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OPINION

Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN
PRIVILEGED TO BE GLOBAL

Volume XXVI | Issue 3 | October-December, 2020

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message

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A three day exposure program of farmers in Dec, 2020, from Distt. Raisen to visit Parli in Marathwada was scheduled. A total of 31 farmers from Project "Global Raisen" participated.

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RSWM Kharigram participated in CCQC 2020, organized by QCFI, Rajasamand Chapter and our team won Gold Award in Quality Circle case presentation.

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20 Benefits of Walking 30 Minutes in a Day

It reduces the risk of heart attack and disease, helps in maintaining weight, reduce your stress levels, increases your energy levels, helps to boost your mood, gets the blood pumping, prevents obesity, it can help to reduce anxiety, increase functioning of lungs

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Events



Global Raisen Farmer's Exposure Program by HEG Ltd



Distribution of Woollen Clothes at HO



Two Wheeler Helmet Distribution Campaign at BSL



Distribution of Face Mask to Villagers at Rishabhdev



Cutting & Tailoring Centre at Bhilwara by Jawahar Foundation



No Mask No Entry Campaign at Bhilwara by Jawahar Foundation



Distribution of Tri-bicycle to Handicapped by Maral, Noida



Eye Check-up Camp at Maral, Noida



COVID-19 Testing Camp at Maral, Noida



Women Empowerment Support Program at Maral, Noida

Editorial Board

1. O. P. Ajmera
2. Manish Gulati
3. Manoj Sharma
4. Sanjay Sharma
5. Mohit Maheshwari
6. Jyoti Gupta

Copy Editor: U. Padma Latha

Chairman's note

I wish all the employees and their families a very happy new year.

The arrival of Covid vaccine has rekindled hopes of mankind and economies are expected to return once most of the countries go through vaccination in the next 6 months. Let's hope that Covid will be behind us very soon and normal business will resume.

The Covid situation has caused lot of changes in how people and businesses function. There has been a change of doing business like work from home and online meeting platforms like Microsoft teams, zoom etc. It has also resulted in increase in popularity of OTT platforms for online entertainment like Netflix, amazon etc.

India's economy is expected to rebound by the end of this year as is the projection of global economies.

We are living in a very dynamic world and our companies have to adapt to all kinds of challenges.

Another global development is the change of US presidency with democrat president sworn in 20th January 2021. It is expected that this will result in change of direction in terms of climate change, US-China relations, peace in middle east etc.

One more significant development is the exit of UK from European union. In the next few months, we will see the change in business scenario in UK and Europe, the impact of that will take some time to reveal.

As the saying goes – it's in time of crisis that heroes are born.

We want LNJ Bhilwara's values to shine at this difficult hour. Need to mention that our company has risen to face this challenge with a lot of courage, flexibility and with enormous contribution from our employees across all parts of our businesses to keep them going.

The country's economy which has shown resilience to come out from downturn caused by the pandemic is expected to bounce back in the coming quarters. There will be a "paradigm shift" which will lead to a more matured economy. Our countries corporate tax rates are now at par with the best in the world. There have been targeted interventions to help the industry and boost demand, alongwith supply. The government has already announced labor and agriculture reforms and now there is a manufacturing support to MSME to accelerate their recovery.

India is on the global radar for textile, and apparel sector supported by its increasing population, income levels, growing market penetration of more players, and rapid urbanization of smaller towns. International brands are showing increased trust in India which enhances the brand value of Indian garments. A projected growth is on the cards for both domestic and export market which will have positive impact on the profitability with the volumes moving up. Western countries are now shifting focus towards the Asian countries for their textile and apparel business.

LNJ Bhilwara group is committed to creating new and progressive approaches to its operations and services and contributing to the development. We all want to be the part of a team that leaves a legacy and is remembered for years on what we have accomplished.

I am proud to be leading an excellent team that strives on reaching this success and greatness.

With Best Wishes

Ravi Jhunjhunwala



HO

CMD's Welcome

Our Chairman & Managing Director, Shri Riju Jhunjunwala returned to office after his crucial spine injury on 16th December, 2020. All of us were delighted to have him back. On



behalf of all the staff members and the management, a warm welcome was organised and extended their heartfelt best wishes for his speedy health recovery. To make this day memorable, Face Masks and Denim Bags were distributed to all the staff members, security guards and facility staff at HO.

HEG

Communication Meeting of ED



Communication meeting was conducted by our ED Shri Manish Gulati on 16th November, 2020. The program was designed to make our workers aware about the current scenario of the company, the impact of pandemic on the global market and road map to overcome the same. Shri Manish Gulati encouraged and appreciated everyone who contributed during the time of lockdown to normalize the plant activities and for doing their level best in these trying times. The meeting then, followed by a question answer round.

Kharigram

Blood Donation Camp



On the occasion of Syt LNJ Babu birthday dated 17th Oct'20, a blood donation camp was organised in the Staff Club. Shri Rajeev Jain, Business Head and Shri N. K. Bahedia, COO inaugurated the Camp and welcomed the Doctors & Medical Team (Ramsnehi Hospital & Research Centre, Bhilwara). Our workers and staff members participated enthusiastically in this Camp and donated 60 units of blood.

Kharigram

Camp for KYC Documents Updation

Due to covid-19 pandemic, many of our employees were facing difficulties in outside movements especially in crowded offices/areas. For this purpose, a camp was organized in the staff club premises for all types of updation in personal/ govt. documents. The employees and their family were benefited through this camp.

Suggestion Scheme - Abhivyakti

With an encouraging environment and awareness created by Unit Coordinators and under guidance of respective COOs, the Suggestion Scheme has led to successful completion of six months. This program is being facilitated by Shri Vinod Purohit (CTS Cell) under leadership of Shri Ashwini Mittal (Dy. BH). Since then employees of all units are participating in this drive

with full enthusiasm and positivity. An average of 650 suggestions are being received on monthly basis from all units.



In this program, all Units are giving instant consolation prize and a letter of appreciation to all suggestion givers, while best 5 suggestions gets quarterly prize. Through this drive, employees are not only motivated, even Units are sharing and implementing best suggestions and are benefited in terms of tangible and intangible gains. In last quarter, the best 5 suggestions were received from Shri Hari Kumar (Fabric), Shri Devendra Tank (Lodha), Shri Jai Singh Poonia (RCPF), Shri Gopal Lal Sharma and Shri Nilesh Kumar (Mandpam).

Mandpam

SA 8000:2014 Renewal Audit

The Mandpam Unit SA 8000:2014 renewal audit was done by BSI Auditor Mr. Sahil Kukreja & Mr. Vivek Jha from 8th to 10th October, 2020.



The management representative- Mr. Pritam Gurjar, was ably supported by all HODs and their respective teams to conduct the audit successfully. The Certification is continued after audit clearance.

Inditex Audit

The Mandpam Unit went through audit done by Inditex Auditor Mr. Jitendra Sharma, Mr. Himangshu



Choudhary & Mr. Prasanna Sabato on 20th November 2020. The Management Representative Mr. Pritam Gurjar, was ably supported by all HODs and their respective teams to conduct the audit successfully.

Inauguration of New Automated Modular Kitchen

The inauguration of a new Modular Kitchen was done by Shri Ashwani Mittal, Dy. Business Head on



2nd October, 2020 at New Workers Mess in Mandpam Unit. After the ceremony, all staff members had lunch in the newly constructed worker's mess with enthusiasm.

