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OPINION

Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN
PRIVILEGED TO BE GLOBAL

Volume XXVII | Issue 4 | January-March, 2022

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India's national Covid-19 vaccination program has come a long way in the last one year - from shortage of shots to booster doses for all adults. While India has already opened all ...

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Freedom in mind, strength in the words, pureness in our blood, pride in our souls, zeal in our hearts. A proud moment for all of us. The Republic Day was celebrated in a befitting manner in all our Units. National ...

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HEG has been running a CBSE affiliated school from pre-primary to XIIth standard with current enrolment of 1400 students. The school is very popular in Mandideep due to its outstanding results in the board ...

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The Chacholi Mela is being celebrated with great zeal & spirit by villagers of Jagatsukh, Manali. The Village committee expressed their sincere gratitude to ADHPL for various village development activities ...

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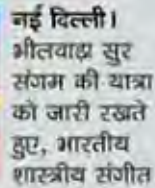


Fresh fruits can help you survive (and thrive!) all season long. Along with fabulous flavour, summer fruits serve up a potpourri of great nutrition. Most of summer's fruits are bursting with antioxidants and phytochemicals (plant chemicals, many of which are thought to have a protective ...

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A group of people, likely performers, are on a stage. They are illuminated by several bright green spotlights that create a dramatic effect. The background is dark, and the stage floor appears to be a light color. The performers are wearing costumes, and their faces are partially visible. The overall atmosphere is one of a live performance or concert.

In the continuation of the BSS journey, exploring the two Bhilwara Group, celebrated the 9th edition of the BSS was held at 'The District -

मुद्रगांव टूटें, नई दिल्ली।
भीलवाड़ा सुर संगम (वीएसएस)
को यात्रा की जारी रखते हुए,
भारतीय शास्त्रीय संगीत के
खजाने को प्रोत्साहित करने के
प्रयास में 1 और 2 अप्रैल 2022
को नई दिल्ली के लाल किला
पर शास्त्रीय संगीत महोत्सव
भीलवाड़ा सुर संगम के नौवें
संस्करण का आयोजन किया
गया।

भारत की समृद्ध धरोहर और
संस्कृति बनाए रखने
के लिए हमें अपनी
समृद्धी को बढ़ाने
के लिए सतत प्रयास करने
हैं। ये संगीत
प्रणालियाँ हमारे जीवन में
आवश्यक हैं, जो
हमें अपने अंदरूनी दुनियाँ के व्यक्तित्व को
प्रकट करने देती हैं।
यह हमें एक-दूसरे से जोड़ता है और हमें
अपनी परंपराओं का सम्मान करता है।

श्री वल्लभभाई पटेल जी ने कहा,
“हमें खुशी है कि दिल्ली आठ
साप्ताहिक से हम इस महोत्सव का
आयोजन कर रहे हैं। जिससे हममें
से बहुत से लोगों को शास्त्रीय
संगीत का अद्भुत अनुभव प्रदान
करा जा रहा है। हमें गर्व है कि हम
भारतीय शास्त्रीय संगीत की समृद्ध
धरोहर को भविष्य में योगदान दे
रहे हैं।”

[illegible]

an Classical Mus
festival of classi

शास्त्रीय संगीत के साथ पर्यूजन का मजा

A group of students are performing on a stage. In the center, a student in a yellow shirt is playing a violin. To their left, another student in a blue shirt is playing a guitar. To the right, a student in an orange shirt is playing a drum. There are other students in the background, some sitting and some standing. The stage is lit with spotlights.

श्रीलंकाहा सुां श्रीगण पे धुमाति देते हुए ललनायक

[illegible][illegible]

2000

[illegible]

BHILWARA SUR SANGAM 9TH EDITION



In the continuation of the BSS journey, exploring the treasures of Indian Classical Music, LNJ Bihwara Group, celebrated the 9th edition of Bihwara Sur Sangam, a festival of classical music at The Red Fort, New Delhi on April 1 and 2, 2022.

With a dedicated mission to keep India's rich heritage and culture alive and promote its beauty, every year, UJJ Bhiwara Group invites a blend of musicians. The musicians are masters of their craft along their tradition. They obtain a confluence of melodies as they immerse in the music. The maestros who perform at the festival were: Padri Pt Rona Mazumdar, Nani Khan along with Khan & Pt

तीएसएस ने भारतीय शास्त्रीय संगीत को दिया सम्मान

Editorial Board

- | | |
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| 3. Manoj Sharma | 6. Jyoti Gupta |

Copy Editor: U. Padma Latha

A VIRTUOUS BEHEMOTH



Performer(s) include: Patsy Boudreau (in yellow), and Arto Oskari (in orange), accompanied by other musicians performed a fusion concert based on Indian ragas at the Shree Lal Sengupta and Ted Park, Delhi, in January.

Chairman's note

India's national Covid-19 vaccination program has come a long way in the last one year - from shortage of shots to booster doses for all adults. While India has already opened all economic activities, ending all Covid restrictions, vaccine booster doses may prove to be an additional boost for the working population.

India's development is going to be a big challenge. With Covid-19 showing signs of receding, business owners are expecting to get back on their feet and start recouping the part of the losses incurred by the pandemic. However, now the ongoing conflict between Russia and Ukraine seems to have thwarted their hopes as supply & trade disruptions could potentially impact supply chains and fuel inflation the world over. The conflict will have a negative impact on the economy. Our import and export industry has also been severely affected due to this.

The market will also see a sustained period of higher steel prices, which means that consumers will end up paying more for steel products and goods made using steel. This would impact the automobile, infrastructure, and other steel-dependent industries in a big way.

The Indian textile industry is also witnessing many challenges owing to the disruption in shipments etc. impacting the overall turnover of Indian Textile brands.

India's IT service firms have decided to adopt a wait-and-watch approach to the crisis and have activated their plans in Eastern European countries.

However, in the coming years, we do hope to witness a huge growth potential in our business and aim for even a higher production at all our facilities.

Loyal and dedicated employees like you all are the foundation of a successful company. During the nationwide crisis, we must support each other.

I wish you all good health and continued hope for your contribution to our success.



Bhilwara Sur Sangam

“ Every year we've celebrated the Bhilwara Sur Sangam and we felt a sense of pride and honour to represent such visionaries, people who are masters of their crafts and are keeping the essence of classical music alive in the country. It was disheartening that we couldn't have this celebration for the past 2 years so it is a pleasure to announce that we're back! and that together, we're stronger than ever. ”

With Best Wishes

Ravi Jhunjunwala

Day 1



Day 2



HO

Bhilwara Sur Sangam 2022 at Red Fort

The 9th edition of Bhilwara Sur Sangam 2022, a festival of Indian classical music, was held at the majestic Red Fort in New Delhi for two consecutive days, with mind-boggling performances from some of the world's most renowned artists. Like every year, LNJBhilwara Group invited a unique blend of musicians to perform and promote the Indian classical music. The musicians are masters of their craft who bring along their traditions to attain a confluence of melodies and joy with mesmerising variety.

This year, the maestros who performed at the BSS festival were Padma Shree Ustad Shahid Parvez Khan (Sitar) along with Pt. Ronu Mazumdar (Flute), Ustad Sabir Khan (Sarangi), Ustad Akram Khan (Tabla) & Pt. Anubrata Chatterjee

(Tabla), Padma Bhushan Dr L. Subramaniam (Violinist), Ambi Subramaniam (Violinist) and his team of eight internationally acclaimed musicians presented a fusion concert based on Indian ragas on Keyboard, Guitar, Bass Guitar, Tabla, Mridangam, Drums, and Duff, etc. The Bhilwara Sur Sangam festival has earned a great reputation for providing a platform for the confluence of music and tradition.

Donation of Sweaters

To provide some relief to the less privileged and an opportunity to serve humanity, Jawahar Foundation sweaters were distributed to our office security guards and facility staff to safeguard and sustain themselves during extremely cold conditions.

The security guards and facility staff were overjoyed and grateful for the Head Office volunteers' generous effort. They believed that giving them woollen sweaters

was the best gift they could give during the cold days.



