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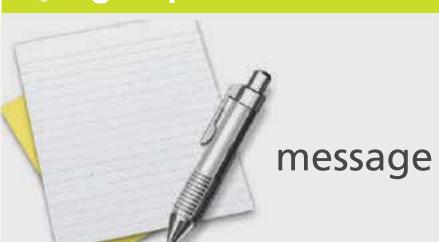
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OPINION

Quarterly Newsletter of LNJ Bhilwara Group

PROUD TO BE INDIAN
PRIVILEGED TO BE GLOBAL

Volume XXVII | Issue 3 | October-December, 2021

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message

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The festival was celebrated with great zeal and enthusiasm for ten days with puja, arti and bhajan at Ringas RPSF, Ringas, Kanyakheri, Lodha, Mandpam, Kharigram, Rishabhdev, Maral Sarovar ...

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a healthy you



Cape gooseberries have abundant Vitamin C much more than lemons. Not only is Vitamin C good for your skin, but it also helps in boosting your immunity ...

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Events



Distribution of Woolen Blankets at Corporate Office



Inauguration of Women Knitting Centre by ADHPL



Community Feeding Program at HEG



Medical Equipment donated to Civil Hospital, Manali by ADHPL



Construction of Water Channel in Village Shuru by ADHPL



Support to Aash Child Development Center by ADHPL



Plantation of Deodar & Broad Leaf Saplings by ADHPL



Health Camp Organised at Bhilwara

Editorial Board

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Chairman's note

At the outset, I would take this opportunity to wish everyone a Very Happy New Year.

With a successful vaccine rollout program and a successful vaccination drive, there has been improved consumer confidence that has resulted in increased mobility across the country. Due to major fiscal support, accumulated savings, and global financial support, markets got off to a strong start in the last quarter of 2021.

The highly infectious Omicron variant has started to spread, and we all need to be careful and vigilant that it does not develop into the third wave. The expected impact of this variant may be lower, than on earlier occasions, as it is being found that this variant is milder and may pass through quickly without large-scale hospitalizations. Our government has assessed various steps taken in implementing pandemic-related measures to tackle possible future disruptions that may occur due to the ongoing variant of the COVID-19 pandemic.

India has emerged as the fastest-growing major economy and is expected to be one of the top three economic powers in the world as there have been investments across various sectors of the economy. Numerous foreign companies are setting up their facilities in India on account of various Government initiatives. The other key areas that need to be focused upon are- human capital, education, health, exports, travel and tourism, food processing, etc.

India has a strong focus on renewable energy sources. At COP 21 India had committed to achieving 40% of its installed electricity capacity from non-fossil energy sources by 2030, but the country has achieved this target in November 2021 itself. This is a proud moment for all.

Trade growth is rebounding strongly reflecting India's robust economic recovery. A significant increase in exports will boost economic growth and employment generation. The Production-Linked Incentive Scheme is expected to further boost manufacturing. The planned increase in public investment is also expected to support domestic demand. The global and domestic demand for graphite electrodes has been impacted due to lower demand from the market due to partial closure of steel capacities, lower steel production, and destocking of electrode inventory at customers' end. With the revival of economic activities, the domestic & global steel industry is expected to normalize in the medium term with the revival of key sectors such as infrastructure & construction and new industries being set up under the "Make in India" initiatives. Hence, the demand for graphite electrodes is also expected to increase.

The Indian textiles sector has been one of the worst-hit sectors due to the pandemic. In the context of its socio-economic primacy for the Indian economy, which is second only to agriculture, the industry must be given sufficient attention in academic and policy circles.

My heartfelt appreciation for all the LNJ Bhilwara employees who have taken a great responsibility with courage and commitment to ensure the smooth functioning of the organisation in the wake of COVID-19. We remain optimistic that this is the decade of opportunities, particularly for our country.

With Best Wishes

Ravi Jhunjhunwala



group happenings

Ringas

Visit of CMD, RSWM Ltd.

Chairman and Managing Director, Shri Riju Jhunjhunuwala



visited the Ringas plant on 3rd & 4th December 2021. CMD met the HODs and had an interaction with the team. It was a great motivation for the team members.

Local Dignitaries, Chairman Municipality and Office bearers of INTUC welcomed & facilitated the CMD and expressed their gratitude for providing direct and indirect employment in the area and for the contribution of RSWM Ltd in local trade & economy.



Shri Anurag Mathur, COO, and Shri A.V.S. Yadav, General Manager (P&IR) welcomed Shri B.M. Sharma, JMD, RSWM Ltd. He visited Spinning Units to check the overall progress & developments and also met with local Union Office bearers. A meeting was also organized with senior team members of Ringas

and motivated all of them to put in combined efforts, determination, passion, and sincerity in their work so that RSWM Ltd becomes an industry leader in the market concerning the future scenario.

Visit of Provident Fund Organisation's Officers

The PF team with Shri Surinder Kumar, Asstt. PF Commissioner, Jhunjhunu had visited our plant on 30th November 2021. The team was welcomed by Shri Anurag Mathur - COO and senior officials of the unit.

The Employees' Provident Fund Organization has started a program coordinated by 'Prayas' - a program



for employees who have attained the age of superannuation under tatkal Service Best Service, under which PPO is provided to the employees on the day of attainment of superannuation age.

In this sequence, a copy of the PPO was presented to Shri Jivraj Singh Shekhawat, an employee who retired from RSWM Ltd. Ringas on the same day, by the Assistant Provident Fund Commissioner, Shri Surendra Kumar.

Vaccination Drive



The Government hospital carried out an on-site Covid-19 vaccination

camp for the locals and nearby public. In this drive, approximately 250 workers from Ringas unit got their vaccination and protected themselves from the current Covid pandemic wave.

Kharigram

Installed Roof Top Solar Power Plant (M-9)



RSWM Kharigram unit installed rooftop solar power plant at Mill No-9 and was inaugurated by Chief Operating Officer, Shri N.K. Bahedia, COO, along with Sr. G.M Engineering, Shri B.K. Singhal and many other senior officers. The capacity of this new plant is 1.34 MW. After this milestone, now Kharigram's total solar power plants capacity is 9.21 MW. This will help to reduce carbon footprint & save our environment.

Visit of Textile Secretary, Govt. of India.



On 2nd October 2021, the Shri U.P. Singh, Secretary of textiles, Govt. of India, visited SJ-11, Kharigram along with his wife. He appreciated the technology, housekeeping, styling and its

ambience of the plant. Having visited SJ-11, he carried a good impression about textile industries, and gave good remarks- "Perhaps, the most modern spinning mill in the country. I am impressed, keep up the good work". In the evening he appreciated a gathering of prominent people/industrialists of the Bhilwara district.

Corporate Office

Bankers' Consortium Meeting

The Bankers' Consortium meeting took place on 16th December 2021 at Corporate Office to review Company's performance for Q2 (2021-2022) and other developments that took place post H-1 (2021-2022). The event chaired jointly by Shri S.V. Zode, General Manager - SBI and Shri B.M.



Sharma, JMD RSWM Limited in the presence of senior officers from other consortium member banks like - Punjab National Bank, Union Bank of India, Bank of Baroda, ICICI Bank, Yes Bank and HDFC Bank.

Shri Avinash Bhargava, CFO, RSWM Limited appraised the members about performance of the Company and other developments in Textile Business space. The consortium led by SBI appreciated company's performance and sought information about various aspects like domestic and overseas market scenario, outlook for coming quarters and other external developments, which were answered by Shri Avinash Bhargava. Shri B.M. Sharma

discussed about Company's future plans and outlook of the Company/Business. Bankers wished Company management for a continued good performance in ensuing quarters and years.

Ringas RPSF

Waste PET Bottle Crusher Machine Inauguration

Shri Riju Jhunjhunwala, CMD RSWM Ltd. & Shri M.K. Yogi, COO RPSF Ringas division inaugurated a waste PET



bottle crusher machine recently installed at Ringas railway station under sustainable practices followed at RSWM Ltd.

