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OPINION

Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN
PRIVILEGED TO BE GLOBAL

Volume XXVII | Issue 1 | April-June, 2021

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message

The words cannot capture the pride and gratitude I have for all of you during this overwhelming and difficult time, you all have shown and supported one another ...

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Amazing Benefits of Eating Black Plum

Native to India, jamun is a pretty fruit with rich color and sweet taste. The fruit is popular for its deep blue or purple color. Jamun has now spread to other tropical regions across the world. It is one of the best home remedies for stomach pain, diabetes and ...

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Bhilwara Group ventured with Replus Engitech to set up 1 GWh facility in Pune



HEG Ltd. is Transforming India in Agriculture, Healthcare & Environment Sectors



Donation of PPE Kits to Lady Willingdon Hospital by ADHPL



RSWM bagged Silver Trophy in Texprocil Exports Award 2019-20

From the CMD's desk

Nothing can take away the loss of an employee away from a company. However, looking at the times we are in, if unfortunately any employee of ours loses his life because of COVID-19, we will extend whatever best interests support to the deceased employee's family possible.

- a) Half of the monthly salary or minimum 25,000 whichever is higher per month for two years to the family.
- b) Education expenses for school/college going children, if any, for three years.
- c) Extend the Mediclaim policy benefit to the family for three years.
- d) Employment to the dependant as per the qualification/skills.

The above cannot compensate for the magnitude of the loss, but RSWM as a Parivar is with the family during these difficult times.

Riju Jhunjhunwala
Chairman and Managing Director, RSWM LTD.

New Covid Relief Policy by RSWM



Donation to Rajasthan Chief Minister's Relief Fund by RSWM



COVID-19 Medical Equipment's donated to Govt. Hospitals by RSWM, Ringas



Contribution for Oxygen Plant, Sikar by RSWM, Ringas (RPSF)



Fly Ash Utilisation Award to RSWM, TPP



Donation of COVID-19 Testing Kiosk by ADHPL



Donation of Oxygen Concentrators & Medical Facilities to Local Administration by Maral

Editorial Board

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Chairman's note

The words cannot capture the pride and gratitude I have for all of you during this overwhelming and difficult time, you all have shown and supported one another. Our motivation is our pride in our organization and what it has accomplished. Let us all strive together to achieve our goals with passion and planning, grit and determination, with selfless intentions to build our company to a new height.

“All our dreams can come true, if we have the courage to pursue them” - Walt Disney



Though we are experiencing a worsening public health emergency that further threatens lives, livelihoods and economic recovery, people have become more optimistic about the recovery and markets have priced it in.

The new Delta variant is absolutely a concern with new spike in cases. If the spread turns out to be powerful and the vaccines are unable to cut the spread, then might have a negative impact on the global economy.

To restore the growth process of an already weak economy, the government is facing challenges both in terms of managing the pandemic and in trying to rescue the economy. It has created new set of economic reforms, which aims to address obstacles to growth that have persisted through the decades since India shifted its basic stance towards economic policymaking.

India is emerging as the fastest growing major economy in the world with its robust democracy and strong partnerships. Foreign companies are setting up their facilities in India on account of various Government initiatives like Make in India and Digital India with an aim to boost manufacturing sector and to increase purchasing power of an average Indian consumer.

Indian power sector is undergoing a significant change that has redefined the industry outlook. Sustained economic growth continues to drive electricity demand in India. The Government of India's focus on attaining 'Power for all' has accelerated capacity augmentation in the country.

The post Covid-19 era has provided big opportunity for the online textile industry. The lockdown failed to leave any negative impact on the online textile industry because of its operations in the virtual space leaving no room for human or physical contact. However, in the textile and apparel industry the government has given its approval to introduce the Production-Linked Incentive (PLI) Schemes for enhancing India's manufacturing capabilities and enhancing exports.

Demand for Graphite electrodes has been improving since the start of 2021 due to increase in steel production because of increase in demand from infrastructure and automotive. The steel prices have reached record levels, increase in the profitability of steel companies, which is having positive impact on our sales. We hope to see healthy profit margins in 2021-22. The EAF steel has been gaining prominence due to carbon reduction initiatives been taken and discouragement to blast furnace route of steel making which boards well for graphite electrode demand. Today our plant is working at more than 85% capacity utilization. The expansion at plant is going on at full swing and we expect to complete it by end of 2022 and to be able to cater to the rise in demand.

With decades of experience in business, our group's focus on quality and committed manpower, I am confident that we will take the challenges head-on and make the best of opportunities available.

With Best Wishes

Ravi Jhunjunwala

LNJ Bhilwara Group

Joint Venture with Replus Engitech to Set Up 1 GWh Facility in Pune



LNJ Bhilwara Group, a multi-diversified conglomerate, today announced its entry into the lithium-ion battery business through its private promoter entities. The group has entered into a joint venture with Replus Engitech Pvt Ltd, a Pune based company, pioneers in advance energy storage products and solutions, to establish a 1GWh plant for Lithium-Ion Battery Modules & Packs, Battery Management Systems (BMS), Energy Management Systems (EMS), and Containerized Battery Energy Solutions (BESS).

These products will cater to large Energy Storage Systems (ESS) for Renewable Integration, Micro Grid, Utility support, Railways, Telecom, Data centers, Transmission & Distribution Demand Management, Power Walls for Commercial and Residential Applications. Battery Packs for 2-wheelers, 3-wheelers (both Swappable and Charge & Drive), Electric-buses, and 4-wheelers are among the E-mobility Products.

LNJ Bhilwara Replus will focus on building high-tech, energy-efficient, smart, secure, and sustainable solutions that enrich the lives and livelihoods of communities, businesses, mobility and utilities throughout the world.

RSWM

New Covid Relief Policy

RSWM Ltd., as a responsible corporate citizen, has extended their

From the CMD's desk

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The above cannot compensate for the magnitude of the loss, but RSWM as a Partner is with the family during these difficult times.

Riju Bhunjunwale
Chairman and Managing Director, RSWM LTD.

interim support to the deceased employee's families who have lost their lives to Covid-19. The RSWM management has introduced a new policy to support our employee's families during these tough pandemic times. Its a great initiative looking at the uncertain Covid times.

Maral-Noida

New Garment Factory Setup



On 1st May 2021, Maral Overseas Ltd. (Garment Division) started a new factory at Noida. The Business Head, Garment, Noida stated that with this new factory the production capacity will increase as renowned customers like Skechers have been added to the list. This new facility is situated in Block-D, Sector-63, Noida, a planned city located in District Gautam Buddha Nagar, Uttar Pradesh adjacent to National Highway 24.

Kharigram

Visit of Commissioner of Industries

Mrs Archana Singh, Commissioner of Industries and Bureau of Investment Promotion visited Kharigram plant on 12th April, 2021 and took the round of State of the Art plant SJ-11. The Joint Managing Director, Shri B.M. Sharma and CFO, Shri Avinash Bhargava welcomed her and briefed her about the Company and it's future plans of



expansions of Cotton Melange Yarn plant at Kharigram and Denim at Mordi, Banswara.

Welcome of Shri Sukesh Sharma, Dy. Business Head

Shri Sukesh Sharma, Dy. Business Head visited Kharigram Unit for the first time after his elevation. Shri N.K. Bahedia, COO welcomed him along with all



HODs'. After brief introduction of all HODs' he conveyed thanks to the team and advised them to work with full freedom in achieving objectives of the company and assured them that he will always be present to solve any difficulties & to provide support as and when required. Shri Manoj Sharma, CHRO congratulated him for his new innings with a greater role.

LNJ Denim

New Warming Machine Poojan

On 4th May, 2021 Pooja was done for



our new warping machine at LNJ Denim, Mordi. The pooja was performed by Shri Vinod Pathak. All the staff members were invited for this ceremony. Everybody was excited & happy for having new warping machine in Denim Plant. With this machine our production capacity would increase.

