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OPINION

Quarterly Newsletter of LNJ Bhilwara Group



PROUD TO BE INDIAN
PRIVILEGED TO BE GLOBAL

Volume XXVI | Issue 4 | January-March, 2021

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message

Firstly, I would like to thank you all for what you have done already, to weather the ongoing corona crisis, and helped the company to cope up with this situation.

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The Cycle Chalao Abhiyan was successfully organized by HEG admin team in coordination with Youth Hostel Association of India (YHAI) from Mandideep Khel Ground to Dahod on 21st February, 2021.

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National Disaster Response Force (NDRF) team participated in a joint mock exercise with RSWM Ltd. Lodha, Banswara team on 10th February 2021.

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Displaying our strong commitment towards gender equality in work place, our offices celebrated women's day by inviting female employees to a common platform with lots of fun related activities and high tea.

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Launch of AgriGate - For forward linkages, along with Atal Incubation Centre (AIC), a part of NITI Aayog, a new initiative has been started to help create a sustainable and scalable development model for farmers.


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Jawahar Foundation under their flagship program of women empowerment is doing wonderful work in district of Bhilwara & Ajmer region in Rajasthan.

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Strawberries are very rich in antioxidants and plant compounds, which are good for heart health and blood sugar control. An excellent source of vitamin C and manganese, it also contains decent amount of folate (vitamin B9) and potassium.

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Events



Distribution of BP Instruments to Govt. Hospital by Ringas Unit



Bhamashah Certificate to RSWM-Ringas by Divisional Commissioner



Scholarship Schemes for Children by ADHPL



Donation of Clothes to Sahara Old Age Home by ADHPL



Intensive Pulse Polio Immunization Campaign by ADHPL



Sewing Training Centre Inaugurated by ADHPL



Donation to Local Schools by ADHPL



DMJ Anathalaya Top Floor Inauguration by MPCL



Donation to New Aajivika Self Help Group by MPCL



Plantation Drive at MPCL



Cutting & Tailoring Centre Inauguration, Banera by Jawahar Foundation

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Chairman's note



Firstly, I would like to thank you all for what you have done already, to weather the ongoing corona crisis, and helped the company to cope up with this situation.

The year 2020 would be remembered as the year of a deadly pandemic that severely impacted our health, businesses, economy and communities across the world.

The second Covid wave has put the focus back on the economy and how it will affect the economic growth as well as the employment scenario, but as we say – “There is hope after despair and many suns after darkness”, similarly the Indian economy has started showing optimistic signs of recovery. Most of the agencies have forecasted double digit growth for India in the coming times. This auger well for our nation and its people’s prosperity.

India’s first “paperless” Budget 2021 looks hopeful and empowering as it focuses on the revival of the economy with a “minimum Government, maximum Governance” approach. The overall budget is reassuring, positive and has come with encouraging announcements for the healthcare, infrastructure, and innovation ecosystem, support for the MSMEs, skill development, opportunities for youth and education for all etc.

Economic revival is expected to continue unabated as the largest vaccination drive is underway in India. Since, now we have the experience in dealing with the coronavirus, the roll out of vaccine and by following strict Covid Protocol by the people, the impact of the recent surge in cases will be much reduced and mortality rate can be kept at the minimum.

There has been a major thrust from the government towards the “Atmanirbhar Bharat” in order to promote self-reliance in manufacturing and India becoming a manufacturing hub for global companies. This will lead to more jobs creation and make our country less dependent on others. To help achieve this and with the aim to promote domestic manufacturing, the customs duty rates have been increased on certain imported goods.

In a bid to promote the textile industry, a Mega Investment Textile Region and Apparel Park (MITRA) scheme has been introduced for creation of world-class production & trading facilities in the coming years.

We look forward to continuing to serve and support our dedicated employees who were with us in our incredible journey and built a most trusted company for a brighter and stronger future together.

With Best Wishes

Ravi Jhunjhunwala

HEG

Cycle Chalao Abhiyaan

The Cycle Chalao Abhiyan was successfully organized by HEG admin team in coordination with Youth Hostel Association of India (YHAI) from Mandideep Khel Ground to Dahod on 21st February, 2021. Many children from nearby



areas participated in the event with lot of enthusiasm as they love to ride bicycle.

Ringas

Volleyball Match between Staff & Workers

A Volleyball match was organised between staff and workers from 14th to 18th March, 2021. Officers, Staff and Workmen witnessed the



matches and encouraged the team members.

Shri Anurag Mathur, COO congratulated the winning team and encouraged other teams who performed fairly well during the matches.

Kharigram

Sports Day

In order to encourage healthy atmosphere amongst all workers, Annual Sports Day was organised



in the Raj Spin Shramik Colony. Shri N.K. Bahedia, COO inaugurated this programme in presence of Shri Manoj Sharma, CHRO, Shri Vinod Mehta, VP-CCD and all HOD's. Volleyball, Kabaddi, Race and many more games were organised and workers



participated in all events with great zeal and sportsman spirit. In the closing ceremony, In his address Shri N.K. Bahedia along with all senior staff members, motivated the workers. He stated that wining or losing doesn't matter, the focus is to stay fit & healthy and refresh ourselves time to time. He also encouraged that such events should be organised on a regular basis. The event ended with prize distribution followed by dinner.

Campus Interviews for RSWM Units

With RSWM Group philosophy and vision of including young and dynamic freshers in the team and further developing & nurturing them in all areas and to be a part



of our main stream, the Campus Interviews, under the guidance of Corporate HR, were conducted in prestigious colleges for textile Graduates. A panel of HR & technical team visited MLVTEC, Bhilwara, NITRA Ghaziabad, DKTE, Ichalkaranji, GCTI, Kanpur, TIT Bhiwani, NIT, Jalandhar, IICT, Bhadoi. The Campus Interviews were followed by written test, group discussions & face to face rounds. Total 36 Textile Graduates were selected for all Group Units.

Mandpam

Visit of M/s RICHA Global, Delhi

Mr. Caul from M/s. RICHA Global, Delhi visited Mandpam Unit on



16th March, 2021. He was welcomed by our plant's team with gratitude. Apart from the meeting, they also visited the plant premises and appreciated the overall infrastructure and process.

Rajasthan's Health Minister Visit

Shri Raghu Sharma (Health Minister – Government of Rajasthan) visited



Mandpam Unit on 20th January, 2021. Shri Ashwani Mittal (Dy. BH) welcomed him by presenting a beautiful bouquet.

Rishabhdev

Ganeshji Mandir Patotsav

Patotsav of Siddhi Vinayak Ganesh ji was celebrated at Rishabhdev on 25th February, 2021. The programme started with puja and archana in the



morning by learned Pandit team from Khadagda in which the COO with spouse was the Yajman. The staff along with family members performed the Hawankriya and prayed for the blessings of Ganesh ji Maharaj for the prosperity of the unit and its employees. The Puja ended with

Hawan and Purnahuti followed by prasad distribution to all.

Kanyakheri

Inauguration Recreational/ Entertainment Room for Workers



To encourage employee engagement activities, a Recreational/Entertainment room for workers was inaugurated at Kanyakheri unit inside worker's hostel by our COO, Shri Vinit Agarwal. All the workers were really excited with this new approach of the management.

Distribution of KADHA

To uplift the strong immune system of all staff members of Kanyakheri Unit, regular distribution of KADHA was organised by HR Department. This would help in increasing our



workers and staff's immunity and make them strong against the change of weather and COVID-19.

LNJ Denim

Bhoomi Poojan

On 16th January, 2021 a Bhoomi Poojan was done for our new



Project of Sheet Dyeing at LNJ Denim, Mordi Unit. On this occasion, Pooja was performed by Shri Vinod Pathak. All the staff members were invited for pooja and everybody was excited and happy for having a new project of Sheet Dyeing in Denim Plant. With this new project, the production capacity will also increase.

