

Volume: 5  
Issue: 10  
Jan 2020

NISHA

NORTECH

GNG GROUP

MAX CEMENT  
MAXIMUM KI GUARANTEE

*“The Best is yet to come” - Frank Sinatra*

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## FROM THE DESK OF VCMD

Dear Maxian,

As a new decade dawns, it is time for us, like each year to reflect on the year gone by and more importantly to learn from the experiences. We now need to plan for the year and also charter a vision for the new decade.

The journey of Max Cement over the last decade has been successful thanks to various interdependent Max Teams that constitute of the members Production, Mining, Sales & Marketing, Logistics, Commercial and Accounts, and HR, Administration and Corporate Affairs and of course the Back office and MIS.

The road over the last ten years has been exciting but with its fair share of speed breakers and challenges. But we worked as a team and have managed to turn these challenges into learning and opportunity. We have managed to do this because of invaluable contribution from employees at all levels and because we worked as a team. Together we have reached and crossed many a milestone and had our share of success and moments of pride.

We still have a long road ahead and a lot of potential to realise. We need to travel on it with great determination and the goal constantly in sight. I am confident we will do so. I take this opportunity to thank each one of you for your incredible work in the decade gone by and also wish you and your Families a Very Happy New Year and extend my best wishes for the Bihu Festival.

With warm regards,  
Vineet Agarwal



## EDITOR'S SPEAK

Dear Maxians,

Greetings and wishes for the New Year 2020 to be a one of success in terms of health and wealth. Hoping you had a warm and blessed Christmas. As we step into this New Year gifted by God, let us acknowledge His blessings, forgive one another, love more and give out positive vibes to the ones around us. Let's remember and remind the secret in winning as a team through cooperation, coordination and hard work that always pays.

Thank you for your continual support and coordination in the year 2019, anticipating the same for the coming days. Happy 2020!

With Best Regards,  
Rupesh Mishra

2020  
HAPPY  
NEW YEAR

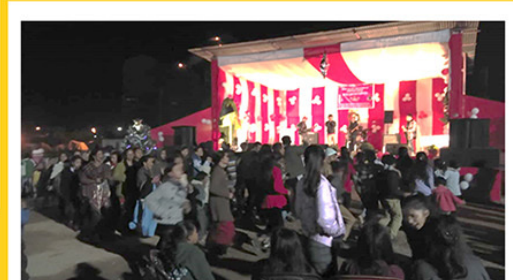


## MAX PANORAMA

### ADVENT CHRISTMAS CELEBRATION

A gala event, organized by GVIL Christian Center, was celebrated at the Plant premises on 18th December 2019. The event was made grand with group songs & choreography presentations. In the later evening, Christmas cake was cut along with Gospel concert.

Here are some glimpses of the event.



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## MAX PANORAMA

### GVIL ANNUAL SPORTS MEET 2019

The annual sports meet kicked - off in style on 13th December 2019. Indoor games of (Singles & Doubles) Chess, Caroom, Table-Tennis, Badminton is already underway at GNAM Club. And the outdoor games of inter-departmental Cricket, Volleyball will start from January 2020. Keep an eye for more glimpses of the event.



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## MAX PANORAMA

# TeamUP

Max Cement's flagship Team Building Workshop- "TeamUp".

This workshop offers a blueprint that will help the organisation to tap into the skills and talent of its people and aim to strengthen the process of grooming the leaders through various Team and Trust Building Exercises.





## MAX PANORAMA

### CHRISTMAS CELEBRATIONS AT GHY OFFICE

A sudden visit of Santa Claus changed the mood of our Sales & Marketing Office at Guwahati. The office got itself transformed into a Christmas theme and cake cutting was done in presence of our Executive Director and Santa alongside him.



### INNER ENGINEERING - BY SADHGURU

Inner Engineering is a technology for well-being derived from the science of Yoga. It is offered as a comprehensive course for personal growth that brings about a shift in the way you perceive and experience your life, your work, and the world that you live in. Our Max Men had the privilege to be a part of that program and experienced the same in a 6 day workshop.