Replus

Partnered with PGCIL-Amp Energy India Project



Replus team is truly grateful & honoured to be the BESS Partner of Amp Energy Indian executing

the prestigious project of Power Grid Corporation of India Limited by establishment of Battery Energy Storage System (BESS) in POWERGRID Township at Sector 43, Gurugram Haryana under Mini Smart City Development by POWERGRID.

We are one step closer to our company's mission of enabling this global transition towards Clean Energy.

Lodha

Distribution of Sweaters

The RSWM Lodha celebrated Syt.



Riju Jhunjunwala ji's birthday with great zeal on January 13, 2022. On this occasion, sweaters were distributed by the Jawahar Foundation team to the less fortunate / underprivileged. RSWM Lodha's key team members, as well as Banswara dignitaries along with Shri Yogesh Dutt Tiwari, Chief Operating Officer, were present during the entire programme.

Lodha

Sports Day

On 27th of February 2022, the RSWM



Staff Club organized a one-day sports event. The staff and family members took part in a variety of sports and games. Shri Yogesh Dutt Tiwari, Chief Operating Officer, gave the opening remarks. He wished all the participants best of luck and thanked them and encouraged the organizer in his opening message.

The day began with a delicious breakfast, and various sports activities such as 50-meter races, children's jalebi races, and volleyball throws for various age groups of gents and ladies. The events were organised throughout the day. The highlight of the day was a drawing contest for children. The winners were awarded prizes. Finally, Shri Yogesh Dutt Tiwari (COO) and Club Vice-President Shri Mamtesh Jain gave a vote of thanks, with special thanks to the event organisers Shri Brajesh Verma, Shri J.P. Anand, Shri Varun Pathak, Shri Rahul Singh, and Shri Durgesh Chaurasia.

LNJ Denim

Inauguration of 3 New Machines



On March 17th, 2022, at LNJ Denim's Mordi plant, Pooja was performed for our new Spinning Phase – 3 machines. Shri Suketu Shah performed a pooja ritual on this occasion. This event was open to all members of the workforce. Everyone was ecstatic that a new spinning

machine was being installed in Denim Plant.

TPP

Annual Inauguration of Back Pressure Turbine

The Inauguration ceremony of Back Pressure Turbine on turbine extraction line 415 V 375 KW at Thermal Power Plant, Mordi, Banswara took place on February 12, 2022. Shri Sanjay Shah, COO (Power Plant) performed the



Puja, Shri Rakesh Gairola, Shri Yogesh Gothalkar, Shri Akhilanand Pathak (Power Plant), Shri Naveen Kumar (Turbotech Engineer) from Turbotech Presion Engineering Pvt. Ltd India and other senior officers, staff of TPP units attended this event.

The complete project study carried out by M/s RSWM and M/s Turbotech Presion Engineering Pvt Ltd. They explored the possibility of Power saving in Turbine Extraction line by power saving of almost 4000 KWH/day running in line of extraction. Back Pressure turbine produces power of almost 4000 KWH/day which saves around 5% auxiliary power consumption of total power.

As per the study and recommendation of technical team, it is decided to install the Back Pressure turbine with bypass arrangement on extraction line. The Project Kick off was on 14 July, 2021. After successful commissioning of the Back Pressure Turbine, now energy saving in the turbine is more than 3700 KWH/day.

Ringas

Annual Function of Govt. Girls School



On March 9th, 2022, RSWM Ringas has been invited to the Annual School Function of Government Girls Higher Secondary School, Ringas. This function was well-attended by Shri Anurag Mathur (COO), Shri Rajeev Kumar Dixit - GM (H&IR), and Shri A.K. Sengar - GM (Technical). As a token of appreciation, the invited guests received a memento.

Vaccination Camp



In collaboration with the Government Health Centre (Ringas), RSWM Limited has planned a free Covid-19 immunisation programme on the 8th of January 2022 in Ringas Unit. In this camp, all workers, staff, and their families were immunised.

Kharigram

Installation of Fibre Dyeing Machine

Dye House production facility at Kharigram increased by installation



of a new HTHP vertical dyeing machine, having its capacity of 100 kg. for fibre dyeing. It was inaugurated by Shri N.K. Bahedia, COO along with core team members on 22nd March 2022. After installation of this machine, the fibre dyeing capacity increased by 950 kg per day which is a great achievement for the unit.

Visit of Dr. Kiran Seth, Padmashree Awardee

The Padmashree Awardee, Dr. Kiran Seth on his tour from



Kashmir to Kanyakumari, visited Kharigram unit on 28th March 2022. Shri Manoj Sharma, CHRO and Shri N.K. Bahedia, COO along with all HODs welcomed him. Dr. Seth in his valued interaction and experience sharing session, explained about importance of Art and Classical music in our life to sustain positive mind set for excellence. He further emphasised on concentration and focused approach to attain objective of life. He also visited our plant and congratulated the Kharigram team for such wonderful setup.

Installation of New PCC Panel and Compressor

A New PCC Panel was installed at Kharigram plant in minimum



shut down time which was inaugurated by Shri N K Bahedia, COO on 19th January, 2022.

This Panel is for the purpose of proper power supply in mill no 4 machines. It is equipped with latest switch gears and protection system which will reduce distribution and heat losses. It will also improve safety level of the powerhouse.

Two Air compressors (Make- IR & rating 2070 CFM) were installed on 22nd March, 2022 which was inaugurated by Shri N.K. Bahedia, COO in presence of all HODs and Engineering team. It has latest energy efficient technology which will reduce the daily energy consumptions, operation and maintenance cost will also reduce.

Campus Interviews for RSWM Units

With a philosophy and vision of RSWM Group to include young and dynamic talents in our team and further developing & nurturing them in all respects to be a part in our mainstream, the Campus Interviews under the guidance of CHRO conducted in prestigious colleges for textile graduates. A panel of



HR & Technical team visited at MLVTEC Bhilwara, DKTE Ichalkaranji, GCTI Kanpur, TIT Bhiwani, NIT Jalandhar, IICT Bhadoi, SVITS Indore. The Campus Interviews followed by Presentation, Written Test, Group Discussion & face to face round. Total 40 textile graduates selected for all Group Units.

Maral Noida

Free Eye Check-up Camp

In reference to our employees' health and safe work environment, we have conducted a free health check-up camp on 3rd February 2022 at Unit A-11.



(Engineering), Shri Anil Dalawat and many other senior officers. The capacity of this new plant is 833 KWP which will help to reduce carbon footprint and save our environment.

Distribution of Sweaters by Ladies Club

Like every year, on Makar Sankranti, the Ladies Club of Rishabhdev distributed 65 sweaters to civil



servants and subordinates, such as peons, drivers, and mess attendants.

In addition, the Ladies Club, led by Smt. Usha Khatod, wife of the Chief Operating Officer, presented sweaters to VKV School sub staff, including bus drivers, conductors, and peons.

Staff Volleyball Match



In March 2022, the Staff Club of RSWM Rishabhdev organised a Volleyball competition for staff, in which three teams – Team A, B, and C - competed. Every day, officers and staff members watched the game and cheered on the players. All the employees, together with their families, were present for the final match, which was won by Team 'B'. Shri K.B. Khatod (COO) congratulated the winners and

Rishabhdev

Installation of Roof Top Solar Power Plant

RSWM, Rishabhdev Unit installed Rooftop Solar Power Plant at Mill No. 2B and it was inaugurated by Chief Operating Officer, Shri K B Khatod along with GM

Melange Challenger Cricket Tournament

During the Melange Challenger Cup Cricket Tournament 2022, three league matches were organised at Kharigram Unit. Four teams of Ringas, Kharigram, BSL and Mandpam played matches with full sportsman spirit in the presence of senior staff and their family members. RSWM Ltd. Lodha participated in the tournament and played their matches with great zeal. BMD and Denim teams qualified for the Melange Challenger Cup Cricket semi-finals. The Lodha Staff Club did an excellent job in organising the tournament and everyone appreciated their efforts. The team of Kharigram, Ringas, BSL and Mandpam played their matches. The in-house crowd enjoyed all the matches with a buzz of loud cheers, iconic songs etc and showed support to all cricket players. At BMD, Melange Cup Cricket Tournament, LNJB's inter-unit Cricket Tournament was held in Rajasthan and the team qualified for the semi-finals.



group happenings

presented them with the rolling trophy. The evening concluded with a delectable dinner.

