



PROUD TO BE INDIAN
PRIVILEGED TO BE GLOBAL

Opinion

Quarterly Newsletter of LNJ Bhilwara Group

For Internal Circulation only



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By the time, you will have this issue of OPINION in your hand; we will be in New Year 2011. So at the outset, let me wish a Happy, Healthy and a Prosperous New Year to all of you and your families. The entire Group is looking at this New Year with new excitement as it brings new hopes and a lot of new challenges. We shall scale up our operations, work harder and ensure that all of us get the benefit of our collective efforts. Let us all pledge to make this New Year more challenging, rewarding and satisfying.

I am pleased to share with you that a visionary step taken five decades ago by Chairman Emeritus Shri LN Jhunhunwala has turned into one Giant structure today, one that has in its fold 25000 firm footsteps, resolutely marching towards its cherished goals. We have turned 50 and today LNJ Bhilwara is a young 50-year old Group with a turnover of ₹ 4000 crore. We are thrilled at this achievement and it is a proud moment for all of us at the Group. I compliment you all for having made this happen.

What is heartening to note is that in these five decades, we have grown with a determined zeal. Today we are one of the largest textiles businesses in the country having a turnover of ₹ 2450 cr with export constituting 42%. Our flagship Rajasthan Spinning & Weaving Mills Ltd (RSWM) not only went on to become one of the finest examples in its sector, its success propelled us to take many bold decisions. We forayed into new business territories such as Graphite Electrodes and our HEG plant at Mandideep is the world's largest single site plant with a production capacity of 66,000 TPA. Out of its turnover of ₹ 1084 crore, 74% constitutes of exports, establishing our strong position globally.

As you are aware that we meticulously planned our entry into the power sector and became one of the first in the country to have operationalised our hydro power plant in Kullu of Himachal Pradesh at the turn of the century. Today LNJ Bhilwara Group boasts of 120 MW thermal power plants, approx 300 MW hydro power plants and 60 MW HFO based captive power plants. We generated 1300 million power units in the FY 2009-10. Currently we are in process of getting all the required clearances for starting the construction work at our 780 MW hydro power project (NHPL) at Tawang in Arunachal Pradesh.

You will also be happy to know that buoyed by our success in the hydro power; we are setting our eyes on other sources of renewable energy and shall soon become one of the leading proponents of Green & Clean Energy in the country.

While looking forward to your continued best efforts to accomplish Organizational objectives, may this New Year give us all a great sense of fulfillment!

With best wishes

Ravi Jhunhunwala

Letter from Editor-in-chief



Dear All,

2010 has been a year full of challenges and accomplishments and as we welcome New Year and bid goodbye to the year gone by, it is time for all of us to think about our performances during the year and ask a simple question to ourselves- Could we have done better? The honest answer of this simple question will help us in New Year 2011.

New Year's has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make, and resolve to follow through on those changes. For doing that we need the resolve and the first step is to make resolution/s. So have you made your New Year resolution?

While we should cherish our achievements, we must also prepare ourselves for the opportunities and challenges ahead. First we need to analyze our position and find out the challenges and opportunities that are unique to our circumstance. More often than not, the effective handling of any challenge or opportunity requires Identification - Planning - Execution/Implementation - Monitoring. If we are able to do this in the right earnest, no challenge is insurmountable and no opportunity is out of reach.

Any company or organization is made by its members and all member need to be self motivated and in the right mind set to be aligned to the organization and feel part of the system. Each individual member must feel responsible for the development and betterment of the organization. As always, collective efforts of individuals which are aligned to the organizational goals would bring in tremendous results and create better work culture. Fostering and encouraging a culture of teamwork, sharing and collaboration among plants-site offices- companies and above all the people, are the need of the hour.

It gives me immense pleasure and great pride that we, as a group, have completed 50 years. Our Flagship Company, Rajasthan Spinning & Weaving Mills Limited, started in 1960, today has many plants to its feather across the length and breadth of Rajasthan. What seems like a journey started only recently has been one filled with conscientious efforts of the top management, which charted new territories, scripted new ideas, undertook calculated risks and managed contradictions, all leading to a positive outcome. Today we are a proud ₹4000 crore conglomerate striving every day to enhance our value by constantly upgrading our business and enhancing skills of employees.

We wish that the New Year brings more happiness and hopes, new challenges and resolve to accomplish the desired goals. Once again, wishing you and your family a very happy and prosperous New Year 2011!!

Best wishes

T Dev Joshi

Environmental Message



Will only words remain ?

Group Activities

HEG R&D Centre and its professionals got the distinction of its scientific paper being published in a national level journal and we also saw various training programmes besides visits by students of nearby institutions to our plants facilities at various places. An interesting Quality Life programme for workers at Rishabhdev was among the many unique initiatives undertaken during this period.

First Scientific Publication from HEG R&D Center, Mandideep

In a heartening development, three professionals of HEG R&D Centre contributed a paper "Effect of carbonization rate on the surface properties of Activated Carbon Spheres" in the Indian Journal of Applied Life Science, Volume 5 (1&2) (Jun – Dec 2009). The authors are Shri Jagpal Singh Mahur, Dr. Raviraj Shah and Shri Rakesh Shrivastava. This is the first scientific paper publication in any national level journal from HEG-R&D Centre.

Splendid Opening of Mayur Company Outlet at Mayur Nagar, Banswara

October 13, 2010, was a memorable day for all at Mordī and Lodha, when Smt Mani Devi Jhunjhunwala, wife of Shri LN Jhunjhunwala inaugurated the new Mayur Company Outlet at RSWM, Lodha Spinning Division premises. Chief Guest Mr Vimal Lat inaugurated the ceremony. Mr JC Laddha, Executive Director - RSWM Ltd; Mr RN Gupta, CEO & Business Head - Mayur Suitings; Mr RK Chaudhary, Chief Operating Officer- Mayur Suitings; Mr Sanjay Sharma, Chief Operating Officer-Lodha Spinning; Mr Prabir Bandyopadhyay, Chief Operating Officer-LNJ Denim besides many from the marketing team were present on this occasion.