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## MAX PANORAMA

### WELCOMING THE NEW YEAR AT PLANT

The New Year at Plant was welcomed with open arms. The event was put forward by the senior most employees and was enjoyed by all. The food stalls, the lights along with live performances added more gel to the event. Here's wishing everyone a Happy NEW YEAR.



HAPPY NEW YEAR  
**2020**





## DOCTOR'S MESSAGE

### Coughs and their causes

#### What is a cough?

A cough, also known as tussis, is a voluntary or involuntary act that clears the throat and breathing passage of foreign particles, microbes, irritants, fluids, and mucus; it is a rapid expulsion of air from the lungs. Coughing can be done deliberately or as part of a reflex. Although coughing can be a sign of a serious illness, more often, it will clear up on its own without the need for medical attention.

#### There are three phases to a cough:

Inhalation (breathing in). Increased pressure in the throat and lungs with the vocal cords closed. An explosive release of air when the vocal cords open, giving a cough its characteristic sound. If somebody coughs a lot, it can be a sign of a disease. Many coughs are caused by infectious diseases, like the common cold, but there are also non-infectious causes.

#### Causes:

The majorities of coughs are caused by viruses and clear up without treatment. In most cases, the infection is in the upper respiratory tract and affects the throat, this is known as a URTI or URI (upper respiratory tract infection).

Examples include: flu, common cold, laryngitis. If it is an LRTI (lower respiratory tract infection), the lungs are infected, and/or the airways lower down from the windpipe. Examples include: bronchitis, pneumonia

Causes of acute (short-term) cough. An acute cough can also be caused by hay fever. Causes of chronic (long-term) cough:-A chronic cough may be caused by: smoking, mucus dripping down the throat from the back of the nose (post nasal drip), GERD (gastro-esophageal reflux disease), asthma, some medications (e.g., ACE inhibitors). Chronic coughs in children are most often caused by asthma, but can also be from conditions like post-nasal drip or GERD. Less common causes of chronic cough in adults include TB (tuberculosis), fungal infections of the lung, and lung cancer.

#### Other reasons to seek medical advice include:

The cough is getting worse. There are swelling or lumps present in the neck region. Weight loss. Severe coughing. Difficulty swallowing. Permanent changes in the sound of the voice. Coughing up blood. Difficulty breathing. Chest pain. Fevers that are not getting better

#### Treatment :

Treatments are mostly aimed at making the patient feel a little bit better but generally do not decrease the length of the cough. Home Remedies Honey — it coats the throat, resulting in less irritation and possibly less coughing. Honey is a demulcent (something that soothes). Cough medications — some may help associated symptoms, such as fever or a stuffy nose. However, there is no compelling evidence that cough medicines are effective in making the cough go away faster.

#### When to see a doctor:

If a cough is severe, it should be assessed by a doctor. If a cough has persisted for 3 weeks without improvement, it is sensible to visit a doctor. In most cases, there will not be anything serious underlying the cough, but in rare cases, a long-term cough can be a sign of something that needs treating, such as lung cancer or heart failure. For small children, it is a good idea to talk to a doctor before giving OTC cough medicine. Some ingredients in cough medicines, such as codeine, can be dangerous for small children. There is no evidence that cough medicines help children, and they can actually be dangerous due to the side effects.

#### Takeaway:

In summary, coughs can be annoying and uncomfortable but, for the most part, they will clear up on their own. However, if a cough has continued for some time or got worse, it is still important to speak with a doctor.





