

# Blue Cross News



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## From the President's Desk

Dear Blue Cross Family

It gives me immense pleasure to inform you that our Company has put in a remarkable performance this year. What is heartening to note is that we achieved this despite the unprecedented changes in the business environment and market dynamics which came during the period when our efforts were focussed on achieving the highest performance of the year. Each one of you deserves a pat on the back for giving your best, with a 'never say die' attitude. The Financial Year 2018-19 is around the corner as I pen this message. The challenges from many directions will keep popping up, putting our might to the test every now and then. Tackling these challenges head on and winning despite them is a way of life at Blue Cross. As I mentioned in my message last year, I have full confidence that you will continue to "Dare to Be On the Top" - Discipline in Activity and Result by Execution. So let's pull up our socks, roll up our sleeves and go all out to achieve our goals for the year 2018-19.

I wish you all success!



Manoj Israni

## Action & Events Across Blue Cross



**M**r. M. Rajesh, RM, conducted a full-day medical camp at the Central Prison in Chennai, with 20 leading doctors, for 20 jailers and 300 prisoners. The Blue Cross team showcased a number of company products, mainly CTP products. This will help us gain an entry for Blue Cross products in the Prison Hospital. Mr. M. Rajesh is seen with doctors at the Central Prison.



**B**C and Excel team members participated in the Kerala Government Medical Officers Association (KGMOA) State Conference 2018, which was held in Perinthalmanna. The response and interest shown by the doctors was very encouraging.



**B**lue Cross participated in the NIMA Doctors Group Meet, which was recently held in Miraj (Sangli). The team is seen warmly welcoming Dr. Riyaz Mujawar, MD DNB, Cardiology. The interest and appreciation shown by the Doctors was very heartening for the Blue Cross team.



**A** Pilot Plant was inaugurated in Nashik, on January 12, 2018. It will be useful for effecting major changes in existing formulations and will also be used for small and special export product requirements.

Food for Thought see page 7

## A Blue Cross Presence at 'Goldcon 2018'

Mr. Mukhtar Dhule and Mr. Arshad Ali participated in the Shirpur Doctors Club 'Goldcon 2018' Conference, by putting up an attractive stall displaying Blue Cross products. The



stall was visited by over 100 doctors, including leading Physicians, Paediatricians, Dentists, Gynaecologists and General Practitioners. Much to the delight of the Blue Cross team our stall



and the creative display of products fascinated everyone at the conference.



## Eye-Catching Product Displays Countrywide



The Blue Cross team put up an attractive product display at the NIMA Annual State Body Conference which was held in Latur. Our stall and display were 'show-stoppers' as one of the visitors described them.



Blue Cross team members put up an extensive product display at the Raigad Medical Association Conference at Roha. Participants showed a lot of interest in our products.



An eye-catching Blue Cross stall was put up at the Marathwada Region Paediatric Conference - Marpicon 2018, which was held in Osmanabad. The creative display at our stall attracted numerous visitors and won their appreciation.

Members of the Blue Cross team in Kolkata participated in the annual IMA Conference, which was recently held in Gobardanga, West Bengal. Our increasing footprint in East India was reflected in the keen interest shown by the participants who visited our stall in large numbers.



# On the HR Scene



As part of the Republic Day 2018 celebrations, a poster-making competition was held on the topic 'Our Fundamental Rights vs. Duties as Citizens'. There was very enthusiastic participation and a number of creative entries were received.

The January 2018 Monthly Celebration for Head Office employees was held on January 31. All were invited to join the fun. Long Service awards were presented and birthdays of the month were celebrated.

The February 2018 Monthly Celebration at Head Office saw the whole team having a good time.

Long Service awards were presented and birthdays of the month were celebrated. Mr. Umesh Pai (above) and Dr. Madhurima Dhar (right) are seen being warmly congratulated on their promotions.



As a part of Fire Safety Training of our staff, a Fire Safety Evacuation Drill was conducted on January 17, 2018, at the Head Office.



Emergency Response Team (ERT) Members, at HO. Mr. Vijay Rambariki, Mr. Pritesh Chari and Mr. Ravindra Gadkari were felicitated by Mr. Harshinder Sharma and were also awarded certificates for successfully organising this drill.

