

BLUE CROSS NEWS

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July 2022 – Improved Performance!



After a below par performance in the 1st Quarter, we had good sales progress in July 2022. The Blue Cross Division performance was better but Excel Division lagged behind with a single digit growth.

Our special appreciation for all the 1100 PSOs who achieved / exceeded their targets for the month of Jul 2022! Time is now for everyone to roll up their sleeves and put in systematic efforts as per the actions outlined in the Winners Guide, convert all PCP Doctors as per FTP strategy and achieve record sales in August 2022

Dysmenorrhea Awareness Workshop

#WhySufferSilently is the initiative by Blue Cross to spread awareness about the symptoms and causes of Dysmenorrhea (painful periods). This helps eliminate myths & taboos associated with it and helps young girls & women take charge of their lives by seeking the right treatment.

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



Aligarh



Hyderabad



Meerut

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New Patient Detection Camps !!!!

India is deemed as the world's capital of diabetes. The diabetic population in the country is close to hitting an alarming mark of 7 crores by 2025 and 8 crores by 2030 & still many will remain undetected. This denotes that India is expected to witness an increase of 266%. Every day more & more number of new Diabetic patients are detected & it is true for both urban & rural parts of the country. To aid this process of detection, 14th of every month our field personnel conduct camps to check blood sugar levels of people visiting the camp location. New Patient Detection Camps help raise awareness leading to early management of Diabetes. Lifestyle management & medicines at early phase of Diabetes helps one to lead a healthy life.



Trinity Conference at Lokmanya Tilak Memorial Medical College, Sion, Mumbai.



Dr. Prabhu Kasture receiving the memento from Dr. Sudhir Pawar

TRINITY is the annual academic conference held every year at LTMMC. This platform allows the medical students and the post graduates to develop understanding beyond the domains of course book learning.

Blue Cross team participated in the TRINITY conference. Dr. Prabhu Kasture presented Mefenamic acid in pain and fever management along with updated information on the NLRP3 inflammasome inhibitory action.

Celebration @Bluecross on 1st July 22

The role of doctors, their importance, sacrifices, and countless contributions to mankind cannot be just limited to a single day. However, celebrating National Doctor's Day is a way to show our deep respect and regard for the real-life heroes in white coats. National Doctor's Day is observed in India every year in the month of July to encourage and appreciate the doctors who work tirelessly day and night to save lives. Doctors and healthcare workers are vital to society and we should celebrate this National Doctor's Day to appreciate them for their selfless work.

Chartered Accountants are the backbone of the country's economy and its management. Both professions CA's & Doctors meant to make our lives better by improving our Physical as well as Financial Health.

Blue Cross felicitated inhouse Doctors & CA's on this day as a token of appreciation for their contribution.

Doctor's Day

CA's Day



Dr. Prabhu Kasture



Dr. Prakash Ramgiri



Ketki Wadhwa



Amit Patankar



Sandeep Sharma

Karaoke Extravaganza a Musical Singing Event 🎵🎵🎵

On 22nd July 2022, All employees in HO participated in Karaoke Extravaganza, a Musical Singing Event. We had wholehearted participation including Senior Managers who showcased their talent and made it a memorable evening. Trophies were distributed to participants to encourage and appreciate their efforts in making the event a great success.



Awareness Session on POSH Act Policy

To build awareness about our policy on "Prevention of Sexual Harassment at workplace (POSH) Act", session by **Nivedita Bagwe, Assistant Manager -LEGAL** was organized on 28th July at Corporate Office.



Potassium In Health

Potassium plays an important role in helping contraction of muscles and regulate nerve signals. It assists in a range of essential body functions like maintaining blood pressure, digestion, heart rhythm, water and PH balance.

- ▲ Too little potassium can cause fatigue, muscle cramps and weakness, constipation and irregular heartbeat.
- ▲ Too much potassium on the other hand causes weakness, nausea, vomiting, shortness of breath, chest pain and heart palpitations.

The most positive thing about potassium is that it is found naturally in a variety of foods making it abundantly available.

Some of the foods that are rich in potassium are:

- ☞ Fruits like bananas, oranges, grapefruit, melons, apricots and kiwi.

- ☞ Dried fruits like prunes, raisins and dates.
- ☞ Leafy green vegetables like spinach.
- ☞ White potatoes and sweet potatoes.
- ☞ Peas.
- ☞ Other vegetables like pumpkin, beet, carrot and broccoli.
- ☞ Mushrooms.
- ☞ Beans, legumes and lentils.
- ☞ Fish like tuna.
- ☞ Seeds like pumpkin and sunflower.
- ☞ Cow's milk, yoghurt.

☞ **Given the large variety of foods that contains a good amount of potassium, it becomes one mineral that can suffice in the body from diet alone.**

Recommendations

Try to eat more fresh produce. Higher potassium consumption from foods, especially fruits and vegetables, may lower blood pressure and the risk of heart disease and strokes.

