



# BLUE CROSS NEWS

Vol. 35 No. 5 • Aug 2021

## August 2021 – Record Company Sales

**Hearty Congratulations to entire 'Team Blue Cross' on exceeding our previous highest performance in India + Nepal Markets as well as the Export Market! Most products continue to progress well but the CTP Range, though improving now, needs more work as per the Winners Guide! **As always, with more than 80% field personnel achieving / exceeding their targets, the performance is that much more satisfying!****

You have to ensure that the benefit of our **World Class Quality Products & Significant Affordability** reaches more people faster. This is definitely possible when **every one of you commits to convert more Doctors as Regular Prescribers, Regular Prescribers as Exclusive Prescribers and make our excellent products available at every single Chemist counter!**

**All the best for a Record September 2021!**



## **Birthday Celebration at Corporate Office**

Blue Cross celebrated the Birthday of **Mr. Manoj Israni**, our Vice-Chairman & Managing Director at Corporate Office on 24th August 2021. All HOD's came together to welcome him and this was followed with a cake cutting ceremony.

Here's wishing Mr. Israni a very Healthy and Happy year ahead.

## **Early Detection.... Less Complications !!**

**E**arly detection of chronic diseases like Diabetes is very important to avoid major health complications. Diabetes cannot be cured but can only be managed. Early management of Diabetes is very important so that along with medicines, lifestyle modification can be inculcated by patients at a very early stage. This can help patients manage Diabetes without problems & can help a Diabetic patient lead a very healthy & long life. World Class Quality Affordable Antidiabetic medicines from Blue Cross help many patients manage Diabetes without worrying about expensive medicines. Blue Cross has been a partner to many Doctors across India to detect new Diabetic patients at an early stage & help patients manage their Diabetes. Many such New Diabetic Patient Detection Camps have been conducted across India this month also & will be continued in the future as well.



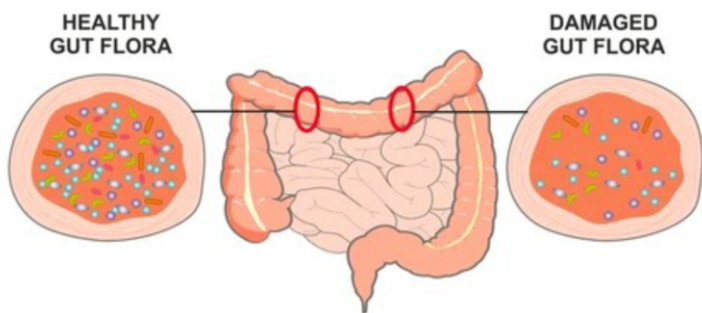
## HEALTHY GUT, HEALTHY YOU

“The Gut” is one of the most under-rated organs of the body, but the truth is that its importance goes way beyond what meets the eye.

Just as we maintain hygiene in our day to day lives, cleanliness of the gut is also of utmost importance. There are three main tools to keep our insides clean. These are:

- Antibiotics: They help us get rid of pathogens.
- Probiotics: The word stands for “for life”.
- Prebiotics: The word stands for “before life”.

We swallow billions of living bacteria daily, but majority of these bacteria do us no harm or may



even benefit us in some ways.

Hence, a healthy gut should always have a perfect balance of the “good bacteria” called – 'healthy gut flora'.

Thus, to maintain a healthy gut flora, there is need for “Probiotics” and “Prebiotics”.

### WHAT IS A PROBIOTIC?

We often read the word probiotic on many food products, especially curds / yoghurt. A healthy gut contains many probiotic bacteria, the most common is the Lactobacillus acidophilus, which is present in curd and we benefit every day and every second from their abilities.

But sometimes, the 'good' bacterial flora in our gut faces an attack either by 'bad' bacteria or because of antibiotics which may kill the good bacteria causing an imbalance between the good and the bad bacteria. In such situations, probiotic supplements become necessary to restore this balance.

There are many probiotic supplements available in the market, but any natural yoghurt is a great probiotic and should be a part of everyone's diet.

### WHAT IS A PREBIOTIC?

Prebiotics are a source of food for the good bacteria. These are carbs that we cannot digest

and are called as fiber or roughage. The good bacteria get nourishment from the dietary fiber and they thrive and produce vitamins, healthy fatty acids and put our immune system to good use. This is how prebiotics help the gut. Fiber in the diet comes from eating raw fruits and vegetables, whole grains, fortified cereals, etc.



A healthy gut means a healthy you and this can be achieved with the right balance of the gut flora and a combination of prebiotic and a probiotic in our diets.

## GUT MICROBIOME

HELP YOUR MICROBIOME WITH

### PROBIOTICS

Microorganisms that live in the gut.

Probiotic foods contain beneficial organisms that help colonise and populate your gut.

### PREBIOTICS

Food for the microorganisms.

Help the healthy population of microbes by eating prebiotic foods which feed them and promote a robust and healthy microbiome.