Visit of CFO

On 17th June, 2021, CFO, Shri Avinash Bhargava & Auditor Shri P.K. Deora had visited the Denim unit. Shri Suketu Shah - Business Head welcomed them and were taken through the Denim facility to get them understand the entire denim manufacturing process.

They together visited the Denim facility & appreciated all the facilities and products of Denim. They were very impressed by seeing various new products and appreciated the working environment of the Denim plant.

Rishabhdev

Pooja of New Dispensary

At Rishabhdev, pooja of newly built dispensary, crèche room and workers' rest room near main gate was held on 23rd June, 2021 which



was attended by officers and staff members of the unit.

Mandpam

International Yoga Day



International Yoga day was celebrated at RSWM Limited, Mandpam, on 21st June 2021. Staff members along with their families had participated in the event. Shri V.K. Yadav was the Yoga instructor for the event. Shri S.P. Yadav, addressed the staff members on the importance of Yoga in day-to-day life.

Foundation Stone Laying Ceremony



Foundation stone laying ceremony for construction of Melange Yarn, Unit 3 at Gulabpura was held on 21st April, 2021. The foundation stone was laid by Shri Ashwani Mittal, DY. BH (MYB) amidst the presence of staff members of Mandpam & Kharigram Units.

Lodha

Master's Sneh Milan

Master's Sneh Milan was celebrated on 29th June 2021. Shri Dilip Singh from personnel department commenced the program. Shri R K Dixit (GM-Personnel) welcomed



Shri Yogesh Dutt Tiwari (Chief Operating Officer) with a bouquet.

Before starting the program all the Union Leaders & Masters were welcomed by senior staff members. Shri R K Dixit addressed the masters group to increase the on roll position. The union representatives and masters group assured the management to increase the average attendance of their shift and expressed their thanks to the Management for various incentive schemes of the last year. Shri Yogesh Dutt Tiwari (COO) gave an inspiring speech and motivated each person to participate in Anti - Tobacco campaign. The programme ended with a delightful dinner. This is a continuous effort to increase cohesiveness among the union, workers & management.

Screening & Health Tests

A screening camp was organised at RSWM Lodha Unit after two staff members were found positive for Covid-19. A team of doctors conducted



screening of all the workmen, staff & their families to detect COVID and create awareness to protect yourself and others from this pandemic.

BSL

I-WAY Compliance Audit by IKEA

The unannounced annual I-WAY audit of IKEA has been conducted on virtual mode from 21st to 22nd June,



2021 to verify their IWAY compliance in determining conformity of the management system and its ability to ensure applicable statutory, regulatory & contractual requirements are met with effectiveness to ensure that the client reasonably expect in achieving specified objectives and to identify as applicable areas for potential improvement. In all this, they scored us 100% in both the plants (Weaving Unit-II & Processing Division, Unit-II) and confirmed that there are no I-MUST's & NO-GO's.

Shri Pradeep Tiwari (General Manager-QA/QC) and his team have got all the relevant documents verified/shown by IKEA auditors.

Ringas RPSF

Tribute to Frontline Corona Warriors

While the whole country has been fighting against the COVID-19 crisis, our frontline doctors and healthcare workers are working excruciatingly hard for



the welfare of the patients and to minimize the damage caused in the society due to the pandemic.

To give tribute and support to our frontline corona warriors,

Shri M.K. Yogi (COO RPSF) donated essential materials to Govt. Hospital of Ringas.

Donation of Contributed Fund



In addition to other legal supports, a relief fund worth Rs 1.26 Lacs was contributed to the family of Late Shri Dev Narayan Yadav (Operator) at Ringas Unit. All the staff members have contributed their one day salary for this noble cause.

Ringas

Visit of Dy. Business Head



Shri Sukesh Sharma - Dy. BH (Operations), RSWM Ltd visited Ringas Unit on 16th & 17th June, 2021.

Shri Anurag Mathur -COO, Shri M.K. Yogi – COO (RPSF) and Shri A.V.S. Yadav - General Manager (P&IR) welcomed him. He visited Spinning and RPSF Units to check the overall progress & developments and also met with local union office bearers. It was his first visit to Ringas Unit after taking the position of Dy. BH (Operations).

A meeting was organized with Senior team members of Ringas. Shri Sukesh Sharma interacted with all the members and motivated them to put in combined efforts, determination, passion and sincerity in their work so that RSWM Ltd becomes an industry leader in the market with respect to the future scenario.

Felicitation Ceremony (Project Abhivyakti)

An initiative has been started by RSWM Group to felicitate and motivate the employees who have given suggestions under suggestion scheme Abhivyakti. The employees have participated in this campaign with a lot of enthusiasm. The suggestions were selected and were studied by the selection committees in LNJ Denim, Mandpam, Lodha and Rishabhdev units. The prizes were distributed to those employees who have given good suggestions. This initiative has received positive response from the employees and has encouraged them to come forward with more good & innovative suggestions every month.



LNJ Denim



Lodha



Mandpam

Herbal Drink Distribution

In the wake of covid-19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defense system (immunity), our ayurvedic kitchen ingredients play an important role in maintaining optimum health for years.

Ayurvedic kadha was prepared in the campus as prescribed by the Ayurvedic Physician and distributed to all the employees at Rishabhdev campus. In Mandpam, the purpose of this drive was to increase the immunity of members and to protect them against COVID-19.

With the help of local government team, RSWM Lodha distributed Kadha to make the employees resilient against the Covid-19. Ayush kwath, Kadha pouches and Lemon water was distributed regularly amongst workers at RPSF Division. They were delighted to share that not even a single COVID-19 serious nature of case was witnessed so far in RPSF Division.



Mandpam



Rishabhdev



Lodha

Covid Vaccination camp

A significant number of companies played an instrumental role in facilitating Covid-19 vaccination for their employees and dependents, free of cost or at subsidised rates. LNJ Bhilwara partnered with Kailash hospital, Noida to provide onsite vaccination to employees and their families for Dose 1 and 2. At HEG the grand vaccination drive ensured that each and every employee got vaccinated and the ongoing battle against corona virus is won. A total of 905 people were vaccinated, which was a record figure, achieved at any one of the vaccination centres in a single day. To prevent Covid-19 outbreak, Kharigram organised three vaccination camps for the employee's and better health and wellbeing of their families and children. A one-day vaccination camp was organised by LNJ Denim & Fabric Division, Mordi in collaboration with M G Hospital, Banswara. Similar camps were organised at Rishabhdev Unit, RSWM Lodha, ADHPL, BSL campus. Majority of staff have taken the dose. In some camps children above 18 have also taken their first dose.



HO



Rishabhdev



LNJ Denim



Kharigram



ADHPL



Lodha



BSL



HEG



HEG

Code of Conduct



This session was taken by Mr. Arun K Pati and the motive was to help employees to understand the organization's Mission, Values and Code of Conduct and the important role they play in defining 'who you are' as an organization. It is one of the clear way to encourage proper ethical behavior. The most common sections to include in a code of conduct are workplace behavior, unbiased and unprejudiced work environment and disciplinary actions.

E- Pro Training

The training on E-Pro was organized in commercial department on 7th April 2021. E-pro is a module



in ERP software stats for electronic procurement. The process covers everything from indent till final order. The purpose of this training is to provide information to commercial team to do their day to day work.

POSH Training

Posh Training is an ongoing important activity to create



awareness and to ensure the good working conditions in the organization. We always promote awareness on the gender equality in the organization and are committed to have zero tolerance towards any kind of Sexual Harassment.

Maral-Noida

Session on Email Etiquette



To upgrade on emails ethics and communication, an awareness program on "Email Etiquettes" has been imparted to the users by Mr. Kamal Rajput (Group Head-HR & Admin, Garment Division, Noida) on 9th June, 2021.

ICC (POSH) & Work Committee Meetings



To provide a safe and healthy work environment to our Women employees inside our factory



premises, we have conducted an awareness training program on 19th June 2021 through Mrs. Jyoti Singhal (External Advocate).

