

NEWS DESK

VCMD MESSAGE

Dear Maxian,

All books advocate a common principle. The principle of being good. They tell us of how to overcome barriers and temptations that surround us in our journey to accomplish the goal of being pure.

Similarly the victory of good over bad is difficult when we travel on the road of our profession. The normal direction signages that we are given are five:
Vision, Plan, Execute, Deliver and Benefit.

It is up to us how to travel on the road and make our lives a success. We will get our guides and opportunities on the path. We will meet co-travellers with experience, we will interact with peers and we may stop to re-charter our course. However in this travel one walks alone, aided only by good commitment to battle the short cuts that will end up as a bad choice.

This month we will see rejoicing and happiness to celebrate Truth triumph over False. A Festival to earmark the success of a journey of good over evil. I join you all in these celebrations.

With regards and best wishes,

Regards,
Vineet Agarwal

Start
where you are.
Use
what you have.
Do
what you can.



**HAPPY
DURGA PUJA**



EDITOR'S SPEAK

Dear Readers,

India is often called a land of festivals. The amalgamation of different cultures, languages and religions ensure that there is a festival being celebrated in some part of the country almost every week. The October month announces the arrival of Durga Puja and Dussehra followed by the festival of lights, Diwali. The weather at this time becomes quite serene and everyone is spiritually energized by a feeling of joy and celebration. Each festival helps us to rejuvenate our minds with a positive energy that we can channelize in our personal and professional life.

The October month also signals prime business month for the building industry where our product is the main ingredient. So, the coming months will be quite important and needs to be focused on achieving our goals.

Requesting readers to contribute their articles, photographs and poetry for the coming issues of Nishtha.

Wishing you and your Family the very best for Durga Puja.

Regards

Nitesh Chaharia

MAX PANORAMA

Dahi Handi Programme On Krishna Janmastami Celebration (02. 09. 2018)

Dahi Handi Competition was organised on the occasion of Krishna Janmastami Celebration. 14 teams participated in the competition. Two teams from Mechanical (1st & 3rd Prize) and one team from Process (2nd Prize) emerged victorious.



Krishna Janmastami Celebration (02. 09. 2018)

Shri Krishna Janmastami was celebrated at our temple with great devotion. Bhajan Sandhya was performed by our in house talents in devotion of the deity.



MAX PANORAMA

Shri Ganesh Puja (13. 09. 2018 & 14. 09. 2018)

Shri Ganesh Puja was celebrated at the plant premises on 13th September & 14th September with great enthusiasm. Prayers were offered to Ganeshji followed by Prasad Vitaran.



Shri Vishwakarma Puja (17.09.2018 & 18.09.2018)

Shri Vishwakarma Puja was celebrated at our plant premises on 17th September & 18th September. Many devotees came over to worship the deity. A Bhandara was organized for all residents of GVIL.



MAX PANORAMA

Technical Meet at Tezpur

An Engineer's meet was conducted on 26.09.2018 at Hotel Greenwood, Tezpur. The event started off with a welcome speech by Mr. Bansidhar Bora (Engineer), Mr. Bharat Deka (Engineer), Mr. Birinchi Kumar Baruah and followed up by lighting of lamp by Mr. R N. Sinha (President-Sales & Marketing). A total of 24 Engineer's attended the meet comprising of Municipality, Town planning, PWD and Private practitioners.



Technical Meet at Silchar

MAX Cement had organized Technical Meet on 22nd Sept'18 at Hotel Ellora, Club Road, Silchar.

The meet was attended by 43 Engineer's, SP & MAX employees. The event started off with a welcome speech by AGM Satish Reddy and Lighting of the lamp by Mr. R.N. Sinha (President – Sales & Marketing) in presence of Mr. Sougata Shome & Er. P.P. Nath who were the Guest of Honour, along with Sales Promoter Mr. Hilaluddin and Senior officials of the company.



MAX PANORAMA

Technical Meet at Jorhat

A Technical meet was organized at Hotel Manor at Jorhat on 27th Sept 2018. The event began with the lighting of lamp followed by felicitation of Chief Guest Dr. P K Khound by Mr. R N Sinha (President sales & Marketing). The event ended with a vote of Thanks by Mr. Abinash Baruah (ASM) followed by Dinner and gifts distribution.



Reality Show

Max Cement sponsored a Reality show featuring the special abled person along with other normal Contestant in the field of Music with an objective of Equality. The Show was based on the songs of two legends Dr. Bhupen Hazarika and Zubeen Garg. The Grand Finale of Aakash Subor Mon was held at Sir Madhavdev International Auditorium, Kalakshetra on 29th Sept 2018. On the occasion Mr. R N Sinha, (President- Sales & Marketing) handed over the gifts to the winners.



PEARLS OF WISDOM

You need to know about electrolytes

An electrolyte is a substance that conducts electricity when dissolved in water. They are essential for a number of bodily functions. All humans need electrolytes to survive. Many automatic processes in the body rely on a small electric current to function, and electrolytes provide this charge. Electrolytes interact with each other and the cells in the tissues, nerves, and muscles. A balance of different electrolytes is vital for healthy function.

Fast facts on electrolytes:

- Electrolytes are vital for the normal functioning of the human body.
- Fruits and vegetables are good sources of electrolytes.
- Common electrolytes include sodium, potassium, calcium and bicarbonate.
- The symptoms of electrolyte imbalance can include twitching, weakness and, if unchecked, seizures and heart rhythm disturbances.
- Older adults are particularly at risk of electrolyte imbalance

What are electrolytes?

