

# BLUE CROSS NEWS

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## Progression @ Blue Cross

We are delighted to announce the well-deserved promotion of **Mr. Panchanan Routray** to the position of **Senior Marketing Director**, effective from the 1st of June, 2024. Please join us in congratulating **Mr. Panchanan Routray** on his promotion and wishing him continued success in his expanded role.



Panchanan Routray

We are thrilled to announce the well earned promotion of **Mr. Nilesh Amonkar** to the position of **GM-Production**, effective June 1st, 2024.

Please join us in complimenting **Mr. Amonkar** on his promotion and wishing him continued success in his bigger role.



Nilesh Amonkar

**Mr. Gagan Minotra**, previously Sales Manager - North in the BC Division, Promoted to the esteemed role of **Deputy Sales Director**, effective from the 1st of July, 2024. We extend our warmest congratulations to **Mr. Gagan Minotra** on his well-deserved promotion and wish him continued success, fulfilment, and progress in his new role within Blue Cross.



## Uganda Audit@ Goa Plant

We are excited to announce the successful audit by NDA-Uganda at our Goa plant on June 20th and 21st, 2024, marking a significant achievement in upholding our high standards of quality and operational excellence. Our heartfelt thanks to both auditors for their invaluable contributions to this meaningful event.



## Visit to Ningbo Smart Pharma Co. Ltd. and CPHI China



**Mr. Rohit Israni** and **Mr. Haresh Sheth** from our Head Office recently visited the state-of-the-art facilities of Ningbo Smart Pharmaceutical Company Limited, one of our largest suppliers of Mefenamic Acid. Located in Ningbo, their plant is fully equipped with the latest machinery and advanced testing equipments, all adhering to WHO GMP guidelines. Additionally, the Pharmaceutical Exhibition of APIs, Chemicals & Intermediates was held in Shanghai, China, from June 19th to June 21st, 2024. This grand event attracted manufacturers and visitors from around the globe, with over 2,000 exhibitors participating, primarily from China and various other countries. Notably, the participation from India was significant and received an encouraging response.



## New Product Launch: Introducing SONADERM-L and Bluvit Tablets



**SONADERM-L** cream is a significant addition to our antifungal range, especially for treating Tinea infections. It's the collaboration and dedication of our R&D, Purchase, Manufacturing, Distribution, Medical, Training, and Marketing teams enabling us in bringing this product on time to the market. The enthusiasm from our Zonal Managers during the launch meeting is a positive sign for the success of **SONADERM-L**.

**Wishing all the very best in making Sonaderm-L a huge success!**

We're excited to launch '**Bluvit Tablets**', containing 'Essential B Vitamins along with Chromium & Zinc advantage'.

Bluvit Tabs is our fifth progressive step (after Bluvit-D3 sachet, Bluvit Inj, Bluvit-D3 Nano Drops & Bluvit-CZ Chew Tabs) to widen the reach of our 'Bluvit' range of vitamins from Blue Cross & strengthen our presence in this fast-growing and huge Vitamin market.



## Glimpses of ZM Conference held in Mumbai



## Birthday Celebration at Corporate Office

Blue Cross celebrated the birthday of our esteemed **Joint Managing Director, Mr.Barve**, at our corporate office on the 21st of June. The Heads of various departments came together to warmly welcome him, followed by a delightful cake-cutting ceremony. We take this opportunity to convey our heartfelt wishes to Mr.Barve for a year filled with good health, happiness & continued success.





## Empowering Women: The "WhySufferSilently" Initiative

At Blue Cross, we are dedicated to promoting health and well-being, especially among young girls and women. Recognizing the significant impact of Dysmenorrhea (painful periods) on their lives, we launched the "WhySufferSilently" initiative. This campaign aims to raise awareness about the symptoms and causes of Dysmenorrhea, dispel myths, and eliminate taboos associated with this often-overlooked condition.

Central to the initiative were workshops organized in schools and colleges across the country, in collaboration with esteemed gynecologists. These workshops provided a crucial platform to educate and inform participants about Dysmenorrhea and its management. By engaging directly with students and young women, we aimed to foster a better understanding of the condition, encourage open discussions, and empower individuals to seek appropriate treatment.

Through "WhySufferSilently" we strive to empower young girls and women to take control of their lives and health. By breaking the silence surrounding Dysmenorrhea, we hope to create a supportive environment where individuals feel empowered to manage their health proactively.