Mock Drill Session

A Mock Drill was conducted to check the preparedness planning, responses and effectiveness of the emergency response plan. Before the execution, a meeting was also conducted with HODs /



Section in-charges to discuss the roles and responsibilities during the earthquake. The Drill was conducted effectively.

Mandpam

Training Programme on New Fancy Yarn



A Technical lecture was conducted by Mr. O P Samdani (Product Development Head) under the guidance of Mr. Ashwani Mittal (Dy. Business Head Melange Yarn) on 16th June 2021. He gave brief information and SOP of all new fancy qualities and on how to maintain the consistency of shade and effect.

The technical teams of all four mill's had attended and took benefit of this lecture. Application of the defined methods can prove to be very effective and fruitful in the coming future.

Lodha

SA 8000 Internal Auditor Training & Meeting



On 22nd June 2021 a training cum meeting was held for internal auditor & SPT members of SA 8000:2014. During the program, Shri D K Sharma explained last audit report observation, NCs and about the recent update and element of SA 8000. In this meeting, Shri Aditya Kumar Sharma

was nominated as the new SMR for SA 8000:2014 for Lodha Unit. All the participants received updates and gained insights about the audit requirements and compliances.

Lodha

Training on 5's System



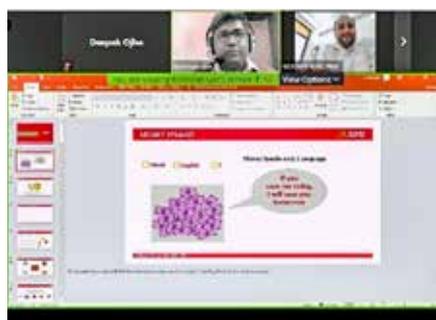
A training session & review meeting on 5S was conducted on 7th June 2021 at RSWM Lodha Unit in presence of all zonal leaders and core team members. This training was given by Shri Satyendra Singh with the main objective of creating awareness about the use of 5S & its implementation in plant premises.

Before training of 5S, an Audit was conducted by our internal Auditors by reviewing the implementation of 1S & 2S in our plant. They had shared certain department wise observations for further improvements.

Kharigram

External Training Session on Managing Wealth

Financial Literacy is important because it equips us with the knowledge and skills we need to manage our wealth effectively. Having basic personal financial



skills is one of the most important things, by which people can live a healthy, happy and secure life.

For this purpose, HR Department conducted a learning sessions on "Managing Wealth" on 8th and 28th June, 2021 which were presented by external faculty - Mr. Krishnan Iyer, Advisors Organization, Pune. During the program various benefits were covered like purpose for investing, financial goals, planning and discipline, planning for important events, calculating future value of education and retirement goals, golden rule of SIP, health insurance, term plan & tax planning tools, risk mitigation, where not to invest, planning mistakes etc. Total 77 staff members got benefited from this programme in two sessions.

Kharigram

Surveillance Audit of SA 8000:2014 Certification



The Surveillance Audit of SA 8000 was carried out on 16th and 17th April, 2021 at Kharigram Unit. This audit was to assess all processes & implementation of SA 8000:2014 system. Mr. Vivek Jha conducted the audit and recommended for the continuation of the certification. In the closing meeting, Shri N.K. Bahedia, COO conveyed thanks to auditor and greeted all the members for this achievement. Total 56 staff members got benefited from this programme.

LNJ Denim

ISO 45001:2018 Training



A training session on ISO 45001:2018 was conducted on 20th April, 2021. The two & half hour training program was provided to the employees. It was given by Shri Devanand Shah and the main objective of this training was to create awareness about the new ISO 45001:2018's requirements and how it would be implemented in the plant. ISO 45001:2018 specifies requirements for an occupational health and safety (OH&S) management system and gives guidance for its use to enable organizations to provide safe and healthy workplaces by preventing work-related injury and illness, as

well as by proactively improving its OH&S performance. Total 25 staff members had attended this important session.

Training on Brain Storming

Two training sessions were conducted on Brain Storming on 09th & 10th June, 2021 at LNJ Denim Unit. The two hours training session was provided to staff by



Shri Arbind Mishra – Head (HR & IR) Dept. The main objective of the training was to create awareness about our Vision, Mission & self-role in achieving this. It was a good interaction and learning session to make them aware about our target, self-discipline in the plant, how to interact with workers etc. Total 50 staff members participated in the program with a lot of enthusiasm.

LNJ Denim & Fabric

5S Auditor Training & its Implementation



A training session & review meeting on 5S Auditors was conducted on 18th June, 2021 for both LNJ Denim & Fabric Plant. The two hours virtual training program was provided to employees by Shri Vinod Purohit. The main objective of the training was to create awareness on the use of 5S & its implementation inside plant premises. In the session, major points were discussed like - No scrap should be dumped in Red Tag area, 5S register should be prepared as per given guideline, etc. The interaction session on 5S was really helpful. A total of 25 staff members had attended the session.

a smiling you

Double Click

Pappu: My internet is not working properly.

Officer: Double click on "My computer"

Pappu: I can't see ur computer.

Officer: No no. click on "My computer" on ur computer.

Pappu: How can I click on ur computer from my computer?.

Officer: listen. There is an icon labelled "My Computer" on ur computer. Ok. double click on it.

Pappu: what the hell, what is your computer doing on my computer.???

Officer: click on ur computer.

Pappu: On which Icon i've to click.

Officer: " My Computer".

Pappu:...Oh u Idiot..... Tell me where is ur office...I'll come there and click on ur "Computer."



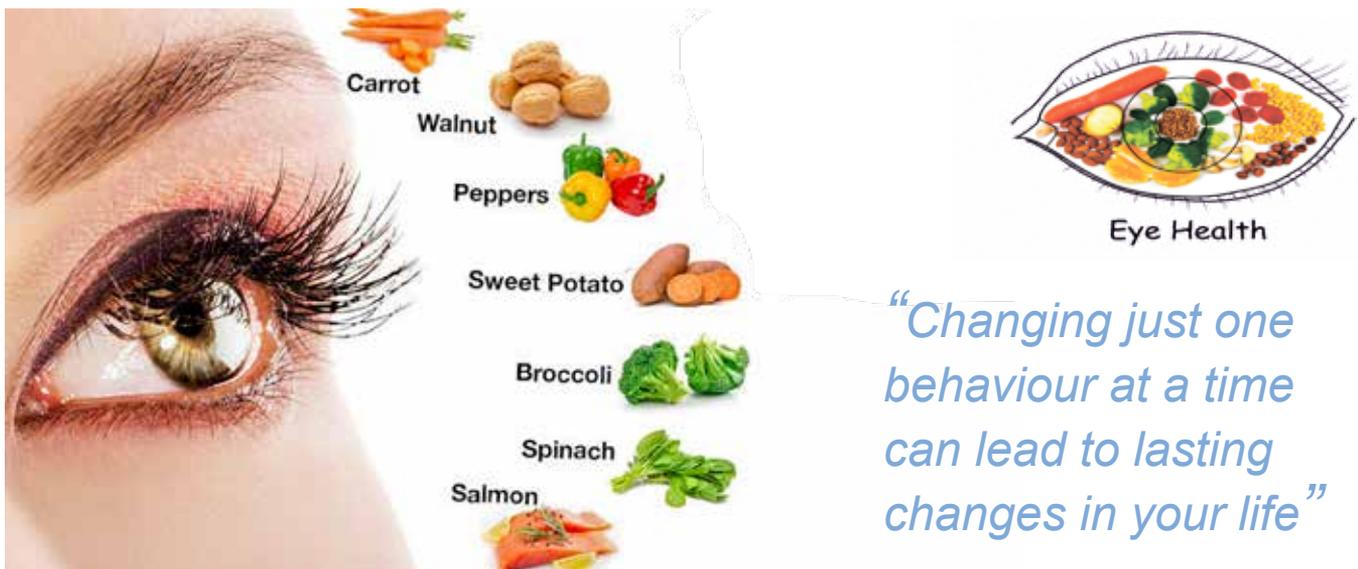
FUN FACT

Can a snail really sleep for 3 years?

