



Happy New Year

Edition - 3

www.interjaslog.com



Inhouse Magazine of InterJAS Logistics Pvt. Ltd.



"New Ideas with Integrity are finally being acknowledged & supported with hope of change in the hopeless Political system of the country...."

Wish You all, Your Family, Friends, Associates & Colleagues A Very Happy New Year 2014.

First time in my life, I am feeling that all in this country are kings & the system is going to experience a change. I am sure the New Year will bring lot of brightness as "AAM AADMI" is back in power & shining bright than ever before.

As the year was setting the "AAM AADMI" was rising to bring forward the bright side of new India story, which we all desired & dreaming of since long. The decision of A common man to be inside the system & change the same was correct than we blaming it by simply being spectator from outside. The move turned right to be in rather than being out & change the whole eco system.

Everybody needs a change but nobody wants to be part OR be the change which they want to see simply because all are scared of the change & loosing the comfort. The old drivers are retiring & common man is taking the charge of steering who understands the ground reality. A friendly approach & access to someone who is one of us will bring this nation together.

The confidence of nation is already high & we will have more professionals joining in the race of INDIA CEO position from the corporate world. The country will run more in Analytical way than the Political say.

From independence in 1947 to the AK-47 revolution this common man was always ignored & the new AK has born in this country.

As we move forward in 2014, it will bring transformation to the way India has been transacting & we will be witness to a new revolution called "Common Man".

"Participate in the Change you want to see"



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InterJAS Planner 2014

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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MAY							JUNE							JULY							AUGUST						
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SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
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Paid Holiday
 Weekly Off
 Holiday on Sunday
 MRM

Birthday Calender-2014

JANUARY	
18-	Savita Upadhyay
20-	Pratap Bodake
31-	Suresh Malli

MARCH	
23-	Pooja Gadkari
24-	Nilesh Jadhav

APRIL	
9-	Sudhir Nair
26-	Rajeshwar

MAY	
1-	Santosh Gujar
12-	Sachin Godse
27-	Unnikrishnan

JUNE	
1-	Ashok Choudhary

JULY	
6-	Nitin Parab
6-	Anupama Dhus
19-	Poonam Gulati

AUGUST	
5-	Pandurang Gade
23-	Raviraj Dangat

SEPTEMBER	
4-	Sonali Hande
6-	Pragat B

OCTOBER	
16-	Suvarna
25-	Nagesh Walke

NOVEMBER	
15-	Pankaj Parab

DECEMBER	
8-	Vikas Khillari
18-	Vijaya Dalvi
18-	Amol Bhagat
20-	Priyanka Pawar
23-	Bhavna Prasad
26-	Raju Khade
27-	Shilpa Tambe



MAJOR EVENTS OF 2013

The year 2013 started on a somber note, tragedies like Syria Civil war & chemical blast, North India Flood, Philippines, China earthquake. But 2013 also shown many good colors and the year also shared shade of triumph and gifted great memories too...

SPORTS

India won ICC Champions Trophy 2013



New World Chess Champion-Magnus Carlsen



Andy Murray wins Wimbledon



Lionel Messi wins Golden Boot



Sachin Tendulkar Retires from Cricket



David Beckham Retires from Football



BUSINESS & ECONOMY

Rupee's Fall against Dollar



Raghuram Rajan appointed 23rd RBI governor



Tata's in another Airline Venture



Microsoft takeovers Nokia in \$7.3 Bn



Yahoo buy Tumblr for \$1.1 billion



Bharatiya [Mahila Bank](#) inaugurated



DISASTERS & SCIENCE

China, Philippines hit by earthquake



1,400+ killed in Syrian chemical Weapon attack



Heavy rainfall flooded North India



Scientists clone human stem cells



India's first defence satellite GSAT-7 launched



India's Mars Orbiter Mission launches successfully (Mangalyaan)



POLITICS & OTHER

Government Shutdown in the US



Egypt Army Ousts President Mursi



Nelson Mandela died at 92



Miss Universe 2013 -Miss Venezuela, Gabriela Isler



Miss World 2013 - Miss Philippines, Megan Young



ENTERTAINMENT

Life of Pi won 4 Oscar Awards including Best Director



National Award 2013- Best Film Paan Singh Tomar



Film by 9-year-olds Indian students bags international award



Small steps to Mars are a big leap for Indian companies

Indian companies that built most of the parts for the country's recently launched Mars mission are using their low-cost, high-tech expertise in frugal space engineering to compete for global aerospace, defence and nuclear contracts worth billions.

