



FROM THE DESK OF VCMD

Dear Friends,

I wish all of you a very successful 2017. To be successful we must first learn to deal with the failures because success would come only after innumerable failures. I want to leave some thoughts on what are stages of failures and how we can deal with them.

STAGES OF FAILURE YOU MUST KNOW TO ACHIEVE SUCCESS



Success, this is not just a word, but a feeling. It's an emotion that not everyone gets to taste. Success is change, it is coping up with the situation, it's art. Success doesn't come easily, it doesn't come when you fail hundreds of times, but it happens when you decide not to quit, no matter how weaker and tougher the situation gets.

Success comes when you decide not to quit, and rise up to the situation. If you want to achieve success you must need to have patience to survive the inevitable.

YOU WILL HAVE TO FACE ENORMOUS PAIN.

"To truly laugh, you need to take your pain and play with it." - Chaplin

Suffering will become part of your daily life. Every person who embarks on a journey to success will feel this pain. See each day as a blessing, an opportunity. You can't escape trouble; you can't avoid pain, but you can face these difficulties. It will mentor you further towards your success.

YOU'LL FEEL LIKE GIVING UP.

Hold on, don't give up too quickly. It's a stage of failure in which you'll feel directionless, hopeless, and you'll intensely feel lost. Things like this happen to everyone, don't worry. It is just a part of a phase.

Hold on to your emotion, take control of things, be your motivation. Do something that reminds you of how badly you need this success; you're not a quitter. A successful person never gives up; they rise to the situations.

EVEN THE MOST IMPORTANT RELATIONSHIP WOULD COME TO AN END.

As you'll move upward in your life, there will always be a handful of people who're not going to support you and wouldn't be willing to go uphill with you. They'll leave you in between. Success demands a tremendous amount of sacrifice and effort. Remember, not everyone can afford this; that's why not everyone is successful in their lives.

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From The Editor's Desk

Dear All,

The beginning of the calendar year is at its heart a fantasy of newness and clean slates—of the chance to do things differently and with more attention to purpose. Last year has seen a lot of economic changes and we hope for a more stable and peaceful year ahead. The journey with **Nishtha** has been a wonderful experience and we are delighted on receiving various feedback from our readers regarding our post and articles. Do enjoy the articles and contents of this issue and let us know your feedback. Stay Safe , Stay Healthy.

Regards,
Nitesh Chaharia

MR. WISE

"The only real mistake is the one from which we learn nothing."

- Henry Ford

For any suggestion, write-ups, photographs, participation in Editorial Board please mail us at nishtha@gnggroup.in

MAX PANORAMA



MAX CLEANINESS DRIVE: MAX Cement organized CLEANINESS DRIVE in Shillong, Meghalaya to propagate the message of Swachh Bharat Abhiyaan so that people initiate the quest for cleanliness within themselves, their family, their locality and their work place.



MAX ROADSHOW : MAX Cement organized a pre-Christmas and Christmas road show on 21st & 22nd Dec in Shillong and 23rd to 25th Dec in Kamrup at different places. Chocolates, Max cement key rings and slip pads were distributed by person disguised as SANTA CLAUS to the visitors in malls , workplaces , churches , etc.



MAX GUWAHATI ADVENT CHRISTMAS CELEBRATION: Guwahati Office had Advent-Christmas celebration on 24th Dec in the office premises. Employees and other staffs decorated the X-mas tree and office with balloons. Everybody dressed red following the theme of the celebration. All had their refreshments, chocolates and the christmas cake. Later, they all danced and enjoyed the eve.



Sales team meet at Guwahati office for Monthly review meeting.



A cheque was handed to Htshwar T for coupon gift at Royal Enterprise.



Calendar Distribution at Hanuman Mandir, Iachitnagar, Guwahati



Badminton Doubles Championship 2016- "Hustle and Hit and Never Quit": The World fastest bird was again seen flying and champions using their skills and techniques to defeat opponent. Mr. Bir Singh Rohila & Mr. S Ranjit Singh were unbeaten for the First Prize whereas Mr. L Priyo Shing and Dipankar Tamuli won the Second Prize. Mr. Gautam Barman and Milan Das got the Third Prize to complete the Winner's group.



