

# OPINION

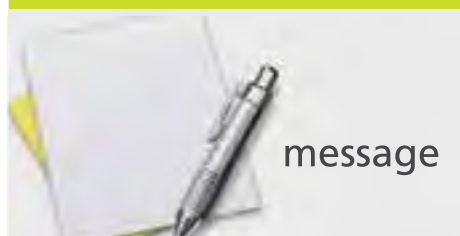
Quarterly Newsletter of LNj Bhilwara Group



PROUD TO BE INDIAN  
PRIVILEGED TO BE GLOBAL

Volume XXV | Issue 2 | July-September, 2019

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Corporations have become one of most important driving forces in developing modern society, the backbone of the communities they belong to.

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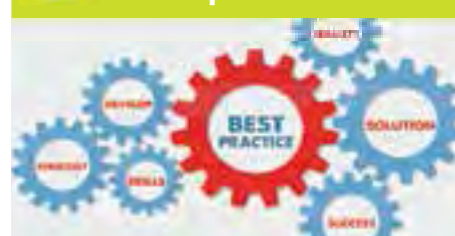
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## Editorial Team

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## From the editor's desk

### Dear Readers

Today the economy is facing tough times. Market competition is high. Nothing will pay more than a competitive spirit and the determination to work harder and being together. We are one large family. Whatever it is we all need to understand that we have the passion to work with the best of our ability.

All of us would want to be part of a team that is committed, hardworking and leaves an impact that is remembered for years on what we have been able to accomplish. I am proud to be part of such an organisation that strives on reaching new heights and greatness.

I am reminded of the wise words of the Missile Man, our beloved Teacher, Philosopher and Scientist Dr APJ Abdul Kalam

*"If you fail, never give up because F.A.I.L. means "First Attempt in Learning". End is not the end, in fact E.N.D. means "Effort Never Dies." If you get No as an answer, remember N.O. means "Next Opportunity", So let's be positive."*

*- Dr APJ Abdul Kalam*

The above quote should inspire us to keep on working tirelessly without getting disheartened by any failures and without having any doubts about our abilities.

I am extremely pleased to see the enthusiasm of our employees who have taken keen interest in making this newsletter a success through their participation and contributions. I also congratulate the children for their success in academics, sports and cultural fields.

We sincerely hope that you will like this edition of the newsletter. Please keep on giving your valuable feedback & inputs so that we can come out with more such interesting newsletters in the future.

All the best!

**Sudhir Sood**



## Good read

**Corporate Safari** - A well written book and a must read for corporate professionals of all ages. The book has a message for both sides of management - The board level and the employees / working professionals.

In Corporate Safari, the Author - Raj Pillai discusses the issues faced by the men in suits, by giving live examples and illustrating the solutions to some of these problems. Ethical practices can become a part of success if you make an effort. It would seem much more attractive to take the easy way out and earn your millions but to become successful through dishonest means may not give you the ultimate satisfaction. The author considers over these very concerns and provides detailed management tools that can be used to survive in this corporate safari.

Today's professional wishes to be successful but is in a dilemma - should he be honest and play by the rules or should he follow the example of the negative critical mass which is in abundance today. Every other successful person he meets seems to have achieved success by being dishonest, unethical or manipulative. In fact being ethical and principled is considered a weakness today!

Finally ends the story with a beautiful message to all of us that "be truthful, only focus on organizational objectives", you will always be a winner, sooner or later.



## Chairman's note

Corporations have become one of most important driving forces in developing modern society, the backbone of the communities they belong to. To build a happy and harmonious society, it is very important for us to build a business model that keeps our customers and employees happy. We are sincerely committed towards our social responsibility, environment friendly and sustainable business practices.

The country is going through a tough time on the financial front and it will be a while before the situation gets to normal. The Government of India has taken several steps to ease out the situation and have also promised more steps as and when required, to help boost the slowing economy, but the global headwinds are getting stronger and in today's connected world India may find difficult to isolate itself from the effects of the global slowdown.

Demand and Investment for consumer durables have been subdued across advanced and emerging market economies as firms and households continue to hold back on long-range spending.

As has been highlighted during the recent visit of the Prime Minister to the US, there is a huge potential of trade between the two countries.

To encourage investments in India the government has proposed to create a single window for foreign investments and is working towards bringing down the cost of logistics. Many initiatives have been taken in this direction such as Sagar mala & Bharat mala road projects, Delhi-Mumbai freight corridor etc. This will help in reducing the travel time and increase the efficiency of logistics delivery systems.

We face impending challenges due to cheaper Chinese electrodes being sold into Indian market due to removal of anti-dumping duty on graphite electrodes. This would affect our sales and also increased imports of cheaper Chinese electrodes could impact our efforts towards increasing of our production capacity to 1,00,000 MT by 2021.

Demand for electric power transmission and distribution equipment in India is expected to rise by 8.2% per year by 2023. Hence, it is important for us to have a firm plan in place, cost efficiencies, performance productivity etc.

With the strong belief and conviction, I can say that we will be able to overcome all the hurdles and Indian economy will again be on the high growth path.

With Best Wishes,

**Ravi Jhunjhunwala**



## RSWM

### Premiere Vision Exhibition, Paris

A team led by Mr Ashutosh Sharma, VP-Export Marketing-YB, Mr Piyush Verma, Manager-Export Marketing-YB, Mr. Kulbhushan, GM-Export Marketing-MYB, Mr. Avishek Paul, AM, EDGE Marketing, Mr. Sandeep Rohilla, DGM-NPD-YB, Mr Munna



Kumar, Sr. Manager, NPD,MYB under leadership of Mr. Rajeev Jain(BH-YB) participated in Premiere Vision exhibition held on 17<sup>th</sup> – 19<sup>th</sup> September, 2019 at Paris. RSWM launched AW 20-21 COLLECTION “ESCAPISM” along with sustainability products made with 100% Herbal Dyes & blends with NAIA Fibre.

Shri Riju Jhunjunwala, MD also visited the Exhibition with the team. He had meetings with some important customers. Various customers from all Globe & Brands like Next, Nik Gibson from UK, Matrix Clothing, Hidaramani from Srilanka etc visited our stall and appreciated our product range, designs & fast progress in sustainability concept.

### Exclusivity Partnership with Eastman, USA

We entered into a contractual engagement with U.S.A based giant Eastman Chemical Company earning exclusivity rights to manufacture their specialty NAIA, a Cellulose Acetate Fibre in various blends. A wide range of sustainability products with inclusion of NAIA in grey as well as dyed yarn products were displayed at



Premier Vision Exhibition in Paris on 16<sup>th</sup> – 18<sup>th</sup> September, 2019. Another great & proud moment came when Eastman formally launched NAIA fibre for spun yarn application in Paris on 17<sup>th</sup> September 2019, praising our committed efforts in taking this challenge to new heights.

