

# BLUE CROSS NEWS

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## Blue Cross Reaches Out to Those Affected by Coronavirus

The COVID-19 or Coronavirus pandemic has engulfed the whole world and has posed serious challenges to the health and economic security of millions of people. In India too, the spread of Coronavirus has been alarming, affecting thousands of families.

As always in the case of a calamity, Blue Cross has been quick to offer a helping hand to those most affected by this deadly virus. Blue Cross has donated Rs. 100 lakhs to the PM Cares Fund, Rs. 100 lakhs to the Maharashtra Chief Minister's Relief Fund COVID-19 and Rs. 50 lakhs to the Goa State COVID 19 Relief Account.

Many Blue Cross team members expressed a keen desire to contribute on an individual basis to the PM CARES Fund. Around 1746 team members, from different Blue Cross locations, either sent contributions or donated their earnings from a specified number of days' salary. This resulted in a contribution of over Rs. 17 lakhs to the cause.

These contributions will surely help a large number of those who are the most in need.



*From our Goa Plant Mr. Dinar Mardolkar, Sr. GM - Production, Mr. Dhanesh Singh, Sr. Manager - Personnel & Admin. and Mrs. Ajanta Burman, our CSR Consultant, presented a cheque for Rs. 50 lakhs to Dr. Pramod Sawant, Chief Minister of Goa, towards the Goa State COVID 19 Relief Fund.*

### Corporate Promotions



*(far left)* Ms. Ketki Wadhawa has been promoted as Corporate Director & CFO, Blue Cross Laboratories Pvt. Ltd.

*(left)* Mr. A.K. Burman has been promoted as Corporate Director - Production.

*The Blue Cross team joins together in congratulating them and wishing them all the best in their new positions.*

# Raising Productivity at Nashik Factory

At the Nashik Factory, Unit III has been up-graded and PLM - 500 has been replaced by RMG - 600. Both initiatives have improved GMP and have raised productivity by at least 30%.



The upgradation work was started in the first week of March, but was stalled due to the COVID - 19 lockdown.

Work recommenced in the last week of May 2020, when there was some relaxation in the lockdown norms.

CGMP requirements such as separate entry of men and material, AHU requirements, unidirectional flow within the department, separate changeover areas for granulation and compression, etc. were taken into consideration.

Since the Nashik Site Engineer was sick, Mr. V. V. Kulkarni was employed as Consultant for this project. He was aided by Mr. K. K. Shinde, Assistant Manager - Engineering Services and Mr. Krishna

Chavan, General Manager, who co-ordinated with all concerned for activities related to this project.

The project was completed successfully, despite all odds and the facility was inaugurated on June 17, 2020.



# Enhancing Capacity at Goa Plant



At the Goa Plant's Liquid Department, the capacity of Unit 4 has been increased from 1500 litres to 3000 litres per batch. A puja ceremony was held at the Plant to celebrate this productivity enhancement.

# Goa Plant Team Battles the Pandemic

*The Goa Plant team has put a series of measures in place, towards keeping the spread of the dreaded Coronavirus in check...*

\* 250 PPE kits were distributed to various Government Departments involved in public interactions. Each kit contained masks, gloves and sanitisers.



\* Dr. Prabhu Kasture, GM - Medical Services, shared valuable information with the Goa staff during a Zoom presentation on June 20, 2020.

\* Measures such as a hands-free sanitisation stand, sanitisation of documents, foot-operated door opening and IR temperature checks have been put in place.



## Nashik Plant Lends a Hand

*In addition to putting a large number of safety precautions in place, the Nashik Plant team undertook the following initiatives during the COVID-19 Pandemic.*



\* Dr. Dhaimodkar, Factory Medical Officer, conducted a Health Awareness Programme, for all Heads of Departments. He is also carrying out regular medical check-ups.



\* Regular disinfection is being done in the Plant premises.



\* A series of training sessions focussing on COVID-19 has been planned to boost the Goa team's morale.

50 nos. rain-coats, 120 nos. PPE kits and 400 nos. Bluvit D3 Sachets were gifted to the team



at Ambad Police Station, Nashik. These were handed over to Mr. Kumar Chaudhari, Police Station In-charge, by Mr. Krishna Chavan, GM - Production and Mr. Milind Jagtap, Sr. Manager - P&A.



720 nos. bottles of TusQ-Dx Liquid and 200 nos. strips of Azibest

500 Tabs were handed over to Mr. Vikas Mali, Asst. Labour Commissioner, Nashik, for utilization at the Corona Centre, in Chakan, Dist. Pune. These medicines were donated in response to a request from Mr. Dilip Walse-Patil, Minister of State Excise & Labour, Govt. of Maharashtra.

