

CELEBRATING 5TH ANNIVERSARY OF NISHTHA



EDITION



FROM THE DESK OF VCMD

Dear Maxian,

At the outset let me congratulate the Editorial Team of the Nishtha on completion of 5 years of publication.

Over the last five years, this internal house magazine has worked as a great binder and a communicator for our organisation and bringing all of us from various departments together. We have seen it grow in terms of number of pages, in content maturity as well as number of regular readers. I wish it well for the coming years.

As a new month opens, I look back on the last 4 months which has been unlike anything we as company or nation or humankind have faced in our lifetimes. Many fellow citizens have suffered the wrath of the virus and our heart goes out to those affected families and our prayers to all for their well being and safety. I am happy to note that the Max Family has practiced the safety norms and guidelines diligently and have been healthy.

Closer to home and to our business, we are experiencing more challenges than ever before in these months of monsoon. Assam and rest of the North East has been under one of the worst floods the Region has faced. With so many homeless and exposed to Covid 19, our sincere prayers go out for them.

The weather and the flood conditions have also hindered our sales and distribution but we are hopeful of a good recovery with all your efforts. In the last few months we have faced total lockdowns, that continue intermittently, and as a consequence the problems of production, logistics & distribution and sales. Max has bit the bullet and had accepted these new challenges that no marketing or sales text book ever preached. You all have accepted the new course for the Company's continued success and have successfully overcome all obstacles. My deepest appreciation for the effort. However the coming months will continue to be very challenging and we have to keep our morale and determination high.

I sincerely hope that a month from now I will not be talking about these problems but plans and actions to fructify the vision of the Founder Shri G.N. Agarwal Ji, whose birth anniversary falls on the 13th August.

The month also celebrates our Independence Day and the Max Family salutes the Martyrs of which made this day possible and honour the men in uniform who sacrificed their lives so that the Tri Colour flies aloft.

I wish you and your Family good health and request you all to continue to practice all norms of safety.

With regards
VCMD



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CHIEF EDITOR: NITESH CHAHARIA
DEPUTY EDITORS: RUPESH MISHRA, KAUSHIK ROY, RITUPARNA BANERJEE & ANIK BOSE



EDITOR'S PAGE



EDITOR'S SPEAK

Dear Maxians!

We have completed a meaningful and successful 5 years in the venture with NISHTHA, which is nostalgic as we reminisce on the fond memories with the many who have boarded, and also some, who have disembarked. As we traverse in life, we meet lots of people with whom we have shared many experiences. It is natural to laugh in the Sun and to also weep under the same Sun; what matters is, what we have learned!

I would like to thank everyone for your continual prayers and support, through contributions and suggestions, and also convey my gratitude to the Management Team for granting us a platform to exchange values, ideas and information.

I also whole heartedly congratulate each and everyone of you for living and carrying on with everything till now. It's a great blessing just to wake up to every morning. Yes, sometimes the burden of life weighs us down, but that should never stop us from rising above all obstacles.

Happy NISHTHA's Fifth Anniversary!

Happy Independence Day!

Rupesh Mishra.



INTRO OF EDITORIAL TEAM



NITESH CHAHARIA
CHIEF EDITOR

The success of Nistha has been a collective effort of my Editorial Team & readers who have kept their faith in us.



RAJIV SONI
MODERATOR

It's a privilege to be part of the Max Family and to contribute in my humble way to its further success.



RUPESH MISHRA
DEPUTY EDITOR

It is a pleasure to be a part of the team and the contributions from individuals, motivate me for enriching the contents



ANIK BOSE
DEPUTY EDITOR

It is of utmost pleasure to me being in this team and contributing with designs & contents



KAUSHIK ROY
DEPUTY EDITOR

I am proud to be associated with Nistha and love the way it has come out so far



RITUPARNA BANERJEE
DEPUTY EDITOR

Happy to contribute by my creative and writing skills



FROM THE DESK OF CMD



On this occasion of our 5th Anniversary of Nistha, we had the privilege of interacting with our CMD, Mr. Praveen Agarwal who shared with us many small incidents and snippets from his life that came to us as words of wisdom. The interview went for an hour and we gathered a lot of experience. Here are some glimpses of interactions that we had with him and we thank him from the bottom of our heart for giving us the time -.