### All India Wholesale Dealers Conference

The conference, inaugurated by Shri B.M. Sharma, Joint Managing Director was organised on 7<sup>th</sup> & 8<sup>th</sup> July, 2019 at Fariyas Resort, Lonavala. Also present on the occasion were Mr. Mukul Awasthi, Vice President-Marketing and All India Agents & Dealers. The trade partners praised the efforts of the company on seeing the new development of ‘Cannello’ and ‘Mayur’ brands.

A large range of all-seasons wear in attractive colors in PV, PC and linen in Exotic Blend of Khadi based



fabrics was on display and was appreciated by the traders. A wide range of tweed collections, stretch fabric collections and aromas collections were also displayed.

Shri B.M.Sharma took one-to-one feedback from the traders on the products so that it can help in development and planning.

### Mayur Retail Conference - Goa

Mayur had organised grand retail conference from 7<sup>th</sup> to 11<sup>th</sup> August 2019 in Goa's at Vivanta By Taj. It



was inaugurated by Mr. Mukul Awasthi, Vice President-Marketing, Mayur.

A new fabric produced by the company as well as the quality fabrics of the entire range of Mayur were displayed. Around 300 retailers from various states had participated.

### Opening of New Mayur Outlet

An exclusive brand outlet (EBO) at Bapu Bazar, Udaipur, Rajasthan was inaugurated on 29<sup>th</sup> September, 2019 by Mr Mukul Awasthi, Vice President (Marketing), Mayur &



Mr. K.K. Gupta, Chairman, Nagar Parishad; Dungarpur were present on this occasion as Chief Guest. Many honourable persons from the city were also present.

## LNJ Denim:

### Visit of Shri Shantanu Agarwal

Shri Shantanu Agarwal, visited LNJ Denim unit, on 2<sup>nd</sup> August, 2019. Shri Suketu Shah - Business Head, welcomed him and took him through the Denim facility to understand the entire denim process. He was really impressed and appreciated the facility and various new products of the Denim.





## Participation in GARTEX 2019, New Delhi

LNJ Denim had participated in GARTEX 2019, New Delhi on 10<sup>th</sup> and 11<sup>th</sup> August, 2019. Team showcased latest AW-20/21



collections to the customers and the response was overwhelming.

## PACT Assessment with Levi's Team and Consultants

LNJ Denim is always ready to walk one step ahead. In line with that, it took an initiative approach for cleaner textile through an assessment process which is 'PACT (Partnership for Cleaner Textile) Assessment' with collaboration by Levi's & DESL Team. Performance of the company was evaluated and scored for 23 categories.



The Baseline assessment was done on 05/09/2018 & our company scored 76% - i.e 3.8 out of 5.0.

End line assessment was done on 22/08/2019 & our company scored 93% - i.e 4.7 out of 5.0.

It helps us to find appropriate way to save energy, water and chemical consumption. It also gives us the better knowledge for best practices in daily routine work.

## Kharigram:

### Visit of M/s Textil A.A.A. Riga Latvia

Mr Vleadislav Milosf & Mr. Alexander Kopilov from M/s AAA Textil, Riga Latvia visited Kharigram unit on 29<sup>th</sup> July, 2019. Mr. V.R. Joshi, COO and Mr. Bipendra Verma DGM-Production welcomed them. They



took round of our grey and dyed units which ended with SJ-11 unit. They have also shown keen interest in New Products which were shown to them during the meeting. They marked a good comment "Thank you for very interesting review. All works inside the unit is impressive. Best Wishes and further grow of sales."

### Visit of Mr. Rene Van Schie, Europe

Mr. Rene Van Schie, from Europe visited Kharigram unit on 24<sup>th</sup> August, 2019. Mr. Bipendra Verma DGM-Production & Mr. Sandep Rohilla DGM- NPD welcomed them. They visited our SJ-11 unit. They were very satisfied with this visit and given comments "Impressed, well organised and clean resulting in top products. Sure, will give positive advised to the customers." After SJ-11 round, they visited at our NPD setup and expressed their interest in our new developments.



### Visit of M/s Global Tex, Belgium

Mr Philippe Demmar from Global Tex, Belgium visited Kharigram unit on 8<sup>th</sup> July, 2019. Mr. R.K.Soni, DGM-QA and Mr. Sandep Rohilla DGM- NPD welcomed them. They visited the dyed and grey unit which was concluded by visiting SJ-11



unit. The guests were happy to see the modern setup and commented "A good professional team that handles customer expectation in the right way, Good Factory".

### Long Service Award

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



Kharigram unit got witnessed on 16<sup>th</sup> August, 2019 for employees' devotion with their long employment journey. In this Award ceremony, one staff was present who completed more than 25 years and eight staff who have completed more than 10 years in this company. It was a proud moment, both, for staff and management. Shri V R Joshi, COO, Shri Ashish Kumar Pandey, HR Head and all HODs were present for this function. Appreciation certificates were distributed to all concerned and Shri VR Joshi congratulated staff members and announced that they are our Assets for the company.

## Rishabhdev:

### Consortium Meeting of Bankers

The Bankers' Consortium Meeting was held at Rishabhdev unit on 17<sup>th</sup> September, 2019. The senior officials from all leading banks, viz. SBI, ICICI, PNB, BOB, EXIM Bank and Yes bank attended the meet. Shri B.M. Sharma, JMD, Shri J. K. Manghani, Dy. CFO & Shri Rakesh Jain, Dy.GM were present from Corporate Finance Department. Representing



the unit, Shri K. B. Khatod, COO and Shri Narendra Bhandari, GM (Comml.) attended the meeting. Various financial issues related to the company were discussed during the meet. The unit's presentation was given by the COO and overall presentation was given by Shri Rakesh Jain. The JMD and Dy. CFO replied to various queries raised by the bankers. The Plant visit was also done by the Bank officials and appreciated for the good housekeeping.

## HEG

### Visit of Hyundai Steel & Posco Team, Korea

"We don't want to push our ideas on to customers; we simply want to make what they want."

"We believe in the power of recognition and empowerment leading to great employee engagement which is critical to guest engagement. Employee empowerment and recognition is the core of our culture and how we achieve outstanding customer service."



In the growing need to innovate customer experience & continue to evolve and move the transformative growth, HEG has gone beyond the limits to strengthen the bond with the customer in a transparent and attractive horizon. Our training program to customers for improving their operating efficiency & knowledge on the 'key products' they use, have resulted in improvements in their business performance.

Their kind gesture and the trust they have shown on HEG has enthralled us and testify the beautiful long term relation we have.

### Bhoomi Pujan for 100 K Expansion

As the company embarks on expanding the plant capacity from 80,000 tons to 100,000 tons, a



Bhoomi Pujan and ground breaking ceremony was held on 10<sup>th</sup> July, 2019 at HEG plant premises. This expansion is expected to come in to commercial production by early 2022.

### Badminton Contest Prize Distribution

"If you ask a lot of successful companies to define their culture, you'll often hear something to the tune of "we work hard and play hard."



Sport and physical activity are essential for improving our health and wellbeing, and achieving the Millennium Development Goals. Evidence has shown that regular participation in physical activity provides all people, regardless of ability, with a wide range of physical, social and mental health benefits, and can prevent or limit the effects of many of the world's leading non-communicable diseases.