# Coronavirus Pandemic Cannot Halt the Blue Cross Covid Warriors!

**D**ue to the COVID-19 Pandemic and the countrywide lockdown, the Field Managers and Executives initially worked from home. In this period, they used creative techniques to approach Doctors, Chemists and Stockists, with the active guidance of the HO Sales and Marketing personnel. As soon as the Lockdown restrictions were relaxed, working guidelines were issued from HO and our Field COVID Warriors started their work with all precautions, which HO is repeatedly emphasising! Our sincere appreciation to all the Field Personnel!

*We bring glimpses of BLUE CROSS COVID Warriors from all across India!*



# Doctors Day Celebrations



*Dr. Tanvi Patil is presented with a rose from Mr. Mahesh Sutar, RM.*



*Dr. Vishwajeet Patil receives a rose from Mr. Sachin Patil, ABM, Kolhapur*



*Doctors Day greetings to Dr. Shamuvel Savlajkar, from Mr. H.R. Jilbedar, ZM.*



*Dr. Parineeta Patil with Mr. Mahesh Sutar, RM, Mr. Kiran Killedar, SE and Mr. H.R. Jilbedar, ZM, during the 'Bonding Moment' Campaign.*



*A copy of the 'Tabiyat' book was presented to Dr. Saurabh Bhirud of Siddhigiri Hospital, Kolhapur, by Mr. Mahesh Sutar, RM.*



*Dr. S.M. Rohatagi is greeted by Mr. Sunil Kumar Mishra, SE.*

**B**lue Cross team members at various locations celebrated Doctors Day with a 'Bonding Moment' campaign. As part of this campaign, a large number of doctors were warmly greeted by the field team members and each doctor was presented with a rose. Celebratory cakes were also cut and books were presented to some of the doctors.

# International Yoga Day

**O**n International Yoga Day, on June 21, 2020, Blue Cross team members were invited to participate in a virtual yoga session, along with family and friends, in the comfort of their homes.

The session, on Zoom Video, was conducted by Ms. Akshata Subhedar, Secretary to G.M. Medical Services, Mumbai. There was very enthusiastic participation from a large number of employees.

## Monthly Celebrations

**M**embers of the Head Office team were invited for a virtual Monthly Celebration, through a Zoom video call. Team members whose birthdays were celebrated in July 2020, are:

- Mr. B. G Barve, Mr. Pratap Dugge, Mr. Gopal Kadam, Mr. Gurudas Bhandodkar, Mr. Awadhut Yadav, Mr. Ramchandra G. and Ms. Gayatri Chinchawde.



## World Environment Day

**O**n the occasion of World Environment Day and in keeping with the current challenge of the COVID-19 pandemic, Head Office employees were invited to participate in a 'Face Mask Challenge'.

Each of them was invited to get creative & make their own mask, take a selfie wearing that mask and post it with the subject line: #WorldEnvironmentDay & BeatCOVID19.

There was an overwhelming response to this challenge, which was testimony to the fact that the Blue Cross team is determined to beat COVID 19 together.



# Gaining Awareness of and Fighting Against COVID-19

One of the biggest challenges we face is bringing about a change in our behaviour. Having said that, a tiny virus - the Coronavirus - has made this possible and compelled almost everyone to change their behaviour.

We are all now exposed to a new situation which has perhaps transformed our thought processes, as well as our approach towards life. I take this opportunity to reach out to all of you and provide more clarity on COVID-19 or Coronavirus disease 2019, to help us better understand the new norms that have to be followed in view of the COVID-19 pandemic.

## What is COVID-19?

- \* Coronavirus disease 2019 (COVID-19) is an acute infectious respiratory disease caused by a newly discovered coronavirus, the SARS-CoV-2.
- \* It emerged from China in late 2019 and has spread quickly, leading to a global pandemic affecting more than 200 countries.

## What are the different types of Coronaviruses?

Coronaviruses are a large family of viruses (CORONAVIRIDAE) that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

## What should you know about COVID-19?

- \* Its symptoms are high grade fever, a cough (usually dry) and difficulty in breathing. Problems with breathing occur when the infection affects the lungs and causes pneumonia.
- \* This virus spreads very fast, quickly affecting a large number of people. However, a majority of those affected (around 85%) have mild symptoms and recover fast. The lockdown strategy, imposed in a number of countries, including India, contributes to slowing down the spread of the virus in the community.

