

होली की हार्दिक
शुभकामनाएँ...

NISHA

Green Valliey Industries Limited

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SCAN THE CODE
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NISHA

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DEPUTY EDITORS: RUPESH MISHRA
ANIK BOSE, KAUSHIK ROY

FROM THE DESK OF VCMD

Dear Maxian,

Meditation and the Manager

"The more man meditates upon good thoughts, the better will be his world and the world at large"- Confucius

In recent times and with the pandemic doctors recommending it, meditation has become more popular. The benefits of it are scientifically proven and the fact that it can be done anytime, anywhere has helped its advocacy.

Meditation simply is a stage where an individual trains the mind or induces a mode of consciousness leaving all thoughts behind. There are many different ways to meditate, however commonly meditation may be seen as when you focus on one specific thing—such as your breathing, an object or an emotion. There have been scientific studies on the effects of meditation and a positive effect on the mental and physical health has been established. Meditation benefits can include reduction in anxiety, increased immune function and increase in the level of intelligence. It also helps physically by lowering blood pressure and improving the function of the heart.

The positive emotions of meditation have seen many management and business leaders practice meditation. Amongst them was Steve Jobs, Founder of Apple, who often took part in meditation retreats and interacted with monks.

"Meditation more than anything in my life was the biggest ingredient of whatever success I've had," is what the billionaire Ray Dalio says.

We all know that in the corporate world, Managers have to be relaxed and focussed, to perform better. With the expected anxiety our daily life brings, it is meditation that can make a person feel more relaxed and suited better to face stressful situations. Managers who regularly meditate are more likely to interact with others better, and perform more effectively in their role. Research establishes that those who spent 15 minutes in meditation were 77% more likely to think better with different options to a problem.

Meditation may take just a few minutes a day with no need for any equipment. This can include breathing meditation, prayer meditation and walking meditation. Of course, we have the meditation techniques in Yoga too. Many mobile apps are also available to assist.

Meditation will make you a better manager and will enhance your daily life. I urge you all to build this as a regular practice.

This month ushers in spring and the colourful festival of Holi. I convey my best wishes for the festival and request you to continue to Be Safe.

VCMD



EDITOR'S SPEAK

Dear MAX Family!

With the completion of "TWOSDAY", i.e., 22022022, lined as 22/2/22 (on 22nd February 2022), which is considered as a once-in-a-lifetime-day. The date is called a symmetrical or palindrome because the numbers read the same backward and forward.

This is an example of when things, people or days come by, but we are so carried away with our daily situations, chores and activities that we take everything for granted, that we forget to see the little blessings on the way, which reminds me of a story I came across when I was young, "ACRES OF DIAMONDS".

Hafiz was a farmer who was happy and content. One day a wise man came and told him about the glory of diamonds and the power that goes along with them. The wise man said, "If you had a diamond the size of your thumb, you could buy your own city. If you had a diamond the size of your fist, you could probably buy your own country." And then the wise man left. That night, Hafiz couldn't sleep. The next morning Hafiz made arrangements to sell his farm, took care of his family and went off in search of diamonds. He looked all over Africa and couldn't find any. He looked all through Europe and couldn't find any. By the time he got to Spain, he was emotionally, physically and financially broken. He was so disheartened that he threw himself into the Barcelona river and committed suicide.

Back home, the person who had bought his farm was watering the camels when he spotted a sparkling stone. He picked up the stone and put it on his mantle piece. That afternoon, the wise man came and saw the stone sparkling. He asked, "Is Hafiz back?" The new owner said, "No, why do you ask?" The wise man said, "Because that is a diamond. I recognise one when I see one." The man said, "No, that's just a stone I picked up from the stream. Come I'll show you. There are many more." They went and picked some samples and sent them for analysis. Sure enough, the stones were diamonds. They found that the farm was indeed covered with acres and acres of diamonds.

When our attitude is right, we realise that we are all walking on acres of diamonds. Opportunities are always under our feet. We don't have to go anywhere.