Mangalyaan spacecraft was launched last month and then catapulted from Earth orbit on December 1, clearing an important hurdle on its 420 million mile journey to Mars and putting it on course to be the first Asian mission to reach the red planet. The venture has a price tag of just 4.5 billion rupees, roughly one-tenth the cost of Maven, NASA's latest Mars mission. Two-thirds of the parts for the Indian probe and rocket were made by domestic firms like Larsen & Toubro, the country's largest engineering firm, Godrej & Boyce, and state plane-maker Hindustan Aeronautics Ltd.

While such companies have a long way to go before they can attract big business in the commercial space sector, years of work on home-grown space projects are helping them carve out a niche as suppliers of precision parts for related sectors like defence, aeronautics and nuclear energy. Those firms with proven space know-how will find themselves with the advantage as India, the world's biggest arms importer, shells out USD 100 billion over a decade to modernize its military with the country favoring local sources.

India in June strengthened a defence policy stipulating that local firms must be considered first for contracts and foreign companies winning contracts worth more than 3 billion rupees must "offset" at least 30 percent of the deal's value in India. "We think over the next two to three years we will be able to convert this into a profit centre," said SM Vaidya, the business head of Godrej's aerospace division, which made the rocket's engine and fuel-powered thrusters for the Indian Mars probe. Thanks to the space work, the company's engineers now know how to handle the specific metal alloys and the high-precision welding needed for aircraft and missiles as well as rockets, Vaidya added.

Godrej has worked with India's space agency for almost three decades and in recent years started making engine parts for aircraft makers Boeing Co, the Airbus unit of EADS and Israel's state-owned Rafael Advanced Defence Systems Ltd. It is in talks with Boeing to make parts for aircraft frames. India launched its domestic space program 50 years ago and had to develop its own rocket technology after Western powers levied sanctions in response to a 1974 nuclear weapons test, resulting in a "go it alone" development mentality.

The Indian Space Research Organisation, or ISRO, has worked to keep import costs low by designing most of the parts for its programme that are then outsourced to the domestic private sector. ISRO must still import some metal alloys used in the space programme that it then gives to its contractors and Indian companies also must buy some of the machinery needed to make the parts from Europe and Japan.

India's heavy reliance on domestic companies for its space programme allows it to tap homegrown technicians and engineers who earn half as much as those in the West. Starting salaries for aerospace engineers in India are at most USD 2,000 per month, according to Indian recruitment consultancy TeamLease. The same role in the United States brings in about USD 5,300 on average, according to the National Association of Colleges and Employers. "The commercial value of the business with ISRO is not high, it is the spin-offs that are valuable," said MV Kotwal, president of the heavy engineering division at Larsen & Toubro, which has made USD 5.7 million in parts for ISRO in recent years.

L&T has also supplied USD 240 million worth of parts so far to ITER, an inter-governmental science experiment that is building a thermonuclear reactor in southern France. Godrej earlier this year won a deal to build a frame for the world's largest optical telescope in collaboration with University of California, the California Institute of Technology, and the Association of Canadian Universities for Research in Astronomy. Walchand Nagar Industries, a Pune-headquartered company that made 100 million rupees worth of parts for India's Mars rocket, said the project helped it win contracts worth double that amount for a state-run nuclear plant in Gujarat.

(Source: <http://www.moneycontrol.com/news/article>)

From Black & White to Grey!!!!

Since childhood, we learn to differentiate between things as right or wrong, good or bad... and as we grow most of our world is divided into these two parts. I am no exception to this phenomenon. As a kid and even as a teenager, people around me were good or bad, my decisions were right or wrong, my results were excellent or pathetic, in short it was a Black & White world...