Snails need moisture to survive; so if the weather is not cooperative, they can actually sleep up to three years... During this time, the snails will secrete mucus over their bodies to protect themselves from the dry, hot weather. As glamorous as it may sound, snails don't always sleep for three years in their own mucus. The reason snails sleep is they alike many other animals hibernate. Hibernation means that they sleep when weather becomes excessively cold, this is a necessity for survival.



Tips for Maintaining Eye Health Amid Work from Home



During the lockdown, screen exposure has risen due to binge-watching your favourite web shows and working from home. Long-term use of electronic devices can trigger a variety of eye problems, including dryness, itching, and redness, as well as squinting of eyes, watering, and headache.

What you eat determines your health:

According to ophthalmologists, eating healthy is the only way to take care of your eye health. They also suggest that you try to obtain nutrition from diet rather than pills via vitamin pills, etc.

What should your plate look like if you want to keep your eyes healthy? "It's pretty much the same as every other good, nutritious meal. Begin with large spinach or kale salad with colourful veggies on top. The nutrients lutein and zeaxanthin found in green leafy vegetables have been shown to help reduce the incidence of eye diseases.

According to the National Institutes of Medicine, vitamin A, which can be contained in vivid yellow and orange vegetables, including carrots and sweet potatoes, improves eye health. Fruits like bananas, grapes, and mangoes are high in vitamin C and other antioxidants, which tend

to prevent eye diseases.

Omega 3s are excellent for tear formation, which relieves dry eyes, so salmon or other cold-water fish should be a part of an optimal diet.

Take regular breaks from work and make most of your screen-time:

Close your eyes for a few seconds every 15-20 minutes and take a rest from staring at a screen. Every two hours, massage the muscles surrounding your eyes or wash your face. Avoid rubbing your eyes with your hands. Blink often if your eyes are dry.

Buy good-quality glasses that block blue light:

Blue light emitted by screens is harmful to our eyes, especially if we expose our eyes to it for a long duration. Computer glasses, also known as blue-light-blocking glasses, have become more common as a means of alleviating the effects of digital eye pressure.

"High-energy visible (HEV) light, which is released by almost every optical screen, is blocked by these special glasses. Blue-light-blocking glasses' lenses are often tinted a mild shade of yellow, which neutralises blue light and reduces eye strain and possible damage.

"Changing just one behaviour at a time can lead to lasting changes in your life"

Importance of Lifestyle & Its Management

A lifestyle management programme (also referred to as a health promotion programme, health behaviour change programme, lifestyle improvement programme or wellness programme) is an intervention designed to promote positive lifestyle and behaviour change and is widely used in the field of health promotion.

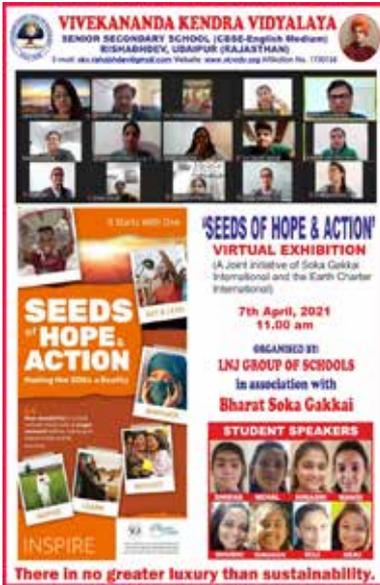
Lifestyle management is considered as the outsourcing of personal tasks to commercial, as well as individuals. It is the right of every person to spend a healthy and disease-free life. Lifestyle management consists of so many areas such as health promotion, behavioral health, improvement in lifestyle, and many others. It plays an integral role in everyone's life. Lifestyle includes the living pattern, behavioral attitude, eating habits, health-related activities, and many other things.

Lifestyle management enables you to achieve the goals of your life. Optimum health is essential to acquire the targets of life that you can easily get from lifestyle management.

Our Schools

where learning and joy come together

Seeds of Hope & Action



A virtual exhibition on 'Seeds of Hope and Action' (SOHA) was held on 7th and 9th April 2021 in LNJ Group of Schools, in association with, Bharat Soka Gakkai for creating awareness amongst students regarding Earth Charter and UN Sustainable Development Goals. This exhibition introduced positive vision for sustainable living that can contribute to the realization of the

17 Sustainable Development Goals. Countries around the world have committed to taking action to meet



these goals which have been adopted in 2015, and are to be achieved by 2030.

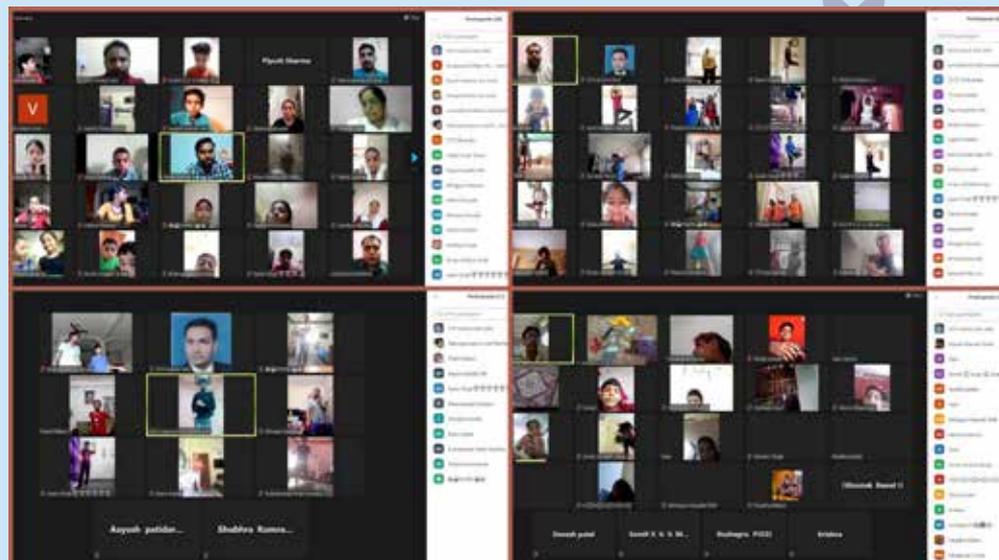
Education plays an important role in creating a sustainable future as it is tasked to integrate sustainable development into the curriculum. Learning about these initiatives helps students to develop insight into critical issues such as lack of access to clean water, making energy clean and affordable, global warming, creating sustainable cities and communities etc. A total of 8 students from VKV Rishabhdev represented the panels with lot of enthusiasm. They confidently explained each panel to the viewers and satisfied the students with their queries.

The initiative was inspired and guided by school's mentors and leading support by Hon'ble Smt. Shashi Agarwal in bringing new perspectives to the classrooms by embedding their cultures and heritages into the curriculum. According to her, the students will have a deeper understanding of their own identities and what makes their culture unique – The more they learn, the more their curiosity and compassion for others grow.

Summer Camp



Vivekanand Vidya Vihar, Maral was on a mission to keep students active & engaged. They organized a virtual Summer Camp for the children. In this camp children got an opportunity to enhance their skills in Art, Music, Dance, Sports & Yoga. Parents also attended the sessions and enjoyed it along with their children.



A virtual summer camp was organized in **Vivekananda Kendra Vidyalaya, Hurda**, from 4th to 14th May 2021 to learn new skills while being in the environment of their homes. More than 300 students participated. The Camp provided hands-on experience in the areas like - Music, Yoga & Science.

VKV Hurda

SOLO DANCE COMPETITION



A dance competition was held on 25th and 26th June 2021. There were 36 participants in the competition from classes III to VIII. Their colourful dresses represented different states and culture of India. Students performed folk dances of different states and showcased their talent beautifully.