LNJ Denim

Surveillance GOTS, GRS, OCS, RCS Audit

LNJ Denim Unit went through



Surveillance GOTS, GRS, OCS, RCS Audit on 09th Oct, 2020. Control Union Auditors, Shri Akshay Shastri & Shri Mangesh Kanwate audited the systems and processes of the entire unit and certification continues after successful completion of the audit. Shri Akshay & Mangesh focused on all major aspects of Social Accountability, Process of Internal Audit, Risk Assessment and Compliances etc. It was supported by HODs and their respective teams for successful audit.

Surveillance Fire & Safety Audit

LNJ Denim & Fabric Division went through Surveillance Fire & Safety Audit from 21st to 22nd October, 2020. External Auditors, Shri R. R. Yadav & Shri M. S. Rathore from M/s Apex Quality Certification Services Pvt. Ltd, Jaipur audited the systems and processes of the entire unit for two days.

Shri R. R. Yadav and Shri M. S. Rathore focused on all major aspects of Fire & Safety Management, Fire and Explosion Prevention, Protection and Emergency Management, Work Injury Prevention, Health Hazards Control, Process of Internal Audit, Risk Assessment, and Compliances etc.



During Audit, COVID-19 & current situation was also discussed to reiterated the call for countries to take immediate actions and scale up response to treat, detect and reduce transmission to save

people's lives. They were also made aware of the actions initiated by our group to overcome the covid situation. It was supported by HODs and their respective teams for successful conduct of the audit.

Levi's Social and Environmental Audit



LNJ Denim Unit went through Levis Social & Environmental Audit from 26th to 28th October, 2020. Levi's CR 360 2016 Data Checklist Verification was done by BV auditor Shri Anil Chaudhary. He audited the systems and processes of the entire unit for three days and certification continues after successful completion of the audit. It was supported by HODs and their respective teams for successful conduct of the audit.

JMD Visit

On 29th October, 2020 our JMD, Shri B M Sharma visited our Denim & Fabric Unit. Shri Suketu Shah - Business Head welcomed him and was taken through the Denim & Fabric facility to make him understand the entire Denim & Fabric process.

During the visit, he visited both the units and inspected the machines.



Next day, a meeting was also organized with core team members of LNJ Denim & Fabric Division Unit at VIP Guest house with refreshments. Shri B M Sharma interacted with all the core team members and motivated them. He fulfilled the long awaited wish of Denim & Fabric Division where each and every core team member were happy with this interaction.

Ringas

Fire Drill Sessions

To spread the awareness among staff and workmen, two mock drills Dry and Wet Drill were conducted on 25th Oct, 2020 & 25th Nov, 2020. Shri Deepak Verma, Safety Officer conducted this drill and explained about the process of safety in emergency situations.



ADHPL

COVID-19 Screening Camps Organised



In order to check the spread of COVID-19, mass screenings of employees was conducted on 12th, 26th & 31st December 2020, where 41, 68 and 16 employees were screened respectively in the camps, taking the total number of

employees tested till date to 182. The mass screening was planned for timely tracing of the active cases of COVID 19. The COVID 19 tests (RT PCR and RAT) were organised by ADHPL Health Department in coordination with the State Health Department. ADHPL Health Department will be conducting the COVID 19 tests (RAT) at their own facility.

Fire Audit

A couple of fire incidents were reported from different parts of the country in the last quarter and accordingly the ADHPL Management took a decision to conduct the fire audit of whole plant by a third party to look into the adequacy of fire safety systems installed at the plant and sites and suggest methods to further strengthen the systems. The fire audit of systems installed at ADHPL Power House, offices and sites was conducted by third party between 12th to 15th October 2020.



The main aim of the subject was fire & life loss, prevention and safety. The objective was to audit Power House and different sites of the plant for gap analysis for comparing it with existing standards being followed at ADHPL and international standard. In the audit, various areas were visited by the team and HSE and fire safety documents were also checked.

BSL

Inauguration of New Main Gate

New BSL main gate was inaugurated by the President Shri Praveen Jain on 23rd December 2020. During this ceremony, Shri HP Mathur (Associated Vice President-HR & Admin), Shri MS Khiria (Vice President-Marketing), Shri Arun Shraff (Vice President-Furnishing), Shri Ram Dayal Jat (Sr. Manager-HR & Admin) and other Departmental officers and workers were also present. They all took active part in the function.



Maral-Noida

Cricket Match



Maral Noida organised a Cricket Match between Maral - Unit MA and Unit 3 to deliver a 'winning proposition'. This corporate event was organised to align with the sports ecosystem and the new 'Fit India Movement' that has been launched by the Government of India.

It is only through such initiatives, can India become a nation of healthy persons, healthy families and a healthy society."

Energy conservation Week

Energy conservation week is observed every year in the month of December. It's an effort made to reduce the consumption of energy so that energy sources can be saved for future uses. The day focuses on making people aware of the global warming and climate change and to promote efforts towards saving energy resources.

The GECC celebrated in all units of RSWM and BSL. The COO and the Chief coordinator mentioned the importance and value of how to reduce unnecessary use of Energy. Appreciation message from JMD has been read by DGM (Personnel & HR). The importance of energy saving was explained through posters, banners and documentary film. RECA has given two awards for Energy Conservation in Textiles to Ringas Unit and second to Kharigram Unit.

The celebration in Kharigram Unit were full of activities like Distribution of badges, LPG saving and safety templates to staff colony residents, exhibition of posters, webinar presentation by experts panelled in Bureau of Energy Efficiency, internal training programmes for workmen, energy saving suggestions, slogan competition for the staff's children. The prize distribution ceremony was also conducted.

In Banswara, the campaign started at Lodha unit, where awareness programs were conducted on each day for a week.

In Mandpam - RSWM Melange, Sr. GM Engg inaugurated the programme and values of Energy Conservation were narrated.

The spinning conference hall at LNJ Denim & Fabric Unit had all the staff members of the Division and were explained ways to save energy in our daily routine life in

the company and at homes. On this occasion, group activities on energy conservation from the last five years were also explained beautifully.

An awareness cum training session on Energy conservation was conducted at Ringas Unit. All HOD's, Managers, Staff Members and other employees attended the programme. The topics covered were Energy Consumption, Efficiency, Energy Objective and Target, Do's and Dont's, Monitoring, Measurement and Analysis etc. At RPSF Division, the Engineering Department set up a stall to bring awareness and provided training. The COO made an appeal to raise awareness about energy conservation for benefits of the plant and society.

In BSL Mandpam, General Manager Engineering suggested how one can save more energy by using less energy.

For the staff of BSL, management organized an internal auditor training course cum Awareness Programme on Energy Management (50001:2018).

This training would help the BSL staff in facilitating planning, control, monitoring, prevention & corrective actions, auditing & review activities to comply with energy policy and compliance with energy management system's appropriate regulations. This training and awareness programme was conducted by the SGS Academy India on 19th & 20th October, 2020.



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 awareness about do's & don't's.



Employees equipped with better information can be more engaged and can contribute their part in business growth. L&D, conducted a session on Plant Policies, to make employees aware of their rights and duties. The session covered awareness about Policy on Sexual Harassment in Plant.

Online Training on Weighing Management System

The Weighing Management System training is basically imparted to understand how weighing system plays important role in becoming



more efficient at our work. The engineers learned very minutely, the parameters to be kept in mind while weighing different materials and how to improve overall productivity. The training was conducted by M/s Mettler Toledo.

HEG: Virtual Training Program by M/s Bureau Veritas



As per the in-house requirement of creating additional Internal Auditors, a training was organized with M/s Bureau Veritas, Gujarat, India. It was a virtual training where participants enjoyed and gained a lot to understand the documentation and procedures for carrying out internal Audits. The purpose of this training was to get more organized, systematic and standardized w.r.t. work habits that would increase overall efficiency.