MPCL

School Students Visit



Students from the Government Senior Secondary School in Kuwala (Banswara) visited Lodha Unit on March 12, 2022. The students were greeted and addressed by Shri Aditya Sharma DGM-HR. The students observed the yarn manufacturing process. Mr Abhimanyu Singh led the student's visit and took feedback session.

BMD

Best Kaizen of the Month

In the persuasion of continuous improvement at the workplace, we have restructured Kaizen from



January 2022 onwards and started recognising the best Kaizens coming from not only staffers but also from workers. For the month of January and February 2022 best Kaizen award was bagged by Plate Embossing Team (January) and Engineering & Circular Knitting Team (February).

Workers Sports Event

In order to motivate our workers and to increase WE feeling



among them every year we organize week-long workers sports event. This year Volleyball, Javelin throw, Tug of war, Spoon/ Lemon race for females, racing (100 meters for male & 200 meters for female) and Kabaddi were the games played during the event. The event concluded with a closing ceremony followed by prize and certificate distribution.

Mandpam

Surveillance Audit

Mandpam Unit went through SA 8000:2014 audit by BSI Auditor Mr. Pradeep Chuttani



& Mr. Mukesh Kumar on 22nd & 23rd March 2022. Management Representative Mr. Pankaj Khandelwal was ably supported by all HODs and their respective teams to conduct the audit successfully. The Certification is continued after audit clearance.

a smiling you

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver shouts aloud, Car gets out of control and nearly hit a bus, went up on the footpath, and stopped inches away from a shop window.

For a second there was complete silence in the cab, then the driver said, "Sir, don't you ever do that again. You nearly killed me!"

The passenger apologized for his tap and said, "Sorry, I didn't know that a little tap would scare you so much." The cab driver replied, "No Sir, It's not you.

Actually, today is my first day as a cab driver – I used to drive a funeral van for the last 25 years and no one tapped."



Safety Day/Week

National Safety Day was celebrated with great enthusiasm to create awareness about the prevention methods from the industrial accidents. A

morning prayer, a safety oath was administered at Lodha. This was followed by display of safety posters and equipments. At LNJ Denim, the need for safety for all employee during bike riding, handling of mobile phones etc were emphasized. Exhibition on personnel protective equipment was also organized where use of fire extinguishers and other PPEs was demonstrated. Competitions on Safety Slogan, Safety Poem, Safety Poster and Safety Essay were organized among the plant employees at TPP, RSWM Ltd.

Mordi. Ringas RPSF organized quiz, speech, and poster competition. At Ringas, the entire team gathered in front of the administrative office for prayer. Employees signed an oath for safety and proper security against the situations that may arise in their lives. Similarly, Kharigram, Maral Noida, Rishabhdev, MPCL, BMD, HEG, Kanyakheri, Mandpam and ADHPL also celebrated road safety week. The theme of road safety week at ADHPL was "Sadak Suraksha"-Jeevan Raksha. Different trainings on road safety, defensive driving, first aid, housekeeping, ENRP and use of PPEs were imparted to the drivers, operators and other employees. Badges were distributed at Kharigram. Prizes were distributed to the winners. In some Units, tea and snacks were also served.



Rishabhdev



Maral-Noida



MPCL



HEG



BMD



Ringas RPSF



ADHPL



ADHPL



TPP



Maral



Lodha



LNJ Denim



Kanyakheri



Mandpam



Ringas

Kharigram

Training on Group Medclaim Policy



On the 8th of January'22, the HR Department conducted an awareness session on the topic "Group Medclaim Policy." During the session, Sh Deepak Kumar Ojha-HR explained various Medclaim process steps such as TPA, Process Flow, Coverage, Eligibility, Use of mobile application, Online claim process, and so on. Through this programme, all the participants gained valuable knowledge.

External Training on Electrical Safety & Emergency Preparedness

An external training programme on Electrical Safety & Emergency Preparedness was organised on 7th March, 2022 which was



presented by Sh Anurodh Prashant (External Safety Expert and Auditor). Staff of various Departments like Engineering, Maintenance, Security and Production departments were covered in this programme. During the session, the topics covered were - Fire Fighting, Safety at Workplace, Tools Handling, response during emergency etc.

Maral, Noida

Awareness About Customers-COC

Ms. Pinki Sharma (Welfare Officer) has imparted an awareness training session to our employees on Customers COC on 3rd



January 2022 at Unit C-126 to fulfil the customers audit requiring parameters/standards at our Unit.

First Aid Awareness Session



An awareness training session on First Aid was imparted by Nursing Staff to our employees on the 31st of January 2022 at unit C-126 to fulfil the customers audit requiring parameters/standards and educate our employees on the floor about the basic First Aid.

Awareness Session on Environment Management

To create a Healthy Work Environment and to save the



environment at work floor, an awareness training session has been imparted by Ms. Neelam Kumari (Welfare Officer) to our employees on Environment Management on 28th January 2022 at Unit D-347.

POSH Awareness Session

On the 19th of January 2022 at Unit D-347, Mrs. Jyoti Sinha (External Advocate) gave an awareness



training session to our employees on "Internal Committee" to build and promote a safe and healthy work environment for female employees at the plant.

Rishabhdev

Fire & Safety Audit

On the 27th and 28th of January, 2022, a two-person team from M/s. Anurodh Prashant & Associates, Udaipur conducted a fire and safety assessment at Rishabhdev. The audit's main objective was to look at the plants and facility fire prevention and control measures, identify potential hazards, and advise corrective steps where necessary. On the 28th of January, the two-day audit comes to an end with a closing meeting attended by Shri K B Khatod, COO, and Shri Anil Dalawat, G.M (Engg). The observations and recommendations were thoroughly discussed, and it was proposed that corrective steps be taken in response to the recommendations.

MPCL

Mock Drill on Flash Flood



On March 25, 2022, MPCL management conducted a Tier-1 mock drill on flash flood in the powerhouse to test emergency preparedness planning, rescue team responses, and the effectiveness of the existing training system. The planned scenario, including a rough time-line, was discussed with all the HODs and communicated to all involved parties.

Training on “6S” by External Agency



On March 21, 2022, Malana Power Company held a one-day specialised training on “6S,” which will undoubtedly aid in the acquisition of the skills and knowledge required

to anticipate, recognise, evaluate, and control risk factors in a wide range of workplace settings. The training content focuses on the most common injuries caused by poor housekeeping and how to mitigate the problem, using the science of “6S” to make us safer. An external agency, “Northstar Safety Systemz Pvt. Ltd,” from Chandigarh, provided this training.

HEG

Induction Meeting For New Joiners



Briefing cum Interaction session was organized at Gurukul. HOD Maintenance, Mr. Atul Moghe along with other team members interacted with the new joiners/ interns. The main motive was to share information regarding 20k project and how to build a team. Responsibilities were allotted to concern persons for smooth functioning. Sessions like this shows growth path to the newcomers & uplift their morale to work effectively.

Crane Safety Training



M/s Baluapuri conducted a Crane Safety training course on 3rd & 5th March 2022, with the objective of preventing accidents while operating on a crane. This training was provided to employees who work with cranes in any manner. The training will assist the workers in mitigating damage. This session drew a total of 73 workers.

POSH Training



Every employer is required by POSH law to provide a safe working environment for women. This law was enacted to protect women from sexual harassment in the workplace. HEG has formed a committee to oversee the implementation of this Act, and the company has created a safe working environment for all female employees. Mr. Shamit Tiwari conducted the training on March 9, 2022, to raise employee awareness of the law.

OPTIME Training



It was the “Online Condition Monitoring System- OPTIME” Technical Seminar conducted on 21st March 2022 for predictive maintenance of rotating

Our Schools

where learning and joy come together

DR KIRAN SETH'S SCHOOL VISIT

Padamshree Dr Kiran Seth, Academician, Emeritus professor IIT Delhi, founder of SPIC Macay, visited the School on March 28, 2022, during his three months bicycle expedition from Kashmir to Kanyakumari.

He was welcomed by Sri Naresh Bahedia (COO) RSWM, Kharigram, Sri Pawan Gupta, Legal Advisor RSWM, Kharigram and Smt. Asha Goyal, Principal VKV Hurda.

