



House Magazine of Nava Bharat Ventures Limited Vol. 14 No. 3 October – December 2008.

### For Better Results

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

#### A.P. Works

“Effective Leadership” conducted by Sri V. Ramachandra Rao, Director of Abhay International Institute of Life Technology, Hyderabad, in November.

“Quality of Work Life” conducted by Sri V. Ramachandra Rao, Director of Abhay International Institute of Life Technology, Hyderabad, in December.

### Industrial Trade Fair

#### A.P. Works

A team consisting of Sri N. Suresh Chander Rao, Dy. Manager (Production), Sri S. Somasekhar, Jr. Engineer (Production), Sri B. Thalaiah, Jr. Manager (Electrical) and Sri R. Venkateswarlu, Dy. Manager (PP) along with Sri N. Sammaiah & Kalesha (Security), participated in the first district level Industrial Trade Fair, Khammam, in November.

Sri Shashi Bhushan Kumar, I.A.S., District Collector, inaugurated our company’s stall in the fair (See Picture 1) and appreciated the highlights of FAP (AP) and PP (AP) displayed and the photos exhibited.



Picture 1

### Our Pleasure



Picture 2

A delegation from Zambia consisting of Mr. Wilfred Katoto, Technical Manager (ZCCM-IH), Mr. Joseph Makumba, Environmental Manager (ZCCM-IH), Mr. Israel Phiri, Manager (Ministry of Energy), Mr. Ezekiel Kasaro, Projects Manager (ZESCO), Mr. Gerhard Kangamba, Director (Ministry of Mines) & Mr. Mwiza Mbewe, Investments Manager (ZCCM-IH) visited PP (AP), in November (See Picture 2). The team appreciated the clean plant operations and the measures taken by our company for environment protection as well as social development.

## Celebrations

### Sugar Division

The 8th Sugar Division Day was celebrated at Samalkot on 1st October. Sri S.C. Reddy, Executive Vice President (Agricultural), Simbholi Sugars Limited, Delhi, was the Chief Guest of the Function. Sri M. Mohan Raju, District Revenue Officer, E.G. District, and Dr. N.V.Naidu, Principal Scientist (Sugar Cane), Agricultural Research Station, Anakapalli attended the Programme (See Picture 3). On this occasion, Sri S.C. Reddy was felicitated by our Vice President and other dignitaries (See Picture 4).



Picture 3



Picture 4

Prizes were distributed to outstanding farmers and winners in sports, games and cultural activities organized among the employees.

### A.P. Works

Kalasaabhishekam and Laksha Tulasi Pushpaarchana was performed at Sri Venkateswara Swamy temple at Navanagar from 7<sup>th</sup> to 9<sup>th</sup> October. A large number of devotees attended the puja and had the blessings of the lord .

On the occasion of Durga Ashtami, Durga puja was performed in all sections of the factory. Annasamaaraadhana was organized at Mutyalamma Temple in the residential colony. All the employees, contractors and officials exchanged greetings with each other on this occasion and distributed sweets.

Nava Bharat Public School at Paloncha organized an Art and Craft Exhibition on 19<sup>th</sup> November, in which a variety of items consisting of toys, dolls, paintings, etc. were displayed and put up for sale. The margin earned through the sales was donated to two schools for deaf and dumb and mentally retarded students in Paloncha.

### Orissa Works

Employees and their family members organized the "Annual Cultural Programme" in December. Students of Bramahani Public School, Kharagprasad also participated in the function and gave colourful presentation of group dances, skit and comedy play (See Picture 5).



Picture 5





Picture 6

The Programme was inaugurated by Sri Sudhir Kumar Samal, MLA, Dhenkanal Sadar (See Picture 6).

### Farewell

Sri B. Vijaya Kumar, Asst. Manager (RM), FAP(AP), retired on 6<sup>th</sup> December, 2008 after serving the company for 33 years.

Sri G. Surya Rao, Driver A grade, FAP(AP), retired on 30<sup>th</sup> October, 2008 after serving the company for 27 years.

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

### Social Development

Sri J. Adhikari Samal, laid foundation stone for construction of dispensary building at Kharagprasad, in October for which funds were donated by our company (See Picture 7). Bhumi Puja was performed by Sri G. P. Vardhana Rao, Vice President-FAP(O) (See Picture 8).



Picture 8



Picture 7

A concrete road was laid, in October, by the company, in Jaggu Tanda, a tribal hamlet adjacent to FAP(AP).

The Company started construction of Upper Primary School building at Gandhi Nagar, near FAP(AP) and a Village Health Center at Bhatlapenumarru, Krishna District, in November.

A Blood Donation Camp was organized at our Orissa Works with the assistance of Orissa Red Cross Blood Bank Society, Dhenkanal, in December (See Picture 9). The Camp was inaugurated by Sri Sudhir Kumar Samal, MLA, Dhenkanal Sadar.



Picture 9

## Relief from Back Aches

**Back Aches:** Our lifestyle often gives rise to poor posture, rounded shoulders or a flat back. If the natural curves of the spine are overly arched or flattened for long periods, the spine gets stiff and weak. Sitting all day at the desk in office without change of posture, spending evenings on the sofa, sedentary living - are all factors responsible for back aches.

**The Spine:** The spine is the central axis of the body and combines with the joints and muscles to make a supportive frame for the trunk to maintain an upright posture. It is made up of 33 small bones called vertebrae with discs that act as shock absorbers in-between.

*Here are a few tips to get relief from back aches:*

- Maintain good posture. Sit and stand tall and keep your spine erect, but relaxed.
- Avoid sitting continuously for long periods. Take frequent breaks to stretch your muscles.
- Sit on a chair that supports your lower back. The height of the seat should allow your feet to rest flat on the floor.
- Wear comfortable footwear with good arch supports. High heels cause the back to arch a lot.
- The screen of the computer should be at eye level so that the spine and neck are not strained.
- Exercise regularly and maintain a healthy weight.
- Perform flexibility and strength exercises for the back to keep the spine strong and supple.

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

## Laughing Corner

- ☺ “You'll be pleased to hear that the operation you had for deafness has been a complete success.”  
“I beg your pardon?”
- ☺ He : “It will be perfectly simple for us to marry, dear. My father is a Priest.”  
She: “O.K., lets give it a try. Mine is a Lawyer.”

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*Vision Nava Bharat wishes all its readers a very happy and prosperous  
New Year - 2009 and a delightful Pongal!*