Session on Fire Fighting System

A session was organized on firefighting system on 22nd December, 2020 by Mr. Kanti Kumar of Safety Department. In this session, people learned about the Fire Triangle, Classification of fire, A, B, C, D & K types of fire and their rectification, emergency information system & emergency contact numbers, firefighting equipments available in HEG, PPEs and smoke detectors. During this session, permit system & some case studies were also shared with everyone.



BSL

Workshop of Hazardous Waste Management

The Department of Factory and Boiler, Government of Rajasthan had organized a special training workshop on "Hazardous Waste Management" at Sangam plant on October 29th, 2020, in which 15 employees and workers of BSL took active part. The Deputy Chief Inspector Factory and Boiler Mr. Ramesh Purohit



and his team had given detailed training/information about the related hazards through oral presentation and video such as how to identify and handle waste, its storage, transportation and other essential health and safety requirements etc.

COVID-19 Awareness Week

BSL Safety / Personnel Department organized COVID-19 Awareness Week from 9th to 14th November 2020 to sensitize its working people and fight the corona virus infection. Accordingly, this awareness program has been conducted by the officials of the Department of Safety and Personnel Awareness Programs in various work places/ units. The Officers like Shri Ram Milan Singh, Shri Nitin Sharma, and Shri RD Jat contributed significantly in organizing this awareness program.



Shri Ram Milan Singh (Manager-Safety) explained to the workmen about COVID-19 and its preventive measures such as the use of PPE, washing hands regularly, maintaining social/physical distance and to follow its essential health and safety guidelines/instructions.

Certified First Aid Training Program

BSL management has taken initiative to spread awareness about the importance of first aid and CPR training to their employees/workmen in their daily lives. In this regard, first aid training was conducted on 23rd & 24th November, 2020 by Dr. Abhishek Kanchan of St. John



Ambulance Association, Delhi. About 35 workers took active part in this training program and 25 staff/workers were selected as skilled First Aiders in this schedule.

Use of PPEs & It's Importance

BSL Safety Department had organized a special training on



16th November, 2020 for the workers and employees on the topic "Use of PPEs and its importance" in which around 300 workmen from different workplaces/divisions had participated. Safety Manager Mr. Ram Milan Singh advised all personnel to use various personal protective equipments such as safety helmets, nose masks, earplugs, hand gloves and safety belts, etc. in accordance with the potential hazards and risks at the work places.

Kharigram

Training on "Ring Travellers - Effect & Prevention"



A training cum awareness programme on Ring Travellers - Effect & Prevention, was organised on 17th October, 2020 which was presented by Team Voltas. Shri Govinda Verma, Manager Marketing (Voltas) explained about Ring Traveller Profile, Running-in, Countwise use of Ring Traveller and its life, various methods for cost optimization. He educated to all personnel to follow the guidelines for better life of Ring Traveller and Yarn Quality. He had also thrown light on uses of ring Travellers and it's affect in various type of fibres. Officers of Engineering, Maintenance, Purchase and Production Departments were covered in this programme.

Learning Session on "Cost Optimization in Dyeing Process"

A learning session on "Cost Optimization in Dyeing Process" was organised on 30th October, 2020 which was presented by Team Colourtex. They explained



about various uses of Dyes and Chemicals in Fibre Dyeing, Cost Reduction in each step of Dyeing, New Innovation in Dyeing Process, methods of Dyeing etc. Officers of Dye House, New Product Development, Yarn Development and Purchase Departments were covered in this programme.

Learning Session on Quality Complaints and Remedies



An interaction cum learning session on Quality Complaints and their remedies was conducted on 5th November, 2020. Shri R.K. Soni, Head-QA explained about various common problems faced at each stage of production, market complaints and their remedies etc. All HODs & Section In-charges participated in this experience sharing programme. During the programme, an open discussion cum interaction w.r.t. practical aspects of this topic was very interesting. Shri N.K. Bahedia,

COO in his concluding address, emphasized on taking greater caution on quality parameters during production process.

Banswara

External Training Program

A group level virtual training program was conducted by CHRD for identified potential employee in month of October 2020. In this program, total 12 participants from Lodha, Banswara participated. Under this learning session three topics were covered by faculty Shri Rakesh Singh. The program was very much appreciated by the participants.



Virtual Training on IT Services

After the COVID- 19 pandemic, new ways of learning were initiated by HR & IR team of Banswara. A virtual training program for newly joined staff was organised on “IT services” from October-December, 2020 in the learning centre by IT team. All the participants enjoyed the training session and appreciated the new ways of Virtual training.

Mandpam

Training Programme on Fire & Safety

A training programme on Fire & Safety was organized by the



Mandpam unit on 16th December, 2020. The main objective was to clarify the role of industrial safety and how it is important in day to day working. Shri Anil Kumar (Executive – Fire & Safety) was the faculty for this training programme.

LNJ Denim

5S Training & its Implementation in Plant



A training session & review meeting on 5S was conducted on 12th November, 2020 for both LNJ Denim & Fabric plant in presence of our Business Head, Shri Suketu Shah. A three hour training program was provided to the employees. It was given by Shri Mahadev Sapkal. The main objective of the training was to create awareness about the use of 5S & its implementation in plant premises. Before training, 5S Audit was conducted to review the implementation of 1S & 2S in our plant by our internal Auditor. They had given certain observations, department wise, for further improvement. Total 21 staff members had attended the session.

BMD

Training on Integrated Management System

A training programme on Integrated Management System for ISO 14001: 2015; ISO 45001: 2018 & ISO 50001: 2018 was conducted in BMD. All relevant staff members took advantage of this training



programme under the leadership of BMD, Quality Head Mr. J.K. Verma. It was a great learning experience of IMS for staff members.

Ringas

Fire and Safety Workshop



Taking lessons from the horrific and massive incident of fire at Sutluj Textile, Baddi Fibre Plant the RPSF division conducted a fire and safety workshop on 26th Dec, 20. During this workshop, COO visited the factory and closely examined all aspects and risk probability related to fire, safety and security.

ADHPL

First Surveillance of IMS Completed

The 1st surveillance audit of Integrated Management System (EMS, QMS & OH&SMS)



was completed successfully on 7th October, 2020. Due to COVID-19 lockdown rules and prevailing conditions, the audit was conducted through online mode by the certification agency. Documents of different departments were audited and interaction was held with different department in-charges and employees of ADHPL through online medium to assess the implementation status of management systems (ISO 9001; 2015, ISO 14001:2015 & ISO 45001: 2018) at ADHPL.

After completion of audit the lead auditor recommended ADHPL for the continuation of IMS certification for another one year.

Permit To Work Training

ADHPL is committed to health and safety of its employees and



the contractors associated with it. In order to further improve the health and safety systems, the implementation of PTW (Permit to Work) system was updated for T-Line and responsibility of all involved persons was fixed. Online training session of all concerned employees was organised and the PTW was discussed in detail.

Job Safety Analysis Training

A refresher training session on various aspects of job safety analysis and preparation of JSA

was conducted to make HSE system and implementation of JSA more effective. The training was imparted by Statkraft HSE-Manager Mr. Sudhir Nathani.

HSE personnel from ADHPL, TL, MPCL and Corporate attended the training session online through zoom app. During the session, stepwise preparation of JSA and its effective implement on ground/at site was discussed in details.



a smiling you

Laugh Riot



Engineers vs Managers

A team of young budding Managers were given an assignment to measure the height of a flagpole.

