

Blue Cross News



House Journal of
Blue Cross
Laboratories
Pvt Ltd.

Vol. 22 No. 3
July - September
2017

Long Servers
Felicitated
page 10

Inside

page 2

**New Liquid
Manufacturing Facility
at Nasik Plant**

page 5

**Yoga Day
Celebrations**

page 6

**Celebration Time
Across the
Company**

page 9

**Successful
Young Students**

Blue Cross Continues the 'Joy of Giving' Initiative

The 'Joy of Giving' initiative started in 1981, right from the time when Mr. N.H. Israni, our Founder Chairman, first promoted Blue Cross Laboratories Pvt. Ltd. He had a focussed mission: Manufacture World-Class Quality Medicines and make them available at Affordable Prices for millions of patients in India and abroad! Apart from his many philanthropic activities, this mission itself is a very important service to people in India, where access to



Mr. Ashish Shirsat, Sr. Executive Director, focuses on the Company's commitment to the 'Joy of Giving' initiative.

quality medicines and affordability are often big challenges.

Mr. Manoj Israni, our MD, has not only carried forward but has built further on both legacies – Blue Cross and philanthropy! In fact, for Mr Manoj

Israni, Blue Cross is not just a business, but a vehicle through which to give back to society. Like a true Rotarian, for him the Company is a means to serve people at large. The same applies to Mr. B.G. Barve, our Jt. MD.



Mr. Manoj Israni, our MD and Mr. B.G. Barve, our Jt. MD, light the inaugural lamp at the recent 'Joy of Giving' event.

In the spirit of giving back to society and as part of our social responsibility, Blue Cross supports recognized NGOs and institutions engaged in skill development of youth in rural and urban areas, so that these young men and women can gain productive employment for their own happiness and for the good of society. Blue Cross also supports

reputed NGOs and institutions engaged in welfare activities for under-privileged girl children and women, so that they become valuable social assets and are empowered to contribute to economic and social progress.

As part of this continuing effort, an event titled 'Joy of Giving – A special tribute to Saint Mother Teresa, Bharat Ratna & Nobel Prize winner and her legacy' was conducted by Ms. Sunita Bhuyan – a

renowned violinist and Ambassador of the South Asian Women's Fund on Women's Rights, along with young musicians of The Victoria Memorial School for the Blind.

The event was attended by underprivileged children from Concern India Foundation, needy senior citizens supported by HelpAge India and a few other NGOs, as well as Blue Cross personnel from Head Office and eminent Rotarians.



Mr. Manoj Israni (centre) with Ms. Sunita Bhuyan, Mr. Shiv Mani, Mr. B.G. Barve and a number of eminent persons who were present on the occasion.

With such committed leadership, the spirit of 'Giving' is ingrained in the very DNA of Blue Cross. Every team member, irrespective of position or Department, continuously strives to fulfil the mission of Quality, Affordability and Accessibility.

New Liquid Manufacturing Facility at Nasik Plant

A new Liquid Manufacturing Facility with a state-of-the-art manufacturing and filling line was inaugurated at the Nasik Plant on September 8, 2017,



by Mr. B. G. Barve, our Jt. MD. The Plant Management team, along with Ms. Ketki Wadhwa, CFO, Mr. Harshinder Sharma, Dy.

Director – HR & Admin, and Mr. Haresh Sheth, Sr. GM - Purchase, were present at the inauguration function.



Company-wide Training Focus



An Awareness Session titled 'Financial Literacy – Mutual Funds' was conducted at the Head Office, Mumbai, by Ms. Madhumita Ghosh, Financial Consultant, on July 22, 2017. All were invited to attend and learn more about investing correctly.



Mr. Suhas Naik, Safety Consultant, conducted Revised On-site Emergency Plan Training, on August 22, 2017, at Goa Plant, for all Heads of Department and other Coordinators.



Training on 'Team Building' was conducted at Nasik Plant on September 17, 2017, by Ms. Sushmita Sharma from Momentum Training & HR Consultants.



