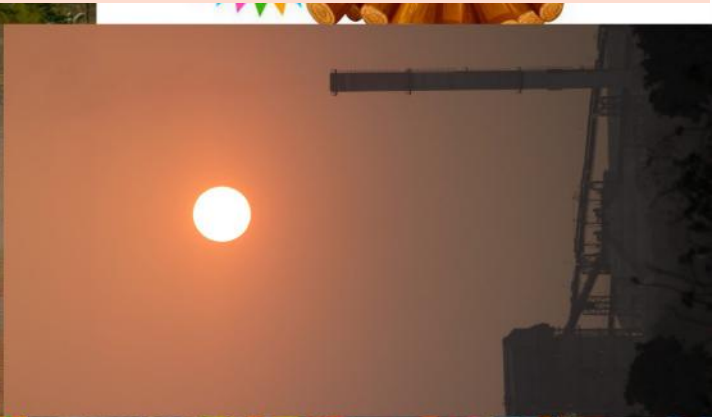




WeThe People

Jan & Feb ' 18 Edition



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From the Desk of Vice Chairman & MD

Greetings Dear colleagues!!!

We are in the last phase of crushing season FY 2017-18 that means we all must focus on fulfilling our targeted figures.

We are facing some challenges in procurement of sugarcane and availability of cane causing short closure of the season in Koppa, Aland & Tungabhadra. However, it is a confidence boosting season for us as we are able to surpass our own best in Jay Mahesh. The KSL & Jay Mahesh are striving to achieve their targets & I am positive that they will be surpass them.



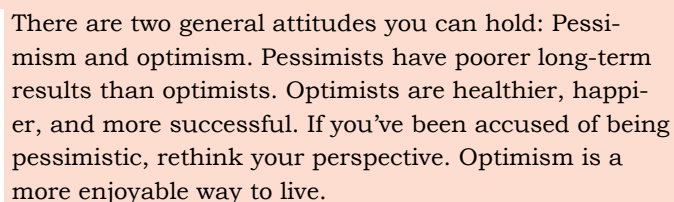
According to the ISMA this FY 17-18 has witnessed a raise in the sugar production when compared with the last two years, the sugar sales can be expected to be slightly higher in the current season. During the month of February 2018, there was a substantial improvement in the market sentiments and buying interests, by both the bulk consumers as well as the domestic traders. Even the export markets are also favored by the current scenarios, I urge we foray into that segment as well.

This indeed improves our confidence to perform much better and estimates for the FY are far more eye candy than it is now. However we ought not to disremember the grim picture we faced for the past two years. Which in itself is an eye opener for us to identify various risks & evaluate opportunities not to just stay afloat but also enjoy the reaping benefits of the favorable market scenario.

All the units have set up the Budgets for FY 2018-19, while preparing the budget we should consider the learning from the past year and benchmark the neighboring industries. We also must strive to achieve operational efficiencies, cut down dead inventory, reduce wastage, improve the upkeep of our machinery during the annual maintenance.

With dedication and commitment, we will accomplish our business objectives and send a positive message to all our stakeholders. Wishing you all the very best for the rest of the crushing season.

- By Jitendra Sharma (VP-HR)



You'll excel. When learning a new skill, studies have shown that optimistic people tend to overestimate their current skill level. However, those that are optimistic ultimately learn a new skill at a higher level. Those that most accurately judge their abilities at the beginning fail to learn as well as those that are more optimistic.

Lower stress. When you expect good things to happen, there are fewer reasons to experience stress. In fact,

Uplift your mood. Your attitude affects all aspects of your life. Adopting an optimistic perspective might be the easiest way to lift your attitude.

It's the most effective option. Pessimism doesn't have much to offer. It's damaging to your health, mood, and results. Others avoid pessimists. Why would you choose to be anything other than optimistic? What other intelligent option do you have?

Optimists dare themselves to be great. Pessimists are too afraid to try new things or take the risks that are necessary for higher levels of success. Optimists are in a better position to pursue and achieve greatness.

Boost your immune system. Or maybe pessimism suppresses your immune system. Either way, you'll get sick less frequently if you have a positive outlook on life. You might even spend less at the doctor's office.

Live longer. You're more likely to live to be 100 years old if you're optimistic. Interviews with centenarians consistently demonstrate an optimistic attitude about the future. Optimism is one of the most enjoyable ways to extend longevity. An optimistic attitude might allow you to spend time with your great grandchildren.

Make smarter decisions under pressure. This can be helpful at work and in your personal life. When you deal with stress more effectively, you can make wiser decisions. When you expect a negative outcome, your decisions will be mostly defensive in nature.

