

NEWS DESK

VCMD MESSAGE

Dear Maxian,

It is time for us to think.

The recent unprecedented floods that inundated Kerala and caused the deaths of hundreds leaves us thinking of the need to heed the call for forestation.

It is well known by us that the impact of high rainfall can only be checked by hills which have thick forests. This breaks the impact of the water force and carries the water and silt in safe passages to the sea.

The fast depleting forest cover of Kerala has shown us the necessity to plant more trees if we are to escape the ravages and damages of floods.

I urge you all to have a bit of the Molai spirit in you.

Padma Shri Jadav "Molai" Payeng of the Mising tribe of Jorhat is a simple forest worker. Over the course of several decades, he has planted and tended trees daily on a sandbar of the river Brahmaputra turning it into a forest reserve. His forest encompasses an area of about 550 hectares. His work continues and he is an example to learn and follow.

In our area of operation we also experience the problem of floods that cause havoc by disrupting life and business. While there will be some trees required to be cut for progress it is essential that we also reforest at a higher rate.

We at Max always endeavour for this and contribute towards reforestation by our constant tree plantation drives which will continue.

With regards and best wishes,

Regards,
Vineet Agarwal

EDITOR'S SPEAK

Dear Readers,

The World is changing at a fast pace and hence a lot of changes can be observed around us. We are but humans and every small or big happenings affect us. From Kerala floods to rising fuel prices, we all hope for balance and stabilization of life. It reminds me of a line by the great poet W B Yeats "Things fall apart; the center cannot hold". We all seek somewhere that inner strength and support in every situation of life. It's important for us to introspect ourselves and build a positivity so that in any adverse situation of the outside world we can stay stable and calm from inside.

In this Nishtha issue we have featured last month's Independence Day and Founder's Day celebration at various locations. We are thankful to Dr. R K Das for periodically sharing Health tips with our readers. Also special thanks to Mr. Awadesh for sharing a beautiful poetry dedicated to our Late. Founder Chairman.

Looking forward to your suggestions and articles. Stay Healthy and Keep Smiling

Regards,
Nitesh Chaharia

Don't limit your challenges
Challenge your limits



MAX PANORAMA

Founder's Day Celebration at Plant

On the birth Centenary of Late G.N. Agarwal, Founder Chairman of Green Valliey Industries Ltd & GNG Group, all employees celebrated the day 13th August'18 as Founder's Day at Guwahati Office, Plant and Kolkata Office, by paying floral tribute to the Founder Chairman.



Founder's Day Celebration in Guwahati

The Guwahati office employees visited Snehalaya- Shelter children home and distributed toys, sweets and other educational items to over a hundred kids. Floral tributes were paid to the Founder Chairman by Ramendranath Sinha, President, Sales & Marketing and lamp was lit as a mark of respect by Arjun Roy, General Manager, Nortech Power Projects, Assam & NE.



MAX PANORAMA

Founder's Day Celebration at Kolkata Office

Floral tribute was paid to the Founder Chairman by all the employees & Senior Officials. They also visited Asha Bhawan, a center for disabled children, and distributed special educational utilities & gifts to 80 children.



Independence Day Celebration

On the eve of Independence day, a flag hoisting ceremony was organized at the plant premises where the plant head Shri Vimlendra Vyas hoisted the National Flag along with other senior officers followed by National Anthem.

A cultural event was organised at the plant premises where songs and dance by children were staged and a beautifully scripted skit on soldiers was performed by the security team.

The programme was concluded by prize distribution to kids.



PEARLS OF WISDOM

Health Tips for Rainy Season



If you want to be healthy throughout the rainy season, you are the only one who has to take care of yourself as well as your family.

You need to protect yourself from Viral, Bacterial and Fungal Infection in Monsoon, which naturally affect the body's immunity.

1. Maintain general hygiene by taking a regular bath, washing your hands with soap before food, in order to prevent germs from contaminating your food.

2. Keep yourself hydrated during the monsoon season, as sweating in monsoon does not evaporate easily. Also the humidity levels are high, further preventing the body of a person to release heat. Hence it is recommended to carry a bottle of drinking water every time, to be consumed in abundance. Try to avoid carbonated drinks which significantly reduce the mineral levels in the body, preventing enzymes in the body to function, especially causing indigestion.

3. Keep your body warm as it becomes easy for virus to attack once your body cools down. Do not wear wet clothes. Wash your clothes if it is wet with sweat or rain water, as it may grow fungus that will affect your skin and cause allergy or skin disease.

4. Try to have a balance diet because process of digestion during monsoon is significantly slower than other seasons. Avoid uncooked food like salads, fruits this season. Eat well cooked food every time.