Categorizing things was programmed by default within me. As I encountered new things, new people, new experiences with time there were instances when things couldn't fall into either of the two categories and that is when I realized the existence of the Grey part of the world. People were not always good or bad, situations were now not just happy or sad, and the Grey area had explanations and admittance for most of the unexplainable things! My opinion towards issues and matters need not be biased or towards an extreme, it could be moderate under the given set of situations. I look at development of this area in my outlook as a sign of maturity. Apart from love and hatred there existed indifference, and moderated my outlook. I can greet everyone with a smile and work in a group easily. Put forward my views and stay calm even when they are not accepted or appreciated, learn from others and develop a new opinion.

InterJAS' has given me good opportunities to strengthen these qualities. The team work and the other responsibilities further help in strengthening such qualities. Being a part of a team and having responsibilities is a wonderful experience. Along with extra work and stress, it increases patience, productivity, efficiency and the spirit of winning together. You sit with your team members ; discuss things which turn into arguments, finally everyone agrees upon something which does not match with anyone's individual opinion but when the results are good and your work is appreciated !!!

Such experiences are the beginning of the life we are about to begin and a part of the beautiful memories. The stress, hard work, arguments, everything makes you smile once it's gone...

Shared By: Ms. Poonam Gulati



20 Awesome tips for beautiful life!!

1. Take a 10-30 minute walk every day. & while you walk, SMILE. It is the ultimate antidepressant.
2. Sit in silence for at least 10 minutes each day.
3. When you wake up in the morning, pray to ask God's guidance for your purpose, today.
4. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
5. Drink green tea and plenty of water. Eat blueberries, broccoli, and almonds.
6. Try to make at least three people smile each day.
7. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
8. Life is too short to waste time hating anyone. Forgive them for everything!
9. Don't take yourself so seriously. No one else does.
10. You don't have to win every argument. Agree to disagree.
11. Make peace with your past so it won't spoil the present.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. No one is in charge of your happiness except you.
14. Frame every so-called disaster with these words: 'In five years, will this matter?'
15. Help the needy, Be generous! Be a 'Giver' not a 'Taker'
16. However good or bad a situation is, it will change.
17. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
18. Envy is a waste of time. You already have all you need.
19. Each night before you go to bed, Pray to God and Be thankful for what you'll accomplish, today!
20. Remember that you are too blessed to be stressed.

Shared By: Mrs. Bhavna Prasad

(Source:-Miscellaneous)

The Greatest Innovations of 2013



iPads are just so...rigid - right? What the world needs is a tablet you can shove in a bag without worrying about it, read like a magazine and - potentially - wear as part of your clothing. The Papertab is made entirely from plastic, uses an e-ink display like a Kindle, and as you can see, is pretty flexible. This year the Cambridge company demonstrated the first full-colour prototypes, with resolutions approaching HD levels.



The Illumiroom is the next step for Microsoft in immersive gaming. It combines the Kinect module with a projector to expand whatever game you're playing to fill the room. Turn the lights down and watch as your living room is transformed into a racetrack, snowy blizzard or a warzone. The Kinect senses what's in the room, letting the projector cover the surfaces appropriately. Games really do feel as though they're coming out of the screen at you. Expect some version of this to appear on the Xbox One next year.



Some innovations have an eye on the future; others solve a current problem. Reviveaphone is firmly in the latter camp, and it does what it says on the tin: brings water-damaged phones back to life. Better than any DIY cures (rice in the airing cupboard) it actually uses a liquid solution to remove mineral deposits that have accumulated on the phone's circuit boards. It's easy to be sceptical, but with a 'results or your money back' policy, Reviveaphone may be able to save waterlogged iPhone owners a lot of



Not just another massive telly, this. Samsung's 55-inch OLED TV is, as the picture suggests, beautifully curved. They say this is so every portion of the image is equidistant from your eye - we say, it's because they can. It doesn't end there: the high-quality display can show two channels at once, interlaced with each other. Viewers have to wear glasses for this to work, however. It's on sale now for £6,999.99.



