



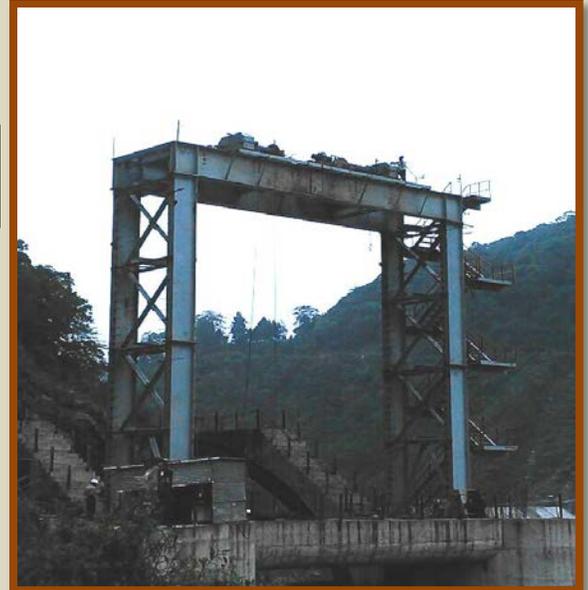
THE GEM FAMILY

.....Let's come closer



Radial Gate for LBST 2

Rope Drum Hoist 130 MT



TEESTA III HYDRO ELECTRIC PROJECT

Teesta - III Hydro Electric Project is a run-of-the-river scheme situated in North Sikkim district of Sikkim. It comprises of CFRD (Concrete Face Rock Fill) . The height of dam is 60m.

Teesta III is amongst our biggest projects of 2 X 600 MW. The above pictures represent the Radial Gate of size 11.00m X 13.76m with Design head of 13m for the Left Bank Spillway tunnel-2 manufactured at Karjan Unit and Rope drum Hoist for the Maintenance gate of LBST-2 having capacity of 130MT.

We have a highly technical and hard working team placed at our Sikkim site. V.P.Johry is leading the project with the support of Devender Singh and N.P.Singh along the team members :- V.V.Devprakash,Sourabh Bharadwaj, Nitin Verma, Mojeebur Rahman, Akash Dhiman, Yeshwant Thakur, Abhishek Mishra and Yashbir Singh.



WORKSHOP ON STRESS MANAGEMENT THROUGH YOGA (RELAXATION TECHNIQUE) AT HO

JUNE



JULY



LAUGH IT OFF

Mukesh Parmar	Por	1 st
Ankit Soni	Vadodara	1 st
Madhavan	Chennai	4 th
Achyutananda Roy	Tuticorin	16 th
John Benedict	Tuticorin	22 nd
Rohit Rajan	Vadodara	22 nd
Amrish Pandit	Por	23 rd
Dixit Panchal	Por	23 rd
Bharat Patel	Sikka	23 rd
Dhanesh Kumar	Una	29 th

Jaykishor	Noida	1 st
Yasbir Singh	Teesta	1 st
Sandeep Bhatt	Vadodara	7 th
S.M.Sevak	Por	8 th
Mukesh Mistry	Por	10 th
Dalip Sharma	Una	15 th
Bhimsen Pandua	Sikka	18 th
M.Sagayanathan	Tuticorin	22 nd

Two Tigers were resting under a tree. Suddenly a rabbit passed very fast Tiger could not make out & asked "What was that?"

2nd Tiger smiled and said: Fast Food.

+++++

A man meets an accident with his new Ferrari.

Policeman arrives. Man:- (cried) Officer! My brand new car!

Police replied:- You're such materialistic.

You even haven't notice that your left arm has been cut off. Man:- (He looks at his left arm and yells.)

OMG! My Rolex watch!

HEALTH IS WEALTH



Papaya enjoys a rich history, and has been used since very long for medicinal uses in day to day life. The Mayans used to worship papaya trees and called it the "Tree of Life". It is said to be one of the favourite fruits of Christopher Columbus. Every part of a papaya tree, from the fruit to the leaves contains some medicinal properties.

Papaya acts as an antidote for hypertension. This is one of the most popular health benefits of papaya. The rich amount of potassium in papaya helps keeping the blood pressure in check along with improving the mental alertness.

Papaya can also heal external wounds. The pulp of this fruit can be applied directly on the wounds. If one suffers from respiratory disorders like cough, bronchitis and breathlessness, then papaya can be helpful as it contains latex which is useful in the respiratory disorders. Papaya despite being sweet in taste is also good for diabetic patients.

Papayas can be used as a food, a cooking aid, and in traditional medicine. The stem and bark may be used in rope production.

The black seeds of the papaya are edible and have a sharp, spicy taste. They are sometimes ground and used as a substitute for black pepper.

MEET OUR FAMILY MEMBER



Having joined GMW 14 yrs ago, a qualified mechanical engineer from Visakhapatnam, showing uncompromised dedication towards his work is the man, **Balasubramanyan P.**, presently handling the position of Project Manager for Kalapakkam site.

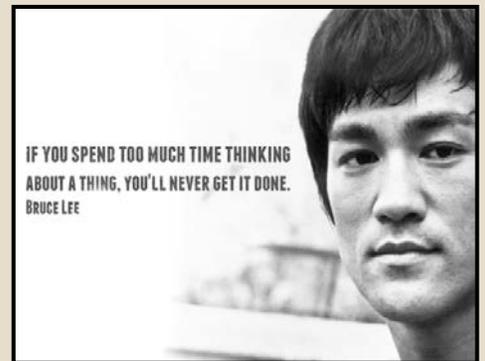
Fondly called as Bala, true to his Indian spirit likes playing cricket and keeps himself updated about the Indian politics.

The above picture is clicked with his lovely wife, Nagmani and a young & handsome son, Sai Likith. His wife is a software engineer by profession and son is in 6th grade.

During his initial days in GMW there were comparatively smaller projects to work for but he says that due to the efforts of all the directors, workers and staff, GMW has been able to make a mark of its own on national and international platform.

He aspires to head a large team and train them towards success and achievement of goals.

He would like to express his gratitude to Shri Jasbir Singh for providing him the platform & liberty to discharge all his duties with his power transformed.



STORM YOUR BRAIN

5	40	8
30		24
6	?	3

Find the missing numeric value. Send in your entries to newsletter@gmw.in