

10 YEARS CELEBRATIONS  
**SPECIAL EDITION**

**NISHA**

**MAX**  
**CEMENT**  
MAXIMUM KI GUARANTEE

Green Valliey Industries Limited

**VOLUME 6 ISSUE 10**

**JANUARY 2021**

CHIEF EDITOR: NITESH CHAHARIA  
DEPUTY EDITORS: RUPESH MISHRA, KAUSHIK ROY,  
RITUPARNA BANERJEE & ANIK BOSE



Dear Maxian,

A Very Happy New Year to you.

I do not think that the people ever waited for a New Year as desperately as this time! Across the world, "Happy New Year" is a wish and a prayer.

Last year was very challenging for all us on many fronts be it health, family or work but it has taught us many valuable lessons as well. It taught us that we can never take anything for granted, it taught us that to deal with world of future we must be adaptable and resilient. As I look back at the year gone by it gives me immense pride in the way Maxian, all across, stood up to the challenge and dealt it with resolve, will and grit. The efforts were truly remarkable.

The new year holds a promise for all of us and we need to forge ahead but we must carry all the lessons with us into the future.

This month and year also holds a very special place in the history of Max Cement. It marks the completion of ten years of Max Cement. A plan that outlined the building of a modern infrastructure to bring about a positive change in the region. A North East India that would soon become a model for the other states of the Nation. This was the vision of our Founder, Late G.N. Agarwal Ji.

The foresight of the Founder to set up GVIL was not solely for business. It was with the intention to set up an industry that would be an importantly component to assist build connectivity and infrastructure of the North East States. At the same time, he envisaged that the Max Cement plant would ensure to serve the people of the region by way of employment, community services as well protection of the environment.

The journey was not easy. Many of you were there when we started and are aware that the journey was very challenging and difficult. We have since taken longer steps and now stride into the future. What has remained unchanged has been our resolve, our determination and our will to win and, of course, what has remained constant has been the support of you all which is highly appreciated. This journey would not have been possible without the support of every Maxian working in every department. Each one of you have played an important role to bring us to the present day when we celebrate our first decade of existence.

Ten years may seem a long time but these are still early years and we have many more milestones to cross. The Vision of the Founder urges us to seek new methods and process for better productivity. It asks us to venture into different markets for distribution. It guides us to improve our quality of life alongwith our neighbour. Into the 10th year Let us pledge our commitment to achieve further goals and success.

This month also celebrates Bhogal Bihu & Republic Day. I offer my best wishes for these days and pray for the happiness of all.

Regards,  
VCMD



## FROM THE DESK OF VCMD









**FOR A DECADE IN MAX FAMILY**

**MEMBERS FROM PLANT (MEGHALAYA)**

- HEMEN BORA
- JAKIR HUSSIAN
- ALTAF HUSSAIN BARHUIYA
- LAL BACHAN CHAUHAN
- SUNIL SINGH
- PATEL ROY
- BIJIT SARKAR
- RAMSWROOP SHARMA
- AWADHESH KR. VIKRAM SHAH
- SATYA PRAKASH SINGH
- ANIL NARZARI
- IMNALEPSHI
- MANI KUMAR TAMANG
- IMKUMDANGNOK
- LAXMAN KUMAR GUPTA
- UMESH PRASAD VISHWAKARMA
- HARIPAD DAS
- JAY RAM NAYAK
- RAFIQUE UDDIN BARBHUIYA
- BANESWAR BANIA
- NITUL CH. NATH
- MAHANTA NARZARY
- DIMBESWAR BASUMATARY
- BIPUL CHAKRABARTY
- BHAGIRATHI DAS
- FAKIR CHANDRA JENA
- MRIDUL BORAH
- PROMUD MORANG
- RATAN BASUMATARY
- PADUM BAHADUR THAPA
- LILESWAR PHUKAN
- JUMWI RAJA SWARGIARY
- SILSENG SANGMA
- SAMIJUR RAHMAN LASKAR
- RANJIT DEKA
- KAJAL CHANDRA DAS
- BUBUL NATH
- HEMANTA GOGOI
- SAMIRAN DAS
- PRADIP NATH
- SUN KR DEORI
- BIKASH SINHA
- RUPAN NATH
- SAJAL CHANDRA DAS
- NIMAIN CHARAN BEHERA
- IKBAL HUSSAIN LASKAR