Ghaziabad



Banda



Butwal (Nepal)



Chindwara (MP)



Dhangadi (Nepal)



Meerut



Muzaffarnagar



Sultanpur



Varanasi

## Promoting Health Awareness: Health Camps & CMEs Across Cities



Orthocon (Kathmandu, Nepal)

Blue Cross Laboratories Pvt. Ltd. continues its commitment to promoting health and well-being through its Healthy People Awareness Program. As part of this initiative, the company has organized Health Camps and Continuing Medical Education (CME) sessions across several cities. The Health Camps provided valuable healthcare services directly to communities, offering free medical check-ups, consultations, and diagnostic tests. These camps aimed to reach out to underserved populations and raise awareness about preventive healthcare measures.

In parallel, the CME sessions brought together healthcare professionals from various specialties to discuss the latest advancements, best practices, and guidelines in medical care. These sessions not only facilitated knowledge exchange but also contributed to the professional development of participants. By organizing these initiatives, Blue Cross Laboratories Pvt. Ltd. reaffirms its commitment to improving public health and enhancing medical knowledge across communities. The company remains dedicated to supporting healthcare professionals and empowering individuals to lead healthier lives.



CME at Indira Gandhi Children Hospital, Bengaluru



Health Camp (Nepal)



Pedicon at Bengaluru



## International Yoga Day 2024: 'Yoga for Self and Society'

Every year on June 21st, International Yoga Day is celebrated, coinciding with the summer solstice, the longest day of the year in the Northern Hemisphere. This year's theme, 'Yoga for Self and Society', emphasizes that yoga goes beyond individual well-being; it fosters a profound connection between the inner self and the outer world. In today's workplace environment, where prolonged sitting is common and can pose serious health risks such as obesity, diabetes, and other ailments, adopting habits to counteract the effects of a sedentary lifestyle is crucial. Simple desk yoga exercises, which can be performed discreetly, offer relief from work strain and promote physical and mental well-being throughout the day.

### Desk Yoga Poses and Exercises:

1. **Meditation:** Begin with deep breathing exercises to relax the body and calm the mind. Inhale deeply through the nose and exhale slowly through the mouth.
2. **Wrist and Finger Exercises:** Combat repetitive strain from typing and mouse use with wrist stretches and rotational movements.
3. **Seated Twist Pose:** Lengthen the spine and stretch abdominal muscles by gently twisting from side to side while seated.
4. **Shoulder Rolls:** Relieve shoulder tension caused by prolonged sitting by rolling the shoulders backward and forward in gentle motions.
5. **Seated Crescent Moon Pose:** Prevent stiffness and pain caused by poor posture by leaning gently to each side while seated.
6. **Pigeon Pose (Seated & Standing):** Stretch the hip joints and alleviate stiffness with seated and standing variations of the pigeon pose.
7. **Chair Pose:** Strengthen glutes and hamstrings by simulating a seated squat position while maintaining balance.
8. **Seated BackBend Pose:** Improve posture and stretch the spine by arching backward gently while seated.

### Benefits of Desk Yoga:

- ♦ **Reduced Stress and Anxiety:** Regular practice promotes relaxation and reduces workplace stress.
- ♦ **Improved Focus and Concentration:** Enhances mental clarity and productivity.
- ♦ **Enhanced Strength and Flexibility:** Improves physical resilience and agility.
- ♦ **Boosted Immunity:** Supports overall health and resistance to illness.
- ♦ **Increased Energy Levels:** Sustains energy throughout the day for improved performance.

By integrating these simple desk yoga exercises into daily routines, employees can enhance their well-being and productivity while combating the negative effects of sedentary work environments.

**Celebrating International Yoga Day through these practices not only promotes individual health but also contributes to a healthier workplace culture overall.**

### International Yoga Day Celebrations Across Locations

**On June 21, 2024,** our teams across different locations enthusiastically celebrated International Yoga Day. Here's a glimpse of how the day unfolded:

**Mumbai Location:** Meanwhile, in Mumbai, employees joined in a yoga session led by **Ms. Akshata Subhedar** from the Cafeteria, experiencing the benefits of yoga firsthand.

**Nasik Location:** At Nasik, employees gathered for a rejuvenating yoga session guided by Yoga Instructors **Mr. Sunil Aher** and **Mr. Ravi Gunjal** from YCMOU Training Centre.

**Goa Location:** Our Goa team embraced International Yoga Day with a session led by **Mr. Radhik Nair** from the Art of Living. The session was enriched by the voluntary participation of our Uganda auditors, who appreciated the yoga postures and meditation.



