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Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN
PRIVILEGED TO BE GLOBAL

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message

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Donation of Contributed Fund by Ringas RPSF



Repair & Maintenance of Crematorium by ADHPL



Plantation Drive by ADHPL & MPCL



Long Service Award by RSWM



Corona Warriors Felicitated by Jawahar Foundation



Health Camp in Bhilwara



Distribution of Food to Poor Kids on Pt. Nehru's Birth Anniversary



Launch of Swabhiman Bhoj Kitchen in Bhilwara



100 Trees Planted in Ajmer

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 want to express my deepest gratitude for LNJ Bhilwara Group employees who are facing challenges in carrying out their daily tasks and I am proud of their ability to persevere through these difficult circumstances.

As the global pandemic unfolds, people will develop greater reliance on swiftly evolving digital tools for good living, working more intensively and can work from anywhere within digital communications. During the corona period, India has shown both passion for which is an attraction all over the world today. Startups with open-source technology will enable new opportunities and new technology reforms which will facilitate innovation by connecting people and sharing skills that would accelerate the emergence of a new generation of consumers.

The future of textile industry looks promising. The post COVID-19 era has provided a big opportunity for the online textile industry because of its operations in the virtual space. It has also been predicted by the experts that the textile industry will continue to do well in the future also.

There is a need to rationalize the energy infrastructure with a comprehensive and coordinated effort. The future of economic growth of India is dependent on our ability to leverage energy sources to fuel our ambitions for the sector. Securing energy future is critical for India to become superpower in the future.

We strive to lead our businesses with lot of smiles in our employees. My vision for the group is making sure that our people are happy and excited about what they do and that we build a company that family and friends can be proud of.

With Best Wishes

Ravi Jhunjhunwala



LNJ Denim

Inauguration of New Sheet Dyeing & Finishing

New Sheet Dyeing expansion inauguration was held on 28th September 2021 by CMD, Shri Riju Jhunjunwala and JMD, Shri B. M. Sharma along with esteemed customers and marketing team.



On this auspicious day, it was a moment of pride for all LNJ Denim team members and felt a great happiness across. With this expansion, overall Denim Fabric capacity is increased by 7 Lac Meters/month.

Lodha

Visit of CMD

Shri Riju Jhunjunwala CMD, RSWM Ltd., visited Lodha unit along with Shri Prakash Maheshwari, Shri B. M. Sharma (JMD), Ms. Indu Mehta on 28th September 2021. Shri Yogesh Dutt Tiwari (COO) welcomed them. During his visit, he inaugurated the carding

machine which was installed at unit no 4-5. He also visited unit no. 8 & NPD section. Mr. R. K. Gagrani elaborated about the functioning of NPD at Lodha unit. He appreciated the way development is being done at Lodha unit.

A meeting was also organised with core team members of RSWM Lodha unit & Shri Riju Jhunjunwala, CMD interacted with team to motivate them to put in combined efforts, determination, passion and sincerity in their work so that RSWM Ltd will become an industry leader in the market as always, the growth must be sustainable. This visit of CMD to Lodha unit was highly motivating.

Team Meet on new HR Policy

On 20th July 2021 CHRO, Shri Manoj Sharma visited RSWM



Lodha unit. Shri Yogesh Dutt Tiwari (COO) welcomed him, and a meeting was organised with core team members of RSWM Lodha. During this meeting, he discussed about new HR policy.

Mandpam

Customer visit of M/s MAS, Sri Lanka

M/s MAS from Sri Lanka visited Mandpam & Kanyakheri plants on



22nd September 2021 accompanied by Mr. Kul Bhushan (Export - Mktg. Head). They were very much delighted after visiting the plant setup and appreciated our products.

Customer visit of M/s Arvind Mills

Sr. Persons from M/s Arvind Mills visited Mandpam & Kanyakheri



plants on 6th July 2021 accompanied by Marketing Team. They appreciated our products & were delighted to see the plant. They are consistent buyer of organic yarn and shown much confidence towards our products.

Kharigram

Visit of CMD & JMD to New Melange Project

Shri Riju Jhunjunwala, CMD, RSWM Ltd. visited New Melange





Project on 16th August 2021 and Shri B. M. Sharma, (JMD) visited the new Project on 25th September 2021 to observe the ongoing civil works accompanied by Shri Ashwani Mittal (Dy. BH) & discussed about the ongoing project.

Inauguration of New Main Gate



On 17th July 2021 Kharigram unit inaugurated its new main gate for providing the better convenience to all entrants. Shri N. K. Bahedia, COO along with Shri Sukesh Sharma (Dy. Business Head), Shri Manoj Sharma (CHRO), Shri Avinash Bhargava (CFO) performed the Pooja for the inauguration. This new gate has state of art design and having a heritage look equipped with latest system at gate.

Career Guidance at Vedanta PG Girls College



On 20th September 2021 an orientation programme was conducted at Vedanta PG Girls College, Ringas. Mr Avinash

Bhargava, CFO, Mr Sukesh Sharma, Dy. Business Head and Mr Manoj Sharma, CHRO addressed them about the women empowerment, study planning and various career options. Dr Prashant Madan, Principal of the college gave vote of thanks to all the dignitaries on this occasion.

Visit of ED, Bank of Baroda



Shri S. L. Jain, Executive Director and Shri Rajesh Malhotra, Chief General Manager of Bank of Baroda visited Kharigram plant on 18th August along with Team. Shri Avinash Bhargava, CFO welcomed the delegates. They discussed about Company's business and new expansion plans of RSWM and expressed their willingness as business partners in RSWM Limited. He was very much impressed and commented "Delighted to see the plant capacity of International Level and Cleanliness.