Dr Seth addressed & motivated the students about the intricacies of classical music, Yoga and the cultural heritage of our country.



VKV-Hurda

RAJASTHAN CHESS TOURNAMENT

Ms Aaradhya Upadhyay, of class III, VKV School bagged 2nd position in Rajasthan State Chess Championship 2022 (Under 10) at Aburoad, Distt.- Sirohi, Rajasthan. She got 4 out of 5 points in the championship.



FIT INDIA QUIZ

The students of VKV Hurda, Vinamra Sancheti and Kunal Bhagwan of class IX have again proved themselves by bagging the First position in the semi-finals and Second position in the final round of the Fit India Quiz, which was organised by the Govt. of India on March 12, 2022. A reward of Rs. 10000 was given to the young talents and Rs. 1 Lakh to the school by the organisers of the Fit India Movement.

MS. YASHIKA CHOUDHARY SECURED AIR-16 IN THE UPSC EXAMINATION 2021

Alumni of VKV Hurda completed her bachelor's degree (Honors) in Electronics and Communications from SKIT, Jaipur in 2018. She visited VKV Hurda School on April 4, 2022 and shared her success journey with students and teachers. The school management and students wished her a bright career ahead.



VVV-Maral

ANNUAL PTM



VVV, Maral School conducted the Annual Parent Teachers meeting for the result declaration of Annual Exams 2021-22 for Grades Nursery to XII on Monday 21st March 2022. Parents met the concerned educators to get clarity on the performance of their wards. This meeting was a huge success and the parents appreciated the efforts of the school and expressed satisfaction over their

children's performance.

A slide show of academic, sports and cultural events held in VVV was presented in all the respective classes. This was followed by a very cordial interactive session between the teachers and parents regarding their ward's overall performance.

FAREWELL OF BATCH 2021

The junior students of VVV Maral School had a farewell meeting on National Youth Day. The farewell ceremony was attended by all the students in class XII. The students of class XI organised the



entire programme with great zeal.

The principal wished the children success in all aspects of their lives.

VACCINATION DRIVE

The district administration set up a vaccination drive at VVV Maral School for the students between the ages group of 15-18 years. A team of doctors along with the paramedical staff from the DMO office were there to administer Covaxin to the children.



Graphite School

JAL MAHATVA



A webinar was conducted to spread awareness about watersheds and water bodies to save water under JAL SHAKTI ABHIYAN of CBSE on 31st January 2022 by the teachers of the school. Students of classes 3rd to 6th attended the webinar and were asked to conserve every drop of water. Rainwater harvesting and traditional methods of water conservation were also explained to the students.



TRICOLOUR KITE MAKING COMPETITION

A tricolour Kite making competition was organised in January 2022 by the primary wing of the Graphite school on the occasion of Republic Day & Makar Sankranti. The students of classes 1st to 5th participated in the competition with full zeal.

WINTER TREKKING AT DALHOUSIE

The students were given a golden chance to attend an Adventure Camp at Dalhousie in Himachal Pradesh from 29th Dec'21 to 05th Jan'22. The group consisted of 22 students and were accompanied and guided by our faculty members.

On 1st Jan'22 they started their



adventurous trekking from the main base camp of Dalhousie to Kalatop, Kalatop to Khajjiar, Khajjiar to Chamba and back to base camp by bus. This trekking helped to strengthen the teamwork and personal accomplishment of the students.

PLANTATION DRIVE

Students of the Peace club and Eco-club of Graphite School participated with much enthusiasm in the celebration of EBSB & Plantation Drive. The school planted saplings of rose, basil, neem & mango etc. and tagged their names in the language of pairing states.

The staff and students of the 9th & 10th classes planted saplings

in the school garden to raise awareness about the environment among the masses. The drive was a huge success, empowering students with substantial knowledge of the environment and plants.



VKV-Rishabhdev



U-12 CHESS TOURNAMENT

Master Dhruvin Jain, student of VKV Rishabhdev School achieved 7th rank and a cash prize during Rajasthan State (Under 12 - boys & girls) chess championship 2022 organised by Jodhpur district Chess Association on 30th & 31st March 2022 at Jodhpur. In total 50 students from various schools participated in this chess tournament.

LOK ADALAT AWARENESS CAMPAIGN



A campaign for spreading awareness amongst the people about Lok Adalat was scheduled for 12th March 2022 and was organised by the Legal Literacy Club of VKV Rishabhdev on 23rd February 2022. Students took part in a rally. The purpose of this awareness campaign was to provide free & competent legal help to the weaker sections of the society.

VIVEKANANDA JAYANTI

Swami Vivekananda Jayanti was celebrated with joy on 12th January 2022. The students presented poetry, music, dance and speeches related to the life of Swami Vivekananda. Students took



part in a procession with placards in their hands. Mr K.B. Khatod, COO described Swami Vivekananda as an ideal, source of inspiration and a dynamic speaker for the youth.

VACCINATION CAMP

A Vaccination Camp in the age group of 15 to 18 years was completed at VKV Rishabhdev School on 4th January 2022. The first dose of covaxin was given under the supervision of Mr Vinod Meena, Ms Hetal Paneri, Ms Deepika Hira from CHC Rishabhdev and Ms Sunita Patel from the dispensary of RSWM Ltd. Rishabhdev.



equipment's. It will be useful for condition-based monitoring on a regular basis. The training was completed on time, and the purpose of the training was to inform employees about rotating equipment's maintenance. Mr. Chandan Kumar of Schaeffler India Ltd. was the trainer (External Trainer).

ADHPL

Tire-II Mock Drill in Powerhouse



A Tier-II emergency mock drill was conducted on 22.02.222 where all the departments participated actively. The Civil Fire-Fighting Department, Manali also sent its team for participation in the mock drill and the local administration, Panchayats and downstream power houses also took part in the same. The aim of this drill was to test the emergency preparedness & response planning, effectiveness of existing communication system and fire-fighting skills of rescue team of ADHPL. It was also aimed to test the communication and coordination with local bodies while dealing with such emergency situations.



Scenario of the mock drill was fire with smoke in Powerhouse cavern, where in one technician got trapped and fell unconscious. Various departments of ADHPL along with Civil fire-fighting team, Manali carried out the rescue operations during the mock drill.

Employees Participated in 6S Training



Six employees of ADHPL and Transmission Line participated in specialised 6S training, organized by MPCL on March 21, 2022. The training was imparted by an external agency at MPCL Jari. The training mainly concentrated on the skills and upgraded knowledge needed to anticipate and evaluate risk factors at workplace and the mitigation measures based on the science of "6S" safety standards to make the workplace safer. The training was advantageous for ADHPL employees.

LNJ Denim

ISO 45001:2018 Training

A training session on ISO 45001:2018 was conducted on 22nd February, 2022. The 2 hours training program was provided to the employees. The training was given by Shri Devanand Shah - Safety Officer. The main objective of

the training was to create awareness about the new ISO 45001:2018's requirement in the plant & how it is working in plant after implementation.



ISO 45001:2018 specifies requirements for an occupational health and safety (OH&S) management system, and gives guidance for its use, to enable organizations to provide safe and healthy workplaces by preventing work-related injury and illness, as well as by proactively improving its OH&S performance. Total 25 staff members had attended the session.

Training on ESI Benefits



A training session on ESI's benefits was conducted on 10th March, 2022. It was given by Shri Arbind Mishra – Head (HR&IR) in which ESI beneficiaries attended the training. The main objective of the training was to create awareness about the ESI system & its benefits like- medical benefit, sickness benefit, maternity benefit for all the employees & his/her family members. It was a good interactive session & very well understood by participants.

Remote Re-Certification Audit



On the 23rd and 24th of March, 2022, LNJ Denim underwent a Remote Re-certification audit. For two days, Shri Susheel Sharma and his team from BSI audited the entire Unit's Systems and Processes, observed Minor NCs that were quickly addressed. The audit was carried out successfully. Thanks to the support of the HODs and their teams.

Mandpam

Bank Consortium Meeting



On the 23rd of February 2022, the Bank Consortium Meeting was conducted at the Mandpam unit. Following the meeting, all the bankers who attended the session, took a tour of our Mandpam plant and were quite satisfied with the overall setup.