Inter-departmental Volleyball Championship:

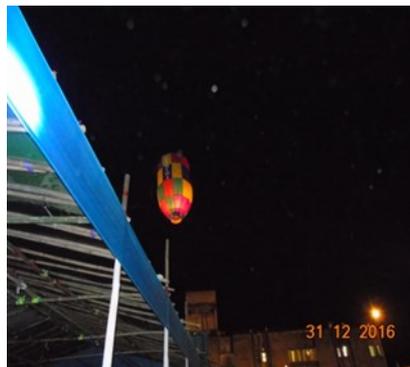
Volleyball Finale was witnessed by honorable VCMD Shri Vineet Agarwal. Final was played magnificently by all qualifiers but Mechanical department won the race to be the winner for First position and Store & Logistic department was runner up of the game by taking the Second position. Automobile held third position to complete the manacle of winners.

MAX PANORAMA



NEW YEAR'S EVE IN MAX CEMENT PLANT:

New Year's Eve is one of the fantastic celebrations because it marks the last day of the year in the Gregorian calendar, December 31 before the New Year. A mega event was organized on 31st December to cherish the sweet memories of the year and celebrate the beginning of the New Year together. Mr. Vikash Mishra welcomed everyone as anchor of the programme which was started by lighting the lamp by our honorable president Shri M M Tiwari and Local director representative Mr. Chibor Wahlang along with General Manager, Mr. B B Biswas.



A Max colossal Balloon aired with a message of "Maximum Ki Guarantee "by our Local director representative Mr. Chibor Wahlang.



ASSAM MOST POPULAR CLASSICAL AND FOLK DANCE: An outstanding BIHU DANCE" was performed by local employees and their families. Traditional musical instruments such as the Dhol, Taal, Gogona, Reed, the Toka and the Xutuli were used during the performance. President Shri M M Tiwari applauded the flute player and the team with token of appreciation and the team also expressed their gratitude with Jaapi , a traditional conical hat and Gamosa in the respect.

MAX PANORAMA



In the continuation, Singing, Dancing and Djing amused the employees and their families to be enthusiastic till 12 midnight to bid goodbye 2016 and welcome 2017. Finally everyone greeted a new year filled with new hopes and new aims.



SUBDEALER VISIT TO PLANT:

A plant visit was organized for sub dealers of GUWAHATI, NAGAON & TEJPUR region .All the members were felicitated at plant and were made to experience the complete manufacturing process at plant under the guidance of Process and Quality department.



FRIENDLY CRICKET MATCH:

A cricket match was also played between Dealer team and plant employees . Plant team got the Winner's prize and Dealer team stood Second with Runner's prize.

FROM THE DESK OF VCMD...contd.

IF YOU WANT TO SUCCEED IN LIFE, LEARN HOW TO HANDLE DISCOURAGEMENT.

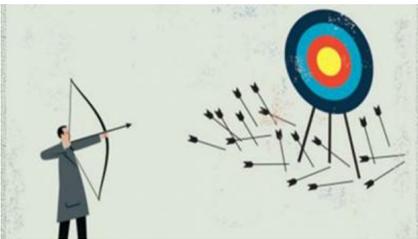
There's famous quote *"Keep your dreams close to your chest."*

The human mind is designed to believe Negative more quickly than the Positive. When you embark on a journey that no one has tried before when you walk on the road less traveled, you'll meet many 'small-minded' people who'll discourage you, doubt you, and in many cases, they'll stop you from chasing your dreams.

They'll fill your heart with frustrations, anger, non-satisfaction, that you start doubting your ideas, and shrink your thoughts. Increase your immune level for these people.

Work silently, and let your success do the talking!

THE CATCH: EVEN AFTER DOING ALL THESE, YOU'LL FAIL.



