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# OPINION

Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN  
PRIVILEGED TO BE GLOBAL

Volume XXVI | Issue 2 | July-September, 2020

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message

The COVID-19 situation has drastically affected our day to day lives and negatively impacted the global economic growth to which India is no exception.

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Health is very important in everyone's life as per saying "Health is wealth". A strong mind and healthy body makes a complete person.

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A learning-cum-training session on Intelligence Utilization was conducted on 22<sup>nd</sup> July, 2020. All the HOD's and Managers attended this programme

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Our 74<sup>th</sup> Independence Day was celebrated with lots of fun and flavour in our offices while maintaining social distancing and following the guidelines in Banswara, TPP, Ringas, Kharigram, Rishabhdev, LNJ Denim

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Global Raisen is a movement to transform India through Rural Development. Our approach is to encourage farmers to switch from traditional crops to remunerative fruit crops. It is a movement for

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As per the commitment by the RSWM during the campus interview for TGT service, If a candidate accomplish more than 5 years of service then, he/she would be felicitated with a one time award money of Rs. One


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## The benefits of COCONUT WATER



Coconut water has been regarded as a miracle drink and rightly so. It is one of the best drinks to combat summer heat and also serves as a powerful natural sports drink for an instant boost of energy. It forms naturally in the fruit and contains 94% water and very little fat.

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# Events



Patients Examined at ADHPL Dispensary



Tree Plantation Drive in ADHPL



Helping Community in COVID-19 Pandemic



Anganwadi Workers Felicitation Program



No Mask No Entry Campaign by Jawahar Foundation



Jawahar Foundation Felicitation Program at JIT Ajmer



Mahatma Gandhi Statue Renovation by Jawahar Foundation



Compulsory Face Mask Drive in Ajmer



Compulsory Face Mask Drive in Bhilwara



Global Raisen Movement to Transform Indian Farmers

## Editorial Board

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2. Manish Gulati
3. Manoj Sharma
4. Sanjay Sharma
5. Mohit Maheshwari
6. Jyoti Gupta

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## Chairman's note

The COVID-19 situation has drastically affected our day to day lives and negatively impacted the global economic growth to which India is no exception.

The whole world is anxiously waiting for the vaccination to arrive and economy to come back on tracks.

The virus has changed the way we look at our businesses and work places. Work from home is now becoming a practical solution and all companies are looking at it to implement in long term even after virus is over. The online way of conducting our day to day lives is now becoming a clear reality.

The consumer sentiment is still low and without that the economy will not bounce back. The consumers need long-term stability. The industry needs some long-term policy assurance and so on....

Efforts are being made by the government to intensify economic activities. The presence of very large world class IT sector may be the cause of the massive value addition in our economy. The lockdown gave us an opportunity to significantly accelerate the adoption of digital methods in our business.

“Aatmanirbhar Bharat” (self-reliant India) was the centrepiece of Prime Minister's Independence Day address, as he presented a broad outline for spurring India's growth in diverse sectors and asserted that the coronavirus pandemic cannot halt the country's march towards self-reliance. This mantra has captured people's imagination, as today, India needs to put back the economy in positive mode. India must invigorate the manufacturing sector fast, for this is limping for quite some time.

We at LNJ Bhilwara - ethics and integrity are the core values – commitment, ownership, respect and excellence are the values that make us one of the most trustworthy names in business and are the foundation of our success. During the pandemic a lot has been planned and a lot of it executed.

Our groups edifice is robust enough to withstand every challenge. Our people have successfully encountered numerous ups and downs in our six decade journey. Their bring-it-down attitude is what has and continues to inspire me to surge ahead with confidence.

We are working aggressively towards cost optimization in all spheres to make our companies lean fighting machines and emerge stronger from this slowdown.

I encourage everyone to keep doing their level best in these trying times and I am sure we will be out of this situation very soon.

Tough times don't last but tough people do!!!

With Best Wishes

**Ravi Jhunjunwala**



## LNJ Denim

### Medical Health Check-up Camp

Health is very important in everyone's life as the saying goes "Health is wealth". A strong mind and healthy body makes a complete person. Every task is important in our life but we ignore our health



because of being busy in our day to day activities. To keep fit, more energetic & driving workforce, a two days Health check-up camp was organized on 20<sup>th</sup> & 21<sup>st</sup> July, 2020 at LNJ Denim, Mordī in collaboration with Homeopathy Seva Samiti, Banswara. About 300 employees were examined & got benefited from this camp. They had covered Routine Health Check-ups and different body check-ups during this camp.

### Abhivyakti Suggestions Prize Distribution

Suggestion Scheme (Abhivyakti) is a good initiative taken by RSWM Group. Through this scheme initially we have received thirty one suggestions from employees of the



Denim & Fabric plants. As decided by the selection committee, prizes were distributed to the employees by Shri Suketu Shah, Business Head. By organising this campaign, we have received positive suggestions from the employees & they eagerly participated in this.

## JMD Visit with Family

On 17<sup>th</sup> August, 2020 our JMD, Shri B M Sharma & his family



members had visited the unit. Shri Suketu Shah - Business Head welcomed them and took them through the Denim facility to make them understand the entire denim process. They appreciated the facility & products of Denim plant and were impressed by seeing various new products. They also appreciated the working atmosphere of entire Denim team.

## Customer H&M Audit

LNJ Denim unit went through our customer H&M audit on 25<sup>th</sup> & 26<sup>th</sup> August, 2020. The SGS auditor, Shri Mudit Mani had audited the



systems and processes of the entire unit during these two days. Some minor NCs and few suggestions were raised as there were no major NCs observed. It was supported by HODs and their respective teams for successful completion of the audit.

## Kharigram

### Re-certification Audit of SA 8000:2014

The Re-certification Audit of SA 8000:2014 was carried out from 17<sup>th</sup> to 21<sup>st</sup> September 2020 at Kharigram. This audit was to assess all processes &

implementation of SA 8000:2014 system. A team of three members of BSI team conducted the audit. Mr Pardip Chuttani, Team Leader and Ms. Leela Chandrasekaran conducted the audit online and one of the member, Mr Vivek Jha was physically present for site audit. They recommended for continuation of the certification. In the closing meeting, all other unit members joined online from their respective units for joint representation. Shri N K Bahedia, COO conveyed his thanks to all auditors and greeted all the members for this achievement.

### Surveillance Audit IMS (QMS, EMS & OHSAS)

The Surveillance Audit was carried out from 10<sup>th</sup> to 13<sup>th</sup> August, 2020. A team of three members of BSI headed by Mr. Susheel Sharma audited online considering all the aspects of QMS, EMS & OHSAS at unit level. Kharigram, being main unit wrt coordination and implementation of IMS in other group units, the auditors shared their views and were satisfied for further onsite audit in the month of November 2020. The opening and closing meeting was done online due to Covid-19 situation.

### Inauguration of Workers' Hostel

To provide better facilities to our workers' and as a part of our CSR activity, a new building of workers'



hostel named "Shri Ram Ashray" was inaugurated on 7<sup>th</sup> July, 2020. Shri Rajeev Jain (Business Head), Shri Manoj Sharma (CHRO) and

Shri N.K. Bahedia (COO) performed the Hawan and Pooja for the inauguration. This new hostel has



39 rooms with the capacity to accommodate 156 residents. All rooms have been designed with Kitchen, Bed, Mattresses and Cupboards etc. This will help us in better management of workforce with increased satisfaction levels amongst the workers.

## Ringas

### Recognition & Prize Distribution for Best Suggestions

The Best Suggestion Scheme winners were recognized and awarded by Shri M.K. Yogi, COO in



the month of September, 2020. He appreciated & encouraged their contribution, dedication and belongingness to the company. All the HODs' were present during this event and congratulated the winners.