5. Do not keep cut fruits or salads in the refrigerator or outside because of the possibility of germs contaminating this kind of food. Wash vegetables with warm water before cooking, clean fruits by putting few drops of vinegar with water and wait for ten to fifteen minutes, then wash gently before eating. This will ensure the food is clean and has less chance of contamination from germs. Prefer to eat clean and fresh food during monsoon and do ensure that all fruits and vegetables are hygienically washed.

6. Keep a clean surrounding of your in the rainy season, specially to avoid breeding of mosquitoes, flies, and other insects which may cause harm. The stagnant water during monsoon makes easy breeding for mosquitoes which further increase the risk of various infections like malaria or dengue. Always keep water and food covered at home.

7. Avoid going out in a sudden change of temperature. Do not take bath when you come back home sweating, and do not go to an AC room as the sudden temperature change may cause cold and cough. So it is advised to wait 10 -15 minutes before taking a bath or going inside an AC room.

Some other health care tips during monsoon include exercising as well as ample rest, eye care, care for the elderly as well as kids wearing loose and cotton clothes, consumption of green and fresh vegetables.

We all do love monsoon, but we should not forget about taking care of our health too. So you can follow these small tips and enjoy the rainy season being healthy.

Dr. R. K. Das

Manager Health Service
GVIL, Meghalaya

मैक्स सीमेंट के संस्थापक दिवस की अशेष बधाइयाँ

हे कर्मवीर! तुमको प्रणाम

इस मेघालय की माटी में।
पिछड़े जीवन परिपाटी में।
इक सपने को तुम बोये थे।
आशा के तन्तु पियोये थे।
धरती - अम्बर मुस्काये थे।
संदेश स्वर्ग से लाए थे।
तुम चले गए बैकुंठ धाम।
हे कर्मवीर! तुमको प्रणाम।।

भारत मेघालय में आया।
जी एन जी का हाथ बँटाया।।
दो रत्न साथ तेरे रहते।
खुश होकर केवल हाँ कहते।।
गीता के गौरव गीता थे।
कर्मठ कर्तव्य विजेता थे।।
तुम चले गये दे मैक्स नाम।
हे कर्मवीर! तुमको प्रणाम।।

सीमेंट नहीं यह सपना है।
सारे अपनों में अपना है।।
मिस्त्री डीलर या अभियंता।
सबके दिल को श्री एस जमता।।
हम इसको आगे लाएँगे।
दुनिया में बेस्ट बनाएँगे।।
तुमसे ही बनते सभी काम।
हे कर्मवीर! तुमको प्रणाम।।

तुम चले गये बैकुंठ धाम।
तुम चले गये दे मैक्स नाम।
तुमसे ही बनते सभी काम।
जन्मदिवस शुचि स्नेह जाम।
जय राम राम जय राम राम।
हे कर्मवीर! तुमको प्रणाम।।

अवधेश कुमार 'अवध'



PEARLS OF WISDOM

From the Desk of HR Head

Dear Team :

More engaged employee is the more productive one ! And more productive employees are happy at work & better at home. Here is the view point of Jeff Bezos , CEO of Amazon. I'm sure you will get a new dimension in it.

Here we go.....

It seems everyone is seeking work-life balance these days, and many leaders have preached its importance. But not Jeff Bezos. The Amazon CEO and the world's richest person lives by a different concept. In fact, he called the term "work-life balance" "debilitating".

So what's Bezos's take?

"I think work-life harmony is a good framework," Bezos told. "I prefer the word 'harmony' to the word 'balance' because balance tends to imply a strict trade-off. "In fact, if I'm happy at work, I'm better at home — a better husband and better father. And if I'm happy at home, I come into work more energized — a better employee and a better colleague,". Most importantly, Bezos isn't alone in eschewing the phrase.

"I think the way work-life balance gets talked about is frequently inaccurate," according to David Ballard, director of the American Psychological Association's Center for Organizational Excellence. "The 'balance' part of it is implying you're equally dividing time and energy, which isn't necessarily the case."

So work-life "harmony" is a concept Bezos tries to teach his young employees as well as senior executives at Amazon. "It actually is a circle; it's not a balance. And I think that is worth everybody paying attention to it," Bezos told. If not, it can affect everyone around you. "You never want to be that guy — and we all have a coworker who's that person — who as soon as they come into a meeting they drain all the energy out of the room. You can just feel the energy go whoosh! You don't want to be that guy. You want to come into the office and give everyone a kick in their step," he said.

Despite all the work that comes along with running his e-commerce behemoth, Bezos also prioritizes his well-being. For example, he tries hard to squeeze in the recommended eight-hours of sleep telling and that is the amount he needs to feel energized and excited.

