


 good read 01
 a smiling you 15

 news from the school 10
 a healthy you 15

 lifestyle management 15
 footloose 22

OPINION

Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN
PRIVILEGED TO BE GLOBAL

Volume XXIV | Issue 3 | October - December, 2018

 message from
group's chairman 01



At the outset I would like to share with you the positive vibes on the general economic front. India will sustain its mantle as the world's fastest growing major economy in 2019

[Read more >>](#)

 group happenings 02



The eventful journey of our musical drive to explore the treasures of our heritage Hindustani classical music and art through lively concerts is now entering its 8th year.

[Read more >>](#)

 learning and development 05



A Review meeting for the quarter ended on July-September, 2018 was held on 12th & 13th October, 2018 at Rishabhdev unit. The COO appreciated the efforts of the departments.

[Read more >>](#)

 celebrations and festivals 08



Deepavali is a celebration enjoyed not only by Hindus but also by Sikhs, Jains and Buddhists. The significance of Deepavali is different for each religion.

[Read more >>](#)

 corporate social responsibility 16



MPCL has supported the construction of Nature Park at Kasol, through Parvati Forest Division, Shimshik, Kullu. The main objective to construct the parks is to conserve the nature.

[Read more >>](#)

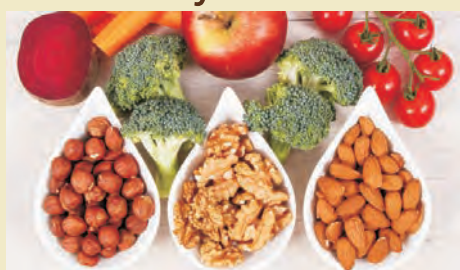
 achievements 19




Confederation of Indian Textile Industry (CITI) completed 60 years of its service to the industry and nation in the year 2018. To celebrate this occasion, CITI organized "CITI Global Textiles Conclave 2018"

[Read more >>](#)

 a better you



Smart food for smarter brain

 welcome and adieu 21





editorial

Editor-in-Chief:

Sudhir Sood

Copy Editor:

U. Padma Latha

Editorial Board:

S.C. Garg

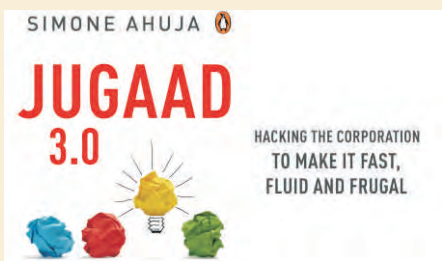
O. P. Ajmera

Rakesh Mahajan

Sanjay Sharma



good read



**Jugaad 3.0:
Hacking the Corporation
to make it fast, fluid and frugal**

Based on hundreds of interviews, as well as the author's consulting work within companies, Jugaad 3.0: Hacking the Corporation seeks to prove that every organization's best chance, to survive and become better than ever, lies within itself. The book also offers a spectrum of carefully crafted models to help people see themselves in this trend and allow organizations identify the innovators in their midst.

Against the decidedly progressive, action-oriented, and above all restless backdrop of disruption, the author writes that the DNA of established business is starting to realign.

Written by Dr. Simone Ahuja, a consultant, author, speaker and entrepreneur. She is the CEO of Blood Orange.

Dear Friends,

It gives me immense delight in sharing a plethora of activities in the last quarter between October and December of 2018. Without a doubt, the festive fervor is at its peak given the number of festivals that we tend to celebrate during this period ranging from Navratri, Durga Puja, Diwali to Christmas and New Year.



I am honored to be entrusted with a magazine that has broken so much ground in the past couple of years. Opinion is a publication that doesn't just report on developments; it stands for something. We embrace the idea that business serves a purpose in our world that goes beyond dollars and cents, and that a responsible and sustainable enterprise can be a vehicle for progress. We believe these higher goals don't contradict the quest for profitability. On the contrary, we are convinced businesses that reflect and embody them will be tomorrow's leaders. Now that we've begun to change, we will also hope to continue to evolve and have good idea on how to proceed. In guiding the editorial team in the choices, we have to make, we ask our readers to help us to explore new ways to make the journal useful: please share your ideas and thoughts with us.

We look forward to hearing from you soon. I truthfully hope that you will find this and future issues of interest, and that you will enjoy and benefit from reading the publication at least as much I have in the past.

Sincerely,

Sudhir Sood

Welcoming Bhilwara Sur Sangam – 2019

Bhilwara Sur Sangam – 2019 is the latest in a series of our musical drive to explore the treasures of our heritage Hindustani classical music and art through lively concerts. In the 8th year of the convergence of melody and bliss, we have invited an eclectic group of new and old generation Indian classical musicians together. The two-day musical evening would witness performances by legends including vocalists Smt. Kalapini Komkali, Raghunandan Panshikar, Smt. Kaushiki Chakraborty and Santoor maestro and Padma Vibhushan recipient Pt. Shiv Kumar Sharma. The highlights of the event will be shared in the forthcoming issue of Opinion.

Message from group's Chairman

Dear All,

At the outset I would like to share with you the positive vibes on the general economic front. India will sustain its mantle as the world's fastest growing major economy in 2019. This growth trajectory is expected to continue for a while powered by growing consumption demand and an expected upswing in private capital investment.

We, at LNJ Bhilwara Group, are committed to developing products backed by innovation which, we believe, will enrich the people of our country as a whole. New market segments and product innovation remains the key to growth, underlining the importance of identifying new markets and championing emerging technologies. I would also add that the need to focus on products which deliver on the ever-changing customer requirements is equally vital. It is now even more important to deliver solutions in a manner that helps our customers deliver better to their end users, but which are also most cost efficient.



I on behalf of LNJ Bhilwara Group thank our team and our Business Partners for being an integral part in the growth of the organization and putting in all their efforts to make the company what it is today. Today, it gives me immense pride that our Company has truly emerged as an exemplary national institution. It is indeed fulfilling to witness the enormous value that our Company has created across so many dimensions. However, as I have always said, the best is yet to come. The foundations are in place. A dedicated team of entrepreneurial professionals, nurtured over the years, is today driving the growth of the Company. I am confident that they will take this organisation to even greater heights.