## Banswara

### Appreciation Certificate & Reward for Abhivyakti Campaign

Abhivyakti Campaign program was organised on 27<sup>th</sup> August, 2020 by Abhivyakti Coordinator, Shri Vikram



Singh where everyone shared their views and out of 288 suggestions 144 were feasible. To motivate and appreciate the participants who had given their valuable suggestions, they were felicitated with a certificate & reward by Shri Rajeev Kumar Dixit (GM- HR&IR). During the program, Shri Rajeev Kumar Dixit shared 5 best suggestions with all the participants to encourage all of them for upcoming time.

### Screening Committee Meeting "Abhivyakti"

A new initiative by RSWM Management team introduced a new project "Abhivyakti". In this program, a platform will be provided to staff/workmen to share his/her Abhivyakti (Idea/Suggestion) for improvement in the areas of Health & Safety, Work efficiency, System improvement and cost reduction. From Lodha unit, we have received total 288 suggestions and we are working on it. It has been observed that this is the best



tool to improve our work areas through implementation of the ideas/suggestions. This successful drive is headed by Shri Rajeev Kumar Dixit and the screening committee members checked their feasibility and non-feasibility from all the suggestions.

### Factory & Boiler Inspector Visit

The Factory & Boiler inspector, Shri Pawan Goyal visited RSWM Lodha plant and appreciated our efforts and excellent work on



prevention of Covid -19 pandemic. He also interacted with the workmen and took sessions on how to protect ourselves from Covid-19 i.e Importance of Mask, Sanitizer and Social Distancing during the working hours and precautions at home as well.

## Mandpam

### Helmet Distribution Programme

A Helmet distribution programme was organized on 14<sup>th</sup> August, 2020 at ADM Meeting Hall. The session was conducted by Mr. Ramesh Joshi and Mrs. Monika Garg of Sneh Samarpan Foundation, Bhilwara.



Shri Pritam Gurjar (DGM – HR & IR) welcomed them both on this occasion. Many staff & workers purchased helmets from Steel Bird company at the half rate of Rs 550/- in place of Rs 1100/-. The initiative was appreciated by all the employees and workmen.

### "ABHIVYAKTI" Suggestion Scheme

"ABHIVYAKTI" Suggestion scheme was started at Mandpam unit and the Best Suggestions Award Ceremony was conducted on 11<sup>th</sup> September,



2020 at ADM Meeting Hall. The Best Suggestions Awards were distributed to Staff & Workers by Shri Ashwani Mittal (Dy. BH) for giving their valuable suggestions. He motivated them to keep innovating and to share their suggestions in future as well.

## RSWM

### Mayur ViroSecure gets new ISO Certification

Mayur's latest product range developed using HeiQ's latest



technology HeiQ Viroblock has successfully attained the prestigious certification of ISO 18184. The latest ISO 18184 test on the new fabric was conducted by Bureau Veritas, a Paris-headquartered company that is known to have specialization in testing, inspection and certification of products from a range of sectors.

With this latest certification, Mayur has gone a step ahead to ensure that the fabric gives 99.99% protection from viruses, effective against Covid-19, Advanced Swiss Tech, also effective against the H1N1 virus, which is known to cause Swine Flu. This makes the range of fabric a very safe & secure option for wearers who have low immunity because of any current or prior health conditions.

### Mayur Launched Triple Layer Face Masks

Mayur has successfully launched a new product line of triple layer face masks that offers much needed protection during the current global situation. These masks have been made keeping in mind every need and requirement that exists for the



consumers. The list of beneficial qualities include a triple layered protection mechanism with a 98.75% bacterial filtration efficiency, anti-microbial properties, effective protection from viruses, being water repellent, comfortable and breathable and creative patterns to go with most professional attires.

With a sales record of 20,000 pieces sold as of 30<sup>th</sup> September 2020, the products are now listed on amazon.in and can be ordered online via the Amazon smartphone application or the website.

### Mayur Launched Armour – A Safer PPE Kit

To tackle the ongoing pandemic of COVID-19, Mr. Suketu Shah and his team at Mordi conducted a thorough research to find out new and effective solutions that could help the global community tackle the disease in a much more prepared manner.



On 20<sup>th</sup> July, Mr. Suketu Shah and his team invited doctors from the local government and private hospitals for an exclusive launch of Mayur's new PPE Kit Fabric, Armour, which would help the

medical community deal with the pandemic better. It is a washable woven protective coverall fabric which is prepared for protective clothing that is highly comfortable. Using washable woven material, it makes the kit more durable and effective for the long run. The event was organized in the Mayur mill at Mordi and was highly appreciated by everyone.

## ADHPL

### Appreciation to Corona Warriors

ADHPL has been able to keep the plant premises Corona free till date. All this could be achieved



due to the meticulous planning prepared by the ADHPL Task force Team, promising support from the ADHPL Management and resolute cooperation of the ADHPL employees and their family members and of course the hard-work of implementation team – the Corona Warriors. The Corona Warriors were specially invited on Independence Day function by the Management and were felicitated for their efforts and excellent work done in the field to prevent the spread of COVID-19 in ADHPL premises.

### FIT India Freedom Run

The Ministry of Youth Affairs and Sports Govt. of India organized FIT INDIA FREEDOM RUN event between August 15 and October 02, 2020 with social distancing and has invited all to participate in the run at their own places with their own timings. The ADHPL had organized "ADHPL FIT INDIA FREEDOM RUN" from 05<sup>th</sup> to 20<sup>th</sup> September,



2020 and invited all the employees to participate in this national level fitness awareness program at ADHPL premises, ADHPL Transmission Line and ADHPL Head Office. All the departments took part in the event on different dates and different locations including employees from the Head Office.

Total 109 employees participated in the event and total of 1247.79 Km run/walk were covered by them during the event. The final run of 16 Km trek was organized on September 19, 2020 from Allain Barrage to Admin Block Building of ADHPL Prini. 15 employees participated in the run, in which Mr. Pankaj Kapoor- AVP (O & M) and Dr. Deepak Tikoo - Head (EHS & S) joined the walk midway. The event was organized successfully

by the EHS & S Department of ADHPL. The participants were provided certificates for successful participation.

## BIL

### Work from Home

*"HOME WORK GREW UP AND BECAME "WORK FROM HOME"*

The Covid -19 pandemic is defining global health crisis of our time and the greatest challenge we have faced since world war II. Due to this, we



have seen lot of job crisis across the globe. We "Bhilwara Infotechnology Ltd" Bhopal is a Medical Transcription company which have adopted 100% work from home culture by keeping in mind the safety of our employees.

## TPP

### Annual Medical Health Check-up Camp



TPP organized "Annual Medical Health Checkup Camp" in plant premises from 30<sup>th</sup> September to 3<sup>rd</sup> October 2020 for staff and workmen. TPP being a Red Category Industry, health check-up of all employees is mandatory as per statutory guidelines. Homeopathy Chikitsa Sewa Samiti-President (Dr. Sanjay Gupta) arranged the Medical unit of 10 medical and paramedical staff. All check-ups were according to Industry Health Hazard (PME), including BMI, GIT, Lung Tests, Urine Tests, Pathology Test, Blood Allergy, Spiro Metric Test, Audiometric Test and X-Ray etc. All the programmes were conducted by the Safety Head of the plant Shri. B.S.Bhati.

## A Smiling You

### The Balloonist and the Programmer

A man is flying in a hot air balloon and he soon realizes that he's completely lost.

So, he starts reducing height and then he suddenly spots a man down below. He lowers the balloon a little further and then shouts: "Excuse me sir I was wondering, can you tell me where I am? I seem to be lost."

Taken by surprise, the man looks up and replies "Yeah, that's easy. You're in a hot air balloon, hovering about 25 feet above this field."