Jawahar Foundation

Swabhiman Bhoj in Bhilwara

On 16th August, Bhilwara city got the privilege of getting the first community kitchen, Swabhiman Bhoj in Rajasthan. The Swabhiman Bhoj initiative was ideated with the mission to feed the hungry at an extremely affordable price. This kitchen is the first in a series of such bhojanalayas planned across Rajasthan. To preserve the dignity of those who walk in hungry, Jawahar foundation decided to charge a small fee of Re 1 for every



meal. The bhojanalaya, newly started in Gajadhar Mansingka Dharamshala, Bhilwara catered to an astounding crowd of more than 15,000 people in the span of 45 days.

HEG

Inauguration of New Plant

Most awaited RH-5 Plat was inaugurated on 21st July,2021. During inauguration Pooja was organized in the presence of Shri Ravi Jhunhunwala, CMD and Mr. Manish Gulati, ED with respective staff of our plant.



Vaccination Drive

At Mandpam, a Covid vaccination camp was organized at Melange Staff Club for the employees for first and second dose of Covaxin. To prevent from Covid-19 outbreak and the concern of employees health and well-being, five vaccination camps were organised from July-September 2021 at Kharigram Unit. The second phase of vaccination drive was

organized in HEG to ensure all the employees are fully vaccinated and can fight the battle against the corona virus.



Kharigram



HEG



Mandpam

Annual Medical Health Check-up Camp

Medical Health Check-up Camps were organized in TPP, LNJ Denim and Maral Noida. In TPP, Homoeopathy *Chikitsa Sewa Samiti* arranged a team of 10 medical and paramedical staff. Medical check-ups according to Industry health hazard (PME), including BMI, GIT, Lung tests, X-rays etc., were also conducted. In LNJ Denim, two days routine health check-up camp and different body check-up was



TPP



LNJ Denim

held. Approximately 300 employees were examined and were benefited. To keep fit and more energetic workforce, a two day health check-up camp was organized at LNJ Denim, Mordī in collaboration with Homoeopathy *Sewa Samiti*, Banswara. Employees were examined and routine health check-up and different body check-ups were done.

Eye Check-up camps



Mandpam



Maral Noida

A free eye-check-up camp was also organized for the employees inside the premises of Maral

Noida. A general health and eye check-up camp was organized in coordination with ESIC and Porwal

Hospital Bhilwara at Kharigram. Our employees had benefited from this noble initiative.

Picnic Tour

To rejuvenate the spirit of togetherness and team cooperation, a one-day picnic trip to Sanwariya ji, Shani Mandir and Jhatla Mata Mandir for female hostel workers was organized at Mandpam. All the female workers enjoyed themselves during this beautiful trip. Ringas RPSF also organized a trip to Balaji temple for the staff and their families. Plantation drive for environmental protection and various cultural activities i.e. tambola game, children and couple dances were a part of this trip. The staff club Mayur Nagar Lodha organized a



Mandpam



Lodha



Ringas RPSF

one-day picnic trip at Ranchor and Baneshwar Dham in two batches. Staff members with their families enjoyed the natural beauty of both the locations.

A Smiling You

The Engineers and the Busted Car

One day, a Mechanical Engineer, Electrical Engineer, Chemical Engineer and Computer Engineer were driving down the street in the same car. All of a sudden, the car broke down. The Mechanical Engineer said, "I think a rod broke." The Chemical Engineer said, "The way it

sputtered at the end, I don't think it's getting gas." The Electrical Engineer said, "I think there was a spark and something is wrong with the electrical system." All three turned to the computer engineer and said, "What do you think?" The Computer Engineer said, "I think we should all get out and get back in."



ADHPL

National Electrical Safety Week

The National Electrical Safety Week (NESW) was celebrated from



26th June 2021 to 02nd July 2021 in ADHPL. The objective of the NESW was to raise awareness and enthusiasm among the employees & workers on Electrical Safety and also to promote a participative approach towards safe use of



electricity. The theme of National Electrical Safety Week Campaign - 2021 was "Observe Electrical Safety – Save Lives and Property".

In the closing ceremony of National Electrical Safety Week online training on electrical safety was imparted by EHS&S department and at the end of training session, message from the Project In-charge was shared with the participants on electric hazards. All the electricians



from ADHPL and transmission line were given awards on this occasion to promote Electrical Safety (adhering to all COVID-19 preventive measures) awareness.

Tire-II Mock Drill at Powerhouse

EHS&S department conducted a Tier - II mock drill on 30th July 2021 involving all departments of ADHPL to test its emergency preparedness & response planning, the effectiveness of existing communication system and skills of fire-fighting & rescue team of ADHPL.

Training on Community Based Disaster Risk Management



Two persons from ADHPL participated in the online training organized by the District Disaster Management Authority, Kullu, Himachal Pradesh in collaboration with the National Institute of Disaster Management, Ministry of Home Affairs (GoI) on the topic "Community Based Disaster Risk

Management" on 17th September 2021. The aim of the training was to sensitize officials of the District Administration, NGOs, CBOs, HEPs and local Community about disasters, its management, its associated issues & measures to mitigate and respond to these disasters.

MPCL

Mock Drill on Earthquake & Fire

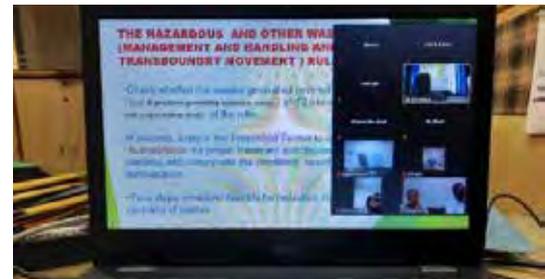
District Disaster Management Authority (DDMA), Kullu conducted a mock drill on 3rd September 2021, at MPCL Powerhouse building. The scenario of the mock drill was



finalized by district administration (SDM (C), Kullu), NDRF, Himachal Home Guards (HHG) experts, in consultation with MPCL management. The mock drill was conducted successfully.

