

## NEWS DESK

### VCMD MESSAGE

Dear Maxian,

A Very Happy New Year to you and your Family !

I wish it brings happiness and prosperity to you all.

The year gone would have brought its share of success and challenges but on reflection we should be happy of our achievements and should resolve from the lessons learnt. The circle of life and existence goes on fuelled only by our will and ambitions to excel. As one said that there is no end and there is no beginning - only the passion of life!

For us in Max we may have crossed some set milestones but the road to our increasing goals goes on. We still have to complete some of our goals and the vision of our Founder. I am confident that Team Max will ensure that this year is also a successful one with more targets and goals achieved. For us, the year gone by, saw the completion of many industrial and civil projects by the State and we were proud to be associated with almost all of them.

Our commitment to build a strong and able North East also saw our involvement in the development of sports, arts and culture.

My best wishes for the New Year and for the coming festivals of Bhogali Bihu and Makar Sankranti.

Vineet Agarwal  
VCMD

### EDITOR'S SPEAK

Dear Readers,

Wishing all my Readers a very Happy New Year and hope the New Year brings prosperity and happiness to you and your family.

As we enter 2019, let me take the opportunity to thank all Maxians for being a part of this Max Family and supporting each other. Over the years we have evolved in various aspect and witness a lot of changes around us, we have not just survived but we excelled. We have established ourselves as one of the leading cement industries in North East delivering the best quality product. All this success is because of the people involved at every level in this organization. There is much more to do and we will.

The year as it moves, unfolds a lot of new opportunities which demands sustained effort to bank upon the opportunity. One needs to challenge himself and set all limitations behind. One needs to promise to create a healthy environment where we all can strike the balance between work and life.

Together we will achieve the best for all. Let's make this year, where we deliver and get the maximum out of it.

Keep reading and do share your suggestion and valuable feedbacks.

Wishing everyone a Happy Makar Sankranti, Bhogali Bihu and Pongal.

Regards,

Nitesh Chaharia

Work Hard in silence,  
Let Success be your noise!



## MAX PANORAMA

### Van Activity for Christmas

The special Christmas Event was held at Guwahati, Shillong, Umrang and Laitkor on 23rd, 24th & 25th of December, 2018.

#### MEGHALAYA CHRISTMAS VAN ACTIVITY - SHILLONG



#### MEGHALAYA CHRISTMAS VAN ACTIVITY – UMRAN; PB



#### MEGHALAYA CHRISTMAS VAN ACTIVITY - LAITKOR



## MAX PANORAMA

### Advent Christmas Celebration

The Advent Christmas Celebrations were carried out by GVIL Christian Fellowship on 18th Dec 2018. The program was a great success and the audience enjoyed to the songs of the local Rock Music Band.



### Mega Housie Game Show 22.12.2018

A Mega Housie Game Show was organized at GNAM Club and was conducted by Mr. U. P. Vishwakarma. At the same event, the prizes for House Decoration Competition were also awarded to the winners by Mr. Vineet Agrawal (VCMD) & Mr. Vimlendra Vyas (Plant Head).





## MAX PANORAMA

### Christmas Celebration at Guwahati 24.12.2018

The celebration started with cake cutting by President Sales & Marketing Ramendranath Sinha in presence of Mr. Arjun Kr. Roy (GM) Nortech power Project Pvt. Ltd. The Office was decorated in christmas theme.



### Meghalaya 6th Tennis Tournament



Meghalaya Tennis Association organized their 6th Tennis Tournament, which was held at Shillong Club on 11th Dec'18.

MAX Cement was proud to sponsor the event. The sponsorship cheque was handed over by President S & M: Ramendra Nath Sinha to MAT President: Andrew Symonds. Press Release of the event was also published in Meghalaya Guardian & Shillong Times newspapers.

The event began from 12th Dec'18 till 22nd Dec'18.