So, the Managers discussed and put up a project plan with roles and responsibilities. The manager who was responsible for organizing the resources went out and got a ladder and a tape. The tape measure was just the ordinary tape of 6 feet.

The lead manager assigned another manager to go on top of the pole and start the measure. They were falling off the ladders, dropping the tape measures - the whole thing was just a mess.

An Engineer came along and saw what they' were trying to do. He walked over pulled the flagpole out of the ground, laid it flat, measured it from end to end, gave the measurement to one of the managers and walked away.

After the Engineer went away, one manager turns head to another and laughs. "Isn't that just like an engineer? We're looking for height and he gives the length".

Moral of the story: No matter how good engineer you are, Managers always finds fault in you.

Our Schools

where learning and joy come together

VKV Hurda

CBSE EXPRESSION SERIES COMPETITION

The school organized a Painting Competition in "Expression Series on Art and Culture". Eleven students of middle section (from class VI to VIII)



participated with much gaiety. The topic was Similarities in the Art and Culture of my State (Rajasthan) with the paired State (Assam). The Paintings of Khushi Jain, Tanishq Biswas and Diya Jangid – Class VIII were the best among all.

participated with much gaiety. The topic was Similarities in the Art and Culture of my State (Rajasthan) with the paired State (Assam). The Paintings of Khushi Jain, Tanishq Biswas and Diya Jangid – Class VIII were the best among all.

VKV Rishabhdev

VIRTUAL ALUMNI MEET

A Virtual Alumni meet was organized on 6th December in which students of Batches 2002-03 to 2013-14 took part. In their First Alumni Virtual Meet, students

shared their experiences of school days and extended thanks to their teachers. Mr. D. K. Gupta interacted with students and gave presentation on different online activities conducted by the school.



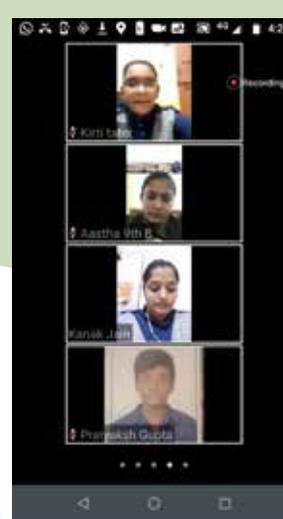
NO MASK-NO ENTRY CAMPAIGN

Scouts and Guide team of the school organized NO MASK-NO ENTRY CAMPAIGN on 29th October at Rishabhdev & Kherwara. It was organized under the supervision of Ms. Shweta Jain, Mr. Naresh Patel, Mr. Om Prakash and Ms. Indu Bala. They distributed 350 Masks & pasted 300 No Mask-No Entry posters at prominent public places. The Tehsildar-Kherwara,

PEACE CLUB MEETING

"Peace is more important than all justice".

A zoom meeting of Peace Club was held on 9th November. It was attended by Peace Club members, Principal Asha Goyal and Capt. Jaspreet Kaur. The meeting started with the self introduction of members & then continued on word "Peace", its benefits or advantages in life, how a peaceful atmosphere can be created both at home & school, why it is necessary & how it can be implemented among the children. They also expressed their views on self-love, calmness, happiness, communication, sensitivity, ego etc. in promoting peace.



PRE-PRIMARY & PRIMARY REMOTE LEARNING

Demo classes were organized for the pre-primary & primary students through remote learning.

Teachers displayed multiple teaching methodologies like

flash cards, puppets, models and different teaching aids. After demo classes, feedbacks were given by Smt. Shashi Agarwal & Smt. Anshu Dua by emphasizing on pronunciation, teaching methods according to the age of the students.



Mr. Punmaram Choudhary & our Principal motivated people to wear masks, keep social distancing, frequent hand washing and sanitization.

KATHAK WORKSHOP

"Burdened no more is the soul for whom life flows through dance like breath."

'KATHAK DANCE RECITAL' cum Workshop was organized by school management from 18th to 24th October. A warm welcome was given by Principal, Mr. D K Gupta to Ms. Shipra Joshi, a renowned Kathak artist of SPIC Macay for conducting this workshop. She explained about Bhoomi Pranaam, Tatkaar, Hastak, Chakkar, Tukde, Tihayi, Shloka, Hast Mudra, complex footsteps, facial expressions & its nuances. It was indeed a truly enriching experience for all students.



The Graphite

PEACE CLUB ACTIVITIES

The motto of this Peace club is "Light a Candle Instead Of Cursing the Darkness"



With the guidance and inspiration of respected Shashi Agarwal, Peace club is constituted in the School, the objective of this club is adopted by providing a great way for students to turn commitment into action of non-violence. On 2nd November, a screening of war based movie was organised, which reflect upon the consequences of war and violence. The purpose of this activity was to sensitize students about peace building, pros & cons of War & benefits of Peace.



ONLINE YOGA SESSION

An exclusive online yoga session was conducted by the Graphitians on 21st of November 2020 for the students of 6th to 8th standard. The purpose was to help them to introspect, focus and find peace within self.

ACADEMIC ACTIVITIES & ACHIEVEMENTS

In October 2020, half early examinations were conducted through digital mode by ensuring error-free exams where the students have their integrity intact. On 1st November, doubt clearing offline classes were also started for 9th to 12th std. students by following post COVID SOPs in school premises.



Ku. Riya Soni of 2019 batch has qualified for MBBS through NEET exam with 100% scholarship for her entire medical studies under Medhavi Chatra Yojna of Madhya Pradesh govt.

Mast. Gulshan Pal of 2020 batch has qualified IHM

entrance exam and took admission in Institute of Hotel Management, Ahmedabad, Gujrat. The Principal & teachers congratulated both on their remarkable achievement.



VVV Maral

FIT INDIA CAMPAIGN

Vivekians took initiative and became a part of the CBSE Fitness Week and brought a behavioural change in its students by spending 'Passive Screen Time' to 'Active field' and supported the idea to welcome New Year by organizing class wise competitions. The students were encouraged to exercise daily to have a healthy life.



SPORTS WORKSHOP

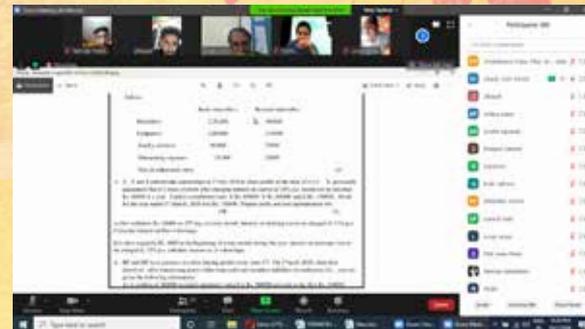
Sri Aurobindo Ashram-Delhi organized a 6 days online workshop on Integral Education with emphasis on physical education and sports activities from 21st to 26th September for



teachers of Nursery to Class 5. It covered key concepts of Integral Education, Meditation and the importance of Physical activities, Sports along with Integral Health. Twelve members have participated in this workshop and learned the actual meaning of integral education to enhance children's motor ability skills.

ONLINE EXAMINATION

VVV, Maral Sarovar conducted mid-term exams in the month of October through online mode. The question paper was released live on zoom platform classrooms as per the slot schedule. Students were instructed to keep their video and audio 'on' while writing the paper. The student's study table was mandated to be visible to the invigilator on Zoom Class grid. The school had provided an emergency number for any assistance that a student may need in case of some technical difficulty.



Diwali



BMD

Celebrating Diwali festival at the workplace has emerged as one of the biggest employee engagement initiatives. These celebrations not only bring employees



Maral-Noida

together but it also helps in creating a more inclusive environment across departments and boosts the morale of employees, promotes employee engagement, induces team spirit and joy.