HEG

Environmental Legislation Industrial Obligation



This Session was taken by Mr. Ravindra Saxena. Keeping all the Covid protocols in mind, this session was held on zoom meeting application. It covered the information related to ISO

Certification, Licensing, Industrial Parameter, Pollution Norms, Gas cylinder Norms etc.

Basic Hydraulics Training

This training was provided by External organization "CRISP", and the faculty was Mr. Govind Sharma & Mr. Hemendra Jain.



Following topics were covered by the trainer:

- Basic hydraulic circuit and its components
- Selection of pump and its troubleshooting
- Types of hydraulic valve - Directional control valve, pressure control valve, Flow control valve
- Actuator's detail
- Other than this some basic hydraulic circuit practical execution under guidance of crisp trainer

Ringas RPSF

Fire Drill Sessions

To spread the awareness among staff and workmen, 3 fire drill sessions were conducted on 25th July, 25th August and 25th September 2021 on Dry Drilling and Wet Drilling. Shri Deepak Verma, Safety Officer of the plant



conducted this drill and explained about the process of safety techniques in an emergency.

Mandpam

Fire & Safety Training



A training programme on Fire & Safety was organized by the Mandpam unit on 4th September 2021. 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.

Rishabhdev

Self-Development Program

'Speak what you know' - a self-development programme for



staff was held at Rishabhdev on 7th September 2021. Four staff members from different departments spoke on various topics. All the speakers presented a good performance and got appreciation of all. They got feedback/suggestions from seniors, present during the programme on how to improve their speaking skills.

Thereafter an extempore speech on current affairs was also held during this programme.

Kharigram

Awareness Session on Revised HR Policy



To update the HR manual, ensure discipline and to control the disparity in the employee attendance system, an online training cum awareness programme was organised by HR department on 27th July and 14th August 2021. Many topics like Loan & Advance Policy, Mediclaim & Insurance, Employee Benefits, Online attendance and Correction system, Short leave, Correction/OD/leave processing etc., were covered in the session. Total 56 staff members got benefited from this programme.

Fire Mock Drill

To check awareness and response of emergency response team, a Fire Drill was conducted on 28th August 2021 in worker hostel area. Firefighting awareness session was also done for workmen about use of fire extinguisher, fire equipment and emergency equipment. Shri Dileep Chourasia, Manager-Safety conducted this drill and explained about the process of safety in emergency situations and how to deal with injured person safely.



Training on “ Accident-Cause, Effect & Prevention”



A training cum awareness programme on Accident-Cause, Effect & Prevention was organised on 11th September 2021, which was presented by Shri Dileep Chourasia, Manager- Safety. Engineering, Maintenance, Security, Commercial and Production departments were covered in this programme. The topics covered were - Fire Fighting, Evacuation Plan, Emergency Exit, Assemble method etc. He educated all the personnel to follow safety rules and how to respond upon in different emergency situations.

Training on Market Complaint, It's Nature, Types and Remedies



A training session was organised on “Market Complaint, it's nature, types and remedies” on 14th September 2021 at Kharigram. Shri P.N. Jha, General Manager, Post Spinning took this session. He explained various types of quality complaints, market response, corrective and preventive actions for complaints, Post Spinning process checks for reducing the complaints etc. Production, Quality and NPD staff officers were covered in this program.

Maral, Noida

Session on Team Leadership



To upgrade and strengthen the team building of our Staff, an awareness program on “Team Leadership” has been imparted by Mr. Kamal Rajput, Group Head, HR & Admin (Garment Division) to all the HOD's on 1st July 2021.

Awareness on Health & Safety



To create a Healthy Work Environment at work floor, an awareness training session has been imparted by Ms. Pinki Sharma (Welfare Officer) to our employees on Organizational Health & Safety on 8th July 2021. The training was appreciated by all the staff members.

Awareness Session on First Aid



To maintain a Safe and Healthy Work Environment at work floor, an awareness session on HIV AIDS related matters has been imparted by Ms. Pinki Sharma (Welfare Officer) to our employees on 8th July 2021.

Health & Safety Committee Meeting



To create & provide a safer and healthy workplace environment at factory premises for our employees, a Health and Safety Committee meeting has been conducted on 10th July 2021. It was a good interactive session for all the present staff members in the meeting.

Fire Mock Drill

A Fire Mock Drill was conducted through third party to check the preparedness planning, responses,



and effectiveness of the emergency response plan at A-11 unit. Before execution, a meeting was also conducted with HODs / Section In-charges to discuss the roles and responsibilities during earthquake too. The drill was conducted effectively, and everyone understood the emergency steps which are required in case of fire incident occurs.

Awareness Session on Fire Safety

To create a safer & healthy work environment at work floor, an awareness training session has been imparted on 23rd September 2021 by an external agency to all our employees on Fire & Safety related topic.





Fermented Foods

They are rich in probiotic bacteria so by consuming fermented foods you are adding beneficial bacteria and enzymes to your overall intestinal flora, increasing the health of your gut microbiome and digestive system and enhancing the immune system.

Nutritional Highlights

Fermented foods are rich in probiotic bacteria so by consuming fermented foods you are adding beneficial bacteria and enzymes to your overall intestinal flora, increasing the health of your gut microbiome and digestive system and enhancing the immune system.