With the celebration of National Safety Week, from 4th to 9th March 2022, for which the theme for this year is, "Nurture young minds- Develop Safety Culture". Let us inculcate the good practises and encourage safety and cautiousness, both at home and at school or workplace, not only on the Safety week but each and every moment.

Wishing the MAX family a healthy, successful and safe March 2022!

Regards,
Rupesh Mishra





MAX PANORAMA

SUB DEALER MEET

A meet was organized at Sushama Utsav Bhavan, Hailakandi on 19th February to make our valued Sub Dealer aware of the quality of product. The meet was concluded with a dinner arrangement.



CONSUMER MEET

Consumer Meet was organized at Walden Dhaba, Barpeta on 26th February where our prestigious consumers were welcomed by our Sales Team and local Dealer. The meet was organized to update them about the super strength and setting quality of Max Cement that is guaranteed with every bag.





MAX PANORAMA

SARASWATI PUJA 2022

Saraswati Puja was organized in Plant Temple like every year where the goddess was worshipped by all employees. A mahabhog was prepared and was distributed among all after the puja.





MAX PANORAMA

TALENTED ANURAG SINGHA

Anurag is the son of our Automobile HOD, Mr. Nimai Singha at plant. He is a natural painter and worked himself in the National Painting Competition 2021, organized by Indian Government (Power Division). Let us all congratulate him for winning the 3rd Prize in the competition and making Max Cement and his family proud. We wish him ALL THE BEST for his future endeavours.



TITLE:-SAVE WATER
POSITION:-3RD IN NATIONAL LEVEL
NAME:-ANURAG SINGHA
CLASS:-X
SCHOOL:-AXLE PUBLIC SCHOOL, GUWAHATI
CATEGORY:-NATIONAL LEVEL
ORGANISED BY:-ENERGY CONSERVATION, BY
MINISTRY OF POWER CORPORATION, INDIA
YEAR:-2021





HOLI

LEGENDS THAT REVOLVES AROUND THIS COLORFUL FESTIVAL



THE LEGEND OF RADHA AND KRISHNA

The first and the most popular one is about the love and companionship of Lord Krishna who started Holi by applying color on Radha and the Gopis. The playful colouring gradually evolved as a tradition and later, as a festival observed as Holi, in the Braj region of India.



THE LEGEND OF HOLIKA AND PRAHLADA

The Vishnu legend explains Holi as victory of Good over Evil. Holika, the sister of Hiranyakaship, the ruler of Asuras attempted to kill Prahlada while sitting on fire is attributed with the celebration of Holi, with the pre festival ritual of the Holika bonfire.



THE LEGEND OF KAMADEVA

Mediating Lord Shiva was disturbed by the love arrows of Kamdev and led to the opening his third eye which burned Kamadeva to ashes. This upset both Parvati and wife of Kamadev that ultimately led to Shiva forgiving Kamadeva and restoring him to life on the 40th day from Vasant Panchami. Some say this may be the reason behind the celebration



THE LEGEND OF DHUNDHI

The legend has it that on the day of Holi, in the kingdom of Prithu, village boys displayed their united might and chased an Ogress " Dhundhi " away by a blitzkrieg of shouts, abuses and pranks.



THE LEGEND OF POOTANA

On the night before Holi, there is a practice to burn an effigy of Pootana - the Ogress who nearly killed Lord Krishna. The tradition is symbolic of victory of divinity over demonic forces.