Customer Visits

On 8th February, 2021, Shri Dhanraj Vora (Nanubhai) from RCBC Group, Mumbai had visited our unit. RCBC Group is one of the



leading businesses in the Ready Made Garments. Shri Suketu Shah - Business Head & Shri Ashish Bhatnagar – Marketing Head welcomed him and were taken through the Denim facility and made him understand the entire Denim process. Two more customers Shri Chetan Lal & Shri Ashok Kumar from B Lal Fabrics Pvt Ltd, Delhi and Shri Rohit Chabara from Nathuram Lr & Company, Delhi had also visited the Denim Unit in the month of January & February. The clients appreciated the Denim products and the facilities. They were very impressed by seeing various new products and appreciated the work environment culture.

Lodha

25 Years Service Certificate

The HR department organised a felicitation program for the staff and workers who have



completed 25 years of service at RSWM Lodha. On this occasion, Shri Sukesh Sharma appreciated their long association with RSWM and honoured them with a Shawl and Appreciation Certificate. During the program, all Core Team members were present and congratulated all of them.

Dr. Sanjib Patra & Team Visit

Mr. Sanjib Patra and team visited Lodha for a video shoot on RSWM documentary film. They took interviews of Shri Sukesh Sharma (Chief Operating Officer), Core Team members and some



senior workers. They appreciated the maintenance of campus, its cleanliness, greenery and beauty of the Orchard area.

BMD

Saraswati Poojan

Devi Saraswati Pujan was performed in BMD Mordri plant



on 19th February, 2021. On this occasion, Goddess Saraswati Pujan Bhajan - Kirtan and Cultural program was also organized.

Monica Dave presented a Bhajan "O Sharad Ma" during the programme. The Saraswati Pujan was performed by Sunita Tharad, Hemlata Gupta and Sarita Swamy. Children took active participation in the program through cultural programs & songs, poetry and dance. It was ended with prasad distribution by the Mill administration to all.

Volleyball Court Inauguration

Shri Sanjay Sharma (COO-BMD) inaugurated newly built Volley Ball ground at BMD Mordri on 11.02.2021. Shri Suketu Shah (Business Head-Denim) & Sanjay Kumar Shah (Dy.CO-TPP) also witnessed the programme. Shri S.K. Bhandari, Pankaj Gupta, K.M. Arun, Manish Swami Navdeep Phogat, D.K. Raka, Jayesh Patel, etc. were present



on the occasion. A friendly volley ball match was also conducted between 3 teams of BMD and team "BMD King" won the match. The program was conducted by Gopal Pandya.

BSL

HIV/AIDS Control Awareness Program cum HIV Rapid Testing

The Rajasthan State AIDS Control Society (RSACS) and their team conducted HIV and AIDS awareness program on 18th & 19th March, 2021 in BSL plant with the aim to encourage people. The following contents were covered during the



program by training expert Shri Harsh Agrawal (RSACS) and the team by live presentation & video clips.

- What are HIV and AIDS?
- How HIV is transmitted to others.
- To take action to reduce the transmission of HIV by promoting prevention strategies; and
- To ensure that people living with HIV can participate fully in the life of the community, free from stigma and discrimination.

Aids awareness is an important policy to incorporate into workplace and our society. In this regards, BSL Management has also taken initiative to organise this awareness programme for our workforce covering all the workplaces of various Units.

Total number of 161 personnel from various workplaces/divisions (Staffs & Workmen) took active part in this awareness/training program.

After every session HIV Rapid test was also organised for interested participants/public.

Shri HP Mathur (Associate Vice President-HR & IR), Shri Ram Dayal Jat (Sr. Manager-HR & Admin), Shri Mahesh Sharma (Sr. Manager-Personnel) and Shri Ram Milan Singh (Manager-Safety) have taken active participation to organise and to create the awareness programme at the site.

Mandpam

New Shade Book Launch

A new Melange Shade Book was launched by Shri Ashwani Mittal (Dy. BH) on the occasion of Staff get together at New Year celebration.



Melange Challenger Cup Cricket Tournament 2021

Cricket is a very popular game and a great initiative for employee engagement activity. During the Melange Challenger Cricket Tournament 2021, three league matches were organized at Kharigram Unit. Four teams of Kharigram, BSL, Mandpam and Ringas played matches with full sportsman spirit in the presence of seniors, staff and their family members. The in-house crowd enjoyed the matches with a buzz of loud cheers and iconic songs etc. and showed their support to all the teams.

The league matches were held at three locations – Banswara, Kharigram and Bhilwara and total 7 teams in two groups participated in the tournament. RSWM Mandpam team defeated BMD Banswara team and lifted the tournament trophy second time.

The Lodha Team at Banswara location organized the event. Team Lodha, TPP and BMD played their matches with full sportsmanship.

In continuation to FIT India movement running across the country, Maral Noida organized the cricket and badminton matches among the employees. The motto behind this initiative was “Khelega India to Badhega India”.

BMD Mordii welcomed and honoured their cricket team who won the runner up trophy in Bhilwara.



BMD



BMD



Lodha



Maral



Ringas



Mandpam



Kharigram

Lodha

NDRF Mock Drill Session

National Disaster Response Force (NDRF) team participated in a joint mock exercise with RSWM Ltd. Lodha, Banswara



team on 10th February 2021. District Collector and many other Government officials were also present. NDRF Head shared tips on effective methodologies to handle emergency situations. District Collector, Banswara appreciated the efforts of NDRF and RSWM Lodha Safety & Security Teams.

Virtual training on “E- Way Bill & E-Invoicing”



A new initiative was taken by our staff to learn “E-Way Bill & E-Invoicing” through a virtual training program. All units’ commercial teams participated in the training program. The training was given by Shri Padmakar Sharma, Manager-GST.

Abhivyakti Meeting

To give strength to the project “Abhivyakti” a maintenance team meeting was called at



HRD Centre, Lodha. Shri Rajeev Kumar Dixit (GM-HR & IR) led this programme to explain the workmen about benefits of this project. He shared the achievements of last six months among the participants. Shri Ajay Praksah Jain, DGM- Maintenance also encouraged the workmen to participate in such programmes.

BSL

Virtual surveillance for Integrate Management System - Machine Safety Training Programme

BSL Safety Department organized a special training on 27th February, 2021 for the workers and employees on the topic “Machine Safety”. 30 workmen from different workplaces/ divisions participated in this special awareness program. Safety Manager Shri Ram Milan Singh briefed many check points before taking in use of any such machines, secure live electric wiring, machine & its prime movers guarding, loose clothing, vibration & extra sounding and its reasons and necessary emergency switch/stop points which can be used to stop the machine in case of emergency. He also spoke about lock/tag out of machine during



its scheduled or sudden repairing/ oiling or maintenance along with necessary safety procedure like-energy isolation work permit and machine safety work instructions.

SMETA (2-Pillar) Audit Conducted by SGS India

Sedex Members Ethical Trade Audit (SMETA) is the most widely used social audits in the world and

SMETA is Sedex’s social auditing methodology, enabling businesses to assess their sites and suppliers to understand working conditions in their supply chain. SMETA assesses a site based on their organisation’s standards of labour, health and safety, environment and business ethics. Sedex believes these are key areas for assessing an organisation’s responsible business practices and meeting social compliance.

The 2 pillars of a SMETA



BSL conducted this audit on 28th and 29th February, 2021 by SGS India for its customers to give good working quality conditions and visibility of our working style. Shri RD Jat (Senior MGR-HR & Admin) and Shri Nitin Sharma (Assistant Manager-Personnel) assisted the audit team in making this audit a success under the Joint Managing Director Syt. Nivedan Babu.