What were your dreams and aspirations as a young man?

I would say that my dreams were not very specific but yes, they were to be successful in life. They kept changing as time passed by but the dream to be successful, to be a good person were always constant

Who has been your inspiration in life?

My inspiration has undoubtedly been my father, our late founding chairman Shri G N Agarwalji. I grew up watching him conduct business, interact with people, his mannerism, his large-hearted nature. He always led with his actions and thoughts. He has had the biggest impact on me.

As Chairman of the GNG Group what do you think have been the greatest achievements and what is your vision?

Our GNG family is young and growing. We have had a challenging journey so far but what is important that we have been able to come on top of every situation we have faced. As the Chairman, I would like to see that our group excels in all spheres as we move ahead and we keep challenging ourselves to achieve new heights.

How do you perceive the future of the Group in the context of current times?

The present situation that we and the entire world is facing is something no one had ever imagined. The danger of Covid19 is still very much there and situation remains very uncertain, fragile and risky. All this will have a severe impact on the economy and business in times to come. We at GNG Group have to brace for this tsunami that we are already facing, and the intensity will increase more in time to come. I believe that there will be a better future for all of us once things settle down but till then we need to be brave. We need to give our best and we have to overcome this huge challenge.

What will be your advice or words of inspiration to all team members of the GNG Group?

GNG Group is fortunate that we have excellent team people right from top to bottom. We all will face difficult situations, challenges, but what matters is that if we have the right people, we can resolve the issue. We are lucky to have that kind of team. But we all need to understand that if we are all together and well-coordinated, we can come out victorious. This is what we want from members of GNG Group.

How do you spend your leisure time?

Well nothing unusual. Just the normal things like many of us do. Spend time with family, friends. Listen to music or read some books or watch TV. Anything that reduces your stress basically.



HALL OF FAME

Congratulations

91.5%



NAME: PRIYANSHU LAKHOTIA
PARENT NAME: GIRIRAJ LAKHOTIA
BOARD: CBSE (X)

96.6%



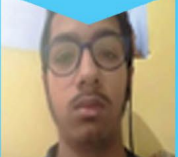
NAME: AHANA ROY
PARENT NAME: ARJUN KANTA ROY
BOARD: CBSE (X)

83.6%



NAME: ROLI AGARWAL
PARENT NAME: RAVINDRA AGARWAL
BOARD: CBSE (XII)

96%



NAME: RAMAN RAWALWASIA
PARENT NAME: SANJEEV KUMAR
BOARD: CBSE (X)

96.5%



NAME: TANAY AGARWAL
PARENT NAME: PRAVEEN AGARWAL
BOARD: ISC (XII)

92.8%



NAME: SHREYA NANDI
PARENT NAME: SAMIR KUMAR NANDI
BOARD: CBSE (X)

91.5%



NAME: SANKAR SHARMA
PARENT NAME: L. N SHARMA
BOARD: CBSE (X)

82%



NAME: AASHI VERMA
PARENT NAME: VIKAS VERMA
BOARD: ICSE (X)

86.2%



NAME: TITIKSHA PAREEK
PARENT NAME: PAWAN KUMAR JOSHI
BOARD: CBSE (X)



MAX MEN

MR. R.M. ROY

had been an integral part of our organization and has rendered his sincere service to Green Valliey Industries Limited as the Vice President (Finance) since its very inception, assisting and advising the directors in critical problems during the company's journey till his retirement in June 2020.