## MAX PANORAMA

### Dealer's Meet

Held at Hotel Radisson Blu, the event started with lighting of the lamp by VCMD, ED, President S & M and SP of various Zones which was followed by a welcoming speech. The event was then taken over by the EMCEE who started off with the felicitation of SPs & Dealers of various Zones in 2017-18 for their sales performance.

Live DJ music and live dance performances, followed by a gala lunch added more colours to the event.



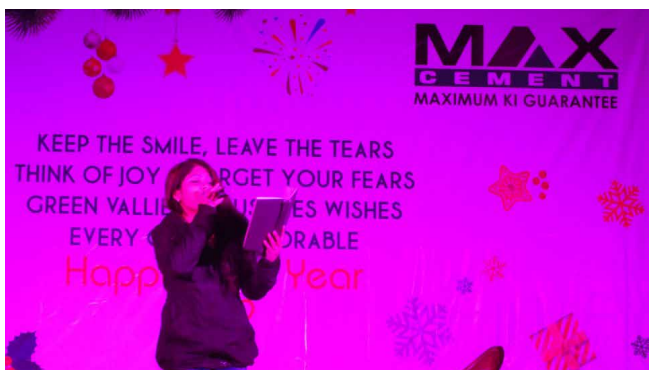


## MAX PANORAMA

### 31st December & New Year Celebration

The celebration was held at MAX plant and started off with lighting of lamp by Mr. Vimelendra Vyas, (Plant Head) in presence of Mr. Sibaji Mitra (HR Head), Mr. Vikash Mishra (HR & Admin Plant) followed by a welcoming speech from Plant Head.

Lucky Draw was also organized by GNM Club (MAX plant) followed by many cultural programs & fireworks to welcome the New Year 2019.



## DOCTOR'S MESSAGE

### Sources of Electrolyte

For people that do not require a hospital stay, a doctor may recommend dietary changes or supplements to balance electrolyte concentrations. When levels of an electrolyte are too low, it is important to include food choices that have high quantities of the substance. Here are some food sources for each of the main electrolytes:

ELECTROLYTE NEEDED	SOURCES
<b>Sodium</b>	dill pickles, tomato juices, sauces and soups, table salt
<b>Chloride</b>	tomato juices, sauces, and soups lettuce, olives, table salt
<b>Potassium</b>	potatoes with skin, plain yogurt banana
<b>Magnesium</b>	halibut, pumpkin seeds spinach
<b>Calcium</b>	yogurt, milk, ricotta, collard greens spinach, kale, sardines

It is important to have in mind how much of each electrolyte is provided in a food source. The United States Department of Agriculture (USDA) offers a useful resource for checking the nutritional content of foods.

Supplements are also an option for managing low levels of an electrolyte. For example, older adults often do not consume enough potassium, and levels may also be reduced by treatments with corticosteroid or diuretic medication. In these instances, potassium tablets can boost the concentration in the blood.

Some sports drinks, gels, and candies have been recommended for restocking levels of electrolytes during and after exercise. These help restore lost sodium and potassium and retain water.

However, these drinks typically contain high electrolyte content and consuming too much can lead to an excess. Many also contain high levels of sugar.

It is important to follow any suggested courses of electrolyte supplementation on an ongoing basis and to stick to the advised treatment plan.

### Recommended intake

Consuming the correct amount of an imbalanced electrolyte should lead to an improvement in symptoms. If it does not, further tests may be required to identify any other underlying conditions that may be causing the imbalance.

Normal intakes for some of the most common electrolytes are as follows:

Electrolyte Needed	Recommended intake in milligrams (mg)	Recommended intake for people aged over 50 years (mg)	Recommended intake for people aged over 70 years
<b>Sodium</b>	1,500	1,300	1,200
<b>Chloride</b>	4,700	-	-
<b>Potassium</b>	1,000	1,200	-
<b>Magnesium</b>	320 for men, 420 for women	-	-
<b>Calcium</b>	2,300	2,000	1,800

### Takeaway

Electrolytes are a vital part of a person's chemical makeup, and an imbalance can affect regular function. If you feel faint after a workout, this could be why.