HEG

Balancing & Alignment Session

A session on Balancing & Alignment took place from 15th to 17th February, 2021 at Nalanda Training Centre by Mr. Govind Sharma & Mr. Hemendra Jain. Both are expert faculty in Balancing and Alignment field. The agenda was to give proper training and knowledge to enhance the skill development.



Android Programming Training

Change is the spice of life and we always accept any good change in our organization. Keeping this



in mind, a training on android programming by our IT department was given on 15/02/2021 to develop applications for smooth working in the organization.

POSH Training

The POSH training is an ongoing important activity to create awareness and to ensure good working conditions in the organization. It also promotes



awareness on the gender equality in an organization towards safe working atmosphere for women.

Kharigram

External Training on Safety at Work Place

On 6th March, 2021 Shri Anurodh Prashant (External Safety Expert and Auditor) conducted a training programme on Safety at Work Place. Staff of various departments like Engineering, Maintenance,



Security, Commercial and Production were covered. During this session, the topics covered were - Fire Fighting, Safety at Work Place, Chemical Handling, Tools Handling etc.

Technical Training Programme

On 23rd January, 2021 a technical training session was organised at Kharigram on CAIPO (Slub Attachment). Mr Sachin Acharya



from Voltas facilitated this programme and explained about slub attachment and its applications for fancy yarns in respective work areas. All HOD and Section Heads from Electrical, Maintenance and Operation Departments participated in this programme.

Quality Circle Training Program

The HR department conducted a training cum awareness session on Quality Circle on 22nd January, 2021.



Shri Vinod Purohit, Dy. Manager-CTSC facilitated this programme and explained about QC Tools, methods to implement the Quality Circle system in respective work areas. All HOD and Section Heads participated in this programme.

Mandpam

Fire Safety Training Session

A training programme on Fire Safety & use of Fire Hydrant System was organized at Mandpam unit on 5th March 2021.

The objective was to create



awareness for use of fire hydrant systems at the time of fire. Mr. Anil Bishnoi (Executive –Fire & Safety) was the faculty for this training programme.

LNJ Denim

Training on Fire & Safety

A training session was conducted on Fire & Safety on 20th February, 2021. The two hour training program was provided to staff and the security guards. A demonstration



was done on how and when to use required equipment's with all the possible safety measures. The main objective of the training was to create awareness on use of firefighting equipment's. The training was given by Shri Devanand Shah - Safety Officer.

Training on ISO 45001:2018

A one day training program on ISO 45001:2018 was conducted on 22nd February, 2021 for the employees by BSI External Trainer, Shri Ajay Kumar. The objective of this training was to create awareness about the new ISO 45001:2018's requirement and its implementation in the plant. ISO



45001:2018 specifies requirements for the Occupational Health and Safety (OH&S) Management System and gives guidance for its use, to enable organizations to provide safe and healthy workplaces by preventing work-related injury and illness by pro actively improving its OH&S performance. Total 25 staff members had attended the session.

ADHPL

Tier-II Mock Drill on Earthquake Triggers Avalanche

The ADHPL participated in Tier-II Mock Drill organized by District Administration Kullu on 18th Feb 2021. The scenario of mock drill was "Earthquake Triggering the Avalanche, resulting in breakdown of Atal Tunnel at Rohtang, Manali.



AD Hydro Power Ltd. had sent its rescue and medical team of eight members with ambulance to take part in the mock drill. On its completion, SDM Manali thanked ADHPL and appreciated the efforts put in by the team.

Work at Height & Rescue Training

A Five days training session on "Work at Height and Rescue of Stranded Person" was organised



between February 09 to 13, 2021 at Transmission line. The training was conducted by an external expert agency in three sessions at TL sites. 55 personnel were trained during these sessions by the third party. It was specially planned for transmission line workers for enhancement of skills.

MPCL

Mock Drill on Earthquake

A Tier 2 Mock drill on Earthquake was conducted in collaboration with Himachal Pradesh Home Guard



Services on 10th March, 2021 by MPCL to check the emergency preparedness planning, responses



and effectiveness of the emergency response plan. A meeting was also conducted with HODs/Section in-charges to discuss the scenario on injuries occurred to many employees during earthquake and define role & responsibilities of the individuals.

a smiling you

The Game

A programmer and an engineer are sitting next to each other on a long flight. The programmer leans over to the engineer and asks if he would like to play a fun game. The engineer just wants to take a nap, so he politely declines.

The programmer persists and explains that the game is really easy and a lot of fun. He explains, "I ask you a question. If you don't know the answer, you pay me \$5. Then, you ask me a question. If I don't know the answer, I'll pay you \$5" but again, the engineer politely declines and tries to get to sleep.

The programmer, by now somewhat agitated, says, "OK, if you don't know the answer you pay me \$5 and if I don't know the answer, I'll pay you \$50!"

This catches the engineer's attention and he sees no end to this torment unless he plays, so he agrees to the game. The programmer asks the first question, "What's the distance from the earth to the moon?"

The engineer doesn't say a word, but reaches into his wallet, pulls out a \$5 bill and hands it to the programmer. Now, it's the engineer's turn. He asks the programmer, "What goes up a hill with three legs and comes down with four?"

The programmer looks at him, puzzled. He takes out his laptop and searches the net. Frustrated, he sends email to all of his co-workers -- all to no avail.

After about an hour, he wakes the engineer and hands him \$50. The engineer politely takes the \$50 and turns away, to try to get back to sleep.

The programmer, more than a little miffed, shakes the engineer and asks, "Well, so what's the answer?"

Without a word, the engineer reaches into his wallet, hands the programmer \$5 and turns away, to get back to sleep.



HEALTHY FOOD

STRAWBERRIES

Benefits

STRAWBERRIES ARE VERY RICH IN ANTIOXIDANTS AND PLANT COMPOUNDS, WHICH ARE GOOD FOR HEART HEALTH AND BLOOD SUGAR CONTROL. AN EXCELLENT SOURCE OF VITAMIN C AND MANGANESE, IT ALSO CONTAINS DECENT AMOUNT OF FOLATE (VITAMIN B9) AND POTASSIUM.

Why you should add more strawberries to your diet

Strawberries are a bona fide super food. Nutrient-rich and packed with antioxidants (like vitamin C), the benefits of strawberries are endless. It gives your immunity a boost.

Maintains healthy vision

The antioxidant properties in strawberries may also help to prevent cataracts - the clouding over of the eye lens - which can lead to blindness in older age. Our eyes require vitamin C to protect them from exposure to free-radicals from the sun's harsh UV rays, which can damage the protein in the lens. Vitamin C also plays an important role in strengthening the eye's cornea and retina.

Ward off cancer

Vitamin C is one of the antioxidants that can help with cancer prevention, since a healthy immune system is the body's best defense. A phytochemical called ellagic acid - also found in strawberries. "Ellagic acid has been shown to yield anti-cancer properties like suppressing cancer cell growth.

Keeps wrinkles at bay

The power of vitamin C in strawberries continues, as it is vital to the production of collagen, which helps to improve skin's elasticity and resilience. Since we lose collagen

as we age, eating foods rich in vitamin C may result in healthier, younger-looking skin.

Lowers cholesterol

The benefits of strawberries include powerful heart-health boosters. "Ellagic acid and flavonoids - or phytochemical - can provide an antioxidant effect that can benefit heart health in various ways.

Reduces pesky inflammation

The antioxidants and phytochemicals found in strawberries may also help to reduce inflammation of the joints, which may cause arthritis and can also lead to heart disease.

Regulate your blood pressure

Potassium is yet another heart healthy nutrient. Potassium can help regulate blood pressure and may even help to lower high blood pressure by acting as a buffer against the negative effects of sodium.

