

NEWS DESK

VCMD MESSAGE

Dear Maxian,

The other day a person remarked that he had no time. He did not realise that what he was actually saying was that he had no life! Time is Life.

In our lives, whether professional or domestic it is so essential to manage the limited hours over which we have no control. We can neither expand the day nor reduce it but if we plan we can get the most out of it. As often quoted: "The bad news is that time flies; the good thing is that you are the pilot".

Statistics reveal that a very high percentage of failures can be attributed directly to lack of time management. It is thus, of paramount importance that to be effective managers we must manage our time and increase our productivity.

Time Management is an art but is easy to learn and practice. The ideal way is to follow these five guidelines.

The first factor is to prioritise the tasks on hand. Although all tasks are equally important one needs to define which will get a precedence over the others. Some may be urgent and the others important. Distinguishing them is crucial.

The second is to be focussed on the job selected and to ensure that all relevant information or documents required are in one place. We often spend more time in getting the tools for the job than the time required to finish the task!

The next step is to set a target and allot a time frame for the job which will guide our pace.

The fourth step is to ensure to keep away all factors that may cause you to defer work and prompt you to procrastinate. This is a challenge with the current environment and temptation of the mobile phone.

Lastly and importantly, do keep time for breaks and quick relaxation but this should also have a time frame.

It is of equal importance to allot the hours for ones personal life too. As work life balance needs to be planned. An efficient manager is not the one who puts in long hours but the one that stretches the hours.

Vineet Agarwal
VCMD

“Self-Motivation – a key to success”

Self-motivation is the window of a room with closed door that keeps you reminding that there is always a way to achieve things you desire. The difference between those who never reach their goals, even after years and years, and those who achieve one goal after another is nothing but their self-motivation. It is the positive inner force that pushes them to move further and help them achieve their goals. When you think you want to give up on something, or you just don't know how and where to start from, your self-motivation is the key that unlocks the door for you to explore and achieve.

With self-motivation, learn and grow — regardless of the hurdles coming in your way. That is why it is such a fundamental tool for reaching your goals, achieving your dreams, and succeeding, in this journey called life.

The two most important steps that you can take to build or increase your self-motivation are -

- **Positive thinking** is an important element to build a strong self-confidence. It's important to look at things positively, especially when things aren't going as per plans and you really want to give up. Your thoughts have a major influence on your success or failure, so make sure those thoughts are “on your side.”

- **Focusing on your goals** is also an important part to keep yourself motivated. When you have a many goals, always schedule your time and resources effectively. You can achieve the “focus” part of self-motivation by prioritizing and establishing a schedule that will help you succeed in accomplishing your work more effectively.

It doesn't make sense to work until you are exhausted or give up on one goal to achieve another or just simply doing half of every day's work and completing none. Creation of positivity and keeping the focus can guarantee the desired goals in your life.

Don't Limit your Challenges.
Challenge your Limits!



MAX PANORAMA

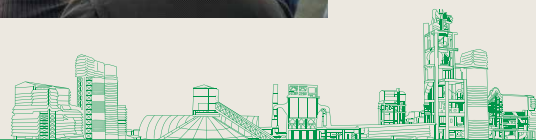
Republic Day Celebration

The momentous occasion of 70th Republic Day began with flag hoisting by our special guest Mr. C. Sangma (ASP of Meghalaya) along with our plant head Mr. Vimelendra Vyas & A.V.P Mr. Pawan Joshi. The event was followed by a spirited skit by the employees. To add to the joyous event, we conducted some sporting activities such as tug of war, passing the ball, etc. which witnessed great participation.



Sunderkand Puja

Sunderkand Puja was organized in Max Cement Plant to receive the blessings of Shri Hanumanji & Lord Shri Ram



MAX PANORAMA

Birthday Celebration of our Chairman

We celebrated our chairman, Mr. Praveen Agarwal's birthday on 19th of January 2019. The event started with cake cutting by Mr. Agarwal, employees showered him with their best wishes.



Max Bids Adieu to Mr. Prashant Khandelwal

Mr. Prashant Khandelwal was given farewell on 19.01.2019. The company and its members congratulated him for his contribution to the company and bid adieu with best wishes for his future.



