



THE GEM FAMILY

.....Let's come closer

NEW CHALLENGES TO BE MET- GMW GETS INTO TOP GEAR

RADIAL GATE AT POR UNIT

At our Por workshop this month, we completed the fabrication of 2 Nos. of Radial gates of size 8.0m X 6.740 m having Design Head of 20m for the Barrage at Sainj Hydro electric project (100 MW) in Himachal Pradesh.

Just imagine, It took just eight weeks to complete the job.

The team was led by *Amrik Singhji* and ably assisted by Engineers *Amit Talati, Chitan Gandhi, Devdas, Hiren Pandya, Amarjeet Singh* and *Taranjeet Singh*.



OUR VERY OWN – SAINJ

The work carried out in the picture above has now found it's rightful home at Sainj Hydro Electric project (100MW). We are also proud that, the entire contract for Hydro-Mechanical works has been awarded to us. The work on the 2nd stage is going on at breakneck speed as the installation of embedded parts of barrage stop log gate, Radial gate, Trash rack and Intake gates has already been completed, and erection of radial gates is in progress which should all be over in about a month's time

Kuldeep Singh- our Dy.Manager heads this effort at site. In the picture on the left (from l to r) it's *Sourabh Bhardwaj, Dhanesh* -and *Akash Kumar*- our engineers at Site.

TRCM AT KARJAN...

As GMW becomes a major player in the manufacture of Trash Rack Cleaning Machines, facilities at our Karjan plant have been spruced up to meet new challenges.

The picture on the right shows one such TRCM which was completed in record time of less than 3 months – from designing to shop testing. It's a wire rope operated machine having a width of 3500 mm, and a total cleaning depth of 24 meters for our customer AMR Power Pvt. Ltd.

Well done *N.P. Singhji, Jignesh Jethva, Kashinath Patel, S Udayan, Vilesh Chaudhary* and *Hiren Sharma*



HEALTH IS WEALTH

How to protect your KIDNEYS?

The kidneys perform the essential function of removing waste products from the blood and regulating the water fluid levels.

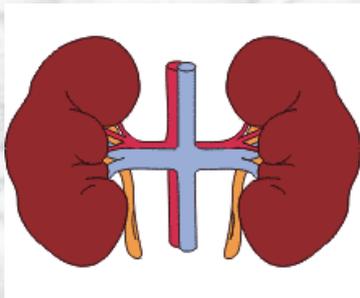
Most people know how to protect their heart but not the kidneys. Here are few tips to take care these vital organs..

One should limit salt intake. Salt encourages the body to retain water and can increase blood pressure which indeed damages the kidneys. Don't upload on high protein diet. A high protein diet makes the kidney work twice as hard.

Kidney are said to be happiest with a blood pressure of 130/80 or lower. Diabetes and blood pressure are the 2 main causes for kidney failure.

Doctors advice people to drink minimum of 8 glasses of water, but this really depend on your age and condition. Taking pain relievers for a prolonged period of time may cause kidney damage.

Excess of vitamin C can lead to the formation of kidney stones in predisposed individual. If one needs to take Vitamin C, a dose of 500 mg or less is safe.



KNOW YOUR FAMILY MEMBER

The happy family picture above is none other than that of **Bhimsen Pandua** at his home.

An early switch in his career outlook – from Engineering to Accounts made him find a niche in the GEM family. He joined us 19 years ago and has happily taken up responsibilities of Accounts and HR wherever he has been located . Presently he is in Sikka in Gujarat.

Bhimsen is a sportsman *par excellence*. Not only is cricket his passion, as an all rounder, he pocketed the **first prize** in the **Marathon** at Baroda last year.

His wife Bimala was a Sanskrit teacher earlier, whilst his two ambitious children – Trupti, and Saurav want to settle for nothing less than being a Doctor or a scientist.

The GEM Family wishes them well.



Run for Oneness, Gujarat Marathon held on 7th April, 2013 at Vadodara.

Successful people always have two things on their lips.

Silence & Smile

India witnessed for the 1st time a one of its kind of run, Queen's Run which took place on 1st May, 2013 at Vadodara.



BIRTHDAYS

Sathanarayan Lal	Tuticorin	1 st
Mukesh Parmar	Por	1 st
Arvind Parmar	Karjan	1 st
Mohan Patel	Vadodara	1 st
Bhupendra Rathod	Karjan	1 st
Habeebula Sab	Mangalore	1 st
J.S. Ramamurthy	Chennai	2 nd
Tunnu Naresh	Mangalore	2 nd
Bhupendra Tiwari	Karjan	2 nd
Ashok Singh	Singoli	3 rd
M.Madhavan	Chennai	4 th
Chattu Yadav	Mettupalayam	5 th
Harmeet Singh	Una	10 th
Devanand Singh	Vadodara	11 th
Jagdev Singh	Una	13 th
Deepak Thapa	Una	14 th
Achyuthananda Roy	Tuticorin	16 th
Lakhan Singh	Sikka	16 th
Dhruti Parmar	Vadodara	17 th
Sheshnath S.	Mangalore	18 th
Rajesh Vaghela	Vadodara	19 th
Dharmendra Sinh	Sikka	20 th
Rohit Rajan	Vadodara	22 nd
John Benedict	Tuticorin	22 nd
Bharat Patel	Sikka	23 rd
Amrish Pandit	Por	23 rd
Dhanesh Kumar	Sainj	29 th



LAUGH IT OFF



Man outside phone booth: Excuse me !! You are holding the phone since 20 mins. & haven't spoken a word....!!!

Man inside: I'm talking to my wife

There are 3 kinds of man in this world. Some remain Single and make wonders. Some have girlfriends and see wonders happen The rest get married and wonders what happened.