"You must work in IT. I'm guessing you work as a programmer?" says the balloonist.

"I do and yes, I am," replies the man, looking a little surprised, "How did you guess?"

"Well" says the balloonist, "everything you've told me is technically correct but it's of no actual use to anyone."

The programmer smiles and then says, "Ah, you must be the CEO in a business."

"Yes, I am" replies the balloonist, "but how could you know that?"

"That's easy," says the programmer. "You don't know where you are or where you're going but you expect me to be able to help. You're in the same position you were before we met but now it's my fault."



## Kharigram

### Training on Intelligence Utilization

A learning-cum-training session on Intelligence Utilization was conducted on 22<sup>nd</sup> July, 2020. All the HOD's and Managers attended this



programme and were benefited. The topics like - Multiplier Effect, Extracting Intelligence, Multiplication of Intelligence, Cycle of Attraction, Freedom of Intelligence, Best use of Available Team etc. were covered during this session. Mr B.K. Verma, Dy GM was the facilitator of the programme.

### Training on SA 8000 Internal Audit

A training cum awareness programme was organised on "SA 8000 Internal Audit" on 6<sup>th</sup> July, 2020. Shri R.K. Soni, Group



Facilitator, Shri K.N. Mathur, Mgr. and Shri Gourav Bakliwal, Dy. Mgr. explained about conductance of Internal Audit of SA 8000 to all concerned. All the participants and SPT members received updates and acquired knowledge about audit requirements and compliances.

### Mock Drill Session

To spread the awareness among staff and workmen, two mock drills



were conducted on 25<sup>th</sup> July, 2020 and 10<sup>th</sup> August, 2020 on Electric Shock and LPG Gas Fire. Shri Dileep Chourasia, Dy. Manager-Safety conducted this drill and he explained about the process of safety in emergency situations and how to deal with injured person safely.



### Training on Accident-Cause, Effect & Prevention

A training cum awareness programme on Accident-Cause, Effect & Prevention was organised on 19<sup>th</sup> August, 2020 which was presented by Shri Dileep Chourasia, Safety Officer. The officers from Engineering, Maintenance, Security, Commercial and Production departments were covered in this programme. The topics covered were - Fire Fighting, Evacuation Plan, Emergency Exit, Assemble Method etc. He also educated all the personnel to follow safety rules and how to respond upon in different emergency situations.

## LNJ Denim

### 5 S Training & Its Implementation

A training session & review meeting on 5S was conducted on

23<sup>rd</sup> July, 2020 & 04<sup>th</sup> September, 2020 for both LNJ Denim & Fabric Plant in presence of our Business Head, Shri Suketu Shah. The three hour training program was provided to employees. This training was given by Shri Mahadev Sapkal and the main objective of it was to create awareness about the use of 5S & its implementation in plant premises.



Before training of 5S, an Audit was conducted to review the implementation of 1 S & 2 S in our plant by our internal Auditor. They had given certain observations for further department-wise improvement. Total 34 staff members had attended this session and were benefited from it.

### Training-cum-Health Check-up Camp

A training on handling of Hazardous & other wastes cum health check up camp was organized at LNJ Denim, Mordī by Factory & Boiler Inspection Department, Banswara on 24<sup>th</sup> September, 2020. Sr. Inspector, Shri Pawan Goyal from F&B office had given the details of Handling



Hazardous & others wastes in textile industry, how can we protect ourselves and utilisation of PPE for handling the wastes in the plant.



In this training, employees from Denim, Fabric, TPP, BMD & Lodha had participated in it.

Dr. Navlesh Sharma from ESI Hospital, Banswara checked all employees and had given the advice for further improvement in health of the employees & how we can be more fit.

## Rishabhdev

### First Aid Training

A three days' training programme for First Aid was conducted at Rishabhdev unit from 3<sup>rd</sup> to 5<sup>th</sup>



September, 2020 by Indian Red Cross Society, Udaipur. Total 15 persons participated in that training, out of which six persons were freshers. One of the participant Shri M.S. Chundawat, C.S.S will get life time certificate.

## Mandpam

### Awareness Program on COVID-19

A Special Awareness session on Corona disease was organized for workers on 27<sup>th</sup> July, 2020. The session was conducted by Mr. B.P. Saharan (Dy. Chief Inspector of Factories & Boilers, Bhilwara). Shri



B.K. Singhal (Sr. G.M. – Engg.) & Shri Pritam Gurjar (D.G.M. – HR & IR) were welcomed during this awareness program by Mr. Saharan. The overall session was quite informative and everyone liked it.

## ADHPL

### COVID-19 Preventions

The ADHPL geared up even before the lockdown was implemented and framed its own Taskforce Committee to chalk out plans during the unlock



phase of the COVID-19. The committee met many times during the last three months and proposed the way ahead for unlock at ADHPL.

Multi-pronged actions were taken with the consent of the Management to prevent the spread of COVID-19 in the plant. Screening and self-assessment of employees, workers and visitors has been made compulsory and use of face cover and physical distancing has been made a norm for prevention of spread of COVID-19 infection at the plant.

### EQHS Management Review Committee Meeting

The second management review committee meeting of IMS for certification year 2019-20 was held on September 29<sup>th</sup>, 2020 in the ground floor conference hall of Admin block at ADHPL. All section in-charges, who are committee members & representatives and workers, were present in the meeting. Chairman MRCM, HSE representative from HO,



TL-Bhuntar and TL-Sundernagar representatives joined the meeting online through VC due to pandemic COVID-19. During the meeting various issues related to implementation of IMS were discussed in detail.

### 3<sup>rd</sup> Internal Audit of IMS

The 3<sup>rd</sup> Internal audit of IMS (ISO 9001: 2015, ISO 14001:2015 & ISO 45001:2018) was conducted successfully through all departments including Transmission Line, from September 3<sup>rd</sup> - 5<sup>th</sup>, 2020 for the certification year 2019-20.



The clause wise internal audit of integrated management system was carried out by the trained internal auditors from different departments as per the given schedule and time.

## Banswara

### 5's Training New Ways

A training program was conducted at RSWM Lodha on "The New Ways



of 5'S system" by CTSC cell on 30<sup>th</sup> July, 2020. The program facilitated by Shri Ajay Prakash Jain and Shri Satyendra Singh Solanki. In this program, they explained about the 5's tools and implementation in respective work areas. During the training, all the staff from Engineering, Maintenance, Spinning, Finishing department participated and were very energetic & happy to attend this training program.

## Mockdrill Session

A Mock drill rehearsal takes place in every 3 months and as per the requirement of the Factory Act. In line with, it took place on 28<sup>th</sup> July, 2020 with the Security, Safety



department and all the concerned people of the unit. This mock drill is important for the plant as it helps to make the people and surroundings more aware about the emergency like fire & safety procedures. RSWM maintains the safety for its workers and staff. This drill is very important to create trust, panic

free and healthy atmosphere in the company. It was conducted by our safety officer Shri Satyendra Singh Solanki.

## Training on Group Medi-Claim Policy & TPA Process Flow

An awareness session was organised by HR department on the subject "Group Medi-claim Policy & TPA Process Flow" on 11<sup>th</sup> July, 2020. Shri Deepak Kumar Ojha from HR explained about various process steps about medi-claim like process, TPA, coverage, eligibility, use of mobile application, online claim process etc. Through this program the participants' acquired good



knowledge and training and were encouraged to organise the same periodically.

## HEG

### Awareness Session on POSH

Timely refreshers on Organization's Policy and Code of Conduct are necessary for employees to stay in touch with updates and be aware about dos & don'ts. The employees should also be equipped with better information through which employees can work as per the rules. The session covered the Awareness about Policy on Sexual Harassment in Plant premises and was appreciated by all the employees.