You did everything right, took risks, lost relationships, and by this time you've already turned many friends into enemies, yet you'll FAIL.

Wondering why? Because, FAILURE is just another stage for you to achieve

success.

You're can't be a quitter. You'll have to pick up all those broken pieces and start all over again. Time again. Again. The only thing that can now stop you from achieving your goals is only your decision not to complete it. ☑ The purpose of a failure is to prepare you and fine-tune you for the Success.

AND YOU'RE GOING TO SHOUT; IT'S WORTH IT.



Trust the process; you'll have to believe what you're doing is good for everyone. When the right ideas get converted into 'absolutely' right actions, there's nothing you cannot achieve.

It all begins right inside you. When you passionately fall in love with a purpose and an idea, your soul pushes you hard to follow it. Visions of the world have brought many revolutions. All you need is a passion and the ability to enjoy the journey.

Your success lies in doing what needs to be done to achieve your goals. Money and end results are nothing but a reward.



KOLKATA

DOB	Name of the Employees
2nd Jan	Sanjib Kumar Sarkar
2nd Jan	Suprabhat Pramanik
5th Jan	Madan Mohan Tiwari
15th Jan	Rabindra Sah

GUWAHATI

DOB	Name of the Employees
1st Jan.	Tinku Sen
1st Jan.	Dinesh Kumar Agarwal
1st Jan.	Rupam Das
1st Jan.	Ravindra Agarwal
1st Jan.	Sanjib Baro
1st Jan.	Ngahanyui Awungshi
1st Jan.	Tridip Kumar Gogoi
2nd Jan.	Rabin Baishya
2nd Jan.	Bhabesh Das
3rd Jan.	Fozlul Karim
5th Jan	Kishor Kumar Medhi
6th Jan.	Mensukkmen Mawri
10th Jan.	Jonathan Ralte
12th Jan.	Dilip Chandra Paul
21st Jan.	Dibyendu Shome
31st Jan.	Maynul Haque



PEARLS OF WISDOM

GROW THROUGH LIFE, DON'T JUST GO THROUGH IT

Vikash Mishra , Asst. Manager (HR & IR)

Everything in life helps us grow if we decide so. Life gives us countless lessons, the most important lessons where we can develop and shape our character, which determines the quality of our life. We get to choose whether we let the lessons, situations, and circumstances in our life define us, strengthen us or consume us. Life is composed of ups and downs, and we will experience both. Do not let life pass us by, learn from it. Grow through every situation that life presents us with learn from the good and learn from the not so good, too.

Growing through life and not just going through life is the best decision that we can make to live a worthy life a life to be remembered.

Growing through life will allow us to learn how to face challenges and overcome struggles courageously.

Growing through life will help us gain a winning attitude to celebrate our successes, acknowledge our failures, and keep looking forward.

“The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way we can learn is if we are exposed. And the only way that we can become exposed is if we throw ourselves out into the open. Do it. Throw yourself.”

INVESTMENT IS SUBJECTED TO MARKET RISK

Umesh Vishwakarma, Sr. Manager-Process

In an investment seminar a man saw a beautiful lady and fell in love instantly. He proposes her. But being a financial planning expert she asks about his background. He said-“well, I am an ordinary man today, but few months later, after my ailing father dies, I would inherit 300 crore property.

The lady was deeply impressed, and they exchanged their business cards and within a month the lady walks into his house as his step mother.

MORAL: Investment is subjected to market risk.

Don't share your dreams to others before they become reality.