## English Marathon Winner

Congratulations to Vaishnavi, daughter of Mr. A.S. Krishnamurthy, Sr. Depot Manager, Ozar, Nashik, who won the 3rd Place in the School-level English Marathon Competition for the academic year 2017-18. She was presented with a certificate and a medal.



## Poster Competition Winners



In the recent Diabetic Poster Competition, the winners were Mr. Ankush Bakhade (Amravati), Mr. Chandrashekar Rahate (Nagpur), Mr. Hemant Sharna (Hathras), Mr. Vikas Gupta (Greater Noida) Mr. Main Akram Allaf Khan (Chalisingaon), Mr. Santanu Kashyap (Bakora) and Mr. Prashant Patil (Alibagh). Congratulation Winners!

## Towards Better Negotiations



A training workshop on Negotiation Skills was conducted in Mumbai, on February 16, 2018, by Mr. Atul Kulkarni from Momentum Training. Participants learnt and practised the art and science of negotiation through practical exercises and role plays.

## Holi Celebrations



Holi – the festival of colour was celebrated at HO. Although no colours were used, the enthusiasm and the spirit of the staff made up for that. All enjoyed the fun game and mouth-watering snacks that followed.



BC training program was conducted in Mumbai from February 5-15, 2018.

## Blue Cross Reaches Out to Senior Citizens

HelpAge India celebrated Valentine's Day on February 14, 2018 at Aaji Aajoba Udyan, near Shivaji Park, in Dadar, Mumbai, from 8.00 - 11.00 a.m.

Around 170 senior citizens and 80 younger

people including school and college students, corporate employees, volunteers and HelpAge staff attended the celebration and all enjoyed themselves. The students tied friendship bands and presented roses to the senior citizens. They also sang for them and shared their experiences with their own grandparents.

Mr. B.G. Barve, Jt. MD, was a Special Guest at the event. He interacted with those present and guided both generations towards understanding each other better. He also presented a cheque to Mr. Prakash N. Borgaonkar, Director, HelpAge India, towards the costs of running the Morjim Physiotherapy Center for the second year.



Mr. B.G. Barve, Jt. MD, presents the cheque to Mr. Prakash N. Borgaonkar, Director, HelpAge India.

## Meeting the Weight Management Challenge

Since weight management is becoming a challenge for many of us and we need to know how to maintain an ideal weight in a healthy way, our in-house Nutritionist Ms. Aarti Shah conducted an awareness session titled 'Dietary Measures for Weight Management' on January 27, in the Staff Cafeteria. She imparted simple and hassle-free nutrition tips.

## A Warm Welcome to Mr. A.K. Gupta

A warm welcome is extended to Mr. Ashok Kumar Gupta, who joined Blue Cross as Technical Director, on October 16, 2017. He has over 25 years of experience in the Pharmaceutical industry and has worked with reputed companies such as Nicholas Piramal, Shelys Pharmaceuticals (Aspen Pharmacare South Africa), Elder Pharmaceuticals and Shalina Laboratories Pvt. Ltd.



Mr. B. G. Barve, Jt. M.D., welcomes Mr. A.K. Gupta with flowers.

## Nashik Plant HR Events



India's 68th Republic Day was celebrated on January 26, with a flag-hoisting ceremony at the factory premises.

Mr. O. S. Sadhwani, Jt. Commissioner, FDA, Nashik Division; Mr. P. N. Katkade, Asst. Commissioner, FDA, Ahmednagar, Mr. C. A. More, Drugs Inspector – FDA, Nashik and Mr. Jeevan Jadhav, Drugs Inspector – FDA, Nashik, were invited to attend the event.

They attended the patriotic musical concert which was organized on the occasion along with the employees and their families.



Nashik Plant Workmen visited Goa, from January 25-27, for their annual picnic. While they were there, they also visited the Blue Cross factory in Goa.



The Nashik Plant staff went for their annual picnic to Chitrokoot Hills Resort (Saputara) on February 24. Spending a day in the lap of Mother Nature recharged their batteries, as one of the employees described the experience after returning from this break.