## Maral

### An Awareness Session on Safety and Hygiene

An Awareness session on Safety and Hygiene was conducted on



11<sup>th</sup> September, 2020 at Maral, Noida. This one hour session was provided to the Female Workers of Production Departments in the Factory premises. The Training was given by a Lady Doctor, Mrs. Gaura Tiwari with much enthusiasm. The overall session was very interesting and was full of knowledge.

## An Awareness Session on Internal Complaint Committee

After the ICC Meeting with a Lawyer Mrs. Jyoti Sinha - An Awareness Session was conducted by the Lawyer for the Female Staff on 12<sup>th</sup> September, 2020. This one hour session was provided to give the Knowledge of the committee and its benefits for the female employees. She explained in detail about the Laws as below: -



The Sexual Harassment at a workplace is considered violation of women's right to equality, life and liberty. It creates an insecure and hostile work environment, which discourages women's participation in work, thereby adversely affecting their social and economic empowerment and the goal of inclusive growth. With this idea the legislature formulated the Sexual Harassment of Women at

Workplace (Prevention, Prohibition and Redressal) Act 2013.

The need for such legislation was observed first time by the Supreme Court, in Vishaka, State of Rajasthan in the absence of any law at that time providing measures to check the evil of sexual harassment of working women, the Supreme Court, in exercise of power available under Article 32 of the Constitution, framed guidelines to be followed at all workplaces or institutions, until a legislation is enacted for the purpose. The Supreme Court incorporated basic principles of human rights enshrined in Constitution of India under Article 14, 15, 19(1)(g) and 21, and provisions of Convention on Elimination of all forms of Discrimination against Women, which has been ratified in 1993 by the Government of India. The guidelines laid down by the Supreme Court were to be treated as the law declared under Article 141 of the Constitution.

## A Healthy You

### Coconut Water Health Benefits

Coconut water has been regarded as a miracle drink and rightly so. It is one of the best drinks to combat summer heat and also serves as a powerful natural sports drink for an instant boost of energy. It forms naturally in the fruit and contains 94% water and very little fat.

Coconut water is found in young coconuts and a good source of fiber, vitamin C and several important minerals.

It contains antioxidants that protect your cells from damage caused by free radicals.

Coconut water may improve blood sugar control. It's also a good source of magnesium, which may increase insulin sensitivity and reduce blood sugar levels.

## The benefits of COCONUT WATER



Prevents kidney stones by reducing crystal and stone formation.

It has powerful cholesterol-lowering properties.

Helps in lower blood pressure and potentially decrease the risk of blood clots forming in your arteries.

Replenishing fluids and electrolytes after exercise. It is comparable to other sports beverages.

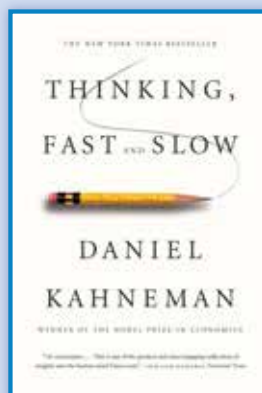
Can be consumed directly from green coconuts.

## Good Read

### Thinking, Fast and Slow

by Daniel Kahneman

In the highly anticipated *Thinking, Fast and Slow*, Kahneman takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. Kahneman exposes the extraordinary capabilities—and also the faults and biases—of fast thinking, and reveals the pervasive influence of intuitive impressions on our thoughts and behaviour. The impact of loss aversion and overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the challenges of properly framing risks at work and at home, the profound effect of cognitive biases on everything from playing the stock market to planning the next vacation—each of these can be understood only by knowing how the two systems work together to



shape our judgments and decisions.

Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us

into trouble.

“A reliable way to make people believe in falsehoods is frequent repetition, because familiarity is not easily distinguished from truth. Authoritarian institutions and marketers have always known this fact.”

*Thinking, Fast and Slow* will transform the way you think about thinking.

# Our Schools

where learning and joy come together

## VKV Hurda

### PAINTING COMPETITION

*"Art makes us more human"*

Nurturing the budding artists, a painting competition was conducted by the CBSE Board for classes VI to VIII on the topic "Gandgi Mukht Bharat" to



commemorate 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi. Forty five students of VKV – Hurda have participated in the

Competition. The students creatively painted their perceptions on the paper. One of the best work of Tanishq Biswas from Class VIII was selected by our department and was forwarded to the CBSE.



### INTERACTION WITH SPIC-MACAY ARTIST

The students of our LNJ Group schools interacted with renowned Spic-Macay Kathak Dancer, Ms. Leena Malakar on September 22, 2020. She motivated the students to work hard and remain focused while achieving their goals.



### MAKE & LEARN WORKSHOP

On July 6, 2020 an online science workshop "Make and Learn" was conducted for LNJ Group School's students. The workshop was presented by eminent Prof. B.R. Mehta, Dean – Research IIT Delhi. 40 students attended this workshop.



The 2<sup>nd</sup> round of the workshop was conducted on September 22, 2020 in which 27 students participated and learnt the making of Touch Screen, based on the concepts of Ohm's law shared by eminent Professor, Shri B.R.

Mehta. Students of VKV-Hurda, Divya Agarwal, Prayansh Bhardwaj, Kartikey Agarwal and Vinay Lunawat showcased their models and demonstrated the working & concepts involved in the projects. One of our students Divya Agarwal of Class IX was felicitated by Prof. Mehta and Smt. Shashi Agarwal.

### SOLO SONG COMPETITION

*"Music is the universal language of Mankind"*

In line with, a Solo Song Competition was conducted on August 13, 2020 to celebrate the Independence Day eve. Eighteen students of classes III to VIII participated in the competition along with their parents and sang patriotic songs with much fervor.



## VKV Rishabhdev

### SCREENING OF THE MOVIE "INDRADHANURA CHHAI"

A special online screening of the popular movie "Indradhanura Chhai" was organised by SPIC-MACAY for teachers and students.

In this program, 8 teachers and 92 students have participated with much enthusiasm. It was an Oriya Language national award winning film by Susant Mishra, the only movie featured (with Un Certain Regard) in Cannes film festival in 1995.

The screening was followed by an interactive session with Mr. Susant Mishra (Director), Mr. Jugala Debata (Producer) and Mr. Devdas Chhotray (Screenplay writer) of the film. The Principal of VKV-Rishabhdev, Mr. D.K. Gupta gave vote of thanks to all the guests and SPIC MACAY for organizing the same.



### HINDI DIWAS SAMAROH

Hindi week was celebrated with zeal and enthusiasm from 14<sup>th</sup> to 21<sup>st</sup> September 20 at school premises. Hindi teachers were honoured on this occasion by Principal, Mr. D. K. Gupta. During the Hindi week celebration, Telegraphy competition, Poem recitation competition, Debate competition, etc. were organized. The students participated in these competitions through zoom app.

# VV Maral

## TEACHER TRAINING AND INTERACTIVE SESSIONS

In an effort to make the teaching faculty tuned with digital functioning and gaining online classes mastery, various training and interactive sessions



were organized for LNJ Group of schools. VV Maral teachers; Mr Arvind Soni - Sr TGT Math, Mr Sawan Jaiswal - Sr TGT Science, Mr Rohit Gupta - PGT Math, Mr Rajkumar Shah - PGT Physics, and Mr. Harish Jassani - IT Coordinator conducted exemplary demo sessions for interactive zoom sessions, 5 E Lesson Plans, Activity based teaching learning etc.

## ONLINE DANCE COMPETITION

Dance allows you to express a wide variety of emotions. To bring out the dancing talent of the students & parents, Vivekanand Vidya Vihar organized an online open Dance Competition. The students submitted enthralling entries in video form and gave a tough time to judges. Yathartha Kushwaha and Trisha Atre showed exemplary dance performance and won accolades.



