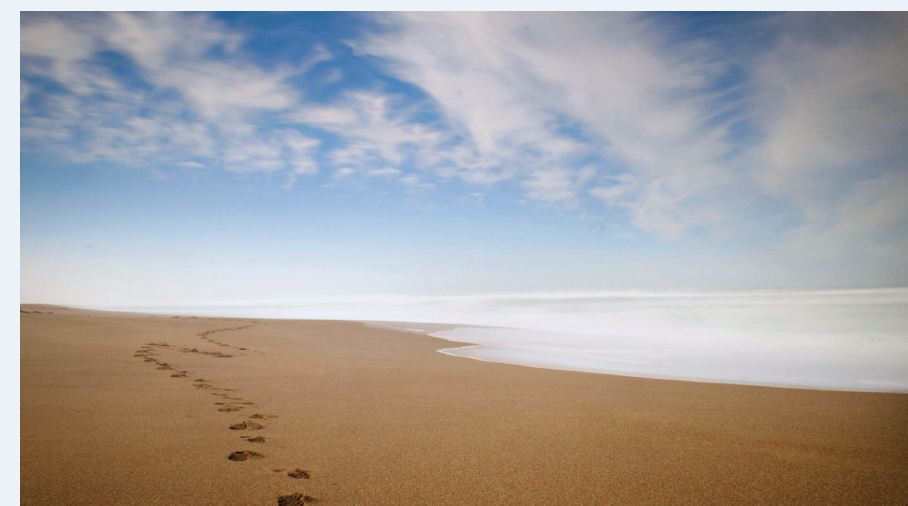
# LifeStyle MANAGEMENT

## Have Faith FOOTPRINTS

One night a man had a dream. He dreamt he was walking along the beach with the Lord. Across the sky, flashed scenes from his life. For each scene, he noticed two sets of footprints on the sand — one belonging to him and the other to the Lord. When the last scene

had flashed before him, he looked back at the footprints and he noticed only one set. He also noticed that this happened during the lowest and saddest times of his life. This bothered him and he questioned the Lord. "Lord, you said that once I decided to follow you, you would walk all the way with me, but I noticed that during the most troublesome times of my life there was only one set of footprints. I don't understand why, when I needed you most, you deserted me."

The Lord replied, "My precious child, I love you and would never leave you. During your times of trial and suffering, when you see only one set of footprints, those were the times when I carried you in my arms."



### achievements

### RSWM



### Texprocil Export Award

Melange Yarn business won Gold Trophy, at Texprocil Export Award, for the year 2016-17, in processed yarn category, in exports ranging between 10 to 100 crores. Shri Kul Bhushan, Head Exports (Melange), received the award from the Hon'ble Minister of Textiles and Information and Broadcasting, Smt Smriti Zubin Irani, at a function held on December 14, 2017, at Hotel Sahara Star, Vile Parle, Mumbai.

### Fabric Division

### Energy Conservation Award 2017

Rajasthan Energy Conservation Award (RECA - 2017) ceremony was held in Jaipur on December 14, 2017. RSWM Ltd., Fabric Division won the recognition award in the field of energy conservation for the year 2017. Shri Bikash Ghosh, COO and Shri Sunil Agarwal, Chief Engineer, received the award on behalf of RSWM, Fabric Division. This is the third time Fabric Division has bagged the 'Energy Award' in the competition and second time in a row.







### Quality Circle "Gold Award", State Level

The quality concept of the case presentation was 'LRO Loss Reduction' and the topic for the poem was '5'S'. There were a total of 1200 participants from across the country.

### Energy Management Audit

A new certification audit of Energy Management System (ISO 50001:2011), was conducted on October 12-13, 2017. A team of five members of BSI team, headed by Shri Vivek Saraf, audited five units - KGM, Ringas, Bagalur, Lodha and Kanyakheri. All the units were recommended for the certification. Shri Rajeev Jain, BH-O (YB,) congratulated the team members for this great achievement.



### ADHPL and MPCL



### A Performer

Miss Noni Thakur, D/o Shri Prakesh Thakur (Civil O&M) was declared the first anchor and second runner-up actress at "Bloom Fair Production - Way to Bollywood" (Talent Hunt) held in Thailand. She also qualified the auditions for a role in Punjabi Music album under the banner 'Sai Productions'. Heartiest congratulations to her on this achievement and wish her all the best in future.

### An Achiever

Miss Divya Chauhan, D/o Shri Rajneesh Chauhan (Dy. Manager-O&M), excelled in her Class X examination, securing Grade A1 10/10 CGPA score. She also stood first in her class in Delhi Public School, Manali. She has made her parents and ADHPL family proud. We congratulate her on this achievement and wish her a bright future ahead.

### Brilliant Performance

We are proud to share that children from MPCL sponsored 'La Montessori School' Himanshu Sharma and Vandana Thakur have shown excellent results in the Class X CBSE Board examination by scoring 9.5 CGPA.



### Maral Sarovar

### EHS Excellence Award

National Safety Council, M P Chapter, awarded Platinum Trophy of EHS Excellence Award for the year 2016-17, to Maral Overseas Ltd, Maral Sarovar. The award was received by Shri PK Singh (DGM-HR), Shri Rameshwar Jha (Safety Officer), Shri VS Jhala (CSO) and Shri Sandeep Sharma (AM-HR) from Dr S A Pillai (Secretary, NSC, MP Chapter) and Shri DK Tripathi (GM-BHEL) in the award ceremony in Bhopal on November 17, 2017. Shri Suresh Maheshwari, President, congratulated the whole team on this achievement and urged everyone to keep up the same enthusiasm to win more awards at the State and National level.