Banswara



ADHPL



Mandpam



Ringas

Our offices, factories and workplace at Kharigram, Banswara, LNJ Denim & Fabric, TPP were also decked up with colorful lights, rangolis and Diya's. Laxmi Poojan was performed in offices. Employees with their families and children were also a part of this celebration. Members prayed for the prosperity and wellbeing of people during this pandemic situation across the globe.



Mandpam



Kharigram

In ADHPL, the puja was organized in administration block and was restricted to a limited gathering. In BMD, Prayers were offered to Durga Maa and blessings invoked for prosperity and happiness in both personal and professional life. In Mandpam, Mélange staff club organized 'Diwali Sneh Milan' followed by cultural programme and dinner. Rishabhdev and Maral too performed Laxmi puja and the staff participated by maintaining Covid 19 protocols.



LNJ Denim



TPP

Sweets were also distributed after the Laxmi puja.

RSWM

Navratri and Navdurga



RSWM Kharigram Pariwar celebrated the Navratra Mahotsav, organized by Staff Club in the Colony Temple. Senior officers along with their families participated in Durga Shaptshati Path and Arti in the morning and evening. RSWM staff club organised special poojan at Orchard temple. Ringas celebrated this festival with high spirits and sacredness. On the concluding day the COO warmly welcomed the staff members and their families and conveyed best wishes. Mandpam Unit and LNJ Denim too celebrated this festival. Due to covid, dandiya, garba and other cultural programs were missed by the staff members.

Banswara

Laddu Chouth

The Sneh Bhoj was organised on 18th November 2020 for all workers and staff on Laddu Chouth festival. All workmen were invited for lunch/dinner. On this festival, the pooja of Lord Shiva is performed every Monday for four months starting from 1st Monday of Shravan month. This festival is also known as "Mansa Vrat". This is one of the famous festival of tribal region Banswara/Durgapur.



Mandpam

New year celebration

The New Year event was organized by the Melange Staff club. Everyone



enjoyed and greeted each other a happy & prosperous new year.

BMD

World Quality Month



The whole world celebrates November month as "World Quality Month". It's a platform that acknowledges the efforts and accomplishments of quality. It was celebrated in BMD from 1st to 30th November. The competitions were conducted on Poster/Slogan/ Kaizen/Suggestions etc. and prizes were distributed to all the winners.

TPP

"BHAIRO BABA" Poojan

Every Saturday senior persons gather at Bhairon Baba temple to pay morning prey to the lord of place.



Maral-Noida

Christmas Celebration

Maral Overseas Ltd Noida, celebrated the Christmas Eve on 25th December 2020 in both the Garment Plants. They played festive



music and decorated the venue with candy canes, Santa hats, Secret Santa and much more. Everyone enjoyed with full passion and took the pictures with Santa.

Kharigram

Yatra to Baadi Mata Ji Temple

During the holy festival of Navratra, the Dhvaj Yatra of Maa Durga started from Mill Campus to Badi Mataji Temple with Bhajan and Kirtans.



Lifestyle Modifications

Lifestyle modification involves altering long-term habits, typically of eating or physical activity, and maintaining the new behaviour for months or years. Lifestyle modification can be used to treat a range of diseases, including obesity.

What are Lifestyle Changes?

Lifestyle changes are behaviour modifications or habit changes that encourage positive changes in your life. These are a fundamental component to any wellness program.

Examples of lifestyle habits include:

- Sleeping patterns
- Eating tendencies
- Level of physical activity
- Stress management practices
- Hydration habits

Making changes to these habits can create lasting effects on your personal well-being. The foods you eat, the amount of sleep you get and your exercise habits can all influence your weight, hormone health and level of pain.

How to Make Healthy Lifestyle Changes

Healthy habit formation requires practice and routine. After approximately 21 days, engaging in a new behaviour begins to feel natural. This means you could form a healthy habit in just three weeks.

Habit replacement is the most effective method for making lifestyle changes. Instead of just stopping an unhealthy habit or simply starting a healthy one, find a behaviour that needs improvement and replace it with something related. For example, the habit of snacking while watching TV can be replaced with basic hand-weight exercises, or walking on a treadmill while watching TV.

Below are three primary categories of lifestyle changes.

- **Psychological changes:** This includes changes to your attitude, your mood and the way you manage stress. To make healthy psychological changes, you may find it useful to join a support group or keep a journal.
- **Behavioural changes:** While all lifestyle changes are technically behaviour, this category refers to things like your sleeping habits, activity level and planning efforts.
- **Dietary changes:** Making healthy changes to your diet can help you lose weight, balance hormone levels and manage pain. These changes will include controlling portion sizes, drinking more water and following a nutritious diet.

Changing just one behaviour at a time can lead to lasting changes in your life.

Benefits of plum

Sweet, a bit tangy, covered in reddish-blue skin, plums are loaded with minerals and is a great source of potassium. It is also rich in antioxidants, protecting the body against cell-damaging free radicals and improving immunity.

Improves health of your heart:

Plum improves and maintains the health of your heart. Antioxidants prevent oxidation of cholesterol and helps in maintaining the heart.

Relieves constipation: It contains isatin and sorbitol, which helps relieve constipation and improves digestion. It also keeps the bowel healthy. You can also have dried plums known as prunes, to get relief from constipation and other digestive issues.

Protects against cancer: The reddish blue color of the skin of the plum is due to the pigment, anthocyanins, which fights free radicals.

Improves blood circulation: The fruit contains iron, which is required for the production of blood cells.

Lowers cholesterol levels: The fruit (Prunes) contains soluble fibre, which helps reduce cholesterol levels and inhibit the production of cholesterol in the liver. The soluble fibre soaks up the bile, which is produced using cholesterol. When the bile is soaked up by the soluble fiber in the fruit, the liver uses cholesterol stored in the body, thus lowering the cholesterol levels.

Good for your skin: Consuming plum firms your skin and clears

your skin texture. The fruit reduces wrinkles and rejuvenates your skin.

Good for your bones: Contain boron, which is important for preservation of bone density and maintaining bone health. Flavonoids & phenolic compounds in plums reverse the loss of bone.

Reduces appearance of scars: Increases the blood circulation to the scar & helps development of new skin. It helps the skin to heal faster and replace damaged skin with new skin and improves skin texture and elasticity.

Treats hair fall and promotes hair growth: Plums stop hair fall by reversing the adrenal gland fatigue. It also promotes hair growth as it has high content of iron and it improves blood circulation.

Interesting facts

Amur Falcon

A bird which crosses Himalayas enroute to India from Mongolia & Arabian Sea for going to Africa. This bird covers 22,000 KMs flying. One of the nature's amazing wonder. In Nagaland they come in thousands in number & stay for some time.

Since a million Amur falcons arrive in Nagaland, it is also called as Amur falcon capital of the world. They were also hunted in thousands there. Communities played a prominent role in connecting these guests. Now hunting has stopped.



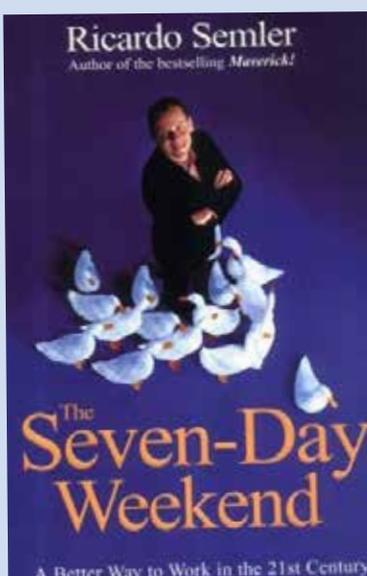
Since coming to India they have to cross Himalayas, they have special adaptations to take this hard journey in such low oxygen level. Imagine birds crossing highest mountains on earth flying.