'BEST OUT OF WASTE' WORKSHOP

A workshop for classes 6th to 8th was organised on awareness about sustainable development goals (SDGs), Art and Craft activities. During the workshop, students made many useful things such as planters, pen stands, bird houses etc., and virtually exhibited in their class groups. These activities help to enhance, not only creativity, but also the presentation skills of the students, and help them to realize the importance of recycling, reusing and conserving the nature, fulfilling the SDGs in a true sense.



VKV Rishabhdev

PEACE CLUB ORIENTATION SESSION

A virtual orientation session was organized on 19th April 2021 under the mentorship of Smt. Shashi Agarwal. Members shared their activities conducted under peace club. She emphasized that we should respect each and every person irrespective of their position



or work they do. We should also try to understand the feelings of others and must change ourselves first with some small activities. Students also shared different small projects started by Inspire Peace Club like Polythene Collection for recycle, Ecobrick Project (An ecobrick is

a plastic bottle packed with used plastic to set density. They serve as reusable building blocks. Ecobricks can be used to produce various items, including furniture, garden walls and other structures.), that look after birds, animals, and surroundings etc.

WEBINAR ON BLENDED LEARNING

A virtual webinar was conducted on 19th June 2021 on Blended



Learning. Dr. Rajesh Hassija explained the need and importance of Blended Learning in the pandemic situation that fits different contexts in order to ensure a greater flexibility in the learning process. This webinar explored these concepts, including

the integration of in-school and other learning environments. The role of teachers is key in designing and implementing such blends.

SCIENCE WORKSHOP

'Online Integral Education and Hands on Science Workshop' was organized by Sri Aurobindo Ashram, New Delhi, between 12th to 17th April 2021. Science teachers, Mr. Jaiprakash Chaubisa & Mr. Surendra Singh Chouhan participated in this workshop. This workshop developed interest in the students towards science by the concept of "learning by doing". A feedback report was submitted by teachers, which was appreciated by mentor brother, Mr. Baren. Teachers also received participation certificates.



The Graphite



INTERNATIONAL YOGA DAY

Yoga Day was celebrated on 21st June 2021 with the theme focusing upon telling people to stay motivated at home and

adopt a healthy lifestyle by doing exercises and yoga. Children feel like caged animals in the wake of this pandemic. The online yoga session was organized by Sports Club for children as well as for teachers by Mr. Nirmal Sharma & Ms Aarti Sharma.



TREE PLANTATION DRIVE

In order to sensitize students and the citizens towards the need to preserve our environment and ecology, tree plantation drive was organized during 'The World



WORLD DAY AGAINST THE CHILD LABOUR



A poster making competition was organized for the students of XI & XII with the theme 'STOP CHILD LABOUR'. The students designed eye opening & thought provoking posters on the theme. These posters not only highlighted the issues but suggested the remedies for eradication of the problems.

Environment day' in coordination with the Forest Department, Youth Hostel of India, Mandideep Unit Association & Municipal Corporation.

PARENTS ORIENTATION PROGRAMME

To discuss the academic overview and the upcoming endeavors, an online Parent Orientation Programme was conducted from 3rd to 8th June 2021 for all the classes in the wake of this Pandemic.

Orientation was aimed to bring the two indispensable factors in the learning process of a child i.e. the parents and teachers, closer to one another. Principal, Dr. Vinita Mishra elucidated the core attributes of the orientation like- Healthy Parenting, NEP2020 implementation, more focused practical learning, Child centric pedagogy modules magnificently.

VVV Maral

STATE LEVEL PAINTING COMPETITION

Students performed splendidly in a state-level painting competition, in groups A, B & C, by winning 4 positions out of 9. They won accolades and prizes in the Painting and Slogan competitions, organized by Madhya Pradesh Pollution Control Board on the World Environment Day.



In the competition, Mast. Mudit Patidar and Mast. Deep Patidar of class 4th achieved first and second places respectively in Group "B". Mast. Yatharth Kushwaha and Ku. Kavya Nayar of class 7th, secured first and third places respectively in Group "C".

WEBINAR ON HEALTH AWARENESS AND COVID SAFETY

The COVID-19 virus has become a part of our lives since March 2020. It remains as important as ever to stay vigilant and know how to protect oneself from Corona virus.

Dr. Kusum Patidar – a renowned doctor of the area conducted a webinar on Health Awareness and COVID Safety for school students and parents. She explained some simple steps that one can take to help prevent the spread of COVID-19 and protect themselves and others.



World Environment Day

The theme for World Environment Day 2021 is 'Ecosystem Restoration' only healthy ecosystems can enhance people's livelihoods, counteract climate change and stop the collapse of biodiversity. Humans have been exploiting and destroying the planet's ecosystems. This day is celebrated to provide us with an opportunity to broaden the basis for an enlightened opinion and responsible conduct by individuals, enterprises and communities in preserving and enhancing the environment.

In HEG, the day was celebrated by creating slogans and posters. Plantation activity was done to create awareness and motivate people to show their concern towards environment. In Maral, 35 trees were planted at the factory premises. Kharigram Pariwar celebrated environment day with great zeal and enthusiasm. Various species of trees were planted inside the plants at various locations by HODs and staff members. At LNJ Denim and Fabric Division, Mordì, the plantation programme was organised by Panchyat (Badiya) and the function was concluded with refreshments for all staff.

At Mandpam and Kanya Kheri Unit, the employees were reminded to protect the environment by planting trees and to minimise the usage of plastic bags. At RSWM Lodha, Banswara the environment day was celebrated and all the core team members participated in the plantation drive. RSWM, Ringas organised awareness programme by pledging – *'Let us strive together to make our earth more beautiful and pollution free'*. ADHPL observed the environment day by raising awareness on environment amongst employees by planting Deodar at Khanool dumping site and the employees maintained social distance and observed all the necessary precautions to stop the spread of COVID-19. BSL celebrated this day by planting 100 saplings inside the factory premises.



HEG



Kharigram



BSL



ADHPL



Rishabhdev



Kanyakheri



LNJ Denim & Fabric



Lodha



Mandpam



Ringas



Maral



Ringas

Maral Noida

World No Tobacco Day Celebration



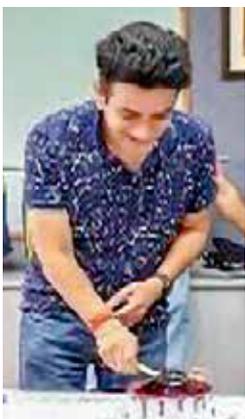
To educate and to prevent the bad habits of our employees for a healthier lifestyle and safe working environment, we have celebrated 'World No Tobacco Day' on 31st May 2021 at our respective unit, which



is conducted by our team Welfare & HR Department. All our staff members were made aware about the complications that can occur while consuming any kind of Tobacco.

Birthday Celebration

Maral Noida Unit-3 has celebrated the birthday of Mr. Aditya Dutt (Merchandising Manager, Skechers)



on 16th June, 2021 with cake cutting ceremony and high tea. Everyone wished him and enjoyed this small get together.

Music Day Celebration



To minimize the work load stress from the mind of our employee's at work floor, we have celebrated World Music Day at Unit-4 on 21st June, 2021 with much gusto and enthusiasm.

Yoga Day Celebration

On the occasion of International Yoga Day, we have provided the



awareness on the fitness & health to our employees at Unit-3 & Unit-4 on 21st June, 2021 which is conducted by our Team Welfare & HR.

Kanyakheri

Staff Birthday Celebration

The Staff Birthday on monthly basis was celebrated with much gusto and



enthusiasm in staff club on the last week of every month at Kanya Kheri Unit. Cake cutting ceremony was done by staff whose birthday comes in that particular month, in presence of Shri Vinit Agrawal (COO), Shri Pritam Gurjar and all other staff members. The celebration ended with high tea & distribution of cake.

Hanuman Jayanti

The auspicious occasion of Hanuman Jayanti is celebrated to pay tribute to Lord Hanuman on his birth anniversary. Devotees worship



Kharigram

Lord Hanuman by offering flowers and garlands. They recite Hanuman Chalisa as well as Sundarkand and Ramayana to seek blessings from Lord Hanuman.