DOCTOR'S MESSAGE

What Are the Most Common Dental Problems?

Dental problems are never any fun, but the good news is that most of them can be easily prevented. Brushing twice a day, flossing daily, eating properly and regular dental check-ups are essential steps in preventing dental problems. Educating yourself about common dental problems and their causes can also go a long way in prevention. Here is a list of common dental problems.

Bad Breath: Bad breath, also called halitosis, can be downright embarrassing. According to dental studies, about 85 percent of people with persistent bad breath have a dental condition that is to blame.

Gum disease, cavities, oral cancer, dry mouth, and bacteria on the tongue are some of the dental problems that can cause bad breath. Using mouthwash to cover up bad breath when a dental problem is present will only mask the odor and not cure it. If you have chronic bad breath, visit your dentist to rule out any of these problems.

Tooth Decay: Tooth decay, also known as cavities, is the second only to the common cold as the most prevalent disease in the United States. Tooth decay occurs when plaque, the sticky substance that forms on teeth, combines with the sugars and/or starches of the food you eat. This combination produces acids that attack tooth enamel.

You can get cavities at any age - they aren't just for children. As you age, you can develop cavities as your tooth enamel erodes. Dry mouth due to age or medications can also lead to cavities.

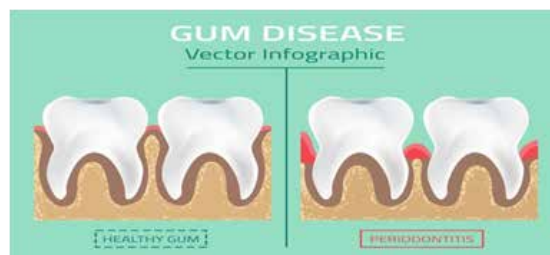
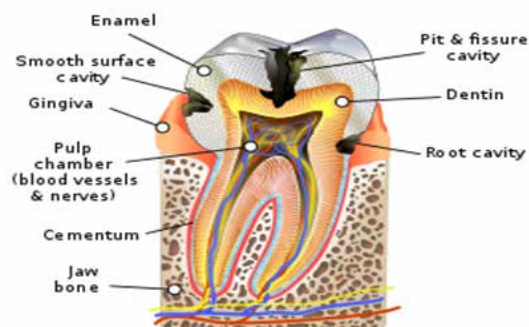
The best way to prevent tooth decay is by brushing twice a day, flossing daily, and going to your regular dental check-ups. Eating healthy foods and avoiding snacks and drinks that are high in sugar are also ways to prevent decay. Your dentist can recommend further treatments that may help reduce your risk.

Gum (Periodontal) Disease: Gum disease, also known as periodontal disease, is an infection of the gums surrounding the teeth. It is also one of the main causes of tooth loss among adults. Some studies have indicated that there may be a link between heart disease and periodontal disease.

Everyone is at risk for gum disease, but it usually occurs after age 30. Smoking is one of the most significant risk factors. Diabetes and dry mouth also increase your risk. The symptoms include bad breath, red, swollen, tender, or bleeding gums, sensitive teeth, and painful chewing.

The two major stages of gum disease are gingivitis and periodontitis. Regular dental check-ups along with brushing at least twice a day and flossing daily play an important role in preventing gum disease. You should see your dentist if you have any signs of gum disease so you can get treatment to prevent further complications, such as tooth loss.

Dr. R. K. Das
GVIL, Meghalaya



PEARLS OF WISDOM

A FLIGHT TO THE TOP

Mother Nature has created all the birds alike having two strong claws to hold, two wings, a neck and two eyes to explore the world around.

But do you know there is a bird quite different from all the common birds flying in the sky- i.e. an Eagle also known as Shahin in Urdu.

There is a time when the young ones of the other bird learn to chirp for their different cravings to their parents but a mother Eagle takes its young one grasping within her strong claws and flies high at the top, quite high for the little one, there one can see the man-made machines flying and measuring the distance of the sky.

It is as high as 12 Kilo meter and can take 9 minutes to reach from the surface of the earth, here the mother bird becomes stable and then starts the toughest training of the little Eagle when it will learn its motif of life, why has it taken birth and what is its role in the eco system?