## ONLINE INVESTITURE CEREMONY

Vivekanand Vidya Vihar invests the responsibility and authority in students to involve them in



school functioning and make them learn civic leadership. The School council appointed and elected, following a dual procedure was invested in the oath ceremony on digital platform this year because of pandemic limitations. Students, Council & House teacher-incharges took the vow to take up the school glory to greater heights.

## ONLINE MUSIC COMPETITION

Music binds our soul, hearts and emotions. Music is the best method of relaxation. To recognize the singing talent of the students & parents, VV Maral organized an online open Music Competition (Instrumental and Vocal) with thumping participation from all. The Parents, Ms. Tripti Gupta and Ms. Shalini Jain won 2<sup>nd</sup> and 3<sup>rd</sup> position in the vocal category.



## ONLINE YOGA DAY CELEBRATION

*'Yoga is the journey of the self, to the self, and through the self'*

The International Yoga Day was celebrated with members of Vivekanand family performing various Yogasanas and sharing their videos with students to motivate them while following their teachers message of "A healthy mind stays in a healthy body" and both of these are together possible with Yoga". Students & parents joined the Live Yoga session with teachers and performed Yogasanas with enthusiasm and ease, pledging to make it a part of their routine.



## HINDI DIWAS SAMAROH

As per tradition, this year also Hindi Diwas was celebrated in school with enthusiasm and dignity. Keeping in mind the challenging times, online competitions were organized this year. Poetry lessons for junior students and quiz based on Hindi language and literature for senior students were organized. In both the competitions, the contestants from all the three houses of the school participated enthusiastically.

# The Graphite

## ACADEMIC ACTIVITIES

At Graphite school, we are imparting virtual education on software's like Zoom and Microsoft teams, hence increasing the level of understanding and analysing skills of the students.

To focus on more practice based and activity based learning in mathematics, science and in other subjects, art was integrated by teachers to make students understand and actively get engaged in some activities like making power-point presentation on some topics related to subject, virtual tours of Industries and specific places of worship, gardening etc. These art integrated learning was incorporated for students as part of their learning process.



## STUDENTS TRAINING SESSION

A Career Counseling Session was organized by Ashoka University and a Webinar on SSB Super tips for joining Army, Navy and Air force after 10+2 by Amity University.

Our students of std. 9<sup>th</sup> to 12<sup>th</sup> attended all the sessions of workshop on various topics of science conducted by joy of learning foundation. The hands on workshop "Work and Energy" was sponsored by National Council of Science and Technology communication. A webinar on topic (Career Prospects and Possibilities in Indian Information Services) conducted by department of English Shree Narayan College, Varkala in association with Press Information Bureau and IQAC.

## HINDI PAKHWADA

On 14<sup>th</sup> September 2020, a fifteen days long event was initiated by Hindi literary club of school, as Hindi Pakhwada competition. On this occasion, students



participated in Hindi Pakhwada activities online with much enthusiasm.

## INTER-SCHOOL SOLO PATRIOTIC SONG COMPETITION

An Inter school solo patriotic song competition was organized by GVN School, Bhopal. Many of our students participated by sending their recorded videos and brought laurels to the school. All the winners received certificate of excellence. Among Overall Winners – Tanu Mathil of class XI secure III position in the competition.



## SANSKRIT SAPTAH SAMAROH

A Sanskrit Saptah was celebrated in school where students got an opportunity to exhibit their talent in Sukti-Lekhan and Geeta Recitation.



A webinar was organised to make the students aware about various career opportunities in the field of Sanskrit. The chief guest of the session was Dr. Arun Sharma, Block Coordinator, Dept. of Sanskrit, Sanskrit Bharati Madhya Pradesh & speaker of the day was Dr. Vishwa Bandhu, Professor, Sanchi Buddh Vishwavidyalaya. On this occasion, an online competition was also conducted by Ratna Sagar

Publication house. Our students brought laurels in this competition and were felicitated with certificates of excellence.

**Independence Day**

Our 74<sup>th</sup> Independence Day was celebrated with lots of fun and flavour in our offices while maintaining social distancing and following the guidelines in Banswara, TPP, Ringas, Kharigram, Rishabhdev, LNJ Denim, HEG, Mandpam, MPCL and ADHPL. Flags were hoisted in spite of the pandemic, everyone was energized and motivated to make this occasion special, memorable and a tribute to our freedom fighters. Staff was motivated to wear mask, use of sanitizer and to maintain social distance at work to protect



**Banswara**



**ADHPL**



**MPCL**



**Kharigram**

themselves from spread of coronavirus. In Ringas Patriotic songs were performed by female workers.



**LNJ Denim**



Prizes were distributed to best performers in the category of security, production, attendance etc. In Mandpam gathering, the members were exhorted to contribute towards the progress of the company, society, country and sacrifices of our freedom fighters were highlighted. In LNJ Denim, Children's Talent Award were distributed to children who secured 60% & above marks. The ADHPL Management honored the Corona Warriors with bouquets and gifts. Sweets were distributed and tea was served to all the employees and their family members. In MPCL, after the security personnel's march pass, the volunteers/warriors of Covid 19 were also honored.



**Ringas**



**Mandpam**



**TPP**



**Rishabhdev**



**HEG**

# celebrations & festivals

## Vishwakarma Jayanti

The Vishwakarma Jayanti was celebrated with full devotion & enthusiasm. The staff members and workers of TPP, Ringas, Kharigram, Mandpam, HEG, ADHPL, MPCL participated in the celebration with maintaining



Kharigram

COVID-19 protocols i.e. maintaining physical distance, face cover and hand sanitization. Pooja & Hawan ceremony were performed and employees prayed for yearlong blessing, prosperity of the group. They also prayed to lord Vishwakarma for continues accomplishments.



HEG



LNJ Denim



Ringas



ADHPL



TPP

The pooja was followed by prasad and sweets distribution to all. Tools were worshiped and blessings were sought for a better future, safe working environment and success in their respective field.



MPCL

## Ganesha Chaturthi

This festival was celebrated in LNJ Nagar Staff colony with full joy & enthusiasm for three days by Denim & Fabric Staff Member while following all precautions of Covid-19. Ganesh sthapana was done and the staff members worshiped for better health, wealth

and prosperity for their families and for the work place. Visarjan was done after three days and sweets were also distributed. At TPP, pooja sthapana was done under the guidance of panditji. The family members conducted Pooja & Bhog every morning and evening with full devotion.



LNJ Denim



TPP





## LNJ Denim

### Birthday of Shri Suketu Shah

Life is all about loving & enjoying and birthdays are a wonderful opportunity to celebrate the joy of living, family, and friends while



focusing on that one special person whose happy "day" it is.

We at LNJ Denim, celebrated the Birthday of our Business Head - Shri Suketu Shah on 28<sup>th</sup> Aug, 2020. All the employees were gathered with their smiling faces at Denim Conference hall where cake was cut by Shri Suketu Shah. Everybody enjoyed and wished him for a long & healthy life on this special day.

## Mandpam

### Birthday Celebration

The staff birthday is celebrated with much gusto and enthusiasm in Melange Staff club on every last week of the month. The cake cutting ceremony is organised for employees whose birthday falls in that particular month. The staff members enjoyed with tea and a piece of cake.



## Banswara

### "Hariyali Amawasya" Celebration

Hariyali Amawasya was celebrated at TPP, Mordii, Banswara on 20<sup>th</sup> July 2020. The staff members with their family members and sub-staff planted saplings at ACC building area of the Power Plant.

In the post lunch session, our scheduled program was held in which Shri Sanjay Shah (Dy. COO) TPP was the Chief Guest. He addressed the employees explaining the importance of healthy environment and also urged the employees to undertake more plantations. The highlight of



the celebration was plantation of saplings by children of TPP families.