Boost your fibre intake

Fibre is a necessity for healthy digestion, and strawberries naturally contain about 2 gm per serving. Fibre can also aid in fighting type 2 diabetes. "Fibre helps slow the absorption of sugars (i.e., glucose) in the blood. Adults who are managing diabetes can enjoy strawberries - in moderation - in their diet.

Aid in weight management

Maintaining a healthy weight is one of the best defenses against



type 2 diabetes and heart disease. Strawberries are naturally low in calories, fat-free and low in both sodium & sugar.

Help to promote pre-natal health

Folate is a B-vitamin recommended for women who are pregnant or trying to conceive, and strawberries are a good source. Folate is necessary in the early stages of pregnancy to help in the development of the baby's brain, skull and spinal cord, and the folic acid in strawberries may help to prevent certain birth defects, such as spina bifida.

Our Schools

where learning and joy come together

VKV Hurda

VIRTUAL ALUMNI MEET

A virtual Alumni Meet was organized on February 27, 2021 at 6.30 pm initiated by Manoj Rathi (Batch 1994) and Nitin Jain (Batch 2006). There were 128 participants in this virtual meet. It started from the very first batch of VKV – Hurda (1977). Sri Shekhar Chhajed currently working with Mercedes Benz (Germany) and Dr. Sangeeta Lodha practicing Gynecologist in Jodhpur. Innovative ideas and applicable suggestions were given by the Alumni and they were very much eager and enthusiastic to meet their classmates virtually.



VKV Rishabhdev

GLOBAL LIGHTS OUT MOVEMENT

Our school participated in the world's largest environmental grassroots movement i.e. 'Global Lights Out Movement' to give importance to world environment and electricity conservation by switching off electricity for one hour from 8:30 pm to 9:30 pm on 27th March, 2021. The principal, teachers and students promised to discharge their role in preserving the nature.



BIRD FESTIVAL UDAIPUR

Wildlife Conservation Department Udaipur, Rajasthan organised Bird Festival 2021. Spot Painting Competition & Quizzes were

organised. It was a proud moment for our school to get a chance to participate. Mansi Pandya from class XI secured second position in the Spot Painting Competition and was felicitated with trophy and certificate.



SOHA EXHIBITION

Under the aegis of Bharat Soka Gakkai, an exhibition on Seeds of Hope & Action was conducted for the first in India at VKV Hurda, on 22nd & 23rd Feb 2021. Students from class VIII to XI participated and were made aware of the Sustainable Development Goals such as deteriorating earth conditions were discussed and how it can be regained through active participation.



PEACE CLUB MEETING

A programme was conducted on Swami Vivekananda Jayanti by Peace Club on the zoom application. Mr. Ashok Kumar Dubey started with the aim of sensitizing the participants about the philosophies, principles and ideals of Swami Vivekananda. Kirti Tater & Siddhi Jain through their speeches and Kanak Jain, Aditi Shrotriya through their stories enlightened the participants about the role and importance of youth in the process of nation building.



NATIONAL GIRL CHILD DAY

To promote the idea of girl empowerment and to address the issues and create awareness related to girl child, a virtual celebration was conducted on 24th January 2021. On this occasion, tips for self defense were given, poems were recited by Liza Kothari and Janshi Jain, mimes were presented by Rashmi Jain, Diya Kothari and Hiya Trivedi.



INVESTITURE CEREMONY

Delegation of responsibility and giving authority to children is important as it teaches them lifelong skills of being powerful and caring while making them better citizens.



Total 44 students were appointed as the school leaders, sworn the Oath of duty and secrecy via a virtual platform on 10th January 2021. Praneeet Trivedi head boy, Naincy Jain head girl, Kaushal Kalal vice head boy and Nehal Jain vice head girl and captains of all the four houses etc. were appointed. The principal congratulated the newly appointed school cabinet members.

The Graphite

ADVENTUROUS ACTIVITIES IN ASSOCIATION WITH YHAI

Graphite School is the lifetime member of Youth Hostel Association of India. In joint collaboration of Graphite School and YHAI a one-day local trek was organized on 7th February 2021. Local cycling trek was organized on 21st February for the students, staff, and parents. More than 150 students, staff & parents have participated and enjoyed the adventurous trip of Narsingharh local trek on hills.



AWARDS & ACHIEVEMENTS

The Graphitians earned many awards and achievements and brought laurels to the school.

Master Ayush

Tiwari – Batch 2018-19 cleared CA Inter. Master Honey

Sahu – Batch - 2019-20 cleared CS-EET. Ku. Rachna

Tiwari – Batch 2016-17 cleared C.S Executive.



SLAN GO FOIL (FAREWELL 2020-21)

The Graphite family gathered to bid adieu to the outgoing class XII batch 2020-21 on 20th February. Mr. Manish



Gulati (ED) wished them good luck and inspired to believe in their strengths.

The host class XI grade arranged various games and a jovial skit for their seniors. Mr. Graphite

and Ms. Graphite were awarded to Dhruv Maran and Pooja Verma. The main attraction was the ramp walk for the most coveted titles– Mr. Eve and Ms. Eve which were awarded to Saksham Jain and Muskan Jain, respectively.

ALUMNI MEET 2021

The school organized its Alumni Meet for the students of last 12 years (12th class batches). The event was graced by the ex-teachers and dignitaries.

Various

playful games, dance performances and songs were the main attraction of the day.



VV Maral

NATIONAL FINANCE QUIZ

Vivekians participated in the National Finance Quiz to test their financial quotient and knowledge. Students had put their best efforts in both the chances and improved their knowledge in basic financial management techniques.



MATH LAB ACTIVITY

At the School Maths Lab, Group Activity had been planned and executed fruitfully with the outcome to learn and understand the Mathematical formulas and

to apply those formulas into different fields such as calculation of Area, Volume, Curved Surface Area of 3D Shapes etc.



COVID-19 SCIENCE PROJECT

Our hearts go out to everyone affected by the COVID-19 pandemic. Vivekians believe - creativity

& connection will help us heal and grow stronger. To give the message for staying connected and healthy, Ms. Sushree Simran from School rounded up a Scrapbook under the guidance of Mr. Sawan Jaiswal, TGT Science. The scrap book compiles following precautions about COVID -19. Proper hand wash, frequent sanitation, always wear face mask, maintain social distancing, avoid unuseful outgoing, healthy diet to increase the immunity etc.



CHESS TOURNAMENT

An Inter School Chess Tournament was organized under the banner of LNJ Group on 24th January 2021. All four schools of LNJ Group had participated in the competition. The Vivekians provided an opportunity to the students to highlight their talent. Students have also been encouraged to compete at various Inter School Chess Competitions to showcase their talents and win laurels for the school.



a) Main Prize

Kanav Gupta: 1st

Sankhya Takzare: 2nd

Anay Gupta: 3rd

b) Category

Prize Girls

Shaily Patidar: 1st

Kyara Gupta: 2nd

c) Under 11 Boys

Aditya Pathak: 1st

Ishan Rathod: 2nd

Drona Jha: 3rd

celebrations & festivals

Women's Day Celebration

Displaying our strong commitment towards gender equality in work place, our offices celebrated women's day by inviting female employees to a common platform with lots of fun related activities and high tea. Beautiful coffee mug in Head Office was gifted to the ladies.

In Kharigram, female workers who have completed more than 8 years, were awarded as a token of appreciation for their good performance.



Head Office



HEG



Kharigram

Holi/Holika Dahan

One of the most symbolic celebrations in India is Holi, which is also known as the Festival of Colors. Our offices all over India celebrated holi with proper hygiene and social distancing. The staff club of TPP-Mordi, Rishabhdev Unit, the Fibre Division in Ringas, organised Holika Dahan and greeted each other for a safe Holi.