ADHPL

COIVD-19 Vaccination Drive

The vaccination of all employees including outsourced workers for the prevention of COVID-19



was completed successfully at ADHPL and TL on December 17, 2021. The campaign at ADHPL had kicked off with the vaccination of medical staff of

the dispensary on February 09, 2021. The employees and workers were tracked and sent for both doses of vaccination timely by the ADHPL dispensary through regular follow-ups telephonically and personally. Total 714 vaccine doses were given to ADHPL employees including outsourced workers.

Mandpam

Launch of New Shade Card in Marketing Meeting

The meeting of Melange Yarn Business was held on 18th October 2021 after a long two years with the affiliation of Shri Ashwani Mittal (Dy. BH) & Shri Arvind Gupta (CMO). All marketing heads & plants' teams participated in the meeting. The meeting had begun with the inauguration of the Yarn Dyed shade card & the Handy shade card. It has also been shared that the development of a handy shade card with all fancy quality is a tool for all marketing teams.



Kanyakheri & Mandpam team discussed the root cause & action plan taken against customer feedback & had illustrated various steps to improve quality for customer satisfaction in the meeting. In the recent future, our Melange yarn production capacity will be increased by installing 30000 spindles at the Kharigram unit.

group happenings

HEG

Sports Inauguration Program

In HEG, sports activities are an important part of our culture to create a healthy environment. The sports activities were on hold due



to covid for the last two years. The sports activities were initiated once again and games like Carom, Chess, Badminton and Table Tennis were organized with all safety precautions. It feels great when you see employees of all levels playing with each other, and also creates a positive working environment.

Campus Drive and Induction

In HEG, as we are undergoing a major expansion, we need competent human resources especially engineers, diploma holders, ITI, etc. In line with this, HEG conducted a successful Campus drive in renowned institutions and selected the best candidates. Post selection, welcoming and proper training were also given to all the new joiners.

LNJ Denim

Inauguration of New Inspection & Packing Machine

On 28th October 2021, puja was done for our new Inspection &



Packing machine at LNJ Denim, Mordi. On this occasion, puja was performed by Shri Vinod Pathak. All the staff members were invited. Everybody was excited & happy about having a new Inspection & Packing machine in Denim Plant. With this machine, our Packing capacity will be increased.

Foundation of New Spinning Phase-3 Machine

On 28th October 2021, a puja ceremony was done for the Erection & Commissioning of our new Spinning Phase-3 machine at LNJ



Denim, Mordi. On this occasion, puja was performed by Shri Mahadev Sapkal & team. All the staff members were invited on this great day. Everybody was excited & happy for having a new erection & spinning machine in Denim Plant.

Participation in "GARTEX 2021, New Delhi

Gartex is a comprehensive trade show for the garment & textile manufacturing value chain. It is a platform where a majority of



the prominent Indian denim industry players come together and attract the attention of the global denim community. LNJ Denim participated in the Denim Zone of "GARTEX 2021 at New Delhi from 3rd to 5th December 2021. We showcased our Latest AW-22/23 Collection to the Customers.

100+ potential Brands / Customers visited our booth and witnessed the Collection. The customer's response was superb.

Industrial Visit of Students from Sr. Secondary School

A group of hundred students from Govt. Sr. Secondary School,



Bhiluda, Dungarpur had visited the Denim Unit on 25th December 2021. Students & teachers were highly impressed to see the plant and campus environment. Shri Arbind Mishra – Head (HR & IR) Department welcomed and introduced them to the entire unit with key team functions & the concept of LNJ Denim products & services. Shri Suketu Shah along with Sr. Staff members had also met with students & asked about their visit & wished them a better future. Students enjoyed this entire visit. High tea arrangements were organised for them.

BMD

Cricket Match

What can be the best way to inaugurate a newly constructed Cricket ground than the friendly



cricket match between BMD & District Administration, the teams were captained by Shri Sanjay Sharma (COO, BMD) and Shri Ankit Singh (District Collector, Banswara).

The match was full of thrill and excitement and it was won by District Administration Team by eight wickets.

a smiling you

Interview at Business School

Once in an interview at a business school, a panel of interviewers was taking interview of prospective students for admission in school.

One of the prospective students entered and sat down nervously on chair in front of them, One of interviewer said to boy, "We shall either ask you either ten easy questions or one really difficult question. What would you choose?"

Boy thought for a while and replied, "I would like to answer one really difficult question."

Interviewer smile and replied, "Well then good luck to you, Now answer us What comes first, Day or Night?"

Boy was jolted into reality as his admission depended on the correct answer to this question but then he thought for a while and replied, "It's a Day. Sir"

"How?", asked Interviewer.

"Sorry sir but you assured me that i do not need to answer any other question if i choose to answer one difficult question", boy replied.

Boy was selected for admission.

Maral, Noida

New Garment Factory setup at Faridabad

On 24th November 2021, a new Garment Division factory has been introduced at Maral Overseas Ltd. (12/4, Main Mathura Road, Sector-37, Faridabad, Haryana – 121003). With this new factory, our



production capacity will increase by way of introducing new renowned customers.

Free Eye Check-up Camp

To provide a Healthy Work Environment and check our employee's eyes related problems, a free eye check-up camp was conducted on 2nd December 2021 at A-11, Noida.



Moral

Technical Skill is the mastery of complexity while Creativity is the mastery of Presence of Mind.

learning & development

Kharigram

Virtual Inauguration of Project L.E.A.P (Leverage, Enhance, Advance, Perform)



Project L.E.A.P. - Team Kaushal



Project L.E.A.P. - Team Daksh



A new Talent Management Initiative 'Fast Track Talent Pool - FTTP' has been initiated to build a development program to harness

in-house talent to meet-out future leadership requirements.

The COO/FH selected approximately 100 members for the initiative from each level and department of the company, and they were shortlisted by the CHRO in a one-on-one meeting to assess their learning ability.

The shortlisted members underwent a "Psychometric Assessment Test," which is designed to assess the person's mental ability, personality, and thought process. Based on this assessment, 60 employees were identified for this LEAP journey from RSWM Units - Kharigram,

Lodha, Mordi, TPP, Rishabhdev, Kanyakheri, Mandpam, Ringas, RPSF, and Corporate Office. "The L.E.A.P." (Leverage, Enhance, Advance, and Perform) was created with the stated goal of developing internal talent.

The journey began on October 11, 2021, at Kharigram, and was virtually inaugurated by Shri Riju Jhunjhunwala, CMD, with Shri B M Sharma, JMD, addressed the closing session on October 14, 2021.

The key learnings began with understanding the importance of the family value culture to the organisation, instilling reading habits, with a special emphasis on the news and its impact on our business and economy as a whole, focusing on effective presentation skills, and most importantly, correlating financial data to have a futuristic fact-based approach in day-to-day decision makings.

This program is crucial for the development of both, the organisation as well as an individual. The L.E.A.P. journey is still ongoing, to transform the Star Performers into RSWM Ltd's 'Strategic Performance Catalyst'.

Training on "Aspects/Impacts - Humidification & Water Treatment"



A training cum awareness program was presented by Shri B K Singhal, GM-Engineering on 25th November 2021 on Aspects / Impacts - Humidification & Water Treatment.

During this awareness session, he elaborated on different aspects of

Humidification & Water Treatment and what are the impacts on the process. Officers of the Engineering Department, New Product Development, Spinning, and Post Spinning departments were covered in this program.

Awareness Session on Revised HR Policy



To update about revisions in the HR manual and ensure discipline & control the disparity in the employee benefits, an awareness program was conducted by the HR Department on 23rd October 2021.

Many topics were covered like - Loan & Advance Policy, Mediclaim & Insurance, Employee Benefits, etc. Total 42 staff members got benefited from this program.

ADHPL

Online Workshop on Flood caused by Glacial Lake Outburst



ADHPL participated in the online workshop on Glacial Lake Outburst Flood (GLOF) phenomenon organised by National Disaster Management Authority (NDMA) on 21st October, 2021. Four employees from ADHPL participated in the workshop and enriched their

knowledge about the potential outcomes of GLOF and reasons for formation of glacial lakes in Himalayan region. Since ADHPL is also located in Himalayan region, therefore, the contents of the workshop were very beneficial for ADHPL.