A training programme titled 'Business Communication Skills (Part-II)' was conducted at Nasik Plant, on July 17, 2017, by Dr. Medha Saikhedkar from Momentum Training & HR Consultants.



Mr. Dhanesh Singh, Manager - Pers. & Admin., imparted training on the Leave Management System (LMS) to all staff at the Goa Plant, on September 5, 2017.

Action at Goa Plant



‘Swachhata Pakhawada’ was observed from August 16-31. Goa Plant team members took part in this cleaning campaign and cleaned the area outside the factory in order to spread awareness of the importance of cleanliness among the public. A Cleanliness Slogan Competition was arranged and the best slogans were displayed in the Plant premises during the fortnight celebrations.



Towards better traffic management in the area surrounding Verna Industrial Estate, Blue Cross sponsored barricades for the Verna police force. These barricades were handed over to the Police Inspector, Verna, Goa.



A get-together with former employees of Blue Cross was organised on September 23, 2017. The former employees shared their experience with the Company and the current employees showcased new developments. Mr. Vishwas Desai, Sr. Manager – QA, gave a brief presentation on development efforts put in at the Plant.

SEs Visit Nasik Plant

Batches of SEs were invited to visit the Nasik Plant on July 9, August 3 and September 10, 2017. They took a round of the Production, QC/QA and R&D facilities. Mr. J.S. Gilda, Sr. Executive Director and Mr. J.C. Koshti, Director – R&D, made presentations titled ‘Quality by Conformance to Design’ and ‘R&D Bridging the Gap’. Lunch at Hotel Jupiter followed.



A Series of Chota TUSQ Patient Benefit Camps

The past two months saw a large number of Chota (Mini) TUSQ Patient Benefit Camps (PBCs) being organised around the country by Blue Cross SEs and RMs to help as many patients as possible. These PBCs were organised directly in various Doctors clinics and the Doctors appreciated this initiative.



MEFTAL-SPAS School Campaigns



Team Blue Cross conducted MEFTAL-SPAS School Dysmenorrhoea Education Campaigns at a number of schools during the past two months...



Export Update



Representatives of the Sri Lanka Distributor, Hayley's Consumers, Mr. Sanjith Madugalle, Business Unit Head of Healthcare and Mr. Chandana De Livera, Unit Head of Pharmaceuticals, visited Blue Cross Head Office in Mumbai on September 12, 2017, for a Business Review.

Mr. Vijaya Sekhar, joined Blue Cross as Regional Manager, East Africa, in July 2017, to manage business operations in East African countries.



Doctors Day Celebrations

Doctors Day was celebrated by Team Blue Cross around the country. Members of our field team visited doctors and presented them with flowers to express appreciation of their contribution to human health and well-being.



GST Felicitation



The core team members responsible for the successful implementation of GST in Mumbai were felicitated by Mr. B.G. Barve, Jt. MD, Mr. Ashish Shirsat, Sr. ED and Ms. Keki Wadhwa, CFO.

Yoga Day Celebrations

Team Blue Cross celebrated Yoga Day by presenting yoga mats to doctors, along with posters depicting useful yoga asanas.



Celebration Time Across the Company

Mumbai

Independence Day was celebrated by the Blue Cross team in Mumbai, on August 15, 2017, with the hoisting



of the Indian national flag. This year the celebrations witnessed team members paying homage to the nation in a different way – by dressing traditionally using the colours of the national flag and preparing a delectable tri-colour appetiser or savoury dish! There was a prize for the Best Dish.



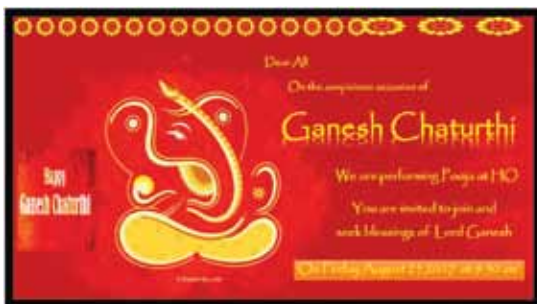
Team members went on an overnight picnic to Zara's Resort in Khandala, on September 16 & 17, 2017. There was a good turnout for this fun event and the picnickers had a wonderful time together.