LED BY OUR PEOPLE, WE ARE BUILDING A SMARTER COMPANY

We must traverse the journey ahead with unwavering faith in our conviction, remain resilient in the face of every adversity and continue to innovate with vigour and passion to take this Company to an even higher horizon of excellence - to serve our society, you and our shareholders.

Growth and scale were also evident in the increased investments in the community through the company's Corporate Social Responsibility efforts introducing several new programs focused on scale and sustainability of impact.

As always, I would like to convey my deepest appreciation of the relentless efforts put in by LNJ Bhilwara Group. Indeed, the impressive milestones achieved so far are a tribute to their dedication. It will be the endeavour of the company to continue to improve performance on a year-on-year basis and create a strong balance sheet that can fund the aspirational growth of the company and meet the expectations of our customers and stakeholders.

Ravi Jhunjhunwala



All India Agents & Dealers Conference (Mayur)

RSWM Limited, well known for fabric brand Mayur Suitings, recently organized All India Agents & Dealers Conferences at Jaipur, Goa, and Mussoorie. The conferences started with lighting of the lamp by Shri R.K. Chaudhary, Advisor, RSWM Ltd. (Fabric). He thanked all the dealers & agents for achieving record sales figure in the domestic market during the last financial year. Shri Prabir Bandyopadhyay, Chief Executive (Denim & Fabric), RSWM Ltd. was the chief guest who welcomed all the dealers and agents and discussed with them the future development programmes of Mayur Suitings. Mayur Suitings displayed their complete range of fabrics including its extremely popular and new ranges like Royal Oak, Wi-fi, Leonard, Leisure, Creamline, Play Boy, Windsor, Sparkle, Lincot, Verona, Flamingo, Dazzle, Checks dot com, Botson Sawyer, Exotic Linsey, Treasure, Arise, Pajero etc.

Rishabhdev



Cleaning Campaign

The Staff Club of RSWM, Rishabhdev unit conducted a cleaning campaign inside and outside of the Mill campus on 2nd October 2018 and promoted 'Swachh Bharat' Abhiyan campaign. Shri K B Khatod, COO along with other senior officers participated in this campaign. The special theme of this picnic, the entire location acquired a typical village look.

Staff Annual Tour

A long tour to Southern India was organized by Staff Club of RSWM Rishabhdev during November-December, 2018 covering places like Kochi and Alleppey. Alleppey boat journey was the high point of the 10-day tour that was meant for staff & family members.



Ladies Club Picnic

A full day indoor Picnic was organised by Ladies club members at Mayur Gaushala in the presence of Smt Seema Jain and Smt Bindu Joshi. The ladies, attired under Haryanavi dress code, prepared lunch on “Chulha” and served meals in the old traditional way. Everybody enjoyed their full day with great songs, dance and lots of celebrations. With the special theme of this picnic, the entire location acquired a typical village look.

HEG



Quality Circle Competition (QCFI)

Quality Circle teams Karma & Paryavaran from HEG Ltd. participated in QCFI Madhya Pradesh State Level Quality Circle Competition held at Bhopal on 7th October 2018. They brought laurels to our plant by winning Gold & Special Category award in this competition.ingo, Dazzle, Checks dot com, Botson Sawyer, Exotic Linsey, Treasure, Arise, Pajero etc.

Ringas

Health Check-up Camp

A Health Check-up Camp was conducted by RSWM, Ringas Unit that was attended by a team of Specialists from Bhagwan Mahaveer Cancer Hospital and Research Centre (BMCHRC), Jaipur. The camp covered Routine Health Check-up, Free X-Ray, and Free Mammography for female workers and wives of staff members. Special Cancer awareness Camp for staff colony females & female workers, workers/staff etc. was also arranged during this camp.



BMD



Himmatnagar Plant Inauguration

LNJ Bhilwara Group's first venture in Gujarat- a new manufacturing plant with facilities for Automotive Fabric Making, Processing, Master Batch Production & Yarn Texturising was inaugurated on 14th December 2018 in Sabarkantha district. The occasion was graced by Shri Shekhar Agarwal, Managing Director, and Shri Shantanu Agarwal, Executive Director, their family members, dignitaries, and staff members.

Lodha



Employment Fair

The RSWM Lodha unit participated in a job fair organised by India's leading skill development and vocational training organization AISECT. Shri Abhimanyu, Shri Dharmendra Choudhary, and Ms. Shyam Kunwar participated in the event organised at Government School Ground, Ghatol, Banswara.



Mandpam

Badminton Tournament

The RSWM Lodha unit participated in a job fair organised by India's leading skill development and vocational training organization AISECT. Shri Abhimanyu, Shri Dharmendra Choudhary, and Ms. Shyam Kunwar participated in the event organised at Government School Ground, Ghatol, Banswara.



Kharigram



Visit of M/s Global Tex

On 5th November, 2018, Mr. Tipuke from M/s Global Tex visited our Kharigram plant. Shri V. R. Joshi, COO welcomed him gracefully. The visit started with plant round of unit no 1 to SJ-11 and concluded at NPD Cell. After the visit, Mr. Tipuke appreciated the technology being deployed in the plant, product range, housekeeping.

Bank Consortium Meeting

RSWM's bankers' consortium meeting was held at Kharigram unit on 27th December 2018 in the presence of Sh B.M. Sharma, JMD. The bankers who attended the meeting appreciated the Company's efforts to improve top and bottom line. Bankers also visited SJ-11 plant and NPD cell and appreciated the cleanliness and good working conditions of plant. They also appreciated the speciality products developed by NPD cell.



One Day Picnic: Pushkar & Ajmer

RSWM Staff Club, Kharigram organized 2nd phase of a 1-day picnic at Pushkar and Birla Water Park, Ajmer on 21st October 2018. During this "Grand Frolic Tour", the staff members and their family members offered prayers at Brahma Temple and enjoyed activities like swimming etc. They also enjoyed swimming and wave pool. The picnic ended with lunch and cultural activities. Everyone was really happy with this "Grand Frolic Tour".