Online India HSE Summit

Seven employees from AD Hydro Power Ltd. attended the 3D virtual India HSE summit organised by Synnex group on 3rd December, 2021. The 3D virtual India HSE summit 2021 was a knowledge – based virtual conference.



The India HSE summit 2021 has taken the initiative to spread awareness regarding the importance of occupational safety and health of the workforce in the ongoing COVID-19 pandemic with digitalization and technological solutions available to serve and save better. India HSE summit 2021 provided leadership insights and help to empower safety and productivity at workplace.

'Secure Himalaya – Save India' Conference

The State Govt. with GIZ organized a two day conference at Shimla on Secure Himalaya – Save India; reducing the climate change induced risks and vulnerabilities with special focus on GLOF – Glacial Lake Outburst Floods in Himalayas to strengthen resilience and adaptive capacity. In the conference, scientists from fourteen States of the country presented their research papers on

GLOF studies. Two persons from ADHPL attended this conference.



This conference shed light over the importance of risks and the mitigation measures to be taken at local village level to prevent the disasters like GLOF in near future.

MPCL

Mock Drill

A Tier-1 mock drill on transformer explosion was conducted at the powerhouse in December 2021 by MPCL management to check the emergency preparedness planning, responses of the rescue team, and effectiveness of the existing training system. The



planned scenario with a tentative time-line was discussed with all the HODs and also conveyed to all concerned persons.

Banswara

Energy Conservation Campaign



Energy Conservation Campaign was held between 8th to 14th December, 2021 at Lodha Unit. During this period awareness programs were conducted on each day and given awareness training to all staff & workmen to save energy and stop unwanted use of energy and resources. Chief Operating Officer, Shri Yogesh Dutt Tiwari inaugurated the campaign with lamp lighting and shared the message received from JMD & BH. On 14th December, 2021 program concluded with a Vote of Thanks given by Shri Rajesh Kumar Agrawal (GM – Engineering) to all team members for their efforts.

Quality Circle Program



The quality circle program was inaugurated at RSWM Banswara on 22nd October, 2021 by Chief Operating Officer, Shri Yogesh Dutt Tiwari. All the core team members have participated and Shri Aditya Kumar Sharma was nominated as Unit Coordinator. During the program, some quality circle teams were formed to enhance the quality and quality culture in different areas of operations.

learning & development

L.E.A.P 2 Program

With a view of developing & strengthening leaders through



a special training program "LEAP 2", a four day training session was conducted at RSWM Lodha, Banswara from 15th to 18th December, 2021. During the program, 60 participants attended the training program from various units of RSWM Ltd. The program was inaugurated by Shri Manoj Sharma (CHRO), Shri Yogesh Dutt Tiwari (Chief Operating Officer), and program instructor, Dr. Sourabh Sethi. CHRO greeted all the participants and gave his best wishes for their future.

Mandpam

Inauguration of Quality Circle

The inauguration of Quality Circle was done by Shri Ashwani Mittal, Dy. Business Head on 22nd October, 2021 at Mandpam Unit. He had given an insight on the values of Quality. Shri Trilok Chand Suthar (Manager – Dye House) was deputed as



coordinator of the Quality Circle program. All the staff members attended the program with a lot of enthusiasm.

HEG

Session on Insider Trading and SEBI Guidelines



Under the code of conduct for regulating monitoring and reporting trading by insiders of the company. The session was organized by the L&D department. Shri Vivek Chaudhary in presence of Executive Director, Shri Manish Gulati and HOD's shared information to create awareness and to prevent Insider Trading. The session was very interactive and attended by senior management. It was a very informative session.

ERP Training

ERP refers to a type of software that organizations use to manage day-to-day business activities such as Indenting, Accounting,



Procurement, Project Management, Risk Management & Compliance, and Supply Chain Operation. It is important to give ERP training regularly to all the users. The session was taken by Shri Arvind Kotiya & Shri Vikas Agrawal who are our internal trainers.

Session on POSH

A session on POSH is an ongoing activity that is held every month.



The aim of this session is to create awareness among everyone on POSH, and to maintain a good environment for female employees and have a Zero tolerance policy towards sexual harassment.

LNJ Denim

Quality Circle Program



Learning & Development is lifelong process. Keeping this in mind, an awareness session on the Quality Circle activity program was conducted at Spinning Conference Hall on 22nd October, 2021 by Shri Mahadev Sapkal, Shri Arbind Mishra & Shri Subhasis Basu. The meeting was chaired by Shri Suketu Shah. In this program, Sr. Staff & Sr. Workers were invited to participate for an interactive session with all the employees.

The session received a good response and the content was appreciated by the participants. In the end, it turned out to be a good learning experience on how to work as a team.

ESI Training & Its Implementation in Plant

A training session on ESI was conducted on 06th December, 2021 by Shri Sheoji Choudhary & his team from the Rishabdev Unit in which all Banswara Unit HR & IR Dept. personnel had participated. The main objective of the training was to create awareness about



the ESI & its implementation in all Banswara units. He had given practical training on ESI, how we need to maintain the form, challan, online entry in system implementation on the ESI website, etc. It was a good session on ESI & very well understood by participants.

5 S Training & Its Implementation in Plant

A training session cum review meeting on 5 S was conducted on 16th December, 2021. The two-hour training program was provided to all



the employees and it was given by Shri Vinod Purohit & Shri Mahadev Sapkal. The main objective of the training was to create awareness about the use of 5 S & its implementation in the plant.

Before training, 5 S Audit had conducted to review the implementation of 1 S & 2 S in our plant by our internal Auditor. They

had given certain observations department wise for further improvement. A total of 25 staff members had attended the session.

Maral, Noida

Mock Drill Session



A Mock Drill was conducted at C-126 unit on 25th December, 2021 and at A-11 unit on 27th November, 2021 to check the preparedness planning, responses, and effectiveness of the emergency response plan. Before execution, a meeting was conducted with HODs/ Section in-charges to discuss the roles and responsibilities during the earthquake. The drill was conducted effectively at both the Noida divisions.

POSH Awareness Training Session

To create & provide a safe and healthy workplace for female employees at our factory premises,



an awareness cum training session on POSH has been imparted by Mrs. Jyoti Sinha (External Advocate) to our employees on the “Internal Committee” on 18th October, 2021 at C-126, Noida.

Computer Literacy Awareness Day

The occasion of World Computer Literacy Day 2021 has been celebrated to provide proper awareness related to computer



literacy for our employees. The training has been conducted on “Computer Literacy” in presence of an External Trainer (Shri Om Prakash Yadav) on 02nd December 2021 at C-126, Noida.

Fire safety and fire drill

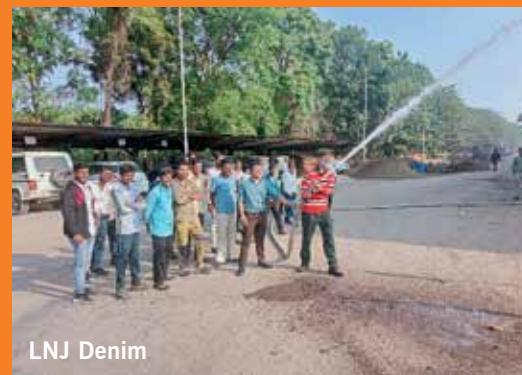
To check the awareness and response of the emergency response team, a Fire Drill was conducted in the worker's hostel area and a session was also conducted at Kharigram, Ringas RPSF. In ADHPL, training was organised in collaboration with Civil Fire Fighting Department in Monal Enclave for the women and children. Participants were imparted practical training on dousing the fire with the use of fire extinguishers and hand methods to douse the fire with LPG cylinders. In Mandapam, the main objective was to clarify the role of industrial safety and how it is important in day-to-day working. Two-hour training program was provided to staff and security guards at LNJ Denim & Ringas RPSF.



Ringas RPSF



Kharigram



LNJ Denim



Mandapam



ADHPL

Our Schools

where learning and joy come together

VKV-Hurda

ART CAMP AT "SAMBHAR" LAKE



An Art camp was conducted on 28th December 2021 at Sambhar. The students painted the migratory birds (cranes) on the spot and learnt about their natural environment.

