

# BLUE CROSS NEWS

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## Record Sales Achievement...Yet Again!

**B**lue Cross has achieved a Record sales for the month of May of Rs. 78.16 Crores! The most important achievement being 1235 PSOs, 186 RMs and 36 ZMs exceeding / achieving their targets! Again congratulations to all the fantastic team members in the Field, HO, Factories, Depots and CFAs for this achievement and all the best for exceeding this in the days and months to come!

## DON'T LET OFF YOUR GUARD...

## PROTECT IT WITH DOUBLE STRENGTH ...!



### ●What is Double Masking?

Double masking is when you layer one mask on top of another. This can have two advantages. **Better Fit:** Many types of mask do not fit perfectly on the face and create imperfect seals, allowing escape/passage of respiratory droplets containing the virus to enter/exit your respiratory tract. Double masking can help to prevent this from happening.

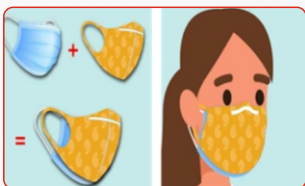
### ●Increased Filtration:

SARS-CoV-2 is mainly spread through respiratory droplets that are formed when someone who has contracted the virus talks, coughs or sneezes. The material in a mask filters respiratory droplets containing the virus before you can inhale them. The layers of a mask help to increase its filtration power. Researchers found that when a cough was simulated, the double mask blocked 85.4 percent of the aerosol particles against the single mask protection of 56% only.

### ●Double Mask Combination:

Use the proper combination for a double mask. A better combination is a cloth mask or N95 over a surgical mask. Check for the following things like:

**Fit:** Make sure that the outer mask helps press the inner mask close to your face, forming a seal. To do this, cup your hands over your mask and feel for air escaping from the edges as you breathe.



**Breathing:** While breathing may require a little extra effort when you are double masking, it shouldn't make breathing difficult.

**Vision:** Make sure that your double mask doesn't block your vision.

for any further detailed information, please contact **Dr. Prabhu Kasture**  
@ Medical Affairs & Pv Dept. | Email ID: [prabhu.k@bluecrosslabs.com](mailto:prabhu.k@bluecrosslabs.com)

## Blue Cross recognises the effort of our unsung Covid warriors "The Nurses"

**N**urses are the unsung warriors who are always in the forefront of the healthcare system all over the world. During this Covid pandemic in India the healthcare system has sustained largely due to the untiring efforts of these frontline warriors. Though many have suffered very badly & have made the supreme sacrifice of losing lives during the two waves of this pandemic they have not given up...

12th May is commemorated as "International Nurses Day" all over the world to appreciate their contribution to World Health and thank them for the burden they carry bravely on their strong shoulders.

This year our entire field team met Nurses of all coveted Hospitals & Nursing Homes from 10th to 12th May to thank



them for their services & provide them samples of **BLUVIT-D3 Sachet** & **BLUVIT-CZ Chew Tabs** to boost the immunity of these brave Covid warriors. As most of them are young women, they were also provided **MEFTAL-SPAS Tabs** essential for managing dysmenorrhea. It was an apt opportunity for bringing a smile on the face of the nurses during this tough time

## **STAY HEALTHY WHILE WORKING FROM HOME**

### **Focus on being productive instead of busy...**

The coronavirus (COVID-19) pandemic has resulted in changes in the working pattern of millions of people who are now based at home and likely to do so in the near future

The concept of Work from home (WFH) has now been going on for a while and does tend to pose a threat to one's mental and physical health and given the current situation, considering that it may go on longer than expected, it is necessary to focus on both.

### **●Challenges While Working From Home**

While remote working has advantages, it also comes with its own set of challenges...

- Trouble staying motivated
- Finding a work-life balance
- Having to manage disruptions
- Difficulty in maintaining healthy eating habits
- Difficulty in getting enough physical activity
- Avoiding burnout

**Don't wish it were easier, wish you were better...**

### **STAYING HEALTHY WHILE WORKING FROM HOME**

During this current pandemic, most of those who are able to work remotely are working from home. Staying at home as much as possible greatly reduces a person's exposure to the novel coronavirus. Consequently, it is



key to lowering the risk of contracting the virus and preventing it from spreading.

Some people may have viewed working from home as a luxury prior to the pandemic. However, it has now become a necessity for many people because it is a key strategy for increasing safety.

Here are some tips for staying healthy while working from home.