Mumbai



Nasik



Goa



## Celebrating World Environment Day at Blue Cross

**W**orld Environment Day is observed annually on June 5th to raise awareness and encourage action for the protection of our planet. The goal is to foster positive changes in attitudes towards environmental issues.

At Blue Cross, we took a proactive step by planting saplings at each of our factories. This initiative aimed not only to enhance the beauty of our surroundings but also to promote biodiversity and environmental sustainability. By planting trees, we contribute to mitigating climate change, reducing air pollution, and providing habitats for wildlife. This action reflects our commitment to environmental conservation and underscores our responsibility as a corporate entity to protect and preserve the natural world. Participating actively in World Environment Day and engaging in activities like tree planting aligns us with a global movement towards environmental stewardship. Through these collective efforts, we can make a positive impact and inspire others to take action, ultimately fostering a healthier and greener planet for future generations.



## Cheers to Our Young Winners



**95.4%**

Ms. Jyoti Rao,  
d/o Mr. Raghav Rao  
SSC



**94.60%**

Mr. Yajurved Tiwari,  
s/o Mr. Akash Tiwari  
SSC



**88.80%**

Ms. Siddhi Patil,  
d/o Mr. Awadhut Patil  
SSC



**80.84%**

Ms. Purva Lekurwale,  
d/o Mr. Amol Lekurwale  
SSC



**77 %**

Mr. Rudra Gaonkar,  
s/o Mrs. Resha Gaonkar  
SSC



**78.50%**

Ms. Samiksha Raut,  
d/o Mr. Nilesh Raut  
HSC



**77%**

Mr. Sudeep Dharwadkar,  
s/o Mr. Pranesh Dharwadkar  
HSC



**76.83%**

Mr. Aditya Kumbhare,  
s/o Ms. Jyotsna Kumbhare  
HSC



**74.50%**

Ms. Nandini Mahajan,  
d/o Mr. Nitin Mahajan  
HSC



**72.50%**

Ms. Swetanjali Yadav,  
d/o Mr. Chandrahya Yadav  
HSC



**67.83%**

Mr. Aaryan Todkar,  
s/o Mr. Sachin Todkar  
HSC



**65.17%**

Mr. Karan Gharate,  
s/o Mr. Shantaram Gharate  
HSC



**60.47%**

Mr. Dhruv Ramgiri,  
s/o Mr. Prakash Ramgiri  
HSC

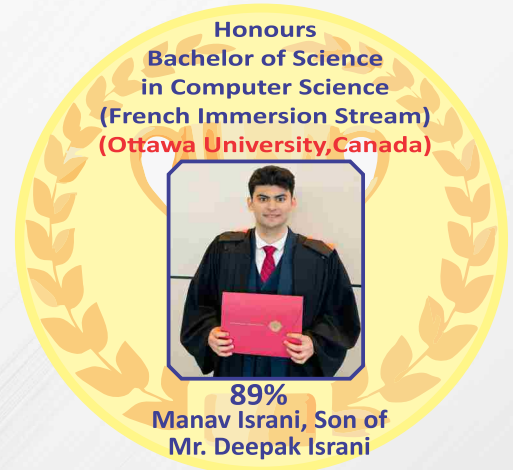


**56%**

Mr. Animesh Rohekar,  
s/o Ms. Aparna Rohekar  
HSC

**W**e are delighted to extend our heartfelt congratulations to the talented young winners among the children of our Blue Cross team members, who have recently excelled in their academic examinations.

As these young achievers embark on their professional journeys, we send them our warmest wishes for a successful and fulfilling career ahead. Your accomplishments bring immense pride to our Blue Cross family, inspiring us all with your passion and determination.





## Long Servers Felicitated

### 25 Years

Manohar S.Atnur  
A.P. Raghuraman



Arun Kumar Singh

### 20 Years

Kaushik Sarkar  
Sanjay Kumar Verma



Kirti Deshmukh



Sachin Todkar  
Narayan Bisht



### 10 Years

Sheetal Mishra  
Rahul Gulati  
Abhishek Singh  
Zulfkar Samiullah Mir  
Mukesh S. Kumar  
Mrinmoy Roy  
Maruti Gawali



Sampath Radarapu  
Pawan Singh Sharma  
Vishal Bhatjire



Nivedita Bagwe



Dileep V R  
Jitendra Salunkhe



Sumit Kumar  
Rafat Kalim  
Lekhram Sahu  
Virendrapal Singh Devda  
Dheeraj Mutreja  
Rakesh Kumar  
Sajeev K B  
Amit Sengupta  
Jagdish Chaware  
G D Madhu Sudhanan  
Jitendra Sharma