Rishabhdev



Supervisory Development Programme

Supervisory Skill Development programme was organized at Rishabhdev unit on 14 Nov 2018. The event was attended by 21 staff members at Supervisory level. Mr. Siraj Delhve from Enhancing HR, Udaipur was the faculty of this programme. The programme received a good response from the participants and the staff learned lot of new skills in terms of supervision.

Kharigram

Training Programme on Performance Leadership

A learning session on "Performance Leadership" was conducted on 29th November, 2018 at Kharigram unit during which the participants of "Udaan" from Kharigram explained various techniques to understand self-approach and ways to deal with team for being a good supervisor, manager and leader.



Emergency Fire & Mock Drill

An Emergency Fire & Mock drill was conducted at Workers' dormitory area on 26th December 2018 under the supervision of the Safety Officer, Shri Dileep Chourasia. The emergency was declared and the response of various individuals and groups were recorded for further analysis and improvement.

Training Programme on Social Accountability

A training programme on Social Accountability (SA 8000:2014) was organised on 15th December 2018 at Gyan Mandir, Kharigram. Mr. K. P. Mishra from Shreya Consultancy provided training to 28 employees of Kharigram unit, focusing on all major aspects of social accountability. Process of Internal Audit, Risk Assessment, Compliances etc. HODs, Section Heads and SPT Members of the unit got benefited from this programme.





Awareness on Health Insurance Policy

A Health awareness session was organized on 12th December, 2018 by Mr. Mohit Suri (AVP-Prudent-Delhi) in view of lots of companies offering cheap mediclaim policies in India. The employees were informed about comprehensive plans for individuals & family with direct claim settlements, cashless facility and assured renewal for life.

State Industrial Safety Day

State Industrial Safety Day was celebrated in HEG Ltd from 3rd to 6th December 2018. All the employees including contractual workmen participated in various activities like PPE's Exhibition, Tool Box Talk, Safety Training and Mock Drill with great enthusiasm.



Mandpam



Training on Industrial Safety

A training programme on Industrial Safety, with Shri Anil Kumar (Executive – Fire & Safety) as the faculty, was organized by the Mandpam unit on 29 October 2018 and it underlined the role and importance of industrial safety. The training programme elaborated on how important industrial safety is in day to day working.

Udaan Workshop on Business Simulation

In continuation of our UDAAN initiative, the second workshop on "Business Simulation" was organized at Udaipur on 15th-16th October and 17th-18th October for both the groups i.e. Shikhar & Gagan. The key learning in Business Simulation workshop was to give an insight into the finance role in running the business. At the end of workshop both the groups were given projects which needs to be completed. A face to face coaching sessions was also organized post workshop to strengthen & validate the learning's during the workshop.



Lodha



Mock Drill Session

Second mock drill of 2018 was held at Lodha on Nov 28 in which people from security and safety departments participated. The drill, that takes place every 6 months, was conducted by our safety officer Shri Satyendra Singh Solanki and the participants learned about the emergencies like Fire & Safety procedures.

HO

Meditation – The Ultimate Medication Workshop (MUM)

To rejuvenate the staff of HO, a meditation workshop – The Ultimate Medication (MUM)- of 1 hour 30 minutes was organised on 11th December 2018. The session, focusing on stress reduction and relaxation of mind, gave the participants insight on how a shift in mindset and consciousness level can and has indeed taken place using meditative practices, not only for individual wellbeing but also for deep transformational change.



HEG



Workshop on Conflict Management

HR-L&D organized a workshop on Conflict Management for IDP participants where the process of limiting the negative aspects of conflict while increasing its positive aspects was explained. The session, part of an ongoing process of Talent Management, was conducted by Sh. Rajeev Agrawal, who himself owns his business in a nearby industrial area.

Creativity & Innovation Session

HR- L&D conducted a session on Creativity & Innovation for our Managers/Section heads as part of their development program, where they were given tips on improving abilities to observe things and apply reasoning so that solutions can be obtained from different perspectives. The session was successful and appreciated by the seniors, also taking advantage of momentum HR-L&D conducted workshop on Creativity through utilizing internal resources.





Diwali Celebration



HO

Deepawali was celebrated at corporate office with great fervor and spryness. The office premises were decorated with flowers, rangoli, diyas and beautiful lightings. The employees gathered in the office premises on 7th November, 2018 for Deepawali puja and all of them were really excited as the Deepawali celebrations was about to begin both in office and at home. As per every year tradition the puja was held inside the office building where Smt. Rita Jhunjhunwala sang Sree Ramanama Sankeertanam in her tuneful voice and Shri LN Jhunjhunwala, Shri Ravi Jhunjhunwala, Shri Riju Jhunjhunwala, Shri Shekhar Agarwal, Shri Shantanu Agarwal and all the staff prayed for good health and prosperity and invoked the blessings of Goddess Laxmi Ji.

LNJ Denim

Laxmi puja was organized in a traditional way on 07th November 2018 at LNJ Denim - Admin Hall on the occasion of Diwali. The Laxmi Puja was performed by Shri Vinod Gang (GM-Finance & Account) & Shri Prateek Bansal and it was attended by all the staff members of Denim plant.



A gala Deepawali Snehmilan was organized on 17th November 2018 by LNJ Denim & Fabric Unit & TPP Plant. It was inaugurated by Shri Prakash Maheshwari, Shri Prabir Bandyopadhyay & Shri N K Bahedia while the staff and their family members participated in it.

Banswara

On the eve of Deepawali, Laxmi Puja was performed on 7th November 2018 at ADM Block of RSWM Limited, Lodha, Banswara. The puja was performed under the guidance of Shri Nikunj Mohan Pandya. The yajman of the puja Smt & Shri Sukesh Sharma wished the employees and their families for a prosperous Diwali. Special thanks were given to Shri Ashok Sodani ji and team for their best arrangements.



Deepawali Snehmilan followed by dinner was organized at Mayur Nagar, Lodha on 12th November 2018. All the officers and staff along with their family members of LNJ Bhilwara Pariwar participated with great enthusiasm. The function was inaugurated by Shri Sukesh Sharma, COO (Lodha) & Shri N K Bahedia, COO (TPP).