दिल्ली रिटेलर्स मीट सम्पन्न

6 सितम्बर 2010 को नई दिल्ली के होटल रमाडा प्लाजा में दिल्ली के एजेन्ट मैसर्स पारख एजेन्सीज के तत्वाधान में एक भव्य रिटेलर्स मीट का आयोजन किया गया। जिसका शुभारम्भ कम्पनी के बिजनेस हेड श्री जे. सी. सोनी द्वारा दीप जलाकर किया गया।



दिल्ली में पहली बार आयोजित होने वाली इस रिटेलर्स मीट में कम्पनी द्वारा ज्योफरी हैमण्डस के अन्तर्गत कई नये पेटर्न, डिजाईन, कलर एवं टेक्सचर की नवीनतम श्रृंखलाओं का प्रदर्शन किया गया। ग्रेट क्वालिटी मेक्स ग्रेट फैशन की अवधारणा के साथ बीएसएल सूटिंग्स के अत्याधुनिक डिजाईन एवं पैटर्न रिटेलर्स मीट में विशेष आकर्षण का केन्द्र रहे।

इस अवसर पर रिटेलर्स को सम्बोधित करते हुए श्री सोनी ने कहा कि नित नये डिजाइनों एवं बेहतरीन उत्पाद के लिये जानी जाने वाली कम्पनी बीएसएल लिमिटेड का सदैव एक ही ध्येय रहा है बदलाव... बेहतरी की दिशा में बदलाव... और यही वो मूल मन्त्र है जिसे ध्यान में रखकर कम्पनी ने अपने ग्राहकों को उत्पाद उपलब्ध कराती रही जो उनकी पसन्द एवं क्वालिटी की कसौटी पर सदैव खरे उतरे है।

साथ ही उन्होंने आगे आने वाले नये उत्पादों पर चर्चा की और बताया कि शीघ्र ही कम्पनी ज्योफरी हैमण्डस में 100 प्रतिशत वूल में फलालेन एवं बीएसएल में विस्कोस रिच वस्त्र बाजार में उतारने जा रही है।



इस अवसर पर दिल्ली क्षेत्र के सभी थोक विक्रेताओं सहित लगभग 100 से भी ज्यादा रिटेलर्स ने अपनी उपस्थिति दर्ज कराते हुए कम्पनी के क्वालिटी उत्पादों के प्रति अपनी निश्ठा का प्रदर्शन कर भरपूर बुकिंग कराई।

कार्यक्रम के अन्त में क्षेत्र के एजेन्ट मैसर्स पारख एजेन्सीज के श्री प्रदीप पारख एवं कम्पनी के जी.एम. मार्केटिंग श्री प्रकाश गर्ग ने सभी का धन्यवाद किया।

बरेली में बीएसएल का फेब्रिक शो सम्पन्न

बीएसएल द्वारा बरेली क्षेत्र का भव्य फेब्रिक डिस्प्ले एवं रिटेलर्स मीट का आयोजन दिनांक 17 सितम्बर 2010 को बरेली के होटल बरेली पैलेस में बरेली के डीलर मैसर्स भूरीमल सोहनलाल के तत्वाधान में आयोजित किया गया जिसका शुभारम्भ कम्पनी के डीजीएम मार्केटिंग श्री एम. के. बुरड ने दीप जलाकर किया। शो के दौरान कम्पनी ने आने वाले सीजन को ध्यान में रखते हुए 'ज्योफरी हैमण्डस' में करीब 300 नये डिजाइन्स तथा 'बीएसएल' में करीब 350 नये डिजाइन्स का डिस्प्ले किया जिन्हें सभी रिटेलर्स द्वारा भरपूर समर्थन मिला। कम्पनी प्रॉडक्ट की वैरायटी पर चर्चा करते हुए श्री बुरड ने रिटेलर्स को बताया की कम्पनी पी.वी., पी.वी. (लाइक्रा), पोलीवूल, पी.वी. वर्स्टेड स्पन तथा पी.सी. फेब्रिक निर्माण में सिद्धहस्त है। वहीं 'एकजोटिक' रेंज में भी कम्पनी ने उत्कृष्ट क्वालिटी फेब्रिक मार्केट में उतारे हैं, यथा 'पोलीवूल केशमियर', 'पोलीवूल अंगोरा' तथा 'पोलीवूल किडमोहेर' आदि भी उपलब्ध है।

इस शो के दौरान कम्पनी के एजेन्ट मैसर्स अग्रवाल एसोसिएट्स के श्री सुभाष अग्रवाल उपस्थित थे।

ज्ञातव्य हो कि मैसर्स भूरीमल सोहनलाल द्वारा अपने पहाड़ों के रिटेलर्स के लिये 23 सितम्बर 2010 को पिथौरागढ़ के होटल ज्योति में भी एक रिटेलर्स मीट का आयोजन किया गया।

Group Activities

Texword at Paris

BSL gained further International exposure by participating at the exhibition "Texworld", held at Paris, France from Sept 13-16, 2010. BSL showcased its latest collection of high quality products at the show which attracted the attention



of buyers from various countries around the world. Around 45 representatives from various International buying houses from 22 Countries including USA, Canada, Argentina, Italy, Greece, Germany,

Portugal, Spain, UK, Australia, Peru, Turkey, Mexico, Thailand, Hongkong etc. visited BSL stall & appreciated the wide product range & quality standards.

Shri M. C. Maheshwari, (Vice President, Exports), and Shri Ajay Joshi, (Marketing Manager -Exports) were present at the show.

No doubts that this exhibition will open business opportunities in new as well as existing markets.