Optimism has a lot to offer. You're hurting your future, yourself, and those around you by being pessimistic. Optimism is free and it feels good. Your health, success, and mental health are all enhanced when you hold a positive viewpoint. Let go of your pessimism and view the world from an enthusiastic perspective. You'll be glad you did!

NSL KOPPA IN PICTURES

Republic day celebrations



NSL KOPPA IN PICTURES

Various Training Programs



Training program conducted for Contract workers in respect of safety at height works and Safety in tube cleaning works.



Training program conducted for HOD's and Section Heads on in respect of Operation & Maintenance of Kirloskar Pumps by Mr. Deepak K.S.

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe."

Abraham Lincoln



NSL KOPPA IN PICTURES

Health check up camp—by Apollo Hospital



If you want radiant, healthy skin, the right nutrition will keep you looking your best. Make sure you get plenty of these skin-nourishing nutrients and take a look at your digestive health to help you get that healthy glow from the inside out.

EAT HEALTHY LOOK HEALTHY

CHOW DOWN FOR HEALTHY SKIN



Vitamin A

is important for overall skin health. It's found in carrots and low-fat dairy products.



Vitamin C

helps fight wrinkles. Get a healthy dose in sweet potatoes, winter squash, melons, and citrus fruits.



Lycopene

can help with age-related issues caused by sun exposure. You'll want to eat tomatoes, guava, and watermelon.



Omega-3 Fatty Acids

nourish the skin and help regulate oil production. You can find them in fish and flax seed.



Vitamin E

helps repair damaged cells. Get the benefits by eating nuts and seeds.



Foods to Avoid

- Candy and Sweets
- Trans Fats
- Salty Snacks

SUPPLEMENT YOUR COMPLEXION

It's weird but true: having a healthy digestive tract can make your skin look amazing. So take care of your gut with the right stuff.



Probiotics

These healthy bacteria can help bring balance to your digestive tract.

Digestive Enzymes

You want to get as much nutrition from the foods you eat as you can, so look for a quality digestive enzyme supplement.



Fiber

Foods rich in fiber help your digestive system remove waste.



NSL KOPPA IN PICTURES

Various training Programs for employees & farmers



Training program conducted for HOD's and Section Heads in respect of Solar Thermal Technology and Increasing water use efficiency in sugar cane cultivation training program conducted for farmers by Dr. S.N. Swamygowda, Dr. T.E. Nagaraj, Dr. K.V. Keshavaiah & Dr. S.B. Yogananda, VC Farm. Farmers were given away participation certificates.

HEAT STRESS @ WORKPLACE

Workers at risk of heat stress include outdoor workers and workers in hot environments such as firefighters farmers, construction workers, and others. Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat resulting in heat stress.

Prevention of heat stress in workers is important. Workers should understand what heat stress is, how it affects their health and safety, and how it can be prevented. Let us Understand various forms of Heat Stress.

Heat Stroke:

Heat stroke is the most serious of health problems associated with working hot environments. It occurs when the body's temperature regulatory system fails and sweating becomes inadequate. The body's only effective means removing excess heat is compromised with little warning to the victim that a crisis stage has been reached.



A heat stroke victim's skin is hot, usually dry, red or spotted. Body temperature is usually 105°F or higher, and the victim is mentally confused, delirious, perhaps in convulsions, or unconscious. Unless the victim receives quick and appropriate treatment, death can occur. Any person with signs or symptoms of heat stroke requires immediate hospitalization. However, first aid should be immediately administered.

This includes removing the victim to a cool area, thoroughly soaking the clothing with water, and vigorously fanning the body to increase cooling. Further treatment at a medical facility should be directed to the continuation of the cooling process and the monitoring of complications which often accompany the heat stroke. Early recognition and treatment of heat stroke are the only means of preventing permanent brain damage or death

HEAT STRESS @ WORKPLACE

Heat Exhaustion:

Heat exhaustion includes several clinical disorders having symptoms which may resemble the early symptoms of heat stroke. Heat exhaustion is caused by the loss of large amounts of fluid by sweating, sometimes with excessive loss of salt.

A worker suffering from heat exhaustion still sweats but experiences extreme weakness or fatigue, giddiness, nausea, or headache. In more serious cases, the victim may vomit or lose consciousness. The skin is clammy and moist, the complexion is pale or flushed, and the body temperature is normal or only slightly elevated in most cases, treatment involves having the victim rest in a cool place and drink plenty of liquids



Victims with mild cases of heat exhaustion usually recover spontaneously with this treatment. Those with severe cases may require extended care for several days. There are no known permanent effects

CAUTION : Persons with heart problems or those on a low sodium diet who work in hot environments should consult a physician about what to do under these conditions

Heat Cramps:

Heat cramps are painful, brief muscle cramps. Muscles may spasm or jerk involuntarily. Heat cramps can occur during exercise or work in a hot environment or begin a few hours later.