## How is COVID-19 spread?

This virus spreads rapidly from person to person, usually when an infected person coughs, sneezes, or talks near other people and infection droplets spread through the air. The virus can be easily passed between people who live together, at gatherings where people talk while they are close to each other, by shaking hands, by hugging, or even

by singing together.

It is also possible to get infected if you touch a surface that has the virus on it and then touch your mouth, nose, or eyes.

## How is this infection diagnosed?

Patients with the above mentioned symptoms or those in close contact with already positive cases are tested for the presence of the virus in their throats. The RT-PCR test is being done to diagnose positive cases.

Other tests that are done are a blood test, X-ray and CT scan.

## What treatment is available?

- \* Favipiravir (oral) and Remdesivir (injectable) antiviral drugs have been recently approved to treat COVID-19 and these are being used for treating positive cases.
- \* Vaccines are being developed and tested, but as of now there is no vaccine available.

## What practices should you continue to follow?

- \* Greet others with a *namaste*.
- \* Make SMS (Social distancing, Masking, Sanitising) the norm.
- \* Wash hands thoroughly for a minimum of 20 seconds.
- \* Do not cough or sneeze without covering your mouth.
- \* Do not spit in public places
- \* Consume healthy and nutritious food, take regular exercise and ensure a good sleep for 6-8 hours.
- \* Don't watch COVID-19 news for too long and try to get your information only from a reliable source.
- \* Stay in touch with your family members and friends.

To follow all these practices will require a determined and positive change in our behaviour. We should now consciously follow them to combat this unforeseen situation.

If you require any further information required on COVID-19, please feel free to contact me at prabhu.k@bluecrosslabs.com

I would like to end with a reassuring message: We really don't need to panic, but we should continue leading our lives as usual, while following all the aforementioned preventive measures.

**Dr. Prabhu Kasture** (MD, DPH)  
GM-Medical Services.



Medical Update

# Boosting Immunity

In the current times when we are battling a global pandemic, the biggest challenge that the world is facing is the lack of treatment options, thus forcing us to rely on our own good health and immunity.

**What is immunity?**

Keeping our immunity strong is the best way in which we can defend ourselves from various diseases and it can be of great help in preventing the ongoing Covid-19 infection.

**How can one make one's immunity strong?**

Keeping one's immunity strong is of utmost importance for optimum health. Immunity can be easily boosted by eating the right kind of foods, such as the following:

**Turmeric**

Turmeric (Haldi) contains an active ingredient called curcumin which helps in strengthening immunity, especially against colds, coughs and upper respiratory tract infections caused by viruses.



Turmeric is used regularly in our day to day cooking. In addition, turmeric powder taken with hot water or warm milk is beneficial in boosting immunity.

**Ginger**

Ginger contains gingerol, which boosts immunity and prevents colds, coughs and sore throats. It also has anti-bacterial effects and helps fight infections.

Apart from using ginger in cooking, it can be added in tea and herbal tea.



**Garlic**

Garlic contains compounds that have been shown to improve the body's disease-fighting response, when viruses are encountered - especially the viruses that cause the common cold or flu.



The way garlic is processed is very important, in order to gain maximum benefits. Heat

is known to destroy the beneficial ingredient in garlic. Therefore, before you cook it, crush the garlic and keep it aside for 10 minutes.

If you are eating it raw, crush the garlic and chew it properly to activate the beneficial ingredient.

**Yoghurt**

Yoghurt or curd helps to maintain a healthy digestive system as it is a natural source of the healthy bacteria needed for digestion. A healthy digestive system helps to maintain a healthy immune system.



Curd can be eaten daily with meals as plain, sweetened, with vegetables, or as buttermilk.

**Fruits**

Citrus fruits like oranges, sweet limes and lemons are a rich source of vitamin C, which helps to build up the immune system and helps fight against colds and coughs.

Citrus fruits can be a part of your daily diet. Lime juice can be squeezed into your meals, or can be had with warm water for its health benefits.

Papaya is another fruit rich in vitamin C and can be added easily as a part of your diet.

Consuming one fruit a day, preferably a different one each day, is recommended for increased immunity. As we can see, it is not difficult to add fruit to our regular diets. However, you need to keep in mind that the fruit quantities may not be sufficient to provide the necessary advantage, so supplements for the same may be necessary.

Given the current pandemic that India is battling and with the approaching monsoon season, to keep our immunity levels optimum is of utmost importance.

**Aarti Shah,**  
Nutraceutical Consultant & Dietitian, Blue Cross Labs.

## *Loyalty and Long-term Commitment is Commended*

The following long-serving team members are warmly commended for their loyalty and sincere efforts towards making Blue Cross an internationally recognised Company.