Lightbulbs are not often found on lists of great innovations. But the Philips Hue isn't an ordinary lightbulb - it's an LED bulb with wireless connectivity. This means you can set it to be any colour you want; to change colour according to the time of day, and turn it on and off remotely. The bulbs link up to your home wifi and come with an app to control them, which also lets you pick any colour from a photograph and set that as your living room theme. Great for bringing some sunshine to winter mornings or for livening up a party.



The Motorola password pill. Since becoming part of Google, Motorola has been spitting out all kinds of interesting ideas. It's a commonly accepted idea that the days of written passwords are numbered; but Motorola's alternative is genuinely innovative, if totally creepy at the same time. The edible password pill contains a tiny chip that is powered by the acid in your stomach - it then emits a signal similar to an electrocardiogram (ECG) which can be uniquely identified by your phone, tablet or computer. It is approved as safe by the US FDA, but is unlikely to be released in the near future.



Thalmic Labs' MYO puts technology at your beck and call. It's a flexible armband that uses muscle sensors and a 9-axis motion sensor system to recognize a wide range of gestures. Connect it with bluetooth to your device of choice and you'll be able to run a presentation by waving, steer a helicopter drone, or simply control your TV or hi-fi with simple movements. Another gesture turns it on and off. It's at the developer stage, meaning products aren't yet on sale that works with it, but enthusiastic early adopters can order one now and start tinkering with anything that has a bluetooth connection.



If the Microsoft Illumiroom is about thinking big for gaming, the Oculus Rift is about thinking small. Kind of. It is the world's first fully-functional virtual reality headset, designed to plunge you totally into a 3D world that occupies your entire field of vision. Your movements are tracked, enabling you to look around the virtual world just as you would in real life. The premise is simple enough - two cameras that present each eye with a separate image to generate the illusion of a 3D world - but the potential is enormous.

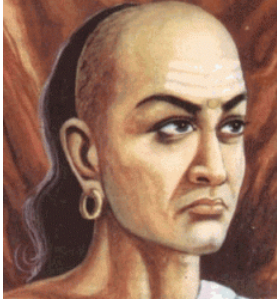
Shared By: Mrs.Suvarna Sonawane

(Source:-<http://in.news.yahoo.com>)

Chanakya Neeti in Today's World

Chanakya was proclaimed by detractors to be ugly but deep down was a solid mass of intellect, originality, statesmanship and diplomacy----all rolled in one. Chanakya was insulted in the court of King Dhanananda of Pataliputra when he had gone there to seek a chance to serve the kingdom in the capacity befitting his education and wisdom, by saying that he was ugly. Chanakya, infuriated and humiliated, vowed to destroy the Nanda dynasty. He selected a promising child from the forest and trained him, himself, who later became the Emperor Chandragupta and annihilated the Nanda kings.

Chanakya Neeti is a vast source of guidelines which can mediate a person to achieve goals of life and attain new pinnacles of success.



It is not possible to surmise the whole book here but a small effort is being made here to present a few vital guidelines of Chanakya for success.

According to the great master: The testing times of the following are as; the friend in the time of need, the relatives in times of crises and the servants when they are assigned a mission. In such times, they show their true faces.

What plan you have thought of in your mind should not come on your tongue. Contemplate and rethink over it, keeping it guarded. Put the idea or plan into action without voicing it.

One who befriends a person of bad character, a person of bad intentions, a person who is sinner or a person who lives at an evil place, gets destroyed in no time.

If you were to choose between an evil person and a snake to keep company with, opt for the snake because a snake will bite only in self-defense but an evil person can put a bite for any reason and any time or always.

Do not be too simple and too straight. Go to the jungle and see how the smooth and straight trees have been cut down mercilessly but the crooked ones stand unharmed.

In the above mentioned simplified couplets an effort has been made to retain the originality and meaning. Chanakya has surely been a great personality of his times, Chanakya made a common boy into a grand Emperor Chandragupta. I am very sure, if not an emperor; we can certainly benefit from his most valuable wise words and have a successful life.

