

## NEWS DESK

### VCMD MESSAGE

Dear Maxian,

On the occasion of Guru Parab I came across a saying from Guru Nanak Ji and decided to share it and my thoughts with you.

"If you conquer the mind, you conquer the world" wrote Guru Nanak Ji.

Conquering the mind leads to quick and wiser decision making, control over the flow of emotions, enhanced level of perception and a rapid boost in productivity. For the working person it is but essential to have a mind which is relaxed and positive. These two stages can only be achieved by a true sense duty towards work and to one's family.

The question is how does one conquer the mind?

The mind throws up negative emotions of anger, greed and jealousy. These lead to the mind overpowering you. The mind thus needs to be a slave rather than a master.

The best step to overpower the mind is by talking to it and our ancient practice of yoga and simple meditation are the basic steps. The practice of yoga leads to having a positive mind and a clutter free mind status.

The second and more challenging step is to focus on achievement without reward - to be able to concentrate on increasing productivity without the promise of reward. To be able to contribute selflessly.

Mind control will help you to understand yourself a lot better and will be able to improve on your strengths, your motivations, your inspirations and your decision making process.

The coming of December is a busy month for us and I am confident that our targets and expectations will be achieved.

Wishing you all the Greetings of the Season!

Vineet Agarwal  
VCMD

### EDITOR'S SPEAK

Dear Readers,

The month of December is synonymous with the spirit of cheer, an excitement of change, and is more about a preparation of the heart, than a preparation of the hearth. Christmas is celebrated with the exchange of presents; however the pleasure is not in receiving gifts but in presenting them. The Joy of Giving is not just only about a materialistic action, but can be practiced in various other ways, such as assisting others in different forms of selfless service.

Mahatma Gandhi had summed this simply in a line "To find yourself, lose yourself in the service of others." There can be no greater joy than to serve. True joy lies in the act of giving, without an expectation of receiving something in return. Research too has established that achieving meaning, fulfilment and happiness in life, comes from making others feel happy, and not from being self-contented. There are so many ways to serve and give. It need not be an account in a bank, but treasure of education, the wealth of experience and priceless action of pro bono activities. It need not be big, but as simple yet rewarding as the wisdom in this line -

"If you see someone without a smile, give him one of yours".

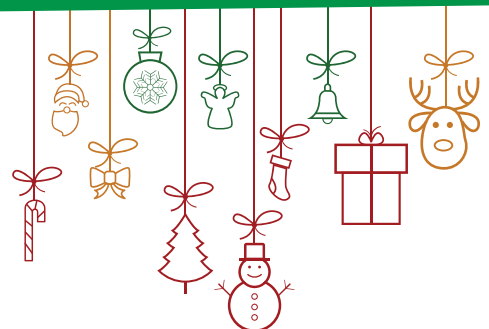
Hope you enjoy reading the December publication of Nishtha. Do mail your thoughts and suggestion.

Wishing you and your Family a Merry Christmas and a Happy New Year.

Regards,

Nitesh Chaharia

When you feel like quitting, think about why you started!



## MAX PANORAMA

### Max Got Talent (05.11.2018)

A dance competition was organized on Dhanteras at GVIL Plant. Participants were divided in three categories: ladies, men and kids. All participants mesmerized the audience with their dancing acumen.





## MAX PANORAMA

### Dhanteras Corporate Office

Pre Diwali event was organized in Corporate office on 6th Nov'18.

The event started off with lightning of "Diyas" by Chairman Mr. Praveen Agarwal and VCMD Mr. Vineet Agarwal followed by a Lucky Draw event for all employees. The winners were presented with prizes and acknowledged by the Chairman, VCMD and HODs. Employees were also presented with sweets and gifts on behalf of the company for their family members.



### Sales & Marketing Office

Pre Diwali event was organized on 6th Nov'18. The event was started with lightning of lamp by Mr. Prakash Agarwal, Mrs. Nisha Agarwal & GM, Mr. Arjun Kanta Roy.

All the employees along with their families had fun filled events.



## MAX PANORAMA

### Diwali Celebration

Diwali was celebrated at GVIL plant with pomp and enthusiasm. Competition on Cleanliness and Decoration of houses was organized among the residents of GVIL Colony. The Diwali night was rounded off by bursting of fire crackers.