### Lodha



### Rajasthan Energy Conservation Award (RECA) 2017

The RSWM, Lodha, Banswara Unit won the first prize in the prestigious Rajasthan Energy Conservation Award (RECA) 2017, under large scale textile spinning sector. The award was received by COO Shri Sukesh Sharma and GM (Engineering)

Shri R K Agrawal, organized by RRECL, in Jaipur, on December 14, 2017. In a function at the Lodha plant, the BH (Operations)-Yarn Business Shri Rajeev Jain presented the award to Lodha team and appreciated their efforts. He emphasized on the importance of saving energy saving in today's competitive market.

### New joining



### Shri Ramesh Mishra

Shri Ramesh Mishra joined Maral Overseas Ltd, Maral Sarovar, as Senior General Manager (Engg.) He has done his B.E. (Electrical) and has more than 26 years experience in the textile industry. Prior to joining Maral, he was working as Sr General Manager (Engg.) with M/s Banswara Syntex Ltd, Banswara (Raj.) This is his second stint with Maral Overseas Ltd. He has also worked with M/s Indorama Synthetics (I) Ltd. We welcome Shri Ramesh Mishra to Maral fraternity and wish him a successful association.



### Shri R P Indoria

Shri R P Indoria worked with RSWM Limited - Fabric Division for 21 years in the Marketing Dept. (Process House) as Dy General Manager and reached his superannuation on November 30, 2017. It was a day filled with sentiments. The organization is thankful to him for the dedication, loyalty and services rendered by him over the years. During his tenure, Process House reached higher milestones. We wish him success and bid adieu with a heavy heart. Lots of best wishes from the RSWM family.

### Superannuation

### a healthy you

## 6 Components of Nutrition



A balanced and proper nutrition can help prevent a number of health conditions including diabetes, cardiovascular disease, osteoporosis and obesity. With the help of primary six components of nutrition, one can plan a balanced diet.

### Protein

Protein is required for healthy muscles, skin and hair. Foods rich in protein are eggs, almonds, oats, cottage cheese (paneer), milk, broccoli, lentils and pumpkin seeds. An average adult needs 50-55 grams of protein daily.

### Carbohydrates

Carbohydrates are a primary source of energy. They are generally divided in two categories: simple carbohydrates, which digest quickly, and complex carbohydrates, which digest slowly.

Sources of simple carbohydrates include fruits, sugars and processed grains (white rice or flour). Complex carbohydrates are green or starchy vegetables, whole grains, beans and lentils.

### Fats

Fats are an equally important part of your diet. Nuts, olives, avocados, fish and seafood are fats that help the body. Only 44 grams of fat daily is recommended for average adults.

### Vitamins

Many vitamins are considered primary components of nutrition. Essential vitamins include vitamins A, B complex, C, D, E, K and folate. Many fruits and vegetables have high vitamin content including fortified dairy and bread products.

### Minerals

Minerals are vital for proper human health. Essential minerals include calcium, iron, zinc, iodine and chromium.

### Water

The human body is composed of 60 per cent water and the brain is composed of 70 per cent water. Water is necessary to maintain proper bodily function.



# Backwaters of Kerala

Discover the most fascinating waterworld



**T**he scenic backwaters of Kerala comprise serene stretches of lakes, canals and lagoons located parallel to the coast of the Arabian Sea. The backwater regions of Kerala are one of the most popular tourist destinations in the world. Alappuzha, known as the 'Venice of the East', is especially popular for its houseboat cruises.

Hire a houseboat in Alappuzha, and cruise leisurely through the canals in Kuttanad, popularly known as the Rice Bowl of Kerala, fringed by palm groves and paddy fields.

Then steer towards Kumarakom, one of the prime tourist attractions of Kerala. This small backwater village is a cluster of islands. After staying at Kumarakom, proceed to Vaikom.

En route to Vaikom, the Vembanad Lake offers you sights of the rustic backwater village life. The soft sunlit water enchants you as the palm trees on both shores beckon you with gentle whispers in the wind.

Next on the cruise, you will find a small island, Pathiramanal, seemingly afloat in the middle of the backwaters. Have a brief stop and enjoy listening to many interesting myths surrounding this region. On resuming the journey, the next stop is Thanneermukkom, a village known for its Salt Water Barrier, popularly known as Thanneermukkom Bund. It is the largest mud regulator in India.

The next backwater destination, Vaikom offers many interesting sights and experiences. You will find the relics of Kerala's grand ancient tradition. A famous temple dedicated to Lord Shiva is the prime attraction and the refreshing greenery is another splendid experience.

is worth exploring on foot. Next stop is at Bolghatty Island. En route to the Bolgatty Island, one can see the panoramic view of the mainland of Ernakulam city, its skyline and the shipyard on the eastern side. Once in Bolgatty, it is time to unwind, loosen oneself to the soothing breeze and the reassuring touch of sunlight.



## How to Reach

Kerala has two international airports - in Thiruvananthapuram and in Kochi while the domestic airport in Kozhikode is also strategically located. The main entry point, situated between Kochi and Kollam, is Alleppey.

Alleppey can easily be reached in just over two hours by taxi from Kochi airport. Tickets are available at the booth in the airport arrivals. You can even take one of the Kerala State Road Transport Corporation bus services from the airport to Alleppey.



From Vaikom, you may proceed to Kumbalangi. You travel via Thykkattussery, a small village surrounded by coconut groves and paddy fields. The first sight that welcomes you are the majestic Chinese fishing nets lining the sides of the backwaters. It is time to proceed to Fort Kochi, known for its numerous historic sites. The place

## Accommodation

There are different types of accommodations available to suit and fit varied pockets and budgets starting from ₹ 2500 and going up to ₹ 18,000 per night on a twin-sharing basis.