Rishabhdev

Deepawali festival was celebrated with fervor and gaiety at RSWM Rishabhdev on 7th November 2018. On 8th November 2018, 'Annakoot' programme was held in the morning at Lord Ganeshji Mandir which everybody enjoyed a lot. A Diwali Snehmilan program was held on 10th November 2018 in which invited guests along with their families from nearby areas participated.





Diwali Celebration



ADHPL

The biggest Indian festival, Diwali was celebrated with great zeal and fervor at ADHPL on November 7, 2018. This year Diwali was celebrated in an eco-friendly way and no crackers and fireworks were used on this holy occasion.

Kharigram

With an auspicious and festive feel on Deepawali, all offices and residential area were decked up with colourful lights, Rangoli & Diyas. The Laxmi Puja was organized on 7th November, 2018 at Gyan Mandir, Admin Block and puja was performed by Shri Rajeev Jain.



BMD

On the occasion of Diwali, Maa Lakshmi Puja was conducted by renowned Pandit Shri Harish Acharya on 7th November 2018 in the presence of all staff & families.

Mandpam

On the occasion of Deepawali, Lakshmi Puja ceremony was conducted by Shri S. C. Garg, Chief Executive on 7th November 2018 in the Administrative block of Mandpam Unit.

Navratri Celebration



LNJ Denim

Navratra festival was celebrated with high enthusiasm by worshipping the deity of Maa Amba by LNJ Denim & Fabric unit Staff club, mordi from 10th to 14th October 2018. Garba dance and Dandiya were the main attraction of the celebrations.

LNJ Denim

Food Mania- Festival program was organized by LNJ Denim & Fabric Unit, at LNJ Nagar colony, mordi on 14th October 2018 as part of Navratri celebrations. The program was attended by our CEO Shri Prabir Bandyopadhyay. The LNJ Denim staff and their family members who participated in this event presented varieties of Food e.g. Samosa, Fruit chat, Pani Puri, Jal Jira, Chan Chat, Sabudana Tikki, Sandwich etc.



Banswara

RSWM Staff Club Lodha, Banswara celebrated Shardiya Navratra from 10th to 17th October 2018. All the staff & their family members participated & enjoyed the colourful Garbha Dance for all the 9 days. The best dancers & the best-dressed females, males & children in different age groups were rewarded with attractive prizes by Chief Operating Officer Shri Sukesh Sharma.



VKV – Hurda School



National Level Selection in Shooting Championship

Ms. Anjali Gurjar of class VIII secured the first position in the .177 peep sight air rifle event during 64th SGFI National Shooting Championship held at Indore. LNJ Babu extended his heartiest congratulations and best wishes to Ms. Anjali Gurjar for countless hours of hard work and focus she had put in this competition and blessed her for further success in her career.



Science Exhibition



A science exhibition was organized at VKV, Hurda School for students of class VII and XII from 15-16 December 2018. The students prepared Projects and Working Models on different topics for this science exhibition and some of them were really innovative in their efforts. The exhibition was a great learning experience for the students in terms of overall growth and understanding of the new technology and concepts.

VKV – Rishabhdev School



The Scouts and Guides of VKV-Rishabhdev School attended Dwitiya and Tertiya Soupan Prashikshan at Pagliyaji, Rishabhdev from 15-19 November 2018. A total of 46 students from the school attended the camp with great enthusiasm. They learned new skills that would be very useful for them in their future life.

Scout and guide camp



A workshop on Capacity Building Programme on 'Gender Sensitivity' was held on 19th December 2018 at VKV, Rishabhdev School that was organised by the CBSE. A total of 61 teachers from different schools attended the programme. The resource persons were Mr. Sanjay Tiwari (Head School Education regional training centre Kailash Nagar, Nimbahera) and Mr. Sandeep Kumar Lath (Principal Podar International School Mehsana, Gujarat).

Capacity Building program

Football Championship



Vivekanand Vidya Vihar Maral Sarovar students won championships in three out of the four categories that were open for competition in CBSE inter school Nimar Sahodaya football championship. The efforts of their mentor Jyoti Karma, Nilesh Gawadekar and expert training by Mohan Kuwar Sir from Maral Overseas Ltd. paid well and enabled the players to write this golden history

Kabaddi Competition



The girls of Vivekanand Vidya Vihar, Maral school won runner up trophy in the Nimar Sahodaya Inter School Kabaddi competition. During the Kabaddi matches, the girls displayed admirable spirit and techniques to grab the runner-up trophy in the tournament.

Cricket Selection



Two students of VVV Maral Sarovar School got selected for 23rd Sub Junior National Tennis ball cricket championship organized by Vidarbha Tennis Cricket Association. The principal of the school extended his best wishes and good luck to both the selected students.

BYJU - Discovery Super League Contest (DSSL)



India's biggest National Level Inter School Contest, powered by BYJU'S- The Learning App, was held on 6th October 2018 in which students from classes 4th to 9th participated. Those who participated in this contest received the certificates and a three-month online course from BYJU'S worth Rs.8000 for free.

Graphite School

Health Awareness Week



As part of the health and Hygiene Awareness week, lectures were conducted for girls in Graphite School to create awareness about their health and hygiene. A lecture on health and personal hygiene was delivered by gynaecologist Smt Jyotsna Tiwari.

Kho-Kho championship



National Kho-Kho Championship was organized jointly by Kho-Kho Federation, HEG Ltd & Graphite School in Sports Ground Mandideep, Raisen, Madhya Pradesh from 1st to 6th December 2018.

Navratri Celebration



Banswara

RSWM Staff club organised the Dussehra Festival on 19th October 2018 at Lodha Campus which was inaugurated by Shri Sukesh Sharma, COO, Shri R P Mundra (VP), Shri R K Agarwal, Shri Mahesh Bihani, Shri Anurag Mathur, Shri R K Gupta, and Shri Ashok Sodani. At the end of the program a lucky draw was organised for the staff members and lucky staff members were rewarded by Shri Sukesh Sharma, COO and the vote of thanks was given by Club President Shri Ashok Sodani.