After graduating in 1967 and becoming the fellow member of the Institute of Cost Accountant of India, he pursued Advanced Financial Management from University of Strathclyde Business School, Glasgow, U.K. He started his career in 1970 and retired in 2007 from MSTC, a Central Government Undertaking Company, as the Chief General Manager and Nominee Director of another Central Government Company, Ferro Scrap Nigam Limited, Bhilai.

Many of us were really privileged to know him personally and work under his guidance. He was a true gentleman with vast knowledge and wisdom and was well known for his calm and composed outlook and helpful nature. As we bid adieu and wish him well on his onward mission let us look back to his journey.

Let us hear from him about his journey with GVIL:

"When I first met G.N. Agarwal Sir, I was impressed and inspired with his great personality. I considered him as a celebrated visionary and a beautiful soul. He was the founder of GNG Group. During the 1990s till 2007 the group was mainly engaged in trading, infrastructure, construction etc. It was his idea to enter into manufacturing sector. He was a man with futuristic vision and incredible technical and managerial strength and he was fast to convert his dream project to reality. Thus Green Valliey Industries Limited was formed and it set up a cement manufacturing plant at Meghalaya. I am happy that from the first day I was associated with him, however the assignment was very challenging.

After facing initial teething problems, the company finally started commercial production from 2011 and started selling across the North East under the brand name of MAX Cement and considered as one of the most premium brands. However, after the sudden demise of G.N. Sir, and subsequently due to sluggish market the company faced difficult times but with tremendous joint efforts from all and the young directors, the company soon sailed through the phase and is currently on strong footing.

The company today, is a successful company built on the values of honesty discipline and ethics. I am sure you all will make Our Founder proud by following his values and teachings for all the time. His spirit will live on forever."

Mr. Roy's message to the current torch bearers:

- Treat every employee as a distinctive individual with specific needs which he/ she is seeking to fulfill.
- Prove through actions that an employee makes a better performer.
- Finally translate the company mission into individual goals and objectives.



MAX MEN

A DECADE OF THEIR SUPPORT

AT PLANT

1. SUNIL SINGH
2. PATEL ROY
3. BIJIT SARKAR
4. RAMSWROOP SHARMA
5. AWADHESH KR. VIKRAM SHAH
6. SATYA PRAKASH SINGH
7. SILSENG SANGMA
8. ANIL NARZARI
9. HEMEN BORA
10. IMNALEPSHI
11. MANI KUMAR TAMANG
12. IMKUMDANGNOK
13. JAKIR HUSSAIN
14. LAXMAN KUMAR GUPTA
15. UMESH PRASAD VISHWAKARMA
16. HARIPAD DAS

AT SALES & MARKETING OFFICCE

1. DAMBARUDHAR CHANDRA RAY
2. PULAKESHI SINHA
3. SHAJI KOVVAPRAVAN
4. DIGANTA KALITA

AT HEAD OFFICE

1. VARDHAN AGARWAL
2. SUKANTA SINHA
3. SANJIB KUMAR SARKAR
4. SRABANI SINHA
5. RITUPARNA BANERJEE
6. RANESH KR. BHARADWAJ
7. PINTU MISTRY
8. BINOD KR. RAJAK
9. NETAI HALDER
10. SUPRABHAT PRAMANIK
11. GOPA BANDHU MISHRA
12. SATYABRATA LAHIRI
13. RAJESH KUMAR
14. SHARMILA BASAK
15. AJAY SHARMA
16. GANGA BANERJEE
17. PRITAM GANGULY
18. MURARI THAKUR
19. BIKASH KHAN