नई टीएमटी केडी मशीन की स्थापना

बीएसएल लि. के प्रोसेसिंग डीवीज़न में कपड़े की अन्तर्राष्ट्रीय स्तर के मानको व गुणवत्तापूर्ण फिनिश को बनाये रखने के लिए 1.82 करोड़ रुपये की लागत से एक और नई टीएमटी केडी मशीन स्थापित की गई हैं। इस मशीन के साथ में ही स्वचालित वेफ्ट स्ट्रेथनर भी लगाया गया हैं जिसका काम स्टेन्टर एवं केडी मशीन पर प्रोसेस किये गये कपड़े में बो, स्क्यु आदि त्रुटियों को दूर करना होता हैं।



अब तक वूलन एवं वर्स्टेड कपड़े में उक्त दोनो ही मशीन द्वारा फिनिश किया जाता था। लेकिन अब इन मशीन के लगने से पीवी कपड़े की फिनिश भी इस मशीन से की जा रही हैं इससे उत्पादन की मात्रा में बढ़ोतरी होने के साथ साथ कपड़े की गुणवत्ता भी बढ़ रही हैं। निर्यात होने वाले कपड़े की विश्वसनीयता में भी निश्चित रूप से वृद्धि होगी।

बीएसएल में नये पिकानोल लूम स्थापित

बीएसएल लिमिटेड द्वारा बने लाईक्रा वस्त्रों की बढ़ती लोकप्रियता को देखते हुये कम्पनी द्वारा इन वस्त्रों में बेहतर क्वालिटी के उत्पाद बनाने के लिये गत अगस्त माह में 12 नये पिकानोल लूम लगाये गये। 220 से. मी. विड्थ वाले इन लूमों पर सितम्बर 2010 में प्रोडक्शन शुरु हो गया है।

इसके साथ ही कम्पनी द्वारा पशान्त गामाटेक्स की एक सेक्शनल वारपिंग मशीन भी लगाई गई है। जो बड़ी विड्थ की फाल्ट फ्री वारपिंग के लिये आधुनिक लेजरट्रानिक तकनीक से युक्त है।

House Keeping team formation, RSWM, Kharigram

On September 07 2010, the House Keeping concept was initiated by the management directives. The 5-S committee was formed to monitor the requirement of necessary repair of plant and storage system at critical places inside as well as outside the plants. They have commenced the execution of plan as per 5's concept of SEIRI, SEITON, SEISO, SHIEKETSU and SHITSUKE.

The committee consists of the following members:

Shri NK Shrivastav (Lead Member), Shri BM Tailor, Shri Pawan Gupta, Shri PM Choudhary, Shri Pankaj Sharma, Shri J S Bhattacharya, Shri Purshottam Acharya, Shri PN Joshi, Shri VRS Rathore, Shri BL Sharma, Shri PK Verma.

Customers Visit RSWM, Mandpam

- On August 19 2010, Mohammad Rokunuzzaman Milon, Chairman of Indesore Sweater, Bangladesh visited the Mandpam unit accompanied by Mr Kul Bhushan (Noida office) and showed interest in different value added products.
- On September 13, 2010, Mr Steve Wisdich, Ms. Crystal Martin, UK and Mr Sanjay Mukherjee visited the Mandpam unit accompanied by Mr Sujeet Kumar & Mr Pushpendra Singh.
- On September 17, 2010, Mr. Simon Chiu, M/s Brilliant Global, Hong Kong visited the Mandpam unit accompanied by Mr Kamaldeep. They visited the plant to check the system related to GOTS / Oeko-Tex & SA 8000 after visit they have shown their satisfaction and assured for further Business continuity.
- On October 05, 2010, M/s Filartex of Italy with team visited Mandpam unit. They took round of spinning division and expressed interest in Organic cotton and other specialty fibers.



Group Activities

मढ़ी में फंसे पर्यटकों को मिला एडीएचपीएल का सहयोग प्रशासन के साथ मिलकर किया राहत व बचाव कार्य

मनाली से करीब 30 किलोमीटर दूर रोहतांग-मढ़ी में अक्टूबर माह की अकस्मात् बर्फबारी में फंसे करीब 400 पर्यटकों को सुरक्षित निकालने में एलायन दुहागन विद्युत परियोजना द्वारा प्रशासन को सहयोग दिया गया। प्रशासन के साथ मिलकर पर्यटकों को सुरक्षित निकालने के लिये परियोजना द्वारा हर कदम पर राहत व बचाव कार्य में मदद प्रदान की गयी।

एडीएचपीएल द्वारा रोहतांग-मढ़ी क्षेत्र की सड़क से बर्फ हटाने के लिए आवश्यक मशीनरी का सहयोग किया गया। इसके लिए एडीएचपीएल की ओर से तकनीकी कार्यों में सहयोग के लिए लोडर तथा यात्रियों की आवाजाही के लिए आवश्यक गाड़ियों का सहयोग भी प्रदान किया गया।

इसके साथ ही मढ़ी में फंसे यात्रियों की मदद के लिए मनाली के सरकारी अस्पताल व मनाली मिशन अस्पताल के साथ मिलकर एडीएचपीएल प्राथमिक केन्द्र द्वारा आवश्यक चिकित्सक व दवाइयों की उपलब्धता करायी गयी।

एडीएचपीएल की ओर से प्रबंधन, मानव संसाधन विभाग, चिकित्सकों, इंजीनियरों व अन्य कर्मचारियों द्वारा बचाव कार्य में आपेक्षित सहयोग प्रदान किया गया, जिसकी प्रशासन व नगरवासियों द्वारा सराहना की गयी।



Top SBI official visits Banswara

On September 20, 2010 Mr N.K.Bahediya, Sr. GM (Commercial) welcomed Ms. Hansini Menon, Chief General Manager, State Bank of Bikaner & Jaipur. While visiting Lodha Plant, she appreciated the facilities and greenery of the campus.