EMPLOYEE BIRTHDAY LIST

PLANT

1 AMAR SINHA	01 Mar
2 GAUTAM BARMAN	01 Mar
3 LILESWAR PHUKAN	01 Mar
4 NABIN CHANDRA DEURI	01 Mar
5 RATUL BAISHYA	01 Mar
6 RITUMONI SAIKIA	01 Mar
7 RUPOM SUKLABAIDYA	01 Mar
8 SAJAL CHANDRA DAS	01 Mar
9 SUBRATA SINHA	01 Mar
10 TAJAJUL HUSSAIN	01 Mar
11 TULE ENGLANG	01 Mar
12 VISHWAMITRA SHARMA	01 Mar
13 RONJON DKHAR	04 Mar
14 PHAILOK DKHAR	05 Mar
15 VRIJESH KUMAR SINGH	05 Mar
16 KILEMEREN	07 Mar
17 MISS. RIMIKA MUXTOR	07 Mar
18 NRIPENJOY REANG	08 Mar
19 JOHNY SUCHIANG	09 Mar
20 BUDDHA BASUMATARY	10 Mar
21 BUNGOTON SINGH	10 Mar
22 MAHANTA NARZARY	10 Mar
23 KMENTLANG BAREH	12 Mar
24 IAINESKHEM POHDWENG	13 Mar
25 DEVDATT GAJENDRA	14 Mar
26 MILAN DEBBARMA	14 Mar
27 PRASHANT MANI TRIPATHI	15 Mar
28 SHIV NANDAN	15 Mar
29 GOPAL DAS	17 Mar
30 FAKIR CHANDRA JENA	18 Mar
31 WINCHESTER SUJA	22 Mar
32 BAPPAN NAMASUDRA	23 Mar
33 TEINIKY SIANGSHAI	23 Mar
34 RISHWAOONI POHSHNA	24 Mar
35 RATISH DAS	26 Mar
36 BIPUL DAS	27 Mar
37 LOVELY STAR SUMER	27 Mar
38 MEKHREH RYMBAI	28 Mar
39 PHULKAN NATH	28 Mar
40 SUSHANTA DEY	28 Mar
41 ABHIJIT MAJUMDAR	31 Mar
42 DURNA BORAH	31 Mar
43 JIMMY FERNANDEZ	31 Mar
44 WINGSTON PASLIEN	31 Mar



KOLKATA OFFICE

1. RANESH KUMAR BHARADWAJ	07 Mar
2. NETAIL HALDER	11 Mar
3. RAJESH CHAKRABORTY	24 Mar

GUWAHATI OFFICE

1 DAMBARUDHAR CHANDRA RAY	01 Mar
2 PULAKESHI SINHA	01 Mar
3 NABAJYOTI DAS	01 Mar
4 AKIB ALI	01 Mar
5 BIJU PHUKAN DAS	01 Mar
6 SIMANTA BHARALI	01 Mar
7 MRIDU PABAN MAHANTA	01 Mar
8 ARUP RAJBONGSHI	01 Mar
9 WASIM AHMED	07 Mar
10 NAVNIT KUMAR MISHRA	11 Mar
11 HIJAM GULSHAN MEITEI	12 Mar
12 PRANJAL BAISHYA	15 Mar
13 MANOJ KUMAR MODAK	18 Mar
14 JINTU MANI DAS	18 Mar
15 PANKAJ BORAH	26 Mar
16 DEBASISH ROY	28 Mar




NEW JOINEES

PLANT

SL	PHOTO	NAME OF EMPLOYEE	DEPT.	DESIG.
1		SANTOSH KUMAR	MECHANICAL	GRADUATE ENGINEER TRAINEE
2		M.VENKATESWARA RAO	PROCESS	GM
3		PRADUMN SINGH	STORE & PURCHASE	JR. EXECUTIVE
4		HIFZUR RAHMAN TALUKDAR	ADMINISTRATION	LMV DRIVER
5		PRADEEP KUMAR PASWAN	MECHANICAL	WELDER
6		PRASENJIT DEB	AUTOMOBILE	JR. MECHANIC
7		SUDARSHAN KALITA	PROCESS	JR. ENGINEER

KOLKATA

IMAGE	NAME	DEPARTMENT	DESIGNATION
	MANMIT KUMAR SINHA	FINANCE & ACCOUNTS	MANAGER