In Kharigram, there was a special Bhajan Kirtan performed by ladies and the family members in staff colony



Lodha

temple. The program was concluded with Maha Arti and prasada distribution to all present. In Lodha, the pooja was performed at Hanuman temple in Orchard. Due to Covid-19, limited gathering was invited. RSWM Ringas Parivar prayed to Hanumanji for the betterment of the society, organisation development, good health and peace for all.



Ringas

RSWM

Donation to Rajasthan Chief Minister's Relief Fund



Shri Ashwani Mittal (Dy. BH) & Shri Pankaj Khandelwal met with Shri Shivprakash Nakate, District Collector, Bhilwara on behalf of RSWM Ltd. and donated Rs.1 Crore to Rajasthan Chief Minister's Relief fund for Covid 19 Vaccination Drive.

The Hon'ble CM of Rajasthan, Shri Ashok Gehlot honored the gesture through appreciation letter. On this Shri Riju Jhunjhunwala (CMD) RSWM, said, "Mr. Ashok Gehlot your struggle against Covid is commendable and we are honored to be a part of it. We humbly accept this letter from you".

HEG

Transforming India



Our Implementation partner, Global Vikas Trust is a not-for-profit organization into nation-building projects with a mission to Transform India in the fields of agriculture, healthcare, participatory governance and the environment. One of our renowned projects is the Global Parli project, a movement to transform India through Rural Economic Transformation. It was



started by Mayank Gandhi with a focused goal of increasing annual farmer incomes to a minimum of Rs.1 lakh per acre (present annual income of farmers across the nation is annually between 10,000 to 20,000 per acre). Since 2016, Global Parli has been working on grassroots projects with a focused goal of transforming India.

We have effectively increased farmer earnings from Rs. 10,000-20,000 per acre to between Rs. 1,00,000 and 2,00,000 per acre through our 'Proof of Concept'. This was first witnessed in over 106 villages across the Parli Taluka, which is located in Marathwada's drought - prone area. We've accomplished the following in the last few years:

- 2016 - Global Parli supplied 1.54 crore litre of water.
- 2017 - Global Parli initiated 360-degree development including reforms in education via e-learning, healthcare, sports, capacity building, clean energy, going towards less cash etc
- 2018 - We created a water capacity of 222 crore litres.

This included deepening and widening of Paapnashi river 70 km long, creating 162 farm ponds, 64 dams & 606 watersheds. Saved Rs.880 Cr on water tankers

- 2019 - Global Parli planted 1.2 million fruit trees in Marathwada, Maharashtra
- 2020 - Global Parli planted 2 million fruit trees in Maharashtra & Madhya Pradesh
- 2021 - Global Parli aims to plant 7 million fruit trees and increase farmer incomes to at least 1 Lakh rupees per acre, per annum with a focus on marketing, forward linkage, training, expansion and Institutionalization.

Maral

Support to Society and Employees

Management of MARAL has extended the support to the society in this crucial time of COVID-19



pandemic. We have facilitated not only to our employees even to others in our circle by providing oxygen concentrators, arranging beds & medical facilities by the help of local administration. During this pandemic, we have also manufactured & distributed approximate 10,000 pieces of mask in the society & administration. Our CSR activity coverage has also been covered by the world famous Apparel Magazine "APPAREL RESOURCES".

Ringas (RPSF)

Contribution for Oxygen Plant, Sikar

DM-Sikar has initiated to setup an oxygen plant in Palsana, near Sikar. RSWM Limited contributed Rs 5.00 Lacs towards this project. The district administration applauded our organizations' contribution to the society through a "भामाशाह प्रशस्ति पत्र"



which was received by Shri MK Yogi at Sikar DC office.

COVID-19 Medical Equipment's Donated to Govt. Hospitals

Looking to the need of time and to contribute towards fight against second wave of COVID-19, RSWM



Limited, Ringas unit donated 4 Oxygen Concentrator and 250 Masks, Sanitizers, PPE Kits to Government Hospital, Ringas and Sub-Divisional Magistrate Office, Khadela, under CSR Activity on 18th May'21.

Distribution of Face Mask to Local Society

In view of second pandemic wave of COVID-19 across the country, we distributed face mask in local societies and to the needful ones.

Though it was a small step, it encouraged people for awareness towards COVID-19 pandemic and ways to prevent from this dreadful virus.

ADHPL

Donation of COVID-19 Testing Kiosk



ADHPL donated and installed one prefabricated Kiosk at Primary Health Centre, Jagatsukh on 9th June, 2021 on the request of Pradhan Gram Panchayat, Jagatsukh. The Kiosk (Gumti) is being used for COVID-19 testing of patients from Jagatsukh and surrounding villages. The Gram Panchayat Pradhan and Medical Officer, PHC Jagatsukh thanked ADHPL for this work on behalf of whole Panchayat.

COVID-19 Financial Assistance to Administration

The Second wave of COVID 19 was peaking all over India; however, in Himachal Pradesh, due to its geographical location, the spread of COVID-19 disease was low. The Govt. of HP was fighting tooth and nail towards making preparations to control the second wave of COVID-19. In this respect, the District Administration was busy in creating facilities for the COVID patients. The Administration had requested AD Hydro Power Ltd. to donate "D" type 50 oxygen cylinders for local hospitals. ADHPL donated a sum of Rs. 7,96,500/- to District Red Cross Society for purchasing these oxygen cylinders. In addition

to this, ADHPL has given 07 nos. "D" industrial oxygen cylinders to the District Administration for use during the second wave of pandemic.

Donation of PPE Kits to Lady Willingdon Hospital

The local administration had taken proactive steps and created COVID-care facility within Manali, henceforth Lady Willingdon Hospital, Manali was declared as main COVID-care center for Manali and Lahaul-Spiti regions. The hospital was not prepared for such unprecedented decision and required support from other parties; where AD Hydro Power Ltd. stepped in for helping under its CSR activities and donated 500 Nos. of PPE kits to Lady Willingdon Hospital, Manali. This hospital will cater to all COVID-19 patients from Manali Block. Each kit contains one coverall set with N-95 mask, shoe cover, face shield, caps and gloves. The total financial implication for this is approx. Rs.4,75,000/-.

Our hospital is functioning smoothly as a covid facility. All our work patterns and workflows have been changed. All our staff are safely in PPE and caring for those in our wards. A certain "safe" segment of our hospital including the operating theatre and labor room has been reserved and segregated for emergencies.

Many others have stepped forward to help. The AD Hydro project, through the good office of the SDM Manali, has gifted us 500 sets of complete PPE. Dr Deepak Tikoo, seen here with the truck holding these supplies was the main motivator of this, for which we thank him and his entire organisation. Likewise, others have chipped in, donating money and promise of supplies to come. We are ready for the long haul. Paying our staff salaries are a concern, but we trust in Him, who knows our needs, to provide. Our experience with patients of covid admitted with us is that most of them get well and we are able to discharge them in a week, despite initial saturations of 65-70%. Our God is alive and present!

← Previous Post

RSWM

Silver Trophy in TEXPROCIL Export Award 2019-2020



The Cotton Textiles Export Promotion Council, popularly known as TEXPROCIL has been the international face of cotton textiles from India facilitating exports worldwide. We have won TEXPROCIL Annual Export Award 2019-2020 of Silver Trophy Category II Above Rs. 75 – 250 Crores in Processed yarn and Fabric Denim. Shri Kulbhusan, Head - Exports and Shri Ashish Bhatnagar, Vice President - Marketing received the award.

HEG

Replacement of Circular Saw with Band Saw in Chinese Nipple Chain

To increase the productivity and minimizing the cost, the NNC Circular Saw is replaced with Band Saw and the event was inaugurated by Res. ED - Mr. Manish Gulati. The advantages are as follows:



- Cutting loss reduced from 11 mm/cut to 03 mm/cut
- Saving of ~2.5% length in nipples <=257 mm
- Saving ~ 30 MT Nipple/Year ~ 130 Lac

TPP

Fly Ash Utilisation Award



RSWM conferred as the winner under Category “Efficient Management of Fly Ash Captive Power Plant (Northern Region)” in 2021 Mission Energy Foundation’s Fly

Ash Utilisation Awards held from 9th to 10th April, 2021 at Goa.