The role of the little one is to take flight to epitome of the sky but not to sit and tweet at the roof of the building with other colonies of birds.

Technically now the mother bird takes a strong step which she has learned from mother Nature, and drops the little one out of its careful clutches down to the earth, this journey is surrounded by strong slaps of wind which hurt the little one and its tender skin. For 2 Kilometer it even couldn't understand anything and helpless after crossing 5 kilo meter of journey opens its wings at full length for the first time and flaps the two wings coming closer to the journey by 9 Kilometer. It seems the first lesson of the innocent young Eagle, but it still doesn't know — How to fly? The young one is still around 3000 meters away from the surface of the Earth, this distance is decreasing every single minute, merely from the distance of the 700 to 800 meters the little eyes can easily see the rough ground and still doesn't know to fly but might fall and die.

However, this is not the end, how could it be? As the mother bird who had been keeping her keen eyes on the tough journey of the training of her baby, holds it again meticulously and saves from loosing life.

This was the first practice of a long training period which will be carried on till the young one turns into an expert to take its own fly to the top. Then the world gets its gift "The Eagle" known as Shahin, the undeclared emperor of the sky who conquered the strong spears of wind and covered the endless horizon.

Pamper your child always but train him like the mother Eagle to face the harsh realities and challenges of the world around us as a Commando follows a tough training and ventures a slogan "The more you sweat in the field the least you bleed in war".

Let your child face the problem and fight to find the solution, let him practice under high pressure and maximum risk but keep your keen eyes at him and bless with your love and care.

At present the TV reality shows, video games and caged school buses have made your child like a caged bird which though has wings but not strong enough to fly- Nature knows which one can withstand the storm, a plant in a delicate beautiful pot or wild weed surrounded by thorny garden.

By: Rupesh Mishra (Manager, Plant)

श्रम

कब तक पूर्वज के श्रम सीकर पर यूँ मौज मनाओगे।
आज बीज श्रम का रोपोगे तब कल फल को पाओगे।
पूर्वज की थाती पर माना पार लगा लोगे खुद को-
लेकिन अगली पीढ़ी को बद से बदतर कर जाओगे।।

इसीलिए उठ नींद त्यागकर सूरज का दीदार करो।
श्रम सीकर की कीमत समझो और कर्म स्वीकार करो।
जो पाया उतना देना तो फर्ज तुम्हारा बनता है-
कर्म राह का अनुयायी बन कर्मभूमि से प्यार करो।।

श्रम सीकर के सरिस खजाना नहीं दूसरा इस जग में।
मरुथल में पानी भर देता राह बनाता है नग में।
इसकी महिमा वही जानता जो इसको उपजाता है-
इससे काया उन्नत होती वांछित फल आता पग में।।



अवधेश कुमार 'अवध'



SPORTS PERSONALITIES OF NORTH EAST INDIA



Born in **Dzulhami Village, Phek district, Nagaland**, **Chekrovolu Swuro** is an Indian archer. She represented India at the 2012 London Olympic Games. She is the second Naga athlete to participate in the Olympics after a gap of 64 years. She also serves as Deputy Superintendent of police (DSP) in the Nagaland Armed Police (NAP). She was presented the Arjuna Award for on August 2013.

Kunjarani Devi was born at **Kairang Mayai Leikai in Imphal in Manipur**. She was a recipient of the Arjuna Award in 1990 and shared the Rajiv Gandhi Khel Ratna award with Leander Paes for the year 1996-1997. The Government of India awarded her the civilian honor of Padma Shri in 2011. She has more than fifty international medals to her credit. She also won a gold medal at the 2006 Commonwealth Games in Melbourne with a Games record with an overall lift of 166 kg which included 72 kg in snatch and 94 kg in the clean and jerk.