OPEN CHESS CHAMPIONSHIP



Students participated in open Chess Championship held at Udaipur and secured different positions. Aaradhy Upadhyay of class II secured first position under 7 years age group. The students were awarded by the school dignitaries.

"MANDANA ART" WORKSHOP

"A wonderful workshop on "Mandana Art" was held on October 28, 2021. Its sole objective was to inculcate social, cultural, and aesthetic values in the students.



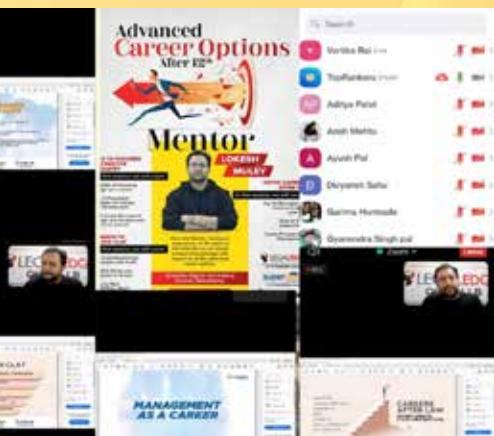
STATE LEVEL BASKETBALL TOURNAMENT - FIRST RUNNER UP

VKV Hurda proudly announces that Navya Agiwal student of class 8th was selected in the District Basket Ball team and participated in the State level tournament held at Jodhpur from 02nd to 05th December 2021 and won the match as First Runner Up. The Principal along with School management congratulated Navya Agiwal on this big achievement.



Graphite School

CAREER COUNSELLING SESSION



A Career Counselling Webinar in collaboration with "Top Rankers" for the students of XII class was organised on 29th October 2021. The session incorporated the tips to succeed in Creative Industries, Design and Architecture fields, Management sector, Law & Regulation Divisions etc.

JOY OF GIVING CAMPAIGN

Some people find great pleasure in giving care and working for others or for the



society. To up skill the students with civic responsibility, Graphite Higher Secondary School observed the 'Joy of Giving' on 18th December 2021. The event was organized by the Cultural Committee & Peace Club of the school. The staff and

students contributed clothes, shoes, woollens, bed sheets, toys, eatables, books, and other reusable items to the needy ones.

EK BHARAT SHRESHTHA BHARAT

To enhance the knowledge of the partner state and develop a sense of connection among the students of the participating State/UT, Graphite School conducted a Scrapbook activity for the students of class VI to VIII on 30th December. Ek Bharat Shreshta Bharat program aims to enhance interaction & promote mutual understanding between people of different regions & cultures through the concept of State/UT pairing.



INSTRUMENTAL MUSIC COMPETITION



Surtal Musical Group organized an online music instrumental competition in two categories -Tabla and Keyboard playing. Clearing all the three rounds, VVV Maral student Roshni Mandloi, in Keyboard category, entered the finals and secured second position. She was awarded an E- certificate along with a cash prize of Rs 999. Tanmay Badole of class IV also participated in Tabla category and cleared 2 rounds.

NATIONAL ACHIEVEMENT SURVEY

A nationally representative large-scale survey of students' learning was undertaken by the Ministry of Education, Government of India on 12th November 2021 across 733 Districts in India. Vivekanand Vidya Vihar, Maral was

VKV-Rishabhdev

ARCHERY COMPETITION

The students of Vivekananda Kendra Vidyalaya, Rishabhdev participated in the 65th District Level Secondary and Higher Secondary (17 to 19 years) Archery Competition. Devendra Chaudhary became the bronze medallist by securing third position in the age group of 17 years. He will now participate in State Level Archery Competition from 15th to 20th November at Mahatma Gandhi Government Secondary School, Mansarovar, Jaipur.

SCOUTS ACTIVITY

9 Scouts of VKV Rishabhdev school participated in Testing Camp for Rajya Puraskar which was held at Uday Nivas, Udaipur from 22nd to 24th November 2021. Activities like Prayer, Pledge, Community Service Work, Knots, Troop Management, Logbook, Surya Namaskar, BP Six Exercise etc. were tested by the authorities of Bharat Scouts & Guides, Udaipur.

733 जिलों में करवाया सर्वेक्षण



Research and Training (NCERT) developed an Assessment Framework for gauging the competencies attained by the student's vis-a-vis learning outcomes.

GOLDEN ACHIEVEMENT OF STUDENTS



State level painting competition was organized by Government of India's Initiatives NHDC and Energy Efficiency Bureau on 75th Amrit Mahotsav of Independence, which was participated by Yatharth Kushwaha and Jaivica

designated as District Level Coordinator for conducting NAS in Khargone District. The National Council of Educational

Kushwaha of Vivekanand Vidyा Vihar. It was a great moment that both children were selected in the first "13" winner participants. Both were honored with cash prize of Rs. 7500 by the Honorable Governor of Madhya Pradesh.

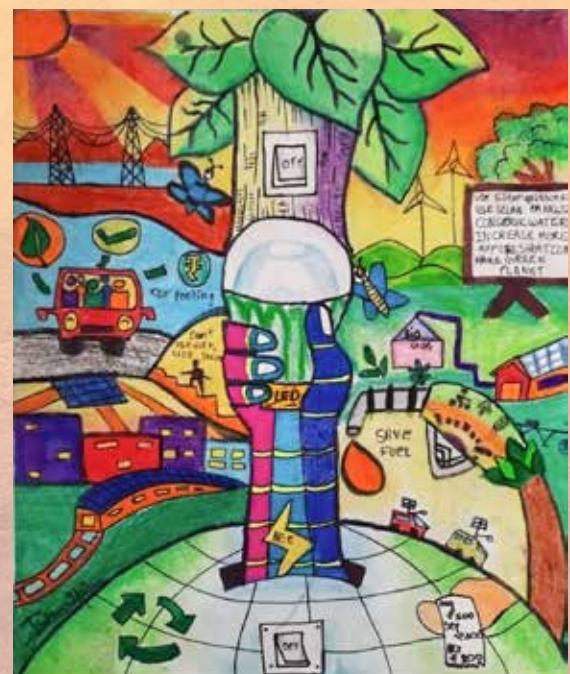
NATIONAL SOLO PATRIOTIC SONG COMPETITION



Bharat Vikas Parishad organized a National Solo Patriotic Song Competition in which the talented children of Vivekananda

Vidya Vihar Maral Sarovar School participated. The first phase was organized at the branch level in which Ms. Mohini Dongre of class 8th presented the song – ‘Hame Fir Se Ganga Bahani Hai....’secured second position in Junior Category , Ms. Jitisha Choyal of Class 11th also presented a song – Apana Bharat Apna Hindustani- Secured First Position and qualified for the next Provincial Level and fascinated the audience with her melodious voice and secured the Second Position.

DRAWING COMPETITION



In a Drawing Competition organised by RSWM Ltd., Rishabhdev during National Energy Conservation Week on 14th December 2021, 51 students from VKV School participated with much enthusiasm. Cash prizes were given to the winners.



celebrations & festivals

Navratri & Dussehra

The festival was celebrated with great zeal and enthusiasm for ten days with puja, arti and bhajan at Ringas RPSF, Ringas, Kanyakheri, Lodha, Mandpam, Kharigram, Rishabhdev, Maral Sarovar, LNJ Denim and BMD. Special arrangements were made for nine days of fun-filled Garba participated by women and kids. Dussehra, also known as Vijayadashami, is a major Hindu festival that marks the end of Navratri. Ringas RPSF celebrated the festival with solo and couple dance programs. All staff members were given prizes. The Ringas unit performed puja, aarti & bhajan for all nine days and a family get-together was also organised on the last day of Navratri



Ringas

Ringas RPSF



ADHPL



Kanyakheri



LNJ Denim



Rishabhdev



Mandpam



Maral Sarovar



BMD



Ringas



Banswara



LNJ Denim



HEG



Kharigram

celebration. Lottery and gifts added to the fun which was also concluded with dinner. Kanyakheri, Mandpam, Kharigram, Rishabhdev, Maral Sarovar, LNJ Denim, BMD, RSWM staff club Lodha celebrated the festival with the staff and their family. At Kharigram, a grand Dussehra Mela for RSWM pariwar was organised and food stalls were a part of this mela. The effigy of Ravan was made in-house by the engineering team. Everybody enjoyed the burning of the effigy of Ravan amid the loud noise of crackers and lights.



