



BLUE CROSS NEWS



Vol. 46 No. 4 • August 2022

May the grace of Lord Ganesh keep enlightening our lives and bless us always. Happy Ganesh Chaturthi.

August 2022 – Record Company Sales

Hearly Congratulations to the entire 'Team Blue Cross' on achieving the monthly target. Most products continue to progress well but the CTP Range in both Divisions and the Gastro Range, though improving month-over-month, needs more work as per the Winners Guide! 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 2022!

Diabetes: A Global Epidemic

Diabetes is a Global Epidemic affecting more than 38 Crore people across the world. It is always better to know the warning signs of Diabetes early than to be detected later & face its consequences. The most common symptoms of Diabetes are urination at short intervals, feeling tired & thirsty all the time & being hungry more than usual. In some cases, these symptoms go unnoticed which could be very harmful. NPDCs (New Patient Detection Camps) conducted by our field personnel help in the detection of high blood sugar levels in patients with classical Diabetic symptoms or without any symptoms. This helps Blue Cross serve the community in a way that helps people lead a better quality of life due to early detection.



Dysmenorrhea Awareness Workshop

#WhySufferSilently is the initiative by Blue Cross to spread awareness of Dysmenorrhea (painful periods). A cost-effective, reliable, cognitive behavioural approach based dysmenorrhea support program can be used to relieve symptoms, decrease the use of analgesics & increase knowledge of primary dysmenorrhea. This helps to manage menstruation among students thereby reducing absenteeism & increasing productivity. This confidence helps young girls & women take charge of their life with the right treatment.

Workshops were held in schools and colleges across the country with the active help of eminent gynaecologists.



Bhusawal



Bulandshahar



Nasik



Surat



Bhinmal



Bhopal



Akola



Modinagar



Nandurba



Banglore



Chennai



Amroha



Baripada



Lucknow



Amravati



Pali Marwar



Junagadh



Bhopal

HOW TO REDUCE URIC ACID LEVELS NATURALLY

Uric acid is a natural waste product formed during the digestion of foods that contain purines. Purines are found in high levels in certain foods such as red meat, organ meats, sardines and beer.



Normally, your body filters out uric acid through the kidneys which are released in urine. If you consume too much purine in your diet, or if your body can't get rid of this by-product fast enough, uric acid can build up in your blood.

A normal uric acid level is under 6.8 mg/dL. A high uric acid level (above 6.8 mg/dL) is known as hyperuricemia.

This can lead to a disease called gout that causes painful joints due to the accumulation of urate crystals. It can also make your blood and urine too acidic.

Uric acid can collect in your body due to dietary habits, genetics, obesity or being overweight and certain health disorders such as diabetes, kidney disease, hypothyroidism, etc.

Uric acid levels can be reduced naturally in many ways:

✔ **Limit purine rich foods:** One can limit the source of uric acid in the diet by limiting purine rich foods like red meats, organ meats, fish, poultry, legumes, certain

vegetables like cauliflower, broccoli, green peas and spinach.

✔ **Avoid sugar:** Fructose, a natural sugar found in fruits and honey breaks down in the body and releases purines which increase the uric acid levels. Hence avoid sugary drinks, fruit juices and limit the intake of fruits.

✔ **Drink more water:** Drinking plenty of fluids helps the kidneys to flush out uric acid faster.

✔ **Avoid alcohol:** Drinking alcohol may cause dehydration and trigger high uric acid levels. Also, certain alcohols like beer contain high purine content and alcohols that are lower in purine can trigger the production of purine in the body.

✔ **Drink coffee:** Drinking coffee reduces uric acid production and increases uric acid excretion.

✔ **Lose weight:** Obesity contributes to high uric acid levels and hence losing weight may be beneficial.

✔ **Add more fiber in the diet:** Eating more fiber helps in reducing the uric acid levels as well as balancing blood sugar and insulin levels.

✔ **Boost the vitamin C intake:** High vitamin C intake can help lower the uric acid levels which can be done naturally or through vitamin C supplements.

✔ **Eat cherries:** Eating cherries and drinking cherry juice can help lower uric acid levels.

Diet, exercise, and other healthy lifestyle changes can help improve gout and other illnesses caused by high uric acid levels

Funtime for the Mumbai Team

The Mumbai team went on a Monsoon Picnic to Ayush Resort, Panvel on 20th & 21st August 2022.



Events @ Bluecross



Independence Day was celebrated in Goa, Nashik Factories & Corporate Office with a lot of Fervour & Patrositism. Various events marked the celebrations such as Flag Hoisting with the National Anthem, Group & Solo Singing, Attire Competition, and Quiz Competition.



Cheers to Our Young Winners!

Warm Congratulations to the children of the Blue Cross team, who successfully passed their 10th,12th & Graduation Examinations. All good wishes to them as they pursue their academic careers.