Digestion and absorption

As some of the sugars and starches in food have been broken down through the process, fermented foods are easier to digest. For example, fermentation breaks down the lactose in milk to simpler sugars – glucose and galactose – which, if you are lactose intolerant, can make

products such as yogurt and cheese potentially easier to digest.

Synthesis and availability of nutrients

Fermentation can also increase the availability of vitamins and minerals for our bodies to absorb. Additionally, by boosting the beneficial bacteria in your gut, you are promoting their ability to manufacture B vitamins and synthesise vitamin K.

Immune functions

A large proportion of the immune system is housed in the gut. By consuming probiotic-rich foods, you are supporting the mucosa (gut lining) as a natural barrier, making the immune system more robust. A lack of beneficial bacteria allows disease causing microbes to grow causing inflammation in the gut wall. If you have recently taken a course of antibiotics, probiotic foods are particularly helpful.

Phytic Acid

Some natural compounds that interfere with the absorption of nutrients can be removed by fermentation. Phytic acid, for example, which is found in legumes and seeds, binds minerals such as iron and zinc, reducing their absorption when eaten. However, phytic acid can be broken down during fermentation so the minerals become available.

Mood and behaviour

The gut and brain are linked, through the hypothalamic-pituitary-adrenal (HPA) axis. Technically called the enteric nervous system, the gut is lined with neurons that can influence our emotions and feelings. Serotonin – a neurotransmitter involved in mood – is made in the gut and research further suggests that as probiotic bacteria contribute to a healthy gut, they are also linked to a healthy mind.

Our Schools

where learning and joy come together

VKV Hurda

THEATRE IN EDUCATION WORKSHOP

A workshop was organized by Mrs. Annu Mehta of Theatre in Education, New Delhi based on new



education policy children's teaching and learning from theatre.

Teachers were briefed on various activities to tap hidden talent in the students through various activities. Our teachers participated with great enthusiasm and emphasis was more on the development of skills such as singing, playing, dancing, playing, listening, speaking etc.

On the second day of the workshop teachers performed the lesson in dramatic adaptation by forming separate groups in different subjects. Principal Mrs. Asha Goyal thanked Mrs. Annu Mehta and assured that the teachers will implement the tricks taught by her in their classes.

CHESS COMPETITION

National U-8 years girls and open chess championship was held from 10th to 12th September 2021. Total 137 players participated from all over India. Our student, Ms Aaradhya Upadhyay (only player from Rajasthan) also played and performed well.



WEBINAR SDG COMMITTEE



A webinar was conducted for class 9th and 10th on 30th July 2021 by SDG's Team and Peace Club of VKV, Hurda. The idea was introduced by Dr. Meeta Mathur and Mrs. Poonam Kundra, from an NGO "Unfold Foundation". The objective was to reuse plastic bottles and polythene bags for making Eco Bricks. Objects like stool, sofa, boundaries in garden, lamps, buildings etc. can be created.

VKV Rishabhdev

INTERSCHOOL CHESS COMPETITION

On the occasion of International Chess Day - LNJ Bhilwara Group of Schools in association with Chess Training Foundation organised chess competition. Sankalp Lodha (VKV Hurda) got First Position, Dhruvin Jain (VKV Rishabhdev) got Second Position, Alokik Maheshwari (VKV Hurda) stood third.



FIRST POSITION VKV HURDA	 SANKALP LODHA
SECOND POSITION VKV RISHABHDEV	 DHURVIN JAIN
THIRD POSITION VKV HURDA	 ALOKIK MAHESHWARI

the World Scout Committee Craig Turpie was the Special Guest at the event. Nine scouts and two scout masters from VKV Rishabhdev participated in this international event representing The Bharat Scouts and Guides, Udaipur. The main activities of this Cultural Jamboree were Cultural Shows, Talent Show, Campfire, Cooking Show, Cultural Chats with UN Volunteers, Reduce Plastic Pledge etc.

The participants received scout certificates.

GLOBAL SCOUTS KITCHEN JAMBOREE 2021

Global Scouts Kitchen Jamboree 2021 was organised from 6th to 8th August, to help young people to explore more camp cooking methods, recipes, cooking competitions etc. from different scout region. Total 6 scouts and 6 Guides submitted recipes of different traditional Indian dishes. 5 recipes of our scouts and guides were selected at the international level and were live streamed at the Global Scouts Kitchen Jamboree organised by USA.

FIRE SAFETY TRAINING & MOCK DRILL



Fire safety training was given to the teachers, security guards, bus drivers, conductors etc. by the security officer Mr. M.S. Chundawat. Technical tricks on how to control the fire in an emergency and the usage of fire extinguishers were shown.

GLOBAL CULTURAL JAMBOREE



International Cultural Jamboree was organized virtually by Sri Lanka Scout Association and was graced by President Mr. Gotabaya Rajapaksa virtually. The Chairperson of



VVV Maral

THERAPEUTIC WORKSHOPS ON “MANDALA” ART & “MUSIC AS THERAPY”



A workshop on therapeutic Art form-Mandala was organised for the students. This art focuses the mind & thoughts and helps in bringing balance and peace. School has also conducted two workshops - one on Health and Mental awareness and the other on Music as a therapy to enable its students, parents, and teachers to soar through the difficult times and gain emotional balance.

CBSE RESULTS

Our students performed well and were consistent in this difficult pandemic year, adapting well to the changed mode of teaching-learning. Online studies required a lot of self-discipline & focus and we are proud that our students showed up with great calibre & performance scores throughout the year. Our results continue to reflect commitment to full inclusion. We are pleased that we can support our high fliers as well as those whose success is measured by their hard work and steady improvement.