## DOCTOR'S MESSAGE

### Electrolyte Imbalance Treatment

Treating an electrolyte imbalance involves either restoring levels if they are too low or reducing concentrations that are too high. If levels are too high, the treatment will depend on the cause of the excess. Low levels are normally treated by supplementing the needed electrolyte. Various electrolyte supplements are available to purchase online.

The type of treatment will also depend on the severity of the imbalance. It is sometimes safe for an individual's electrolyte levels to be replenished over time without ongoing monitoring. However, symptoms can sometimes be severe, and a person may need to be hospitalized and monitored during treatment.

#### Oral rehydration therapy

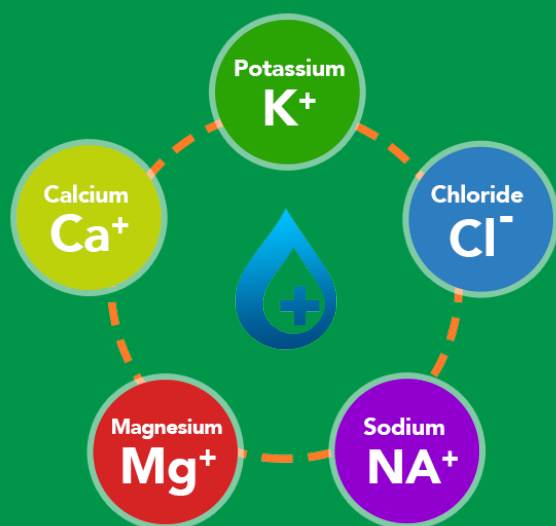
This treatment is used mainly for people experiencing an electrolyte shortage alongside dehydration, normally following severe diarrhoea. The World Health Organization (WHO) has approved a solution to be used in oral rehydration therapy that contains:

2.6 grams (g) of sodium

1.5 grams (g) of potassium chloride

2.9 grams (g) of sodium citrate

These are dissolved in 1 liter (l) of water and given orally.



#### Electrolyte replacement therapy

In more severe cases of electrolyte shortage, the substance can be given to the individual either orally or through an intravenous (IV) drip.

A shortage of sodium, for example, can be supplemented with an infusion of salt water solution or compound sodium lactate.

An excess can occur if the body loses water without losing electrolytes. In these cases, a solution of water and blood sugar, or glucose, is given.

#### Prevention

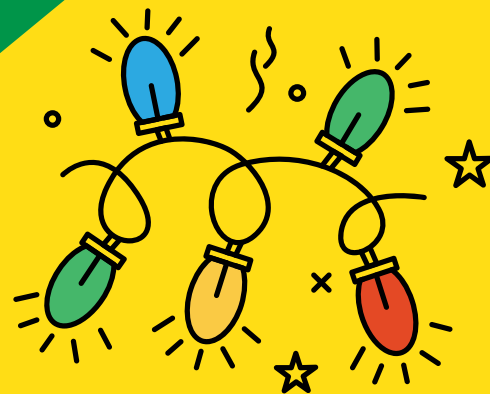
Some causes of electrolyte shortage, such as kidney disease, cannot be prevented. However, a well-managed diet can help reduce the risk of a shortage. Consuming a moderate amount of a sports drink following physical exertion or exercise can help limit the impact of losing electrolytes in the sweat.

**Dr. R.K. Das**

Manager Health Service

GVIL Meghalaya

To be continued...



## वक्त है

ये बेटियों के नाज़ उठाने का वक्त है,  
बेटों से कम नहीं ये बताने का वक्त है।

घर इन्हीं से है इन्हीं से आबरू भी है,  
सपनों में इनके पंख लगाने का वक्त है।

मसली गई कुचली गई फेंकी गई भी ये,  
दिल से लगा के प्यार जताने का वक्त है।

दुनिया को जोड़ती ये मुहब्बत की रीति से,  
नफरत को दरमियां से मिटाने का वक्त है।



यह तो करेगी नाम जमाने में बाप का,  
इसको सही तरह से पढ़ाने का वक्त है।

बेटी जनों औ नाज से पालो ऐ दोस्तों,  
खुद सीखकर सभी को सिखाने का वक्त है।

मायूस न होना बिटिया को पाके अम्मा,  
मनुष्य का वजूद बचाने का वक्त है।

कहता अवध कमतर नहीं बेटी को आँकना,  
बस जागकर उसको भी जगाने का वक्त है।

अवधेश कुमार 'अवध'