## Mandpam

### Melangeshwar Mahadev Anniversary

On this auspicious occasion of 17<sup>th</sup> Anniversary of "Melangeshwar



Mahadev" 21<sup>st</sup> July, 2020, a special puja was performed in Melangeshwar temple and a "Sunder Kand" was conducted. The Programme was organized by Melange staff Club under the guidance of Shri Ashwani Mittal, Shri S.P. Yadav and Shri Pankaj Khandelwal along with other members of Melange Staff Club.

## ADHPL

### 10<sup>th</sup> Anniversary Celebration

The 10<sup>th</sup> Anniversary of ADHPL was celebrated on July 17, 2020 with



great zeal. The COVID-19 has put its fingerprints on all events and the celebrations. Pooja and Havan were performed in the presence of employees available in Power House by maintaining social distance and use of face cover and keeping in mind the COVID-19 pandemic. No participants from outside were invited to join the puja in Power House. Sweets were distributed to all employees after the puja.

## MPCL

### Malana Day Celebration

The 19<sup>th</sup> Anniversary of Malana Power Company Limited was celebrated on 5<sup>th</sup> July 2020. On this occasion "Hawan" was organized in power house keeping in view the COVID-19 precautionary measure.



## HEG

### Global Raisen Program for Farmers

Global Raisen is a movement to transform India through Rural Development. Our approach is to



encourage farmers to switch from traditional crops to remunerative fruit crops. It is a movement for prosperity, for growth, and for multiplying incomes. It is a movement built on modern agriculture, latest technologies, and supply chain systems. It is fueled by some of India's top experts, trainers, agronomists, successful farmers, agro-industries, and academics.

The process followed by Global Raisen is to procure farmer registration, providing pre-plantation training, distribution of saplings, visiting farms by the team, plantation training and regular field visits. The training that is provided is the essence of the model and is achieved through the help of local Agri Universities, Krishi Vigyan Kendras, agro-industry experts,



independent domain agronomists. It also involves multiple farm visits by the local team. Therefore, the Global Raisen project is not just about planting more trees, but ensuring that the trees are planted in the right manner through proper training. The training session runs up to a minimum of 6 rounds.

Despite the current pandemic situation, it has ensured online pre-plantation training as well as training sessions in-person for our farmers. During the online training, more than 100 farmers attended the session. Experienced agronomists, Dr. M.B Patil, Dr. Navnath Malhari Kaspate, Santosh Dhage, and Dr. Narendra Joshi gave lectures and training on Post – Harvesting Process. Recently Global Parli called agronomist Satish Borange from Bavaskar Technology, Pune, Maharashtra, who trained the farmers for Drumstick and Papaya Plantation.

This training consisted of :-

#### Initial Care

In this session, the farmers are educated on what immediate care is required after the plantation.

#### Manuring and Spraying

In this session, the farmers are educated on when fertilizers are to be sprayed, what fertilizers should be used, with which diseases can a particular plant get infected with, what care should be taken etc.

#### Irrigation

In this session, the farmers are educated on how much water should be supplied to a particular plant in a particular season.

#### Pruning

In this session, the farmers are educated on where and how to cut a branch. This helps in increasing the size of the canopy of a plant. This also has many other benefits.

#### Harvesting

In this session, the farmers are educated on when and how

the harvesting is to be done. Training plays a very important role for the farmers. Through these training sessions, farmers are able to produce the best quality harvest. They are also able to integrate the modern agriculture pattern with the traditional one. We intend to conduct many more rounds of such training sessions.

## ADHPL

### Patients Examined at Dispensary

ADHPL is running a dispensary under its CSR banner since construction period. The dispensary facilitates the patients from local villages and provides free consultation and treatment by trained medical professionals at the



doorstep. The ADHPL dispensary has been working consistently throughout the lockdown and unlock period of corona time and serving the local patients generously. The dispensary has actively participated in the patient identification and contact tracing at their end. Total 2300 patients were treated at ADHPL dispensary out of which approx. 1500 were from local villages since April 1, 2020 to Sept 30, 2020.

### Support for Prevention of COVID-19

The ADHPL has been supporting various organizations generously for awareness and prevention of spread of COVID-19 under its CSR

activities. The Samphia Foundation is running a school for disabled children in Kullu. We have provided sanitizers, disinfectants, gloves, face masks, dispensers and IR thermometer for prevention of the disease at their center. Materials worth Rs 25000/- in kind gesture were given to the NGO for their use at therapy center.

## Plantation of 360 Deodar Saplings

ADHPL organized a plantation campaign at Potato Farm and alongside the road leading to



Power House. During the campaign 360 deodar and other broad leaf saplings were planted with the engagement of ADHPL employees from different departments. Approximately 30 employees participated in the plantation drive. Plantation was done while maintaining physical distancing, face covers and hand sanitization in view of the COVID-19 pandemic.

## MPCL

### Helping Society in COVID-19 Pandemic

At MPCL, we believe in helping the community in as many ways as possible and try to provide best



सुल्तु। ह्यूमन डेवेलपमेन्ट सोसायटी ने मन्सरोव पार्वत क्षेत्र के सहयोग से मुक्ता में रहने वाले स्लम एरिया के लोगों को मास्क, सेनेटाइजर व सखुन कपड़े। संस्था के निदेशक दीपक शर्मा ने इन लोगों को कोरोना महामारी से बचने के बारे में जानकारी दी व लोगों को सोशल डिस्टेंसिंग के बारे में बताया। इस मौके पर संस्था के वरिष्ठ सलाहकार वीरभद्र अग्रवाल, सदस्य रोहित, विनोद आदि उपस्थित रहे।  
**दिव्य हिमाचल** Sun, 30 August 2020 <https://epaper.divyahima.com>

facilities through our CSR initiatives. This year, during COVID-19 pandemic we have donated as follows.

- Donated a sum of Rs. 25 lac to Himachal Pradesh CM relief fund from MPCL and Rs. 25 Lac from ADHPL.
- Donated a sum of Rs 5 lac to Indian Red Cross Society, Kullu to fight against COVID-19. The fund was utilised by the SDM to facilitate the helpless and migrant peoples.
- 10 no's of personal protective kits, sanitizers and masks were donated to 108 Emergency services.

### Awareness Programs on COVID-19 Pandemic Compulsory Mask Campaign

Keeping in mind about the social commitment to provide mask for all under group CSR activity and in continuation to social obligations



in this pandemic period, total 50000 masks were distributed in Ajmer and Bhilwara district. The Jawahar Foundation, a flagship corporate social responsibility firm started by its President, Shri Riju Jhunjunwala had pledged to keep its pace of providing "Mask for all". Under his guidance, a team of foundation coordinators had worked hard to distribute masks, sanitizer and herbal immunity medicines to maximum number of people where ever it could make its reach.

### Tree Plantation Drive

A massive Tree Plantation drive "Trees at your Dwar" was organised in collaboration with Ajmer administrator in various areas of



the city on directives of Jawahar Foundation President, Shri Riju Jhunjunwala to contribute towards Smart City projects.

Among those present in these programs were - Shri B L Jalori - Chairman Rajasthan Madhyamik Shiksha board, Shri Sunil Saurabh - IAS Director School Education, Smt Anupma Tailor - RAS Director local bodies, Shri Hemant Mathur - RAS Director ICDS Ajmer, Shri Devi Singh Kachawa - Director Education Ajmer, Shri Kailash Chand Sharma - ADM city etc. were engaged to inaugurate and promote environmental awareness. Under supervision of Shri Rajnish Kumar, OSD-LNJ Bhilwara Group, 10000 trees and 1000 tree guards were placed in various locations of Ajmer along with coordinators and volunteers of Jawahar Foundation.