Kharigram



Maral

Diwali



Mandpam

Ringas

Every year there were different things that were executed to celebrate Diwali to lighten the mood and to keep the spirits high. Diwali was celebrated virtually and tried to re-live the fun we once had when everyone was physically available. While most of the office did not keep a party since work is completely home, but a handful of them organised a small-scale party to keep the spirits high.

LNJ Bhilwara Group followed the traditions by following all the rituals virtually in presence of learned Pandit for good fortune, health, and success for all. Similarly, Fiber plant at Ringas RPSF, Ringas Unit office was decked with lanterns, diyas rangoli etc. At TPP, Mordi, Banswara and Mandpam Limited gathering was allowed to perform puja at the premises. Banswara, LNJ Denim, ADHPL, BMD, Maral Noida too performed Diwali puja with much gaiety. Sneh Milan program followed by

dinner was organised at Mayur Nagar, Lodha, Mandpam, Kharigram, Rishabhdev. Lucky staff members at Lodha were selected and rewarded. HEG too distributed gifts after the puja. Prasad and sweets were also distributed to everyone after the puja.



Corporate Office



ADHPL



LNJ Denim



TPP



Ringas RPSF



HEG



Rishabhdev



Mandpam



BMD



Banswara

celebrations & festivals

New year 2022

Even though most of this year was spent in quarantine and a sudden change of lifestyle due to Covid-19, still our employees with their family members celebrated the end of one year and the start of another.

New Year celebrations at Ringas, Mandpam, Kharigram, Maral Parivar at Maral Sarovar started with cultural programs followed by dinner. LNJ Denim, Knit Division and TPP Unit collectively organised the New Year with group dinner hosted by the staff club. Greetings to all the employees were also sent through video messages. BMD made the event more graceful as 80% of the performances were from the employees' families. A lucky draw was also held and total 95 prizes were distributed.



Energy conservation week



A campaign to bring awareness on energy conservation and educating the people to stop wastage of energy in today's time was conducted in various offices - Lodha, Ringas RPSF, Kanyakheri, Mandpam, Kharigram, Rishabhdev, LNJ Denim. In some offices prize distribution ceremony also took place. It is also a reminder of India's commitment to clean energy and combating climate change.



HEG

Inauguration of New Shop (2-CBF)



The inauguration of the most awaited shop (2-CBF) was done by Executive Director, Shri Manish Gulati along with HEG workers & staff members. As a part of our culture religious rituals were also performed on this day to create a positive environment..

TPP

"BHAIRO BABA" Puja

In Indian mythology, each place has a God which we call "*Sthan Devta*: The god of place".

Thermal Power Plant also has a small pious place which we call "Bhairo Baba" temple. Every Saturday, all the senior persons gather there for their morning prayers and Hanuman Chalisa path and Aarti in evening hours to the lord of place besides daily puja.

On 18th and 19th November 2021, two days Puja was performed and it started on 18th morning which concluded at 1.00 pm on 19th November 2021 with "purnahuti". All staff members, associates, workers etc. benefited from this spirituality.



Banswara

Laddu Chouth



The Sneh Bhoj was organised on 8th November 2021 for all workers and staff on Laddu Chouth. All the workmen were invited for lunch/ dinner. On this festival, the puja of Lord Shiva is performed every Monday for four months starting from the 1st Monday of Shravan month. This festival is also known as "Mansa Vrat". This is one of the famous festivals of the tribal region Banswara / Dungarpur. Shri Rajeev Kumar Dixit (GM- IR) & his team managed the program really well. Shri Yogesh Dutt Tiwari (Chief Operating officer) conveyed his best wishes to all workers and took part in this Sneh Bhoj.

Thakur Baba Mandir Puja

A Bhajan Sandhya was organised at Thakur Baba temple on 27th November 2021. It started with the puja of Thakur Baba by Chief Operating Officer - Shri Yogesh Dutt Tiwari. The Bhajan Sandhya



team was welcomed by Shri Yogesh Dutt Tiwari, Shri Rajesh Kumar Agarwal, Shri Balchand Gupta,

Shri R K Dixit, Shri Aditya Kumar Sharma, Shri Satyanaran contractor, and Sampat Contractor. The staff members / Masters / Workers and contract workers enjoyed the program till morning. The next day prashadi (Lunch) was organized outside the temple and it was attendant by all Sr. officers of LNJ Denim, Fabric, BMD, and TPP units.

Kharigram

One Day Picnic to Ajmer



RSWM Staff Club-Kharigram organized a one-day Picnic at Pushkar & Birla Water Park, Ajmer on 3rd October 2021. All the staff members along with their families worshipped at Brahma Temple, Pushkar, and thereafter enjoyed swimming and wave pool, slides and rain dance. The picnic ended with delicious lunch and cultural activities. Everyone was happy with this "Grand Frolic Tour".

Tulsi Vivah



Tulsi Vivah is considered to be an auspicious festival, observed to celebrate the ceremonial marriage of Tulsi (Holy Basil) to Lord Vishnu.

On 14th November, Dev Uthani

celebrations & festivals

Ekadashi, the Kharigram family witnessed the holy marriage of Tulsi and Shaligram. In this grand "Utsav" all staff and family members heartily participated, with full worship and vigour, played their part as "Var Paksha" and "Vadhu Paksha". All marriage rituals and predestinations were followed traditionally and the event concluded with Bhandara – Maha Prasad to all.

Dhwaj Yatra to Badi Mata Ji Temple

During the holy festival of Navratri, the Dhwaj Yatra of Maa Durga started from Mill Campus to Badi Mataji Temple with Bhajan and Kirtans at 11.00 AM on 09th October 2021. A grand puja was performed by Shri N.K. Bahedia, COO along with Union President Mohd. Iliyas, and other Union Representatives, Sr. Officers and Workers.



Rishabhdev

Annual Day Celebration

Annual Day was celebrated at RSWM, Rishabhdev on 31st December 2021 joyously and cheerfully. The delicious dinner and the variety of programs like - group dance of ladies, children's games,



and many other programs were presented by the family members of the Rishabhdev unit. Amidst the excitement and gaiety of the new year program, everybody greeted each other. Shri K B Khatoe, COO conveyed congratulations and best wishes to all for a happy and prosperous new year. The program ended with prize distribution to the meritorious students.

Maral Sarovar

"Akhand Ramayan Path"

"Akhand Ramayan Path" was organized at Shriram Mandir, Maral Sarovar in the auspicious



month of "Shravan". A special team including associates from Maral Overseas recited this "Path" continuously for 24 hours. Inaugural Puja and Hawan were performed by Shri S.N. Goyal, along with senior officers and their families. A large number of devotees attended Path, Poojan, and Hawan ceremonies.

Vishwakarma Puja



On the occasion of Vishwakarma Jayanti, the puja was organized at Engineering Workshop, Maral Sarovar on 17th September 2021. The workshop which was

exquisitely decorated with flowers. The puja & hawan was performed by President Shri S.N. Goyal and Shri R.P. Gautam, Advisor Engg. Shri Manoj Thakker, Asst. V.P. (HR) and other seniors were also present during the puja. After puja and hawan, prasad was distributed among all staff and workers.

Ganesh Utsav



Ganesh Utsav celebrated at Shriram Mandir, Maral Sarovar from 10th to 19th September 2021. Shree Ganesh Sthapana was done by Shri & Smt. S.N. Goyal on 10th September in the temple premises. Everyday puja was performed by colony residents by maintaining social distancing and following other Covid protocols.

BMD

Sunderkand Path

Sunderkand, one of the most beautiful (Sunder) parts of the Ramayana, describes Lord Hanuman's journey to Lanka which



elucidates us in various ways. It has been started in November 2021 and on every second Saturday Shri Sundarkand Path is being organized at Staff Club in the Colony premises.

