



House Magazine of Nava Bharat Ventures Limited Vol. 14 No. 2 July – September 2008.

Award

The Company received “**Excellent Energy Efficient Unit**” and “**Innovative Project**” Awards from Confederation of Indian Industry (CII) for Excellence in Energy Management in 2008 at our Sugar Division.

The awards, given in the form of a shield and a certificate each, were received on 23rd August by Sri N. Prabhakar, Vice President - SD and his team from Sri Dilip Walse Patil, Hon'ble Minister for Energy, (Excluding Non-conventional Energy), Higher & Technical Education and Medical Education, Government of Maharashtra, at Pune (See Picture 1).



Picture 1

This is the second consecutive year that our Sugar Division bagged the prestigious National Award for Excellence in Energy Management from CII.

The Management congratulates the employees of Sugar Division for this achievement!

For Better Results

The following training programmes were conducted for improving the skills of the employees.

A.P. Works

“Corrective and Preventive Action” under ISO: 9001 of Integrated Management System, conducted by Sri A. Manikyala Rao of M/s. Heavy Water Project, Aswapuram, in September.

Engineers from Production and other related departments of FAP(AP) attended a program titled “Manganese Alloys Production – Over view” conducted by Sri G.V.S. Nageswara Rao , Asst. Professor – NIT (REC), Warangal, in September.

Orissa Works

“Industrial Safety & Fire” conducted in July by Sri B. Pujari, CSO & Civil Defence Staff of Talcher.

“Accident Prevention, Safety Permit System and use of PPE” conducted in September by Sri B. Pujari, CSO & Sri Dilip K. Baral, Manager – Safety.



Sugar Division

“Quality of Life & Financial Discipline, Children Education” conducted by Sri Y. Nagendra Kumar, Trainers Forum, Kakinada, in July (See Picture 2).

“Occupational Health & its Importance and Health Awareness” conducted by Dr. H. Kalyana Rao, NRI Medical College, Guntur, in July (See Picture 3).



Picture 2



Picture 3

“Self Development & Positive Thinking” conducted by Sri Y. Nagendra Kumar, Trainers Forum, Kakinada, in August.

“Safety Awareness” conducted by Sri A.H.N.Prasad, Chief Manager - Safety, Paloncha, in September (See Picture 4).



Picture 4

Our Pleasure



Picture 5

A team consisting of Mr. Robert Gordon Gregory from Australia, Mr. Florencio Kennedy Coronel from Philippines and Mr. C.V.Durga Prasad, our Director - Business Development, visited FAP(AP) and PP(AP) in September. The team appreciated the production procedures, the greenery developed in and around the factory and the residential colony (See Picture 5).

Celebrations

On the occasion of Banya Surakshya Divas, plantation of saplings was undertaken in July in the premises of Bramhani Public School at Kharagprasad in Orissa (See Picture 6). Sri Sudhir Kumar Samal, MLA of Dhenkanal Sadar, Sri G.P. Vardhana Rao, Vice President - FAP(O), Sri R.S. Singh, Sr. Manager (Civil) & School Committee members attended the Programme.



Picture 6

The staff and students of Nava Bharat Schools at Paloncha celebrated the Independence Day with gaiety and organized cultural events to show their respect to the nation (See Picture 7).



Picture 7

Nava Bharat Public School at Paloncha organized a Science Exhibition on 29th & 30th August. The exhibition generated a great deal of scientific temperament and enthusiasm among the students (See Picture 8). Nearly 230 exhibits prepared by the students were on display. Sri N. Yuva Raj, IAS, Sub-Collector of Paloncha graced the inaugural function as Chief Guest.



Picture 8

On the occasion of Vinayaka Chaviti, Ganesh Puja was performed in September in a pandal at Navanagar. A large number of devotees from the colony and neighboring areas attended the puja and



Picture 9

had blessings of Lord Ganesh (See Picture 9). Annasamaa radhana was organized on 14th Sept. at the pandal. The Sugar Division performed the



Picture 10

puja with grandeur in the factory premises at Samalkot (See Picture 10).

The students of Nava Bharat Schools at Paloncha celebrated Teachers' Day (See Picture 11) with Guru Puja and observed self-governance. They honoured their teachers and organized a colorful cultural show on this occasion.



Picture 11

Farewell

The following employees retired from the company after a long period of service at FAP(AP):

Name	Designation	Date of Retirement	Length of Service
Sri Satyanarayana	Jr. Manager (P&A)	15 th July, 2008	32 yrs 10 months
Sri P. Dattatreya Babu	Chief Manager (EDP)	5 th August, 2008	32 yrs 4 months
Sri R. Jayarama Rao	Manager (Materials)	10 th August, 2008	33 yrs 6 months
Sri N. Gangadhara Rao	Sr. Foreman (Mech.)	1 st July, 2008	30 yrs 10 months

The management appreciates the long and useful services rendered by the above employees and wishes them a happy and peaceful retired life!

Social Development

A team consisting of Sri R.K. Patnaik, Sr. Manager (P&A), Sri J. Raja Rao, Manager (Admn), Sri S.C. Sadangi, Manager (Coordination) & Sri Pravakar Sahoo, Workers' Representative of FAP(O) visited the areas affected by diarrhea in the surroundings of Bhapur in Dhenkanal district and handed over the medicines donated by our company to the Medical Officer for immediate treatment of patients in September (See Picture 12).



Picture 12



Picture 13

FAP(AP) distributed T-Shirts to the poor students of the government primary schools around our Works (See Picture 13). The parents of the students expressed their gratitude to the management for the help extended to their children.



Stretching

Most postural problems are a result of poor alignment caused by muscle tightness. Long hours of sitting at the desk could strain the muscles and connective tissues.

Stretching can help realign the body and maintain good posture. It prevents injury, increases the range of movement, improves performance and keeps the body agile. It helps to reduce muscle tension, increases blood supply and nutrients to tissues, improves posture and increases flexibility.

Here are a few types of stretches at the desk:

Neck stretch: Drop your head to the right side and then to the left bringing your ear close to your shoulder.

Shoulder stretch: Cross the right arm over your chest, place your left hand just above the elbow joint and pull the right arm closer towards your chest. Repeat with the left arm.

Chest stretch: Clasp your hands behind you to feel your chest muscles stretch.

Upper back stretch: Clasp hands in front to stretch the upper back.

Arms stretch: Extend both hands straight above your head, palms together in namaste posture.

Shoulder rolls: Rotate your shoulders forwards and then in the reverse direction.

Hold each stretch for 10-30 seconds. Breathe normally when you hold the stretch. Don't hold your breath.

Source: Namita Jain, Consultant - American Council of Exercise.

Laughing Corner

☺ Man: "Is there any way for long life?"

Doctor: "Get married."

Man: "Will it help?"

Doctor: "No, but the thought of long life will never come."

☺ Ram: "Please hide all valuable articles in the house, my friend is visiting us."

Shyam: "Why? Does your friend steal them away?"

Ram: "No, but he will identify."

* * * * *

Vision Nava Bharat wishes all its readers a very Happy Diwali!