Cheslind Textiles, Bengaluru

- One-day program on 'Fire Fighting Awareness & Emergency Prepared Response Plan' was conducted on October 23, 2010 by Mr Lakshmi Narayanan, Secretary, National Safety Council, Hosur Chapter.
- Mr Suresh Khatanhar, CGM, IDBI, Bangalore visited the factory on September 21, 2010, and interacted with senior management & staff.
- Annual General Meeting of share holders held on September 09, 2010. Mr Prakash Maheshwari, Director presided over the meeting and addressed shareholders.
- On September 25, 2010 association of bankers led by Mr M Vellaichamy AGM, Canara Bank, Mr P.V. Subramanya Manager, Canara Bank, Mr K.S. Kumar, Sr Manager, Canara Bank IFB, Ms Supritha IDBI Bank visited the factory. They interacted with management team.
- On October 21, 2010, the surveillance and upgradation to 2008 version audit of ISO was conducted by auditors from BVQI and they have recommended for upgradation.



Maral added new Machine to its Dye-House, Indore

Maral Overseas Ltd, Maral Sarovar installed a new Santashrink Relax Dryer recently. With the installation of this new Dryer, Maral expects to increase Finishing Production capacity by around 5 tons/day and reduction in power consumption as well as control in shrinkage.

Machine Pooja, Rishabhdev

Expansion project of 10,000 spindles is in full swing at Rishabhdev Unit. Pooja of new machines was held on auspicious days including Ganesh Chaturthi when priests from Khadagda performed the pooja.

Plant Visit by Students, Ringas

On September 30, 2010, MBA students from Mody Institute of Technology & Science, Lakshmangarh visited Ringas unit. Dr Naresh Maheshwari welcomed the students and introduced them to the unit and explained concepts of products and services.

MPCL, Kullu

Hum Tum Milengey (HTML), a new initiative has been introduced by P&A department at MPCL to bring all employees on common platform. The activities covered in this event are brief presentation from different department like sharing of knowledge and ideas, jokes, songs, and any experience from the audience. Two HTMLs were held on October 9 and October 30, 2010.

Consortium Meeting of Banks, Mandpam

On September 2010, a Consortium Meeting of Banks was organized in Mandpam Unit. The meeting began with ceremonial lamp-lighting. Mr JC Laddha, Mr SC Garg, Mr N Jain welcomed the delegates and Mr Vinit Agarwal, GM (Commercial) briefed them about the company's performance and financial position. Mr Garg gave an overview on production, turnover, profits and achievements of the unit in past years.

Workshops , Mandpam

Communication and Team Building

On September 09, 2010, a 2-hour workshop on Communication and Team Building was conducted for employees. The workshop was conducted by Mr RS Acharya, Head (HR & ER)

Workshop for CTR

From September 19 – 25, 2010 workshop was organized by HR Department of Mandpam under the guidance of Mr R. S. Acharya, Head (HR & ER) for New CTRs. Concerned department Head took the classes for new CTRs regarding different functions.

Director's Visit, Mandpam

Mr A.N. Choudhary, Director of RSWM board, visited Mandpam unit on August 24, 2010 accompanied by Mr S C Garg. They took round of spinning, yarn, fiber dyeing and all the other areas.

Students' Visit, Mandpam

On September 20, 2010 about 120 Students from Mewar University visited the Mandpam Unit with their faculty. Mr Amit Tiwari, Dy Manager (HR) welcomed the students and presented a brief profile. Students witnessed the production process. A presentation on RSWM and an interactive session was held by Mr RS Acharya, Head (HR & ER).



Welcome Aboard

Mr. Rakesh Kumar Sitoke 54, joined as Chief Operating Officer of Thermal Power Plant at LNJ Nagar, Mordi.

A B.E. from REC Bhopal, 77 batch, joined SAIL Rourkela as Graduate Engineer & rose to the level of Dy. Gen. Mgr. Power. During his service at SAIL, he completed PG in heat Power Engineering from REC Rourkela in 1986.

He brings with him rich experience of more than 30 years working with reputed Organizations e.g., Global Steel Holdings Limited (GSHL) for its Libya & Nigeria plant, Electro Steel Integrated Limited, Kolkata, Steel Authority of India Limited, Rourkela Steel Plant, where he worked as head of 120 MW Power Plant. His last employer was Monnet Ispat & Energy Limited, Raipur.



Congratulations !

Mr Tarun Baldua re-elected as Vice Chairman, MPTMA

Mr Tarun Baldua, President of Maral Overseas Ltd, Maral Sarovar, was unanimously re-elected as Vice Chairman of Madhya Pradesh Textile Mills Association (MPTMA) for the year 2010 -11.

Training & Development

Training programme for Supervisors, Rishabhdev

From August 10-11, 2010, RSWM, Rishabhdev organized a 2-day training programme. The programme was conducted by Mr NN Sharma, Asst. Director, Northern India Textile Research Association (NITRA). Mr M S Manilal, AGM (Pers. & HR) spoke on the importance of this training programme. Mr P Sethi, Chief Operating Officer of the unit inaugurated the programme in which senior officers were also present. He urged participants to take advantage which will help in increasing their skill and efficiency.

Cheslind Textiles

On August, 08-09, 2010, ISO Internal Auditor training was conducted by consultant Mr C. R. Jayaprakash.

Training at RSWM, Kharigram



On August 09 – 14, 2010, a training programme was organized by RPG at Kharigram. The training was facilitated by Kharigram IT. There was participation from LNJ Bhilwara Group Textile Companies i.e. RSWM & MOL. The training was found very informative and shall go a long way in making the system more user friendly at each location.

Training on ISO, Mandpam

On August 12, 2010, a training was organized by Sh. Amit Tiwari, Dy Manager (HR) & Sh. Pusp Lal Jagerwal, Dy. Manager (Dye- House) on ISO 9001:2008 for all the staff & workers to educate the basic principal of Quality Systems.



Training on First Aid & Fire

Fighting by HR Dept, Mandpam

On August 19, 2010, two hour workshop on First Aid was organized by Sh. Amit Tiwari, Dy. Manager (HR) for 15 employees.