## POEM

तुझको कोटि नमन उन्नीस

मिला बहुत खोया तनिक,  
प्यारा वर्ष उनीस।  
करो पूर्ण हर कामना,  
सादर स्वागत बीस।।

तीन सौ सत्तर का कलंक तूने माथे से धोया था।  
काश्मीर की धवल कड़ी को लेकर हार पिरोया था।।  
मर्दों की मनमानी के वो तीन तलाक मिटा डाला।  
इसी साल में बंद हो गया महिलाओं के संग हलाला।।  
लगा न कोई लागत फीस।  
तुझको कोटि नमन उन्नीस।।

दुश्मन के घर में घुसकर सेना ने कैम्प उजाड़ दिया।  
पी ओ के के सीने पर इक धवल तिरंगा गाड़ दिया।।  
चूम लिया चंदा का चेहरा अंतरिक्ष में इसरो ने।  
धरती ने यूँ जश्र मनाया जैसे भूले- बिसरों ने।।  
बोल उठी ये सदी इक्कीस।  
तुझको कोटि नमन उन्नीस।।

सी ए ऐक्ट डरा डाला है घुसपैठी नापाकों को।  
घर में छुपे हुए भेदी को आस्तीन के साँपों को।।  
और कई धाराओं पर भी बेहतर चर्चा जारी है।  
बलात्कारियों के सम्मुख अब खड़ी हो गई नारी है।।  
जनता रही हाथ को मीस।  
तुझको कोटि नमन उन्नीस।।

सकल घरेलू उत्पादों में पहले से हम पिछड़ गये।  
राष्ट्रवाद को हल करने में अर्थवाद में उखड़ गये।।  
किन्तु नहीं अफसोस हमें हैं अपनी छोटी चूकों पर।  
जल्दी ही काबू पा लेंगे छोटी- मोटी चूकों पर।।  
भला करेंगे हरि जगदीश।  
तुझको कोटि नमन उन्नीस।।

चेहरे सारे साफ हो गए चमचों एवं भक्तों के।  
वर्षों से जो छुपे हुए थे गुंडागर्दी दस्तों के।।  
जनता देख रही है सारे नेताओं के गोरख धंधे।  
राजनीति की लाशों को अब नहीं मिलेंगे घर के कंधे।।  
जन जन बनता न्यायाधीश।  
तुझको कोटि नमन उन्नीस।।

डॉ अवधेश कुमार अवध





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## EMPLOYEE'S BIRTHDAY

### SALES & MARKETING OFFICE

NAME	D.O.B
RAVINDRA AGARWAL	01 Jan
SANJIB BARO NGAHANYUI AWUNGSHI	01 Jan
HIMADRI KUMAR DEKA	01 Jan
BISWAJIT DAS	01 Jan
MADHAB BORA	01 Jan
ASHAD UJJAMAN	01 Jan
CHANDAN DAS	01 Jan
KISHOR KUMAR MEDHI	05 Jan
ARISTA GAYON	06 Jan
TRINAYAN BHUYAN	10 Jan
DILIP CHANDRA PAUL	12 Jan
NEELAKHI BARUA	12 Jan
JOYDEEP SARKAR	13 Jan
PALLAB KUMAR SINGHA	13 Jan
PRAKASH PRADHAN	17 Jan
DIBYENDU SHOME	21 Jan
MOYNUL HOQUE	31 Jan

### HEAD OFFICE

NAME	D.O.B
SUPRABHAT PRAMANIK	01 Jan
SANJIB KUMAR SARKAR	02 Jan

### PLANT

NAME	D.O.B
AJAIB SINGH	01 Jan
ATUL SINGH	01 Jan
BAINING SUJA	01 Jan
BHRIGUMONI KALITA	01 Jan
BIREN SINGHA	01 Jan
DHARMENDRA RAM	01 Jan
DINESH SINGH	01 Jan
DULUMONI TALUKDAR	01 Jan
GANESH DAS	01 Jan
GANESH TIMUNG	01 Jan
HARIPAD DAS	01 Jan
HEMANTA GOGOI	01 Jan
IKBAL HUSSAIN LASKAR	01 Jan
KARILAL TANTI	01 Jan
MD. ALA UDDIN	01 Jan
NARAYAN KALITA	01 Jan
NIPENDRA CHANDRA DAS	01 Jan