VVV Maral: CBSE Board Class X Results



VVV Maral: CBSE Board Class XII Results



The Graphite School

ART INTEGRATED LEARNING

After more than a year of virtual classes and virtual interactions with students, during the pandemic, the Graphite School family evolved with greater strength. From July 2021, Graphite school started physical classes for secondary & senior secondary students.

We received overwhelming response from parents & students. Art integrated learning got a new swing in physical classroom, where students got opportunities to perform live activities.

MAKING ECO-FRIENDLY GANESHA



The school conducted a mega eco-Ganpati making workshops to sensitize students of class III to VIII to the environmental contamination caused by the immersion of POP Ganesha idols. The workshops aimed to teach the participants and their family members the technique of making Ganpati idols using fire clay or other easily available eco-friendly material and conserve the environment.



Investiture Ceremony

A simple investiture ceremony of oath taking at VVV Maral and VKV Hurda school was organised. The members pledged to accomplish their responsibilities honestly and will discharge their responsibilities entrusted upon them by the school. The schools acknowledged the budding young leaders and reposed the trust in them.



Independence Day

Independence Day is of great significance for us. It evokes the feeling of patriotism in the heart of every Indian. This year also the Independence Day was celebrated in various plants. Unfurling of the flags took place in Ringas, Ringas (RPSF) LNJ Denim, ADHPL, Mandpam, Banswara, Rishabhdev, Kharigram, TPP, BIL, and MPCL, Kanyakheri Lodha, BMD Units. Sweets and tea were also served to the employees and their family members.



LNJ Denim



Ringas



HEG



Ringas RPSF



Kanyakheri



Mandpam



Lodha



BMD



BMD



TPP



Rishabhdev



MPCL



Kharigram



ADHPL



Ganesh Chaturthi

Ganpati Bappa was duly worshipped in Fibre Plant (Ringas RPSF). In Vishwakarma Colony, Lodha, the celebration started with Ganesh Stahpana. The staff members with their families participated and various cultural activities were performed. Visarjan was performed in the Lodha pond. At TPP, the family members conducted puja and bhog in the morning and evening for three days. At Kharigram, family members chanted Bhajans at Colony temple. Rishabhdev celebrated Ganesh Chaturthi with special puja and hawan in the Ganesh temple. In the end, prasad was distributed to all.



TPP



LNJ Denim



Rishabhdev



Ringas RPSF



Kharigram



Lodha

Vishwakarma Jayanti

Lord Vishwakarma is widely regarded as the God of all architecture and engineering. On this day, factory and industrial workers pray for their flawless operation of equipment's and refrain from using their tools, they pray about their livelihoods and worship their tools. Pooja and hawan were performed and all Covid-19 safety guidelines were followed at LNJ Denim, Ringas, Ringas RPSF, Mandpam, Kanyakheri, HEG, Lodha, BMD, TPP, Kharigram, MPCL, ADHPL.



Ringas



LNJ Denim



Kanyakheri



MPCL



Mandpam



BMD



Ringas RPSF



HEG



Kharigram



TPP



Lodha



Krishna Janmashtami

Also known as Krishnashtami, Gokulashtami, is a Hindu festival, commemorating the birth of Lord Krishna. Some special activities associated with the celebrations like colourful jhankis, bhajan sandhya was organised at Lodha. At Ringas, Rishabhdev and TPP puja was performed with staff and their family members. In Rishabhdev and Kharigram, small children came dressed up as Radha and Krishna which attracted the attention of all. Prasad was also distributed.



Ringas



Rishabhdev



Lodha



TPP



Kharigram

HARIYALI AMAVASAYA

This day is auspicious for the worship of Lord Shiva and Parvati to set devotees free from troubles. This festival is dedicated to the importance of environment

and considered as an auspicious month. At Ringas, tree plantation was done, and various games & competitions were organised by the ladies club for the staff and their families. More than 100 trees were planted in mill campus of Lodha to make the campus environment friendly. At TPP, Mordi, Banswara, Rishabhdev and Kharigram, plantation of saplings by children, family members were done. Tea was also arranged for the staff members and their families.



Rishabhdev



TPP



Ringas



Lodha



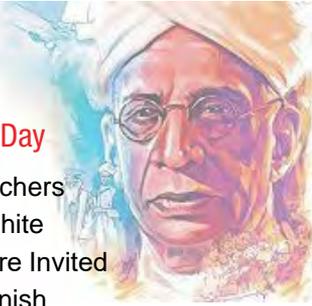
Kharigram



HEG

Teacher's Day

All the teachers from Graphite school were invited by Mr. Manish Gulati, ED for celebrating teacher's day. They together had a very interactive session and celebrated the day with much gaiety.



Rishabhdev

Mills Foundation Day



The foundation day of Rishabhdev unit was celebrated on 12th July 2021 by hoisting the Group Flag by the COO, Shri K. B. Khatod in the morning. He addressed the employees & union members and congratulated them for their contribution for the growth of the unit.

MPCL

Malana Day Celebration

A great and grandeur celebration was held on the auspicious occasion of 20th anniversary of successful



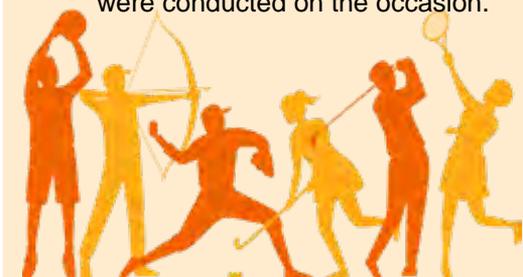
completion of the day when Malana Power Company Limited has started its generation. On 5th July, a "Hawan" was organized in powerhouse followed by sweets distribution to all employees with adherence to COVID- 19 guidelines.

