



THE GEM FAMILY

.....Let's come closer



...CHUKKHA, BHUTAN

To add on to our more success stories we have one more of the fully automatic hydraulically operated Trash Rack Cleaning Machine at 336 MW Chukkha Hydro Electric Project, Chukkha , Bhutan.

Our scope of work was to install two mobile hydraulically operated Trash Rack Cleaning Machine, circular intake with vertical Trash racks having the rack width of approx. 2300 mm. The total cleaning depth of the installed machine is 15 meters from the operating floor level.

This high energetic team includes Onkar Singh, N.P.Singh, Ishwar Mahajan, Jignesh Jethva and Hitesh Vaghela.



Hearty Congratulation!!!

Indeed a great achievement by our Sikka Team to once again be honored for practicing safety and Zero accident. This was achieved under the guidance and excellent supervision of our very own Gurmeet Singh



Celebrating Holi in a grand way at Por unit



Celebrating 4th March as Safety Day at our Karjan Unit

KNOW YOUR FAMILY



A person who's day starts with money and ends with money working with us a DGM - Finance (Por Unit) is none other than Amrish Pandit. He joined GMW in 1998 as an Accountant and has done B.COM, PGDFM, M.B.A (Finance). He strongly believes in the theory of continuous learning and improvement. Presently he is perusing his further study for professional degree of "Company Secretary" from ICSI. Besides Finance he has proven himself in almost all area of work and is always ready to perform all the responsibility given to him with full commitment by adopting theory of boundary less behavior.

He has seen the company grow to almost 1000% from the day he joined. He aspires to live a balanced and peaceful life and likes reading books and listening to music.

The above lovely picture taken on the day of 10th marriage anniversary is of Amrish Pandit, his beautiful wife Chaitali and a naughty son Mit. Mit is in 4th Std and Mrs. Pandit does a full time job of a home maker. True to the Indian culture he lives in a joint family with his parents, brother, sister-in-law and his nephew.

He finds himself to be blessed, privileged and honored to be associated with GMW and specially with Shri Onkar Singh. He describe his association with GMW and Shri Onkar Singh with a one sentence **"Dynamic motion, perfect direction and plenty of confidence. You provide us everything that we need for a successful future"**

HEALTH IS WEALTH



Watermelon also known as Pepo by Botanists originated from southern Africa. It can be grown in all the seasons under tropical environments yet they are mostly available in summer season. There are more than 1200 varieties of watermelon grown in the world.

A watermelon contains about 6% sugar and 91% water by weight. As with many other fruits, it is a source of vitamin C.

Watermelon rinds, usually a light green or white color, are also edible and contain many hidden nutrients

Watermelon is high in vitamin B6 which is used by the body which relieves from fatigue, stress, anxiety etc. As it mainly comprises of water and minerals and negligible amount of fats it is best suited for weight loss diet. Being rich in electrolytes and Vitamins it proves to be a complete power packed fruit. It is an excellent source of instant energy as it contains electrolytes minerals and carbohydrates in it which keeps the body hydrated and energetic. Being a fibre rich fruit it adds bulk to the food and is very helpful in digestion and the water content is responsible for flushing out the toxins from the body.

Watermelon is very good for the skin and removes excess oil from the skin which cures many skin problems like acne and pimples. It proves to be a natural moisturizer and toner for the face and keeps the skin glowing and well hydrated.

It is believed that a glass of watermelon juice everyday will keep diseases like osteoarthritis, rheumatoid arthritis, asthma and colon cancer at a good distance. Maintains Blood Pressure. As it has good proportion of electrolytes, it keeps the blood pressure on a check and normalizes it efficiently.



LAUGH IT OFF

A Man and his family doctor accidentally meets in the Market.
Doctor: "How is your headache now?"
Patient: "Ohh, she is out of town."

Ram ne ek din badi udasi se apne dost Shyam ko bola.

Ram : "Yaar meri biwi gussa bahut karti hai"

Shyam: "Meri bhi pahle karti thi ab nahi karti"

Ram : "Achha, aisa tum ne kya elaj kiya?"

Shyam muskurate hue: "kuch khas nahi, wo ek din gusse mein thi, maine kah diya ke budhape mein gussa aa hi jata hai, us din se wo gussa nahi karti"

TIPS ON HOW TO BE EFFECTIVE?

Wondering how few people get it so easily in professional life and you are still slogging around!

Here are few tips which might be helpful to achieve or atleast move a step near to your goal.

1. Be Proactive

Taking initiative in life and one's determination is the main factor for effectiveness in our lives.

2. Begin with the end in mind

By developing the habit of concentrating on relevant activities one can build a platform to avoid distractions and become more productive and successful.

3. Put First things First

This is the habit of personal management and about organising and implementing activities in line with the aims established in for your future goals.

4. Think Win – Win

Value and respect people by understanding a "win" for ultimately a better long-term resolution than only one person getting the cream.

5. Seek to understand first and then to be understood

This is one of the most powerful way for effective communication. It is simple and essential for developing and maintaining positive relationships in all aspects of life.

6. Synergize

Combine the strengths of people through positive teamwork, so as to achieve goals no one person could have done alone.

7. Sharpen the Saw

Balance and renew your resources, energy, and health to create a sustainable, long-term, effective lifestyle.

APRIL

Happy Birthday

MAY

R.L.Mishra	Una	1 st
Amrik Singh	Por	4 th
Jigar Patel	Vadodara	4 th
K.S.Sudhakaran	Vadodara	5 th
Hitesh Vaghela	Vadodara	10 th
Alahagu Vel	Tuticorin	10 th
Bhujang Rao	Sainj	15 th
Ankur Arya	Noida	18 th
Prasanth Nair	Karjan	20 th
Murli Krishnan	Mangalore	23 rd
Ketan Parmar	Vadodara	27 th
Arvinder Singh	Vadodara	29 th
I.G.Doss	Chennai	29 th

Jamil Ahmed	Anpara	6 th
Sameer Mishra	Orissa	7 th
Amarnath Reddy	Tuticorin	10 th
S.Srinivas Rao	Singoli	12 th
U. Goipnath	Chennai	13 th
Dharmendra	Anpara	14 th
S. Venkatraman	Chennai	15 th
J.Anbuthasan	Chennai	17 th
John Brighton	Tuticorin	20 th
Krishna Vel	Tuticorin	25 th
Pradeep Kumar	Una	25 th
Karthick Lal	Tuticorin	27 th
G. Swaminathar	Tutuicorin	28 th
V. Devaprakash	Mettupalayam	30 th