"If you shortchange your sleep, you might get a couple of extra 'productive' hours, but that productivity might be an illusion," Bezos explained . "When you're talking about decisions and interactions, quality is usually more important than quantity."

Sibaji Mitra

EMPLOYEE BIRTHDAYS

NAME	D.O.B
PLANT	
DEBINA J. SANGMAZ	04 Sep
TIUMAR G MOMIN	05 Sep
TUKLU DAS	21 Sep
SOSANIM HASTING BAMON	16 Sep
UMAKANT KOHAR	03 Sep
ANIMESH MANI	11 Sep
DIMBESWAR BASUMATARY	14 Sep
PALASH MODAK	07 Sep
PRADEEP KUMAR DUBEY	03 Sep
ABUL HUSSAIN BARBHUIYA	27 Sep
ESTAR SHYLLA	30 Sep
MRS. WITYBORN PALA	05 Sep

★HAPPY★
BIRTHDAY!

NAME	D.O.B
GUWAHATI OFFICE	
PINKU DUTTA	01-Sep
HIRAK KALITA	06-Sep
MANJEET DAS	14-Sep
KAUSHIK ROY	18-Sep
ABHIJIT GHOSH	20-Sep
BISWAJIT BHARADWAJ	21-Sep
LALRAMMAWIA HMAR	24-Sep



15 WAYS TO BECOME A BETTER PERSON

Make the most of yourself....for that is all there is of you." --Ralph Waldo Emerson

We've all made mistakes throughout our lives that haven't exactly put us in the best light--like bullying someone in school or telling what seemed like a little white lie.

Chances are, however, you probably felt a little guilt and grew because of the situation.

I'm an average guy trying to become better in both my work and home life. I'll never be perfect, but it doesn't mean I won't try.

If you want to continue to grow as a person, here are 15 ways to make the most of yourself.

1. Compliment Yourself

Every morning before you go on with your daily routine, take a couple of minutes to give yourself a compliment. Whether you compliment your outfit, haircut, or how you recently completed a task using your unique skill sets, giving yourself a little emotional boost will make you happy. And, when you're happy with yourself, that emotion can be contagious to those around you. Inspirational speaker Tony Robbins has a mantra he says aloud to himself most days to put him in a peak performance state.

2. Don't Make Excuses

Blaming your spouse, boss, or clients is fruitless and won't get you very far. Instead of pointing fingers and making excuses about why you aren't happy or successful in your personal or professional life, own your mistakes and learn from them. When you do this, you will become a better person. When I personally started living up to my mistakes and downfalls, my life turned itself around. I became happier and healthier, and my relationship with my wife improved. We are happier than ever.

3. Let Go of Anger

Letting go of anger is easier said than done. While anger is a perfectly normal emotion, you can't let it fester. When this happens, you may make unwise decisions, and more important, it may affect your health. Research suggests pent up anger can cause digestive problems, difficulty sleeping, and even heart disease.

To help you let go of anger, Roya R. Rad, MA, PsyD, suggests you write your feelings down, pray or meditate, or begin to manage your thoughts.

4. Practice Forgiveness

Joyce Marter, LCPC, suggests you forgive and let go of resentment. She notes, "If for no other reason than for yourself, forgive to untether yourself from the negative experiences of the past. Take time to meditate, and give thanks for the wisdom and knowledge gained from your suffering. Practice the mantra, 'I forgive you and I release you.'"

5. Be Honest and Direct

How would you feel if a loved one or business partner lied to you? Chances are you would see that as a violation of your trust. If you want to be a better person in either your personal or professional life, you should always tell the truth and state as clearly as possible what you are trying to convey. Learn to articulate your thoughts, feelings, and ideas in an open and honest manner.

6. Be Helpful

Whether giving up your seat to an elderly person on the subway, assisting a co-worker on a project, or carrying in the groceries when your spouse comes back from the store, being helpful is one of the easiest and most effective ways to practice becoming a better person. I find that the more I help others, the better I feel about myself and everyone around me.

7. Listen to Others

As Jeet Banerjee notes on Lifehack, "listening to people and giving everyone a voice is one of the greatest things you can do." He adds that he "got to meet some of the most amazing people, close some of the biggest deals, and develop connections that will last

me a lifetime all because I took time to listen to people. Being a good listener can change your life in a positive manner."

8. Act Locally

It may not seem like a big deal, but supporting a local cause, donating clothes, or buying from local farmers' markets or businesses are simple ways you can help your specific region. You may not be able to save the world, but you very well could make a difference in your neck of the woods. Get to know and care about your community.