Training on Time Management, Mandpam

On September 11, 2010, 2-hour workshop on Time Management was organized for a group of 20 employees. The work shop was conducted by Mr YD Tiwari (Head QA & Development) & Mr Amit Tiwari, Dy Manager (HR).

Quality life programme for workers, Rishabhdev

On September 6-7, 2010, the Quality Life programme initiated at RSWM, Rishabhdev became a great success with employees. To improve quality of life a two days' programme under the auspices of Central Board for Workers Education was organized for working couples. The programme was conducted by Mr Sudhir Vadiwa, Education Officer of CBWE which was inaugurated by Mr MS Manilal, AGM (Personnel & HR). Twenty couples participated in the programme. The two days' seminar covered several topics for improving the quality of life, like building better husband-wife relationship, family's responsibility towards work, society and nation, safety, personal hygiene, behavior towards elders & seniors, upbringing of children, balancing of budget, etc.

2-day workshop on safety at Banswara

On September 3-4, 2010 a safety workshop was conducted by Mr D.K. Nandi, BE (Mech), PG DIP in Industrial Safety at Learning Centre. The workshop was also addressed by Mr Sanjay Sharma, Chief Operating Officer of the unit. He talked about the safety measures and Mr Nandi motivated employees to change the mind set about accidents. Mr Nandi said we should identify and rectify the problems so as to make our campus accident-free using safety norms. Employees gained both professionally and personally.

Good corporate responsibility has always been an integral part of the LNJ Bhilwara group's vision and the cornerstone of our core value of being good corporate citizen. The LNJ Bhilwara group defines CSR as making socially responsible products, engaging in socially responsible employee relations and making a commitment to the community around it. At LNJ Bhilwara, it's not a duty but, a way of life.

At Banswara on October 17, meals for all patients of M G Hospital and their attendants were sponsored to celebrate the birthday of chairman emeritus. We also provided financial assistance to Government Sr. Secondary School, Mohan Colony, Banswara to organize state level hand ball tournament.

CSR activities by RSWM, Banswara

- Financial assistance to Government Primary School, Lodha to organize district level tournament.
- Financial assistance to Government Sr. Secondary School, Mohan Colony, Banswara to organize state level hand ball tournament.
- Boundary wall was constructed around the playground of deaf and dumb school to protect it from outsiders. Trees were also planted by Mr J C Laddha, Mr Sanjay Sharma and other team members.

Pranayama classes for shift masters and trainers, Banswara

Patanjali Yog Samiti, Banswara organized Pranayama shivir for shift masters and trainers. Mr M.P. Pareek delivered the session about Bhastrika, Kapalbhati, Bahya, Anulom – ViloM, Bhramri, Udgeeth and Pranav.

“Anti Tobacco” Awareness Programme, Mandpam

On September 23, 2010 a conference was organized to curb the habit of tobacco. Mr R.S. Acharya (Head HR & ER) & Mr Amit Tiwari, Dy Manager (HR) educated employees about the harmful effects of using tobacco and also how the continuous use of tobacco can cause cancer. Various ways to curtail this habit were also discussed. Many employees pledged to quit use of tobacco.

Vivekananda Kendra Vidyalaya, Hurda(Gulabpura)

Vivekananda Kendra Vidyalaya, Hurda (Gulabpura), which is patronized by the LNJ Bhilwara Group, is trying to fulfill the dream of Sri Lakshmi Niwasji Jhunjhunwala by encouraging excellence not only in academics but also in other fields. Ministry of Power, Govt. of India organized a Painting Competition on Energy Conservation, for the students of class fourth to sixth at State Level in Jaipur. First three winners are sent to Delhi for the National Level Competition. This year too Apoorva Kachhawa of Class V stood second out of twenty eight thousand participants from all over Rajasthan. She was given a cash prize of Rs. 8,000 and a Certificate by Hon'ble Education Minister, Rajasthan. She will participate in the National Competition.

Siddhartha Singh Rathore an alumni of this school, currently a student of Hans Raj College, Delhi was selected for the Delhi University Air Weapons' Shooting Team. He is being sponsored by the LNJ Bhilwara Group. Dr. Dinesh Singh, Vice Chancellor, Delhi University, presented a cheque of Rs. 50,000 to Siddhartha, in presence of Sri Lakshmi Niwas Jhunjhunwala and other dignitaries. Siddhartha aspires to pursue a career in the Armed Forces.

Plantation Day, Rishabhdev

On August 10, 2010, Staff Club, RSWM, Rishabhdev celebrated Hariyali Amavasya as Plantation Day. Approximately 270 saplings were planted including those of Neem, Gulmohar, Ashoka, Jamun etc. Mr N.N. Sharma, Asst. Director & Head-HR of NITRA was chief guest. Mr P. Sethi, Chief Operating Officer and other staff and their family members planted trees in the Vivekanand Kendriya Vidyalaya school ground and mills compound premises.

Polythene Cleaning: MPCL, Kullu

On September 11, 2010, activity headed by GM-O&M was devised and divided under the care of respective HOD's. Each HOD was allotted a particular area for the task that clean all polythene articles from areas of barrage, housing colony (Doonkhra, Jari and new Housing Colony) club house facility, mess, admin. Block and power house covering the total area under MPCL.