**MEMBERS FROM S & M OFFICE (GUWAHATI)**

- DAMBARUDHAR CHANDRA RAY
- PULAKESHI SINHA
- SHAJI KOVVAPRAVAN
- DIGANTA KALITA
- ABHISEAK AGARWAL

**MEMBERS FROM HEAD OFFICE (KOLKATA)**

- SRABANI SINHA
- RITUPARNA BANERJEE
- SUKANTA SINHA
- VARDHAN AGARWAL
- BINOD KUMAR RAJAK
- PINTU MISTRY
- SANJIB KUMAR SARKAR
- NETAI HALDER
- SUPRABHAT PRAMANIK
- RANESH KUMAR BHARADWAJ









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EMPLOYEE FELICITATION AT PLANT







## EMPLOYEE FELICITATION EVENT AT GUWAHATI







## EMPLOYEE FELICITATION EVENT IN GUWAHATI



















## CHOOSE LESS BUT CHOOSE NOBLE

एक बेटे के अनेक मित्र थे, जिसका उसे बहुत घमंड था।  
उसके पिता का एक ही मित्र था, लेकिन था सच्चा।

एक दिन पिता ने बेटे को बोला कि तेरे बहुत सारे दोस्त हैं, उनमें से आज रात तेरे सबसे अच्छे दोस्त की परीक्षा लेते हैं।

बेटा सहर्ष तैयार हो गया। रात को 2 बजे दोनों, बेटे के सबसे घनिष्ठ मित्र के घर पहुंचे।

बेटे ने दरवाजा खटखटाया, दरवाजा नहीं खुला, बार-बार दरवाजा ठोकने के बाद दोनों ने सुना कि अंदर से बेटे का दोस्त अपनी माताजी को कह रहा था कि माँ कह दे, मैं घर पर नहीं हूँ।

यह सुनकर बेटा उदास हो गया, अतः निराश होकर दोनों घर लौट आए।

फिर पिता ने कहा कि बेटे, आज तुझे मेरे दोस्त से मिलवाता हूँ।

दोनों रात के 2 बजे पिता के दोस्त के घर पहुंचे। पिता ने अपने मित्र को आवाज लगाई।  
उधर से जवाब आया कि ठहरना मित्र, दो मिनट में दरवाजा खोलता हूँ।

जब दरवाजा खुला तो पिता के दोस्त के एक हाथ में रुपये की थैली और दूसरे हाथ में तलवार थी।

पिता ने पूछा, यह क्या है मित्र।

तब मित्र बोला....अगर मेरे मित्र ने दो बजे रात्रि को मेरा दरवाजा खटखटाया है, तो जरूर वह मुसीबत में होगा और अक्सर मुसीबत दो प्रकार की होती है, या तो रुपये पैसे की या किसी से विवाद हो गया हो।

अगर तुम्हें रुपये की आवश्यकता हो तो ये रुपये की थैली ले जाओ और किसी से झगड़ा हो गया हो तो ये तलवार लेकर मैं तुम्हारे साथ चलता हूँ।

तब पिता की आँखें भर आई और उन्होंने अपने मित्र से कहा कि, मित्र मुझे किसी चीज की जरूरत नहीं, मैं तो बस मेरे बेटे को मित्रता की परिभाषा समझा रहा था।  
ऐसे मित्र न चुने जो खुद गर्ज हो और आपके काम पड़ने पर बहाने बनाने लगे !!

**अतः मित्र, कम चुनें, लेकिन नेक चुनें।**

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सभी बेशकीमती दोस्तों की दोस्ती को समर्पित...



BY: RAJESH KUMAR (NORTECH)





## HEALTHY DIET

Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. However, increased production of processed foods, rapid urbanization and changing lifestyles has led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars and salt/sodium, and many people do not eat enough fruit, vegetables and other dietary fibre such as whole grains. The exact make-up of a diversified, balanced and healthy diet will vary depending on individual characteristics, cultural context, locally available foods and dietary customs. However, the basic principles of what constitutes a healthy diet remain the same. Practical advice on maintaining a healthy diet are:

### Fruit and vegetables

Eating at least 400 g, or five portions, of fruit and vegetables per day reduces the risk of NCDs and helps to ensure an adequate daily intake of dietary fibre.