INTERESTING FACTS

- Hot water will turn into ice faster than cold water.
- The strongest muscle in the body is the tongue.
- Camels have three eyelids to protect themselves from the blowing desert sand.
- People say "Bless you" when you sneeze because when you sneeze, your heart stops for a millisecond.
- A snail can sleep for three years.
- All polar bears are left handed.
- Butterflies taste with their feet.
- Elephants are the only animals that can't jump.
- Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.

Fire safety and drill

A firefighting training was organized to educate all the personnel to follow safety rules at HO, Noida with the support of Professional Trainers from Momentum India. The areas covered were firefighting, evacuation plan, emergency exit, assemble method etc. At Ringas RPSF, three fire drills on dry drill and wet drill were held to explain the process of safety emergency situations. Maral, Noida imparted awareness training sessions on fire and safety to the employees, to create a safe and healthy work environment on the



Ringas RPSF



HO



LNJ Denim



Maral-Noida



Maral-Noida



Mandpam

REPUBLIC DAY

Freedom in mind, strength in the words, pureness in our blood, pride in our souls, zeal in our hearts. A proud moment for all of us. The Republic Day was celebrated in a befitting manner in all our Units. National Tricolor Flags were unfurled. At HEG, Excellence Awards were distributed to employees for their outstanding work. Similarly, celebrations took place at Ringas RPSF, Ringas, Kharigram, Maral, Lodha, Rishabhdev, BMD, Kanyakheri, LNJ Denim, ADHPL, MPCL. In Lodha, a parade was organized by the security personnel and class trainees was the event's main attraction. The best security guard, sanitation boy and the masters with the lowest worker turnover were

honoured. Employees with the best attendance records were recognized. March past was imparted by the security personnel at MPCL and LNJ Denim. The programme was concluded by light refreshment and distribution of sweets.



Ringas RPSF



HEG



Kanyakheri



Rishabhdev



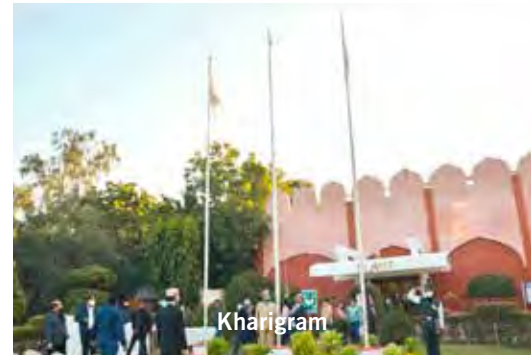
Ringas



Lodha



Maral



Kharigram



BMD



MPCL



ADHPL



LNJ Denim

HOLI

Holi known as the “Festival of Colours” was celebrated in all our Units. Functions were organized in Ringas RPSF, Ringas, TPP, Kharigram, Maral Noida, Lodha, Rishabhdev. Eco friendly Holi was celebrated at MPCL and ADHPL where only organic colours were used. Cultural programmes like singing, dancing and greeting each other were the highlights of the day. At TPP, Housie games were also organized for the staff and their families. In some of the offices, Holi feast was arranged for all with tea, sweets and light refreshments.



Ringas



Ringas RPSF



Lodha



Rishabhdev



Kanyakheri



LNJ Denim



Kharigram



Maral



ADHPL



MPCL



BMD



BMD



TPP

celebrations & festivals

Maha Shivaratri

Maha Shivratri puja was celebrated with great pomp and enthusiasm in RSWM staff colony temple. In Ringas, a Bhajan Sandhya was organized for the staff and their families. At RSWM Kharigram, the Shiv Mandir was decorated with colourful flowers. Bhajan and kirtan were performed by the family members. At Lodha, the festival began at Orchard Temple with Lord Shiva's Jal-Abhishek.

RSWM, Rishabhdev families attended the bhajan-kirtan which lasted till mid night. LNJ Denim knit staff and their families participated with great enthusiasm. At Mandpam Bhajan Sandhya was held at Melangeswar Mahadev Temple. Prasad was distributed among all staff and workers across the units.



Mandpam



Rishabhdev



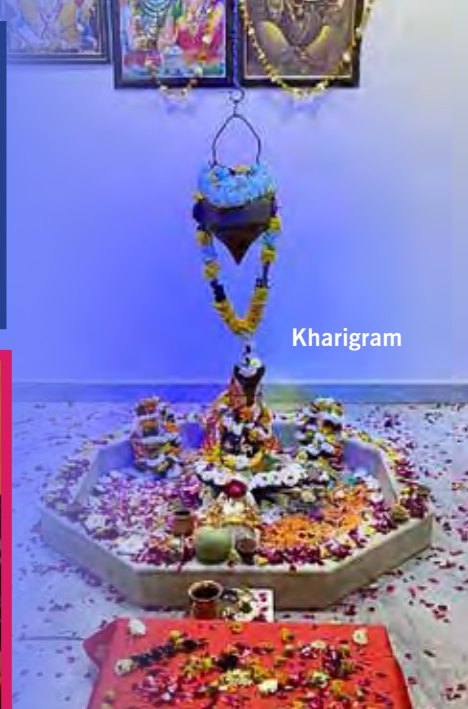
Ringas RPSF



Lodha



LNJ Denim



Kharigram



Ringas

Women's Day: "Women are the real architects of the society"

LNJ Bhilwara Group feels privileged to honour the women who are the backbone of the organisation, and they deserve to be celebrated for their extraordinary contributions to the society. Our Head Office joins in to celebrate International Women's Day 2022 with great zeal and enthusiasm. The women were greeted with flowers and gifts followed by several entertainments in our offices. Screening of short films on women empowerment fuelled the work environment with full of dynamism.

In Kharigram unit, the women workers were awarded Ghana Memento as a token of respect for long service tenure. In Maral, Noida a training session on Women

Empowerment was also conducted by Niveda Foundation.

At RSWM, Lodha

female workers were welcomed with tilak and mishri prasad. A mehndi competition was held in the female worker's hostel. ADHPL and HEG too celebrated women's day. Women were also felicitated with gifts on this occasion.



Kharigram



ADHPL



Maral-Noida



Lodha



HO



HO



HO



HEG



HEG

Ringas RPSF

Khatu Shyam Mela



A refreshment seva was provided at the Khatu shyam Mela. On the 14th of March 2022, staff and families offered refreshments (Sweet Lassi, Water Bottles, Oranges, Frooti, Toffees, and other items) to pilgrims in Khatu Mela, Ringas.

This was accomplished with the help of Rs 80000 from our worker's contribution fund.

Maral-Noida

Lohri



The first festival of year 2022 Lohri marks the beginning of the harvest season and is celebrated with pomp and show in northern India. This festival is celebrated at our Noida Units by lightning up a bon fire and dancing around it with employees. Sweets were also served to all.

World Cancer Day

The occasion of World Cancer



Day was celebrated on 4th February 2022. Free health check-up camp and awareness training program were provided from the Hospital and External Medical team at all Garment Units.

Rishabhdev

Ganeshji Mandir Patotsav



Patotsav of Siddhi Vinayak Ganeshji was celebrated at RSWM Rishabhdev. Shri K B Khatod, Chief Operating Officer, performed the puja and hawan in presence of the Pandit from Khadagda. Staff with family performed the Hawankriya and the puja ceremonies ended with Purnahuti and prasad distribution.

Kanyakheri

Welcoming New Year



Kanyakheri Unit organised a "New Year Welcome Program" for all employees and workers. During the New Year's Sneh Milan programme, Shri Vinit Agarwal, Chief Operating Officer and Shri Pritam Gurjar (Head HR & IR) presided the function. Everyone enjoyed the program with great zeal and enthusiasm.

Super-foods that women must include in their diet

From a young girl to a teenager and a new mother to old age, a woman needs different nutritional requirements at each stage of her life.

Young girls

For muscle mass and bone development:

Most people think of adequate proteins and calcium when they think of bone development, but vitamin D, magnesium, phosphorus, vitamin K, collagen and essential fatty acids are also necessary for bone health and turnover. Iron and B vitamins required for the development of healthy red blood cells. Without adequate iron, teen girls are unable to produce the red blood cells they need to carry oxygen throughout the body. Consuming these nutrients can help lower a teen's risk of bone fracture now and reduce their chances of developing osteoporosis in the future.