### 5 Years

Renjith Markose  
Roshan Kumar Mishra  
Ram Anuj Yadav  
Pradeep Kumar Mishra  
Shubham Mehta  
Vikramjeet Kumar  
Mohit Kumar  
Shubhankar Srivastava  
Laxman Shahi  
Man Singh Rathore  
Nikhil Sharad Naik  
Sharif Khan  
Lavkush Vishwakarma  
Bondla Pandu  
Piyush Shukla  
Jaydeep Mishra  
Santosh Kumar.  
Rahul Tulsiram Kumeriya  
Amit Yadav  
Rajiv Kumar

Rijeesh V  
Harpreet Singh.  
Shaik John Saida  
Masham Kamalakar  
Kamal Raj D  
Kurella Vinay Kumar Goud  
Surya Prakash Pandeya  
Nagesh P Kendre  
Shubham Sureshwar Warhekar  
Abhishek Madan  
Pattela Bhanu Chendar  
Arjun Singh  
Sumit Kumar Pandey  
Prajwal Sharma  
Pankaj Kumar  
Mandeep Kumar  
Kiran Gambhir Gosavi



## ❁ Congrats on Your Promotion ❁

### Sr. Marketing Director

Panchanan Routray

### G.M - Production

Nilesh B Amonkar

### Sr. Mgr. Legal & Secretarial

Nivedita Bagwe

### Sr. Manager - Systems

Shraddha Sanket Pradhan

### Manager Production (OS)

Ganesh Libe

Ankur Tyagi

### Assistant Manager R & D

Atul Chaudhari

### Assistant Manager Accounts

Viplav Harmalkar

### Sr Executive QA

Prashant Khairnar

### Sr.Executive HR & Admin.

Maruti Gawali

### Sr. Executive Exports

Royston D'Souza

### Executive Assistant

Aparna Rohekar

### Zonal Manager

Parag Sharma

### Dy Zonal Manager

Yashpal Khajuria

Shafi Shaik

### Regional Manager

Gaurav Pinjarkar

Virendrapal Singh Devda

Rahul Agarwal

Grandhi Syam Sundar

Satish .

Areti Obaiah

Gaurav Sharma

Sumit Sharma

### Sr.Area Business Manager

Mohit Bhatia

Vipin M

Noushad V

Ashok Kumar Sharma

### Area Business Manager

Ambareesh Sasidharan

Anurag Srivastava

Ankit Kumar Panchal

Shanti Swaroop Shakya

Manoj .

Vishnu Sunil

### Territory Manager

Naveen .

Bharat Sehgal

Palle Srikanth

Rohit Sharma

G K Manu

Bilal Khan

Aftab Ahmad

Nandeesh K H

Vivek Mishra

Debasish Pal Chowdhury

Amiyanarjan Biswal

Arun Maurya

Abhishek Mishra

Mahesh Vishnu Dhage

Dasari Ravikishore



## ❁ Warm Farewell to Long Servers ❁

**Mr. P. Sreekumar**, Sales Director of BC Division, 43 years of dedicated service (Mumbai).



**Mr. Mukund Lahoti**, Assistant Manager (Tablet Production), 34 years of service (Nasik).



**Mr. Shivaji Mahale**, Workman (Liquid Production), 38 years of service (Nasik).



**Mr. Bhagwan Chavan**, Workman (Tablet Packing), 36 years of service (Nasik).



**Mr. YRK Reddy** G.M Distribution Services , 38 years of service (Hyderabad Depot).



**Mr. J.S. Gilda**, Quality Advisor, 6 years of service (Nasik).



**Mr. Rajendra Hiray**, Workman (Liquid Production), 33 years of service (Nasik).



**Mr. Avinash Prabhudesai** (Technical Supervisor Superannuated ), 27 years of service (Goa)



## ❁ Welcome Aboard @Blue Cross ❁

**Nandkishor Karwande**  
AGM-Engineering

**Dr. Akash Tiwari**  
AGM-QA

**Chitwan Chhabra**  
Product Manager

**Sumant Singh**  
ZM BC Div

**Sudhir Makannavar**  
ZM BC Div

**Pranabasish Deb Roy**  
ZM BC Div

**Indarlal Birla**  
Dy. ZM BCLS Div