Regular monitoring and consuming electrolytes after intense exercise or sweating profusely can help to preserve levels. Be sure to stay hydrated at all times.

Dr. R. K. Das  
Manager Health Service  
GVIL Meghalaya



## कविता

एक हाथ में हिना रचाई, दूजे में तलवार।  
अबला नहीं समझना मुझको, नहीं सुकोमल हार।।  
जब जैसा परिवेश मिलेगा, अपनाऊँ वो रंग।  
पल में शबनम पल में शोला, अजब गजब है ढंग।।

मैं ममता की मोहक मूरत, स्वाभाविक श्रृंगार।  
किन्तु नहीं समझो जग वालों, इसको मेरी हार।।  
दुर्गा रणचंडी या काली, मेरे रूप अनेक।  
अगर देखना चाहो मेंहदी, देखो बनकर नेक।।



नारी से नर का उद्भव है, नारी से परिवार।  
नारी को सम्मान चाहिए, मानवता अधिकार।।  
सिर्फ भोग्या की नज़रों से, नारी को मत देख।  
अवध स्वयं के हाथों से ही, मेटेगी श्री - रेख।।

अवधेश कुमार 'अवध'





# EMPLOYEE BIRTHDAYS



NAME	D.O.B
<b>CORPORATE OFFICE</b>	
SANJIB KUMAR SARKAR	02 Jan
SUPRABHAT PARAMANIK	02 Jan
SUROJIT PAUL	16 Jan

NAME	D.O.B
<b>SALES &amp; MARKETING OFFICE</b>	
RAVINDRA AGARWAL	01 Jan
BHABESH DAS	01 Jan
DIBYENDU SHOME	01 Jan
JONATHAN RALTE	01 Jan
MENSUKKMAN MAWRI	01 Jan
JOYDEEP SARKAR	01 Jan
HIMADRI KUMAR DEKA	01 Jan
YUMNAM RUSHIKANTA SINGH	01 Jan
TINKU SEN	02 Jan
KISHOR KUMAR MEDHI	02 Jan
BISWAJIT DAS	03 Jan
SANJIB BARO	05 Jan
SATYA BORUAH	06 Jan
MADHAB BORA	06 Jan
TRINAYAN BHUYAN	10 Jan
NEELAKHI BARUA	10 Jan
PALLAB KUMAR SINGHA	12 Jan
ARISTA GAYON	12 Jan
MAYNUL HAQUE	13 Jan
NGAHANYUI AWUNGSHI	13 Jan
DILIP CHANDRA PAUL	21 Jan
FOZLUL KARIM	30 Jan
ASHAD UJJAMAN	31 Jan

NAME	D.O.B
<b>PLANT</b>	
AJAIB SINGH	01 Jan
NITYANANDA SHARMA	01 Jan
RAJESH SUKLABADYA	01 Jan
SAVANA BHAGAT	01 Jan
DINESH SINGH	01 Jan
PRADIP MUNDA	01 Jan
IKBAL HUSSAIN LASKAR	01 Jan
BHRIGUMONI KALITA	01 Jan
NARAYAN KALITA	01 Jan
GANESH TIMUNG	01 Jan
BIREN SINGHA	01 Jan
MD. ALA UDDIN	01 Jan
NIPENDRA CHANDRA DAS	01 Jan
KAZI NAZMUL HUSSAIN	01 Jan
PAPLU SINGH	01 Jan
DHARMENDRA RAM	01 Jan
HARIPAD DAS	01 Jan
HEMANTA GOGOI	01 Jan
JIBON BONIA	01 Jan
RATUL KALITA	01 Jan
SUKUMAR ROY	01 Jan
TILESWAR PAGAG	01 Jan
DULUMONI TALUKDAR	01 Jan
NITUL KR. DAS	01 Jan
BAINING SUJA	01 Jan
TREILANG SIANGSHAI	01 Jan