During pregnancy

Iron is instrumental in building the red blood cells required to deliver oxygen to a growing baby. Folate is essentially critical for healthy cell growth and preventing spinal cord abnormalities, Calcium for the development of foetal bones and teeth, Proteins help to build and maintain tissue and muscle mass.

60+ women

People over the age of 40 may lose up to 8 percent of their muscle mass per decade, and this rate of decline may double after the age of 70. For ageing adults, a higher protein intake is recommended to support muscle and strength needs. As we age, our bones lose some of the calcium, as well as some of their mass, heightening the risk of osteoporosis and fractures. Vitamin D is important for sturdy bones and that we can synthesize when our skin is exposed to sunlight.

HEG

Bhoomi Pujan for New School Construction



HEG has been running a CBSE affiliated school from pre-primary to XIIth standard with current enrolment



of 1400 students. The school is very popular in Mandideep due to its outstanding results in the board exams. With a view to reach out to more students, the company decided to make another modern school to double the enrolment from 1400 to 2800 students. The Bhoomi poojan of the new school building was done by Executive Director of HEG Ltd., Shri Manish Gulati and Chief Municipal Officer of Mandideep, Shri Sudhir Upadhyay.

Global Vikas Trust

For the benefits of farmers, we have collaborated with Global Vikas Trust's Global Parli project in the poverty-ridden regions of Raisen, Sehore, Bhopal, Vidhisha,

Burhanpur, Badwani, Khargone, Shahjapur, Hoshangabad, Dhar etc. in Madhya Pradesh. This initiative by Mayank Gandhi aims to multiply farm incomes to benefit the farmers and the environment at large. Global Vikas Trust started addressing these issues by a comprehensive intervention at 4 levels - water, soil, cropping patterns and farming practices.

This solution takes progressive measures to ensure:



- Effective and efficient water management practices
- Adoption of remunerative crops over traditional crops
- Adoption of best farming practices to ensure proper cultivation
- Soil quality management by way of using organic materials.

The ground working consists of regular farmer training sessions to help them optimize their plantation practices to fetch optimum yield. Our farmer training schedule is prepared by expert agronomists. There have been more than 126 training sessions from Jan-Mar 2022 with support from HEG Ltd.

Farmer's training and exposure visit – March Month. Farmers from Burhanpur along with the Global Parli team had a training and exposure visit to learn more about the techniques of banana plantation in Rise and Shine Biotech, Pune. This exposure

visit started at the Banana Tissue Culture Lab, followed by a visit to the primary and secondary hardening polyhouse, floriculture and strawberry cultivation to learn more about the advancement in the new technologies for the horticulture practices.

Banana Farmer Success Story

- Prakash Nikam from Burhanpur
- "I spent over 10 years working hard in cotton. Today, with half the effort I will be making 8 times more

money. My future has changed forever". He used to grow cotton earning Rs. 30,000 pa Last year, in one acre, Prakash planted 1700 saplings of Banana (Tissue Culture). He couldn't believe that in 9 months he, earned Rs. 1,08,000 in the 1st harvest itself. With "4 more rounds of harvests" he expects an annual total income of over Rs. 2,60,000.

Ringas

Rotary Club Free Medical Camp

On Khatu Shyam Mela, RSWM Ltd. organised a free medical camp in collaboration with Rotary Club on March 11, 2022. The occasion was



well-attended by Shri Anurag Mathur (COO) and Shri Rajeev Kumar Dixit, GM (H&IR).

Distribution of Blankets and Bed Sheets to Government Hospital



On the 14th of January 2022, RSWM Ltd. Ringas Ladies Club aided and supported the Government Hospital Health Centre in Ringas by contributing blankets and bed sheets. The team from RSWM presented the blankets and bed linens (Ladies Staff Club Members, General Manager-P&IR). This is an initiative to assist local disadvantaged people and hospitalised patients.

MPCL

Constructed School Building at Chhanikhor, Kullu



MPCL has constructed Sarswati Vidya Mandir (SVM) school building at Chhanikhor, Kullu for local community under CSR activities.

Women Sewing Training Centre



Since March 2017, MPCL has been providing six-month sewing training (cutting and tailoring) to women of project-affected villages as part of its CSR programme. Now, there is a women's sewing training centre in Baradha Baag village. In this training centre, around ten ladies will be trained.

Free Medical Health Checkup Camp

Free medical general health check up camp was conducted by Malana



Power Company Limited on March 09, 2022 at Grahan village under Kasol Panchayat. Dr. Jiya-UI-Haq (MD Medicine) & Dr. Nitesh Joshi MBBS, D.Ch. (CPS Mumbai) were invited from Sri Harihar Hospital Dhalpur, Kullu for this camp. Total 159 registrations including children were recorded during the camp. Medicine prescribed by the camp doctors were also provided by the MPCL on free of cost basis.

ADHPL

Scholarship Scheme (2021-22)

To encourage the brilliant and needy students of area, ADHPL has started a scholarship scheme for students of 9th to 12th classes and



some technical courses as defined in the policy. Total 140 students had applied for scholarship during the current FY 2021-22. After scrutinizing the applications and conducting in person interviews of students, 47 students qualified for the scholarship. An amount of Rs. 0.75 Mn was distributed through cheques among the successful students of different areas of Kullu. The scholarship policy of ADHPL is being appreciated from all quarters.

Encouraging Young Buds for School Education



School bags were distributed among school going children up to primary classes of the Govt. Primary schools of Aleo, Prini, Shuru, Jagatsukh, Bhanara & Bhanu between 15th to 19th March 2022. Bags were handed over to the students. Schools staff and parents of children thanked ADHPL for this generous effort.

Intensive Pulse Polio Immunization Campaign



ADHPL organised a Pulse Polio Immunization Campaign in the snowbound and nearby villages in February 2022, vaccinating a total of 115 children over the course of the three-day campaign, as declared by the Indian government.

Mindset and Emotions

How to Control Your State of Mind

If you could genuinely master your emotions take complete control over the way you felt at any given time – then that would be the ultimate technique. Most people seriously underestimate the power and influence of their emotions.

It might take some effort to learn the trick of regaining control, but the strategies below can help.

- Identify the thoughts you want to change.
- Accept unwanted thoughts.
- Try meditation.
- Change your perspective.
- Focus on positives.
- Try guided imagery.
- Write it out.
- Try focused distractions.

Can you control your state of mind?

We all get in negative psychological and emotional states, but you can transform your state of mind by changing your body and getting in state. Your body language sends signals to your brain about how you're feeling and operating. If you have poor posture, it only lends itself to poor emotions or a negative state.

Some tips to help keep our brain and state of mind in top shape!

- Make your home and workspace optimistic.
- Express gratitude.
- Compliment others.
- Do a mindfulness meditation.
- Focus for 10 minutes a day.
- Pay attention to body language.
- Identify emotional triggers.

What is emotional state of mind?

Emotion is a subjective state of mind. Emotions can be reactions to internal stimuli (such as thoughts or memories) or events that occur in our environment. Emotions are not the same thing as moods. A mood is a state of mind that predisposes us to react a certain way.

How to Stop Thinking

- Stop Over thinking. Strive to be aware when you are overthinking.
- Be More Mindful of the Present.
- Look at Things from a Wider Perspective.
- Repeat a Mantra.
- Take Few Deep breaths.
- Practice meditation.
- Recommendations

Tips to Take Charge of Your Mindset and Control Your Thoughts

- Naming.
- Acceptance.
- Meditation.
- Shifting perspective.
- Positive thinking.
- Guided imagery.
- Writing.
- Focused distractions.

How do you shift an emotional state?

Use your awareness of when you are angry, frustrated, impatient, anxious to prompt you to start an emotion shift. Pick an alternative emotion you would prefer to have in place of the negative one. For example you could substitute calm

for impatient, relaxed for tense, accepting for angry.

What are the 4 basic emotions?

There are four kinds of basic emotions: happiness, sadness, fear, and anger, which are differentially associated with three core affects: reward (happiness), punishment (sadness), and stress (fear and anger)

What's the strongest emotion in a human?