### **EAT A HEALTHY DIET**

A healthy diet is one that includes nutritious foods, such as fruits, vegetables, whole grains, low fat dairy products, eggs, beans, nuts, fish, poultry, and lean meat while limiting foods high in sugar and salt.

The Centers for Disease Control and Prevention (CDC) recommends not skipping any meals, including breakfast.

### **KEEP HYDRATED**

Drinking enough fluids is essential for preventing dehydration, a condition that can lead to constipation and mood swings.

Water is the best beverage choice, but drinking moderate amounts of coffee and tea is also acceptable. It is best to avoid sugary beverages, such as sodas, energy drinks, and fruit drinks

**You Will Never Find Time For Anything. If You Want Time, You Have To Make It...**

### **SCHEDULE REGULAR EXERCISE**

Exercise has both physical and psychological benefits and due to these positive effects, a person may want to consider replacing the time they would have spent commuting with working out.

Try incorporating physical activity into the workday by pacing during phone calls or putting in calendar reminders at regular intervals to walk by your workstation.

### **SET UP THE WORKSTATION AT HOME FOR OPTIMAL POSTURE AND COMFORT**

Setting up a home office in a way that promotes good posture can prevent back pain.

An ideal office chair is one with armrests and a seat height that allows the feet to rest flat on the floor. An individual's hips and knees should be at or slightly above a 90-degree angle. The optimal place for a computer monitor is an arm's length away, with the top of the monitor at or below eye level. Increasing the font size as necessary can reduce eyestrain.

### **MAINTAIN WORK-LIFE BALANCE**

When people work at home, the lines between their job and home life can blur and for this reason, it helps to set space boundaries.

Try to establish time boundaries in the form of a daily work schedule which should include a lunch break, a 15-minute morning and afternoon break.

### **STICK TO A DAILY ROUTINE**

It has been recommended by the CDC that, sticking to a daily routine outside of work may help reduce feelings of stress. This routine includes going to bed and getting up in the morning at the same time every day.

It is also important to allow enough sleep time. Most people need at least 7 hours of good quality sleep.

**It can be easy to neglect your health when you work from home. But, by taking a few simple steps to incorporate wellness and healthy choices into your workday, you'll find you are happier, healthier, and more productive at WFH.**

## Yoga For Health

(Continuing from last edition of step by step guide from 7,8 & 9 )

### 7. Bhujangasana or the Cobra Pose

This is the 7th step of Suryanamaskar cycle. From Ashtang namaskar, gently slide forward and rest your legs back and abdomen flat on the ground. Place your palms close to your chest and while inhaling apply the pressure on the hand and slowly raise



the upper body, your pelvic region touching the ground. Keep your shoulders away from your ears, feet tucked in, and look forward. Your head and torso should resemble a cobra with a raised hood. Hold the position for ten seconds or as long as comfortable.

**Benefits:** Stretches the shoulders, back, chest, and spine. Stimulates abdomen organs. Improves flexibility and increases lungs capacity.

### 8. Adho Mukha Svanasana or the Downward Facing Dog



This is the 8th step of Suryanamaskar. Releasing the chest from Bhujangasana, your back should be facing the ceiling. Exhale and lift your hips gently to form an inverted 'V'. Straighten your elbows

and knees while trying to keep your heels on the ground. With every exhale and inhale, go deeper into the stretch. Try to look towards your navel without bending your knees.

**Benefits:** Calms the nerves and increases blood circulation to the brain. Relieves stress and strengthens the arms, legs and tones the core. In women, this yoga asana relieves symptoms of menopause.

### 9. Ashwa Sanchalanasana or the Equestrian Pose



From Adho Mukha Svanasana, bend your knees slightly and rest your palms on the floor in line with your feet. Inhale and bring your left knee towards the left side of your chest while stretching the right leg

backward. Balance your body and raise your head facing forward.

**Benefits:** Strengthens the spine and increases the lung capacity. Relieves indigestion and constipation.

**Note: The Best Input from an employee will be published in the subsequent edition along with a surprise gift**



## Why "NAMASTE" ...?

Namaste is the traditional Indian way of "Greetings", which in Vedas also refer as "Salutation to Divinity". Namaste is usually spoken with a slight bow and hands pressed together, palms touching and fingers pointing upwards, thumbs close to the chest. In yoga, this gesture is called Anjali mudra; the standing posture incorporating it is Pranamasana. There is a scientific reason behind 'Namaste' which explains that joining both hands ensures all the finger tips coming together; which denote pressure points for eyes, ears, and mind. Our palms also have a lot of nerve endings so pressing them together activates these pressure points



which develop spiritual connection and enhances positive energy in and around us.

