

**A MONTHLY E-NEWSLETTER FOR INTERNAL CIRCULATION ONLY**

**Let Today be the Start  
of Something New**

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Dear Maxian

I write at the end of a financial year and at the start of a new one. This month also holds the very auspicious day of the New Year.

At this point of the year, it is a time for introspection as well as planning for the coming twelve months. The annual plans by the Company on production and distribution have been made and the roles and targets of all will be given. I am most confident that the spirit shown by you all, will ensure that this year will be the year to accomplish all goals, break sales records and become a stronger Company than ever before.

The laid down processes and systems of the Company will help you in achieving these goals but individual planning and overcoming ones weaknesses can only be addressed by one alone. A good way to go about this is to make your own list of personal goals for the year and set timelines to achieve it. This list can also include personal issues which once resolved can only ensure happiness. Introspection of one's self will assist in making that list of goals as you alone can decide what you need to improve or achieve.

The month also marks the elections to select a Government for the next period. The choice of the candidate can only be ones own but I urge you all to vote and encourage voting in your Family for as responsible citizens it is our right and duty to do so.

I wish you and your Family for the festivals of Rongali Bihu and Poila Baisakh.

**Vineet Agarwal**  
VCMD



## **FROM THE DESK OF VCMD**

## **EDITOR'S SPEAK**

Dear Readers,

I am glad to present you the Fifth Volume of Nishtha with an all new fresh look. We are constantly endeavoring to make it more informative and interesting for our readers. As we step into the New Fiscal Year, I congratulate the Production, Marketing and Support Team for creating New benchmarks and synergy with their sustained efforts. It's also time to introspect the Goals for the New Fiscal Year, and effectively plan out our efforts to achieve the same.

The April month also bugles the celebration of the most pompous festival of Rongali Bihu in Assam. The significance of spring for its power of creativity is universally held all over the globe and Rongali Bihu brings the spring gaiety along with it. Thus, it's named Rongali, which means Happiness and Celebrations. With the onset of Rongali Bihu, celebrations for New Year begins in Assam and "Poila Boisakh" in Bengal. Amid the Festivities, let's not forget to Vote and make the Right selection for our Nation.

Wishing everyone a very Happy "Rongali Bihu" and "Poila Boisakh"!

Stay Happy. Stay Blessed.

Regards

**Nitesh Chaharia**





## MAX PANORAMA

### National Safety Week Celebration

The 48th National Safety Week was inaugurated by GVIL Plant head, Mr. Vimlendra Vyas. A **Mock Safety Drill** was conducted by the Security team led by Mr. Santosh Kr. Jha, where a fire fighting safety drill was organised to bring in awareness amongst people at the break out of a fire mishap situation. Skit Competition, Children's Drawing Competition, Poster & Slogan Competition were also organized in this event, where the 1st, 2nd & 3rd winners were presented with gifts.



Award distribution for the Drawing, Skit, Poster & Slogan Competition



Participants of Drawing Competition



Mock Safety Drill







## MAX PANORAMA

### International Women's Day Celebration

International Women's Day was celebrated at various locations to honour the commendable contributions of women in Max Cement. All the women employees were presented with gifts and cards, thanking them for their constant contributions and motivations.



International Women's Day Celebration in Kolkata



International Women's Day Celebration in Guwahati



## MAX PANORAMA

### Holi Celebration at GNAM Club & Plant

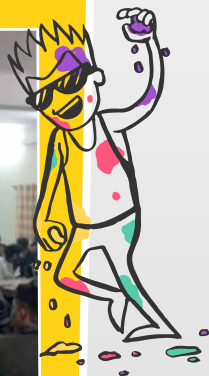
Holi Milan Party was organized for all Transporter Vendors on 19.03.2019 at GNAM Club. The Festival of Colors 'HOLI' was also celebrated at Max Cement Plant. Holi lunch was also organized.



