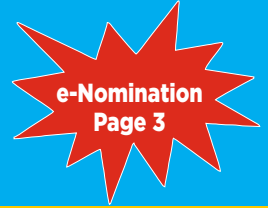


BLUE CROSS NEWS

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November 2021 – Company Progress Continues...



Sales across India continued to progress with more than 80% field personnel achieving and exceeding their targets! Congratulations to all!!

The festival season usually brings up some product shortages due to logistic issues and in addition we had the challenge of shortages / rising prices of key raw materials. With good preemptive actions by the Distribution, Production and Purchase Departments supported by our R&D and QA Departments, we had full and proper stock availability to cater to the market demand. Our Congratulations to them too!!

Let us continue this strong all-Company round progress and end 2021 year on a strong note!

World Diabetes Day - Access to Diabetes Care

World Diabetes Day is organized by the International Diabetes Federation every year on 14th November. The purpose of organizing World Diabetes Day is to promote the importance of taking coordinated and concerted actions to confront Diabetes as a critical global health issue. This year the theme for World Diabetes Day is "Access to Diabetes Care". Keeping the theme in mind, Blue Cross had run a campaign "Share the Sweetness" across India on the day for which a special video had been developed. This video helped create an emotional connect with everyone and raised awareness about sharing sweetness with Diabetic patients by making affordable medicines available to them. NPDCs (New Patient Detection Camps) were also conducted across India by our field staff on this occasion.



Happy Children's Day



The Blue Cross Sales Force celebrated Children's Day on November 14th, 2021 with plenty of enthusiasm and good cheer across the country. Team members visited doctors, honoured them for their service to children and presented them with specially designed "Disney Education Posters" developed for the occasion.

more pictures on Page 5

Need Stress Relief? The Answer Might Be in Your Diet...

“Eating a healthy diet can reduce the negative effects of stress on your body.”



Excess workload makes us more stressed and eating healthy may not be an easy habit to maintain as this may not fit in the busy schedule.

Building a healthy food habit into the routine can greatly improve the overall diet and eventually lead to reduced stress levels.

How exactly do healthy foods reduce stress?

Stress has a negative effect on the blood pressure and overall blood flow. There is a strong relationship between the blood flow in the brain and overall brain health and the use of some nutrients.

Certain nutrients can improve the overall blood flow in the body as well as in the brain.

Omega 3 fatty acids are found in fish like salmon and tuna provide anti-inflammatory effects.

Vitamin E is found in nuts like almonds, avocados and spinach.

Polyphenols are chemicals that are found in green leafy vegetables, colourful peppers, blueberries and dark chocolate.

Sweet potatoes help to lower the levels of a stress

hormone called cortisol.

Eggs contain a nutrient called choline that plays an important role in brain health and reduces stress.

Garlic contains a particular antioxidant that is the body's first line of defence against stress.

Broccoli is a sulphur containing vegetable and has neuroprotective properties as well as calming and anti-depressant effects.

Chickpeas are packed with stress-fighting vitamins and minerals, including magnesium, potassium, B vitamins, zinc, selenium, manganese, and copper. They also contain compounds that produce mood-regulating neurotransmitters in the brain.

Chamomile tea is a medicinal herb that has been used since ancient times as a natural stress reducer. Its tea and extract have been shown to promote restful sleep and reduce symptoms of anxiety and depression.

Additionally, research indicates a strong link between digestive health and the brain. Emerging research is now suggesting that the gut microbiome can influence the body, including the brain.

This microbiome can be supported by consuming fibre-containing foods like whole wheat, unprocessed cereals, beans, raw vegetables and fruits, and yogurt.

Consistent with this, physical fitness is one of the strongest mood boosting factor and it acts by maintaining healthy blood flow to the brain.

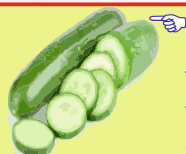
Hence an overall combination of certain nutrients that are mentioned above along with regular exercise or yoga can effectively help relieve stress.

Did You Know?

Fun Nutrition Facts



3 carrots give you energy to walk miles! They were first grown as a medicine, not food.



Holding a slice of cucumber for 90 seconds on the roof of your Mouth with your tongue can stop bad breath. The phytochemicals of Cucumber help to kill the bacteria that cause bad breath.



Eating 4 almonds a day helps to lower cholesterol, improve hair quality, prevent heart disease, fight wrinkles, promotes weight loss and improves brain activities.

BOOSTER DOSE FOR COVID-19

What is a COVID-19 vaccine booster?

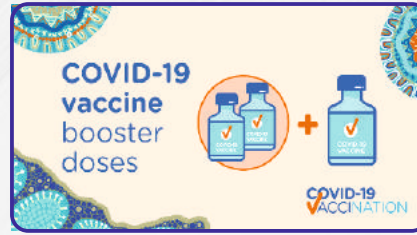
A COVID booster shot is an additional dose of a vaccine given after the protection provided by the primary dose. Booster is given after the immunity from the initial doses naturally start to wane.

The intensity of waning immunity depends on various factors such as age, virus variant and exposure time. People with weaker immune systems are more likely to have serious, long-term illness from COVID-19 and may not respond as strongly to the vaccine. They may not make enough antibodies to fight off infection and serious illness from COVID-19. Even with a good vaccine response, people with weaker immune system may benefit from this extra protection against COVID-19.