Maral, Noida

AIDS Day



The occasion of World AIDS Day reminds us that we must treat people suffering with aids, with respect, and equality. We have educated, provided training sessions, and displayed various awareness posters for our employees at our respective units on World AIDS Day on 02nd December 2021 at all Noida Garments divisions.

Staff Birthday Celebrations

Ringas



The Staff Birthdays were celebrated with much gusto and enthusiasm in Ringas. Sweets and gifts were distributed in the presence of all other officers.

Christmas Celebration

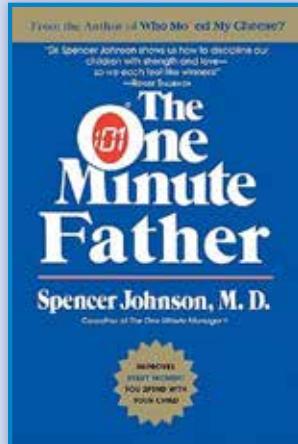
On the occasion of Christmas eve, the festival was celebrated with much enthusiasm at our factory premises. After the cake cutting ceremony, chocolates have been distributed to all by Santa. On this occasion, Christmas trees were also decorated at C-126, Noida for a lively atmosphere.



Good Read

The One Minute Father

by Spencer Johnson, M.D.



A man who sees that he has been a better provider than parent learns by trial and error how to be more nurturing. He first learns a more effective way to discipline -- applying One Minute Reprimands. Then his children help him discover two even more important parenting methods -- One Minute Praising's and One Minute Goals. Using these practical methods, a father develops more confidence in himself as a parent, as he and his children enjoy a happier family life. The One Minute Father begins where most fathers are and takes them to where they want to be. Fathers can effectively balance their time and become just what they want, and their children deserve. The working life is very stressful, and parents are in real need for effective and rewarding advice that can help them to manage their kids. This book shows you effective ways to help your children to like themselves and behave well. The theories given in this book are based on the one-minute approach.

The book helps fathers as well as children develop their confidence, increase happiness, and enjoy satisfaction in their relationship. Incorporated in the book are techniques like One Minute Praising's, One Minute Reprimands and One Minute Goals.



Mandpam

On the last week of every month for October to December "The Staff Birthday" was celebrated with much gusto and enthusiasm in the Melange Staff club. The cake cutting ceremony by members whose birthday falls in a particular month was organized, the Birthday members feel blessed with the presence of Shri Ashwani Mittal (Dy. BH) & Shri Satish Kumar Mittal (Dy. COO) and all staff members. The cake cutting was followed by high tea for all.



corporate social responsibility

Corporate Office

Distribution of Woollen Blankets



As part of the CSR activity, and an opportunity to serve the humanity, this New Year 2022 eve, a voluntary initiative from our Corporate Office staff was taken by distributing woollen blankets to office security guards and facility staff to protect and sustain themselves during extreme cold conditions. This has not only given us an opportunity to serve the humanity but has set an example towards sensitizing many others towards this noble cause.

Our security guards & facility staff were happy and appreciated this generous effort by the Head Office volunteers.

ADHPL

Medical Equipment Donated to Civil Hospital, Manali



Under the banner of CSR initiatives, the company donated beds and other medical equipments to Civil Hospital, Manali for the emergency ward which was earlier built by MPCL. The equipment will help in tackling the emergencies in a better way. The equipment was donated on 28th October 2021. The Senior Medical Officer I/C and other staff of Civil Hospital, Manali thanked ADHPL for this noble initiative.

The financial implication for this activity is approximately Rs. 0.20 Mn. In addition to this, ADHPL is also contributing towards running & maintenance expenses for the emergency ward and diagnostic laboratory in the same hospital.

Inauguration of Women Knitting Centre



The company opened another Knitting training centre for women at village Bahau, Gram Panchayat, Jagatsukh, under CSR activities as an initiative to empower the local women of the area. Approximately 40 women will be trained from the local villages in the training centre. At the inaugural ceremony, the Pradhan and Panchayat members of Jagatsukh were present. The women of the villages were excited and thanked ADHPL for its selfless efforts in empowering women.

Donation of Water Cooler with Purifier to PHC Naggar

A water cooler with a purifier was donated to PHC Naggar on the request received from the Medical Officer. It was installed successfully on December 07, 2021. The water cooler with purifier will serve clean drinking, hot and cold water for the OPD, indoor patients, and their



attendants at the hospital. Gram Panchayat Naggar and Medical officer PHC Naggar thanked ADHPL for this noble work.

Support to Aash Bal Vikas Kendra

“Disability is not a Curse”

ADHPL under its CSR program is supporting Aash Child Development Center for intensive care and development of specially abled children in District Kullu, Himachal Pradesh. On the occasion of closing ceremony of the therapy camp at Aash Child Development Center, Akhara Bazar, Kullu, Shri



R.K. Khaitan Vice President (F&A), ADHPL said “Disability is not a Curse”. Shri Khaitan said we shall create an inclusive atmosphere for specially abled children and persons. The six days therapy camp was attended by 30 specially abled children along with local authorities.

Construction of Water Channel in Village Shuru

At the request of Pradhan of gram panchayat Prini, the Kuhal of village Shuru was constructed for a length



of 94 m as planned for the current year. The kuhal serves as a supply line of water for different needs including irrigation of orchards for the village. The Kuhal runs through

the center of the village 'Shuru'. Kuhal was broken at many places and didn't carry sufficient water for daily needs. The pictures after repairs are attached and the expenditure incurred on this activity is Rs.0.45 Mn.

Plantation of 500 Deodar and Broad Leaf Saplings

ADHPL organized a plantation campaign at Khanool dumping site from 01st to 04th October



2021. During the campaign 500 plants of deodar and other broad-leaved species were planted by the employees. Plantation activities were carried out by maintaining physical distance, using face masks and hand sanitizers- keeping in mind the COVID-19 pandemic.

MPCL

Plantation Drive



This year's Drive-2 of the plantation was conducted on 30th December 2021 at village - Padei under Panchayat Jalugran, Kullu, Himachal Pradesh. 500 plants of different species like Deodar, Kosh, Willow were planted by MPCL staff with the help of Tara Mahila Mandal of village Padei and representative of Jalugran Panchayat, with adherence to COVID-19 guidelines.

HEG

Community Feeding Program



COVID 19 has impacted the lives and livelihood of millions of underprivileged daily wagers and migrant labourers in India. To provide nutritious food, HEG decided to provide cooked meal from Mega Kitchen Bhopal to the unprivileged section of the society to help them combat the economic effect of the pandemic.

On 27th October 2021, a Community feeding program was launched in Bhopal for the cause to ensure food & nutrition security for low-income families especially Children, where livelihoods have been affected by COVID.

This program was launched in the esteemed presence of Collector, District Magistrate, Shri Avinash Lavania, and Shri Manish Gulati, Executive Director, HEG limited. So far more than 1 lakh meals have been served across 20 odd centers across the city which was cooked in Akshay Patra's mega kitchen.

Ringas RPSF

Donation of Contributed Fund



Shri M.K. Yogi (COO) RPSF Ringas Division inaugurated District Hockey Competition in the Govt. School, Ringas and also donated a cheque for Rs. 33700/- as contribution towards buying hockey sticks.

Blood Donation Camp

Blood donation camp was organised in Kharigram, Banswara and Ringas. Staff members and workers participated willingly in this noble cause and were facilitated by both the offices and the organisers.



Kharigram



Banswara

WALK FASTER VS WALK LONGER



Walk faster:

Walking has proven to be an excellent way to stay fit and healthy, and several studies have shown how walking can improve mental and physical health, making it one of the most popular forms of aerobic exercise a person does. However, the pace at which everyone walks is not always the same. This raises a question. Does speed matter? And the answer is "yes." The faster the pace, the better the benefits of walking.

What is brisk walking?