“प्रतिभा संध्या” का आयोजन

एचईजी सांस्कृतिक समिति द्वारा दिनांक 04 सितम्बर 2010 को “प्रतिभा संध्या” कार्यक्रम का आयोजन किया गया। कार्यक्रम का आयोजन रविशंकर हॉल, भोपाल में किया गया। इस कार्यक्रम का आयोजन संस्थान के सभी वर्ग के कर्मचारियों को एक समान मंच पर लाने एवं उनके परिवारों को आपस में जोड़ने के उद्देश्य से किया गया ताकि कर्मचारियों एवं उनके परिवार के सदस्यों की छिपी प्रतिभा एवं कला को पहचान कर उसे निखारा जा सके एवं सभी के समक्ष प्रस्तुत किया जा सके। कार्यक्रम से पूर्व सभी प्रतिभागियों को संगीत प्रशिक्षक द्वारा संगीत, गायन एवं वाद्य का प्रशिक्षण भी प्रदान किया गया। कुल 25 प्रतिभागियों ने कार्यक्रम के माध्यम से अपनी कला का प्रदर्शन किया।

सांस्कृतिक समिति के अध्यक्ष श्री रनदीप चक्रवर्ती (हेड मेन्टेनेन्स) द्वारा स्वागत भाषण दिया गया।

इस अवसर पर संस्थान के मुख्य संचालन अधिकारी, श्री के. वैद्यनाथन ने अपने उद्बोधन में सभी प्रतिभागियों का उत्साह वर्धन किया एवं इस तरह के कार्यक्रम भविष्य में जारी रखने के लिए अपनी इच्छा व्यक्त की।

कार्यक्रम के अंत में श्री मनीष शितूत (वरिष्ठ प्रबंधक— ई.आर.) द्वारा सभी उपस्थित कर्मचारियों एवं उनके परिवार जनों के प्रति आभार प्रकट किया गया।

शिक्षक दिवस

ग्रेफाइट उ.मा. विद्यालय में भारत के द्वितीय राष्ट्रपति डॉ. सर्वपल्ली राधाकृष्णन का जन्म दिवस (शिक्षक दिवस) उत्साह पूर्वक मनाया गया।

कार्यक्रम का आरंभ मुख्य अतिथि सुश्री पूजा पाण्डेय एवं सुश्री रुचि सक्सेना (एचईजी एच.आर. विभाग) द्वारा दीप प्रज्वलित कर किया गया।

सम्पूर्ण कार्यक्रम का आयोजन छात्र-छात्राओं द्वारा किया गया। सर्वप्रथम विद्यार्थियों ने शिक्षकों के सम्मान में रंगारंग कार्यक्रम प्रस्तुत किया तत्पश्चात शिक्षकों के लिए भी अनेक प्रतियोगिताओं का आयोजन किया गया। विजेताओं को मुख्य अतिथि द्वारा पुरस्कृत किया गया।

इस अवसर पर विद्यार्थियों द्वारा चयनित सर्वश्रेष्ठ शिक्षक के रूप में सुश्री आरती शर्मा व पूर्व प्राथमिक विभाग से सुश्री अंशु श्रीवास्तव को सम्मानित किया गया। अन्त में मुख्य अतिथि सुश्री पूजा पाण्डेय एवं सुश्री विनीता मिश्रा द्वारा सभी शिक्षकों को श्रीफल एवं उपहार भेंट कर सम्मानित किया गया।

Motivational talk at Banswara

A spiritual talk on Clean the Mind and Green the Earth was delivered by Dr. Savitri Behan and team which had come from Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu.

Personal Time Management

Personal time management is about getting off the treadmill of jumping from crisis to crisis and taking control. It boosts effectiveness and gets things done. If you want to change your professional & personal life by better utilization of time, it will require planning - it requires that you develop a time management system

that is tailored to your personal time management needs.

Here we provide you with universal strategies to develop your time management plan.

Thirteen Tips for Effective Personal Time Management

- 1. Spend Time planning and organizing:** Using time to think and plan is time well spent. In fact, if you fail to take time for planning, you are, in effect, planning to fail.
- 2. Set Goals:** Goals give your life, and the way you spend your time, direction. Set goals which are specific, measurable, realistic and achievable. Goals can give creative people a much needed direction.
- 3. Prioritize:** Use the 80-20 rule which says that 80 percent of the reward comes from 20 percent of the effort. The trick to prioritizing is to isolate and identify that valuable 20 percent. Once identified, prioritize time to concentrate your work on those items with the greatest reward.
- 4. Use a TO Do List:** Some people thrive using a daily To Do list. Such people may combine a To Do list with a calendar or schedule. Make your own system for a Daily To Do list as it will give you an agenda of daily work and a schedule for month/year.
- 5. Be Flexible:** Allow time for interruptions and distractions. Time management experts often suggest planning for just 50 percent of your time. When you expect to be interrupted, schedule routine tasks.
- 6. Consider your Biological prime Time:** That's the time of the day when you are at your best. Are you a morning person, afternoon whiz or a night owl? Knowing when your best time is and planning to use that time of day for your priorities (if possible) is effective time management.
- 7. Do the right things right:** Doing the right thing is more important than doing things right. Focus first on effectiveness (identifying what is the right thing to do) then concentrate on efficiency (doing it right).
- 8. Eliminate the urgent:** Urgent tasks have short-term consequences while important tasks are those with long-term goal related implications. Work towards reducing the urgent things you must do so you will have time for your important priorities.
- 9. Practice the art of intelligent neglect:** Eliminate from your life trivial tasks or those tasks which do not have long term consequences for you.
- 10. Avoid being a perfectionist:** Yes, some things need to be closer to perfection than others, but perfectionism, paying unnecessary attention to detail, can be form of procrastination.
- 11. Conquer Procrastination:** When you are avoiding something, break it into smaller tasks and do just one of the smaller tasks. By starting with smaller tasks eventually you will reach a point where you will want to finish.
- 12. Learn to say "NO":** You must be convinced that you and your priorities are important. Once convinced of their importance, saying "no" to the unimportant in life gets easier.
- 13. Reward yourself:** Even for small successes, celebrate achievement of goals. Promise yourself a reward for completing each task, or finishing the total job and keep your promise. Doing so will help you maintain the necessary balance in life between work and play.



"We are continuing with the Photography Competition to recognize the talent of our members and their wards. The winners will be announced in the next issue of OPINION. Please Mail the photographs with details to

pradeep.raai@lnjbhilwara.com"

Health Tips

Season Change: Don't worry!

Maintaining a healthy lifestyle is the key determinant to avoiding maximum diseases. Here are some very fundamental precautions, which if followed religiously can avoid maximum number of prospective diseases:



Stay hydrated

It's essential to drink enough water during colder months. Water is necessary for many health reasons, including the digestion and absorption of food, flushing of toxins and the prevention of colds and flu.