At the recent Monthly Celebrations Long Servers received their awards and employees' birthdays were celebrated.

Nasik Plant

India's 70th Independence Day was celebrated on August 15, 2017, at the Plant premises by employees and their family members. The national tri-colour was hoisted after which sweets were distributed.



The festival of Ganesh Charurthi was celebrated by the Blue Cross team in Mumbai, on August 25, 2017. The traditional pooja was performed at 9.30 a.m., seeking the blessings of Lord Ganesh.





The Dassara Pooja was performed at Nasik Plant on September 29, 2017, by Mrs. Ragini Deshpande, Workwoman, and her husband. Thereafter, a box of sweets was distributed to each employee.

Goa Plant



Dussehra was celebrated on September 30, with a puja being performed in Plants I & II as well as at the Main Gate and subsequently in each Department.



The Goa team in colourful attire. Inset: A puja being performed at the Main Gate.

Employees were invited to come in traditional attire and prizes were awarded to employees sporting the Best Traditional Costume (Male & Female).

The Ganesh Chaturthi festival was celebrated with a Ganesh drawing competition. Mr. Saish Talaulikar, QC and Mr. Antonio Fernandes, Engg., were declared the winners. A prize was also presented to Ms. Neeta Sawant, Sr. Manager – QC, as the QC Department was adjudged a Well-disciplined Department with accuracy in leave-planning during the festive season and time discipline being followed by employees during tea and lunch breaks.



A prize being presented to a winner of the drawing competition.



Ms. Neeta Sawant, Sr. Manager – QC, receives the prize for QC Department being adjudged a Well-Disciplined Department.



Monthly celebrations for the months of July, August and September 2017 were organized. Long Servers received their awards and employees' birthdays were celebrated.

Navratri was celebrated with enthusiasm at the Goa Plant. Employees were asked to wear clothes of a different colour on each of the nine days. On the last day prizes were awarded to the employee who had best followed the dress colour code, as well as to employees sporting the Best Traditional Costume (Male & Female). A Navratri card-making competition was also organised.



Blue was the colour for the 8th Day of the Navratri festival.



Ms. Pooja Yadav, Packing Officer, receives a prize for best following the dress colour code.



Ms. Siddhee Chari, QC Officer, receives the prize for Best Traditional Uniform (Female).



Mr. Rajesh Kapolkar, Asst. Mangr. Plant - Engineering, receives the prize for Best Traditional Uniform (Male).

Promoting Knowledge



A Continuous Medical Education (CME) Update was held at Christian Medical College Vellore, on the topic of Intrauterine Growth Restriction, on August 12, 2017.



During World Breast Feeding Week, a Breast Feeding Education Camp was recently held in Siliguri.

A Series of NPDCs

The past three months saw a large number of New Patient Detection Camps (NPDCs) being organised around the country by Team Blue Cross in order to help as many patients as possible.



Moving Upwards & Onwards!

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

Mumbai

Mr. Gurudas Bandodkar as Sr. Manager-Sales Admin., EXL Div.

Mr. Samir Pawar as Product Manager

Goa

Ms. Sweta Naik as Sr. Officer, Prodn - Pckng

Mr. Yeshwant Gawas as Sr. Technical Supervisor, Engineering Nasik

Mr. Nilesh Raut as Dy. Mgr., QC

Mr. Swapnil Lohagaonkar as Sr. Executive, Production

Mr. Balasaheb Deore as Manager - QA

Field

Mr. Hitesh Kumar Arora as Regional Manager

Mr. Yogesh Kumar as Zonal Manager

Mr. R. Shashidhar as Area Business Manager

Mr. Sadanand Singh as Area Business Manager

Mr. Kamisetty Jawahar as Area Business Manager

Mr. Sachin Sachdeva as Territory Manager

Mr. Amarendra N. Singh as Sr. Sales Executive

High Scorers

HSC



Vinayak, son of Mr. P.S. Parameswaran, Mumbai: 90%.



