

Women Empowerment

“Woman is the companion of man, gifted with equal mental capacity...If by strength is meant moral power, then woman is immeasurably man’s superior... If non-violence is the law of our being, the future is with women...” – Mahatma Gandhi

Happy Women’s Day To Beautiful Ladies



“International Women’s Day is celebrated every year on March 8, recognizing and appreciating women’s political, economic and social achievements over the decades. Woman’s Day was first observed in 1909 in the United States and it is only in 1977 that the United Nations officially declared International Women’s Day celebration on March 8. An event which started as a political affair has evolved over the years and is now celebrated by gifting flowers, greeting cards and gifts to women in most regions. International Women’s Day is also an official holiday in several countries. On this occasion, we should endeavor building a better world where men and women live harmoniously, free of violence and discrimination.”

Our Deepest Condolences

Gone from our sight; but never from our hearts.



M. Prabhu—WI -Royakottai

May you find Eternal Peace

New Joinees Feb –March 2017



Ningappa Manakur
BI - Bellary



Ajay Gaikwad
Manager – Logistic—HO



M Anil Kumar
RI - Bangalore



Pankaj Kumar Singh
OA - Delhi



Shashikala Joshi
OA - Delhi



Birbal Kewat
TI - Rajkot



Sachin Kumar Singh
BI – UP & Uttarakhand



New Location Feb –March 2017



Here's New beginnings



Maharashtra: Ahmednagar / Kannad(M.H) / Bidkin / MIDC
Jalgaon / Matani / Latur / MWS Nagpur/ Jaigad / Goa



Unjha: Kukarwada / Jamkandorana / Rah / Himmatnagar /
Bharudi



Kolkata: Bhadrak / Atri / Guraru / Muzaffapur / Ranchi /



Hyderabad: Nandyal / Warangal / Kavali / Jammalamadugu / Ped-
damudium / Karivena / Nandikotur / Anantharam / Chilakaluripet /
Dendukuru / Mahaboobabad / Guntur / Lalpuram / Indukurpet



Indore: Khargone



Jaipur: Ramganjmandi



Bhatinda: Hansi / Hapur

Happy Birthday to you

Gangaram Dalvi

Yogesh Ajagaonkar

S Murugan

Mehul Mandaliya

Surendra Goud Jajula

Manoj Kumar Singh

Shruti Praveen Nagvekar

Sumit Maheshwari

Amit Modi

T Rajamani

Ranjeet Kumar Singh

Ajay Kumar Jha

Surinder Singh

Janarthanan R

T Rajamani

Krishan Rampal Kumar

Lalbabu Kumar

Anil Kumar Marredu

Suraj Sanjay Gurav

Sachin Kumar Singh

Ganga Singh

Riteshkumar Modi

Sneha Sadanand Haryan

Nikita Chandrakant Sawant

Divyalaxmi Arunagiri

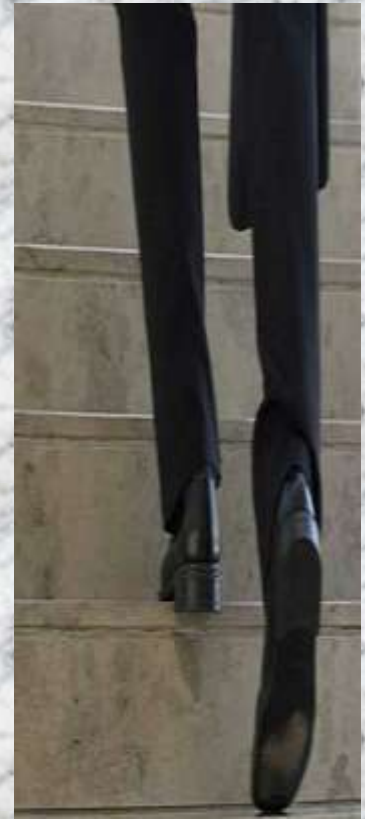
5 Health Hacks for Busy Professionals

Integrate Activity into Your Everyday Life

Eat Healthy and On Time



Sleep is Important



Focus on Deep Breathing



Watch Your Posture



It's time for Story

A son took his old father to a restaurant for an evening dinner. Father being very old and weak, while eating, dropped food on his shirt and trousers. Other diners watched him in disgust while his son was calm.

After he finished eating, his son who was not at all embarrassed, quietly took him to the washroom, wiped the food particles, removed the stains, combed his hair and fitted his spectacles firmly. When they came out, the entire restaurant was watching them in dead silence, not able to grasp how someone could embarrass themselves publicly like that. The son settled the bill and started walking out with his father.

At that time, an old man amongst the diners called out to the son **and asked him, “Don't you think you have left something behind?”**.

The son replied, “No sir, I haven't”.

The old man retorted, “Yes, you have! You left a lesson for every son and hope for every father”.

The restaurant went silent.

Moral: To care for those who once cared for us is one of the highest honors. We all know, how our parents cared for us for every little thing. Love them, respect them, and care for them.

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