**चाणक्य नीति कहती है, मूर्खों
से तारीफ़ सुनने से बुद्धिमान की
डांट सुनना ज्यादा बेहतर है....**

**Education is the best
friend. An educated
person is respected
everywhere. Education
beats the beauty and the
youth.**

Shared By: Mrs.SavitaUpadhyay

(Source: - The English translation of Chanakya's Niti-Shastra by Swami Sri Miles Davis of ISKCON Lucknow, India)



Shared By: Mr.Pragat Bhandarkar

Photos Taken during his visit to Mahabaleshwar

The Obstacle In Our Path

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock.

Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded.

After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many of us never understand! Every obstacle presents an opportunity to improve our condition.

Shared By: Mr. Suresh Mali

[\(Source:-Miscellaneous\)](#)



Give it something special

A son and his father were walking in the mountains. Suddenly, his son falls, hurts himself and screams: "AAAhhhhhhhh!!!".

To his surprise, he hears the voice repeating, somewhere in the mountain: "AAAhhhhhhhh!!!"

Curious, he yells: "Who are you?" He receives the answer: "Who are you?" And then he screams to the mountain: "I admire you!" The voice answers: "I admire you!" Angered at the response, he screams: "Coward!" He receives the answer: "Coward!"

He looks to his father and asks: "What's going on?" The father smiles and says: "My son, pay attention." Again the man screams: "You are a champion!" The voice answers: "You are a champion!" The boy is surprised, but does not understand.

Then the father explains: "People call this ECHO, but really this is LIFE. It gives you back everything you say or do. Our life is simply a reflection of our actions. If you want more love in the world, create more love in your heart. If you want more competence in your team, improve your competence. This relationship applies to everything, in all aspects of life. Life will give you back everything you have given to it."

So what are you giving to YOUR life today..... Give it something special...

Shared By: Mr. Sachin Godse

[\(Source:-Life-Sydney Sheldon\)](#)

Mother Theresa- A Inspiration

"It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving." Mother Teresa



Mother Teresa was born in Skopje, Yugoslavia (which is now Macedonia) in 1910 and died on September 5, 1997. Her parents were Nikola and DrondaBojaxhiu. They named her Agnes GonxhaBojaxhiu, but she changed her name to Teresa on May 24, 1931. Her father was murdered when she was seven.

Mother Teresa taught geography at St. Mary's School in Calcutta, India from 1929 to 1948. When she was riding a train to Darjeeling though, she heard God call. Soon she wanted to help the sick, the poor, and the dying. She took her final vows and became a Roman Catholic nun in 1937. She started to work in the Missionaries of Charity. Her first day on the job, Mother Teresa picked up a dying woman who was half-eaten by ants. Mother Teresa took the woman to Dhardnshala. She tried to clean the woman, but her skin came off and the woman died.

In 1952 Mother Teresa started the Kalighat Home for the Dying. She and other nuns searched for people who were sick or dying on the streets in Calcutta, India. They helped and cared for them at the home. Once Mother Teresa said, "I see God in every human being." She became known as "The Saint Of the Gutters." Also, in the later 1950's, she began a leper colony called the "Town of Peace."

Later, every one of her centers were placed under an organization called the Missionaries of Charity. The centers helped to treat blind people, lepers, the dying, the disabled, and the old. Mother

Teresa also started orphanages and schools for the poor. By 1990, there were centers in 25 countries.

Mother Teresa won the Nobel Peace Prize in 1979, the Jawaharlal Nehru Award for International Understanding in 1972, the Magsaysay Award in 1962, the Leo Tolstoy International Award, the First Pope John XXIII Peace Prize in 1971, the Padma Shri in 1963, and the Bharat Ratna in 1980. All of the money Mother Teresa got from her awards; she gave to the centers she set up.

Even though Mother Teresa is not with us on earth here today, she is still with us, in our hearts.