## Felicitation of Anganwadi Workers Under "We Salute Corona Warriors"

More than 100 Anganwadi and Asha Sahyogoni workers were felicitated by Jawahar foundation under our flagship program "We Salute Corona Warriors". More



than 2000 people comprising police persons, doctors, court staff, nursing personnels and Nagar Parishad staffs were felicitated in last three months for their selfless and courageous work during COVID pandemic. Among those present to felicitate were - Dist. Judge Shri C P Singh, Smt. Manju Pokharna, Ex-Chairperson Bhilwara Nagar Parishad, Shri Amrender Mishra - District Supply official, Dr Ashok Singh - President PJCS Bhilwara, Smt Pushplata Sinha and Shri Rajnish Kumar, OSD-LNJ Bhilwara Group. These flagship programs



are being done on the directives of Foundation President, Shri Riju Jhunjunwala who has always cared and stood behind these endeavors.

## Felicitation of Jawahar Foundation at JIT Ajmer

Under massive Tree Plantation program in Ajmer, Jawahar Foundation was felicitated by Jail Training Institute, JIT officials. In the month of July, 2020 more and more trees were planted in Ajmer city contributed by several NGOs like - Green Army, Mahaveer International etc. The Jawahar Foundation was felicitated by Shri Vikram Singh Karnawat, IG-Prisons, Rajasthan Govt. and Shri Paras Mal Jangid, Principal of Jail Training Institute, Ajmer. Mr Rajnish Kumar OSD-LNJ Bhilwara Group and in charge



of Jawahar Foundation, Ajmer, received the felicitation on behalf of the organization for this great initiative.

## What Times of the Day Should you Eat?

In ancient China, doctors believed that energy flowed through the body following the movement of the sun, and this should be considered when planning meals.



7-9 am is stomach time when you should eat more, 9-11 hours is pancreas and spleen time, 11-13 hours is heart time, and so on. Dinner should be light and happen between 17 and 19 hours, when kidney function prevails. Three meals per day is standard.

Some people mistakenly believe that if they stop eating altogether or limit their meals to once a day, they will lose weight in half the time. But usually, such experiments lead to nothing but stress and health problems.

It is advisable to eat every 3-4 hours. This improves fat burning, prevents the release of excess insulin, allows leptin to work its magic, and controls appetite and metabolism.

**Don't skip breakfast:** It gives you the energy to start a long, rewarding day.

**Don't eat three hours before bed:** Eating before bedtime raises body temperature, increases blood sugar and insulin levels, and decreases the production of melatonin and growth hormone.

**Start your day with protein:** To improve appetite control, it is best to eat protein at breakfast and leave carbohydrates for lunch or dinner. Tomato omelet is a great quick breakfast!

## Banswara

### Retention Award to TGT

As per the commitment by the RSWM during the campus interview for TGT service, If a candidate accomplishes more than 5 years of service then, he/she would be felicitated with a



one time award money of Rs. One Lac Eight thousand and the same was given to Shri Mahendra Kumar Ahirwar – Executive (SQC) and Shri Lokesh Jain – Executive (Spinning) on 4<sup>th</sup> July 2020. Both the employees were really happy on receiving this award money.

## Lodha

### New World Record

Ms. Sakshi Sisodia D/o Shri Dilip Singh Sisodia, Sr. Manager – Personnel at RSWM Lodha sets a



new world record on maximum 251 miniature painting on one rupees coin (measuring 20 mm diameter)

within 5 days using acrylic colours. She has been awarded by World Record India organizations. The RSWM family congratulated her on this great achievement.

## Banswara

### Brilliant Children

Mr. Ritesh Kumar Gupta S/o Shri Ramanad Gupta,



Sr. Officer – Post Spinning at Lodha, Banswara qualified for JEE Advance with 772 AIR. He has always been a meritorious student at his school days. He has made his Parents, School, RSWM family proud by cracking one of the toughest entrance exam of the country. On this great achievement, RSWM family congratulates him and wishes him for his bright career ahead.

## Kharigram

### Great Achievement



Mr Pratyaksh Mishra, S/o Mr Rajesh Mishra, Officer Post Spinning in Kharigram unit got selected on 100%

scholarship in Technical University, Clausthal, Germany for his Master's Degree in Mechanical Engineering, which is one of the best university in the world for Mechanical studies. He is one of the few students from India who is selected for this course.

Mr Pratyaksh Mishra, B.Tech (Mechanical) has always been a meritorious student at each level of education. His research papers have been published in the International Journals and has also obtained two courses from IIT Guwahati and IIT Roorkee.

RSWM family congratulates him on this great achievement and best wishes for his future endeavours.

## ADHPL

### Fit India Freedom Run Completion

The Ministry of Youth Affairs and Sports, Government of India organized a fitness event “Fit India Freedom Run” from August 15, 2020 to October 02, 2020. The Govt invited all citizens, groups, schools, corporates etc. to participate in



the event. ADHPL participated in the national level fitness awareness event as an organizer of the event at its plant for its employees. Total 109 employees of the company participated in the event. The company named this event as “ADHPL FIT India Freedom Run” and was awarded certificate of completion by the Govt. of India for successfully organizing the event.

### Ms. Geetanjali Sharma Completed a Certification



Ms. Geetanjali Sharma (Sr. Assistant HR) has completed a certificate course on Anti Sexual Harassment of Women at workplace from Labour Laws Institute registered with Adarsh Balika IEH & Welfare Society empaneled by Ministry of Women and Child Development.

The Labour Laws Institute provides part-time practical training that can be more useful and remunerative. LLI facilitates highly informative, interactive and fact-based comprehensive self-study courses with emphasis on labour laws applicable in India and Indian industry. LLI's certifications are acknowledged by all industries and corporate sectors. LLI's courses are prepared and delivered by subject matter experts, including retired Commissioners of PF, ESI, Factories, Labour Courts, etc.

## Lodha

### Superannuation of Shri Rameshwar Prasad Mundra

Shri Rameshwar Prasad Mundra was superannuated from the services



of RSWM Lodha unit on 31<sup>st</sup> May 2020. His valuable contribution of 12 years tenure as Vice President (Commercial) in the organisation will always be remembered. A Felicitation program was organised and Shri Sukesh Sharma, Chief Operating Officer appreciated his contribution towards the growth of the organisation. We wish him happiness, prosperity and a happy retired life.

## Ringas

### Joining of Shri Anurag Mathur as COO

Shri Anurag Mathur, took charge of Ringas Spinning unit as the Chief Operating Officer on 4<sup>th</sup> July'20, from Shri Avinash Bhargava. Prior to joining RSWM Limited (Spinning



Unit) Ringas, Shri Anurag Mathur was working as AVP/EA-JMD at RSWM Ltd, Kharigram Unit. He is associated with LNJ Bhilwara Group since 1996.

Shri Rajeev Jain (Business Head), graced the occasion and introduced him to the team and other stake holders. Shri Avinash Bhargava was also given a warm farewell and wishes for the his success in the new elevated position.

## Farewell of Shri Rakesh Puniya

A farewell programme was organized by RSWM Ltd, Ringas on 30<sup>th</sup> September, 2020 in honour of Shri Rakesh Kumar Puniya – Manager (Sales) after completing



a distinguished service for 13+ years. Shri Anurag Mathur – COO appreciated his contribution in the growth of the organization and wished for his future endeavours.

## Banswara

### Retirement of Shri A N S Yadav

Farewell was organized in the honour of Shri A N S Yadav, Dy. Manager (Finishing) on 6<sup>th</sup> August, 2020 who was retired from the service on



31<sup>st</sup> July, 2020. The COO along with staff members wished him a happy, healthy and safe retirement life.