Holi Milan Party



Holi Celebration at Plant







## MAX PANORAMA

### Holi Celebration at Sales & Marketing Office, Head Office

The festival of Colours was celebrated with fun and frolic both at the Sales & Marketing Office and Corporate Office. The Corporate Office had Traditional Dress Code for the day, a Holicious Lunch and Thandai were enjoyed by all.



Holi Celebration in Guwahati



Holi Celebration in Kolkata



**DOCTOR'S MESSAGE****PEARLS OF WISDOM****Summer Diseases and How to Avoid Them**

The season for fun under the sun is in summer time. But before you go out and enjoy the sizzling heat, take a mental note of these diseases to prevent your summer from being a bummer.

**FLU**

Cough and colds easily spread even during the summer months as erratic weather bring sudden downpour from time to time.

**AVOID IT!** Get vaccination against influenza before the flu season begins. Advise those who are feeling sick to stay home and to always cover their nose and mouth when coughing or sneezing.

**SORE EYES**

Sore eyes or conjunctivitis, when mistreated, can lead to blindness. More than eye irritation, it can easily be due to harmful bacteria or viruses that easily spread to other people.

**AVOID IT!** Consult a doctor for proper treatment and remember to always wash your hands before and after eating to prevent spread of infection.

**STOMACH AILMENTS**

Vomiting and diarrhoea follows after consumption of contaminated food or drinks. This summer, be cautious of street foods and even those packed lunches prepared for out-of-town trips.

**AVOID IT!** Be cautious on picking food to eat as everything easily spoils during hot weather.

**SKIN DISEASES**

As you cool yourself from the heat by swimming, be wary of skin diseases from dirty water, whether in beaches or pools.

**AVOID IT!** Take a shower before and after taking a plunge. Remember that skin diseases abound when one swims in dirty water or unmaintained public swimming pools.

**SUN BURN**

Skin exposure to the sun for long periods of time can cause the skin to become irritated and burnt. Skin swelling and reddening are some of the symptoms to watch out for.

**AVOID IT!** Prevent sunburn by timing your outdoor activities. Avoid the sun between 10am to 2pm. Use sunscreen at least 30 minutes before going outdoors. Hide in the shade or seek cool places to prevent ill-effects of too much sun exposure.

**RABIES**

Prevalence of rabies rises during summer time since most people spend their vacation doing outdoor activities. Rabies infections from dog or cat bites are potentially fatal diseases.

**AVOID IT!** Make sure dogs are vaccinated against rabies. If you sustain dog bites, visit the animal bite centre to get rabies vaccination.

**HEAT STROKE**

Too much heat and sun exposure can lead to heat stroke. Symptoms include: fainting, nausea, disorientation, dizziness, and throbbing headache.

**AVOID IT!** Keep hydrated by drinking 8 to 12 glasses of water a day. And remember not to stay under the sun too long.

**Dr. R. K. Das,** GVIL, Meghalaya

निर्मात्री

सरिता में हिचकोले खाती बहती एक पिटारी ।

जिज्ञासावश तट पर लाए आगंतुक नर-नारी ।।

खुली पिटारी हुआ अचम्भा था नन्हा शिशु सोया ।

पाकर निज रक्षार्थ हितैषी आर्तनाद कर रोया ।।

राधा ने झटपट बच्चे को उठा प्यार से चूमा ।

समय चक्र इतिहास बदलने को आतुर हो घूमा ।।

राधा ने वात्सल्य जनित आँचल से उसे लगाया ।

कहते हैं सूखी गोदी में अवध दूध भर आया ।।

ममता की मूरत है नारी जग से अलग अबूझा ।

वात्सल्य की महामूर्ति को कौन आज तक बूझा!

किसी जीव के शिशु को पाकर वात्सल्य सदा लुटाती ।

इसीलिए नारी दुनिया की निर्मात्री कहलाती ।।

डॉ. अवधेश कुमार अवध





## **DID YOU KNOW ?**

### **North-East A Mixed Culture**

A mix of Tibetan, South-East Asian and East Indian culture - There are nearly 220 languages spoken in the states of the North-East. Interestingly, both language and culture of North-East are a mix of Tibetan, South-East Asian and East Indian culture.