BMD

Annual Sports Day



An annual sports day was celebrated at BMD unit on 15th August 2021 with active participation of all the staff members & their families. Various sports activities like Matka Fod, Lemon Race, Tug of war, Race for 50+ were conducted on the occasion.



Kharigram

Rakhi Celebration



To make a feel of home atmosphere and family environment, at our women hostel, the Rakshabandhan festival was celebrated on 22nd August 2021. Ms. Rani Jhala, Officer-Personnel & IR facilitated all the girls to celebrate this festival. All the resident female workers celebrated this festival in a very enthusiastic manner with Dance, Singing Song and delicious Food and enjoyed the day with much fervour.



BMD

Naagpanchami Puja



On "Naagpanchami" a puja and hawan was organised at Naag Devta Temple in BMD. All the staff members attended the function and prayed for prosperity & happiness in both personal and professional life of BMD family.

Ringas RPSF

Donation of Contributed Fund



In addition to official legal supports, a relief fund worth Rs 1 lakh was given to the spouse of Late Shri Harendra Singh (Engineer Wash Line) with the "contribution of one day salary of staff members" and an amount of Rs. 5 lakh (insurance claim cheque) was given to the spouse of Late Shri Devnarayan Yadav (Operator). Both the employees succumbed to Covid-19 raging virus.

ADHPL

Installation of Sanitary Pads Vending Machines



Two Sanitary Pads Vending machines with incinerators were donated to DAV Public School, Rangri-Manali and GSSS, Manali on 3rd September 2021 in co-ordination with Betiya Foundation (National NGO). The school staff thanked ADHPL for this noble initiative.

Repair and Maintenance of Crematorium

Repair and maintenance of crematorium at village Jagatsukh



was done on the request of nearby villagers. Under this activity, the floor and stairs of the crematorium were maintained by laying paved blocks. All other maintenance activities and painting was also done during this drive.

Betiya Foundation Awards for CSR Works



Total 11 employees of AD Hydro Power Ltd. were felicitated for performing best services during COVID-19 pandemic period as Corona warriors by the Betiya Foundation, a national level NGO. Mr. Govind Singh Thakur, Hon'ble Minister for Education, Language, Art and Culture of Himachal Pradesh was the Chief Guest on this occasion. During his address, he appreciated the efforts of AD Hydro Power Ltd. during the tough COVID-19 period.

Plantation Drive at Hamta Potato Farm



ADHPL organized a plantation campaign at Potato Farm on 2nd September 2021. During the campaign, 500 plants of Deodar and other broad-leaved species were planted by the ADHPL employees from various departments. The plantation activities were carried out by maintaining physical distance, using face masks and hand sanitizers, in view of the COVID-19 pandemic.

MPCL

Construction of Swarwati Vidya Mandir School at Chhannikhod

Bhumi Pujan at construction site of Swarwati Vidya Mandir School at Chhannikhod was carried out by the MPCL and SVM school management on 14th September 2021. The puja ceremony was carried out by the girl student of the SVM School in presence of school staff. On the occasion, Shri Dorja Ram, brother in-law of Smt. Toli Devi (land donor) was also available at site.

Plantation Drive

A plantation drive was done by Malana Power Company on 4th September 2021, at cremation ground near the confluence of Malana river and Parvati River with adherence to COVID-19 guidelines. Total 550 plants



of broad leaves namely Kosh was planted on this occasion. The plantation is very important for the conservation and restoration of our ecosystem.

RSWM

Financial Assistance for Higher Education to Employee's Ward

RSWM always recognize our employee's wards who do well



in studies and support them in pursuing their career goals.

Pratyaksh Mishra, son of Mr Rajesh Mishra, post spinning department at Kharigram, got selected for Higher Studies in Germany in the field of Mechanical Engineering. Pratyaksh got selected on merit under higher education program, and his major part of expenses will be borne by German Government except small financial assistance that is extended by RSWM Ltd. We sincerely wish all the very best to Pratyaksh Mishra for his great future.

Importance of Fitness

Excuses don't burn calories

Exercise in the morning before your brain figures out what you are going to do. Your bone density, flexibility and overall blood flow also decreases. When the muscle fibres realise, they don't need to store any more energy (because you're not using it), they store less glycogen, which results in atrophy, or the shrinking of muscle fibres.

What happens to your health if you stop exercising?

We all know the therapeutic benefits of exercise and regularly working

out, which help keep you in shape and help sustain proper body function. It has been recommended that every healthy individual engage in 45-50 minutes of moderate intensity exercise on a regular basis as well.

Harmful effects of not exercising or being physically active

While we can safely agree that there are some lifestyle habits (from drinking, smoking, eating excessive junk) which can be detrimental to



our well-being, not actually moving a muscle throughout can be similarly bad. Engaging in little to no exercise can be just as bad, or even life-threatening. While skipping a day or two of exercise (or a week) wouldn't do much harm to your body, there's actually a lot of graver risks which entail if you go without budging an inch, or moving your arms for upwards of a month.

Things that can happen if you do not exercise:

1. Your muscles weaken down

One of the most important roles exercise plays is to keep the muscle cells in good shape, and strengthen them. When you do not exercise or move around, not only do you undo all the progress previously made, it can also reduce the muscle strength you have and make you feel a lot weaker. Simply said, your muscles weaken and then you lose out on the bulk of your muscles which are needed for breathing and the ones which facilitate movement. Even picking up simple weights can seem tougher, and muscle function may not remain energetic or as helpful as before. Weak muscles may also make it difficult for you to carry out everyday tasks and activities.