The Monthly Celebration for the month of January was held on February 2, 2018. It was an opportunity for all the employees to mingle and celebrate together. Long Service awards were presented and birthdays of the month were celebrated.



Es visited the Nashik Plant on January 14. They were taken around of the Factory (Production, QC/QA, R&D) and then attended presentations on 'Quality by Conformance to Design' and R&D Bridging the Gap'. The pride of being part of Blue Cross was visible on their young faces after the visit.

## Blue Cross Lends a Hand



On behalf of Blue Cross, Mr. B.G. Barve, Jt. MD, presented a donation cheque to Tandarust Bharat Foundation, which was represented by Ms. Aria Ohri, National Head – Community Fulfillment, Eureka Forbes Ltd. and Mr. A.V. Suresh, Trustee, Tandarust Bharat Foundation. This donation was made on March 3, 2018, at Head Office, Mumbai.

Tandarust Bharat Foundation is a platform which brings together like-minded individuals, corporates, government organisations, NGOs and other institutions to achieve the common goal of a Healthy India.

## Women's Day Celebrations

International Women's Day, on March 8, 2018, was celebrated across Blue Cross to recognise women employees' many achievements and diverse contributions to the company.

We bring you glimpses of the celebrations at Head Office, (right) as well as at Goa and at Nashik (below).



## Making and Keeping Resolutions

The start of the year is the time that many of us resolve to change an undesired behavior or set a goal, accomplishing which will improve our lives. Even if its not the start of the year, at any time each of us can make a resolution – to go regularly to the gym, to cut down on sugar, to watch less television, to save money and many more.



Sadly, most often these resolutions last for a few weeks or a couple of months and then we are back to square one! “Change is hard. We are creatures of habit,” affirms a University Professor who works with people to get past barriers and make lasting changes. She

offers the following five tips for making resolutions that one can actually stick to.

### 1. Make only one resolution.

You think: “I’m going to spend less, work out more, and get promoted.” All great aspirations, but together achieving these three resolutions is daunting. The first key to success is zeroing in on one goal, not many.

### 2. Get specific.

For example if, ‘save money’ is your resolution, decide how much you want to save and how you’ll do it. If you define the parameters of your resolution there is more chance of achieving it. The more detailed you are, the better. For example, ‘I’m going to save Rs. 500 a week by not ordering pizzas.’ is a small, specific goal. After it becomes a habit, you can decide on how you are going to save more.

### 3. Write down your resolution.

People who write down their resolutions have a much higher chance of accomplishing them. Write down your resolution in a diary and then week by week jot down your progress towards achieving it.

### 4. Share your resolution.

Tell your spouse or a good friend about your resolution and ask for his or her help in keeping track of it.

### 5. Celebrate small successes.

It is easy to feel discouraged when your progress slows down after the initial enthusiasm. That’s why it’s crucial to recognize and reward the smaller successes along the way. If your resolution is to lose 10 kilos, treat yourself to something nice each time you drop 2 kilos.

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Have you made a resolution and stuck to it? Share the tips which helped you to stick to your resolution. Please email your entry to [hrd@bluecrosslabs.com](mailto:hrd@bluecrosslabs.com) A prize awaits the best entry!

## Wellness Mantra

### Why is Chocolate Good for Your Gut?

Chocolate lovers can rejoice because this sweet treat is not only delicious, but several studies show that it also promotes a healthy gut!

Cocoa is the dry, non-fatty component prepared from the seeds of the Theobroma cacao tree and it is the ingredient that gives chocolate its characteristic taste. In the past, many health benefits have been attributed to cocoa and its potent antioxidant functions. These include lowering cholesterol levels and keeping the heart healthy.



Recently however, several studies also show that the consumption of cocoa increases the levels of so-called ‘friendly bacteria’ in the gut.

Researchers from the Department of Food and Nutritional Sciences at the University of Reading in the United Kingdom measured higher levels of Lactobacillus and Bifidobacterium bacteria species in the intestines of human volunteers who drank high-cocoa chocolate milk for four weeks.

These bacteria have been implicated in actively promoting anti-inflammatory processes in the intestines, keeping the gut healthy.