This arduous journey includes a non-stop flight over the Arabian Sea after passing across India. Falcons arrive in large numbers, during October in Nagaland and a few other places in north eastern India.

Good Read

The Seven-Day Weekend

by Ricardo Semler



In "The Seven-Day Weekend" Semler explains how he transformed a small family business

into a highly profitable manufacturing, services and high-tech powerhouse - 40 times larger - while watching his favourite movies or relaxing with his son in the middle of the business day. Praise for The Seven-Day Weekend - **Are there real-life lessons to be learned?** The answer is yes- Pragmatic, inspirational and intriguing advice.

In this book, Ricardo Semler tells how Semco, Latin America's fastest growing company, uses a revolutionary way of working to run a profit-making company with a work force who love their jobs.' The Sunday Times' - The Seven-Day Weekend challenges conventional approaches to work. It sparks ideas that can be applied to one's own business and will certainly encourage managers to look very carefully at their management practices.

He also explains how the technology that was supposed to make life

easier—laptops, cell phones, e-mail, pagers—has in fact stolen free time and destroyed the traditional nine-to-five workday. But this can be a good thing—if you have the freedom to get your job done on your own terms and to blend your work life and personal life with enthusiasm and creative energy. Smart bosses will eventually realize that you might be most productive if you work on Sunday afternoon, play golf on Monday morning, go to a movie on Tuesday afternoon, and watch your child play on Thursday.

"Exchanging the old boss for a new boss is not situational leadership. True situational leadership—flexible, effective, evolutionary—can only arise from self-management. And that means that situational leadership doesn't change fundamentally with circumstances. It is always about giving up control."

HEG

“Global Raisen” – Exposure Visit of farmers to Parli Marathwada

A three day exposure program of farmers in Dec, 2020, from Distt. Raisen to visit Parli in Marathwada was scheduled. A total of 31 farmers from Project “Global Raisen” participated.



Various practices and development techniques of “Fal Bagh” were exhibited and shown for the empowerment of farmers. The stake holders of Parli shared their experiences on the returns from the market. In this program, scientists from Krishi Vigyan Kendra also participated and further briefed on the techniques to make crops free from bacteria and various insects. The fruits discussed were; Lemon, Guava, Papaya, Mango, Drumstick, Orange.

The farmers gained confidence and are ready to implement their learning's from this visit. All the participants are thankful to HEG for arranging a visit of this nature. Lastly, it was a National Level Meet in which 300 farmers from 5 states participated and gained a lot of information on farming techniques & patterns.

HO

Distribution of Woollen Clothes

Our Group welcomed New Year 2021 by donating warm clothes to office



security guards and facility staff which includes Woollen Caps, Mufflers, Gloves and Socks at HO. Office security guards & facility staff were very happy and welcomed this generous effort from Bhilwara Group. They were requested to wear these warm clothes during their day-to-day operations in winters to stay protected from cold.

BSL

Two Wheeler Helmet Distribution Campaign



Under the Road Safety Awareness Campaign being run by the “Rajasthan Sadak Suraksha Society”, Udaipur & “Sneh Samarpan Foundataion”, the BSL management has provided branded/ISI mark crush Safety Helmets (Steelbird) to its workers at a reasonable prize of rupees 550/- only. In this CSR work, around 1600 numbers branded/ISI mark crush Safety Helmets (Steelbird/IS:4151) were distributed in the month of October & November, 2020.

The Associate Vice President, Shri HP Mathur, Shri RD Jat (Sr. Manager-HR & Admin), Shri Mahesh Sharma (Sr. Manager-Personnel), Shri Ashok Maloo (Manager-Time Office), Shri Khan Muhammad (Asstt. Manager-Personnel), Shri Ram Milan Singh (Manager-Safety), Shri Nitin Sharma (Astt. Manager-Personnel) have contributed their valuable role in completing this campaign.

Rishabhdev

Distribution of Face Masks

As part of social obligation, Rishabhdev Unit has distributed face masks to nearby villages on 25th October, 2020. After the distribution, the DGM (IR & HR)



made the local people aware about the importance of wearing masks and how to prevent/spread the Covid 19 among people.

Jawahar Foundation

Cutting & Tailoring Centres at Bhilwara

After opening of 27 centres of cutting and tailoring for poor women in Ajmer, Jawahar Foundation opened its first centre of cutting and tailoring at Bhilwara under the guidance of Shri Riju Jhunjhunwala. The foundation will be opening such centres more, in all constituencies of Bhilwara District. After the completion of 3 months training to all the participants in cutting and tailoring, the foundation ensured that the women live their livelihood independently.



Foundation: No Mask No Entry Campaign



No Mask No Entry campaign posters were displayed at various places in Bhilwara city by Jawahar Foundation under the leadership guidance of Shri Riju Jhunjhunwala to assist the campaign run by Rajasthan's Chief Minister, Shri Ashok Gehlot. This drive was organised to spread awareness among the people of Bhilwara about the COVID-19 precautionary measures.

Maral Noida

Distribution of Tri-Bicycle



In an initiative aimed to help the poor and needy, Maral Overseas Noida, gifted Tri- Bicycle to the physically disabled people which will lead them to an independent life.

Maral Noida

Eye Check-up Camp

Maral Overseas Noida started the vision care programme for all the employees. Under this initiative, periodic eye check-up camps were organised and the employees



participated in these camps for their eye check-ups and consultation with the experts.

COVID-19 Testing Camp

Under the CSR flag, and as a part of their commitment to rise on the occasion when the nation needs it the most, Maral Noida organised



the Covid-19 testing camp for employees to check the spread of Coronavirus in the country.

Tree Plantation Drive



We as an organisation took the responsibility as well as an opportunity to give back to the society - an environment for the sustainable earth and better tomorrow. We take pride to follow a sustainable green initiative approach towards environment and being a Tree planting partner under the CSR

initiatives. We fully understand this need and assist all Corporate to fulfill the same.

Women Empowerment Support Programme

"Women are the symbol of strength"

In Maral Overseas Noida, under our women empowerment support programme, one of its CSR activities involves in Safety, Financial Empowerment and providing Livelihood opportunities



to women. In this program, women were explained and educated about the internal committee to enquire the cases of sexual harassment and about the workplace safety.

RSWM

Corporate Office: Gratitude letter from Swami Sumedhanand Saraswati, MP, Sikar

Shri Swami Sumedhanand Saraswati, Member of Parliament, Sikar (Renowned Saint) expressed his thanks to the Top Management of RSWM Limited for their contribution to "Shri Shyam Gou Shala", Piprali, (Sikar) for providing Fodder for Cows during the Covid-19 period.

Earlier in the year 2018, Swami Sumedhanand Saraswati had also conducted his workshop for senior persons at Ringas Plant on how to keep balance in their Professional & Personal life and how to keep their morale high while serving in an organisation.

Kharigram

QCFI, Quality Circle Award 2020



RSWM Kharigram participated in CCQC 2020, organized by QCFI, Rajasamand Chapter and our team won Gold Award in Quality Circle case presentation. The case was on "Light weight doff reduction in Ring Frame". Shri Vinod Purohit won best Poem award and Shri Manish Gupta won best Essay award on topic "Self Reliant India through Quality Concepts". Our participating Team Members were Sh. Vinod Purohit (Team Leader), Sh. Ambuj Saxena, Sh. Manish Gupta, Sh. Ramesh, Sh. Manoj and Sh. Rajendra.