Pratik, son of Mr. Panchanan Routray, Mumbai: 89%.



Rohit, son of Mr. Manoj Israni, Mumbai: 81%.



Dhiraj, son of Mrs. S.R. More, Nasik Plant: 77.23%



Tirth, son of Mr. Mahesh Parmar, Mumbai: 75.38%.



Bhagyesh, son of Mr. K. G. Dharmadikari, Nasik Plant: 68.92



Kaustubh, son of Mrs. M.V. Kulkarni, Nasik Plant: 66.62%



Ritwik, son of Mr. S. S. Chumble, Nasik Plant: 65.33%



Saloni, daughter of Mr. A. S. Jachak, Nasik Plant: 65.23%



Manasi, daughter of Mr. S.D. Gharate, Nasik Plant: 63.38%

SSC



Ameya, son of Mr. Shashikant Sawant, Mumbai: 85%



Ryan, son of Mrs. Merciana Nayak, Mumbai: 84.40%



Manasi, daughter of Mr. R. P. Wagh, Nasik Plant: 78.80%



Aarti, daughter of Mr. B. B. Sonawane, Nasik Plant: 70.60%



Prasad, son of Mr. B. B. Sonawane, Nasik Plant: 61.20%

Food For Thought

Let's Commit to Stop Using Plastic Bags

Plastic bags are not biodegradable. They fly off trash piles, garbage trucks and landfills. They clog storm water infrastructure, float down waterways and spoil the landscape. Even if they end up in proper landfills, they may take 1,000 years or more to break down into ever smaller particles that continue to pollute the soil and water. Small fragments mixed with soil, are picked up by streams during the monsoons and end up as huge piles of unsightly trash or large patches of garbage in the ocean.

Plastic bags also pose a serious danger to birds and marine mammals that often mistake them for food. Thousands of animals die each year after swallowing or choking on discarded plastic bags.

Producing plastic bags, transporting them to stores, and bringing the used ones to landfills and recycling facilities require millions of gallons of petroleum, a non-renewable resource which can be better used for more beneficial activities like transportation.

Read the following facts and decide for yourself!

- Every second, 160,000 plastic bags are used around the world.
- The amount of petroleum it takes to produce one plastic bag could drive a car 11 metres (36 ft).
- A plastic bag is used for an average of 12 minutes.
- Plastic bags are among the 12 items of debris most found in coastal clean-ups.
- If we joined all the plastic bags in the world together, they would circumnavigate the globe 4,200 times!
- If just one person used recycled plastic bags over their lifetime, they would be removing 22,000 plastic bags from the environment.

Each of us could be that one person! Here are three ways in which we could start:

1. Switch to washable, sturdy reusable shopping bags made from renewable materials such as cloth – much like our forefathers did for hundreds of years. Reusable bags are convenient and come in a variety of sizes, styles and materials. When not in use, some reusable bags can be rolled or folded small enough to fit easily into a handbag or pocket. Make sure you wash them regularly.
2. Reusable bags come in different colors, styles and sizes. Make sure that you store some of these bags in your car/two-wheeler so they are always available when you go shopping. Wash and replace them in your car/two-wheeler after use.
3. Share this information with your friends and tell them to pass on the good word - so that we not only see a huge reduction in the amount of plastic bags discarded in the environment but also start an information chain!



If we want to reach real peace in this world we should start educating children.

- Mahatma Gandhi

What do you feel about the message in this article? Send your feedback to us at hrd@bluecrosslabs.com. There is a prize for the best entry.