In HO, employees wished each other a colorful Holi with happiness and good health. Packets of sweets were distributed to the employees. In Kanyakheri, Holi pujan was organised which was followed by performance of songs and dances by staff members. In Kharigram, Holi was celebrated with complete safety of the employees and their families. In Mandpam, pujan was performed, but due to Covid guidelines and for the safety of employees, no celebrations with colors were allowed. In LNJ Denim & Fabric, Lodha, BMD, Maral - holi was celebrated with lot of safety measures and precautions.



Kanyakheri



TPP



Ringas-RPSF



Kharigram



Kharigram



Mandpam



BMD



Maral



Rishabhdev



Maral



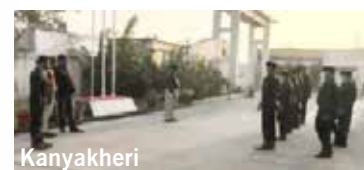
LNJ Denim & Fabric

Republic Day

The 72nd Republic Day was celebrated in the HEG plant by flag hosting ceremony followed by our National Anthem. In Ringas, the Guard of Honour was extended by the Chief Security Officer with his team. In Kharigram, folk dances and nation devout songs were performed by the workers. The staff were really motivated to give their best performances. In Mandpam, Rishabhdev, LNJ Denim, warm greetings were extended to all employees. In Lodha - COO addressed the staff workers and motivated them to use sanitiser, mask and maintain social distance at the work place as well as in society. In BMD, BSL all HODs, staff and workers took active participation. In TPP, the HR Department gave best workers award to various divisions/ units. ADHPL, BMD, Kanyakheri and MPCL also celebrated this national day by hoisting flag. Later sweets were distributed to all.



HEG



Kanyakheri



BSL



Lodha



Kharigram



BMD



Rishabhdev



MPCL



ADHPL



Ringas



LNJ Denim

National Safety Day/Week,

In TPP-Mordi, the National Safety Day event started with lighting the lamp, followed by competition that was organised among the plant employees on safety slogans, safety posters and safety essays. Prizes were distributed by Dy. COO. Senior officers and staff members were also present during the entire event. In Ringas-RPSF, the staff and workers gathered and took safety pledge to bring awareness on safety among workers through quizzes, speech and poster competitions. In HEG, safety slogans along with health pledge were taken. Some sessions were taken by seniors to share the knowledge and experiences followed by prize distribution ceremony.

In Kharigram, safety oath was taken. Safety badges were distributed to all employees. Exhibitions of PPEs, fire and safety equipment's, safety training programme for contract workers, drivers and various competitions were organised to ensure 'zero accident'. In Mandpam, RSWM Melange Fire and Safety Executive narrated the values of safety in day-to-day activity at workplace. In Rishabhdev, a demo session was given by the security team in case a fire occurs. Safety oath was also taken by the staff and the workers. The employees of LNJ Denim were addressed on the importance of personal safety. Emphasis was given on the need for safety on handling of mobile phone while riding a bike. An exhibition on Personnel Protective Equipment was also organised by the safety team, where use of fire extinguishers and other PPEs was demonstrated. Safety oath was also taken in the morning.

In RSWM Ltd Lodha, exhibition on safety equipment was organised and posters were displayed. In BSL Limited, the company organised

various types of training programmes at Mandpam plant to create safety awareness. The event was successfully organised with the support of various departments. Many points like raising awareness and impact by industrial injuries, risks during working with machines, safety of man, machine and materials, prevention of industrial incidents, industrial health and safety management, lifting tools and tackles etc were discussed. In ADHPL, the theme was "Learn from Disaster and prepare for a safer future". National safety flag was unfurled and safety pledge was read out. National safety day was also celebrated in Transmission Line at Bhuntar and Sunder Nagar. Awards were given to workers and employees for best safety practices. At the premises of Malana Power Company Ltd (MPCL), a safety pledge was taken by the participants, followed by prize distribution.

In ADHPL, National Road Safety month was celebrated. The theme was "Sadak Suraksha – Jeevan Raksha. A safety walk was organised from Administration Block to Zero RD and HSE awareness trainings were imparted to drivers, heavy machinery operators, transmission line workers etc.



ADHPL



BSL



TPP



Mandpam



Ringas



ADHPL



HEG



Rishabhdev



Kharigram



ADHPL



MPCL



LNJ Denim



Lodha

celebrations & festivals

Lohri

Happy Lohri is the conventional greeting on Lohri where everyone meets at a common place. The community comes together and wishes each other a 'Happy Lohri' signifying the beginning of a new season. The overall mood in Maral Unit was upbeat and staff was totally absorbed in the festive spirit. In LNJ Denim and Mayur Staff Club, the programme started with Lohri pooja and wood fire. Bhangra dance over the music and lohri songs was quite enchanting. Staff, kids, ladies etc made the festivity evening full of energy. Gajak, peanuts and popcorns were distributed to all. Complete Melange Pariwar gathered around the bonfire and offered sweets to each other. The festivity at Kharigram was full of joy and cheers. At the end of the function, all the newly couples and new born babies were blessed and gifts were distributed. At Ringas-RPSF staff colony, Lohri was celebrated with precautions of COVID-19 and all the staff members of the colony were present to celebrate the auspicious festival. RSWM ladies club, Ringas celebrated by burning Lohri and performing pooja. Lohri at Ringas unit symbolized the spirit of brotherhood and unity amongst the members. Puffed rice, popcorns, munchies were thrown in the fire and popular songs with dance performances took place around the fire.



LNJ Denim



Maral



Ringas



Mandpam



Kharigram



Ringas-RPSF

Makar Sakranti

Staff and their family members of RSWM club celebrated Makar Sakranti with fervour and zeal. Various traditional games like, gulli danda, sitolia, kite flying etc were played. Ringas-RPSF and



Kharigram

Kharigram celebrated festival at the workplace. This has emerged as one of the biggest employee engagement initiative. Kites and sweets were distributed. Traditional games were a part of this initiative.

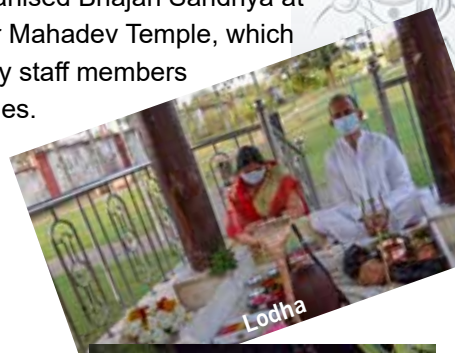


Ringas-RPSF

Mahashivratri

Mandpam organised Bhajan Sandhya at Melangeshwar Mahadev Temple, which was enjoyed by staff members and their families.

Shiv Mandir at RSWM Kharigram was decorated with colourful flowers and the celebration started with Jal Abhishek of Lord Shiva. Celebration ended with Maha Arti and distribution of prasad. At HEG, pooja was conducted in the temple and prayers to Lord Shiva were offered for his blessings.



Lodha



Mandpam



LNJ Denim & Fabric



HEG



HEG

Basant Panchami

Basant Panchami, also known as Sarasvati Puja in honor of the goddess Saraswati, is a festival that marks the preparation for the arrival of spring. HEG celebrated the festival and worshiped Goddess Saraswati, the Hindu deity of education, knowledge, music & art.

Kanyakheri: Dinner-cum-Celebration Programme



A Dinner programme was organized at staff colony to celebrate the positive vibes on the occasion of Valentines Day. The Celebration cum Dinner programme was on 16th February, 2021 at Kanyakheri unit for employees and their families.

Ringas: Sundar Kand Paath

RSWM Limited Ringas has organized 'Sundar Kand Paath' at our Staff Colony as well as Workers



Colony. All the staff members, workmen and their family members attended the function.

Mandpam: New Year Celebration

Shri Ashwani Mittal (Dy. BH-MYB) with all Department Heads & other staff members met all departments



workers & wished for a prosperous new year. In the evening, a staff get together was organized by Melange Staff club. The function was attended with much enthusiasm and tea & cake was served.