★
10
YEARS OF
COMMITMENT



CREATIVE CORNER



PHOTOGRAPHY



BY RITUPARNA BANERJEE

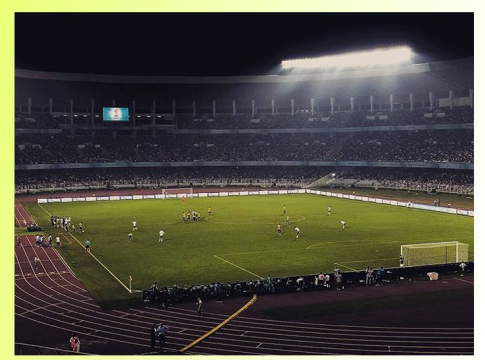


BY VIKASH MISHRA



BY SANJIB KUMAR SARKAR

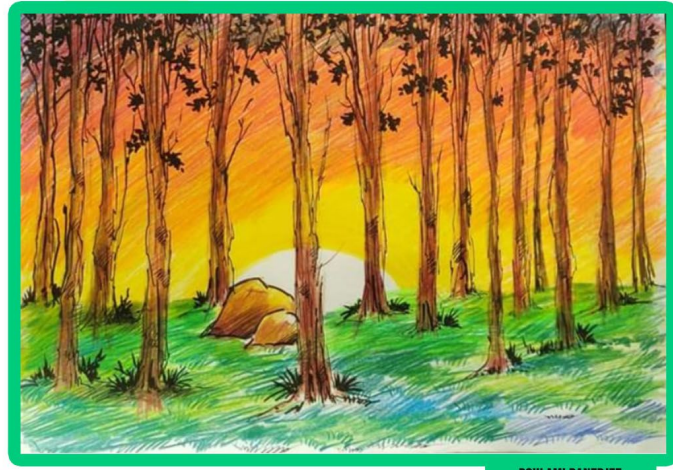
BY ANIK BOSE



CREATIVE CORNER



PAINTINGS



POULAMI BANERJEE
D/O - GANGA BANERJEE (GNG)



RISHIK BANERJEE
S/O - RITUPARNA BANERJEE (GVIL)



SOHAM BANERJEE
S/O - GANGA BANERJEE (GNG)



ABHINAV KR RAY
S/O - MAHESH KR RAY (GVIL)



TIASHA BHATTACHARJEE
D/O - SHARMILA BHATTACHARJEE (NORTECH)



CREATIVE CORNER

POEM

चाय

यह चाय भी क्या चीज है?
रंग इतने,
तंग इतने,
संग इतने,
ना जाने यह दिल बहलाने
या सताने आई है चाय।

सर्द में सहेली, गर्मी की पहेली,
बरसात की है ख्वाहिश~
कभी सुबह को जगाए
कभी रात में सुलाए,
कभी जुबान को जलाए
कभी जुबान को चलाए,
गजब की है यह चाय।

पहाड़ों में पली
नाजुक सी कली,
खुद जलकर
रंग बदल कर
हृद और कद में छोटी होकर,
लुभाने आती है यह चाय~

नहीं हचिक
ना सीसक
बस गर्म पानी में थोड़ी लचक
दिल बहलाने आ जाती है चाय।
तू भी क्या चीज है
तू भी क्या चीज है -चाय।

राजीव सोनी



गज़ल

मारकर पत्थर न रोको राह, प्यारे,
भष्म कर देगी जलाकर आह, प्यारे।

पत्थरों को चुन नई सड़कें गढ़ेंगे,
तोड़ देंगे छल कपट की चाह, प्यारे।

त्याग साहस से बनी बुनियाद घर की,
मत बनाओ स्वार्थ में ऐशगाह, प्यारे।

चापलूसी में गलत के साथ हो गर,
पारखी कैसे कहेगा वाह, प्यारे।

दूर से नापी न जाएगी नदी,
कूदने से ही मिलेगी थाह, प्यारे।

कागजों के फूल में खुशबू न होती,
बागवाँ से रख न इतनी डाह, प्यारे।

लूटते हो, लूट लो, पर याद रक्खो,
रोकने को है अवध मल्लाह, प्यारे।

डॉ अवधेश कुमार अवध



TRIVIA

DID YOU KNOW?

- Which Indian State has the highest post office located and at what height?

-
- Why is the year 1950 very significant in the history of India?