PLANT

D.O.B	NAME OF EMPLOYEE
1 st Jan	Ajaib Singh
1 st Jan	Savana Bhagat
1 st Jan	Baining Suja
1 st Jan	Dinesh Singh
1 st Jan	Narayan Kalita
1 st Jan	Paplu Singh
1 st Jan	Haripad Das
1 st Jan	Nitul Kr. Das
1 st Jan	Treilang Siangshai
1 st Jan	Biren Singha
1 st Jan	Md. Ala Uddin
1 st Jan	Ratul Kalita
1 st Jan	Dulumoni Talukdar
1 st Jan	Hemanta Gogoi
1 st Jan	Nipendra Chandra Das
1 st Jan	Ikbal Hussain Laskar
1 st Jan	Tileswar Pagag
1 st Jan	Kamrul Islam Barbhuiya
1 st Jan	Peitbha Shylla
1 st Jan	Kazi Nazmul Hussain
1 st Jan	Rafiqul Sikder
1 st Jan	Hitendra Kumar Medhi
1 st Jan	Jibon Bonia
1 st Jan	Rajesh Suklabaidya
3 rd Jan	Gyani Kanta Kemprai
3 rd Jan	Nirmal Sinha
3 rd Jan	L. Priyokumar Singh
5 th Jan	Pawan Kumar Joshi
5 th Jan	Jitendra Poddar
5 th Jan	Uran Basumatary
5 th Jan	Bimal Borah
6 th Jan	Sunil Singh
6 th Jan	Satyabrata Panda
7 th Jan	Kapil Deb Sharma
8 th Jan	Risby Sympli
8 th Jan	Sagapam Ranjit Singh
9 th Jan	Subahan Ali
10 th Jan	Jany Liza M. Pyrtuh
10 th Jan	Shatrughan Kumar
11 th Jan	Aynul Hoque Laskar
11 th Jan	Thombor Dkhar
11 th Jan	Surajeet Dey

FROM THE DESK OF TECHNICAL HEAD

Atul Kumar Dutta, (TECHNICAL HEAD, Guwahati)



Construction and Designing are the arts of creating things. An engineer or an architect is the person who makes these changes and creates new things. They transform your vision into a living work of art that serves as the foundation for your lifestyle today and life stories tomorrow.

If you go anywhere, you will find that you are surrounded by some of these creations.

Now, in the field of construction and development, the world today emphasizes on “Green Buildings” and “Sustainable Development”, which are closer to nature & are eco-friendly. In broader sense, it is all about the usage of Natural resources with its optimum utilization, without harming the nature by maintaining the Ecological balance and at the same time making the structures more durable. It means, making your house in such a way that there are no artificial needs like cooling, ventilation, thermal insulation, illumination or heating during cold and vice versa.

In the next edition, I will discuss about all these things in details. Until then, Let’s make India clean and Green.

WHAT THE BEST BOSSES DO

Pawan Singh, Sr. Manager Mechanical

Inspire Others to Peak Performance : A transformational leader is one who excites and inspires people to perform far beyond their own expectations of themselves. Transformational leaders practice certain behaviours that cause their people to feel stronger, happier, more confident and more committed.

Delegate Responsibility : The first of these behaviours is the delegation of high levels of responsibility for results. Transformational leaders pick the right people, match them to the right jobs, achieve mutual clarity on the desired results and then they get out of the way and leave the individual with maximum freedom to perform.

Let People Do Their Work : Lao-Tse, the great Chinese philosopher, had this idea when he wrote, A leader is best when people barely know he exists . . . when his work is done, his aim fulfilled, they will say, 'We did this ourselves.' In a recent study, thousands of people were asked to describe their best bosses. Over and over, the respondents said things like, 'I hardly saw him' or 'He left me alone' or 'He gave me complete freedom to do the job.'

Give Them Freedom : There is something liberating and empowering to know that you've been entrusted with a major responsibility and that you've been given the freedom to fulfill it. When the right person has been matched with the right job, the conditions for exceptional performance have been created.

Confidently Expect Success : Another behavior of transformational leaders is their confident attitude of positive expectations. They radiate a belief in themselves and in the ability of their subordinates to succeed.