Mandpam: Staff Birthday Celebration

The Staff Birthday (January to March Month) was celebrated with much gusto and enthusiasm in Melange Staff club on every last week of month. The Cake cutting



ceremony was done by Staff whose birthday was in that particular month, in presence of Shri Ashwani Mittal (Dy. BH) and other staff members. The employees were served tea and Cake.

LNJ Denim & Fabric: Laghu Rudra Pujan and Nav Chandi Path



Two days (11th & 12th February, 2021) Laghu Rudra Pujan and Nav Chandi Path was done by LNJ Denim & Mayur Staff club's at Shiv Temple, LNJ Nagar Staff Colony, Mordi.

The Pooja & Ahuti was performed by a team of renowned eleven pandits from Khodan under the leadership of Shri Manoj Pathak which made the environment very devotional owing to chanting Mantra. Staff members offered 'Aahuty' for the prosperity of the group & prayed lord Shiv for the

betterment of plant and livelihood. All the senior officers of Denim & Fabric participated in the program and was followed by distribution of sweets and prasad.

BMD: Maa Tripura Sundari Celebration



BMD, Mordi has organized a get-together programme for their staff and family members at Tripura Sundari on 1st March 2021. Shri Sanjay Sharma (COO) of BMD offered prayers to Maa Tripura Sundari and other Devtas through Karmakandi Brahmins.

After the Devi Pujan program, Bhajan, Kirtan, Cultural and Sports activities were conducted. All staff, ladies & children actively participated in all the programs and make it a grant success. The programme was ended with distribution of Maha Prasad to everyone.

Maral: Birthday Celebration

Maral celebrated the birthday of Mr. Navjoot Walia (V.P Marketing)



and Mr. S.K.Shukla (AGM HR & Admin) in January 2021 with much enthusiasm. Everyone enjoyed the celebration with a cake cutting ceremony and high tea.

HEG

“Global Parli” & “Global Raisen” Projects



Launch of AgriGate - For forward linkages, along with Atal Incubation Centre (AIC), a part of NITI Aayog, a new initiative has been started to help create a sustainable and scalable development model for farmers. Its an ecosystem of start-ups for market access to 7000 small and marginal farmers.

Farmers' outreach in Madhya Pradesh

Farmer outreach is at the core of Global Parli operations, across all our regions. Our on-ground team collects the information to assist the farmers, such as:

- Farmer ID, Name, District, Taluka, Village, Mobile no etc.
- Fruit plant in practice
- Count of Good fruit plants, Damaged Plants (if any)
- Status of Drip Irrigation & Mulching
- Soil Report
- Whether the Training Book & App is shared with the farmer
- Overall Survey Status

Eight Districts of Marathwada, the entire Palghar district and 5 Districts of Madhya Pradesh are checked regularly.

Papaya Distribution - The first distribution took place on 10th March 2021, where around 8000+ saplings were distributed. We are geared up for this year by already distributing saplings at a subsidized price.

Exposure at Krishi Mela - On 14th March 2021, people gathered in thousands for the Annual Krishi Mela organized by KVK Raisen, Madhya Pradesh. Following were the highlights of the event:

- Demonstration of latest technologies developed by different institutions in Agricultural activities
- Demonstration and marketing of different types of seeds/plant materials/fertilizers etc.
- Demonstration and marketing of quality products prepared by model farmers
- Branches and livestock
- Display and marketing agricultural products at affordable prices.
- Discussion on the empowerment of youth for technology-based farming.
- Farmer speeches/Agricultural Knowledge/Cultural Function
- Live demonstration of agricultural techniques

Staff training - At Global Parli, training programmes on technical and horticultural subjects were conducted for our employees in the Raisen District of Madhya Pradesh to address farmers issues at Rabindranath Tagore University on 11th Feb 2021. The training included mobilization training, team building, accounting, data management and to understand the process of plantation of saplings. The MP team was sent to Parli for training & understanding work at the grassroot levels. Training took place at Mumbai also.

Ringas

Distribution of BP Instruments to Government Hospital

Ringas Ladies Staff Club Members, General Manager-P&IR have assisted and supported the Government Hospital Health Centre in Ringas



by handing over four Numbers of BP Instruments for testing Blood Pressure on 14th January, 2021.

Bhamashah Certificate to RSWM by Divisional Commissioner



The Divisional Commissioner, Udaipur Dr. Samit Sharma (IAS) has visited Government Hospital of Ringas on 31st March, 2021. He awarded the Bhamashah Certificate to RSWM Limited, Ringas Unit as recognition of CSR activities done towards Govt. Hospital.

ADHPL

Scholarship Scheme

ADHPL provides scholarships to the brilliant and needy children of the local area. The scheme is available for students of 9th to 12th standards and for some technical courses as defined in the Policy. This year 43



students qualified under the scheme and were granted scholarships.

Donation of Clothes to Sahara Old Age Home

Under its CSR initiative, winter wears were donated to the old age inhabitants of Sahara Old Age Home



at village Kalath near Manali on 6th February, 2021. The old age home management appreciated the initiative of ADHPL. MPCL and ADHPL is supporting the Old Age Home for the last 6 years.

Intensive Pulse Polio Immunization Campaign



A Pulse Polio Immunization Campaign was conducted from 14th to 16th February, 2021 at ADHPL Health Centre, Prini by providing polio drops to the children below 5 years of age after following all COVID preventive protocols. Also a door to door campaign was carried out by the health workers of ADHPL in the surrounding villages on 15th and 16th February, 2021 and 113 children were given polio drops during this drive.

Sewing Training Centre Inaugurated

To empower women of local villages, a sewing training centre



was started at Jagatsukh village by AD Hydro Power Ltd. The sewing centre was inaugurated by Mr. Pankaj Kapoor (AVP-O&M) in the presence of the Pradhan Gram Panchayat Jagatsukh and Panchayat members. Approximately 30 women will be trained for six months in this centre. One female trainer belonging to the same village is selected to impart training.



CSR Initiatives

ADHPL donated some necessary requirements to different schools



of the Kullu district which includes - Computer with all its accessories including Printer, LED Bulbs and Drinking Water Tanks on 25th March, 2021. This initiative by ADHPL was applauded by locals and all the school management.

Working Ladies Awarded by NGO

The ladies working in AD Hydro Power Ltd. were awarded for their



best services during COVID-19 period by the NGO Betiya Foundation. The Betiya Raunak Award function was organised on 10th March, 2021 at Wild Life Museum, Manali. ADHPL distributed grocery, masks, sanitizer, & thermal scanners etc. and also provided vehicles to Government administration for fighting COVID-19 pandemic during nation-wide lockdown.

MPCL

Inauguration of Top Floor at DMJ Anathalya

MPCL has constructed the top floor of Divya Manav Jyoti Anathalya



Trust, Dehar (Bilaspur, HP) to help the elderly people who do not have a home and income to live a proper life. The inauguration took place on 26th January 2021.

Donation to New Aajivika Self Help Group

MPCL has provided machines for pickle and sauce making to New Aajivika Self Help Group Hamirpur,



HP. Women of this self-help group is involved in the production of Papaya, Pumpkin, Round Gourd & Indian Gooseberry (Amla) sweets, pickle and sauces. This group participated in the national women self-help group event held in March 2021 at NOIDA.

Plantation Drive

200 plants of the Deodar (Cedrus Deodara) were planted with the help of Panchayat Pradhan & Shesh Nag



Yubal Mandal Chowki at pre-identified forest land under Parvati Forest Division. A plantation drive was also carried out with the help of Human Welfare Society and 500 plants of the deodar were planted at forest land under Kullu Forest Division.