Shared By: Mr. Amol Bhagat

(Source:-<http://library.thinkquest.org/CR0212302/motherteresa>)



Save the Girl Child

INDIANS ALWAYS PRAY FOR A BOY CHILD NOT FOR A GIRL
BLESSINGS OF ELDERS ARE FOR MALE NOT FOR FEMALE
BUT IN NEED OF WEALTH PEOPLE PRAY TO MA LAXMI JI
FOR SUCCESS IN EDUCATION PEOPLE PRAY TO MA SARASWATI JI
FOR REMOVAL OF TENSION PEOPLE PRAY TO MA AMBA JI
AND TO ESCAPE FROM THE DEVIL PEOPLE PRAY TO MA KALI JI
NOW TELL ME, WHY DO PEOPLE HESITATE TO HAVE A FEMALE IN THE FAMILY,
WHILE THOSE WHOM THEY PRAY TO DURING TROUBLE, ARE FEMALES ?



Shared By: Ms. Anupama Dhus

(Source:- Deep Phagwara, Miscellaneous)

The problem of old age in India

A man's life is normally divided into five main stages namely infancy, childhood, adolescence, adulthood and old age. In each of these stages an individual has to find himself in different situations and face different problems. The old age is not without problems. In old age physical strength deteriorates, mental stability diminishes; money power becomes bleak coupled with negligence from the younger generation.

There are 81million older people in India-11 lakh in Delhi itself. According to an estimate nearly 40% of senior citizens living with their families are reportedly facing abuse of one kind or another, but only 1 in 6 cases actually comes to light. Although the President has given her assent to the Maintenance and Welfare of Parents and Senior Citizens Act which punishes children who abandon parents with a prison term of three months or a fine, situation is grim for elderly people in India.

According to NGOs incidences of elderly couples being forced to sell their houses are very high. Some elderly people have also complained that in case of a property dispute they feel more helpless when their wives side with their children. Many of them suffer in silence as they fear humiliation or are too scared to speak up. According to them a phenomenon called 'grand dumping' is becoming common in urban areas these days as children are being increasingly intolerant of their parents' health problems.

After a certain age health problems begin to crop up leading to losing control over one's body, even not recognizing own family owing to Alzheimer are common in old age. It is then children began to see their parents as burden. It is these parents who at times wander out of their homes or are thrown out. Some dump their old parents or grandparents in old-age homes and don't even come to visit them anymore. Delhi has nearly 11 lakh senior citizens but there are only 4 governments' run homes for them and 31 by NGOs, private agencies and charitable trusts. The facilities are lacking in government run homes.



Rights of the Elderly

- Parents cannot be evicted from a house without due process of law if they have been staying there from before. There is three enactments that can be applied.
- Under section 125 of the CrPC, a magistrate can order a child to maintain his old parents under the Maintenance of Parents Act.
- The Hindu Adoptions and Maintenance Act say an aged parent can demand maintenance from children in the same way that a wife can demand it from her husband.
- The Domestic Violence Act too provides parents with the right to seek relief from any kind of abuse.

A National Policy on older persons was announced in January 1999 which identified a number of areas of intervention-financial security, healthcare and nutrition, shelter, education, welfare, protection of life and property for the wellbeing of older persons in the country. A National Council for Older Persons (NCOP) was constituted by the Ministry of Social Justice and Empowerment to operationalize the National Policy on older persons.

Shared By: Ms. Priyanka Pawar

(Source: - <http://www.azadindia.org>)

Laughter is the Best Medicine

Laughter is shared; it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use

Laughter is strong medicine for mind and body

"Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health."