ADHPL

Achievers

Mr. Arun Sharma

S/o Shri Arvind Sharma (AGM Civil) and student of IIM, Calcutta, has completed his MBA from IIM Calcutta. He also



won the ‘Best Teams’ award for solving real-life business challenges of corporates at an international academic competition “The Global X-Culture Competition”. We congratulate Mr. Arun Sharma and his parents in these happy moments.



Miss Anjali Thakur

D/o Shri Dev Prakash (Tech. Supervisor, AC Power Maint. Deptt.), of DAV Public School Manali participated in the online slogan writing competition organised by H.P. Council for Science, Technology and Environment (HIMCOSTE) Shimla on the occasion of Earth Day 22nd April, 2021. She stood first in senior category at state level. ADHPL family wishes her all the best in her future endeavours.

Interesting GK Facts

- Elephants are the only animals that can't jump.
- Only food that doesn't spoil is Honey.
- You can't kill yourself by holding your breath.
- People say, 'Bless You' when you sneeze because when you sneeze, your heart stops for a millisecond.
- The longest muscle in the body is the tongue.
- Dragonflies are one of the fastest insects, flying 50 to 60 mph.
- The electric chair was invented by a dentist.
- A cat's tail contains nearly 10 percent of all the bones in its body.
- Hearing is the fastest human sense. a person can recognize a sound in as little as 0.05 seconds.
- “Rhythm” is the longest English word without a vowel.
- Earth is the only planet not named after a god.

State Safety Awards 2021

To promote and recognise good safety performance and high standards of competence & compliance of Occupational Health, Safety & Welfare provision under Factory Act, 1948 and rules made thereunder, LNJ Denim & Fabric division Units won the State Safety Award 2021 prize form the prestigious Rajasthan Factory Safety Award Scheme, 2021. RSWM - Kharigram, Lodha, Ringas, Rishabhdev and BSL Limited have also been accredited with the Safety Appreciation Award. Kharigram Unit scored 80% marks from the office of Chief Inspector Factories and Boilers, Rajasthan in terms of promoting high standards of competence and compliance in the area of OHS and welfare. RSWM Lodha achieved more than 80% score on compliance of safety norms of National Safety Council. Rishabhdev Unit also got more than 80% marks for complying the Safety Standards. BSL Limited received the award on the occasion of 50th National Safety Day at a State level virtual function organised by the Factory and Boiler Department at Jaipur.



Kharigram



Rishabhdev



LNJ Denim & Fabric



BSL

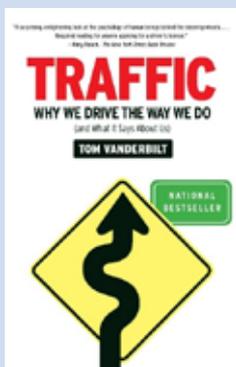


Ringas



Lodha

Good Read



Why We Drive the Way We Do and What It Says About Us by Tom Vanderbilt

“A surprising, enlightening look at the psychology of human beings behind the steering wheels. Required reading for anyone applying for a driver’s license.”

Would you be surprised that road rage can be good for society? Or that most crashes happen on sunny,

dry days? That our minds can trick us into thinking the next lane is moving faster? Or that you can gauge a nation’s driving behaviour by its levels of corruption? These are only a few of the remarkable dynamics that the author explores in this fascinating tour through the mysteries of the road.

Based on exhaustive research and interviews with driving experts and traffic officials around the globe, Traffic gets under the hood of the everyday activity of driving to uncover the surprisingly complex web of physical, psychological, and technical factors that explain how traffic works, why we drive the way we do, and what our driving says about us. The author examines the perceptual limits and cognitive underpinnings that make us worse drivers than we think we are. He demonstrates why plans to protect pedestrians from cars often lead

to more accidents. He shows how roundabouts, which can feel dangerous and chaotic, actually make roads safer and reduce traffic in the bargain. He uncovers who is more likely to honk at whom, and why. He explains why traffic jams form, outlines the unintended consequences of our quest for safety, and even identifies the most common mistake drivers make in parking lots.

The car has long been a central part of people’s life, whether we see it as a symbol of freedom or a symptom of sprawl, we define ourselves by what and how we drive. Driving is a provocatively revealing prism for examining how our minds work and the ways in which we interact with one another. Ultimately, Traffic is about more than driving. It’s about human nature.

This book will change the way we see ourselves and the world around us. And who knows? It may even make us better drivers.”

Lodha

Joining of Shri Yogesh Dutt Tiwari



Mr. Yogesh Dutt Tiwari joined as Chief Operating Officer at RSWM Lodha. He is having 31 years of

experience and has worked with organizations like Prakti Synthetic Ltd, Birla Textile Mills, Bhilwara Spinners, RSWM Mandpam (Melange yarn) etc. We extend all our support and welcome him to RSWM Lodha family.

HO

Joining of Ms. Indu Mehta



We welcome Ms. Indu Mehta to the group. She worked in diverse business segments, both domestically and internationally, has

demonstrated achievements and accomplishments in every position in her over 25 years of professional experience. Indu has joined RSWM Ltd. as President - CMD's Office. She will bring and share with us her vast experience in leading business strategy and business development for different projects and companies.

She will be monitoring and reviewing methodically, helping new and existing businesses that the Company invested in like IT, Skilling, Green Energy, special projects within the main manufacturing companies. She will represent the Chairman & Managing Director in these businesses for structured monthly reviews.

Kharigram

Joining of Shri B.K. Singhal, Sr. GM (Engineering)



Shri B.K. Singhal, Sr. GM-Engineering joined Kharigram Unit on 19th June, 2021.

He has been transferred from RSWM Mandpam Unit where he was working for the last 24 years. Mr. Singhal will be heading the entire Engineering Department and will report to Shri N.K. Bahedia, Chief Operating Officer. We wish him all the good luck for this new role.

LNJ Denim

Joining of Shri Deepak Rupal



Shri Deepak Rupal joined as General Manager – Denim Intelligence Group Dept. at RSWM LTD.

LNJ Denim Unit on 1st April, 2021.

An M. Tech. (Textile Technology) from Mumbai University. He is having rich experience of more than 17 years in the field of Denim Fabric Developments. He has worked in organizations like - Ashima Group, Malwa Denim, Bhaskar Industry and Ginni International Ltd. His last organization was HA - Meem Denim Ltd, Dhaka, Bangladesh where he was Dy. General Manager (R&D).

LNJ Denim Parivar extends a warm welcome to Mr. Deepak Rupal.

LNJ Denim & Fabric Division

Joining of Shri Arbind Mishra

Shri Arbind Mishra joined as General Manager – HR & IR Dept. at RSWM LTD. LNJ Denim & Fabric Division Unit on 14th April, 2021.

An M.S.W. from A.P.S. University, Rewa (M.P), he is having rich experience of more than 17 years in the field of HR & IR. During this period he has worked in organizations like - Jai Corp Ltd, Birla Cotsyn (I) Ltd, Maral



Overseas, Hind Syntex & Sangam India. His last organization was Rajasthan Textile Mill

(RTM), Bhawanimandi, Rajasthan where he was Head – HR & IR & Admin.

A warm welcome to Mr. Mishra and wishing him a long association with RSWM Group.

HO

Farewell of Shri Raj Rishi Chatterjee



Mr. Raj Rishi Chatterjee, Head (Corporate & Strategy) worked at RSWM Ltd. from 8th July

2015 to 30th June, 2021. He was looking after Branding, Corporate Affairs, and New Business Initiatives. We wish him all the success in his future endeavours.

Superannuation

Rishabhdev

Shri Rameshwar Sharma



A small get together was organized at Rishabhdev Unit for

honoring Shri Rameshwar Sharma who has been retired from the services as Sr. Officer (Maintenance) after serving the company for more than twenty years. The COO and all staff wished him a peaceful, healthy and happy retirement life.