NAME	D.O.B
<b>PLANT</b>	
PEITBHA SHYLLA	01 Jan
NIRMAL SINHA	03 Jan
SANTOSH KUMAR BARIK	03 Jan
JITENDRA PODDAR	05 Jan
URAN BASUMATARY	05 Jan
PAWAN KUMAR JOSHI	05 Jan
SATYABRATA PANDA	06 Jan
SUNIL SINGH	06 Jan
KAPIL DEB SHARMA	07 Jan
SAGAPAM RANJIT SINGH	08 Jan
RISBY SYMPLI	08 Jan
ROSEFULLNESS SIANGSHAI	08 Jan
SASHANKA BARMON	09 Jan
SUDIP SINHA	10 Jan
SITESH DEB	10 Jan
JANY LIZA M. PYRTUH	10 Jan
SURAJEET DEY	11 Jan
THOMBOR DKHAR	11 Jan
SANTOSH KUMAR JHA	14 Jan
AMARJIT SINHA	14 Jan
RAJIB SINHA	14 Jan
AWADHESH KR. VIKRAM SHAH	15 Jan
PROMUD MORANG	15 Jan
MANOJ RAJAK	18 Jan
SANKAR MAZUMDAR	18 Jan
EBUNGATON SINGHA	18 Jan

NAME	D.O.B
<b>PLANT</b>	
RAJIB SINHA	19 Jan
RAM KRISHNA SINGHA	19 Jan
DIPU SINHA	20 Jan
JISHU DUTTA	20 Jan
AMIT NATH	20 Jan
ASHISH KUMAR VISHWAKARMA	23 Jan
FRANCKY SIANGSHAI	23 Jan
NELSON DKHAR	24 Jan
BIJOY KUMAR DEB	25 Jan
JOGI AGARWAL	28 Jan
PROSANTA KUMAR NATH	30 Jan
RAFIQUE UDDIN BARBHUIYA	30 Jan
BRAJESH KUMAR	30 Jan
SHNALAD PAJUH	30 Jan
JADU LAHAN	31 Jan



## 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.



**Mr. Giriraj Lakhota**

**Joined Green Valliey Industries Ltd. as Vice President (Finance & Accounts).**

He is a Chartered Accountant. He brings with him 26 years of rich experience in Finance & Accounts, Company Law, Budgeting, Strategic Planning & Internal Audit. He originally hails from Rajasthan, born and brought up at Kolkata. Prior to joining us, he was working with Amrit Group of Companies as their CFO. We wish him all success & a meaningful career with us.





**Mr. Rajesh Srivastava**


**Joined Green Valliey Industries Ltd. as General Manager Trade Sales.** He graduated in Economics and has more than 20 years of experience in Sales & Revenue generation in cement industry. He belongs to Fatehpur, UP. Prior to joining us he was looking after areas of Bihar & Jharkhand in Star Cement. He has been a Team Leader with detailed orientation and has a rich experience of working in diversified Markets in the Cement Industry.

We welcome Mr. Srivastava and wish him all the best for his New association.

#### HEAD OFFICE

NAME OF EMPLOYEE	DEPT	DESIGNATION	D.O.J	PHOTO
<b>ANIK BOSE</b>	Digital Marketing & Advertisement	Sr. Executive	17-12-2018	
<b>MADHURI PRASAD</b>	Secretarial	Assistant to CS	18-12-2018	

#### PLANT

NAME OF EMPLOYEE	DEPT	DESIGNATION	D.O.J	PHOTO
<b>RANJIT SINHA</b>	Packing Plant	Intermediate Trainee	13-12-2018	
<b>RAKESH SWAMI</b>	Elect. & Instr.	Jr. Technician	07-12-2018	