Energy Conservation Award 2020



RSWM Kharigram plant won second position award for Energy Conservation 2020 felicitated by RRECL, Govt. of Rajasthan. The award was given by Hon'ble Energy Minister, Dr. B.D.Kalla on 14th December, 2020 at Vidhyut Bhawan, Jaipur. Sh. N K Bahedia, COO received the award in a ceremony, hosted by RRECL.

BSL

Surveillance & Transaction Audit for Energy Management System (ISO 50001:2018)

The SGS India has conducted the Surveillance and Transaction audit



for Energy Management System as per the international standard ISO 50001:2018 on 3rd & 4th November, 2020 in the virtual mode. In this audit, the auditing team has reviewed all documents, records, Energy Manual and Energy Procedures on line through video conferencing with various departments.

Vegan Certification by V-Label GmbH, Switzerland

BSL has been awarded **Vegan Certification by V-Label GmbH, Switzerland, for our products - Polyester blends with Viscose, Cotton and other cellulosic fabric.**

BSL Limited is the **first Indian Textile manufacturing Company** who has been awarded with this Certification.

The V-Label is an internationally recognized, registered symbol for labeling vegan and vegetarian products and services.

The European Vegetarian Union (EVU) is the initiator of the V-Label. The EVU is an umbrella organisation.



Standardised criteria ensures that the V-Label is a unique seal of quality for vegan and vegetarian products all across Europe. The legal registration of the V-Label started in 1996 in Switzerland and has been used since then on countless products making it the most widely used vegetarian symbol world-wide. The V-Label is registered in Austria, Belgium, Great Britain, Denmark,

Luxembourg, The Netherlands, Finland, France, Germany, Norway, Poland; Portugal, Slovakia, Spain, Switzerland and many other countries.

IPEKER Textile, Turkey has become world's first producer of Vegan fabric and in India BSL will be the first textile manufacturing company having this certificate. It is our privilege that our fabric is 100% Polyester and Polyester blends with Cellulose and complies the requirements of Vegan certification, such as no animal ingredients or proteins is used at any stage of production of the fabric and no harm is caused to nature and life.

Rishabhdev

Abhivyakti Reward Function

To felicitate the employees who have given suggestions under the suggestion scheme "Abhivyakti" and also to motivate others, a small function was held on 8th October, 2020 and token prizes were awarded by Shri K B Khatod, COO. He appreciated employees contribution and dedication towards the Company. The DGM (IR & HR) congratulated all the employees on this achievement.

HEG

E-Invoicing System



As per the government directives e-Invoicing system has been successfully implemented in HEG which was inaugurated by our ED Shri Manish Gulati on 01-Oct-2020 by posting first sales invoice to the



Government's e-Invoice Portal. This was implemented in record time and is developed in-house using emerging technologies like STS (Spring Boot Tools Suite) and Java. Integration with GST Portal and e-Way Bill Portal is seamless.

With this successful launch we have also achieved a new horizon in IT technology and are now equipped with the secured application development using APIs.

Ringas

Winner of Rajasthan Energy Conservation Awards (RECA-2020)

RSWM Limited - Ringas was awarded First Prize for the effort in Energy conservation under the

Industry: Textile Spinning Category by Rajasthan Renewable Energy Corporation Ltd. Shri Santosh Kumar Garg - Deputy General Manager (Engineering) received



the award from Shri B.D.Kalla - Minister of Energy and Public Health and Engineering Department on 14th December, 2020.

Kharigram

Long Service Award

RSWM always believes in the philosophy of employees' care and healthy working environment and it can be observed by a long employment journey with full



dedication of Staff. The Kharigram Unit in presence of Sh Manoj Sharma, CHRO, Sh. N K Bahedia, COO witnessed the devotion of employees while enjoying a long employment journey of more than 10-25 years on dated 21st October 2020. In this Award ceremony, the Appreciation Certificates were distributed to all concerned. Sh Manoj Sharma motivated all employees for their great contribution to the organization and Sh NK Bahedia congratulated the staff members and told that they are Assets of this company. It was a proud moment for both staff and the management.

Welcome Aboard & Adieu

LNJ Denim & Fabric

TGT's Induction

To strengthen the Group and inducting the new blood in the organization, Seven Textile Graduate



Trainees joined LNJ Denim & Fabric division on 23rd November, 2020. Shri Aditya Shama - Head HR & IR & Business Head Shri Suketu Shah welcomed them. The induction process concluded in one month and two groups were made for understanding the manufacturing process & department functions.

After Departmental induction, all TGT's had been allotted their department through orientation with our Business Head Shri Suketu Shah. On 22nd December, 2020 at Admin Conference Hall, all TGT's had given their presentation in presence of our Business Head. All TGT's performed excellent in their presentation.

Shri Suketu Shah had greeted all TGT's & appreciated their new learning in Denim & gave his blessings for a long bright future with LNJ Group.

LNJ Denim

Sad Demise of Shri Ishwar Sapkal & Mandeep Bhargav



With profound grief and sorrow, we inform you about the sad demise of our two staff members **Shri Ishwar Sapkal** -General Manager, Denim Intelligence Group

& Shri Mandeep Bhargav - Officer, Engineering Department. They passed away on 16th December, 2020 in a road accident near Chidiyasa, Banswara. The loss caused to their families is indeed irreparable.

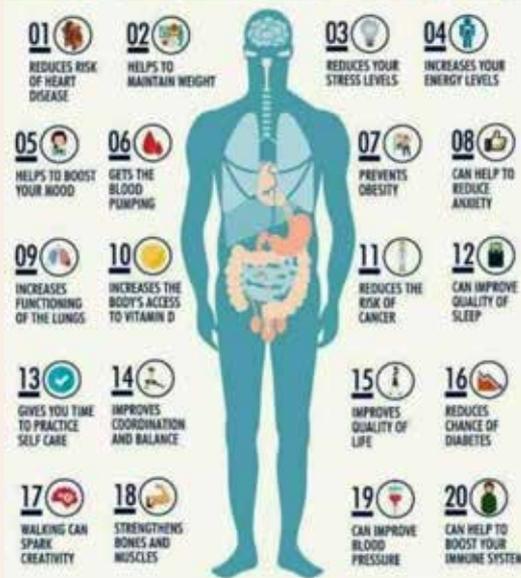
On the very next day, all staff assembled in the Admin office front lawn to pay their respects to the departed souls and observed two minute silence for them. Denim & Fabric family expresses deep and heartfelt condolences to the bereaved families and join them in their prayers. May the lord almighty give the families strength to bear the irreplaceable loss.



BSL

20 Benefits of Walking 30 Minutes in a Day

It reduces the risk of heart attack and disease, helps in maintaining weight, reduce your stress levels, increases your energy levels, helps to boost your mood, gets the blood pumping, prevents obesity, it can help to reduce anxiety, increase functioning of lungs, increase the body's access to vitamin D,



reduces the risk of cancer, can improve the quality of sleep, gives you time to practice self care, improves coordination and balance, improves quality of life, reduces/prevent diabetes, walking can spark creativity, strengthen bones & muscles, improves the blood pressure and it can also boost your immune system.

Surprising Health Benefits of Walking Barefoot

The simple act of walking barefoot offers so many benefits that often get overlooked by mainstream

society pushing the importance of wearing shoes at all times. Walking with your feet directly touching the soil allows your body to absorb negative electrons through the Earth, which helps to stabilize daily cortisol rhythm and create a balanced internal bioelectrical environment. Barefoot can reduce pain, stress, sleep troubles and inflammation.