Heat cramps usually involve muscles that are fatigued by heavy work, such as calves, thighs, and shoulders

Heat cramps usually go away on their own, but you can try one of these home remedies:

Rest in a cool place and drink a sports drink, which has electrolytes and salt, or drink cool water.

- Make your own salt solution by mixing 1/4 to 1/2 teaspoon table salt dissolved in a quart of water.

HEAT STRESS @ WORKPLACE

Fainting/Fatigue:

Someone who is not accustomed to hot environments and who stands erect and immobile in the heat may faint. With enlarged blood vessels in the skin and in the lower part of the body due to the body's attempts to control internal temperature, blood may pool there rather than return to the heart to be pumped to the brain. Upon lying down, the worker should soon cover. By moving around, and thereby preventing blood from pooling, the patient can prevent further fainting. Heat Rash

Heat rash, also known as prickly heat, is likely to occur in hot, humid environments where sweat is not easily removed from the surface of the skin by evaporation and the skin remains wet most of the time. The sweat ducts become plugged, and a skin rash soon appears. When the rash is extensive or when it is complicated by infection, prickly heat can be very uncomfortable and may reduce a worker's performance. The worker can prevent this condition by resting in a cool place part of each day and by regularly bathing and drying the skin.



10 Summer Diet Tips To Keep You Healthy

1. Minimum 8 Glasses of Water
2. No to Deep Fries and Oil Foods
3. At Least One Fruit per Day
4. Include Salads
5. No to Stale and Long Frozen Left- Over Food
6. Avoid Consuming More Coffee and Tea
7. Take Timely Meals
8. Prefer Less Chilled Liquids
9. Saboo, Sabza, Barley and Ragi
10. Wash the Hands before Eating

NSL ALAND IN PICTURES

Republic Day Celebrations in Aland Unit



The Govt. officials have identified the efforts put in by the management of NSL for getting the road sanctioned to improve the conditions of the village and felicitated Vice president Radhakrishnan & Mr. Gururaj Kulkarani at road construction inaugural function in Bhusnoor village. .

NSL ALAND IN PICTURES



Australian Sydney University Students Plant Visit as a part of Educational tour



FAREWELL.. MENTOR

We are who we are today , Much to your efforts in our team. You are a truly a great mentor Hard to find, difficult to part with and impossible to forget.



10 WAYS TO BEAT EXAM STRESS

More than the scorching sun above the head, the heat of Annual exams can be more tiring for the young minds. Here are some key takeaways to reduce stress and focus better in their Annual exams.

1. Listen to Classical Music

Listening to music can create a positive and productive environment by elevating your mood and encouraging you to study more effectively and for longer. Classical music is recommended as the best type of music to boost your brain power but ambient music can work too. Check out the playlists on Spotify to easily find what works for you.

2. Take a Quick Walk

Many students feel as if they should spend their entire time before exams with their books open and their pen poised for action. However, research has proven that exercising such as taking a walk can boost your memory and brain power. It clearly demonstrates the effect exercise can have on your brain's activity. Imagine how this could improve your exam performance

3. Plan your Study routine

This may not be a big surprise but what is shocking is the amount of students who discount the benefits of creating a personal study plan. With some initial effort, you can become more productive and motivated each day you approach your study by understanding your learning progress.

4. Play with Bubble wrap or Puppies.

Where do puppies come into exam stress? Lots of universities have installed 'puppy rooms' where students can come to relieve stress and anxiety. Pets have also been found to help you focus while studying but dropping into the library with your pet dog isn't recommended! Popping bubble wrap is another stress reliever you can save for home study.

5. Get Enough Sleep

For some people, this is something that's always put on the long finger especially if you are trying to get the most out of college life. The benefits of a proper night's sleep can never be underestimated. Most importantly, sleep helps your brain to assimilate new knowledge into your long-term memory so that you can recall it when it comes to test day. Anyone who has tried to concentrate with half a night's sleep can also testify to improved focus with better sleep.

6. Use comedy or watch funny clips

Watching or listening to funny conversations or some comedy snips will help release the stress during exam times. But, beware that any thing in moderation is recommended and don't get carried away by indulging the watching.