Take care of your skin

Dry skin is a common problem as the humidity dips. Apply a good skin cream for winters if your skin is dry after consulting your family physician.

Boost your Immunity

Vitamin C always tops the list as there have been more studies on the immunity power of vitamin C compared to any other nutrient.

Eat Plenty of Fruits and Vegetables

Comfort food becomes more tempting during colder months. Instead of indulging in soothing dishes such as Pizza & Burger, try to first have a bowl of vegetable soup.

Sun Yourself

A few minutes a day of authentic or artificial sunlight can boost immunity as well as energy levels.

Wash Hands Frequently

One of the best ways to protect health and avoid illness and infection is by washing hands frequently.

Proper Study and Rest

Students preparing for their board exams should have a standard ratio for studying and resting. A well rested body will also encourage clear thinking and reasoning, improved mood, and glowing, healthy skin.

Balance your Diet

Take a diet balanced in nutrients which helps in preventing a lot of diseases and improves the immunity system. Include a daily dosage of Immuno – Nutrients.

CareerTalk

(For Students)

Career in Fashion Technology

Fashion technology offers wide scope for choosing a career. India has made a tremendous growth in this field with a constant innovation and improvement in garment and accessory designing. Now the field encompasses a vast field of studies in design, concept management, design production management, quality control, planning, fabric design, printing, fashion accessory design, fashion merchandising, textile science, colour mixing, marketing and so on. The primary areas in fashion industry includes market research, designing and manufacturing of garments and textiles in which fashion design is regarded as the most important area of work.



Fashion Technology: Eligibility

For the Undergraduate course the candidate who has completed 10+2 with 50% marks are eligible and candidates graduate from any field are eligible for Post Graduate courses. Well Known institutes offers admission on merit basis after testing students through written test, situation test, group discussion and interview.

Fashion Technology: Career Options

The field of Fashion Technology offers wide career opportunities. The various sub fields can be summed up as under:

- | | |
|----------------------------|-----------------------------|
| Fashion Designer | Fashion coordinators |
| Fashion Illustrator | Fashion Consultant |
| Cutting Assistants | Sketching Assistants |
| Fashion Stylist | |

Fashion Technology: Institutes in India

Here are listed few Institutes in India imparting courses in the field of Fashion Technology:

National institute of Fashion technology (NIFT), New Delhi
(www.nift.ac.in)

National Institute of Design (NID), Ahmedabad (www.nid.edu)

International Institute of Fashion Technology(IIFT), New Delhi
(www.iiftindia.net)

IEC School of Art and Fashion, New Delhi (www.iecsaf.com)

Indian Institute of Art and Fashion Technology (IIAFT), Mumbai
(www.iaaft.com)

Pearl Academy of fashion, New Delhi
(www.pearlacademy.com)

JD Institute of fashion Technology, New Delhi
(www.jdinstitute.com)

Festivals & Celebrations

It has been a period of festivities. All our plants across the country saw celebrations of festivals with employees and their families enjoying in full fervor.

Birthday celebration of Shri. L N Jhunjunwala

To celebrate the birthday of Chairman- Emeritus Shri L.N. Jhunjunwala, one day meal of all patients and attendants of MG Hospital, Banswara was sponsored through Vagad Sewa Sansthan. All the staff members wished for good health and long life of Shri Jhunjunwala.

विश्वकर्मा जयंती समारोह

विश्वकर्मा जयंती के अवसर पर एचईजी प्लांट परिसर में विश्वकर्मा पूजा बड़े ही हर्ष उल्लास के साथ मनायी गयी । इस उपलक्ष्य में समस्त कर्मचारियों एवं अधिकारियों द्वारा कार्य शाला में भगवान विश्वकर्मा की प्रतिमा की स्थापना की गई एवं विधिवत् पूजा अर्चना की गयी । इस शुभ अवसर पर संस्थान में सभी कर्मचारियों को मिष्ठान वितरण किया गया । यह पर्व संस्थान के सभी विभागों में मनाया गया, जिनमें ग्रेफाइट प्लान्ट के सभी शॉप्स, थर्मल पॉवर प्लान्ट एवं तवा पॉवर प्लान्ट शामिल हुए ।

Mayur Dussehra Mela , Kharigram

On October 17, 2010, Shri JC Laddha and Shri Rajeev Jain from the coordinating committee organized Mayur Dushera Mela at Kharigram Plant on the occasion of Vijay Dashmi. Everyone participated in Durga Pooja and Garba.



On the same day, birthday of Shri L.N. Jhunjunwala was also celebrated. The organisation was a great success with participation of on and all.

Rewards to meritorious children on Independence Day, Banswara

The Independence Day celebration started with flag hoisting by Mr J.C. Laddha. Mr Laddha emphasized on national integrity and national prosperity. He said we should work hard to make our nation a developed country. Wards of the workmen who secured more than 60% marks in class V & above were rewarded with cash prize by Mr Laddha & Mr Sanjay Sharma, Chief Operating Officer. Poetry on patriotic heroes was presented by Mr M.P. Pareek and best performance among the security team was rewarded.

Janmashtami Celebrations, Rishabhdev

On September 2, 2010 Janmashtami was celebrated at Rishabhdev unit. Staff members along with their families came for Jhanki Darshan and participated in the Bhajan sandhya which lasted till midnight. Beautifully, decorated Jhanki depicting the Leelas of Lord Krishna attracted the attention of all. The Bhakti Sandhya ended with Maha Prasad distribution to all.



Queens Baton reaches RSWM, Banswara

16th September 2010 was a very special day for all the employees of RSWM, Banswara, as the Queens Baton for the Commonwealth Games 2010, Delhi passed Banswara and our company hosted lunch for the relay team and Games officials. It was a great opportunity for everyone to cheer the Baton and the spirit of Commonwealth Games. Many of the present got the opportunity to hold the baton and click photographs.