12 th Jan	Sidharth Biswas
14 th Jan	Santosh Kumar Jha
14 th Jan	Amarjit Sinha
14 th Jan	Rajib Sinha
15 th Jan	Awadhesh Kr. Vikram Shah
15 th Jan	Promud Morang
18 th Jan	Ebungaton Singha
18 th Jan	Sankar Mazumdar
18 th Jan	Manoj Rajak
19 th Jan	Nagaraj Narayan Naik
20 th Jan	Amit Nath
23 rd Jan	Francky Siangshai
24 th Jan	Nelson Dkhar
25 th Jan	Bijoy Kumar Deb
26 th Jan	Pawan Kumar Singh
28 th Jan	Jogi Agarwal
30 th Jan	Prosanta Kumar Nath
30 th Jan	Rafique Uddin Barbhuiya
30 th Jan	Mrs. Shnalad Pajuh
30 th Jan	Brajesh Kumar
31 st Jan	Pritam Kumar Das
31 st Jan	Jadu Lahan

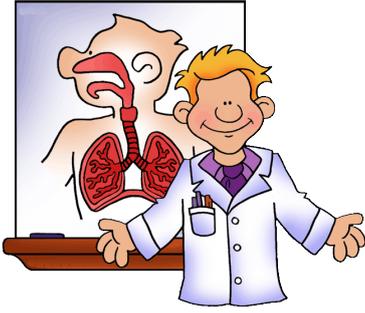
They know that the leader sets the psychological tone for the whole organization, so they consciously project a positive attitude no matter how distressing the external situation may appear.

Action Exercises : First, delegate complete responsibility for results to your subordinates. Discuss and agree on exactly what is to be done, when it is to be done and to what standard. Then, get out of the way and let them perform.

Second, express complete confidence in your subordinate's ability to do an excellent job. Radiate an attitude of confident expectations. Even if you have personal doubts, never let them be seen by others. This is the role of leadership.

RESPIRATORY PROBLEMS IN WINTER & PRECAUTIONS

Dr. Rajat Paul , Sr. Manager –Health & Services



As winter weather rolls in cold and Flu, it can be a stressful time of the year because of a simple cold virus can be a trigger of serious respiratory problem, like Acute Asthma, Acute Bronchitis, Emphysema, COPD and Pneumonia etc. In winter season mostly the weather become foggy, dusty & cloudy and air become polluted. Where viruses also present in the air and come to contaminate people

easily through respiration which irritate respiratory system and cause respiratory problems. Whatever peoples may not be able to avoid these exposures because of their daily activity. So that precaution should be taken while temperature fluctuate mostly aged and children.

Symptoms

Tightness of Chest & rapid respiration, Breathing difficulty , Coughing with or without mucous, Wheezing. Sneezing ,Nasal congestion & Runny nose, Burning and pain in nostril, Husky voice & throat pain, Throat Irritation , Itchy & watery eyes , Frequent attack of Cold & Cough, Hypothermia, High Fever With Chest Pain & Body pain, Nocturnal breathing difficulty

Precaution

1. Sudden cold exposure should be avoided, more and more precaution should be taken for young children and old peoples. Aged and children are mostly weak immune system so that infected to cold easily.
2. Restricted early morning and evening walk at the initial onset of cold.
3. Cold drink & cold stuffed, ice-cream etc. should be avoided.
4. Prefer bath with warm water, excessive cold & heat should be avoided.
5. Keep warm yourself by wearing of warm cloths, hands and feet's should be covered by wearing socks.
6. Keep yourself away from infected common cold persons.
7. Wash your hands before eat or touching eyes, nose, because unhygienic hands can be a suitable carrier of virus.
8. Try to keep away from large crowd in the fall and winter while flu season is as its peak.
9. Avoid exposure to dusty environment dust can be harmful for your respiratory system. If you absolutely must go near this type of area use nose mask.
10. Keep your house clean and free from excess dust.
11. Eat fresh and well cooked foods and maintain balanced diet. Avoid raw, oily and spicy foods which can be carrier of germs to affect you.
12. Allergic history of peoples should avoid air pollution including tobacco smoke, wooden or oil smoke, car exhausting fumes, industrial pollution which can cause inhaled irritants to enter into the lung and also cause respiratory problems.