7. Give your mind some space

Meditation is one of the most effective ways to take a break and see your stress from a different perspective. Practicing meditation is another way to maintain focus while improving both mental and physical health to reduce pre-exam stress.

8. Eating Dark chocolate

Believe it or not this is 100% true. Eating dark chocolate which is over 70% cocoa fights the exam stress hormone cortisol and has an overall relaxing effect on the body. Plus chocolate releases endorphins which act as a natural stress fighter

09. Let it all out

Sometimes you just need to talk to someone, other times you need to shout it from the rooftop or scream from the top of your lungs. Figure out what you're feeling and then let it out. Speaking to a family member or friend can highlight the bigger picture for you and empower you to rise above the exam stress

10. Break free from Distractions (Social Media)

Social Media or blogging during exams amounts to a significant waste of time. It can be hard to detach from your life outside of studying but keeping the end goal and timeframe in mind will ease the process. I recommend the Self-control website blocker.

NSL TSL IN PICTURES



Republic day celebrations at Unit



Mock drill for fire safety in Coal Storage yard & hydrant testing.

NSL TSL IN PICTURES



Training on Awareness on Heavy material Lifting for workers.



Awareness on General Safety committee meeting & safety procedures in factory.

Find the Missing Number?



NSL JAY MAHESH IN PICTURES



As



Republic Day celebrations in Jay Mahesh



NSL JAY MAHESH IN PICTURES



Felicitation of Ms. Anshu Yadav (DRM- Nanded-IAS Officer) & RJD, paid a visit to unit



Safety Officer giving training on Proper usage of Fire extinguishers for the workers.

NSL JAY MAHESH IN PICTURES



Welcoming & felicitation of COO & others by Mr. Bajaj to the Jay Mahesh Unit.



**Record
Production**

BEAT YOUR OWN BEST

Jay Mahesh unit celebrates this season with its record breaking crushing since its inception. 8.4 lakh tones of cane crushed as on date breaking its previous record of 6.9 lakh tons.

BAD + TIME = GOOD

It's the summers that reminds me one very good incident that is at the top of my mind.

While in my schooling days, the summer was a time of excitement and also learning.

We were bound by the rules of my eldest ones in the family. No playing outside after 11 in the morning and before 4 in the evening, just to ensure that we don't fall sick out of sunstroke. All we do is to play indoors and indoor games. Sisters gather a group of their own as they outnumber the boys in the family.

We boys were specially chosen to do all the macho work like moving almirah's, shaking the beds, helping moms in the kitchen to carry the pots of water from the back yard.

My mom before she gets the beans cooking, she carefully scans through the spread pile of them to separate bad one from the good ones. All the bad ones are thrown into the back yard through the window by me, it was fun throwing them as I played one man show cricket with them.

It went on for a while and forgot about them and then monsoon came. During the monsoon, we played in the backyard which is full of flowers and vegetable bearing plants. I found a little demarcation of the area in which tiny sprouts are seen.

Now my mom who threw the seeds away thinking these were unfit for cooking, harvesting beans from the same plants rose from the bad beans.

It struck me, those were the bad beans which have turned to seeds and begin to sprout. The activity seemed so unimportant to me, separating bad ones from the good ones. But yet it left a profound lesson which I carry with my whole life.

The once bad beans transformed in the face of scorching heat and monsoons to spring life in them.

This has left me with three learning which keep on refreshing as I look at it time from time.

1. Don't cry when people throw you in the back yard.
2. Don't cry when they reject you, while they look down upon you.
3. Rain is coming and the same people who rejected you will come to pick you up.
4. Never feel ashamed or abandoned, instead work in silence until your work speaks about you.