## Mandapam:

### Customer Visit from M/s Shivalik Prints

Mr. Bharat Kapoor of M/s. Shivalik Prints, Delhi visited on 17<sup>th</sup> July 2019 and was accompanied by Mr. Vikas Raghav. Our plant team headed by Mr. Ashwani Mittal (COO) welcomed them. Apart from conducting an audit of our units for Claimed Material Assessment (GRS), he went around Mandapam as well as Kanyakheri Unit and appreciated both the plants for their process and advanced facilities.

### Customer Visit - M/s Eurocentra, Bangladesh

Mr. Rajib Mia & Mr. Kowshick San our customers from M/s Eurocentra, Bangladesh visited the unit on 17<sup>th</sup> September 2019. They were accompanied by Mr. Sudarshan Samdani and were welcomed by COO Mr. Ashwani Mittal. Apart from





conducting an audit they visited our plant & saw our zero-discharge facility and were also interested in recycled products.

## TPP:

### Medical Health Check-up Camp

TPP Organized Annual Medical Health Checkup Camp in the plant premises



from 16<sup>th</sup> to 19<sup>th</sup> August, 2019 for Staff and workmen. Health checks were conducted as TPP is a Red Category Industry, also health check-up of the employees is mandatory as per statutory guidelines. The Homeopathy Chikitsasewa Samiti President (Dr. Sanjay Gupta) arranged the medical unit of 10 medical and paramedical staff.

## BMD:

### Inter Staff Tournament

An inter staff tournaments of carom & chess were organized for staff members of BMD unit. Many staff members participated in these



tournaments with full enthusiasm which was great to watch. The winners of the tournaments will represent the BMD unit in Inter Unit Tournament organized by Rishabhdev unit.

## Annual Tour

### HO: Annual Trip to Goa – The “Rome of East”

LNJ Bhilwara Group believes that happy employees are the very foundation which makes a happy working environment within the company. Office annual trips are one of the things that can bring moments of joy and happiness to them. Therefore this year, Goa - land of sun, sand, temple, churches, forts and beaches was the chosen tourist destination by our corporate office as part of its annual tour from September 28<sup>th</sup> to 1<sup>st</sup> October, 2019. During the Goa trip, employees & their families visited Fort Aguada,



Light House, Sinquerim Beach, Calangute Beach, Vagator Beach, Chapora Fort, Mangueshi Temple, Old Goa Church, Old Goa Museum, Miramar Beach and Dona Paula Beach. This tour was one of the most thrilling & memorable experience for all and everyone was feeling re-energized and lively.

### LNJ Denim: North East



### Lodha – One Day Picnic



### Rishabhdev –One Day Picnic

The staff club organized One Day Picnic to Nagfani in two different batches during the month of August, 2019. The staff & family members enjoyed the trip with full of excitement.

### TPP: Annual Tour

The Staff club organized two days tour to Statue of Unity and Poicha



(Gujarat) in the month of September 2019 for the staff and their family members.

### Ringas - Picnic Tour

The Staff Club organized a one day picnic for the staff and their



families to Angel Resort, Jaipur in two batches on 11<sup>th</sup> August, 2019 and 18<sup>th</sup> August, 2019. Swimming, rain dance, musical chair, housie, musical evening, with solo singing by local singer were the attraction of the trip along with delicious brunch and dinner. The Club President Shri S.D.Aggarwal conveyed their best wishes



## HEG

### Communication Meeting

Effective communication is not just exchanging information but also about understanding the emotion and intentions behind the information. Also, being able to



clearly convey a message, you need to listen in a way that gains the full meaning of what's being said and makes the other person feel heard and understood.

### Technical Session on Industrial Hydraulics

Learning & Development team provided a platform to our maintenance team for Internal Training workshop on Industrial Hydraulics at their concern knowledge centre. Mr. Kapil Tripathi & Mr. Jeevendra Patel shared their knowledge on Fundamentals of Hydraulics covering the Elements of Hydraulics system, sharing these improving technical skills with our employees helps them out to understand the hierarchy of Industrial Hydraulics. This platform included sessions of mutual discussions and review of case studies from different areas of plant in terms of Industrial Hydraulics following which monthly sessions are planned and executed for



continuous improvement of technical skills of the field team.

### Coal Handling System

L&D team conducted a session in August 2019 where Mr. Tajendra Bhatia shared his knowledge on Coal Handling System, which is based on the function of Coal



Handling, to receive, process, store and feed the coal bunkers consistently over the entire life of power plant.

### Data Analytics Session

Enthusiastic session of Data Analytics was held by Mr. Subrata Rath (Indian Statistical, Pune) on September, 2019. This helped in



better learning and understanding the data and to discover the patterns in data attributes. Clustering algorithms were used to discover such patterns. Algorithms are employed to organize data into groups (clusters).

## ADHPL

### Internal Auditors Training Workshop

A two day's training programme was conducted by an external



agency on September 2<sup>nd</sup> & 3<sup>rd</sup>, 2019 for internal auditors of ADHPL and MPCL on ISO 45001:2018. 13 employees participated in this training programme.

## LNJ Denim

### 5 S & Quality Circle Training & It's Implementation

On 16<sup>th</sup> September, 2019. A four-hour special training program was conducted for 28 staff members by Shri V. K. Purohit. The main objective of this was to create



awareness about the use of 5 S. Before training, Shri V. K. Purohit audited the implementation of 1 S & 2 S in the plant. He appreciated the system implementation & made department wise observations for further improvements.

## Ringas

### Motivational Session

Shri Avinash Bhargava, Chief Operating Officer, was invited as Guest Faculty at local Vedanta PG Girls College to motivate the Graduate and Post Graduate students for their examinations etc.



He held a 90 minutes interactive session on “An insight for us as Student/Human”.

## Maral

### An Awareness Session on Substance Abuse Redressal

An Awareness Session was conducted by NSID for the staff of



all the Departments in the Factory on “Substance Abuse Redressal” on 26<sup>th</sup> September-2019. The session was followed by activities to make people understand the harms of using intoxicating Materials.

## BMD

### Stress Management Training

A training program on stress management was organized at BMD unit where the main speaker was Shri Shaktiraj Singh. He is



also spiritually associated with Brahmakumari organization for mental peace and relaxation of mind.

## Mandapam

### Motivation Programme

A session was conducted on 27<sup>th</sup> to 28<sup>th</sup> September, 2019 by Mr. Pankaj Shukla, Life Management Guru, Being Capable Organization.

This Program was organized for



shop floor team to learn the basic concepts of personal motivation at Mandapam unit.

## Banswara

### Workers Training by CBWE

Shri K. S. Yadav, Regional Director and Shri J. J. Patel from CBWE Udaipur conducted one day training program for senior workers on 28<sup>th</sup> August, 2019. 36 workers from plant participated in



it with full enthusiasm. The content of program was very much appreciated by all the participants and the training went successful.