Mary Kom is an Indian Olympic boxer from **Manipur**. She is the only woman to become World Amateur Boxing champion for a record six times, and the only woman boxer to have won a medal in each one of the seven world championships. In 2016, Kom was nominated by the President of India as a member of the Rajya Sabha, the upper house of the Indian Parliament. The Government of Manipur has conferred on her the title "Meethoi Leima" (loosely translated as great or exceptional lady)

Dipa Karmakar is an Indian artistic gymnast hailing from **Agartala in Tripura**. She first gained attention when she won a bronze medal at the 2014 Commonwealth Games becoming the first Indian female gymnast to do so in the history of the Games. She represented India at the 2016 Summer Olympics in Rio de Janeiro, becoming the first Indian female gymnast ever to compete in the Olympics and the first Indian gymnast to do so in 52 years. She is a recipient of the Padma Shri Award. For her performance in Rio Olympics 2016, the Government of India conferred upon her the Rajiv Gandhi Khel Ratna award in August 2016.



SPORTS PERSONALITIES OF NORTH EAST INDIA



Kothajit Singh Khadangbam is one of the brightest stars in the Indian Hockey circuit. He has even represented India on the National Team of Hockey during the 2012 Olympics. He remains the 3rd player from the **Manipur** State which has anyway produced a lot of sports stars. He was a prominent member of the silver medal winning Indian team in the 2014 Asian Games Summit held in South Korea. He was India's main goal scorer and he won India a lot of matches especially against Pakistan.

Somdev Devvarman was born in **Tripura**, settled in **Guwahati in Assam**. The biggest achievement of Somdev was achieving a victory in the F2 Championship of Kolkata in 2004. It was then that he moved to the position 666 in world rankings. Somdev Devverman later moved to USA and won the 2007 NCAA world Singles Championship after defeating top ranking player Jhon Isner in the finals. He participated in Davis Cup for India in 2008 and the 2008 World Cup Play off against Romania. He also represented India in London 2012 Olympics in the Men's Single segment.



Shiva Thapa is a resident of **Assam** who was born in December 1993 is a bright and upcoming boxer from Guwahati in Assam. Shiva Thapa had participated in the 2012 version of Olympics in London and he was also the youngest boxer to appear and win a position in the Olympics. He has achieved the 3rd position in the Bantamweight Category according to the AIBA Men of the World Ranking.

Anshu Jamsenpa is 32 and hails from a tiny interior village in **Arunachal**. She is also the mother of two children and she has climbed Mount Everest twice in the span of 10 days between 12th May and 21st May 2014. She has subsequently earned the title of being the first mother to vanquish the mighty Everest two times within the first 10 days.



FACTS ABOUT CONCRETE



The word 'concrete' comes from the Latin word 'Concretus', which roughly translated means, appropriately, to 'grow together'.



Concrete is used more than any other manmade material on the planet.

Early Concrete was used in Ancient Rome: Ancient Roman builders had found a way to make concrete by mixing lime from limestone, volcanic ash, and water, resulting in a concrete-like mix they called Pozzolan. This was used in the construction of ports as it was water resistant, unlike structures made of mud and clay.



The First Concrete highway was built in 1909: The strength of concrete makes it a better choice for highways as compared to hardened tar, hence the very first concrete highway was built in 1909, which stretched between the Six and Seven Mile roads in Woodward Avenue in Detroit.

The Largest Concrete Structure in the US is the Grand Coulee Dam in Washington: With an estimated volume of 27,200,000 cubic meters of concrete used in the construction, it was the largest also in the world, until it was surpassed by the Three Gorges Dam in China in 2009.



Thomas Edison held 49 patents related to concrete. He experimented with concrete houses and concrete furniture. .

Remarkably, concrete "sound mirrors" were used at the beginning of the Second World War to provide an early warning of approaching aircraft. Initially they had microphones attached, and had an impressive aural range of about 27 miles.