NSL KSL IN PICTURES

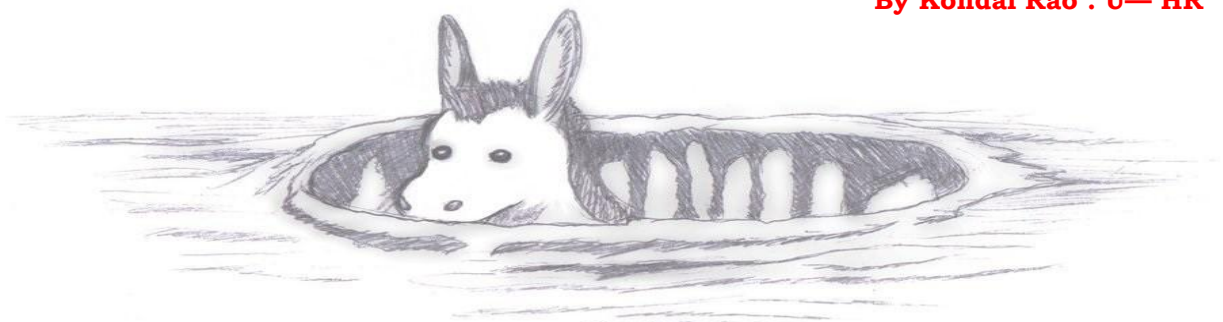


Republic day celebrations in the Unit



A man's favorite donkey falls into a deep precipice; He can't pull it out no matter how hard he tries; He therefore decides to bury it alive. Soil is poured onto the donkey from above. The donkey feels the load, shakes it off, and steps on it; More soil is poured. It shakes it off and steps up; The more the load was poured, the higher it rose; By noon, the donkey was grazing in green pastures. After much shaking off (of problems) And stepping up (learning from them), One will graze in **GREEN PASTURES.**

By Kondal Rao . U— HR



NEW JOINEES - WELCOME ABOARD



Mr. Ravi Kumar has joined us on 01st February-2018 as **Sr.Manager (Security & Admin)** based at **NSL Aland Unit**, Kalaburgi. He will be reporting to the Unit Head.

He has completed his graduation from Airforce Training center

He brings aboard with him more than 36 years of experience in the areas of Security & Vigilance.

Some of his core competencies are Administration, Security & Vigilance Management, Preventing Fire Hazards, Monitoring security Systems.

Let us wish Mr. Ravi Kumar a long & Mutually beneficial Journey.



Mr. Mahendra H Bavistale has joined us on 29th January 2018 as **Sr. Manager (Finance & Accounts)** based at **NSL Jay Mahesh Unit**, Beed, Maharashtra. He will be reporting to Sr.DGM (Accounts & Business Analytics).

He is a Chartered Accountant. He brings with him more than 22 Years of experience in Finance &Accounts functions.

Some of his core competencies are Finalization of accounts, Indirect Taxation, Statutory Compliances, Budgeting, Costing & MIS.

Let us wish Mr. Mahendra a long & mutually beneficial Journey



Mr.Sukanta Kumar Biswal has joined us on 22nd January-2018 as **Sr. Officer (Pre-Audit)** based at **NSL JayMahesh Unit**, Beed, Maharashtra. He will be reporting to Sr.DGM (Accounts & Business Analytics).

He has completed his ICWAI.

He brings aboard with him more than 5 years of experience in Audit function.

Some of his core competencies are Process Audit, Risk Based Audit, Statutory Audit, Inventory Audit, Preparing Audit schedules & performing Surprise Audits.

Let us wish Mr. Sukanta a long & Mutually beneficial Journey.



Mr. V Durga Prasad has joined us on 2nd January-2018 as **Sr. Officer (Stores)** based at **NSL Krishna-veni Unit**, Wanaparthi. He will be reporting to Manager (Purchase & Stores) at the Unit.

He has completed B.Com from Kakatiya University.

He brings aboard with him more than 8 years of experience in Stores & Purchase function.

Some of his core competencies are Stock verification, Material Receipts & Issue, Inventory Management & MIS Reporting.

Let us wish Mr. Durga Prasad long & Mutually beneficial Journey.

Employees Please send your feedback & Suggestions to “saikrishna.v@nslsugars.com”.

FUN ZONE

Class teacher once said: "Pick up the paper and fall in the dustbin!"

"..DON'T TRY TO TALK IN FRONT OF MY BACK.."

Don't.. laugh at the back benches...otherwise teeth and all will be fallen down.....

It was very hot in the afternoon when the teacher entered.. She tried to switch the fan on, but there was some problem. and then she said " why is fan not oning" (ing form of on)

Teacher in a furious mood... write down your name and father of your name!!

"Shhh... quiet... the principal is revolving around college"

"Will you hang that calendar or else I'll HANG MYSELF"

Chemistry HOD comes and tells us... "My aim is to study my son and marry my daughter".

Tomorrow call your parents especially mother and father.

"Why are you looking at the monkeys outside when I am in the class?!"



Lab assistant said this when my friend wrote wrong code.. "I understand. You understand. Computer how understand??"

Seeing the principal passing by, the teacher told the noisy class.. "Keep quiet, the principal has passed away".

Once Teacher Told "If you Talk So Loudly I Will Stand Uping you"

Teacher to students: Don't spit outside, the understanding people will suffer.

I have 3 daughters, all are girls.

This is what my manager said, "Peoples, please sit down and take your seats".



Birthday Celebrations @ Corporate Office