Unsweetened cocoa powder or high-cocoa content dark chocolate are the closest alternatives to the cocoa used in these studies. Consumed in moderation, chocolate may therefore promote friendly bacteria and a healthy gut, keeping inflammation at bay. So, when choosing your next chocolate treat, opt for a nice piece of dark chocolate and enjoy it without guilt !

- contributed by Ms. Aarti Shah, Consultant, Nutraceutical

## Wordsearch

### Find the Asian Countries

The names of 10 Asian countries have been hidden in the letter grid at right. These names may run horizontally forwards or backwards, vertically forwards or backwards and diagonally forwards or backwards.

Find the countries and then send your list of the 10 countries that you find to santosh@bluecrosslabs.com by May 1, 2018. Three correct entries, drawn by lots, will receive prizes!



N	E	N	F	P	O	I	H	F	R
I	A	L	A	F	L	B	R	I	H
R	T	W	P	P	B	J	T	A	M
A	W	T	I	H	A	V	H	I	Q
N	R	W	U	A	G	J	F	N	N
X	U	T	C	O	T	R	V	D	C
T	A	A	N	I	H	C	Z	I	K
N	N	E	P	A	L	Y	M	A	F
S	O	A	L	T	H	Q	I	C	H
T	D	L	E	A	E	R	O	K	R

### Moving Upwards & Onwards!

Warm congratulations to the following team members on their well deserved promotions.



Dr. Madhurima Dhar as GM, Medical Services, Mumbai  
 Mr. Umesh Pai as Sr. Manager Sales Admin. (BC), Mumbai  
 Mr. K. Venkatesan as Area Business Manager  
 Mr. Deepesh Prajapat as Territory Manager  
 Mr. Abhijeet Patil as Sr. QA Officer, Goa

### Cheers to the Long Servers

#### 30 Years



Mr. Bhagwan Chavan, Nashik



Mr. Rajendra Chandratre, Nashik



Mr. Sopan Gawli, Nashik

#### 25 Years



Mr. Anup Kumar Burman, Goa being felicitated by N. H. Israni, Chariman and B. G. Barve, Jt. MD in Mumbai.

Mr. Satyajit Roy  
 Mr. S.V. Kulkarni  
 Ms. Sulbha Kawale, Nashik  
 Ms. Sushama Devhare, Nashik  
 Ms. Anita Mirikar, Nashik

#### 15 Years

Mr. Resham Bahadur Gurung

#### 10 Years

Mr. Shambulingayya Math  
 Mr. Basavraj S. Bhavi  
 Mr. Swarup Paul  
 Mr. Samir Amin Mole  
 Mr. Mohd. Shafi Khan  
 Mr. Sanjay Kr. Srivastava  
 Mr. Nabin Kumar Shah  
 Mr. Arvind Kumar Vishnoi  
 Mr. Ajesh Ashokan  
 Ms. Pratibha Jay Patil



Mr. Krishna Chavan, Nashik



Mr. Mahesh Parmar, Mumbai



Mr. Santosh Shetty, Mumbai

#### 5 Years

Ms. Sona Dighe, Mumbai  
 Mr. Sushant S. Padhen  
 Mr. Prashantha A.S.  
 Mr. Ashutosh Yadav

Mr. Prakash Chandra Rihhwani, Nashik



Mr. Gurudas Bandodkar, Mumbai



Mr. Gulab Singh  
 Mr. Satish  
 Mr. Vishal Sharma  
 Mr. Naveen S. Kumar  
 Mr. Digvijay Yashwant Patil  
 Mr. Krishan Mani Tiwari  
 Mr. B. Saidulu  
 Mr. Rabin Kumar Dahal  
 Mr. Vusseni Nossam  
 Mr. Suresh Kore  
 Mr. Sreejesh P.V.  
 Mr. Sandeep Kumar Rai  
 Mr. Kannan K. B.  
 Mr. Shaik Syd Ashraff  
 Mr. Rajendra Upadhyay  
 Mr. Prashant B. Hire  
 Mr. Praveenayya M. Kallimath  
 Mr. Pulakesh Mandal  
 Mr. Vyankat M. Mule  
 Mr. Kamal Jeet  
 Mr. Muneer Ahmad Bhat