TPP

Navratra, the colourful and joyous festival was celebrated at TPP unit with Navratra Sthapana by placing the deity of Maa Durga on 10th October 2018 to 18th October 2018.00 and the vote of thanks was given by Club President Shri Ashok Sodani.



Rishabhdev

Navratri was celebrated at Rishabhdev unit with much fervor and joy. All the staff along with their families participated in the daily Aarti at Maa Durga Mandir and enjoyed the colourful Garba dance during all the days of Navratri.

Kharigram

RSWM Kharigram Pariwar celebrated the Navratra Mahotsav organized by RSWM Staff Club in the Mill premises on 10th October 2018 with full of worship and the devout environment in the presence Shri V.R.Joshi, COO, Shri Ashish Kumar Pandey, President, Staff Club, Senior officers & large gathering.



Kharigram

On 19th October 2018, RSWM Kharigram Pariwar celebrated Dussehra festival with great zeal & fervor. The Programme ended with delicious dinner organised for all RSWM Kharigram family. After Ravan Dahan, Shri V.R.Joshi, COO greeted all Staff & Family members on this auspicious occasion of Vijay Dashmi.

BMD

On Durga Asthami day during Navratri, BMD organized Hawan & Puja ceremony in our factory premises with all the staff members. Navaratri puja was conducted for all the 9 days with staff members participating in Maa Durag Aarti every day. Prayers were made by everyone to goddess Durga for growth & peace in the factory and for the wellbeing of team members.



Ringas

RSWM, Ringas Parivar celebrated the Dusshera festival on 18th October, 2018 with great zeal. In the evening Ravan Dahan ceremony was arranged for all. On the occasion, Shri Anurag Tiwari conveyed best wishes & vote of thanks to all the participants and staff. At the end of the programme, Dinner was arranged for all staff members and their families. Everyone enjoyed the evening with full enthusiasm

New Year Celebration



LNJ Denim

LNJ Denim, Fabric unit & TPP unit collectively organized a grand celebration on the eve of New Year on 31st December 2018. The cultural programme was inaugurated by Shri Suketu Shah, Shri N K Bahediya, Shri R K Choudhary with the lighting of the lamp before Lord Ganesha. On this Occasion Shri Suketu Shah, Shri N K Bahediya & Shri R K Choudhary extended their warmest greetings to all the employees and delivered an inspirational message on the topic “Navodaya - 2019”.

HEG

HEG welcomed the New Year on a high note, where the employees were invited to sing in the New Year with friends and families at Hotel Ranjeeet Golden Oak, Bhopal. The celebrations that started with Orchestra was attended by COO, Shri Raju Rustogi.



Kharigram

New Year 2019 celebration was thoroughly enjoyed with great zeal and fun in the presence of Shri V R Joshi, COO, Sh J.K Manghani, Dy. CFO and the large gathering of staff and their family members. Starting with the delicious ranges of foods, the gala celebration involving Cultural Event began with Deep Prajwalan, performed by Mrs & Mr V R Joshi, COO, Mrs & Mr J.K Manghani, Dy.CFO and Mrs & Mr Ashish Kr Pandey.

Mandpam

The New Year Eve was celebrated with much enthusiasm and gusto on 31st December 2018 night which was well organized by the Melange Staff club, Mandpam. Staff and their family members participated in various cultural activities and welcomed the new year with great fervor.



BMD

To Welcome New Year 2019, BMD staff club organized “Alvida 2018” on the New Year eve. In the function, staff & family members participated with fanfare & enthusiasm in singing, dancing, short play etc. Mr. Manish Swami, HR Head, thanked all the participants and supporting staff for making this event a huge success.

Banswara

Hstaff Club Lodha celebrated New Year at Mayur Mill Campus with all the staff & their family members with tremendous enthusiasm. The New Year celebrated with cultural program, music, dance performances, songs, fancy dress competitions, jokes & plays. After ushering in the New Year, Cake cutting ceremony was performed with the hands of Shri Sukesh Sharma, COO and he welcomed New Year with grace. Shri Sukesh Sharma conveyed his best wishes to the staff & their family members .



Christmas Day Celebration



Mandpam

On Christmas Day (25th December 2018), a party was organized by Melange Staff Club, Mandpam unit which was enjoyed by all the staff colony residents. During the celebration, a secret Santa Claus distributed toffees & cakes to the children. The staff club was decorated with eye-catching colorful lights and christmas trees which everybody appreciated. The programme ended with light snacks and vote of thanks by club president and he also wished happy Christmas to all with great gesture.

Annual Day Celebration

Rishabhdev

Annual Day, a very anticipated and enjoyable function of RSWM Rishabhdev was celebrated this year in a joyous and cheerful manner. The delicious dinner and the variety cultural of programmes like the solo song, group dance of ladies and children, play by children and gents and many other programmes were presented by the family members of the unit made the eve marvelous. The programme began with the lighting of the lamp by the COO, Shri K B Khatod and Shri R K Meena, Dy. SP, Rishabhdev.



Masters' Sneh Milan



Banswara

Masters' Sneh Milan was celebrated on 18th December 2018. The program started with the welcome speech of Shri R K Dixit ji. During the programme, Shri Rajeev Jain – Business Head (YB) addressed the masters and motivated them for inclusive growth. Shri Sukesh Sharma, COO attracted the attention on absenteeism of workers and given solutions to overcome this problem. The vote of thanks was given by Shri Dilip Singh Sisodiya.



Importance of Staying Calm - Maintaining a Work-Life Balance and Not Burning Out

Calm is scarce commodity. This has always been true, but now even more so in our overstimulated, work-life-(un)balanced world where lines blur and stress reigns supreme, the ability to be level headed when others are not, to be calm in a world that is anything but, is a big attribute.