Jawahar Foundation

Cutting & Tailoring Centre Inauguration, Banera

Jawahar Foundation under their flagship program of women empowerment is doing wonderful



work in district of Bhilwara & Ajmer region in Rajasthan. The Foundation inaugurated a 3 month free Cutting & Tailoring centre for nearby women of village Banera, Rajasthan.

The Jawahar Foundation in an association with PHD Family Welfare Foundation has also inaugurated a Medical Health Care centre for the local villagers of Banera.

During this ceremony, some important dignitaries were also present like - Mr Hemendra Singh Banera (Former MP), Mr Parakram Singh Banera (Former MLA), Mr Dilip Singh Prajapati (Tehsildar), Mr Devendra Suvalaka (Village Sarpanch) and other important people of the village.

Campaign was successfully conducted under the able guidance of Mr Narender Mudgal, Secretary, Jawahar Foundation.

Kharigram

National Quality Circle Award

RSWM Kharigram participated in NCQC 2020 and won Par Excellence Award in Quality Circle case presentation. The case was on "Light weight doffs reduction in Ring Frame". Team also won best slogan award on topic "Self Reliant India through Quality Concepts".



Our participating Team Members were Shri Vinod Purohit (Team Leader), Shri Ambuj Saxena, Shri Manish Gupta, Shri Ramesh, Shri Manoj and Shri Rajendra. An Appreciation Program was also organized at Kharigram for the team. Shri N.K. Bahedia, COO congratulated the team members.

Installation of RO Plant

The RO Plant (3rd Stage) having capacity of 150 KLD was installed at



Kharigram unit. Shri N.K. Bahedia, Chief Operating Officer, along with Shri Vinod Mehta, VP-CCD and HOD's inaugurated the RO Plant and congratulated the entire team. The commissioning job of this RO Plant was done at war front just within 36 hours. Now it is working on 55% efficiency against 40% earlier, which we were getting through monthly rental basis RO operation. We are now getting more permeate water resulting in reduced MEE feed due to less RO reject water.

Kanyakheri: Abhivyakti Award Ceremony

An Abhivyakti Award ceremony was organised at Kanyakheri plant to felicitate the achievers of this



campaign. Shri Vinit Agarwal (COO) motivated the participants for showing great spirit towards successful completion of Abhivyakti programme.

BSL

Shri Ashok Mehta joined the Delegation of Mewar Chamber

A Delegation of Mewar Chamber of Commerce met Shri Gajendra Singh Shekhawat, Union Minister of Water in Delhi on 9th and 10th February 2021 to discuss a number of issues related to central ground water requirement such as - impact assessment, hydrological report and submission of fees etc. The delegation also discussed to consider giving a discount of 80% to the water tariff industries instead of the prescribed fee of 50 rupees, postpone the penalty for environmental protection, and extend the expiry period of compulsory assessment.

During this meeting, representatives of Mewar Chamber also met with Union Minister of Textiles, Smt Smriti Irani, Speaker of Lok Sabha, Shri Om Birla and Rajsamand Sansad, Mrs. Diya Kumari to give 2 out of 7 mega cloth parks to Bhilwara and also discussed issues related to budget.

Mr. Ashok Mehta (Senior Vice President-Processing Division) joined the delegation of Mewar Chamber of Commerce on behalf of BSL.

BSL Limited is now Part of ZDHC Programme



BSL Limited has participated in a campaign of ZDHC which is mostly a response to the Greenpeace De-Tox campaign. The ZDHC group for apparel brands and retailers is

part of the initial work, established a Joint Road Map that demonstrated collaborative efforts and steps needed to lead the apparel and footwear industry towards zero discharge of hazardous chemicals for products across all pathways by 2020.

Its membership has grown from six brands in 2011 to approximately twenty today.

Towards best practices for sustainability, BSL Limited is a part of ZDHC programme in India. The initiative was taken by Shri A.K. Mehta (Sr. VP Processing) towards environmental concern.

Brilliant Children

ADHPL



Mr. Arun Sharma son of Shri Arvind Sharma, a student of **IIM, Calcutta**, has won the 'Best Teams' awards with four other students, for solving real-life business challenges of corporates at an international academic competition "The Global X-Culture Competition". Their teams were picked up from among 45 'Best Teams' from 1,277 teams, comprising 5,955 MBA students from 150 universities of 78 countries. Each team was given a problem-solving

task for an international business and the business idea was to be submitted in the form of a report. We congratulate Mr. Arun Sharma and his parents for achieving this feat. We wish him all the best in future endeavours.

Rishabhdev



Mr. Kartikay Khatod, S/o Shri K.B. Khatod, Chief Operating Officer at Rishabhdev cleared CA final examination in his first attempt and secured 56%. He has always been a meritorious student at School, got 10 CGPA at Secondary and 92.8% at Sr. Secondary level. He is also a good Chess Player and got FIDE Rating. RSWM Rishabhdev family congratulate him on this great achievement.

Welcome Aboard & Adieu

Lodha

Superannuation of Shri Ajay Sharma



Shri Ajay Sharma, Sr. GM (Head NPD) got superannuated on

31st March, 2019. His services were further extended as NPD Head and attained retirement in January 2021. He has served the RSWM organisation for 30 years. To felicitate him, a farewell was organised on 12th January 2021 by Shri Sukesh Sharma (HRD), Chief Operating Officer conveyed best wishes to him for his good health and future endeavours.

Raising Men by Eric Davis

After Eric Davis spent over 16 years in the military, including a decade in the SEAL Teams, his family was more than used to his absence on deployments and secret missions that could obscure his whereabouts for months at a time.

Without a father figure in his own life since the age of fifteen, Eric was desperate to maintain the bonds he'd fought so hard to forge when his children were young-particularly with his son, Jason, because he knew how difficult it was to face the challenge of becoming a man on one's own. Unfortunately, Eric learned the hard way that Quality Time doesn't always show up in Quantity Time.

Facebook, television, phones, video games, school, jobs, and friends-they all got in the way of a real, meaningful father-son relationship. It was time to take action.

As a SEAL, Eric learned to innovate and push boundaries, allowing him to function at levels beyond what was expected, comfortable, ordinary, and even imaginable, and he knew that as a father he needed to do the same with his son.

Using a unique blend of discipline, leadership, adventure, and grace, Eric and his SEAL brothers will teach you how to connect, reconnect, with your sons and learn how to raise real men – the Navy SEAL way.

This book is a tribute to all the dads, fighting the good fight everyday, trying to raise strong, confident, & courageous men who will someday lead us to the future. He is sharing the principles both in story and application, so that you too can raise men-by men-that you're proud of.



Music Therapy



Music is something many people enjoy listening to creating or even playing. It's all around us i.e. store, restaurants, car etc. Music has incredible mental health benefits and is a powerful tool used to evoke motivation and focus, enhance memory, and even manage stress. It makes you feel more optimistic and positive about life. Music has been used for hundreds of years to restore harmony between mind and body. Music connects automatically with the nervous system; brain function, blood pressure, heartbeat and the limbic system, where your feelings and emotions live.

Occasions for which you may want to create a custom playlist:

While getting ready for your day – if the day ahead includes a big presentation or a tough conversation, some tunes could ease your nerves and even shift them into feelings of confidence.

During a commute – road rage doesn't get you anywhere other than to a place of increased stress and anxiety. Music can help you release some built-up tension and also help re-frame negative thoughts about the commute itself.

While doing chores – in list of to-do's, music can be a great motivator and help make even the most routine tasks seem more fun.

During a significant life change – significant life events i.e. getting a new job, losing a job, moving, getting married, breaking up with someone,

retiring or losing someone dear – music can help you work through the associated emotions so that you can eventually move past them.

While eating – eating too quickly or eating while stressed can interfere with digestion, and solid digestion is paramount to good health and well-being. Listening to relaxing music or calming sounds while eating can help you nosh more mindfully.