Dussehra Celebration, Banswara

On October 17, 2010, RSWM Staff club organized the Dussehra Festival. Mr Y.C. Gupta, Chief Executive, LNJ Denim, Mr S.N. Goyal, President, BMD inaugurated the function in presence of Mr Sanjay Sharma, Chief Operating Officer- Lodha Plant, Mr R.K. Chaudhary and Mr S. Samajder. The birthday of Shri L.N. Jhunjunwala was also celebrated during the function. Food and fun games were arranged by Ladies Club & staff members of Fabric, Denim & Thermal Power Plant. A splendid 40-feet effigy of Ravana along with a procession of Rama added to the fervor.

Ganesh Chaturthi Celebration, Rishabhdev

On September 11, 2010, Ganesh Chaturthi was celebrated at the Ganesh Mandir of RSWM, Rishabhdev. The programme was started with Maha Ganpati Poojan followed by Kund Poojan and Saptashati Path performed by team of priests from Khadagda. The Pooja ended with Hawan and Purnahuti followed by Mahaprasad distribution to the devotees. Mr P Sethi, Chief Operating Officer along with his wife and staff members performed the Hawankriya. After ten days of Pooja Archana Visarjan Pooja was held on September 22, 2010.

Navaratra & Vijaydashmi at Maral

Navaratra festival was celebrated with fervor at Maral. Among others, staff members performed Garba dance as well as Mahanavami Hawan and Kanya Bhoj (feast for the girl child, an Indian tradition).

On October 17, 2010, Vijaydashmi was celebrated at Maral with joy and enthusiasm.

Celebration of Ganesh Utsav, RSWM, Fabric Division, Mordi

On September 11 – 13, 2010, Ganesh Utsav was celebrated. Staff and family members along with the children participated in different programmes like dance, mimicry, fancy dress competition & jokes etc.

Excursion cum pilgrimage tour, Kharigram

In August and September 2010, excursion cum pilgrimage was organized by KGM - Rajspin Staff Club. Staff Members along with the Club President, Shri DS Bhadoria, Secretary Shri Gourav Bakliwal, Shri SS Iyer, Deputy Manager (Admn), and family members enjoyed the trip of nine days. The trip went into four batches consisting of almost 100 members in each trip. Places visited were Mumbai, Nasik, Trimbakeshwar, Shirdi, Ajanta Ellora caves, Aurangabad, Mahabaleshwar, Lonawala and Khandala.

10th Annual Day Function of Bhilwara Scribe Pvt. Ltd.

On August 09, 2010, Bhilwara Scribe Pvt. Ltd. celebrated its 10th Annual Day at Bhopal. The event commenced with the lightening of the lamp by Dr Rajvind S Ahluwalia, CEO and Ms Ritu Ahluwalia GM (Operations) and was followed by Lord Ganesh vandana. Mr Ravi Jhunjhunwala, CMD had sent a special message on Annual Day. Mr Vineet Mattha, CA and Mr Sukhvinder Singh, Bangalore Head were also present to mark the occasion. Special mementos were presented to employees having successfully completed 5 years and 10 years of association with the company.

Musical and cultural extravaganza followed and enjoyed by everyone.



Nav Durga Dandiya Mahotsav at RSWM, Ringas Unit

Nav Durga Dandiya Mahotsav was organised on the auspicious occasion of nine days of Nav Ratra Parva at Ringas Unit. On the last day of pooja Dr Naresh Maheshwari, Chief Operating Officer warmly welcomed all dignitaries. Staff, family members, journalists and other invitees enjoyed the celebrations.

Kavad Yatra, RSWM, Mordi

On August 21, 2010, to celebrate the Hindi month of Sawan, Kavad Yatra was organized at Madareshwar Mahadev Temple in Banswara. We had taken the opportunity to serve those Kavad Yatri by providing milk, tea, fruits, and water & medical treatment. On this occasion Chief Operating Officer of Fabric & Denim Unit, Mr R. K. Choudhary & Mr Prabir Bandyopadhyay also attended this holy opportunity with all HOD's of all four plants.

Navratra Celebrations, Mandpam

Navratra festival was celebrated with great zeal and enthusiasm at RSWM, Mandpam. On this occasion of Shardiya Navratra, Durga Sthapana and Dandiya dance was organized by Melange Staff Club from October 08- 16, at Melange Officers Colony.

Pilgrimage-cum-Excursion tour, Rishabhdev

Staff Club, RSWM Rishabhdev organized a pilgrimage cum excursion tour to Vaishno Devi temple, Raghunath Temple and Dalhousie (hill station), Khajjiar, Chamba. About 50 staff with family participated in the tour programme which was arranged in two batches in August & September, 2010.

Independence Day Celebration, Mandpam

On August 15, 2010 Mr R S Acharya (Head-HR & ER) hoisted the flag. Lauding India's emergence as a developed nation, he said we have to work honestly to ensure the march of the country towards prosperity remains. If the industries in country are progressive and wealthy the nations itself becomes wealthy and if the nation is wealthy, every citizen automatically become wealthy.



Independence Day was also celebrated at ADHPL, Mordi, MPCL, Kullu, Rishabhdev, Ringas Unit and RSWM, Fabric Division, Mordi.

Picnic to Amritsar - Vaishnodevi - Jammu, RSWM, Mumbai

Mumbai office organized a picnic trips to Amritsar, Vaishnodevi, Katara and Jammu in two batches. The first batch was



organized from August 07 -14, 2010 while the second one was done during September 04 -12, 2010. During the picnic

everybody got the opportunity to interact with each other.



Celebration of Vishwa Karma Jayanti at RSWM, Ringas unit

On September 17, 2010, Vishwa Karma Jayanti was celebrated. Chief Operating Officer, Dr.Naresh Maheshwari along with all officers, staff members & workers participated in the Hawan. The Pooja ceremony was followed by Prasad distribution to all employees.