Since Namaste is a non-contact form of greeting, it can be used as an alternative to handshakes. In today's situation, Namaste is apt because there is no physical contact between persons which reduces the chances of germ transmission!

The Health Benefits of Namaste in Yoga:

- Improves Posture
- Improves balance and flexibility
- Improves heart health
- Reduces Stress

## Event@ Goa



## On-going Efforts to Battle the Coronavirus

Blue Cross donated Rs.3 Lakhs and distributed MULTICIDAL Hand Disinfectant to Verna Industries Association, Goa for playing a pivotal role in this pandemic. Amongst the provisions were free Swab Test and COVID Care facility for quarantine of asymptomatic employees of the various Industries.

## Kudos to Our Long Servers

### 35 years

Rajmal Patil

### 30 years

Umesh Kumar

### 25 years

Rakesh Goel

### 20 years

Rajesh Kumar Singh

### 15 years

Vinay S Bhat

Swapnil Lohagaonkar

### 10 years



**Yogesh Ahirrao & Atul Chaudhari**

Sagar Dalvi

Rahul Ramteke

Praveenkumar Chavan

S Arvind Kumar

R. Narayana

Aditya Kumar Padhan

### 5 years

Amir Redkar

Shaik Zikriya

Harish Kuril

Pankaj Kumar

Buddhadev Adak

Nitin Shelke

Manjunath S C

Varun Kumar

Pradeep S

Manohar Thakur

Sunil Mishra

Sandip Kothiya

Atul Khonde

## Employees Corner



### EPF Death Benefit in Covid19 Pandemic

Employees' Deposit-Linked Insurance (EDLI) scheme



To combat the financial difficulties faced by the families of the employees who have lost their lives due to covid-19, the Employees Provident Fund Organisation (EPFO) will now provide overall enhanced death insurance benefits under the Employees' Deposit-Linked Insurance (EDLI) scheme. The new enhanced limits are in effect for three years from 29 April 2021.

The scheme's purpose is to ensure that the deceased employee's family gets maximum financial assistance in case of the member's death.

#### ELIGIBILITY

☞ Employees who are covered by the EPF scheme are eligible to get the EDLI scheme benefits.

☞ Who can claim the benefit: Nominees, Family members or Legal Heir of the deceased employee.

☞ Contribution: Nil by employee

☞ Maximum Claim Amount: Rs. 7,00,000/- (Rupees Seven Lakhs)

☞ Calculation of Maximum Claim Amount: {Average Month Salary of last 12 months (Maximum capped Rs. 15000 p.m.\*35) Rs. 5,25,000+ Max Bonus Rs. 1,75,000}

#### HOW TO CLAIM AND DOCUMENTS REQUIRED:

☞ Duly filled Form - 51F

☞ Death Certificate of the Insured Person

☞ Legal Heir Certificate

☞ Copy of bank cancelled cheque of the claimant

☞ Address proof (Aadhar copy) of the claimant

☞ All documents to be signed by the claimant (Nominee/legal heir) & certified by HR and then to be submitted in EPFO office of current establishment

☞ Maximum time for settlement: 30 days

## Cheers to Our Recently Promoted Colleagues

### Area Business Manager

Mukhtar Ahmed Ansari

Tauseef Hanif Bhimani

### Territory Manager

Mohamadyaseen Vahora

## A Warm Farewell



**Kishor Sasane recently retired after serving 37 years at our Nashik Plant.**

## Your Plan Of Action

To Be Fit, Fine & Healthy

### FOCUS ON HOLISTIC WELLNESS



**AVOID STRESS** - Stress & fear weakens our immune system. Hence, we should consciously avoid taking any stress as it will directly impact our immune system.



**DO PRANAYAM** - Being active by practicing yoga or brisk walking will always help. In particular, pranayam works best in strengthening our respiratory system.



**TAKE PROPER REST** - Good quality sleep every night recharges our immune system.



**PRACTICE GRATITUDE & LOVE** - Just as sanitizers and masks work as shields on the outside, your healthy thoughts & immunity are your inner shields. Every moment thank God for being safe, strong and healthy. Just like we can spread a disease, we can also spread love and gratitude.



**MAINTAIN HYGIENE** - Wash your hands at regular intervals - Make this a habit, in every 3-4 hours wash your hands for 10-20 seconds thoroughly.