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughter is good for your health

- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

The Benefits of Laughter

Physical Health Benefits:

Boosts immunity
Lowers stress hormones
Decreases pain
Relaxes your muscles
Prevents heart disease

Mental Health Benefits:

Adds joy and zest to life
Eases anxiety and fear
Relieves stress
Improves mood
Enhances resilience

Social Benefits:

Strengthens relationships
Attracts others to us
Enhances teamwork
Helps defuse conflict
Promotes group bonding



Laughter and humor help you stay emotionally healthy

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

Laughing with others is more powerful than laughing alone

Incorporating more humor and play into your daily interactions can improve the quality of your love relationships— as well as your connections with co-workers, family members, and friends. Using humor and laughter in relationships allows you to:

- **Be more spontaneous.** Humor gets you out of your head and away from your troubles.
- **Let go of defensiveness.** Laughter helps you forget judgments, criticisms, and doubts.
- **Release inhibitions.** Your fear of holding back and holding on are set aside.
- **Express your true feelings.** Deeply felt emotions are allowed to rise to the surface.

Shared By: Ms. Vijaya Dalvi
(Source:-Melinda Smith, M.A., Jeanne)

सोबत होती तुझी जेथवर
कधी एकदा ना पडलो
धुंद तुझ्या त्या सहवासातच
कसा होईना, पण घडलो

सकाळ तुझीया शिवाय माझी
होतच नव्हती सुरु तशी
दिवसभरातून तुझी भेट मग
घडतच होती माझ्याशी

तू नसल्यावर जीव कायचा
उगाच कासायिस माझा
परंतु तुझीया भेटी नंतर
स्वताःत समजे मी राजा

वेच भेट ती नित्य कायची
तुझीया संगे फिरल्याने
शुष्क खोकला आणि थकवा
ऊर धुराने भरल्याने

परिवाराची मित्रांही मी
पथकरली गे नाराजी
कारण तव दुर्गंध सोसण्या
होतच नव्हते ते राजी

अखेर सोडून दिघले तुजला
स्मरणही नाही होत तुझे
परतुनी येऊ नको मजकडे
हेच मागणे गे माझे

संतोष



Smoking is injurious to health



बायकोवर निबंध

बायको नावाचा प्राणी भारतासह संपूर्ण जगभरात सापडतो. पूर्वीच्या काळी ही जात फक्त जेवणाच्या खोलीत दिसून यायची; पण सध्या मॉल, थिएटर व हॉटेल्समध्ये दिसून येते. पूर्वी या जातीत लांब केस, सुंदर काया आणि अंगभर कपडे दिसून यायचे, पण आता अत्यंत छोटे केस, छोटे कपडे, कृत्रिम मेकअप, आणि रक्तासारखे ओठ या रूपात दिसून येते. यांचा मुख्य आहार पती नामक मूकप्राणी आहे. भारतात यांना पत्नी, अर्धांगिनी, भाग्यलक्ष्मी या नावांनी सुद्धा ओळखले जात.... जास्त बोलणे, विनाकारण भांडण करणे, जास्त खर्च करणे, ही या जातीची मुख्य लक्षणे आहेत.... आणि या जातीचा संपूर्ण अभ्यास करणे अशक्य आहे!!!

Shared By: Mr. Pragat Bhandarkar
(Source: - Miscellaneous)

Shared By: Mr. Santosh Gujar
(Source: - Miscellaneous)

Hope
CHANGES EVERYTHING

What is a Mother!!!

A mother is someone who loves you
Who cares for you in every way
She sits down and listens
to what you have to say

She always thinks your beautiful
Never puts you down
She always has a smile
To wipe away your frown

A mother is someone who believes in you
Always pushes you to go far
Tells you to believe in yourself
No matter who you are

A mother is like an angel
Although without the wings
She tells you to enjoy
Life's most smallest things

I really love my mother
She means so much to me
Mommy I really love you
And that's how it always will be.



Shared By: Ms. Poonam Gulati
(Source: - <http://www.ellenbailey.com>)

Though my heart is full of sorrow,
My eyes pools of sadness.
I think with hope of tomorrow,
To bring me Happiness.
The smile that touches my lips
Never reaches to my eyes but,
I am sure this shadow of eclipse,
Will soon leave me & vanish in skies.
These vacant feelings in my heart,
These frightened feelings on loneliness,
I hope it will soon depart,
To feel my heart with happiness.
My eyes look forward in the future
& cast aside that past.
They try to bring the long awaited happiness
at last....

Shared By: Pooja Gadkari

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