## Kharigram

### Retirement of Shri Anil Kumar Tripathi

A felicitation program was organised in the honour of Shri Anil Kumar Tripathi, Asstt. Manager who retired on 30<sup>th</sup> June, 2020 after serving over 31 years of service in Stores & Purchase Department. Shri N.K.Bahedia, COO, all HODs' and department team members were present during this program. Everyone expressed their views



about his loyalty, hard work and contribution towards growth of the organization. We wish him a happy, healthy and peaceful retirement life ahead.

## Mandpam

### Retirement Farewell Function

A Retirement Farewell Function of Shri S.K. Miglani (G.M. – SQC) was organized at ADM Meeting hall on



19<sup>th</sup> September, 2020. Shri Miglani was working with the organisation since August, 2011 till 19<sup>th</sup> Sept 2020, in Quality Control Spinning Department as General Manager (SQC). We truly wish him for peaceful and healthy life ahead.

## HEG

### Sad Demise of Shri. K N. Mathur



A sad event for HEG having parted with a versatile and dedicated employee like Shri K.N. Mathur, who expired on

28<sup>th</sup> September, 2020 due to cardiac arrest. He was one of the members of HEG since the factory was set up. He worked diligently in various roles and responsibilities for 45 years. He is survived by his wife Mrs. Asha Mathur, Son and Daughter. HEG bids him a tearful fairwell. May his soul rest in peace.

## Uttarakhand

### The Land of Gods

One of the most beautiful northern states of India enthalls everyone with its spectacularly scenic landscapes. Charming hill stations, quaint villages along winding mountain roads, rivers carving their way through hills, conservation parks, world heritage sites valley of flowers and Nanda Devi Biosphere Reserve, waterfalls and serene lakes and religious heritage, longest cable car ride, enchanting destinations and many more...

#### Things to do:

##### Adventure sports

Uttarakhand is known as one of the top destinations for adventure sports



in India. Thrill seekers can come and quench their thirst for activities like Skiing, trekking, rafting, camping, mountain biking, para gliding and much more.

**Skiing** has gained popularity as an alternative sport in winter months. Auli is a perfect ground for beginners and season skiers. Ski touring the glaciers is another enjoyable option.

**Trekking** the hilly terrain provides plenty of opportunities for mountaineering, trekking and rock climbing. Pithoragarh is often dubbed as "Miniature Kashmir" is abundant in natural beauty. Several interesting treks interlace the Gori Valley with some of the well traversed trekking routes.

**Rafting** is the most popular adventure sports. You could choose between fast and furious river currents or gently float along the hillside.

**Camping** is possibly the finest way to spend time in the lap of nature. Whether it is wildlife camping or normal camping, Indian topography offers everything for the adventure enthusiasts.

**Mountain biking** is all about speed, control and thrill and it is one of the latest ways of exploring and discovering new vistas of Himalaya landscape. It also gives tourists the opportunity to understand the challenges that mountains have in store for them. The rugged terrain and steep slopes, provide great mountain biking experience. After paragliding, mountain biking is the second most popular adventure sports in the state.

##### Nature & Eco

Pollution free environment where one can actually experience the serene beauty of what we call – Nature. Having a diverse flora and fauna, it comes out to be a healthy, balanced bio-diverse land and thus maintains a nutritious ecology. Consisting of heritage sites, rivers and lakes, mountains along with glaciers and Conservation Parks, Uttarakhand is a land full of pro-environment people and culture.

##### Lakes

The mighty rivers of Uttarakhand have brought people together and nurtured their way of life. The rivers flow down mountainous slopes into narrow gorges and widening into the plains. Some famous rivers are Naini lake, Bhimtal, Naukuchiya Tal, Hemkund lake, Tehri lakes and so on.

##### Mountain and Glaciers

The great Himalayas has also been referred to as 'Dev Bhumi' or the 'The



Land of Gods'. This accounts for the numberless Hindu and Buddhist lore associated with the very roots of its terrain.

##### Rivers

The rivers of Uttarakhand i.e Ganga, Yamuna, Alaknanda, Bhagirathi, Ramganga etc. bestow as they flow down mountainous slopes, into narrow gorges and widening into the plains. The mighty rivers of Uttarakhand have brought people together and nurtured their way of life.

##### UNESCO Heritage Site

A scenic place where the nature blooms with its entire vista can be accessible by a tedious but lovely stroll. Eye catching spectacles like the cascading waterfalls, small streams and above all the flowery meadows awaits the visitors all through the way. With the flamboyant paddocks, crystalline streams and majestic peaks, this baroque of flowers is a worthy watch spectacle.

##### Religious and Pilgrimage

Uttarakhand is known as the 'Devbhumi or the Land of Gods', pays homage to various religious sites for pilgrims. Blessed with a pure environment in the form of the mountains and the holy rivers, it truly proves out to be spiritually as well as religiously a divine experience. From hosting the pilgrimage tour, 'Char Dham Yatra' to offering an opportunity to witness the confluence of rivers, 'Panch Prayag', the pious State is also dubbed as the Land of Pilgrims.





## History and Heritage

The more you learn about the history and heritage of Uttarakhand, the more you will familiarize yourself with this heavenly state of India. Having its own ancient and medieval history. Bageshwar a land of 'Sadashiva' has attracted saints and devotees through ages. As described in the 'Puran...', In Binsar the blanket of green hangs all around – rocks covered with unusual moss and ferns, flowers and shrubs – foliage sprouting out of every conceivable nook and corner of the hillside. The entire area is now a sanctuary. In Lohaghat, the Britishers were so overwhelmed by its beauty that they proposed to develop it as summer capital of the then British



empire. A city with a remarkable past, amidst natural abundance and a mystic aura of hill romance and new found resurgence. So, deepen your knowledge and plan your next vacation to experience the great historic monuments and museums of Uttarakhand.



## Wildlife

The state has 12 National Parks and Wildlife

Sanctuaries making it a destination where you can capture the indisputable expressions of various animals and birds. Apart from these, the State boasts of two Conservation Reserves - The Asan Barrage and Jhilmil Tal conservation Reserve; two World Heritage sites namely Nanda Devi Biosphere reserve and Valley of Flowers National Park. Travellers, here, get to see some of the most endangered and rarely seen animal species in the world. Not only for animal lovers but for bird watching enthusiasts as well. If you are an avid nature lover, photographer, traveller, adventurer or wildlife enthusiast, then Uttarakhand is the place for you.

## Culture and people

Culture and people are very closely associated with each other. People from all communities participate in these Melas. Kumbh Mela is probably the largest religious gathering anywhere around the world. Though all the Kumbh Melas are attended by millions of pilgrims, the name of Haridwar comes at the top of all Indian pilgrimages. The place is termed as the gateway to heaven in Hindu mythological scriptures. The development of the Garhwal school of painting as a branch of the Pahari school of art is believed to have started in the 17<sup>th</sup> century and reached its zenith in the latter half of the 18<sup>th</sup> and first half of the 19<sup>th</sup> centuries.

## Wellness and Spirituality

The 5 senses of a human body - taste, sight, smell, touch and sound; Uttarakhand scrupulously targets all of them in a unique way to help you peel off the negativity within. It offers an array of Yoga centres and trained Gurus. Moreover, people can also enjoy a detoxifying luxurious stay where they can fully indulge in activities like spa treatment and much more.

## Cuisines

Snuggled in the foot hills of the majestic Himalayas, Kumaon and Garhwal are two distinct constituent regions where cuisine is high on taste and nutrition. The food habits of the people change according to the changing seasons. So, if in winters Mathir and Til Laddus or Madua Rotis are preferred, in summers, Dubkas with Chholia Rotis are savoured. To actually experience Uttarakhand, one should also savour its exquisite cuisine.



### Contact UTDB

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