2. You can struggle to get a good night's sleep

Exercise has an important link with good quality sleep and if you aren't fulfilling any of the two- sleep or exercise, you 'are exposing yourself at the risk of bad health. When you work out in an intense manner, or retire to the bed tired after a brisk run, chances are you'll enjoy good sleep and wake up feeling energized. Exercise is a great stress buster and sleep inducer, not getting good sleep can be a sign that you are skimping on required physical activity needed for the day. Poor quality (and fewer hours) of sleep on an everyday basis has also been linked to a number of metabolic and hormonal issues, including diabetes

risk, weight gain, poor mental health.

3. You lose out on endurance

Exercise builds stamina and makes you gain endurance. And, when you do not exercise, you are at a big risk of undoing all the gains, and becoming relatively weaker, in a very short time.

4. Your blood sugar levels get disrupted

Type-2 diabetes is a big risk factor and sadly very common in our country. Since exercise plays a major role in determining how your body processes carbohydrates, doing little to no exercise can accelerate blood sugar rise, increase inflammation levels and make you prone to tackling obesity.

Health risks of sitting for very long hours



We all know sitting for long hours is not a healthy thing to do. Sitting for very long hours can alleviate your blood pressure levels and increase your cardiovascular diseases. Any extended sitting, either on the desk, in the car or in front of the screen can be harmful.

Sitting utilises less energy from our body as compared to moving or standing. Some of these issues include obesity, high blood pressure, excess body fat around the waist and elevated cholesterol levels. Taking small little steps will lead to weight loss, increased energy levels and help you burn more calories.

Why you must not sit for long hours?

The human is made to stand upright. Our cardiovascular system works most effectively when we are standing. Our bowel movements are also more efficient when we are upright. Thus, it is common for people who are bedridden to suffer from bowel issues.

Leg and glute muscles

Sitting for long hours can lead to the weakening and wasting away of the large leg muscle and gluteal muscle. The large leg muscles are important for walking and stabilizing our bodies. If these muscles become weak, you are more likely to fall from exercise.

Metabolic problems

When we move our bodies, we digest fats and sugar. When we spend a lot of time sitting, digestion is not as efficient so the body retains those fats and sugars, which leads to metabolic disorders.

Hip and joint problems

Hip flexors shorten when you sit for long hours, which can lead to problems with hip joints. It can also cause a problem with the back, especially if one sits with poor posture or does not use an ergonomically designed chair or

workstation. Even if you exercise, but sit for long hours at a stretch, you are at risk of health problems such as Metabolic Syndrome.

Cancer

Various studies have suggested that sitting for long hours increases your chances of developing some kind of cancer including lung cancer, uterine and colon cancers.

How to increase your movement?

Staying active increases your overall energy levels, endurance and boosts your bone strength. You can start by simply standing rather than sitting when you get a chance.

- Every 30 minutes take a break from sitting
- Walk when you talk on the phone or while watching television
- Switch between standing and sitting desk

RSWM

Long Service Award to TGT



RSWM Limited is known for long association of employees. To recognise and motivate the long service of fresher's hired through Campus Recruitment, who completed 5 years with us, a facilitation program was organised at Kharigram on 6th August 2021. Shri N. K. Bahedia awarded two employees for this achievement and presented an appreciation letter and a gift cheque of Rs. 1.08 Lacs to them in presence of all HODs'. He also motivated all for a long, bright and meaningful journey ahead.

ADHPL

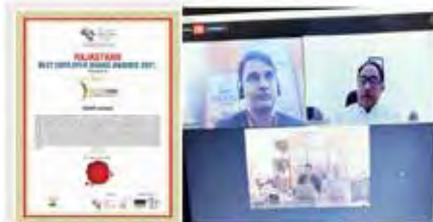
Award of Merit Certificate to Shri Sameer Sobti



Shri Sameer Sobti, Manager Electrical, was awarded with a Certificate of Merit in the 18th convocation conducted on 19th August 2021 by University of Petroleum and Energy Studies, Dehradun for securing First position in order of Merit in MBA Power Management (2018-20). We extend our heartfelt wishes to Shri Sameer Sobti on this achievement.

Kharigram

Best Employer Brand Award



It's a matter of great honour that RSWM Limited is awarded for Rajasthan Best Employer Brand Award 2021. It was given through a virtual award ceremony on 24th September by the World HRD Congress which is the well-known and recognised institute. This award is given for the Best HR Practices being followed in company.

Mandpam

Felicitation Ceremony



Miss Anjali Jha D/o Shri Vimal Jha (Dy. Manager - Yarn Winding at Mandpam Unit) got 97.5% Marks in CBSE Secondary examination & got Star Performer award in Central Academy school in Bhilwara.

We wish her a bright future ahead.

Maral, Noida

ADIDAS PERFORMANCE AWARD 2020 for "Best Emerging Partner"

Maral is awarded by Adidas for Best Emerging Partner for the year 2020.



GSV (Global Security Verification) Audit



First GSV (Global Security Verification) Audits have been passed successfully at Unit C-126, which was conducted by INTERTEK in August 2021.



Ostrich

Ostriches have three stomachs.

Ostriches can sprint at over 70 km/hr.

Ostriches long legs are capable of killing a human or a potential predator like a lion with a forward kick.

All of the herd's hens place their eggs in the dominant hen's 3m-wide nest, though her own are given the centre place; each female can identify her own eggs amongst others.

Ostriches don't have teeth and they swallow pebbles to grind their food. An adult ostrich carries about 1kg of stones at any given time.

Ostriches can go waterless for several days and use metabolic water and moisture in ingested roots, seeds and insects.