-
- Which Prime Minister spent the least number of days in office in India? How long?

-
- Who was the last Mughal Emperor of India?

-
- Which famous river of North East India does not originate from India?

-
- Who was the first Indian to be nominated for an oscar for best original score?

-
- Name an Indian city that isn't in the Top 20 polluted cities list of Earth?

-
- Which city holds the pride to setup India's first cyber cafe?

-
- Which is the first Indian Language to attain Classical Language status?

-
- The world famous Khonghampat Orchidarium belongs in which state?

-
- What is the name of the format of matches in the league stage of IPL?

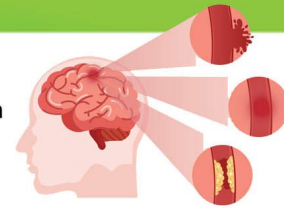
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DOCTOR'S MESSAGE

STROKE

PART – I



A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes. A stroke is a medical emergency, and prompt treatment is crucial. Early action can reduce brain damage and other complications.

SIGNS AND SYMPTOMS OF STROKE INCLUDE:

- Trouble speaking and understanding what others are saying. You may experience confusion, slur your words or have difficulty understanding speech.
- Paralysis or numbness of the face, arm or leg. You may develop sudden numbness, weakness or paralysis in your face, arm or leg. This often affects just one side of your body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. Also, one side of your mouth may droop when you try to smile.
- Problems seeing in one or both eyes. You may suddenly have blurred or blackened vision in one or both eyes, or you may see double.
- Headache. A sudden, severe headache, which may be accompanied by vomiting, dizziness or altered consciousness, may indicate that you're having a stroke.
- Trouble walking. You may stumble or lose your balance. You may also have sudden dizziness or a loss of coordination.

CAUSES

There are two main causes of stroke: a blocked artery (ischemic stroke) or leaking or bursting of a blood vessel (haemorrhagic stroke). Some people may have only a temporary disruption of blood flow to the brain, known as a transient ischemic attack (TIA), that doesn't cause lasting symptoms.

Ischemic stroke: - This is the most common type of stroke. It happens when the brain's blood vessels become narrowed or blocked, causing severely reduced blood flow (ischemia). Blocked or narrowed blood vessels are caused by fatty deposits that build up in blood vessels or by blood clots or other debris that travel through your bloodstream and lodge in the blood vessels in your brain.

Hemorrhagic stroke: - Hemorrhagic stroke occurs when a blood vessel in your brain leaks or ruptures. Brain hemorrhages can result from many conditions that affect your blood vessels. Factors related to hemorrhagic stroke include:

- Uncontrolled high blood pressure
- Overtreatment with blood thinners (anticoagulants)
- Bulges at weak spots in your blood vessel walls (aneurysms)
- Trauma (such as a car accident)
- Protein deposits in blood vessel walls that lead to weakness in the vessel wall (cerebral amyloid angiopathy)
- Ischemic stroke leading to hemorrhage
- A less common cause of bleeding in the brain is the rupture of an abnormal tangle of thin-walled blood vessels (arteriovenous malformation).

Transient ischemic attack (TIA): - A transient ischemic attack (TIA) – sometimes known as a mini stroke – is a temporary period of symptoms similar to those you'd have in a stroke. A TIA doesn't cause permanent damage. They're caused by a temporary decrease in blood supply to part of your brain, which may last as little as five minutes. Like an ischemic stroke, a TIA occurs when a clot or debris reduces or blocks blood flow to part of your nervous system.

Seek emergency care even if you think you've had a TIA because your symptoms got better. It's not possible to tell if you're having a stroke or TIA based only on your symptoms. If you've had a TIA, it means you may have a partially blocked or narrowed artery leading to your brain. Having a TIA increases your risk of having a full-blown stroke later.