## Rishabhdev

### Quality Life Workshop

A two days Quality Life workshop was conducted by Shri K S Yadav, Regional Director & Shri Punit Goutam from CBWE, Udaipur on 3<sup>rd</sup> & 4<sup>th</sup> September, 2019 at Rishabhdev unit. Workers



from various departments along with their spouses participated in this workshop. The closing

session was also attended by Shri M.S. Manilal, DGM (Pers. & IR) and senior officers of the unit.

## Kharigram

### “Meet the COO” Interactive Session

A philosophy to develop closeness, engagement and motivation among shop floor staff, HR department organised an interactive session exclusively for Shift Officers with Shri V.R. Joshi, COO on 23<sup>rd</sup> July, 2019. It was an open platform to



discuss and share thoughts about professional and personal talk with Shri Ashish Kumar Pandey, Head HR and Shri V.R. Joshi, COO who also motivated them about how to give their best output and ensure to get relaxed at personal front.

### Training Session on “Kaizen”

A training cum awareness session was conducted at Kharigram unit to boost the Kaizen activities in the plant. It was emphasized to remove non value added activities (NNVA), starting with removal of all kind of wastages. All the HODs and second



line personnel were benefited by this session. The session was delivered by V. K. Purohit (CTS Cell) and it was quite interactive and all the participants learned about tools and concept in different ways.



Independence Day

The Independence Day of India, which is celebrated religiously throughout the Country on the 15<sup>th</sup> of August every year, holds tremendous ground in the list of national days, since it reminds every Indian about the dawn of a new beginning.

Like every year this year also the Independence Day was celebrated in all the plants. Unfurling of National Flag followed by National Anthem sung with patriotic fervour took place in HEG, Ringas, LNJ Denim, ADHPL, Mandapam, Banswara, Rishabhdev, Kharigram,

TPP, BIL & MPCL units. Sweets were distributed and tea was served to the employees, their family members and to the children present during the event. Folk dances and patriotic songs were also performed by workers which were appreciated by all.





## Ganesh Chaturthi

It is a festival that celebrates the birthday of Lord Ganesha. The celebration started with Ganpati Sthapana and poojan of Lord Ganesh at our Ringas, Denim, Lodha, Rishabhdev, Kharigram and BIL plants with great fervor. Various cultural activities were performed by boys and girls in all the plants. The BIL Club had organised for "Make your own Ganesha" Competition, which was an ideal opportunity to bring out the hidden talents of employees. This festive also helped in building team spirit and collaboration among the employees, thus creating synergy. The auspicious day was wrapped after Ganesh Puja & Sweet distribution.



BIL



Denim unit



Rishabhdev



Lodha



Kharigram

## Krishna Janmashtami

Shree Krishna Janmashtami was celebrated in a joyful and spiritual atmosphere in all the units including BMD, Lodha, Rishabhdev, Kharigram, TPP etc. The main attractions were the colourful Jhanki and the Bhajan Sandhya which lasted till midnight. Small children came dressed up as Radha & Krishna attracted the attention of all. The staff members along with family were present to celebrate the birth of Lord Krishna at midnight.

In TPP branch a special attraction of the celebration was Dahi Handi event. In Kharigram, a Bhajan Sandhya was performed by professionals in a joyful manner. In Lodha unit, the best dressed up children as Radha and Shri Krishna were rewarded prizes.



BMD



Rishabhdev



Bhilwara



TPP



Kharigram



Lodha



# Our Schools

*where learning  
and joy come together*

## VKV Hurda

### AIR RIFLE SHOOTING COMPETITION



A District Level Air Rifle Shooting Competition was held on 2<sup>nd</sup> & 3<sup>rd</sup> August, 2019. Twenty six students participated in the tournament and won Nine

Gold, Nine Silver and Six Bronze Medals. The performance of Anjali Gurjar of Class 9<sup>th</sup> and Gaurav Gurjar of Class 10<sup>th</sup> was commendable.

### FIT INDIA MOVEMENT

It was launched on August 29<sup>th</sup>, 2019 by our Honourable Prime Minister Shri Narendra Modi. Our students observed the programme very carefully as Fit India Movement is a programme to take the nation on a path of fitness and wellness. Motivated by this programme our school also started Yoga, Mass P.T. and various games on a daily routine to keep students fit, healthy and active.



## VKV Rishabhdev

### VACCINATION PROGRAMME



It was organized for students on 7<sup>th</sup> August, 2019 to prevent Measles and Rubella diseases. Total 1039 students from Play Group to Class X<sup>th</sup> were vaccinated during this camp. The vaccination programme was

executed in collaboration with Aasha Sahyogini, Anganwadi workers along with the medical team of Community Health Centre, Rishabhdev.

### SPIC MACAY



The Society for the Promotion of Indian Classical Music And Culture Among Youth, conducted Odissi Dance 'Gotipua' on July 17, 2019. Fourteen young performers of age five to ten years, danced with such a grace and beauty in feminine dressing that it was difficult for audience to recognize that they were boys. The dancers formed complicated pyramids by twisting their bodies into stunning forms and their flawless movements and postures captivated everyone's eyes. The venue was filled with delighted applause and heart-felt amusement.

### DEBATE COMPETITION

An Inter-School Debate Competition was organized on September 13<sup>th</sup>, 2019 at St. Paul Senior Secondary School, Bijainagar. Seven students participated in the competition from Gulabpura and Bijainagar. Our school won the Champion's Trophy among the competitors and our student Ms. Ayushi Sharma of Class 12<sup>th</sup> (Science) stood on second position in the competition.



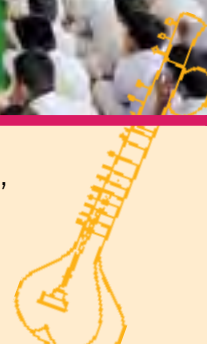
Ayushi Sharma

Anushka Kogta



### SPIC MACAY - ARTISTS PROGRAM

Artist Shakir Khan, one of the most promising young exponents of the legendary Etawah Gharana, gave introduction of Sitar and taught the students how to create specific notes. On the other hand, Tabla Vadak Unmesh Banerjee, disciple of Pt. Sunil Banarjee and Vidwan S. Shekhar performed fabulously on Tabla. The students were overjoyed and enthusiastic while they were performing. After the session, students cleared their doubts and queries with the artists.





## Graphite

### CLEANLINESS DRIVE

Reduce, Refuse, Reuse, Recycle

To mark the 150<sup>th</sup> birth anniversary of Mahatma Gandhi, awareness was created among the students to be truthful, and to follow the principles & ideas of Gandhi. The students have taken the resolution to keep their surroundings clean and say NO to plastic. The teachers and students spread awareness through speeches, slogans, banners, posters showing message to save the earth. Skits and Nukkad-Nataks were presented in the local areas highlighting the importance of pollution free nation and to create an eco-friendly environment.



### UNDERSTANDING SOLAR PANEL



Students visited the solar panel site in the school premises and understood the working of the solar panel. They also got to know that how photovoltaic cells in the solar panel convert sunlight into electricity.