Nearly all of us, could use a little calmer in our lives. But the fact is that we're often so busy trying to get ahead, or just above water, that de-stressing becomes something we'll eventually get to as opposed to something we do more regularly. If you don't make time to calm, then your productivity will decrease, and you'll actually end up falling behind. So, what should you do? Spend five minutes of quiet time in the morning. Sit somewhere where you can be alone and focus on the world around you, not the interior one. The first thing you do is get out of your thinking mind. The thinking mind is the gas. It's the stress, it's the worry. When you get out of your thinking mind, you go into this other place, where you focus on any sound you hear. The sound of the heating system, traffic outside or voices in the background. When you're through, you'll notice that your heart rate has slowed down, your breathing has slowed down, and your muscles are loosened.



a healthy you



Smart Foods For A Smarter Brain

A brain-healthy diet optimizes your capacity for keeping a healthy, sharp and active brain over a lifetime – while reducing the risk of developing age-related cognitive impairments and dementia. Over the years, various research indicates that the following foods may boost our grey cells in some form or the other -

1. Dark leafy greens (spinach, swiss chard, kale and all sort of greens) and cruciferous vegetables (broccoli, cauliflower, cabbage) are all full of vitamins, minerals, fibre and disease - fighting nutrients that are crucial for a healthy nervous system.
2. Berries (especially blackberries, blueberries, strawberries, raspberries but also dark cherries, goji berries, mulberries) are packed with antioxidants that help keep memory sharp as you age.
3. Extra virgin vegetable oils, especially olive oil and flaxseed oil. These are loaded with anti-ageing nutrients, such as omega-3s and vitamin E. Olive oil is also rich in monounsaturated fat, a kind of fat that is good for the heart. What is good for the heart is good for the brain.
4. Complex carbohydrates, such as wholegrains, legumes and sweet potatoes, are packed with brain-supportive nutrients from protein to B vitamins to a bounty of antioxidants and minerals.
5. Fatty fish (salmon, mackerel, bluefish, sardines, anchovies) contains a blend of nutrients that are perfect for the brain, including omega-3 fats (a brain-must), choline (a B vitamin needed to make memories), vitamins B6 and B12 (needed to support the nervous system), minerals such as iron and magnesium (needed for healthy blood and tissues) and a good amount of protein.



a smiling you



Four Seasons & A Fresh Croissant

Steve Wynn, the founder of Wynn Resort & Casino, shared a story of his family's vacation in Paris. They were staying at Four Seasons and had ordered breakfast in bed. His daughter only ate a half of a croissant, leaving the other half for later. Wynn and his family left to explore Paris, and upon returning to the hotel room, the pastry was gone. His daughter was disappointed, assuming the housekeeping had got rid of it.

On the telephone, there was a message from the front desk. They said that housekeeping had removed the half croissant from the room, assuming that upon arrival, they would prefer a fresh pastry. So the front desk contacted the kitchen to set aside a croissant, and room service was informed that upon request, they would need to deliver the pastry.

The level of teamwork and communication between different departments in the hotel was simply magical. All participants understood the end result – customer satisfaction. And everyone accepted their role in making the experience fantastic.



Construction of Nature Park at Kasol

MPCL has supported the construction of Nature Park at Kasol, through Parvati Forest Division, Shamshi, Kullu. The main objective to construct the parks is to conserve the nature and to sensitize local people about enhancement of green patch in the surrounding area by which ecological balance of the area will be maintained.

Women Sewing Training Centre

The 4th phase of 6-month-long women sewing training, part of MPCL's CSR activities continuing since March 2017 that aims to help local women earn extra money, is presently running at Pathala village where around 18 women are being trained.



Upgraded IT Facility in Govt. School

MPCL upgraded the Information technology infrastructure in the Govt. Sen. Sec. School, Jari by installing the latest generation of computers and printers in its computer lab. It underlines MPCL's vision of providing IT enabled education.

MPCL: 21st Sports Meet at Kullu

Malana Power Corporation Ltd. has organized 21st Sports & Duty Meet at Kullu through State Forest tournament. The tournament witnessed different types of sports activities and the players from nearby towns and villages of Kullu district participated with full enthusiasm and won medals. The sports tournament which was supported by MPCL was a huge success and everyone praises this step to promote sports culture in the region and requested that it should be organised at a regular time interval.



Badminton Tournament at Kullu

MPCL organized Badminton tournament through Kullu District Badminton Tournament Association in which youngsters of Kullu and nearby areas participated to showcase their skills. Some of the players were really good and if trained well, they can play in national level championships.



MPCL



State-Level Cricket Tournament for Visually Impaired

The passion of Cricket in India is way beyond measures and with this in mind, MPCL organized State Level Cricket Tournament for Visually Impaired at Kullu. This was the first time when a private organisation is organizing a cricket tournament for visually impaired people in Kullu district. This event was appreciated by all and the winning team of the tournament lifted the trophy with great pride.

Construction of Toilets

Inspired by "Swachha Bharat Abhiyan", MPCL has constructed separate toilets for boys and girls in Govt. Senior Sec. School at Jallugran, Jari (near the project site) as part of its CSR activities. This initiative is taken to ensure the privacy, sanitation and hygiene of the students. Also, this will help in clean environment near the school surroundings.



ADHPL



Running Sewing Center at Prini Village

AD Hydro Power Ltd. has been consistently supporting and running a Sewing training center for women at village Prini. With an aim to empower women through vocational training so that they can live a better life by earning some extra income, 30-35 women are trained in December 2018 session.

Running Charitable Dispensary at Prini

ADHPL is running a charitable dispensary in village Prini for the local people providing free treatment and general medicines to the poor and the needy ones. The dispensary, equipped with diagnostic laboratory, treated 6,758 patients for different ailments in 2018 and helped more than 900 patients for diagnosis purposes.

Khairgram

Blood Donation Camp

To celebrate the birthday of Syt LNJ Babu, a blood donation camp was organised in the Staff Club of Kharigram unit on 17th Oct 2018. Shri V. R. Joshi - COO inaugurated the blood camp and 73 units of blood were donated during the day long camp. All the workers and staff members participated in this social camp.