Walking at a fast pace is known as brisk walking, and people practice it in different forms and combinations such as pure brisk walking, alternating between brisk walking and leisure walking, alternating between brisk walking and jogging, and during brisk walking it is important to have the correct technique. Here are some tips for effective brisk walking:

- Make sure your body is relaxed.
- Your vision should be forward, head, and neck relaxed.
- Your arms should relax and swing while walking.
- Ensure that your body is in an upright position with your back straight.
- Use and exercise your toes and feet completely while walking.
- **Improves Musculoskeletal Health:** Brisk walking can help promote and strengthen muscle and bone health by improving circulation and weight.
- **May Help Longevity:** A strong, capable body could stay healthy for a longer period.

Benefits of brisk walking:

- **Heart health:** Brisk walking can help manage blood sugar and stress, reduce the risk of obesity or weight gain, and improve immunity.
- **Weight management:** Regular schedule can help burn calories and fat faster and thus aid weight management.
- **Promotes Mental Health:** It can help improve memory and sleep thus ensuring that the body stays rested.

The benefits of prolonged walking :

- Giving the body more energy
- Promote blood circulation
- Enhance heart efficiency
- Enhancing the brain's oxygen supply
- Helping to lose weight
- Improving sleep quality
- Promote joint health
- Strengthening the body's stamina
- Controlling the level of blood sugar
- Reducing stress

Marvelous Health Benefits of Cape Gooseberries (Rasbharies)

Highlights

Cape gooseberry is more commonly known as rasbhari in India

They are rich in vitamins, antioxidants, and soluble fibre

They can help boost your immunity & control high blood pressure



1. Store house of Vitamin C and antioxidants

Cape gooseberries have abundant Vitamin C much more than lemons. Not only is Vitamin C good for your skin, but it also helps in boosting your immunity.

2. Good for your eyes

Apart from Vitamin C, cape gooseberries are also rich in Vitamin A improves eyesight, and immunity. They are rich in iron too which further boosts your vision. It provides 14 percent of daily requirement of vitamin A, which is good for eyes, prevents cataracts and age-related macular degeneration.

3. Controls high blood pressure

Due to the presence of Phytochemicals such as polyphenols and carotenoids, cape gooseberries can regulate high blood pressure levels. These chemicals along with the soluble pectin fibre keep bad cholesterol levels in check and promote heart health.

4. Bone strength

Being high in calcium and phosphorous, these berries help in making your bones stronger. It also has a good proportion of pectin that helps in calcium and phosphorus absorption, thereby, making bones stronger and manage conditions like rheumatism and dermatitis.

5. Can control diabetes

Cape gooseberries contain immense soluble fibre like fructose which can prove beneficial for diabetic patients. These berries can help lower the blood sugar levels.

6. Promotes weight Loss

Low in fat and calories, a handful of cape gooseberries make for a great snack or a meal filler to support your weight loss goals.

7. Eases digestion

Once again, fibre plays an important role in managing your digestive processes. Fibre-rich cape gooseberries are great to add to your diet. Moreover, the pectin fibre it contains helps calm the disturbed

gastro-intestinal (GI) tract, prevents constipation, and serves as a great laxative.

8. Anti-Inflammatory properties

Cape gooseberries are rich in anthocyanins which prevents inflammation caused by pain, swelling, and redness. Also, due to the presence of polyphenols and other antioxidants, these berries may help in treating disorders like asthma which is basically the inflammation of tracheal passage.

9. Fights cold and flu

Antioxidant-rich cape gooseberries can protect you against common cold and flu attacks. Consume them with tea or hot water at least twice a day. It will soothe your clogged nasal passage and you will begin to feel much more relaxed.

Cape gooseberries may boast of a host of health benefits; however, one must observe caution while consuming these delicious berries. Unripe cape gooseberries can contain alkaloids which may cause allergic reactions.

achievements

Kharigram

"Best Employer 2021" Awards Ceremony



RSPWM Ltd. Kharigram accredited "Certificate of Excellence" in the category of large scale industry for maintaining harmonious relations between Employer & Employee, enhancing effective productivity levels, occupational safety & health, skill development & innovation of corporate social responsibility. This was awarded in a ceremony organised by - The Employers Association of Rajasthan, Jaipur on 14th November, 2021 in the presence of Hon'ble Speaker, Loksabha Shri Om Birla & Hon'ble Speaker of Rajasthan Vidhan Sabha Shri C.P Joshi. Shri Manoj Sharma, CHRO, Shri N.K Bahedia, COO & Shri Dinesh Bhojak, G.M (P&A) received this prestigious award.

North India Best Employer Awards 2021



RSPWM Ltd., received the North India Best Employer Awards, felicitated by World HRD Congress. This award was in the category of Best Employer Brand 2021. Shri Manoj Sharma, CHRO, Sh Anurag Mathur, COO, received this award in the program, held at Taj Hotel, New Delhi on 23rd December 2021.

Quality Circle - Gold Award in International Convention



It's a matter of pride and joy that our Quality Circle team " Uday" first time participated in International Convention on Quality Control Circle held on 26-11-2021, in Hyderabad on the theme "Quality Concept Facilitating Societal and Economic Turnaround" and won Par Excellence (Gold Award).

Abhivyakti – Award Ceremony

Sh Ravindra Singh, Dy.Manager (Maintenance), Sh. Sitaram, Jr. Foreman recognised for their outstanding "Abhivyakti" suggestions on 28th December, 2021 from



Kharigram Unit. A felicitation program was organised at HR Conf hall. An appreciation letter and gift cheque of Rs 10,000/- given to both persons. Shri N.K. Bahedia, COO, Sh Sukesh Sharma, Dy. BH appreciated their suggestion and contribution. Following was the suggestion – Cyclones manufacturing and installing in-

house. It saved Rs. 30684/- in manufacturing costs per cyclone. A total of 68 cyclones were installed. The installation of cyclones resulted in the saving of 18 manpower per day in various activities. It also saved Rs. 60000/- per month in fibre waste.

ADHPL

Lady Willingdon Hospital Acknowledging CSR Efforts



Two employees from AD Hydro Power Ltd. were invited to the Annual Day function celebrations of the Lady Willingdon Hospital, Manali on 20 November 2021, as special invitees. The Hospital Administration had invited and felicitated ADHPL employees at the function organised by the hospital Management exhibiting their gratitude for the donations under CSR activities to tackle the COVID-19 pandemic.

MPCL

20 Years Mandatory Inspection

A team comprises of four senior officials of the Directorate of Energy (Himachal Pradesh) have visited & inspected MPCL in November 2021. On completion of 20 years of MPCL



power plant, it was a mandatory inspection of 5 days by the Govt. of Himachal Pradesh.

Mandpam

Outstanding “ABHIVYAKTI” Suggestion Award

Shri Pusp Lal Jagerwal (A.G.M - Dye House) was rewarded for his outstanding “Abhivyakti” suggestion. He was awarded a cheque of Rs.10000/- with an appreciation letter for his contribution, by Shri



Ashwani Mittal (Dy. BH). Everyone congratulated him on this big achievement.

HEG

International Convention on Quality Control Circles



HEG received “Par Excellence” award in 46th International Convention on Quality Control Circles – 2021



(ICQCC-2021), Hyderabad. Two of HEG teams Vidur & Jagrati participated and gave an outstanding presentation and won the prestigious award.

National Event on Quality Circle



After winning the award in the International event one more milestone was added to our success chart, Keeping Covid protocols & guidelines in mind we participated in a National event (Virtually) organized at Coimbatore and again won the “Par Excellence” & “Excellence Award”.

Team Pragati won par excellence and team Vidhyut won excellence award which further boosted our morale and motivated us for the upcoming future events.

Maral Sarovar

National Safety Award

Maral Overseas Ltd, Sarovar won the prestigious National Safety Award (2nd position) for the performance year 2018. This award is being given by Govt. of India, Ministry of Labour & Employment.

Industry Excellence Award

Maral Overseas Limited has been awarded Industry Excellence Award in the 36th Indian Engineering Congress organized at Vigyan Bhawan, New Delhi.



This award has been instituted by The Institution of Engineers (India) to promote excellence in Engineering, Production Systems, and Process. The award was given by the Central Industry Minister Shri Mahendra Nath Pandey and it was received by Shri R.P. Gautam, Advisor - Maral Overseas Limited, Sarovar on 26th December 2021.