Long Servers Felicitated

35 years

Jayashree Bakare



25 years

Rajesh Borkar



Edociana Quadros
Umesh Gaude

20 years

S. Chittibabu Reddy
Prakash Pujari
Mohammedaligari Ali Khan

15 years

Vineeth K

Yashwant Nerkar



Vijay Hurali
Dipak B Jadhav
Kamlesh Kumar Giri

10 years

S Karuppasamy Barathidasan
K Mallapa Raju
Yashwant Yadav
Mohan C Badiger
Balasaheb Gondhali
Kamlesh V Sasale
Abdullahil Maruf
Suvojit Sinha
Jagdish Prasad P Chaurasiya
Shambhu Kumar Suman
Kiran N C

5 years

Aniket Patil
Sameer Kamble
Shashi Ranjan Kumar
S Siva

Namita Palekar



Arun G Dungave
Suresh Kumar
Chethan H N
Anwar Khan
Sijo Baby

Ashish Jain
Ayan Mondal
Akhilesh Kumar G. Yadav
Panikala Vamshikrishna
Santosh Kumar Pathak
Nishant Singh Rajput
Kishor Kadam
Satish Prajapati
Bhagwan Das Mourya
Dileep Kumar Tiwari
Sachin S Nandurkar
Salman Khan
Abhishek Soam
Rajakumarmachochu
Purum Manohar
Adapelly Srinivas
Rahul Jaiswal
Mahipal Singh Parmar
Ajay Shivbhadur Yadav
Awanish Kumar Jha
Abhishek Kumar Kashyap
Chandan Kumar Bharti
Aman Gupta
Gullapally Raviteja
Mohammad Raheem
Karan Shivaji Bachute
Raju Thatipamula
Kendre Sandeep
Mallikarjuna N V
Subha Dhar
Vijay Anjaiah Porandla
Ediga Maruthi
Jasbir Singh
S Rajiv Gandhi

Inderpal Jain
Yogesh M. Sharma
Vishal Kumar Sharma
Rakesh Vishwas Patil
Aparna Rohekar



Shashank Neve



Dileep Kumar Tiwari
Ashish K Sankala
Basavaraj Gogi
Territory Manager
Rakesh Vishwas Patil
Dinesh Durgadas Shelar
Pawar Rahul Bhaskar
Arvind Kumar Singh
Gorav .
Ambrish Kumar Pandey
Devnarayan Ruhela
Yogesh Baghela
Rizwan .
Narendra Kumar
Wasim Khan
Rahul Shivaji Sarwar
Shailesh Kumar
Suresh Maruti Waghamare



SEs visited Nashik plant on 3rd & 17th July. They were taken on a factory round (Production, QC, R&D) and then attended presentation on "World Class Quality Products"

A Workshop

A workshop on Personal effectiveness was conducted at **Corporate Office & Nasik Plant** by soft skills Trainer **Ms.Shweta Pingle** from Momentum Training & HR Consultancy

* Congrats on Your Promotion *

Asst. GM Sales Training
Anuradha Singh
Asst. GM Accounts
Sandeep Suresh Sharma
Sr.Executive R&D (Analytical)
Sagar Dalvi
Executive QC
Vishal Bhatjire
QA Executive
Vaijnath Sonvale
Sr. Maintenance Officer
Amir Redkar
Sr Regional Manager
Yashpal Khajuria
Regional Manager
N R Amaranath
Sr.Area Business Manager
Sanjiv Manchanda
Sunil Kumar Jaje
Rajshekar Patil
Vinay S Bhat
Area Business Manager
Sachin Satish Patil
Kishan A Pipaliya
Ajay Rathod
Divakar H Raval
Ranganagouda Mudigoudra
B Soundappan
Prem Shanker Sharma
Shubham .
Suresh Kumar
Arun G Dungave
Mahendra Kumar Yadav
Vivek Singh

Kudos to Rohit Israni



Graduation Ceremony of Rohit Israni at Cardiff University,U.K on Completion Bsc, Business Management.

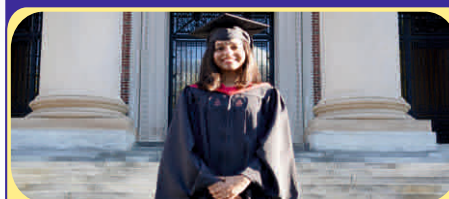


Corporate Office



Nasik Plant

Kudos to Divya Shetty



Ms. Divya Shetty daughter of Bina Shetty has graduated with Masters In Architecture degree from Harvard University and The Graduate School of Design. The commencement ceremony was held at the University Campus in Cambridge, Boston USA.

A Warm Farewell



S.B.Digholkar, DGM from QA department recently retired after serving 31 years at our Nashik Plant



Ashok Patil, DGM from RA department recently retired after serving 19 years at our Nashik Plant



Training conducted by **Mr. Jaydeep Lengade** on ISO 14000 - Environment & 45000- EHS on 24th June 2022 at Goa Plant.

Dysmenorrhea Awareness Workshop Across The Country



Jamnagar



Sheoganj



Panipat



Hardoi



Marwar



Agra



Malegaon



Ayodhya



Baripada



Pune



Bareilly



Bhavnagar



Hissar



Jalgaon



Aurangabad



Nandurbar



Badaun



Nasik