Students Visited Kharigram Unit

Two groups of 60 students of Auro Vidya Mandir visited Kharigram Unit on 2nd and 23rd November 2018 as part of CSR activity. They were welcomed by Shri Rajeev Jain, Business Head-YB and Shri V.R. Joshi, COO. The students learned about various processes of yarn manufacturing in our unit and felt extremely delighted.





Khairgram



Dhwaj Yatra to Badi Mataji Temple

During the holy festival of Navratra, the Dhwaj Yatra of Maa On the occasion of Navratra, a Dhwaj Yatra of Maa Durga started from Mill Campus to Badi Mataji Temple at 11.00 AM on 13th October 2018. A grand puja was performed by Shri Rajeev Jain, Business Head - Yarn Business, Shri V. R. Joshi, COO along with union leader Mohd. Iliyas, Sr. Officers and other workers at the temple.

Banswara

Blood Donation Camp

A blood donation camp was organised at Lodha, Banswara unit to celebrate the birthday of Syt. LNJ Babu. The M. G. Hospital Staff facilitated the entire Camp. COO Shri. Sukesh Sharma, Vice President, Shri R. P. Mundra, Shri Ashok Sodani and Shri Aditya Kumar Sharma were also present at the blood donation camp. Shri Rakesh Gagrani, Shri K. C. Wilson, Shri Abhimanyu Singh, and Shri Vikram Singh were the main coordinators.



Mandpam



Blood Donation Camp

A blood donation camp was organized on the occasion of Syt. LNJ Babu's birthday by RSWM, Melange team at Melange staff club, Mandpam on 17th October 2018. The camp, organized in coordination with Bhilwara-based Mahatma Gandhi Hospital, was inaugurated by Shri Sudhir Tiwari, Head - HR & IR. The certificates were given to all the donors in appreciation of their contribution to this great cause through which someone's life can be saved.

HO

Woollen Clothes Distribution

On the occasion of New Year 2019, LNJ Bhilwara Group donated warm clothes, including woollen caps, woollen mufflers, and woollen gloves, to office security guards and facility staff to work properly under extremely cold conditions. The beneficiaries welcomed this effort from LNJ Bhilwara Group.



HEG



Adopt a Heritage: "Apni Dharohar, Apni Pehchaan"

Ministry of Tourism, Government of India, has approved HEG Limited as a 'Monument Mitra' as part of its "Adopt a Heritage: Apni Dharohar, Apni Pehchaan" Project for Bhimbetka Rock Shelters, Bhojpur, Raisen, Madhya Pradesh, a recognized world heritage site by UNESCO. The certificate for the same was received by Shri Sudhir Sood, Group President & CHRO along with Smt. Jyoti Gupta, Head – Administration. An MoU has also been signed between HEG Limited and Ministry of Tourism along with ASI.



ADHPL

6500+ Patients Treated in Dispensary

ADHPL is running a dispensary under CSR activities in village Prini of project affected area that provides free of cost treatment to the local people of the area. This year 6,758 patients were treated for different ailments in the dispensary from January 01 to December 31, 2018.

MPCL

**Recognition For Environment Protection**

MPCL was felicitated by the Minister of Himachal Pradesh for its contribution towards protection of forest and nature on 19th December 2018 at Kullu. The Honorable Minister appreciated the contribution made by MPCL for construction of 3 Nature Parks, Regular Plantation of Trees to support ecological balance and carrying out various other activities for promoting awareness amongst the local people for environment protection.

Won 'Best CSR Impact Awards' & 'Best Innovative CSR Projects'

Malana Power Corporation Ltd. won the award under the category, Best CSR Impact Awards' by Shri Pratyush Pandya, Head CSR, ACC Limited. The award was presented to MPCL (jointly received by Mr. R. K. Khaitan & Mr. Arvind Gupta) on 28th November 2018 at Mumbai.

MPCL also won the award for the following projects under the category, Best Innovative CSR Projects.

- a) MPCL Vidyasaarathi Scheme
- b) Handimachal Therapy Centre



achievements



LNJ Denim

Silver Plaque in TEXPROCIL Export Award 2017-2018

LNJ Denim won TEXPROCIL Annual Export Award 2017-2018 of Silver Plaque for the second highest exports of 'Denim Fabrics' under Category I. The award was received by Shri Uday Dinkar Rane - Vice President - Marketing from the Honourable Minister of Textiles and the chief guest, Smt. Smriti Zubin Irani on 3rd November 2018.



Kharigram

**QCFI - Best Poem Award**

The RSWM Kharigram team participated in NCQC 2018, organized at Gwalior by QCFI India and won the best poem prize, for the second consecutive year, at the national level on the topic "Igniting Mind for Innovation through Quality Concepts".



RSWM



Participation in CITI Global Textile Conclave

Confederation of Indian Textile Industry (CITI) completed 60 years of its service to the industry and nation in the year 2018. To celebrate this occasion, CITI organized "CITI Global Textiles Conclave 2018" on 27th & 28th November 2018 at Vigyan Bhawan, New Delhi as part of its Diamond Jubilee Celebrations. The theme of the event was "Disruptions and Innovations for Sustainable Growth". The conclave was inaugurated by the Hon'ble Vice President of India Shri M. Venkaiah Naidu. Union Minister of Textiles Smt. Smriti Zubin Irani also graced the occasion with her presence and delivered the Keynote Address.

Won Golden Peacock Award

RSWM Limited was felicitated with Special Commendation for 'Golden Peacock Award for Excellence in Corporate Governance' for the year 2018, by Awards Jury under the Chairmanship of Justice (Dr.) Arijit Pasayat, former Judge of Supreme Court of India. The Special Commendation Certificate was presented to RSWM Ltd. during Golden Peacock Awards Presentation Ceremony held on 25th October, 2018 at Hotel Montcalm, Marble Arch, London.



Gold Trophy in TEXPROCIL Annual Export Award 2017-18

The Cotton Textiles Export Promotion Council (TEXPROCIL) held its Annual Export Awards function at Hotel Hyatt Regency in Mumbai on November 03, 2018. Hon'ble Union Minister of Textiles Smt. Smriti Zubin Irani was the chief guest and distributed the awards to the proud winners in their respective categories. RSWM won Gold Trophy for the highest exports of "Processed Yarns" under category II for FY 2017-18. The Trophy was received by Shri Kulbhushan, Head-Exports (Melange) from Hon'ble Union Minister of Textiles Smt. Smriti Irani.