Shri R.P. Gautam Elected as Chairman of IEI, Indore



Shri R.P. Gautam, Advisor (Engg.) of Maral Overseas Ltd, Maral Sarovar has been elected as Chairman of Institution of Engineers (India) (IEI), for Indore (M.P.) for the period 2021-2023 during the election and the result announced in their AGM held on 31st October 2021. Shri R.P. Gautam is B.E. (Electrical), M.E. (Industrial Engg. & Management) and associated with Maral Overseas Ltd for a long time. He is a Member of the Board of Examiners, Boiler Board, Government of M.P., Lead Auditor Energy Management System, and ISO 50001:2011.

Hearty congratulations to him on this achievement.

Lodha

Superannuation of
Shri Balchand Gupta



Shri Balchand Gupta superannuated from the services of the RSWM Lodha unit on 30th November 2021. His Valuable contribution of 30 years tenure as General Manager (Post Spinning) in the organisation will always be remembered. A felicitation program was organised and Shri Yogesh Dutt Tiwari, Chief Operating Officer, and the core team appreciated his contribution to the growth of the organisation. We wish him healthy, prosperous, and happy retired life.

Interesting Facts

Lyrebird



Lyrebird is one of Australia's best known bird and there are two known species of this ground dwelling bird. The lyrebirds are known for superb ability to mimic artificial, human and natural sounds along with their striking beauty.

HOW TO STOP STRESS EATING

Stress eating eases your feelings temporarily, but the big emotions are likely to return.

What is Stress Eating?

Stress eating, or emotional eating is a way of consuming food to help ease negative emotions or pain. Emotions such as sadness, boredom, stress, fear, worry, guilt, shame, or loneliness may feel overwhelming, especially if triggered by a major life event.

Recognize Your Emotional Eating Patterns to Avoid Stress Eating

The tendency to eat in stressful times is a learned response: the more often you use food to cope with stress, the stronger the habit becomes. Eating high-fat, high-sugar foods reinforce this association between food and comfort.

Swap Out Comfort Foods for Nourishing Snacks

To retrain your brain, you can replace comfort foods with healthier alternatives. eating foods that can cope with stress, such as antioxidant-rich green or white tea, cherries, and dark chocolate. This way, your brain still enjoys the feeling of snacking and feeling satisfied without the effects of eating high-sugar, high-sodium, and high-calorie foods.

Think Ahead to How You May Feel

When choosing how to process your emotions and learning how to control stress eating, ask yourself if your actions will make you feel better or worse in the aftermath. For example, choosing to go for a walk or taking time to read will have a very different effect on how you feel compared to consuming a large amount of food.

Stick to a Regular Meal Schedule

Eating at unplanned times or allowing your body to go for long periods of time without food, try adhering to a meal schedule. Thoughtfully space your meals out over the course of each day to keep your blood sugar stable and hunger levels at bay.

Prepare New and Interesting Meals at Home

Explore the culinary arts and improve your relationship with food by preparing your meals at home. Find recipes that involve new ingredients or try to cook yourself. By preparing your own food, you are more conscious of what you put into your body. People who cook more meals at home consume more fruits and vegetables and are less likely to be overweight.

Avoid Boredom

Many people turn to food when they are stressed because they have nothing else to do. Rather than eating as an activity, occupy yourself with something you enjoy. Gardening, crafting, practicing guitar, or any activity that keeps you busy can be a successful stress eating solution.

Tips to Stop Stress Eating at Night

Tips that can help you focus on how to stop stress eating at night:

- Eat a healthy snack in the evening that contains protein.
- Find an activity that keeps you busy like knitting, drawing, or even cleaning!
- Be sure to eat adequately during the day.
- Get a good night of sleep by creating a bedtime routine.

Egypt

Explore the ancient wonders

With a long rich history and as a land of many mythological stories, Egypt is one of the first dream destinations of travellers round the world.

This country is home to a total of 7 UNESCO World Heritage Sites. One of the oldest tourist destinations in the world, Egypt and its collection of world-famous ancient sites and legendary national treasures have been wowing the crowds for centuries.

Egypt and its ancient culture throughout the Nile have captivated and amazed travelers for centuries. From the sand-covered tombs of lost civilizations to the dusty barren desert of the Sahara, Egypt will bring out the adventurer in all of us.

Alexandria



Known for its époque buildings and grand squares it was once a very fashionable city. Although it charms have faded a little, it's still a must-see destination in Egypt.

Cairo



Egypt's buzzing capital and a must-see destination for tourists. Once you get over the chaos, the culture shock and in-your-face touts, this city is a traveller's dream and easily one of the most important destinations to travel to in Egypt. Cairo tower offers the most amazing panoramic views of the Egyptian capital.

The Red Sea Coast



The Red Sea has clear azure waters and an incredible number of exotic fish and coral – which is why is so highly regarded as a diving destination.

Pyramids at Giza

Eternally a top-rated attraction in Egypt, no visitor should leave



without visiting Great Pyramids and the Sphinx of Giza. They are the only remaining seven wonders of the world of the ancient world and over 4600 years old.

Luxor



There are only a few places in the world that could be called an open-air museum, but the Egyptian city Luxor is one of them. In fact, the number and preservation of the monuments in the Luxor area are unparalleled anywhere else in the world.

The Nile



The best way to explore one of the world's most famous rivers is by a cruise lasting for more than a few days. The stunning Nile is filled with interesting flora and fauna and a trip to this Egyptian delight will give you an interesting insight into the rural parts of Egypt.

Mount Sinai

Mount Sinai is a popular attraction. It has huge religious significance



having been mentioned many times in the book of Exodus, the Bible, and the Quran.

Saint Catherine's Monastery



It's a very old and very important tourist site in Egypt and has a UNESCO World Heritage Site status and is the oldest working monastery in the world.

Siwa Oasis



The Siwa Oasis is often mentioned as one of the most stunning places to visit in Egypt. Located off the beaten track between the Qattara Depression and the Egyptian Sand Sea (in the Libyan Desert) it has its own distinct Siwan culture which differs from the mainstream Arabic culture.

White Desert



The white desert has an otherworldly beauty with bizarre, ghost-white rock formations sprouting from the desert sands. The strange structures are huge chalk formations created because of occasional sandstorms in the area.

The Fjord Bay (Taba)

It is a natural bay that has become a popular spot for swimming, diving, hiking, climbing, boating, and many other outdoor activities. The bay is



surrounded by rolling hills which gently sweep down to the stunning aqua-blue water.

Abu Simbel Temples



One of the most instantly recognisable historical sites in Egypt. They are massive rock temples built by the ancient Egyptians.

Rosetta



Rosetta is a beautiful metropolis with amazing Islamic architecture and many lovely public spaces.

Egyptian Deserts & Oases

A desert safari takes you through an endless stunning range of desert landscapes coupled with scenic sunsets and starry night skies. Walk along mud houses and ancient ruins in Egyptian desert oases, shop for locally made crafts and rub shoulders with Bedouins carrying out century old traditions—the Egyptian Desert is one of those mystic places where regular living practices are suspended or absent, a place where water access is everything and land ownership is nothing.

Makadi Bay

Come to the turquoise waters and beautiful desert landscape of Makadi Bay on the Red Sea. Set in a beautiful natural bay, the luxurious resort town of Makadi offers you tranquillity and peace of mind like no other town in Egypt. Makadi is also surrounded by Egyptian Eastern Desert, with its wealth of natural beauty and things to see.

Aswan



This is one of the most relaxing Egypt holiday destinations in the Southern part. In ancient Egypt, it was called Swenet and housed the stone quarries that supplied material to build the famous pyramids. However, Aswan is now known for its breath-taking views of the desert dunes and the Nile River.

Karnak Temple



The Karnak temple complex is the most astonishing tourist spot and includes the Karnak Open Air Museum. The temple houses three other famous temples within its premises – the Temple of Khons, the Great Temple of Amun and the Festival Temple of Tuthmosis III.

For more information

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