### *35 Years*



Mr. P. S. Parameshwaran

### *30 Years*

Mr. Mukund Lahoti  
Ms. Nisha Patel

### *25 Years*



Mr. Sudhir Wadkar

### *20 Years*



Ms. Swati Vinchurkar  
Mr. Ramesh Kumar Shukla  
Mr. Vishal Bhandari  
Mr. Arjun Kumar Jha

### *10 Years*

Ms. Sharmila Kasbekar  
Mr. Dhananjay Shire  
Mr. Parag Sharma  
Mr. C. Chandrashekar  
Mr. V. Veerabramham  
Mr. J. Srinivas  
Mr. Chitresh Kumar Paneru  
Mr. Prabakaran K.  
Mr. Ashpak Bagwan  
Mr. Sunil Kumar Jaje  
Mr. Uppara Viswanatham  
Mr. Rajshekar Patil  
Mr. Pappu Singh  
Mr. Sunil Raina  
Mr. Ch.Ch.G. Sastry  
Mr. Vinod Kumar

### *5 Years*



Mr. Sagar Sangle



Ms. Gunali Ugale  
Mr. Harshinder Sharma  
Mr. Vishwas Desai  
Mr. Pritesh Naik  
Mr. Royston Douza  
Mr. Ajeet Kumar Sharma  
Mr. Parmanand Prasad  
Mr. Atul Sahu  
Mr. Laxmikant M. Pingle  
Mr. Saurabh Saxena  
Mr. Arun Kumar Kesharwani  
Mr. Pramod Agasimani  
Mr. Rajat Agarwal  
Mr. Shashikumar R. Salimath  
Mr. A. Shivaprasad  
Mr. Maruti G. Lokhande  
Mr. Manoj M.  
Mr. K. Sivaprasad  
Mr. Rakesh Kumar Jha  
Mr. Manish Malhotra  
Mr. Ved Prakash  
Mr. A. Imran  
Mr. Shivam Kumar  
Mr. Vijay Kumar Bharati  
Mr. Mohd Latief Dar  
Mr. Dev Narayan Yadav  
Mr. Yashpal Sharma  
Mr. K. Sridhar  
Mr. Manish Kumar Vaishnav  
Mr. Ramesh Poojary  
Ms. Kajal Mitra  
Mr. Lal Babu Singh  
Mr. Jalinder P. Pokale  
Mr. Atul Kumar  
Mr. Arshad Ali Sayyed  
Mr. Ikram Uz Zaman  
Mr. Mohd Mohtashim Mohd Nazeer  
Mr. Ankush Sanmotra

## *Climbing Up the Ladder – Promotions*

Mr. Vishwas Desai as Dy. GM - Quality  
Mr. Sandeep Mirajkar as Asst. GM - Export  
Mr. Ambika Prasad Mohanty as Sr. Executive - Packaging  
Mr. Rahul Ramteke as Sr. QC Executive  
Mr. Atul Chaudhari as Sr. Executive, R&D  
Mr. Mulla Ghouse Basha as Zonal Manager  
Mr. N. Kishore Babu as Regional Manager  
Mr. R. Shashidhar as Regional Manager  
Mr. Deepak Kumar Yadav as Regional Manager  
Mr. Zulfkar Samiullah Mir as Regional Manager  
Mr. Sayyed Farooque Ali as Regional Manager  
Mr. Mahamadirfan Mahamadsharif Sayyad as Area Business Manager  
Mr. Mahammad Yasin as Area Business Manager  
Mr. Rajakumar Machoju as Area Business Manager  
Mr. Gorakhanath A. Chavan as Area Business Manager  
Mr. Ramchandra V. Langar as Area Business Manager  
Mr. Arvind Yangundi as Area Business Manager  
Mr. Raju Thatipamula as Area Business Manager  
Mr. Pankaj N. Kumbhar as Area Business Manager  
Mr. Abinash Kumar as Area Business Manager  
Mr. Gaddameedi Kalyan as Area Business Manager  
Mr. Sachin Satish Patil as Territory Manager  
Mr. V. Prudhvi Kumar as Territory Manager  
Mr. Sk Safiur Rahaman as Territory Manager

## *Calling It a Day – Retirements*

A Retirement Program was arranged for Mr. Jagdish Koshti, Director - R&D, who retired on June 30, 2020, after 18 years of service.



Retirement Send-off programs were also arranged for the following team members at Nashik Plant, who retired on May 31, 2020, after over three decades of service.



Mr. Ashok Dandavate, Workman, Stores Dept.



Mrs. Anita Thoke, Workwoman, Liquid Dept.