9. Always Be Polite

How much effort does it take to say, "Thank you," or to hold the elevator door open for someone? Not much at all. However, these acts of kindness can make someone's day. I decided a few years ago that it doesn't matter if someone is ultra rude, condescending, or worse. The way someone else behaves is not going to determine my behaviour.

10. Be Yourself

Tiffany Mason has five excellent reasons on Lifehack why you should be yourself. These include being able to align yourself with your values and beliefs, establish your identity, build courage, create boundaries, and find focus and direction.

11. Be Open to Change

Whether trying a new restaurant, traveling to an unknown part of the world, or doing something that has always scared you, you should always be open to change. This allows you to grow because you experience something new. It helps you be high functioning and self-confident if you are not wary of change.

12. Be Respectful

How would you feel if you had just cleaned your home and someone came in and tracked mud everywhere? You'd probably be a little ticked that they hadn't taken off their shoes. Take this mentality and apply it to everyday life. For example, don't toss your trash or cigarette butts on the floor of public restrooms or sidewalks just because someone else will clean it up. Be respectful of others' time, thoughts, ideas, lifestyles, feelings, work, and everything else. You don't have to agree with any of it, but people have a right to their opinions and yours is not necessarily correct.

13. Don't Show Up Empty-handed

Going to a party this weekend at your friend's apartment? Make sure you don't arrive empty-handed. Even if you've been assured that there will be plenty of food and drink, bring along a little something to show you appreciate being invited.

14. Educate Yourself

If you don't understand why one country is invading another, take the time to educate yourself on the current event. Ask a person intimately connected with the event for his or her thoughts. Remember, we're all interconnected, and being aware of different cultures, different people, and what their lives are like can make you a more well-rounded individual. This will also help you understand points of view different from your own.

15. Surprise People

How good does it feel to make someone smile? It feels pretty good, right? Surprise your loved ones or co-workers now and then, with a gift, a night out on the town, or by offering help when you know they could use it.

Becoming a better person doesn't happen overnight, but it is possible. Believe in yourself and know that it is possible!

Regards
Pawan Singh
Max Cement
Sr. Manager. Mechanical
















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
ROSEFULLNESS SIANGSHAI	AUTOMOBILE	GRADUATE TRAINEE	01-08-2018	
RAM PUKAR RAJBHAR	ELECTRICAL & INSTRUMENTATION	MANAGEMENT TRAINEE	01-08-2018	
VISHAL KUMAR	ELECTRICAL & INSTRUMENTATION	MANAGEMENT TRAINEE	01-08-2018	
RAJIB SINHA	HR & ADMIN	LMV DRIVER	03-08-2018	
RAVISHEKHAR SINGH	LOGISTIC & DESPATCH	EXECUTIVE	11-08-2018	
RAHUL KUMAR RANJAN	MECHANICAL	MANAGEMENT TRAINEE	01-08-2018	
JAICHAND UPADHAYA	MECHANICAL	FOREMAN	06-08-2018	
DHARMENDRA RAM	QUALITY CONTROL	SAMPLE BOY	04-08-2018	

NAME		PHOTO
MS. ARISTA	Ms. Arista has completed B.A.-LLB from Guwahati University, LLM (Criminology) from Dribugarh University & brings along over 01 years of experience. She was associated with Dalmia Bharat Cement Ltd. before joining us. Please join us in welcoming her to MAX family.	
MR. FULLMANSTAR	Mr. Fullmanstar has completed B.A from NEHU. & PGDCA from YMCA Shillong. Please join us in welcoming him to MAX family.	
MR. RUSHIKANTA	Mr. Rushikanta has completed B.A from IGNOU & brings along over 12 years of experience. He was associated with Idea Cellular Ltd., Bharti Airtel Services Ltd, Dishnet Wireless Ltd. (Aircel) before joining us. Please join us in welcoming him to MAX family.	
MR. TRINAYAN	Mr. Trinayan has completed B.Tech. (Civil) from Assam Down Town University & brings along over 03 years of experience. He was associated with Star Cement Ltd. & Dalmia Bharat Cement Ltd. before joining us. Please join us in welcoming him to MAX family.	
MR. PALLAB	Mr. Pallab has completed BA from Guwahati University & brings along over 10 years of experience. He was associated with Rose Valley, Star Cement Ltd. etc. before joining us. Please join us in welcoming him to MAX family.	
MR. DEBOJIT	Mr. Debojit has completed BA from IGNOU & brings along over 10 years of experience. He was associated with Anjaybee Infotech, Aircel COCO before joining us. Please join us in welcoming him to MAX family.	