EMPLOYEE BIRTHDAYS

NAME	D.O.B
CORPORATE OFFICE	
TARAK NATH GHOSH	01 Feb
PINTU MISTRY	04 Feb
DEVENDRA JHA	05 Feb
NITESH CHAHARIA	08 Feb
MALAY SARKAR	10 Feb
RANJIT KUMAR SINGH	15 Feb

NAME	D.O.B
SALES & MARKETING OFFICE	
RAHUL KUMAR PRASAD	02 Feb
MUKTARUL HASSAN MAJUMDER	09 Feb
DEBRAJ CHAKRABORTY	09 Feb
RAMESH KUMAR GOUR	22 Feb
BAISHALI CHAKRABORTY	24 Feb
SRINJOY GUHA	25 Feb
VIKASH MAHESWARI	26 Feb
HEMANTA PATHAK	28 Feb

NAME	D.O.B
PLANT	
ABDUL KARIM	01 Feb
SURJO MONI SHARMA	01 Feb
PRANJIT BORO	01 Feb
DIPAK CHETRY	01 Feb
JAICHAND UPADHAYA	01 Feb
RAKESH DAS	01 Feb
RANADHIR SINHA	01 Feb
RANJU SINHA	01 Feb
RIZWOAN AHMED BARBHUIYA	01 Feb
BIJIT NATH	02 Feb
RAJU BASUMATARY	02 Feb
BANESWAR BANIA	02 Feb
RANJEET BORAH	02 Feb
SATYAJIT SINGHA	02 Feb
TAPAN NATH	03 Feb
RAJANI KR GOGOI	03 Feb
MAHENDRA KAMAT	04 Feb
MRS. GRACE DKHAR	05 Feb

NAME	D.O.B
PLANT	
NANGJAN DKHAR	05 Feb
RUPESH KUMAR	05 Feb
JIREN BAGLARI	05 Feb
BAPAN KAR	06 Feb
PURUSHOTTAM KUMAR	11 Feb
SARBESWAR GOGOI	12 Feb
AJIT SINGH	12 Feb
ARKIRIO PAJUH	15 Feb
DIGANTA BARUAH	15 Feb
BIPOB DAS	21 Feb
DAYA PDANG	25 Feb
RAVI YADAV	25 Feb
WILBER MOMIN	25 Feb
DEILANG WAHLANG	26 Feb
LAXMAN KUMAR GUPTA	26 Feb
CHINMOY CHAKRABORTY	26 Feb
KH. BISHWA KR. SINGHA	28 Feb
SAMIRAN DAS	28 Feb



NEW RECRUITS

A WARM WELCOME TO THE NEW RECRUITS OF MAX CEMENT

We welcome, with open arms, all of the following members who have been newly introduced into the Max Cement family. We sincerely hope that they will thoroughly enjoy their association with our organisation.

SALES & MARKETING OFFICE



Muktar Hussain Barbhuiya

We are pleased to introduce Mr. Muktar Hussain Barbhuiya, who has rejoined us on 16th January 2019 as Sr. Executive - Techno Sales, based at Aizwal (Mizoram). Mr. Muktar has completed B.Tech. (Civil) from NEHU & brings along over 04 years of experience. He was associated with Star Cement Ltd. before joining us.



Shambhu Paul

We are pleased to introduce Mr. Shambhu Paul, who has joined us on 17th January 2019 as Sales Executive, based at Urban Kamrup. Mr. Shambhu has completed MBA (Mkt. & Finance) from NERIM & brings along over 06 years of experience. He was associated with Star Cement Ltd. before joining us.



Hiron Jyoti Goswami

We are pleased to introduce Mr. Hiron Jyoti Goswami, who has joined us on 18th January 2019 as Sales Executive, based at Sonitpur. Mr. Hiron has completed MBA (Mkt. & HR) from GIMT & brings along over 04 years of experience. He was associated with Meghalaya Cement Ltd. (Topcem) before joining us.



Dhiraj Kumar Das

We are pleased to introduce Mr. Dhiraj Kumar Das, who has joined us on 07th January 2019 as Sr. Sales Executive, based at Nalbari. Mr. Dhiraj has completed MBA (Mkt.) from Punjab Technical University & brings along over 08 years of experience. He was associated with Star Cement Ltd. before joining us.

PLANT



Heimonmitre Lamare

We are pleased to introduce Ms. Heimonmitre Lamare, who has joined us on 3rd January 2019 as Graduate Trainee in Commercial Department. Ms. Heimonmitre has completed BBA.



Lohe Edeihrii

We are pleased to introduce Mr. Lohe Edeihrii, who has joined us on 17th January 2019 as Management Trainee in Commercial Department. Mr. Lohe has completed M.Sc. (in Geology Hons.).