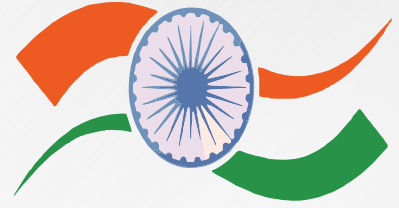
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**FOODS THAT CONTAIN:**

<h3 style="color: #FFD700;">PROBIOTICS</h3> <ul style="list-style-type: none"> <li>Yoghurt</li> <li>Kefir</li> <li>Sauerkraut</li> <li>Miso</li> <li>Kombucha</li> <li>Tempeh</li> <li>Kimchi</li> </ul>	<h3 style="color: #008000;">PREBIOTICS</h3> <ul style="list-style-type: none"> <li>Leeks</li> <li>Onion</li> <li>Garlic</li> <li>Dandelion greens</li> <li>Jerusalem Artichoke</li> <li>Legumes</li> <li>Chicory</li> <li>Yacon Root</li> <li>Potato Starch (raw)</li> </ul>
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Events @ Bluecross

# Wishing All A Happy 75th Independence Day



## Nasik Factory



Several competitions with Olympic themes were organised at the Corporate Office. The winners are : Dart Shooting : Pritesh Chari,Raghav Rao ; Mini Golf : Bharat Jogadiya, Nivedita Bagwe ; Chair Relay : Riddhi Dalvi,Ayub Shaikh ; Cake weighing : Akshata Subhedar.

## Goa Factory



Indian Postage Stamp competition organised at Goa Plant with a patriotic theme. Winners of the Competition: Prarambhi Prabhugaonkar,Viplav Harmalkar,Priyanka Gaude and Mohit Mardolkar.



Blue Cross Goa distributed medicines in coordination with IMA- Ponda, Goa for poor in flood affected area in Valpoi, Khandepar, Murdi- Goa.



Blue Cross Goa in Association with Rotary Club Panaji distributed food packets and grocery items in flood affected area in Mollem and Valpoi villages in Goa.



# Long Servers Felicitated

## 40 years

**Sreekumar P**



## 30 years

**Haresh Sheth**



**Rajendra Hiray**



Anil Jachak

## 25 years

Yadav Rimal

## 20 years

Bhagwant Kudalkar

## 10 years

**Kamlakar Nawghare**



**Shantaram Bandekar**



**Nitin Mahajan**



Rakesh Singh Rathaur  
Anand Kumar

## 5 years

**Amol Jadhav**



Madan Thorat  
Kammara Murali Achari

Chapa Swamy

Dharmendrasinh J Zala

Gaurav Pinjarkar

Kevin Kuruvila

Kishor Kumar

Basavaraj Gogi

Kopparthi Santhosh Kumar

Amit Ranjan Pal

Pravin Annappa Khurape

Suresh Pogaku

Kishan A Pipaliya

Rohit Khurana

Suhas Sambhaji Kakeru

**Congrats on  
Your  
Promotion**

**Sr. Product Manager**

Sachin Salvi

**Dy. Director R & D**

Manoj Magar

**Assist Mgr Packaging Dev**

Manoj Thakare

**Manager Production**

Pranesh Dharwadkar

**Sr. Officer QA**

Swetha Tigadi

**Regional Manager**

Vijay L Tamkhane

**Area Business Manager**

Surya Pratap Mishra

Amit Sharma

Meraj Hussain

Ravinder Singh

M N Prashanth

Jeeban Acharya

Suraj

**Territory Manager**

Jazeel Muhammed J

Rajan Kumar Pandey

Atul Kumar

Ankush Sanmotra

Gurvinder Singh

Sunil Kumar Mishra

Ravish Ranjan

Manjeet Kumar

Ashok Chauhan

**"TUSQ Winter Masti" contest 2020-21**



**Nabin Kumar Shah**



**Dilip Mandal**




**Prabin Chaudhary**

# Cheers to Our Young Winners

Warm congratulations to the children of Blue Cross Team Members, who successfully passed their academic examinations. All good wishes to them as they pursue their careers.



**Bachelor of Science-  
BSC Business Management  
(Cardiff University, UK)**



**Rohit**  
son of  
**Mr. Manoj Israni**

## SSC



**Aditi**  
daughter of  
Vinayak Bhatt  
(93.20%)



**Shaurya**  
daughter of  
S. Bandekar  
(91%)



**Nipul**  
son of  
Nitin Pati  
(86.60%)



**Siddharth**  
son of  
Bhimraj Rohokale  
(92.80%)



**Sanket**  
son of  
Kamlakar Shinde  
(83.60%)



**Soham**  
son of  
Dhanappa Chanshetti  
(83.16%)



**Sanvi**  
daughter of  
Neeta Tari  
(83%)



**Rutwik**  
son of  
Kishor Dharmadhikari  
(82.80%)



**Kunal,**  
son of  
Rashmi Mhatre  
(80%)



**Aditya**  
son of  
Muralidhar Nambiar  
(75.40%)

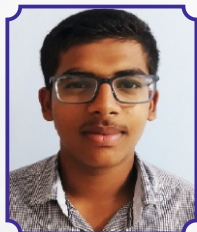


**Keshav,**  
son of  
Jay Shukla  
(72%)

## HSC



**Pratiksha**  
daughter of  
Panchanan Routray  
(91%)



**Gaurav**  
son of  
Maruti Gawali  
(90.16%)



**Suhani**  
daughter of  
Kirti Deshmukh  
(84.16%)



**Riya**  
daughter of  
Sunil Wagh  
(84.16%)



**Pooja,**  
daughter of  
Rashmi Mhatre  
(73%)



**Vaishnavi**  
daughter of  
Vithal Prabhu  
(65%)