## VVV Maral

### DRAWING COMPETITION

On 31<sup>st</sup> July, 2019 students took part in a neighbourhood Painting Competition. This was organised by German Embassy in the memory of 60 years of Indo-German Partnership at Emerald Heights School Indore. Seven students painted artistically, expressing thoughts on environment and "3 R s-Reduce, Reuse and Recycle".



### KARATE COMPETITION

ISKO organized M.P. State Karate Competition at Indore on 25<sup>th</sup> August 2019. 22 students took part from our School and won seven gold, nine silver and ten bronze medals. The School team won the Overall Runner up Trophy of the tournament which was a great achievement for students as well as for the school. In District Level, 15 students took part with full enthusiasm. Eight students played exceptionally well and secured first position in their category and were selected for Divisional Level Karate Competition.



### DIVISIONAL CHESS CHAMPIONSHIP

Khel Evam Yuva Kalyan Vibhag organised Divisional Chess Tournament at Sehore, MP on 13<sup>th</sup> September, 2019. Twenty four students participated in the Chess championship from our school and two students, Master Vicky Malviya & Master Saksham Jain were selected for State Level Chess Championship.



### STATE BALL-BADMINTON

School Games Federation of India conducted a Ball Badminton Tournament at Model School, Bhopal on 28<sup>th</sup> September, 2019. Teams of ten divisions took part in this tournament and twenty nine students participated from our school. The senior boys' team were the winners and Bhopal division team were the overall champion of this event.



### DISTRICT LEVEL BADMINTON COMPETITION

On 16<sup>th</sup> August 2019, Nine schools participated in Badminton Competition in different categories. From our school, six students took part in under 19 boys and girl's category; both the teams were winners in the tournament and 5 students got selected for Divisional Level. On 19<sup>th</sup> August 2019, Divisional Level Competition was organized at Indore, both the teams of our school were runner up in the tournament. Master Aman Mishra and Ms. Sanjeevni Dhere were selected for State Level Competition.



### DISTRICT LEVEL VOLLEYBALL COMPETITION

A District Level Volleyball Competition was organized on 16<sup>th</sup> August 2019. Seven schools participated in different categories during this competition. From our school, 10 students took part, wherein the boy's team stood runner up in the tournament and 4 students got selected for Divisional Level. Everyone was really happy with the efforts of the students on such a big level.





## Vishwakarma Jayanti

Vishwakarma Pooja is a festival dedicated to Lord Vishwakarma, who according to the Hindu mythology is the Lord of Creation and the Principal Universal Architect who designed the divine architecture of the entire universe -the heaven and the earth.

Apart from this, each professional's respective tools were also worshipped in Vishwakarma's name and blessings were sought for a better future, safe working environment, and success in their respective fields. In some area

the plants were kept open for the families to show the work area. The festival was celebrated in our respective plants; HEG, Maral, Ringas, Denim, Mandpam, Lodha, Rishabhdev, TPP and MPCL with immense faith in Lord Vishwakarma.



MPCL



Ringas



Mandapam



TPP



Denim



Lodha



HEG



Maral



## Mills Foundation Day

### Rishabhdev

Foundation day of Rishabhdev unit was celebrated on 12<sup>th</sup> July, 2019 by hoisting the Group Flag by the COO. He addressed the



employees as well as union members and congratulated them for their contribution for the growth & development of the unit. A special puja was also held in the Ganeshji mandir.

## Malana Day Celebration

### MPCL

The 18<sup>th</sup> Anniversary of Malana Power Company Limited was celebrated on 5<sup>th</sup> July 2019 with great zeal. On the occasion of



Malana Day celebration, five days sports event was organised, in which employees of MPCL, their family members and children participated. A "Hawan" was organized in power house followed by sweets distribution to all employees and to the children.

Employees with their families and staff of nearest government institutions were invited for "DHAM" (Lunch).

## Teacher's Day

### Bhilwara

A musical show of eminent artist, Sitar Maestro Shri Shakir Khan & Tabla artist Umesh Banerjee was organised at Rajender Nagar School in Bhilwara on the occasion of teacher's day in association with SPICMACAY organisation. During this event 612 teachers were felicitated by LNJ group on being adjudged as no 1 school in Bhilwara district by Rajasthan Education Department. Hundreds of school



students were overwhelmed by the performance of artists. Among those present were; Shri Prakash Chabra RCM, Shri Mahaveer Sharma Principal, Artist Manju Mishra and Shri Rajnish Kuamr, OSD, LNJ Bhilwara Group.

## Teej Festival

### Ringas

The Teej festival is an important festival for married women, and much anticipated monsoon festival. It is dedicated to Lord Shiva and Goddess Parvati. This occasion holds even more speciality because of the time of its celebration. It is celebrated in the arrival of Monsoon.



Following the rituals RSWM – Ringas Ladies Club has celebrated Teej Festival on 3<sup>rd</sup> August 2019. They got mehndi on their hands and sung the folk/ devotional songs. Women took part in the procession playing musical instruments and dancing to the traditional beats wearing vivid attires.

### Kharigram

The RSWM, Kharigram Ladies Club celebrated Hariyali Teej festival on 3<sup>rd</sup> August, 2019. All the ladies came in traditional dress and the function started with lightining of the lamp and Ganesh Vandana. After that, Ladies performed Dances on Folk Songs, Teej Special Tambola,



Surprise Question round etc. All the ladies enjoyed a lot during very special programme which was organised in Staff Club and the programme ended with high tea.



## HEG:

### Akshaya Patra Collaboration (Collaborative Intervention of HEG Ltd & Akshaya Patra in Bhopal)

In order to achieve a shared vision of promotion of Education and Nutrition among under-served sections of society, both HEG and Akshaya Patra are partnering with State Government of Madhya Pradesh to set up a centralized kitchen to serve more than 40 thousand mid-day meals to school children in Bhopal and Raisen District every school day. To this effect, an MoU has been signed between Government of Madhya Pradesh (9<sup>th</sup> Sep. 2019) - Akshaya Patra Foundation – LNJ Bhilwara HEG LokNyas, in the presence of Hon. Chief Minister Sh. Kamal Nath.

As part of this project, HEG Ltd. has committed to provide the required Capital support in the first phase of the program and to cover running cost deficit, post government subsidy. Akshaya Patra



shall undertake responsibility for setting up of this new centralized kitchen facility and manage day-to-day operations once the kitchen is commissioned. The project is expected to be completed before the next academic session.

### ApnaGhar Ashram

ApnaGhar is a shelter home for the homeless and destitute with a 50-bed setup. The children are given proper health facilities and are kept with sensitivity. We have

received Dr. Bhardwaj's co-operation in fulfilling the concept of this Ashram. More than 30 ashrams are established in the entire country.