Experts have said that romantic love is one of the most powerful emotions a person can have. Humans' brains have been wired to choose a mate, and we humans become motivated to win over that mate, sometimes going to extremes to get their attention and affection.

How do I change my feelings and thoughts?

- Focus on what you want, not on what you don't have. It is so easy to compare ourselves to others and feel like a victim as there are so many things, we want in life that we don't currently have.
- Visualise and get your vision board up.
- Gratitude.
- Keep a worry list.
- Negative self-talk.

So now you need to remind yourself why you do what you do. Picture where you want to be. Picture the wealth you want to have, the success, the satisfaction. Then remind yourself that the things you do today are driving you towards the things you want.



Vitamins for Good Eyesight

Foods That Can Help Nourish Your Eyes

There are many vitamins that when made a part of the regular diet can help in keeping your eyes healthy and functioning well. Your eyes are complex organs that need many different vitamins and nutrients to function properly.

Common conditions, such as diabetic retinopathy, age-related macular degeneration, glaucoma and cataracts, can impact your eyes.

Natural foods pack a lot of nutrients that nourish our body and help maintain optimal health of all our tissues. Eyes are also affected by the goodness of the foods that we eat. Vision boosting and eye protecting vitamins are a well-researched topic. There are many vitamins that when made a part of the regular diet can help in keeping your eyes healthy and functioning well. And the best part is that these vitamins are freely available in the foods that we eat daily.



Best vitamins to keep your eyes healthy

Vitamin A: is the most important vitamin for our eyes. This is actually a group of antioxidants that positively affect our vision, bones and our immune system. Non vegetarian sources of the vitamin are beef, liver, milk and cheese. The orange, yellow and green fruits and vegetables give us carotene that is converted to retinol in our body quite efficiently. Spinach, coriander leaves, mint, amaranth, methi, pumpkin, carrots, ripe mango and papaya are all rich sources of carotene. Vitamin A protects our cornea, the surface of the eye and is essential for good vision. It also plays a role in preventing age related macular degeneration of the eyes

Vitamin C: Abundantly found in food, is one of the most powerful antioxidants for our body. It maintains the integrity of our connective tissues, and the collagen in the cornea. It is essential for maintaining the health of our blood vessels, which also include the delicate blood vessels in the retina. Studies have shown a positive correlation between Vitamin C and a reduced risk of cataract and vision loss

due to macular degeneration. Good food sources include, cabbage, coriander leaves, capsicum, green chillies, guava, and *amla*.

Vitamin B2: is essential for the skin health, as it effects the collagen formation and is also known to prevent cataracts. It is essential for the oxidation and reduction chemical reactions in our body. Sources rich in this vitamin include salmon, eggs in non-vegetarian food and milk, mushrooms, spinach, almonds, and sundried tomatoes in vegetarian.

Vitamin B3: is a co-enzyme for metabolism of carbs, fats and amino acids. It acts as an antioxidant to prevent cataracts. Diets rich in processed foods can lead to a deficiency of this vital nutrient. Peanuts, green peas, mushrooms, sunflower seeds, tuna, chicken breast and turkey breast are good sources.

Vitamin B6 and B12: are very essential for nervous system function and metabolism and keep your eyes, hair, liver and skin healthy. It can cause damage to the optic nerve. Meats are the best source for both these vitamins. B6 is also found in chickpeas, sprouts, cooked spinach and raw red pepper are also good sources.

Our eye health depends on the quality of food we eat, just like any other organ of the body.

Supplementation of vitamins should only be done under the guidance of a health practitioner.

Prevention is any ways better than cure, so eating a nourishing diet and including a lot of fresh foods in your diet will benefit your eyes too.

Folic Acid: helps the body make new cells by playing a role in copying and synthesizing DNA. Deficiency of folic acid causes anaemia and increases the risk of birth defects in pregnant women. A deficiency of this vitamin may lead to optic nerve degeneration. Green leafy vegetables like amaranth, mint, spinach, legumes, nuts, and liver are good sources of this essential nutrient.

Vitamin E: is one of the most powerful antioxidant systems of our body. It is found in the lens of our eye and the retina. Deficiency of this vitamin has been linked to the formation of cataracts and macular degeneration of the eye. Vitamin E deficiency is rare. It is found in vegetable oils, wheat germ, almonds, sunflower seeds, and hazel nuts.

ADHPL

Honoured & Welcomed by Local Community



The Chacholi Mela is being celebrated with great zeal & spirit by villagers of Jagatsukh, Manali. The Village committee expressed their sincere gratitude to ADHPL for various village development activities being carried out by the company. Mr. Arvind Sharma (DGM Civil) was honoured as chief guest by the Village Committee Jagatsukh.

BMD

Punctuality Award



To encourage our associates towards punctuality and consistency in attendance, we have started a punctuality award for our employees. For the month of February, the award was bagged by Mr Kishan Kumar Singh, Weaving department.

Good Read

The Big Switch - It's Never Too Late

AN INSPIRATIONAL TALE WITH A TWIST

What does a 24-year-old man want in life?

Love?

A decent job?

Keith has both. He is a software engineer at a reputable company and has a girlfriend whom he loves a lot. Yet, there is something missing in his life. He is not even close to being happy. Only after losing his girlfriend, he realizes what the reason for his unhappiness is.

He realizes that he is caught up in the wrong career. With time running out, he knows that he must switch to a new career — one that makes him happy.

But, is 24 too late to do that? Is he making a mistake?

A heart-warming and inspirational tale that beautifully captures the emotions and experiences of today's youth. Brilliant story-telling style makes it an engaging read from start to finish. It's an absolute must-read for anyone who has dreams and believes in themselves but are confused about the future.

Find out as Keith follows his heart in pursuit of an impossible-looking dream.



HO

Joining of Mr. Puneet Anand (CSO)



Puneet Anand, an experienced CA and tax consultant for family-owned businesses and leading corporates, has been named as the group's new Chief Strategy Officer. He has advised leading Indian corporates on various tax matters and specializes in advising on complex inbound & outbound transactions, cross borders & domestic mergers,

acquisitions & joint ventures, group financial & corporate restructuring and international tax planning.

Mr. Anand worked with EY India for 10+ years and was last positioned as Senior Manager for Mergers & Acquisitions at the MNC. We are delighted to welcome him to the LNJ Bhilwara family.

Kharigram

Superannuation of Shri K. N. Mathur

After a long service period of 36 years with our organization, Shri K N Mathur, AGM, P&IR Department got superannuated on 31st March, 2022.

A felicitation program in his honour, was organised in presence of Shri Shukesh Sharma, BHO-Y, Shri Naresh Kumar Bahedia, COO, who appreciated his contribution in setting culture and discipline among workers. All team members expressed best wishes for his good health and happiness in his post retirement life ahead and bid adieu with heavy heart.



Ringas

Superannuation of Shri Virendra Singh Choudhary



Shri Virendra Singh Chaudhary worked with RSWM, Ringas for 04 years in Dye House Department as a Deputy General Manager (Dyeing). The farewell ceremony was held on February 28, 2022

It was a sentimental day and the service rendered by him over the years is commendable and the organisation is thankful for the dedication and loyalty shown by him. We wish him success and bid adieu with a heavy heart. Lots of best wishes from the RSWM-Ringas family.

Superannuation of Shri Sharwan Singh Nitharwal

A felicitation programme was organized by Staff Club of RSWM, Ringas unit at HRD Centre in the honour of Shri Sharwan Singh Nitharwal who has retired after 31 years of services with RSWM Ltd.

On this occasion, Shri Anurag Mathur, Chief Operating Officer appreciated his contribution in the growth of the organization. All the staff members expressed their best wishes for his peace, prosperity, happiness and sound health post retirement.





What are the benefits of summer fruits?

Fresh fruits can help you survive (and thrive!) all season long. Along with fabulous flavour, summer fruits serve up a potpourri of great nutrition. Most of summer's fruits are bursting with antioxidants and phytochemicals (plant chemicals, many of which are thought to have a protective effect against cancer), as well as vitamins, minerals, and fibre. Fruits in season are usually fresher, tastier, and more nutritious. When you eat foods the way nature intended, you get bright, crisp, flavourful, nutrient-rich foods.

Nature gives us foods designed to support our health at the time they're grown. So when you consume fruits in season, you're giving your body the nutrients it needs to do its job and keep you well. And you may even feel more connected and in-tune with nature.