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## EMPLOYEE'S BIRTHDAY

PLANT	
NAME	D.O.B
NITUL KR. DAS	01 Jan
PAPLU SINGH	01 Jan
BAINING SUJA	01 Jan
PEITBHA SHYLLA	01 Jan
PRADIP MUNDA	01 Jan
RATUL KALITA	01 Jan
SAVANA BHAGAT	01 Jan
SHOLROI SUTNGA	01 Jan
SUKUMAR ROY	01 Jan
GANESH TIMUNG	01 Jan
TILESWAR PAGAG	01 Jan
TREILANG SIANGSHAI	01 Jan
NIRMAL SINHA	03 Jan
SANTOSH KUMAR BARIK	03 Jan
PAWAN KUMAR JOSHI	05 Jan
URAN BASUMATARY	05 Jan
SATYABRATA PANDA	06 Jan

PLANT	
NAME	D.O.B
SUNIL SINGH	06 Jan
KAPIL DEB SHARMA	07 Jan
RAJIB SINHA	08 Jan
RISBY SYMPLI	08 Jan
ROSEFULLNESS SIANGSHAI	08 Jan
SAGAPAM RANJIT SINGH	08 Jan
SHUBHAM SAGAR	08 Jan
SASHANKA BARMON	09 Jan
JANY LIZA M. PYRTUH	10 Jan
SACHIN YADAV	10 Jan
SITESH DEB	10 Jan
SUDIP SINHA	10 Jan
SURAJEET DEY	11 Jan
AMARJIT SINHA	14 Jan
RAJIB SINHA	14 Jan
SANTOSH KUMAR JHA	14 Jan
AWADHESH KR. VIKRAM SHAH	16 Jan



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## **EMPLOYEE'S BIRTHDAY**

<b>PLANT</b>	
<b>NAME</b>	<b>D.O.B</b>
CHANDAN KUMAR	16 Jan
PROMUD MORANG	16 Jan
EBUNGATON SINGHA	18 Jan
RAJAN PRASAD	18 Jan
SANKAR MAZUMDAR	18 Jan
RAJIB SINHA	19 Jan
AMIT NATH	20 Jan
ARUP BHOWMICK	20 Jan
JISHU DUTTA	20 Jan
SHALBAS PASLEIN	21 Jan

<b>PLANT</b>	
<b>NAME</b>	<b>D.O.B</b>
ASHISH KUMAR VISHWAKARMA	23 Jan
FRANCKY SIANGSHAI	23 Jan
NELSON DKHAR	24 Jan
BIJOY KUMAR DEB	25 Jan
JOGI AGARWAL	28 Jan
BRAJESH KUMAR	30 Jan
SHNALAD PAJUH	30 Jan
PROSANTA KUMAR NATH	30 Jan
RAFIQUE UDDIN BARBHUIYA	30 Jan



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## **NEW RECRUITS**

**A WARM WELCOME TO THE NEW RECRUITS OF MAX CEMENT**



We are pleased to introduce Mr. Arup Bhowmick who has joined us on 6th December 2019 as Supervisor in Commercial Department. Mr. Arup has completed Class XII. Please join us in welcoming him to MAX family.



We are pleased to introduce Mr. Gaurab Gogoi who has joined us on 4th December 2019 as Executive in Finance & Accounts Department. Mr. Gaurab has completed Class B.com & brings along more than 2 years of experience. Please join us in welcoming him to MAX family.



We are pleased to introduce Mr. Atul Singh who has joined us on 9th December 2019 as Diploma Engineer Trainee in Process Department. Mr. Atul has completed Class XII and Diploma in Cement Technology. Please join us in welcoming him to MAX family.

For submission of articles or any other queries  
please contact 9903019611 or write to us at [nishtha@gnggroup.in](mailto:nishtha@gnggroup.in)