A three-floor building at Hoshangabad Road is converted into a shelter home. At this shelter, we also have an ambulance, a dining hall and fully trained staff to handle all emergency. Our help line



numbers have been circulated in the city. Victim is brought to the Ashram, cleaned, bathed and fed. If he/she is in a position to tell us about their homes, we contact their families to rehabilitate them lest none of them is ever abandoned on roads again. ApnaGhar can be their home forever.

This ashram is envisaged as a pilgrimage for the suffering human being, for this, all the patients are treated as "Prabhu" in the form of God.

## ADHPL:

### Sanitary Pad Vending Machine Donated

ADHPL has taken an initiative to support the Prime Ministers Swachata Abhiyan under its CSR



banner by donating two sanitary pad vending machines with incinerators

to Blind School, Kullu and Govt. Girls Senior Secondary School, Sultanpur, Kullu. The machines were installed on July 13, 2019 at both the schools above.

### Promoting Education Among Slum Children

The School bags and other stationary items (notebooks, pencils, erasers



and sharpeners) were distributed among slum children at Govt. Primary School, Shamshi, Kullu by EHS & S team on September 7, 2019 in coordination with volunteers of Human Welfare Society (NGO).

### School Bags Donated Among Children

School bags were distributed among the young children up to 5<sup>th</sup> class, in the Govt. run schools of surrounding



villages namely; Govt. Primary School Bahnu and Sajla. The small children were very happy and the school staff thanked ADHPL and appreciated the CSR initiative taken by ADHPL family for small kids.

### Medical Camp at Sahara Old Age Home

A medical check-up camp was organised at Sahara Old Age Home





on the eve of International Older Persons day October 1<sup>st</sup>, 2019. The patients were also provided with free medicines. Sweets and snacks were also distributed among the inhabitants of the old age home. The old age home is run by the Adarsh Educational and Social Welfare Society, Kullu located at village Kalath near Manali.

## MPCL:

### Plantation Drive

A plantation drive sponsored and managed by MPCL was carried out with the Yubak Mandal & Mahila



Mandal of village Ratocha (Kullu) to increase the awareness among the local people. During this drive 500 deodar saplings were planted at Badinali forest area, range Jari-Dharain village Ratocha.

### Donation of Semi-Automatic Blood Analyser Machine

A Semi-Automatic Blood Analyser machine was donated to Bharat Vikas Parishad Clinical Lab, Kullu, to facilitate the patients of Kullu Valley. This social cause was appreciated by the local people.



### Installation of Solar Lights

Solar lights were installed as there were inadequate light facility on the roads and streets of nearest village Jari, Mateura, Pathla, Tatardi, Katoba, Luhardi, Bagiyanda and Village Chong. Villagers had to face



problems to go to their premises after sunset. The local village people appreciated this move for taking care of such basic amenities.

### Sponsorship for Himachal Pradesh State Olympic Games

MPCL sponsored Himalayan Eco Rider rally from Kullu to Bijli Mahadev. The theme of this rally was Green Kullu and Clean Kullu.



Everyone enjoyed this eco ride rally with much enthusiasm.

### Donation of Computers & UPS

MPCL with the vision of providing IT enabled education, has upgraded the Information Technology Infrastructure in the Govt. Middle School, Sarsari by installing new,

faster and latest generation of computer which will enhance their learning experience.

## Kharigram:

### Vaccination Camp

To save children from diseases like Measels, Mumps & Rubella, an MMR vaccination camp on 8<sup>th</sup> August, 2019 was arranged inside



the Kharigram campus. This camp was facilitated by Govt of Rajasthan. Children of RSWM pariwar got vaccinated from this camp.

### New Worker Hostel Stone Foundation Ceremony

As a part of CSR activity for workmen, a Foundation Stone Laying ceremony was organised on 30<sup>th</sup> September, 2019 at Kharigram unit. Sh V.R. Joshi, COO performed this Pooja with all senior staff members. This hostel





will have 39 rooms with kitchen and other facility like Bed, Almirah and Common Bathroom with capacity of four workmen staying in each room.

## Distribution of Water Tankers in Tirthraj Brahma Pushkar Sarovar

Under CSR initiative and demand of local residents, seeing acute shortage of water and receding level of Pushkar Sarovar, water tankers were roped in to fill the empty kunds



of Pushkar to save aquatic life and help in maintaining sanctity of holy atmosphere of puja activities. Total 38.65 lakh litres of water was released in sarovar which was duly started by Worship & Arti of Brahma Sarovar and attended by a large number of residents and devotees.

## Installation of Water Cooler in Khwaja Moiuddin Dargah, Ajmer

On the occasion of birth anniversary of Shri Rahul Gandhi, 5 water coolers were installed inside Khwaja Moiuddin Dargah in association with Dargah committee, to provide clean and cold water to Jiyareen who come in thousand numbers every day to take blessings of dargah and offer prayers. On this occasion the



chief guests presents were Shri Gopal Behati Ex MLA, Shri Shakeel Ahmed RCS Dargah Committee, Shri Vijay Jain DCC President, Shri Abdul Aziz O S Dargah Committee, Ms Saba Khan President Mahila Congress, Shri Shiv Bansal Gen Secy PJCS, Shailender Agarwal and Shri Rajnish Kumar OSD LNJ Bhilwara Group.

## Tree Plantation at PUSHKAR

Hundreds of tree were planted in Nehru Park and few govt schools in Pushkar under Clean Ajmer and Green Ajmer campaign. Among those present were Smt Naseem Akhter Former MLA, Shri Insaf



Ali, Shri Rajender Goyal President PJCS, Shri Tara Chand Gehlot President PJCS Pushkar, Shri Shiv Bansal Gen Secy PJCS and Shri Rajnish Kumar OSD LNJ Bhilwara Group along with local residents planted and pledged to protect environment.

## Distribution of Trees and Tree Guards

A total of 3000 trees and 1000 tree guards were distributed by local NGO PJCS provided by LNJ Group in name of Shri Riju Jhunjhunwala, MD, RSWM. The programme was attended by local administration comprising of ADM, Shri Anandi Lal Vaishnav and officials from Water Shed Department of Ajmer to promote plantation of trees under JAL SHAKTI ABHIYAN - a Govt. initiative. The event was carried out in steps by making distribution at



alternate locations namely Vaishali Nagar, Anna Sagar Lake, Regional College Area and Adarsh Nagar, Nasirabad Road. Among those present were team of PJCS and the programme was coordinated by Shri Rajnish kumar, OSD, LNJ Bhilwara Group.

## Tree Plantation Drive

The tree plantation activities were done by team PJCS, Local Administration & Nagar Nigam, Ajmer city at various locations during monsoon season along with tree guards. Among those present from local administration



were Ms Chinmay Gopal (IAS) Commissioner MCD Ajmer, Smt Sudeep Kaur (IFS) DFO Ajmer, Smt Sunita Gujjar (INSP) Traffic Police Head, Ajmer, Shri Vijay Jain DCC President, Shri Hemant Bhati PCC Member RPCC, Prof V K Sharma, VC Bhagwant University, Shri G S Sisodia Branch Manager Baroda Gramin Bank along with Shri Rajnish Kumar, OSD, LNJ Bhilwara Group.