While on a deadline – racing against the clock to meet a project deadline can feel exhilarating and motivating. However, there's also an element of stress that may ensue, particularly if you feel you could miss the desired finish time. Calming music improves concentration and activates the right and left brain, which can get you to finish line quicker.

Winding down to bed – getting adequate sleep can help you better deal with stress. During the rapid-eye movement (REM) stage of sleep-when dream occurs. Stress hormones decrease and your brain is prepped for the next day's social and emotional functioning. Stress can interfere with sleep. Soothing tunes and sounds can help slow down your breath and relaxes you.

Methods for Improving Your Memory



If you've ever found yourself forgetting where you left your keys or blanking out information on important tests then you have probably wished that your memory was a bit better. Reminder systems can help, setting up an online

calendar that sends reminders to your phone, helps you keep track of all those appointments and meetings. But what about all the important information that you need to actually cement into your long-term memory.

Focus Your Attention

Attention is one of the major components of memory. Set aside a short period of time to be alone. Try to study in a place free of distractions.

Avoid Cramming

Studying materials over a number of sessions gives you the time you need to adequately process information. People who study regularly remember the material far better than those who do all of their studying in one marathon session.

Structure and Organize

Researchers have found that information is organized in memory in related clusters. You can structure and organise the materials you're studying. Try grouping similar concepts and terms together, or make an outline of your notes to help group related concepts.

Utilize Mnemonic Devices

Mnemonic devices are a technique to aid in recall. A mnemonic is simply a way to remember information. The best mnemonics are those that utilize positive imagery, humour, or novelty.

Elaborate and Rehearse

To recall information, you need to encode what you are studying into long-term memory. Read the definition of a key term, and then read a more detailed description of what that term means. Repeating this process a few times will help recall the information easily.

Visualize Concepts

Many people benefit greatly from visualizing the information they study. Pay attention to the photographs, charts, graphics etc. Try creating your

ICELAND

A Country for All Seasons

Iceland is known the world over as the land of ice and fire. Due to the northerly location of the country, there is a good deal of interaction between volcanic activity and ice or water. In the Kverkfjöll area, hot springs rising beneath the glacier have created impressive ice caves. At times volcanic eruptions occur under glaciers, causing massive melting of the ice, often dramatically fast. The scenery promises an endless series of snow-covered volcanoes, mountains and ice fields. The Earth's crust is much thinner. As a result, the molten rock is closer to the surface and heats up the groundwater deep in the earth, giving rise to numerous hot springs. In many places the natural hot water is used for space heating and to fill swimming pools. Great rivers have formed, containing countless waterfalls, of all shapes and sizes. The rivers are a great source of environmentally friendly energy, of which the Icelanders gratefully avail themselves. The environment is important to the Icelanders and they are continually searching for newer and better solutions.

Some coolest destinations to visit in Iceland

Blue Lagoon



The Blue Lagoon is one of Iceland's most popular tourist

own visuals, draw charts or figures in the margins of your notes or use highlighters or pens in different colors to group related ideas in your written study materials.

Relate New Information to Things You Already Know

When you're studying unfamiliar material, take the time to think about how this information relates to what you already know. By establishing relationships between new ideas and previously existing memories, you can dramatically increase the likelihood of recalling the recently learned information.

Read Out Loud

Researchers, educators and psychologists say that reading materials out loud significantly improves your memory of the material.

Pay Extra Attention to Difficult Information

Have you ever noticed how it's sometimes easier to remember information at the beginning or end of a chapter? Researchers have found that the order of information can play a role in recall, which is known as the serial position effect.

While recalling middle information can be difficult, you can overcome this problem by spending extra time rehearsing this information.

Vary Your Study Routine

Occasionally change your study routine. If you're accustomed to studying in one specific location, try moving to a different spot during your next study session.

Get Some Sleep

Researchers have long known that sleep is important for memory and learning. Research has shown that taking a nap after you learn something new can actually help you learn faster and remember better.

destinations. It is a geothermal spa located in the Grindavík lava field in the Reykjanes Peninsula. The warm waters of the Blue Lagoon has a significant concentration of sulphur and silica, and bathing in these waters is believed to have curing effects on people with certain skin ailments like psoriasis.

Mývatn

The Mývatn is a shallow eutrophic lake found in an area of active



volcanism near the Krafla volcano in northern Iceland. The lake is famous for its exceptionally rich avifauna, especially waterbirds. Since the lake is fed by nutrient-rich spring water, it has a large population of aquatic insects which serves to attract many waterbirds to the lake.

Akureyri

Akureyri, a small city and the second most populous urban area in Iceland. Tourist attractions here include various museums, churches, and a botanical garden.

Capital Region

It is Iceland's largest urban settlement and serves as the gateway to most of the major attractions of Iceland. The city has all the modern amenities of an urban life. It is famous for its weekend nightlife, bars, clubs, cafés, restaurants, shopping malls, etc.

Skaftafell

The Svartifoss (Black Fall) is a famous waterfall. The scenery of the region is full of stark contrasts and features jagged mountains, glacier tongues, rivers, valleys, forests and several species of birds.

Jökulsárlón (Glacier Lagoon)

Jökulsárlón is a massive glacial lake on the edge of the Vatnajökull National Park in southeast Iceland. The lake was part of the head of the Breiðamerkurjökull glacier before it started receding. The lake is currently 1.5 km away from the Atlantic Ocean and occupies an area of 18 square km. Scenes from several Hollywood blockbusters like *Die Another Day*, *A View to a Kill*,



Batman Begins, and *Lara Croft: Tomb Raider* have been filmed at the Jökulsárlón. The lake is rich in fish that drift in from the sea during high tides. Seals and a large number of seabirds can be observed here. Commercial boat tours on the Jökulsárlón are extremely popular among tourists visiting the site.

Skógar

A small Icelandic village with a population of only around 25, Skógar is one of the most visited places in Iceland. The village also hosts a folk museum that is open daily all year round, and a museum on transport. Another beautiful waterfall, the Kvernufoss fall, is also located near the Icelandic village.

The beach at Vik

The village of Vik is Iceland's southernmost village located about 180 km by road to the southeast of Reykjavík. The beach at Vik has been regarded as one of the



world's ten most beautiful beaches. The cliffs located to the west of beach serves as a home for many species of seabirds. Since the sea here is wild and stormy, the place has monuments dedicated to the memory of drowned seamen.

Pingvellir

Pingvellir is an important historical, geological, and cultural site. The park is part of a rift valley that marks the boundary between the Eurasian and the North American tectonic plates. Tourists to Pingvellir can enjoy scuba diving at the Silfra Lake or hike and camp.

Geysir/Gullfoss

The Geysir is a geyser in the Haukadalur valley in southwestern Iceland. The eruptions from the geyser are able to hurl boiling water as high as 70 meters in the air. The Gullfoss waterfall is located in the Hvítá river's canyon. The wide Hvítá river makes a right turn just about 1 km before the falls and flows into a curved three-step "staircase" and then suddenly plunges down in 2 stages into a 32 meters deep crevice. The crevice is 20 meters wide and 2.5 km long. Thus, when one approaches the waterfall, the edge is obscured from view. To the observer, it appears as if the river has vanished into the earth.

Whale Watching



"North-east Iceland offers whale-watching trips on beautifully restored fishing vessels. Minke whales and white-beaked dolphins are regularly seen and occasionally humpback and blue whales. Also worth a visit is Husavik's fascinating Whale Museum, located by the port.

Art Festival



Established in 1970, the Reykjavík Arts Festival is Iceland's premier cultural festival, bringing together the best in local and international theatre, dance, music and visual art and so on. Reykjavik Arts Festival runs in the late spring and carries on for almost 20 days.

For details visit their official website:
<https://visiticeland.com/>