Long Servers Felicitated

30 Years

Mr. Chandrababila Bidgar,
Nasik

25 Years



Ms. Jennifer Lewis, Executive Assistant to the Chairman, Mumbai, receives her 25 years award from Mr. N.H. Israni, Chairman.

20 Years



Ms. Cheryl Rodrigues, Sr. Confidential Secretary, Mumbai, receives her 20 years award from Mr. B. G. Barve, Jt. MD.

Mr. Mangesh Kinlekar, Goa
Mr. Avinash Prabhudesai, Goa
Mr. Vikas S. Bachute
Mr. Aditya Verma
Mr. Pranay S. Ranadive

15 Years



Mr. Nilesch Arkadi, Marketing Director, Mumbai, receives his 15 years award from Mr. Manoj Israni, MD.

Mr. Prakash Pujari
Mr. M.A. Alikhan
Mr. Vinod Manchanda
Mr. P. Arul Jothi
Mr. Unni Chandran
Mr. S. R. Chippalkatti
Mr. Santosh S. Gaikwad
Mr. Bapurao Kendre

10 Years

Mr. Atul Narkhede, Nasik
Mr. Prashant Dhande, Nasik
Mr. Vijay Hurali
Mr. Dipak B. Jadhav
Mr. Kamlesh Kumar Giri
Mr. Manish Kumar Verma
Mr. Kapil Maurya
Mr. Sam Revival K. J.
Mr. Rajesh A.
Mr. R. Sivaprasad
Mr. Deepak Kumar Singh
Mr. Gaurav Gulati
Mr. Manoj Bhardwaj
Mr. Santosh Mishra
Mr. Hari Kumar Kotte

5 Years



Ms. Ketki Wadhawa, CFO, Mumbai, receives her 5 years award from Mr. Manoj Israni, MD.



Mr. Amit Patankar, DGM – Accounts & Taxation, Mumbai, receives his 5 years award from Ms. Ketki Wadhawa, CFO.

Mr. Pranesh Dharwadkar, Goa
Mr. Suvojit Sinha
Mr. Govind Ratwadkar
Mr. Jagdish Prasad P. Chaurasiya
Mr. Vikas Vinayak
Mr. N. Nagesh
Mr. Shambhu Kumar Suman
Mr. Kiran N. C.
Mr. Dnyaneshwar Paygan
Mr. Mohit Sharma
Mr. Sumit Sharma
Mr. Mahesh Ahuja
Mr. Muneshwar Jha
Mr. Ashish Kumar Choudhury
Mr. Rajan Singh
Mr. M. Ravikumar
Mr. Ziyaurrehman Shaikh
Mr. Besta Yuvaraju
Mr. Tanmoy Saha

Wellness Mantra



Struggling to make it to the end of the day? Waiting all day to finally get to take a break and relax? These are a couple of questions that we all relate to. Multitasking and managing multiple responsibilities tend to take a toll on one's physical and mental health.

Feeling energetic and active could help you accomplish all your daily tasks as well as make you enjoy doing them well! A few foods, even when taken in small quantities can really help boost energy. These include:

- * Lemon water, which increases electrolytes in the body – this helps produce energy.
- * Yoghurt or dahi, which contains magnesium – this helps in the release of energy.
- * Nuts, which are filled with fibre – this keeps you full and energetic.
- * Whole grain toast, which is packed with complex carbs – this keeps your energy levels high.
- * Cardamom, which helps to promote blood flow and increase energy levels.

Along with these foods, a few changes in your regular routine would make a great difference to your energy levels:

- * Get moving: Engaging in any form of exercise or physical activity, releases endorphins that revitalize both, your body and mind.
- * Take breaks: One short break of 5-10 minutes or even less can boost your energy and refresh your mind and body immediately.
- * Meditate: Decluttering your mind by meditating release stress, thereby freeing up your mind to focus on work at hand.

Try and add some of these foods and activities to your daily routine and enjoy new and higher energy levels!

- contributed by **Ms. Aarti Shah**, Consultant, Nutraceuticals