## EMPLOYEE BIRTHDAYS



NAME	D.O.B
<b>CORPORATE OFFICE</b>	
VARDHAN AGARWAL	24-Dec
SUKANTA SINHA	28-Dec

NAME	D.O.B
<b>SALES &amp; MARKETING OFFICE</b>	
SARAT DAS	1-Dec
PALLAVI BORAH	6-Dec
BISWAJIT HAZARIKA	9-Dec
ARUP BARUA	10-Dec
ABINASH BARUAH	12-Dec
PARTHA PRATIM DHAR	13-Dec
SUMIT ROY	14-Dec
LAXMI AGARWAL	15-Dec
TANMOY SARKAR	26-Dec
KHAGEN DEKA	31-Dec
SURAT ZAMAL	31-Dec
MANIK DAS	31-Dec
SANJAY PRASAD	31-Dec
SUNIL BORO	31-Dec
DIGANTA Kr. SARMA	31-Dec
SALIM AHMED	31-Dec

NAME	D.O.B
<b>PLANT</b>	
MAHESH KALITA	01 Dec
FOYJUL HAQUE	02 Dec
MONTU DEURI	03 Dec
UMESH P. VISHWAKARMA	04 Dec
UTPAL KOCH	05 Dec
HARI OM MISHRA	05 Dec
DECEMBER DKHAR	05 Dec
RUPONSING LEKTHE	05 Dec
ROHIT KUMAR	10 Dec
MRIDUL BORAH	10 Dec
PIKAN KUMAR NATH	10 Dec
DEEPAK KUMAR SINGH	11 Dec
BASUDEV MUNDA	12 Dec
SUMESWAR BASUMATARY	12 Dec
DIMON LAMURONG	12 Dec
GHANA KANTA BOROO	13 Dec
RAKESH PEGU	13 Dec
JAKIR HUSSIAN	14 Dec
RAJU DEY	15 Dec
GITI KUMAR DEURI	16 Dec
RIPON NATH	17 Dec
RANADHIR SINGHA	17 Dec
DIANGSUK SUTNGA	18 Dec
LAMBHA DHAR	18 Dec
JOYDEEP KURMI	19 Dec
SAURABH PRATAP MISHRA	20 Dec

NAME	D.O.B
<b>PLANT</b>	
SUBHAMAY SAWOO	20 Dec
BIKASH SINHA	20 Dec
ALTAF HUSSAIN BARHUIYA	20 Dec
TRYAMBAK BHATTACHARJEE	23 Dec
BIJU SINHA	24 Dec
RAJIB PAUL	25 Dec
NAJMU AHMED	25 Dec
DEBDAS DEB	25 Dec
PRANESH SINHA	27 Dec
CH. SAMARENDRA SINGHA	29 Dec
BIKASH CHAKRABORTY	30 Dec
MALAY KANTI DAS	31 Dec
BIPUL CHAKRABARTY	31 Dec
SACHIN BASUMATARY	31 Dec
SAHID AHMED	31 Dec
ABIDUR RAHMAN BARBHUIYA	31 Dec
GAUTAM NATH	31 Dec
PRADIP NATH	31 Dec
PUTUL KUMAR	31 Dec
SUKUMAR BASUMATARY	31 Dec
PROSONJIT SINGHA	31 Dec



NAME	D.O.B
<b>PLANT</b>	
UTPAL KUMAR NATH	31 Dec
BULBUL HAUQ MAJUMDAR	31 Dec
MANOJ KUMAR SINHA	31 Dec
ABDUL MALIK	31 Dec
PAPU GOGOI	31 Dec








## 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.

#### PLANT

NAME OF EMPLOYEE	DEPT	DESIGNATION	D.O.J	PHOTO
<b>BATT THAKUR SHARMA</b>	Administration	Supervisor	03-11-2018	
<b>DEBEN SINGHA</b>	Elect. & Instr.	Technician	12-11-2018	
<b>AKASH KUMAR</b>	Electrical & Instrumentation	Diploma Engineer Trainee	12-11-2018	
<b>CHIRANJIT SINHA</b>	Quality Control	Sample Boy	15-11-2018	
<b>SHYAMMANI DWIVEDI</b>	Process	Graduate Engineer Trainee	22-11-2018	
<b>GANESH KAR</b>	Lmv Driver	Administration	23-11-2018	