HEG



Instant Recognition & Appreciation

In creating high performance work place, recognition is a motivating factor that provides employees with increased job satisfaction and encouragement to perform their jobs more effectively. In Q3 ((Oct-Dec 2018) a total of 5 rewards were disbursed in various activities covering Quality, Productivity, Cost and Delivered by Operations & Maintenance Team.

Long Service Award

A program of Long Service Awards, aimed at reinforcing best behaviors and highlighting achievements of employees, was organized on 13th October, 2018 at HEG Ltd. The practice of rewarding employee for their long term contribution to the company is an old one and with this reward the employee feels motivated and put his genuine efforts towards organisational growth.



Total Employee Involvement Award

The Employee Involvement Awards for the employees who were involved in different activities like Quality Circles, SGA, and Suggestion were organized on 19th November 2018 and everyone was really happy with this kind of appreciation.



Kharigram



Retirement of Dr. S. K. Aggarwal

Dr. S K Aggarwal Sr. Vice President (Tech), CTSC retired on December 31, 2018 after serving six years & six months with us. A farewell programme was organised at Gyan Mandir in his honour. Shri V.R. Joshi, COO, Shri J.K. Manghani, Dy. CFO and other Senior Officers appreciated for his loyalty, systematic approach and contribution towards the growth of the organisation.

Joining of Shri Dinesh Bhojak

Shri Dinesh Bhojak joined as General Manager - Personnel & Administration on 13th October 2018 at RSWM, Kharigram unit. Shri Bhojak is 50 years old with LLB & DLL and having experience of over 23+ years in organizations like Arham Spinning Mills, Malwa Cotton, Suryodaya Spinning, Nitin Spinners Ltd. etc. His last organization was RTM, Bhawanimandi, where he was DGM-IR.



LNJ Denim



Superannuation of Shri Vinod Kumar Gang

Shri Vinod Kumar Gang - General Manager (Finance & Account) of LNJ Denim, Mordí retired from the services of the company on 30th November 2018 on attaining his age of superannuation after completing a distinguished service for more than 10+ years with LNJ Denim, Mordí.

Superannuation of Shri Prabir Bandyopadhyay

Shri Prabir Bandyopadhyay - Chief Executive Officer of LNJ Denim & Fabric Business, Mordí retired from the services of the company on 31st December 2018 on attaining his age of super-annuation after completing a distinguished service for more than 10+ years with LNJ Denim. The organization will always remember him for his leadership and dedication towards the work.



Joining of Shri Suketu Shah

Shri Suketu Shah joined our organisation on 3rd December, 2018 as Chief Executive/Business Head, RSWM (Denim) Mordí. He brings with him about 35 years' experience of handling Denim Business in reputed companies like Arvind, Raymond UCO Denim, Modern Denim, APAC INTI Corpora Indonesia, Aarvee Denims and Mafatlal Denim.

RSWM

Shri Rajeev Jain took Charge of Mumbai Office

Shri Rajeev Jain, Business Head (Yarn Business) took charge of Mumbai Office effective from 17th October 2018. Before taking charge of Mumbai office Shri Rajeev Jain was posted in Kharigram unit as Business Head - Operations (Yarn Business).





COORG

The Scotland of India

Coorg in the state of Karnataka of South India is a beautiful hill resort for vacation. Coorg or Kodagu (originally called Kodaimalenadu) means 'dense forest on steep hill' - is beautiful hill country most of which is between 3000 and 4000 feet high. Coorg is commonly referred to as the 'Scotland of India' and for good reasons.

With picturesque hills and lush greenery all around, a trip to this coffee growing region is always memorable.



Some of the top places to visit in Coorg are -

> **Nagarhole National Park:** The place derives its name from the winding river - Nagarhole meaning "snake river" - which flows through the park. With over 250 varieties of birds, panthers, tigers, and flying squirrels, this park is made up of teak, rosewood, sandalwood, silver oak etc.

> **Talacauvery:** This forms the source of the river Kaveri. A perennial spring situated at a height of 4,500 ft is the beginning of this mighty river. It is 45 km from Madikeri and also offers a spectacular view.

> **Abbi Falls:** This water fall was also known as Jessey Falls. 'Abbi' in the local language Kodagu means falls. Situated 8 Km

from Madikeri, the beautiful Abbey Falls are a popular tourist attraction in the hill resort of Coorg. Even during the summer there is plenty of water in these falls.

> **Iruppu Falls:** These scenic waterfalls are situated at a distance of 48 kms from Virajpet on the way to Nagarhole. River Lakshmana-tirtha flows nearby. The people of Coorg believe that bathing in the Iruppu Falls will wash one's sins away.

> **The Omkareshwar temple:** This temple is dedicated to Lord Shiva, it has a mix of Islamic and Gothic style architecture. On the top of the dome of the temple is a gilded ball, with a weather clock. It is unique for its architectural beauty which is a combination of Islamic and Gothic style of architecture.

> **The Raja's Seat:** This is a beautiful viewpoint in Coorg. This hilltop offers stunning views of the surrounding forests and the view of the sunset. It is said that the kings of Kodagu came to this viewpoint to see the panoramic view of their kingdom and spent their evenings.

> **Bhagamandala:** It is situated at the confluence of 3 rivers (the Cauvery, the Kanika and the Sujyothi). It is famous for temples and is known as the temple town of this region. The temple here, built in Kerala style, has smaller shrines dedicated to various gods.

> **Madikeri Fort:** Situated in the middle of Madikeri, this historic fort which was built in the 19th century, contains a museum, a prison, a chapel and a temple.

How to reach Coorg



The nearest airports are Mangalore 136 km and Bengaluru 260 km



By Rail: The nearest Railway Station to Coorg is Mysore, which is at 114 km



Coorg is well connected by surface network with major cities like Mysore, Mangalore and Bengaluru (260 km)