SSC



A * Cambridge IGCSE
Anoushka , D/O Aarti shah



89.20%
Nandini, D/O Nitin Mahajan



87.20%
Swetanjali, D/o Chandrahas Yadav



79 %
Sudeep, S/O Pranesh Dharwadker



88.40 %
Aditya, S/O Jyotsna Kumbhare



85.40%
Aaryan, S/O Sachin Todkar



73 %
Tanish, S/O Rajesh Borkars



87.20%
Samiksha, D/O Nilesh Raut



83.80%
Karan, S/O Shantaram Gharate



77.20%
Yash, S/O Sushma Devhare



69.2% ICSE
Dhruv, S/O Prakash Ramgiri



66.20%
Animesh, S/O Aparna Rohekar

HSC



74.50%
Ayushi, D/O Shashikant Sawant



73.33%
Yash, S/O Jayashree Bakare



64.50%
Neha, D/O Atul Narkhede



64.33%
Swarali, D/O Anil Jachak

Graduation



9.57 GPA
B.Tech (Computer Science & Technology)
Madhura ,D/O Kamalakar Nawghare



8.32 GPA
B.Tech (Chemical Engineering)
Anish, S/O Leela Unnikrishnan

Long Servers Felicitated

25 Years

Cherryl Rodrigues



Pranay S. Ranadive

20 Years

**Nilesh Arkadi
Vinod Manchanda**

15 Years

**Atul Narkhede
Manoj Bhardwaj**

10 Years

Ketki Wadhawa



Amit Patankar



Pranesh Dharwadkar



Sumit Sharma

5 Years

Swetha Tigadi



**R Manoj Kumar
Manoj Kumar Shukla
Kamla Shanker Ameta
Mahammad Yasin
Nitin Prakash Patil**

Sameer Kamble



**Kamil Umar Khan
Amit Kumar
Sandip H Birajdar
Ankush Kailash Devhare
Firoz Badshah Sayyed
Sunil Kacharu Tambe
Ravish Ranjan
Sourav Pal**

Congrats on Your Promotion

Group Product Manager

Samir Pawar

Sr. Executive QA

Atul Narkhede

Production Executive

Ravikumar Kamble

Sr.Store Officer

Sameer Kamble

Regional Manager

Gaurav Kumar

Sudhansu Sekhar Sabat

Area Business Manager

Maddasani Ravi Kumar

Shaik John Saida

Suresh Pogaku

Rajesh Tripathi

Sudhir Babasaheb Madane

Amit Yadav

G Naveen Kumar

Territory Manager

Ravi Shankar

Pramothkumar P. S

Kamlesh Kumar Maurya

Jitendra Kumar Mishra

Kuldip Vikas Gaikwad

Dharmendra Kumar

Aslam

Goa Plant



ISO 14001:2015 & 45001:2018 EHS and EWS Pre-Audit conducted at Goa Plant.

Members should file e-Nomination to provide **#SocialSecurity** to their families. Follow these easy steps to file EPF/EPS nomination **#digitally**.

श्रम एवं रोजगार मंत्रालय
Ministry of Labour & Employment
श्रम सचकार (Government of India)



Submit EPF/EPS Nomination Digitally!

Steps to submit EPF/EPS Nomination Digitally:

- Step 1** Visit EPFO website >> Services >> For Employees >> Click 'Member UAN/Online Service'.
- Step 2** Login with 'UAN and Password'.
- Step 3** Select 'E-Nomination' under 'Manage Tab'.
- Step 4** 'Provide Details' Tab will appear on screen. Click 'Save'.
- Step 5** Click 'Yes' to update Family Declaration.
- Step 6** Click 'Add Family Details'. (More than one nominee can be added)
- Step 7** Click 'Nomination Details' to declare total amount of share. Click 'Save EPF Nomination'.
- Step 8** Click 'E-sign' to generate OTP. Submit 'OTP' sent on mobile number linked with Aadhaar.

e-Nomination is now registered with EPFO. After e-nomination, no further physical documents required.

EPFO Website: <https://www.epfindia.gov.in>

#EPFO celebrates #AzadiKaAmritMahotsav

[epfindia.gov.in](https://www.epfindia.gov.in) [sociallepfo](https://www.facebook.com/sociallepfo) [sociallepfo](https://www.instagram.com/sociallepfo) [sociallepfo](https://www.linkedin.com/company/sociallepfo) [sociallepfo](https://www.youtube.com/channel/UC8vXpYkGqYkGqYkGqYkGqYk)

Nashik Plant



New joiner PSO's visited the Nashik Plant for a factory visit as a part of their induction programme. They were made to understand the role of the Production, QC and R & D Departments.

A Warm Farewell



Prakash Bhamare, Workman (Pkg. Dept.) recently retired after serving 39 years at our Nashik Plant.