## Lifestyle management

It's a science that "works to integrate lifestyle based healthy habits" into the course of a person's daily routine. It deals with healthy choices in eating, in exercise and in monitoring health conditions through regular medical testing.

Being healthy should be part of your overall lifestyle. Living a happy



lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image.

While these are obviously key factors in being healthy, there are many others you need to consider to have a well-balanced and healthy lifestyle.

- Weight vs. body composition
- Sleep
- Toxins
- Eating habits
- Stress
- Body feedback
- Goal setting.

## How to stop overthinking

Here's the 4-step process to stop overthinking.

- Raise your awareness throughout the day. Always realize that too much thinking defeats the purpose.
- When you raise awareness, immediately start observing your thoughts. ...
- Only limit your thinking to specific moments that you need it. ...
- Enjoy your life

## A healthy you

### Clean Eating

The latest buzz word among health-conscious consumers, "EATING CLEAN" is a concept that stresses healthy, whole, unprocessed foods. And, although the phrase is relatively new, the principles of this plan are not. This sound approach to eating and living well maximizes your energy and optimizes your health, making it more than just a diet. It's a lifestyle, with built-in flexibility, meaning it can be adapted to fit most any kind of routine.

With each move, the clean eating concept became more refined and developed.



Here are the seven core principles of today:

1. Choose whole, natural foods and seek to eliminate or minimize processed foods.
2. Choose unrefined over refined foods. You can up your intake of whole grains like millet, brown rice, quinoa etc.
3. Include some protein, carbohydrate and fat at every meal.
4. Eat five to six small meals throughout the day which includes snacks. This would prevent you from skipping meals and overeating. It also keeps your blood sugar levels steady.
5. Don't drink your calories. Avoid high calories drinks like specialty coffees and soft drinks. Instead choose water first.
6. Watch out for salt. Cut out processed foods. Clean foods are usually naturally low in all of these ingredients.
7. Get moving for the fitness. Regular physical activity is a

must for many reasons. Not only does it increase fat, strengthen and build muscles, and help you burn more energy at rest. Regular physical activity keeps your heart, lungs and bones healthy and strong

## A smiling you

### The Dean Schooled Them

One night four college kids stayed out late, partying and having a good time. They paid no mind to the test they had scheduled for the next day and didn't study. In the morning, they hatched a plan to get out of taking their test. They covered themselves with grease and dirt and went to the Dean's office. Once there, they said they had been to a wedding the previous night and on the way back they got a flat tyre and had to push the car back to campus.

The Dean listened to their tale of woe and thought. He offered them a retest three days later. They thanked him and accepted his offer that time.



When the test day arrived, they went to the Dean. The Dean put them all in separate rooms for the test. They were fine with this since they had all studied hard. Then they saw the test.

It had 2 questions.

1. Your Name (1 Points)
2. Which tyre burst? (99 Points)

Options –

- (a) Front Left
- (b) Front Right
- (c) Back Left
- (d) Back Right

The lesson: always be responsible and make wise decisions.

## HEG:

### Highest Export Award

HEG received Highest Export Award For 2016-17 on 18<sup>th</sup> September, 2019 from Honorable Union Minister for



Railway and Commerce & Industry, Shri Piyush Goyal addressing at the CAPEXIL Export Award Presentation Ceremony in New Delhi. The award was received by Shri Manish Gulati COO/CMO.

HEG received the highest export award for 24<sup>th</sup> year in a row for highest exports in Graphite Electrode category. It shows that the company's products are very well received and appreciated by Steel companies globally, which is a recognition of our quality.

Today HEG exports about 70% of production to more than 30 countries including USA, Canada, Mexico, Spain, France, Italy, Korea, Saudi Arabia, Qatar, Egypt, Turkey etc.



## Ringas:

### World Level Award in Police Fire Games

Mrs Supyar Bajiya w/o Shri Deep Chand Bajiya Employee of RSWM Limited-Ringas (working in Preparatory Section of Spinning Division), won Gold Medal in D-Archery Event, Silver in Target Archery and Bronze in Field Archery in World Police Fire Games held recently in China. Ladies Club organised an honour event for her with full enthusiasm.

Shri Avinash Bhargava – Chief Operating Officer while honouring her conveyed the message. Shri B.M. Sharma, JMD & Shri Rajeev Jain, BH (YB) conveyed their heartiest congratulations and best wishes to Mrs. Supyar



Bajiya, for countless hours of hard work and her focus. Shri M.K. Yogi Chief Operating Officer (RPSF) conveyed best wishes to the family of the player.

## Kharigram:

### Gold Award-Quality Circle at State Level Convention

It's a matter of pride that RSWM Kharigram participated in CCQC Udaipur and won again the Gold Award in Quality Circle convention. The case presentation was on "Hard waste reduction in post Spinning". Team member Vinod Purohit won best essay award and Sh. Rampal won best poem award on topic "Quality Concepts for Cultural Breakthrough". Our participating Team Members were Sh Vinod Purohit (CTS Cell),



Sh. Ambuj Saxena, Sh. Shakti Singh, Sh. Rampal and Sh. Giriraj. This team has qualified for National Level NCQC 19, which will be held in city Varanasi, Uttar Pradesh.

## TPP:

### Brilliant Performance

Ms. Tilottama Dugar, daughter of R C Dugar, GM, CCD, was awarded Gold Medal for being Topper in BBA at the convocation ceremony held at Banasthali Vidyapeeth on 20<sup>th</sup> September, 2019. The medal was conferred by HRD Minister, Dr. Ramesh Pokhriyal 'Nishank'. Ms. Tilottama has been a meritorious student throughout her schooling and we wish her all the best for her future academic pursuit.



## ADHPL:

### Re-certification of IMS Conducted Successfully

Re-certification audit of integrated management system compatible to ISO 9001:2015, ISO 14001:2015 & ISO 45001:2018 was completed successfully. The audit was held on



September 24<sup>th</sup> & 25<sup>th</sup>, 2019 by the lead auditor of certification agency, Mr. Amar Shukla & others. Entire plant was audited and as a part of audit, various facilities of ADHPL were visited and interaction was

held with the employees to assess the implementation of management systems compatible to ISO 9001: 2015 (QMS), ISO 14001:2015 (EMS) & ISO 45001: 2018 (OH&S MS).

ADHPL has implemented ISO 45001:2018 management system for the first time and the same was successfully certified during the course of certification.

## MPCL:

### Surveillance Audit

The 1<sup>st</sup> Surveillance audit of Integrated Management System compatible to ISO 9001:2015, ISO 14001:2015 & ISO 45001:2018 was completed successfully at Malana Power Company Limited. The Surveillance audit was carried out on September 23, 2019 by the



lead auditor of certification agency. During this surveillance audit, MPCL migrated its Occupational Health & safety Management system (OH&S MS) from OHSAS 18001:2007 to ISO 45001:2018.