Kharigram

Shri B.L. Jain

Shri B.L. Jain, Dy. Manager (NPD) got superannuated on 31st May, 2021 from Kharigram Unit. He served his long period of 41 years to RSWM organisation. A felicitation program was organised at NPD hall. The team members expressed best wishes for his good health and happiness in his post retirement life.



a healthy you



Amazing Benefits of Eating Black Plum

Native to India, jamun is a pretty fruit with rich color and sweet taste. The fruit is popular for its deep blue or purple color. Jamun has now spread to other tropical regions across the world. It is one of the best home remedies for stomach pain, diabetes and arthritis. The fruit also cures digestive issues like dysentery and flatulence.

Improves haemoglobin count

Loaded with vitamin C and iron, jamun increases haemoglobin. Your blood will carry more oxygen to the organs and keep you healthy. The iron present in the fruit also purifies your blood

Jamun has astringent property

Jamun has astringent property, which keeps your skin acne free. You should consume jamun if you have oily skin as it will help you keep your skin fresh and clear

Improves health of skin and eyes

Jamun or the black plum improves the number of haemoglobin and the iron present in the fruit acts as a blood purifying agent. This helps in improving the health of your skin and eyes. The fruit is also rich in several minerals and vitamin C and A.

Keeps your heart healthy

Loaded with potassium, jamun is extremely beneficial for your heart. The fruit is beneficial in keeping diseases like high blood pressure, heart diseases and stroke at bay. It also keeps your arteries healthy and prevents its hardening.

Strengthens your gums and teeth

Jamun is beneficial for your gums and teeth. The leaves of the black plum have antibacterial properties and can be used to prevent

bleeding of gums. You can dry the leave and then powder it to be used as a tooth powder. This will help in preventing gum bleeding and infection. The bark of the tree has astringent properties and you can use a decoction prepared with the bark to rinse your mouth to treat mouth ulcers.

Prevents Infection

Jamun has antibacterial, anti-infective and anti-malaria properties. The fruit also contains malic acid, tannins, gallic acid, oxalic acid and betulinic acid. The fruit is effective preventing common infections.

Treat's diabetes

It can cure the symptoms of diabetes including excess urination and thirst. It has low glycaemic index, which keeps the blood sugar levels normal. Seeds, bark and leaves of the tree can be used for the treatment of diabetes.

These health benefits make the fruit more special. Make sure you eat jamun during its season and enjoy all these benefits.

A Cruise Vacation

Do you dream of sailing in to the sunset without a care in the world? Going on a cruise can be the perfect way to make this dream come true. A cruise vacation offers great value as almost everything is included, from accommodation and food to entertainment and transfers. The best part is that even if you're hitting multiple destinations, you need to unpack only once; it's like taking your home along on a vacation! Need more inspiration? Take a look at our pick for the 5 best places to go on a cruise.

The Caribbean



The most popular cruise destination in the world, the Caribbean sees cruise ships operating all year round in the region. A Caribbean cruise offers great value for money as you can visit multiple islands without having to worry about air tickets, visas, booking different hotels and paying through your nose for island transport. Take your pick from various Caribbean cruises – Eastern (includes Antigua, Barbados, Dominica, Martinique and St Kitts), Western (includes the Cayman Islands, Jamaica and Mexico) or Southern (includes Aruba, Trinidad & Tobago, amongst others). Some of the more up-market cruises may also include a day on a private island such as Castaway Cay (especially for families) and Half Moon Cay (for couples). Caribbean beaches also offer a host of activities, from horse riding on the



beach to swimming with dolphins. A Caribbean cruise makes for a great family getaway.

Port of Departure: Most Caribbean cruises depart from one of the gateway ports in Florida.

Best time: Between November and May, with December to April being peak season.

Alaska



If breathtaking scenery, wildlife and some spectacular glaciers are what you wish to see, consider Alaska – it is truly one of the best places to go on a cruise. An Alaskan cruise is an introduction to the biggest state in the United States. It's the most popular cruise destination in the world after the Caribbean. Cruises cover some spectacular fjords, glaciers and mountains along Alaska's coastline, as well as many islands, bays and inlets. All cruises go along the so-called Inside Passage, which is a mind-boggling labyrinth of islands, fjords and mountains. This route starts

from Vancouver and goes all the way up to Juneau, the quirky capital of Alaska. It also includes Glacier Bay National Park. Some cruises go beyond Juneau to the Gulf of Alaska. A week-long cruise also includes on-land tour by coach, followed by a three-day exploration of the Denali National Park.

Port of Departure: Cruises generally depart from San Francisco, Seattle or Vancouver

Best time: Early May to mid-September, with June to August being peak season

The Mediterranean

Southern Europe is the place for some sun and sand and a cruise in the Mediterranean Sea is one of the best ways to enjoy this region. The natural beauty of the area will leave you breathless and it is well worth soaking in the diverse cultures of the countries here. From gorgeous Italy to sunny Spain, from the vast Greek islands to tiny Malta – Mediterranean cruises cover the best of Europe. Eastern Mediterranean cruises generally



include Turkey and the Greek islands of Santorini, Mykonos and Crete. The Western Mediterranean cruises include destinations such as Venice, Rome and Sicily in Italy, Monte Carlo, St. Tropez and Barcelona. The Southern Mediterranean cruises touch upon Morocco, Tunisia and Egypt. If you're looking for luxury, head to the Italian or French Riviera where you can rub shoulders with the rich and famous and maybe spot a celebrity or two. If you have kids in tow, most cruises have loads of entertainment options for them – on board and ashore. From books, toys and video games to swimming, snorkelling and kayaking, the little ones will be spoilt for choice.

Port of Departure: These cruises sail from many ports, depending upon their routes. Athens, Barcelona, Lisbon and Venice are some popular departure points

Best time: April through November, with May to August being peak season

Hawaii

Say 'aloha' to Hawaii by taking a cruise around this archipelago of eight main islands. Formed due to the volcanic activity of an undersea mountain range, Hawaii is all about wild natural beauty. Most cruises

cover the islands of Maui, Oahu, Kauai, Molokai, Lanai, Niihau and Kahoolawe. Each island has something unique to offer; from cascading waterfalls in Maui as well as the Haleakala National Park, to hiking in Oahu and the four-wheel adventure trails in Kauai, which is also home to the impressive Waimea Canyon. Honolulu's Waikiki Beach and Diamond Head Mountain are also worth a visit. Go surfing, soak up the sun on clean, sandy beaches, or participate in a traditional luau (a traditional Hawaiian party or feast). Kids will love the whale watching expeditions as well as rock climbing. Most cruises cater to children on-board with video game arcades, swimming pools and activity hours.

Port of Departure: Cruises generally depart from Honolulu

Best time: December to April, with December to January being peak season

Australia & New Zealand

Australia and New Zealand are also amongst the best places to go on a cruise. Apart from Sydney's iconic landmarks, these cruises call at many ports such as Nouméa (New Caledonia), Port Vila (Vanuatu), Port Denarau (Fiji) and others. Australia-specific cruises cover Queensland, Newcastle, Brisbane,

Melbourne, Adelaide and sometimes Tasmania. There is a lot of surfing action and miles of beaches to provide all sorts of entertainment for adults as well as kids. The Great Barrier Reef is also one of the top attractions. In New Zealand, cruises cover the two main islands, South Island and North Island, as well as numerous small islets. The North Island has rare black sand beaches and the world's yacht racing capital, Auckland. On the South Island, you will find mountains and glaciers. You can also combine your cruise with a land tour extension to take in the natural beauty, several UNESCO heritages sites, local wineries, national parks and much more. The Maori culture in New Zealand is also worth exploring, not to mention the extensive and gorgeous vistas portrayed in Lord of the Rings.

Port of Departure: Most cruises depart from Sydney or Auckland

Best time: November to April, with December to March being peak season

So, head to these wonderful destinations and book your holiday today