Seasonal fruits are also better for you. Rather than being picked early, seasonal fruits are typically allowed to ripen naturally. So, the plant has more exposure to sun, and the fruit has higher levels of antioxidants.

Importance of adding water rich fruits in your diet during summers:

Mangoes – Up to 83% Water. ...

Blueberries Up to 84% Water. ...

Apples – Up to 86% Water. ...

Pineapple – Up to 86% Water. ...

Apricots – Up to 86% Water. ...

Oranges – Up to 87% Water. ...

Plums – Up to 87% Water.

Papaya – Up to 88% Water

Blackberries – Up to 88% Water

Peaches – Up to 89% Water

Cantaloupe – Up to 90% Water

Grapefruit – Up to 91% Water

Strawberries – Up to 91% Water

Watermelon – Up to 92% Water

Tomato – Up to 94% Water

“Fruits and vegetables contain micro nutrients like vitamins and minerals, as well as functional components like antioxidants and probiotics”

8 Tourist Circuits of India

Witness the wonders of our Nation

India's diversity and the depth of its culture can be seen in its religions, landscapes, art, food, and tourist places. From Kashmir to Kanyakumari and from Gujarat to Bengal, each state of this great nation has something unique and mysterious that attract people from the east, west, north, and south corner of the world. From a heritage journey and religious tour to adventure voyage and mountain trails, these tourist circuits of India let you understand this unique nation in a short period of time.

The Golden Triangle

Days needed to cover the circuit:
5-7 days

Delhi→Jaipur→Agra



Creating an almost-equilateral triangle, the route between Delhi, Agra, and Jaipur is known as 'The Golden Triangle'. Starting from Delhi, crossing Uttar Pradesh, and finally entering Rajasthan, this one is the most well-trodden tourist circuits of India.

The highlights of the circuit:

Delhi: Red Fort, Qutub Minar, India Gate, Lotus Temple, and Chandani Chowk

Agra: Taj Mahal, Agra Fort, and Fatehpur Sikri

Jaipur: Hawa Mahal, Amer Fort,

City Palace, Jantar Mantar, Jal Mahal, Nahargarh Fort

The Desert Circuit

Days needed to cover the circuit:
5-7 days

Jodhpur→Bikaner→Jaisalmer



It is the most popular and scenic tourist circuits in Rajasthan. This journey gives tourists an opportunity to explore the three marvellous cities of Rajasthan

The highlights of the circuit:

Jodhpur: Mehrangarh, Umaid Bhawan Palace, Jaswant Thada, Ghanta Ghar, and Balsamand Lake

Bikaner: Junagarh Fort, Lalgarh Palace, Bikaji Ki Tekri, Prachina Museum, and Bhandasar Jain Temple

Jaisalmer: The Great Indian Desert, Jaisalmer Fort, Patwaon-Ki-Haveli, Gadisar Lake, and Salim Singh Ki Haveli

The Himachal Circuit

Days needed to cover the circuit:
5-7 days

Shimla→Kullu→Manali→

Dalhousie→Dharamshala

This circuit gives you enough opportunities to witness the beauty of



the mighty snow-clad Himalayas, the vibrant and scenic villages, and a fine mixture of cultures and different ethnic groups that are capable of living in harmony with others.

The highlights of the circuit:

Shimla: Jakhoo Temple, The Ridge, Mall Road, Christ Church, Himalayan Nature Park, and Chadwick Falls

Kullu & Manali: Solang Valley, Hidimba Devi Temple, Manu Temple, Great Himalayan National Park, Manali Sanctuary, Pin Valley National Park, and Jogini Falls

Dalhousie: Khajjiar Lake, Bhuri Singh Museum, Dainkund Peak, St. Francis' Church, and Chamera Lake

Dharmshala: Dal Lake, St. John in the Wilderness Church, Kareri Lake, Namgyal Monastery, Bhagsunag Waterfall, and Triund

The Wildlife Circuit

Days needed to cover the circuit:
3-4 days

Kanha National Park→Bandhavgarh



This wildlife circuit is one of the most thrilling tourist circuits of India right now. This 5-night-6-day trip covers Bandhavgarh and Kanha National Park in MP and includes Dhuadhar Falls and Jabalpur, which is an ancient city on the shores of Narmada River. The highlight of this entire circuit is a thrilling safari through the dense forests of Kanha National Park and Bandhavgarh, where one can spot Bengal Tiger, White Boar, Leopards, Chinkara etc.

The highlights of the circuit:

Kanha National Park: Mukki Gate, Kanha Museum, Chilpi Range

Bandhavgarh: Baghel Museum, Village Tala, Mahaman Pond, Chimber's Point, Three Cave Point, and Badi Gufa.

The Nilgiri Circuit

Days needed to cover the circuit:
5-7 days

Bangalore→Mysore→Ooty



Among the most spectacular mountain trails of India, this Nilgiri circuit is a must-do for those who wants to absorb all the greenness, all the charm, and the magic of these wonderful cities and towns. This circuit is all about the incredible nightlife of Bangalore, the royal vibes of Mysore, and the divine beauty of Ooty.

The highlights of the circuit:

Bangalore: Lal Bagh, Bannerghatta National Park, Cubbon Park, Bangalore Palace, St. Mary's Basilica, Bangalore, Devanahalli Fort

Mysore: Mysore Zoo, Jaganmohan Palace, Folk Lore Museum Mysore, Melody World Wax Museum, Mysore Palace, and St. Philomena's Cathedral

Ooty: Doddabetta, Government Rose Garden, Avalanche Lake, Emerald Lake, and St. Stephen's Church

The Backwaters Circuit

Days needed to cover the circuit:
5-8 days

Kochi→Alleppey→Kumarakom

The backwaters circuit is a chain of



brackish lagoons, canals, and lakes lying parallel to the Arabian Sea. This network of 1500 km of natural and manmade canals, 38 rivers, and 5 big lakes extend from one corner of Kerala to the other.

The highlights of the circuit:

Kochi: Fort Kochi, Bolghatty & Vypeen Islands, Cherai & Vypeen beach, Marine Drive, and the backwaters

Alleppey: Marari Beach, Pathiramanal Island, Kuttanad Backwaters, Krishnapuram Palace, Alleppey Beach, and Vembanad Lake.

Kumarakom: Kumarakom Bird Sanctuary, Aruvikkuzhi Waterfall, Kumarakom Backwaters, Kottayam, Vegamon, and Pathiramanal Island

The Buddhist Tourist Circuit

Days needed to cover the circuit:
15-20 days

Lumbini→Bodhgaya→

Sarnath→Kushinagar

The Buddhist travel circuit in India is mainly for those who want to take a religious tour and experience Buddha's life closely. From Lumbini, where Buddha was born, to Bodhgaya, where he attained nirvana, to Sarnath, where Buddha preached, and to Khushinagar where he attained salvation, it takes you through different phases of the lord's life.

The highlights of the circuit:

Lumbini: Maya Devi Temple, Lumbini Monastic Site, Royal Thai Monastery, Dae Sung Shakya,



Myanmar Golden Monastery, and Kundan Stupa

Bodhgaya: Mahabodhi Temple, The Great Buddha Statue, Metta Buddharam Temple, and Root Institute for Wisdom Culture

Sarnath: Dhamekh Stupa, Chaukhandi Stupa, Tibetan Temple, Sarnath Temple, Japanese Temple, and Wat Thai Sarnath Temple

Kushinagar: Matha Kuar Shrine, Parinirvana Stupa, and Chinese Temple

The Chota Char Dham Circuit



Days needed to cover the circuit:
5-7 days

Badrinath→Kedarnath→

Gangotri→Yamunotri

An important Hindu pilgrimage circuit, it comprises of four most holy sites of Uttarakhand. All these places have their own individual history that makes them sacred.

The highlights of the circuit:

Badrinath: Badrinath Temple, Bheem Pul, and Vyas Gufa

Kedarnath: Kedarnath Temple

Gangotri: Gangotri Temple and Surya Kund

Yamunotri: Yamunotri Temple, Sita Ram Lakshman Hanuman mandir, Birla Ashram, Narayan Temple, and Aravind Ashram