ISO 45001:2018 is the latest Management System for Occupational Health & Safety, introduced by ISO in the year 2018. MPCL has implemented ISO 45001:2018 management system for the first time and the same was successfully certified during the course of audit.

## Interesting Facts



There are more trees on earth than there are stars in the Milky Way Galaxy While the Milky Way boasts 100 billion stars Earth tops that numbers with its 3 trillion trees



Tears contain a natural pain killer which reduces pain and improves your mood. Its actually an endorphin, which is why you can tend to feel better after a good cry. So next time you feel the need to break down, don't be shy.



Bananas are curved because they grow towards the sun. bananas go through a process called "negative geotropism." Instead of growing towards the ground, they start growing towards the sun. the fruit grows against gravity, which gives the banana its familiar curved shape

Honey does not spoil  
You could feasibly eat  
3000 year old honey



If you lift a kangaroo's tail off the ground it can't hop. Kangaroos use their tails for balance whilst hopping, so if you elevate their tail, they would have no balance and fall over.

## RSWM:

### Retirement of Shri Mahesh Bihani

The Retirement ceremony of Shri Mahesh Bihani was held on 31<sup>st</sup> July, 2019. He had served the organization for 17 years and 5 months as GM (MIS & BUDGET).



He was an amazing person during his tenure with RSWM. Everyone bid him adieu, and with best wishes for his future endeavours. In his farewell program, the Chief Operating Officer Shri Sukesh Sharma, Vice President Shri R.P. Mundra, Core team members and PT leaders gave their best wishes to him.

## LNJ Denim:

### Farewell of Shri Shivesh Gupta

A farewell programme was organized by LNJ Denim, Mordi at Spinning Conference Hall on 19<sup>th</sup> July, 2019 in the honour of



Shri Shivesh Gupta – Sr. General Manager - Spinning after completing a distinguished service for more

than 7+ years with LNJ Denim, Mordi. On this occasion, Shri Piyush Chandarana - COO appreciated his contribution in the growth of the organization & wished him in his upcoming assignment. All the staff expressed and appreciated about his cooperative and positive working nature.

## LNJ Denim:

### Joining of Mr. Mahadeo Sapkal

Mr. Mahadeo Sapkal joined us as General Manager - Spinning Department at LNJ Denim Unit w.e.f. 1<sup>st</sup> August, 2019. Mr. Mahadeo Sapkal, 50, is an M. Tech from Veermata Jijabai Technological



Institute, Mumbai. He has rich experience of more than 25 years in the field of Spinning Production. Before joining to LNJ Denim, he has worked in organizations like Arvind Mill Ltd, Bhaskar Industries Ltd, Nandan Denim, Etco Denim etc. His last organization was Nova Denim Ltd, Bareja, Ahmedabad where he was the Plant Head.

LNJ Denim Parivar extends a warm welcome to Mr. Mahadeo Sapkal and wishing him a long association with RSWM Group (LNJ Denim).



## WATER CONSERVATION TIPS AND TRICKS

### How to Save Water

- Always turn taps off tightly so they do not drip.
- Promptly repair any leaks in and around your taps.
- Use an aerator and/or a water flow-reducer attachment on your tap to reduce your water usage.
- When washing dishes, never run water continuously. Wash dishes in a partially filled sink and then rinse them using the spray attachment on your tap.
- When brushing your teeth, turn the water off while you are actually brushing.
- When washing or shaving, partially fill the sink and use that water rather than running the tap continuously.
- You can reduce water usage by 40% to 50% by installing low-flush toilets.
- Wash only full loads in your washing machine.
- Use the shortest cycle possible for washing clothes, and use the "suds-saver" feature if your machine has one.
- Lawns and gardens require only 5 millimetres of water per day during warm weather. Less is needed during spring, fall, or cool weather.
- Water lawns every 3 to 5 days, rather than for a short period every day. In warm weather, apply 5 mm of water for each day since the last watering.
- Do not over-water in anticipation of a shortage. Soil cannot store extra water.
- Use shut-off timers or on-off timers. Do not turn on sprinklers and leave for the day.



# Incredible Arunachal Pradesh

To be a welcome and a friendly tourist we should:

- Be kind to the environment
- Say no to plastic
- Be mindful of animals
- Buy local brands
- Rein in misbehaving kids
- Respect natural heritage
- Be culturally sensitive
- Not unpack smelly foods in public areas
- Not shout out loud



## The beauty, bliss and incredible experience

### The Land of Rising Sun

Arunachal Pradesh, a serene land tucked into the North Eastern tip of India, invites you to relax in its picturesque hills and valleys, enjoy its salubrious climate and meet its simple and hospitable people. Nature has provided the people with a deep sense of beauty which finds delightful expression in their songs, dances and crafts.

The visitor has a wide variety of options to pick from. There are places of worship and pilgrimage such as Parasuramkund and 400 years old Tawang Monastery, or the sites of archaeological excavations like Malinithan and Itanagar, the serene beauty of lakes such as Ganga lake or Sela

lake or the numerous variations of scenic beauty of the snow clad silver mountain peaks and lush green meadows where thousands of species of flora and fauna prosper.

### Thrilling activities

if Adventure is your game then the state provides abundant scope for angling, boating, rafting, trekking and hiking. Besides, there are a number of wild life sanctuaries and

### Culture

The cultural lifestyle is dominated by colourful festivals. Since agriculture is the mainstay here, so people generally celebrate festivals as a mark of thanks giving to the Almighty for giving them a good harvest. Every tribe has their own unique set of traditions and customs. These festivals also showcase the artistic skills of the various tribes.



national parks where rare animals, birds and plants will fascinate the visitor.





## Spiritual

The tourists can immerse itself in many spiritually important places



like Tawang Monastery, Golden Pagoda, Shivilanga at Kardo Hills, Chillipam Gompa etc



## How to reach:

### By Air

Well-connected to Kolkata and Guwahati, Lilabari (North Lakhimpur) Tezpur airport in Assam is the nearest airport. Direct flights to Kolkata and Guwahati from all prime cities including Delhi, Mumbai and Pune are also available.

### By Train

Around 43 km away (just an hour drive) from the state capital Itanagar, Harmuti train station (Assam) is the nearest train station connecting Arunachal Pradesh to other major cities of India.

### By Road

The state is easily reachable by road from all prime cities and nearby states.

### Accommodation

Simple budget hotels, to guest houses, home stays and hotels.

### Visit the official website

[www.Arunachaltourism.com](http://www.Arunachaltourism.com)

## Director

### Department of Tourism

Govt. of Arunachal Pradesh  
Itanagar, Arunachal Pradesh  
India

Phone: +91-360-2214745

E-mail: [info@arunachaltourism.com](mailto:info@arunachaltourism.com)

## Heritage

The State has many notable spots that bear testimony to its rich heritage. One such landmark is the magnificent Tawang Monastery which is 113 feet long and 80 feet wide. Built in 17<sup>th</sup> century, this monastery is inhabited by Buddhist monks belonging to the Mahayana School of Buddhism (Gelukpa sect).