अवध की नज़में

अवधेश कुमार, सिविल अभियंता

1-

कौन किसका साथ देता है यहाँ ।
रौंदकर होता विजेता है यहाँ ॥

आ रहा नव साल देखो हर्ष से ।
मिल करें स्वागत नये का है यहाँ ॥

चाँद कर सकता नहीं कोई वफ़ा ।
कर अँधेरा भाग लेता है यहाँ ॥

रात मुझसे कह रहा साया मेरा ।
भागता पितु छोड़ बेटा है यहाँ ॥

देख सागर की लहर बेचैन सी ।
गैर नौका कौन खेता है यहाँ ॥

कुछ तो है शामिल "अवध" इस भूमि में ।
सिधु - खारा रत्न सेता है यहाँ ॥

क्यों लगाया आस गैरों से "अवध" ।
सब निभाते धर्म - नेता है यहाँ ॥

2-

कहानी हमारी पुरानी न होगी ।
अगर बेवफ़ा ज़िन्दगानी न होगी ॥

कली कुंज की फूल बनकर खिलेगी ।
अगर बागवाँ से ना'दानी न होगी ॥

सुनो गौर से ऐ गगन के परिदो ।
उड़ो किन्तु धरती भुलानी न होगी ॥

खिलायें सभी गर मुहब्बत की कलियाँ ।
घरों में दिवारें बनानी न होगी ॥

मनुज एक छोटा खिलौना सरिस है ।
खिलौने कि अपनी जवानी न होगी ॥

नदी में गिरेगा जो 'शहरों का' कचरा ।
यकीनन समझ लो रवानी न होगी ॥

न मारो 'अवध' गर्भ में भ्रूण कोई ।
नहीं तो तुम्हारी निशानी न होगी ॥

You KNOW?

The dot on top of the letter 'i' is called a tittle.

When you transport something by car, it's called a shipment, but when you transport something by ship it's called cargo.

The Moon weighs 81 billion tons.

'Fan' is short for 'fanatic'.

"He who believes is strong; he who doubts is weak. Strong convictions precede great actions." —Louisa May Alcott

Unless food is mixed with saliva you can't taste it.

The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English language.

Ketchup was once sold as a medicine.



William Shakespeare invented the word "hurry."

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." —Arnold Schwarzenegger

**

"I AM" IS THE SHORTEST COMPLETE SENTENCE IN THE ENGLISH LANGUAGE.

Only female mosquitoes bite humans and animals; males feed on flower nectar.



THE DAY AFTER TOMORROW IS CALLED "OVERMORROW."

"The world breaks everyone, and afterward, some are strong at the broken places." —Ernest Hemingway

**

GRASSHOPPERS have white blood.

Coca-Cola was originally green.



42% of men and 25% of women don't wash their hands after using a public toilet.



Most lipsticks contain fish scales.



"Make up your mind that no matter what comes your way, no matter how difficult, no matter how unfair, you will do more than simply survive. You will thrive in spite of it." —Joel Osteen

AVOCADOS HELP REDUCE AGING.

Every time you bash your head against a wall, you burn 150 calories.

If bees earned minimum wage, a jar of honey would cost \$182,000.



Eating an apple is a more reliable method of staying awake than consuming a cup of coffee.

There are about 1,025,109.8

Words in the english language



WE WELCOME NEW MEMBERS AT GREEN VALLEY INDUSTRIES LTD.



Name: Syed Hakim-uz Zaman
Date of joining: 01.12.2016
Designation: Sr Executive, MIS

Name: Kishor Kumar Medhi
Date of joining: 06.12.2016
Designation: Executive, IT



Name: Prabin Kr. Das
Date of joining: 20.12.2016
Designation: Sr Executive



Name: Debasish Roy
Date of joining: 14.12.2016
Designation: Executive, sales



Name: Rajesh Bhatt
Date of joining: 17.12.2016
Designation: Sr Technician,



Name: Upendra Kr. Singh
Date of joining: 22.12.2016
Designation: Data Entry



Name: Brijesh Verma
Date of joining: 23.12.2016
Designation: Asst. Engineer,