RISK FACTORS

Many factors can increase your stroke risk. Potentially treatable stroke risk factors include:

- Being overweight or obese
- Physical inactivity
- Heavy or binge drinking
- Use of illegal drugs such as cocaine and methamphetamine
- Medical risk factors
 - High blood pressure
 - Cigarette smoking or secondhand smoke exposure
 - High cholesterol
 - Diabetes
 - Obstructive sleep apnea
- Cardiovascular disease, including heart failure, heart defects, heart infection or abnormal heart rhythm, such as atrial fibrillation
- Personal or family history of stroke, heart attack or transient ischemic attack



OTHER FACTORS ASSOCIATED WITH A HIGHER RISK OF STROKE INCLUDE:

- Age – People age 55 or older have a higher risk of stroke than do younger people.
- Race – African Americans have a higher risk of stroke than do people of other races.
- Sex – Men have a higher risk of stroke than women. Women are usually older when they have strokes, and they're more likely to die of strokes than are men.
- Hormones – Use of birth control pills or hormone therapies that include estrogen increases risk.

NEW JOINEES

WELCOME



WASIM AHMED

**SALES EXECUTIVE
KARIMGANJ**



MRIDU PABAN MAHANTA

**EXECUTIVE-MIS
GUWAHATI**



MANASH JYOTI SAIKIA

**PROCESS (PLANT)
ASST. ENGINEER**



GAURANKA MORAN

**PROCESS (PLANT)
ASST. ENGINEER**



GHURA PASWAN

**MECHANICAL (PLANT)
RIGGER**



SATYAJIT SINGHA

**AUTOMOBILE (PLANT)
AUTO ELECTRICIAN**



SATYAJIT SINGHA

**QC & RMH (PLANT)
JR. OFFICER**



EMPLOYEE BIRTHDAYS

HEAD OFFICE

NAME	DOB
SRABANI SINHA	04 Aug
SIBAJI MITRA	24 Aug
SUNDEEP CHANDRA DAS	27 Aug

PLANT

NAME	DOB
SAMIJUR RAHMAN LASKAR	01 Aug
SHISHA SUTNGA	03 Aug
HOMPHRI SUJA	05 Aug
EVERTHELASROY SIANGSHAI	05 Aug
KIKAYANGER L	08 Aug
SHUKLAL BELDAR	10 Aug
SUMAN NAMASUDRA	10 Aug
SKHEMLANG DKHAR	11 Aug
BHAGIRATHI DAS	15 Aug
BINOD SINHA	15 Aug
SHUBHAM KUMAR SINGH	16 Aug
CHOTU BHUMIJ	17 Aug
ABHIJIT SINGHA	17 Aug
SANJEEV KUMAR SINGH	18 Aug
JAGRU MAHATO	18 Aug
RAKESH SWAMI	19 Aug
TARUN DEBNATH	19 Aug
GOPAL NATH	21 Aug
RISHABH DWIVEDI	22 Aug
DONBOK SALAHE	25 Aug
NISHU SUKLABAIIDYA	30 Aug
NITUL CH. NATH	30 Aug
NURUL HOQUE LASKAR	31 Aug

SALES AND MARKETING OFFICE

NAME	DOB
AMIT KUMAR SINGH	02 Aug
MUKTAR HUSSAIN BARBHUIYA	05 Aug
FULLMANSTAR LYNGDOH KYNSHI	07 Aug
ARUNAVA BHATTACHARJEE	07 Aug
IKBAL ASIF RAHMAN	24 Aug
NAVIN SURANA	24 Aug
SAHEL HUSSAIN	28 Aug



OUR CONDOLENCES



MR. SANJEEV GHOSH
18.11.1975 - 25.07.2020

It is with a heavy heart and deep sympathy that we bid our final farewell to Mr. Sanjeev Ghosh of the IT Department (Plant) who left us on 27th July '20. A dedicated officer, he endeared himself to all those who came in contact with him. He was always ready to assist on professional and social level.

We offer our heartfelt condolences to his wife and his entire family.