### **The Ahom dynasty**

India's longest unbroken dynasty - Ahom Dynasty that ruled the North-East for 600 years is the longest unbroken dynasty in India's entire history.

### **Home to famous One-horned Rhino**

The famous One-horned Rhino is exclusively found in the Northeastern part of India.



### **One of the cleanest regions in India**

North-East is considered as the most cleanest region in India. Mawlynnong in Meghalaya is the cleanest village in entire Asia.



### **World's largest and smallest river islands, both are in North-East**

The world's largest river island, the Majuli and the world's smallest river island Umananda, both are in the North-East.

### **Mughals could not occupy North-East during their reign**



Mughal emperors ruled the Indian subcontinent from the early 16th century to the early 18th century. North-East is the only part of India, where Mughals could not occupy during their reign.

### **Wettest place on earth is in North-East**

Mawsynram in Meghalaya receives an annual average rainfall of 11,873 mm, for which it holds the Guinness World Record of being the wettest place on Earth.

### **Home to 70% of country's orchids**

North-East India is a hub where nearly 70 per cent of the country's orchids are found. A large number of them are ornamental and endangered.



### **Musically driven region of India**

North-East India is considered as one of the most musically driven regions in the country. Shillong in Meghalaya is considered as the rock capital of India. The Hornbill festival of Kohima, Nagaland, is India's most well-known music and dance festival.

### **The Bhut Jolokia**

It is an interspecific hybrid chili pepper cultivated in the North-East Indian states of Arunachal Pradesh, Assam, Nagaland and Manipur. Guinness World Records certified that the Ghost Pepper was the world's hottest chili pepper, 400 times hotter than Tabasco sauce. The Ghost chili is rated as more than 1 million Scoville heat units (SHUs)







## EMPLOYEE'S BIRTHDAY

### HEAD OFFICE

NAME	D.O.B
MUNNA JHA	4 Apr
MANAS PRAMANIK	14 Apr
RITUPARNA BANERJEE	25 Apr
NILU SURANA	25 Apr

### SALES & MARKETING OFFICE

NAME	D.O.B
NARESH KUMAR BAITHA	1 Apr
ROHIT KUMAR SINGH	8 Apr
DURLAV KUMAR NATH	14 Apr
ASHIM PATOWARY	21 Apr
HADIUL ISLAM	27 Apr

### PLANT

NAME	D.O.B
BUBUL KUMAR DAS	1 Apr
CHIARLY SHADAP	1 Apr
RATAN MONI SINHA	2 Apr
AMAL SINHA	2 Apr
MIHSALAN SUTING	3 Apr
EASTER BAREH	3 Apr
SAMSUL ALOM AHMED	5 Apr
SADANAND CHAUHAN	5 Apr
RAJEN SINHA	6 Apr
BALWANT SINGH JAT	6 Apr
RIKI SYMPLI	7 Apr
BABU URANG	9 Apr
ASIT KUMAR NATH	13 Apr
BIPUL SINGHA	16 Apr
RICHART SINHA	18 Apr
NILA KSOO	23 Apr
ANIL NARZARI	24 Apr
AJIT DAS	27 Apr
PRASENJIT SINHA	28 Apr
NABAJIT KALITA	30 Apr
PADUM BAHADUR THAPA	30 Apr







## **NEW RECRUITS**

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

#### **PLANT**



**Mr. JAYANTA BARMAN**

We are pleased to introduce Mr. Jayanta Barman, who has joined us on 1st Mar, 2019 as Supervisor - Packing Plant.



**Mr. KISHOR DEBNATH**

We are pleased to introduce Mr. Kishor Debnath, who has joined us on 6th Mar, 2019 as Logistic & Despatch - Executive.