Electrolytes are chemicals that conduct electricity when mixed with water.

They regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue.

The muscles and neurons are sometimes referred to as the "electric tissues" of the body. They rely on the movement of electrolytes through the fluid inside, outside, or between cells.

The electrolytes in human bodies include:

- sodium
- potassium
- calcium
- bicarbonate
- magnesium
- chloride
- phosphate

For example, a muscle needs calcium, sodium, and potassium to contract. When these substances become imbalanced, it can lead to either muscle weakness or excessive contraction.

The heart, muscle, and nerve cells use electrolytes to carry electrical impulses to other cells.

Imbalance

The level of an electrolyte in the blood can become too high or too low, leading to an imbalance. Electrolyte levels can change in relation to water levels in the body as well as other factors.

Important electrolytes are lost in sweat during exercise, including sodium and potassium. The concentration can also be affected by rapid loss of fluids, such as after a bout of diarrhoea or vomiting.

These electrolytes must be replaced to maintain healthy levels. The kidneys and several hormones regulate the concentration of each electrolyte. If levels of a substance are too high, the kidneys filter it from the body, and different hormones act to balance the levels.

An imbalance presents a health issue when the concentration of a certain electrolyte becomes higher than the body can regulate.

Low levels of electrolytes can also affect overall health. The most common imbalances are of sodium and potassium.

Dr. R. K. Das

Manager Health Service
GVIL, Meghalaya

To be continued.....

मंजिल

सावन के अंधे को सब कुछ, हथा-हरा ही लगता है।
राजमहल में रहने वाला, खुद में सोता - जगता है॥
जिसको जो परिवेश मिला है, कौन बुद्ध सा तोड़ेगा !
राजमहल के सुख साधन को, कुटिया के हित मोड़ेगा !!
राजमहल में कुटी बनाना, या कुटिया में राजमहल।
ये कहने की बातें हैं बस, बढ़कर करता कौन पहल !!
परिवर्तन की आस लगाए, गुमसुम होकर जो बैठें।
अपने नेताओं के पीछे, बाट जोहते जो ऐठें॥
उनसे कह दो आसमान से, परिवर्तन ना टपकेगा।
आर कभी कुछ मिला अचानक, नेता झटपट लपकेगा॥

इसीलिए अपने हाथों पर, सर्वाधिक विश्वास करो।
गैरों से उम्मीद छोड़कर, निज क्षमता पर आस करो॥
माना कठिन डगर है लेकिन, बैठ समय को मत छोना।
अब तो जागे सोने वालों, फिर अतीत पर मत रोना॥
बिनु कुर्बानी के बोलो कब कहाँ किसे कुछ हाथ लगा ?
स्वन देखकर सोने वालों का बोलो कब भास्य जगा ??
तन्द्रा या जंजीर रुढ़ियों, को बनने मत दो बाधा।
अर्जुन ने भी लक्ष्य विजय की, जब उसने शर को साधा॥
उठो अवध अब देर न करना, पहला कदम उठा के चल।
मिल जाएगी यारी मंजिल, आज नहीं तो निश्चय कल॥

अवधेश कुमार 'अवध'



EMPLOYEE BIRTHDAYS

NAME	D.O.B
HEAD OFFICE	
RANENDRA MOHAN ROY	02 Oct
PRASENJIT SIKDAR	02 Oct
ADITYA DAGA	20 Oct
APURBA SHOW	04 Oct

NAME	D.O.B
GUWAHATI	
SEEMA DEVI	01 Oct
PRANOY BORAH	07 Oct
PRABIN KUMAR DAS	10 Oct
RAJENDRA PRASAD KONWAR	20 Oct
PRANAB KANTI DAS	21 Oct
PROSENJIT PAUL	30 Oct
RAJKUMAR PRASAD	31 Oct
ANKIT HARLALKA	31 Oct

★HAPPY★
BIRTHDAY!

NAME	D.O.B
PLANT	
CHANDRA SHEKHAR GOALA	13 Oct
RAVI KANT TIWARI	14 Oct
SUVADEEP DAS	16 Oct
PATEL ROY	16 Oct
MISS. GRACEFUL POHSNEM	17 Oct
DR. MAYALANG PALA	18 Oct
RAM PAYRE CAUL	19 Oct
BAGARAM NARZARY	19 Oct
BABUL SANAPATI	21 Oct
MANI KANTA SINHA	21 Oct

NAME	D.O.B
PLANT	
SATYA PRAKASH SINGH	21 Oct
BHALANG DKHAR	21 Oct
JAKI SINGHA	22 Oct
BIJIT SARKAR	24 Oct
KAJAL CHANDRA DAS	25 Oct
P. PUSIEN	25 Oct
IMKUMDANGNOK	26 Oct
BIPLAP RAY	30 Oct
SANTOSH KR. YADAV	30 Oct
MONOJ KANTI DEB	31 Oct



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
JISHU DUTTA	PACKING PLANT	SUPERVISOR	01-09-2018	
RAJEEV KUMAR PUROHIT	ELECTRICAL & INSTRUMENTATION	FOREMAN	04-09-2018	
TRYAMBAK BHATTACHARJEE	PROCESS	ASST. ENGINEER	10-09-2018	
NIMA TAMANG	ADMINISTRATION	HOUSEKEEPER	19-09-2018	
PANKAJ JHA	ELECTRICAL & INSTRUMENTATION	SR. MANAGER	22-09-2018	
VEER ASHUTOSH	AUTOMOBILE	GRADUATE ENGINEER TRAINEE	01-09-2018	