Who can get an additional dose of a COVID-19 booster dose?

US, Israel, UK, EU, South Korea, Brazil, Turkey, France, Germany and UAE countries have received the approval for booster dose. The Drug Regulators recommended booster dose for individuals who have a qualifying medical condition associated with immunocompromised status and include:

1. 65 years or older
2. Age 18+ who are immunocompromised (eg., Cancer patients, HIV Positive Patients, Organ/Stem Cell Transplant Patients).



India has vaccinated around 43% of the adult population for the second dose and 83% for the first dose. According to ICMR there is no scientific evidence so far to

establish that a booster vaccine dose is needed for further protection against Covid-19.

What ICMR says on Booster Dose at this moment?

☞ India is not considering authorizing booster Covid-19 doses yet as many in the country have been naturally infected and the government believes two doses of a vaccine offers sufficient protection for now.

☞ The priority is also to plan the immunization for children and start vaccination with children having comorbidities.

☞ For India, primary objective is to get vaccination done with two vaccine doses & improve coverage of the primary vaccination series.

☞ National Advisory Group is carefully analyzing the necessity of boosters and their timing. India, however should refrain from administering booster doses to its population until further studies are done to show its utility.

e-Nomination at EPFO portal (PF Member Can Now Nominate Heir Online)

What is e-Nomination?

If you are the holder of an Employees Provident Fund (EPF) account, it is necessary to nominate someone to your account so that the claimant can conveniently claim the money in the incident of your demise.

How to proceed (Process Flow) for e-Nomination at EPFO portal?

- +The form can be filled by the member on the UAN member portal.
- +The member has to first activate his UAN account on UAN member portal. The process of activation has been explained in the user Manual, which is available on EPFO website through Homepage>>UAN services>>UAN Manual Ver 1.1 (For Members) or directly through the link

https://www.epfindia.gov.in/site_docs/PDFs/UAN_PDFs/UAN_ForMembers/User_Manual_Ver1.1_UAN_MemberPortal.pdf

+ Documents for e-Nomination

For Member:

- ☞ Activated And Aadhaar Linked Uan
- ☞ Mobile Number To Be Linked With Aadhaar
- ☞ Updated Member Profile With Photograph And

Address

For Family/Nominees:

- ☞ Scanned Photograph Of The Intended Nominee (jpg Format-size 3.5 Cm X 4.5 Cm)
- ☞ Aadhaar, Bank Account Number With Ifsc And Address Of The Intended Nominee

+ Process Flow

The member can file the online nomination form through UAN member portal which is available through

- > Homepage
- > UAN services
- > UAN Member Portal (<http://uanmember.epfoservices.in>)
- > Login with UAN and Password
- > Go to 'Manage tab' and select 'e-Nomination'
- > 'Provide Details' tab will appear on the screen
- > Click 'Save'
- > Click 'Yes' to update the family declaration
- > Click 'Add family details' (More than one nominee can be added)
- > Click 'Nomination Details' to declare total amount of share
- > Click 'Save EPF Nominations'
- > Click 'e-Sign' to generate OTP
- > Submit 'OTP' sent on mobile number linked with Aadhaar

E-Nomination is registered now at EPFO. No further physical documents are required after e-Nomination registration.

What are the benefits of e-Nomination for employees?

- ☞ Online payment of PF, pension, and EDLI (upto 7lakhs) to the deceased member's eligible family members.
- ☞ Nomination can be updated online (necessary after marriage) online without having to visit office.
- ☞ Self-declaration is sufficient. No need of documents or approval of employers.
- ☞ No physical submission of Nomination documents
- ☞ Fast and smooth settlement of claims

What are the benefits of e-Nomination for employers?

- ☞ No hassle of submission of attested Nomination documents of employees
- ☞ Supporting the e-initiative of Government.

Events @ BLUECROSS



Corporate Office Celebrated Diwali's Get Together at 'The Blue Sea' Hotel, Mumbai



Organised a Sky Lamp making competition at Goa Factory

Long Servers Felicitated

30 years

Dnyaneshwar Mali

25 years

Ashish Shirsat



Mahadevan Iyer



Shantaram Gharate
Kishor Dharmadhikari

20 years

Tanmoy S. Roy

15 years

Awadhut Yadav



10 years

Ankur Walia
Raghavendra Prasad

5 years

Vijay Kumar Rambariki



Atul Pund



Koushik Chanda
Tuhin Naskar
Ganpat Dattu Deshmukh

Amol Landge



S Stella Mary
Gandhi Parth Kamlesh
Mohit Gilhotra
Posan Kumar Matre
Akhilesh Sharma

Congrats on Your Promotion

Executive Assistant

Cherryl Rodrigues

Area Business Manager

K Sridhar

Sandeep Rai

Santosh Ojha

Shriniwas Ekbote

Territory Manager

Gulshan Naik

Dy. Manager R&D (Analytical)

Kirti Deshmukh

Executive R & D

Atul Pund

Dy. General Manager QC

Neeta Tari

A Warm Farewell



Masuma Rangwala (Manager Systems), recently retired after serving 25 Years at our Corporate Office

Happy Children's Day (Continued from Page 1)