Fruit and vegetable intake can be improved by:

- Always including vegetables in meals;
- Eating fresh fruit and raw vegetables as snacks;
- Eating fresh fruit and vegetables that are in season; and
- Eating a variety of fruit and vegetables.



### Fats

Reducing the amount of total fat intake to less than 30% of total energy intake helps to prevent unhealthy weight gain in the adult population. Also, the risk of developing NCDs is lowered by:

- Reducing saturated fats to less than 10% of total energy intake;
- Reducing trans-fats to less than 1% of total energy intake; and
- Replacing both saturated fats and trans-fats with unsaturated fats – in particular, with polyunsaturated fats.

Fat intake, especially saturated fat and industrially-produced trans-fat intake, can be reduced by:

- Steaming or boiling instead of frying when cooking;
- Replacing butter, lard and ghee with oils rich in polyunsaturated fats, such as soybean, canola (rapeseed), corn, safflower and sunflower oils;
- Eating reduced-fat dairy foods and lean meats, or trimming visible fat from meat; and
- Limiting the consumption of baked and fried foods, and pre-packaged snacks and foods (e.g. doughnuts, cakes, pies, cookies, biscuits and wafers) that contain industrially-produced trans-fats.

### Salt, sodium and potassium

Most people consume too much sodium through salt (corresponding to consuming an average of 9–12 g of salt per day) and not enough potassium (less than 3.5 g). High sodium intake and insufficient potassium intake contribute to high blood pressure, which in turn increases the risk of heart disease and stroke. Reducing salt intake to the recommended level of less than 5 g per day could prevent 1.7 million deaths each year.

People are often unaware of the amount of salt they consume. In many countries, most salt comes from processed foods (e.g. ready meals; processed meats such as bacon, ham and salami; cheese; and salty snacks) or from foods consumed frequently in large amounts (e.g. bread). Salt is also added to foods during cooking (e.g. bouillon, stock cubes, soy sauce and fish sauce) or at the point of consumption (e.g. table salt).

### Salt intake can be reduced by:

- Limiting the amount of salt and high-sodium condiments (e.g. soy sauce, fish sauce and bouillon) when cooking and preparing foods;
- Not having salt or high-sodium sauces on the table;
- Limiting the consumption of salty snacks; and
- Choosing products with lower sodium content.

Some food manufacturers are reformulating recipes to reduce the sodium content of their products, and people should be encouraged to check nutrition labels to see how much sodium is in a product before purchasing or consuming it. Potassium can mitigate the negative effects of elevated sodium consumption on blood pressure. Intake of potassium can be increased by consuming fresh fruit and vegetables.

Dr. R.K.Das  
GVIL, Meghalaya





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NEW JOINEES

## AT PLANT (MEGHALAYA)



Mr. SAURAV TRIPATHI, who has joined us on 1st December 2020 as ASST. ENGINEER in PROCESS



Mr. SATYENDRA NARAYAN SINGH, who has joined us on 18th December 2020 as SR. EXECUTIVE in FINANCE & ACCOUNTS



Mr. JINTU MANI DEKA, who has joined us on 9th December 2020 as JR. TECHNICIAN in ELECTRICAL & INSTRUMENTATION



Mr. PREM KUMAR SINGHA, who has joined us on 16th December 2020 as SECURITY SUPERVISOR in ADMINISTRATION



Mr. DHARAMJIT RONGPEE, who has joined us on 18th December 2020 as JR. TECHNICIAN in ELECTRICAL & INSTRUMENTATION



Mr. MANOJ SINHA, who has joined us on 22nd December 2020 as LMV DRIVER in ADMINISTRATION



Mr. SUMIT KUMAR RANA, who has joined us on 12th December 2020 as MANAGER in ELECTRICAL & INSTRUMENTATION

## AT HO (KOLKATA)



Mr. Pratik Gupta, who has joined us on 23th December 2020 as Manager-Finance Accounts



Mr. Rajesh Kumar Chakraborty, who has joined us on 17th December 2020 as Sr.Executive-MIS

## AT S & M OFFICE (GUWAHATI)



Mr. Pankaj Borah, who has joined us on 10th December 2020 as Assistant Manager - Sales, at Sonitpur.