Ostriches have the largest eyes amongst land animals, measuring almost 5 cm across, allowing predators to be seen at long distances.

Maral Noida

Superannuation of Mr. Narender Tyagi



On Mr. Narender Tyagi (DGM-Admin) superannuation celebration, A get-together is organized at Maral unit A-11. Everyone wished him for prosperity and peaceful post retirement life.

New Joinee - Kharigram

Joining of Mr Manas Poddar Sr. GM (QA)



Sh. Manas Poddar joined as Sr. General Manager –Quality Assurance at Kharigram Unit on 12th July 2021. Mr. Poddar, M. Tech from IIT, Delhi brings with him more than 27 years' experience in reputed organisations like Bhiwani Textile Mills, Reliance Industries etc. He is heading the entire Quality Assurance department of Kharigram Unit. We wish all the good luck and welcome him in RSWM family.

Joining of Shri Anil Kumar Bhandari, GM (Finance & Accounts)



Shri Anil Kumar Bhandari, GM-Commercial joined Kharigram Unit on 1st September 2021. He is transferred from RSWM Lodha Unit where he was working from last 12 years. Mr. Bhandari will be heading the Finance & Accounts department works under reporting to the Chief Operating Officer administratively and functionally to Shri Avinash Bhargava, CFO.

Good Read

Deep Work: Rules for Focused Success in a Distracted World

by Cal Newport



One of the most valuable skills in our economy is becoming increasingly rare. If you master this skill, you'll achieve extraordinary results.

Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time.

Deep work will make you

better at what you do and provide the sense of true fulfilment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet,

most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way.

In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four “rules,” for transforming your mind and habits to support this skill.

A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world.

Kingdom of Spain

a larger-than-life expression of beauty

From the dramatic, imposing mountains to the countless glistening beaches that dot its coastlines, Spain is a country full of natural beauty, inspiring landscapes and its easy-going culture and delicious food.

Art and culture - A country full of artistic wonders



Discovering Spain means travelling back and forth in time and being surprised by a whole host of monuments ranging from an ancient Roman aqueduct to medieval castles and the most avant-garde, futuristic architecture. Centuries and mixed cultures have left their fascinating mark on Spain with some of the most amazing artistic heritage in the world. When you visit Spain, you will be enchanted with the stories behind every work of art and remember them forever. Some of the most beautiful masterpieces created by Velázquez, Picasso, Dalí and Gaudí are here. It is well worth discovering them with the original guided tours on offer, retracing the footsteps of great masters through museums such as the Prado, or visiting palaces like the Alhambra in Granada on a moonlit tour. Experiences that offer so much more than an average visit to a monument.

Coast and beaches - Places along the coast well worth a visit



Travellers can discover quaint little fishing villages or the grand seaside towns of the north. It is also home to the pristine coves lapped with turquoise water nestled between forests, like the ones in the Balearic Islands, and unspoilt, volcanic beaches in the Canary Islands or the fine sand beaches of the Mediterranean. Thousands of hours of sunshine every year. Its beaches are famous for their quality and environmental respect and discovering spectacular places by boat, eating fresh fish next to the port, admiring the sunset behind a lighthouse or even spending the night aboard.

City - Discover the heart and soul of Spain's cities and villages

Visiting a Spanish city and villages is so much more than touring its monuments and museums. It's taking a walk-through street full of atmosphere, mingling with the locals and forming part of their everyday lives.



Nature - Get in touch with nature



Spanish nature has a wonderful effect on you. Natural landscapes that make you breathe in deeply and forget about your worries, leaving you to enjoy nothing but the moment. Mountains, such as the Serra de Tramuntana Mountain range, the Teide National Park, and the Pyrenees, are listed as UNESCO World Heritage Sites in the cultural landscape category. volcanoes, wetlands, forests, rivers, valleys, cliffs, lakes... and so on



Food and wine - Spanish gastronomy, infinite reasons to eat well



Spanish cuisine is famous in the world over because it is flavoursome, healthy, traditional, creative and varied, and also because of its popular restaurants and fine dining, as demonstrated by the international recognition of its chefs. Star ingredients include olive oil, Iberian ham –a source of national pride– and the Spanish wine, the perfect accompaniment for toasting.

Experience sports first hand



If you are passionate about sports, you will simply love



Spain. There are around 300 days of sun a year and some spectacular scenery where you can enjoy the outdoors like never before. Thousands of miles of hiking routes and bicycle tracks, football, golf courses created by leading designers, perfect beaches for surfing and diving, horse riding routes along the coastline... Experience sports in Spain first hand!

Stylish shopping days



Long opening hours, large pedestrianised shopping areas, international brands, local designers, exclusive showrooms, personalised services, original shops and charming artisan products. Choose your style and stay on trend with all the conveniences of shopping in Spain. You will also be able to find specialist food and craft products to fall in love with and that are bound to make great souvenirs of your trip.

Do's And Don'ts

Do's

- Learn a few words of Spanish as English may not be spoken everywhere and you don't want to be stuck in any situation where you're unable to communicate.
- Carry a Spanish phrasebook with you.
- Do take ear plugs as nights in Spain can tend to be quite noisy.
- Enjoy your meals and try to ask for local specialities.
- Make sure you have travel insurance.

Don'ts

- Choose scenic backroads to travel instead of regular motorways. You will enjoy the country far more.
- Don't worry about the loud conversations taking place around you. You will get used to it soon! If not, make sure you use your earplugs.
- Don't try to take in everything in one trip. It's not possible. Do research which places interest you most and which festivals you'd like to visit.



For more information visit their website:

<https://www.spain.info/en/>