Strengthens the immune system

Researchers found that walking barefoot can actually decrease white blood cell count and increase red blood cell count. This outcome indicates a positive immune response.

Reduce the risk of heart disease - Earthing increases the surface charge of red blood cells. This results in the reduction of clumping in the cells, which therefore decreases blood thickness. Since high viscosity has been directly linked as a risk factor in heart disease, earthing therefore reduces the risk of heart disease significantly.

Regulates the nervous system, decreasing feelings of anxiety and stress - Going outside, in general, can help regulate emotions and balance the nervous system. However, letting your body come in contact with the soil directly decreases anxiety and stress even more. That's because the Earth carries a negative charge with it. And we have a positive charge due to all the electromagnetic waves we come in contact with daily.

It helps normalize biological rhythms - Earthing helps to re-establish regular sleeping patterns and resets the biological clock within us all. Environmental pollution, including lights,

chemicals, and other factors, greatly affects our sleeping patterns, so coming in contact with Earth's negatively charged electrons can help immensely with your body's circadian rhythm and other biological processes.

Walking barefoot helps loosen tense muscles and even eliminate headaches -

Earthing can prevent delayed onset muscle soreness from occurring after engaging in physical exercise, so this can certainly apply to other situations that cause tense muscles, such as working at a desk all day, for example. Migraine have been linked in some instances to prolonged exposure to radiation, and since earthing literally grounds the body and reduces free radicals, it can alleviate headaches as well.

Earthing boosts energy levels - Any time you immerse yourself in the natural world, you pick up on the higher frequencies emitted from nature. Therefore, you increase your own energy levels. Exposure to modern society can definitely affect your vitality. So, make sure to spend as much time in nature as you can!

It protects the body from dangerous EMFS (electromagnetic fields) - As we have touched on previously, earthing can reduce the electromagnetic charge within the body. Plus, it may prevent you from the harmful effects of EMF's.

A famous beach destination and holiday spot for all kinds of travellers, the island nation of Maldives boasts of great weather all around the year. It remains sun-kissed throughout the year, therefore becoming an amazing place to visit at any time of the year.

However, the best time to visit Maldives is between the months of November and April, which marks the dry season here. From May to October, the weather remains high, with temperatures soaring to almost 30 degrees Celsius. It is during this time that travellers can enjoy a quiet holiday in Maldives, especially since there is less crowd. One can also partake in many adventurous water sports, including surfing and scuba diving.

The Thrilling Side of Life

Under or over the surface of water

The Maldives is 99% water and just one percent land. There are water sports on offer. Some resorts prefer to offer their guests complete tranquillity without the sound of motorized engines that propel many



a ride on the water. But even those resorts would offer relaxing canoe rides, wind surfing, snorkeling and diving. Bouncy banana rides, a solo ride trimming the waves on a jet ski or skimming the lagoon at high speeds on a wakeboard, for serious water sports enthusiast there is kite surfing, parasailing or just navigating solo around the reefs on a catamaran or you can plan your dive holiday with a range of dives with

night dives and wreck dives that will satiate your thirst for the underwater.

Fun Side of Life

That fuels your sense of excitement

Entertainment and daily excursions are on the menu wherever you



are. Sandbanks that dazzle under the midday sun, snorkelling over pristine reefs, and experiencing local island towns is part of excursions. Night fishing or dolphin watching, swimming with whale sharks and mantas or beach volley, tennis, volleyball and badminton and many more...

Underwater experience

The colourful world beneath the surface

The Maldives is blessed with about 5% of the global reef area, and 250 species of coral, teeming with over 1000 species of fish. While some dedicate their holiday entirely to experience the magic underwater, others take a more leisurely approach. Underwater experiences. The under-ocean experience is unique with fully submerged underwater accommodation, dining and spa facilities positioned meters beneath the ocean surface. Instead of waking up to the sun on your face, now you can wake up to the colourful



world of fishes and corals. And it is not just rooms; there are restaurants, spas and even clubs to make the experience even more worthwhile.

Spirituality

A journey that touches your soul



An opportunity to splurge on your mind, body and soul. Sprawling garden spas, with massage rooms merged into their lush tropical surroundings, or one built on stilts over the crystalline waters of the lagoon, it's for you to choose. Immerse yourself in meditation. Just you and the boundless blue horizon, where the endless sea merges into the sky, with not a speck that distract you from your mind.

Maldivian sides of life - the shapes and skills

Visit any one of the country's two hundred inhabited islands and observe our unique lifestyle, shaped over millennia, by the unique make-up of the tiny islands they inhabit and the seas that surrounds them. Our culture, cuisine and craft have been shaped by the resources that were available from our surroundings and the skills that were brought in by the waves of settlers from around the Indian Ocean, who made the islands their home, over thousands of years. Experience the relaxed attitude and style of islanders, which modernization has found impossible to change. Stroll on the beach, engage with the locals and get an insight into their lives. Who knows, you could get invited to visit one of their homes and meet their families.



Live Aboard Memories

A beautiful concept

A cruise on a liveaboard is an ideal way to explore the country; you are on the move throughout your holiday. It is much like a floating resort with different experiences onboard and offshore, offering you a glimpse of the colourful local life. In Maldives, there is something for everyone. Liveaboards are the pinnacle of combined concepts – guaranteed to give you a beautiful experience filled with memories to last a lifetime.

Authentic Local Food

Eat like a local:

Almost every island has at least one restaurant and is home to many small tea shops, but most importantly, you will never run out of options because of the warm hospitality. There are a myriad of specialties and variations from island to island alone than what usually lies on the surface.



Shipwrecks and Sunken Treasures

An experience by itself



Wreck diving, for many, is the ultimate experience. Maldives is an ideal destination for diving among caves, tunnels and shipwrecks. Some of the most spectacular shipwrecks lie on the ocean floor of this tropical diving paradise. Divers can get to witness how marine ecosystems adapt to take over these sunken relics, and explore the sunken treasures beneath the deep blue sea.

Swimming with Mantas

Mantas roam in groups entering channels and even the shallower lagoons of island along the reef edge. A ten-minute boat ride from your island and you can be in the water in the presence of mantas, gracefully swimming around you as they feed on the abundant plankton that rushes into the atoll with the tides, sometimes coming so close to you and staring right at you through your mask to check you out.

Flyboarding

Pump up the adrenaline

Flyboarding is an extreme sport taking water skiing to a new direction - upwards. It's a thrill seeker's dream that enables the



participant to shoot up into the air and zoom over the waves. The flyboard itself is strapped to the feet of the user and is connected to a jet ski by a hose. The power of the jet ski emits water through the hose, jettisoned out at great pressure beneath the flyboard. This powers it and the fly boarder, supported by the hose, up to about 9m to 10m above the water. The fly boarder controls everything about the flyboard except how much power it's receiving. The power portion of the experience is controlled by a certified instructor on the accompanying jet ski.

How to Reach Maldives

The main international airport of Maldives is Ibrahim Nasir International Airport, also called Malé International Airport. The airport has regular flights to many Asian and European cities such as Moscow, Kuala Lumpur, Bangalore, Bangkok, Beijing, Frankfurt, etc. via airline carriers such as Aeroflot, AirAsia, Air India, Bangkok Airways, Beijing Capital Airlines, Condor, etc.

Nearest Airport: Ibrahim Nasir International Airport is located Hulhulé Island, approximately 3.4 km from the capital island Malé.

For More Details:

Ministry of Tourism - Maldives

info@tourism.gov.mv

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