



April 2013

# EXPRESSIONS

Quarterly in-house journal of My Home Group

What's Latest from **MYHOME**

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## Chairman's Message

Dear All,

As I look ahead, I am excited about the progress of our diverse businesses and the future for My Home Group. The Group's growth has been achieved by our collective efforts and commitment which is reflected in the consistent good performance and growth of the organization.

The financial results of MHIL of 2012-13 have been praiseworthy. Despite the intense competition and challenging economic conditions, MHIL has increased its revenues and profits owing to higher realization and volumes. We have built a business model, which can counter adversities and create a conducive environment of sustainable value creation for our valued stakeholders. We are committed to move ahead to strengthen our leading competitive position.

I am happy to acknowledge that our new housing venture My Home Vihanga which was launched recently under My Home Constructions Pvt. Ltd., has received an overwhelming response. This best-in-class venture will not only elevate our organization to greater heights but also set a new benchmark for others in the arena of community living spaces.

In the near future, our endeavor would be to continue innovating ourselves in order to serve our customers in the best possible manner thereby maintaining our competitive edge and market share. Looking ahead, we are confident that our cost and operational efficiency will be the key to our growth. I firmly believe that a bright future awaits the Organization and we all must gear up to cross many more milestones.

Dr. J Rameswar Rao  
Chairman - My Home Group



Vihanga- meaning "Bird" in Sanskrit, is the name of our latest project coming up in Gachibowli. Our Vihanga spreads wings over a sprawling 21 acres with The Financial District flanking us on one side and the Central University on the other and is strategically placed to give residents an entirely different experience.

The flight of new a newly hatched can never be a great success unless guided and supported by a seasoned and experienced flyer, and here our highly dedicated, experienced and highly supportive teams have played a remarkable role in launching our Vihanga into a flight that surely created history in the real estate sector of Hyderabad by selling over 500 flats within a week.

The enthusiasm, foresight, dedication and commitment that we have seen in the past several years has boosted my conviction that every person desirous of acquiring a property would dream of a place that they could call "My Home" knowing well that our team will surely deliver their dreams like we have so far.

we would like to thank our visionary Chairman Dr Rameswar Rao whose foresights and visions led to the inception of this formidable Brand "My Home" of which today we all are proud members.



Dear Colleagues,

The fiscal 2012-13 has seen the company set on a firm growth trajectory. Despite the general turbulence in the industry the company has achieved the highest sales turnover and highest collections of receivables till now although higher input costs impacted the margins to some extent. It is likely the market will continue to be volatile for the next couple of years. However, the company has taken measures to meet such uncertainties. CPP2 has stabilised its operations, the railway siding at MCW and VGU has become operational and a further capacity of 0.8 million has been added to VGU.

we would also like to thank the My Home Team which has played a significant role in delivering the brand commitments and upheld the honour of our Brand. Kudos to the commitment of each and every team of My Home Group including but not limited to the Marketing, CC&R, Front Office and SAP for stretching their days to over 12 working hours during the Vihanga bookings. We would also like to thank our valued customers and stakeholders for their continued support and trust in My Home Group and it is worth mentioning that a large part of our customer base are loyal customers who have been with us from our very first venture named My Home J.M Apartments in early eighties and their enthusiasm has contributed to a significant part of our Vihanga Sales too. With focus on already happy to happier customers and big to bigger projects, we hope and wish to receive the continued trust, loyalty and commitment.

Jagapathi Rao Jupally  
Ramesh Mantha  
Shamu Rao  
Meghana Rao  
Vinod Rao  
Raajitha Rao  
And all HOD's

## MD'S MESSAGE

The company's sterling performance would have been unthinkable but for your solid support and commitment to the corporate vision. My sincere thanks to one and all. Given the same cooperation and enthusiasm on your part I am sure the company will turn in much better performance during the current year.

I wish you all happy and prosperous times ahead.

Ranjith Rao Jupally  
Managing Director  
My Home Industries Ltd.

## RETOUCHING LIVES - *Kudikila Kalyana Mahotsavam & Brahmothsavalu*

The recent Kudikila Kalyana Mahotsavam in the village of Kudikila in Kollapur Mandal-the land that stood witness to the birth of the great visionary, entrepreneur and philanthropist Dr. J. Rameswar Rao, Chairman My Home Group, seemed to have rightly achieved recognition as a historic event.

It is ironic that the visit of Dr J.Rameswar Rao after 14 years to his village was on the event of Sri Rama Kalyanam-the Great Lord Rama who had voluntarily taken up exile for 14 years and had returned to establish Rama Rajyam (the best governance in history). The fervour and enthusiasm of the villagers to welcome their Rama back into the village after 14 years was infectious. The fact that Dr Rao has continuously endeavoured to develop the village and give the land of his ancestry its right share of modernization, is established through the numerous contributions and developmental activities he has been undertaking for the village over the past many years including the resolution of the major water crisis in the village, construction, management and up-keeping of roads, temples, schools, water treatment plants etc. He has also been the major driving force in successfully mobilizing State Government funds and resources for the upliftment of the village.

Dr Rao along with his wife Mrs Rao and four sons and daughter in laws, younger brother Mr Jagapathi Rao and his wife and two daughters and a few close friends and relatives visited the village for the event of Kudikila Kalyanam Mahotsavam where he and his family performed the sacred rituals with the idols of Goddess Sita, Lord Ram and Lord Lakshman, in the presence of the village priests and the villagers.

The event not only marked the Union of Goddess Sita and Lord Ram, it also saw the heart warming union of the Son of the Village with the villagers. The villagers emotions were evident in their tears of joy and the smile of love affection and gratitude on their faces. Dr Rao's words "My village will always hold a special place in my heart and today the love and affection me and my family have been showered with here will be cherished by us forever. This village is where I got the inspiration and vision to serve people and give them better lives and I drew my strength from here to build My Home Group with that vision. Whatever I have been doing for our village gives me immense pleasure and peace and I would continue to do all I can for giving the people here a better life." reflected his benevolence.

### Earlier in 2013

29th March- 4th April 2013, Mellacheru Cement Plant- My Home Team celebrated the 5 day long annual celebration of Bramhotsavam in the auspicious presence of Swamiji at the temple in Mellancheru Cement Plant this year.

Amidst special decorations and festive arrangements, chanting of sacred hymns and other rituals, hundreds of devotees thronged the temple to be a part of the Bramhotsavam.

The leadership of the Group known for their devotion and piousness, headed by Dr Rameswar Rao Jupally Chairman My Home Group, and his family attended the celebration and offered their prayers.



*"You may judge of a man's character by the persons whose affection he seeks. If you find a man seeking only the affection of those who are great, depend upon it that he is ambitious and self-seeking; but when you observe that a man seeks the affection of those who can do nothing for him, but for whom he must do everything, you know that he is not seeking himself, but that pure benevolence sways his heart."*

*-- Charles Haddon Spurgeon-1876*



Kudikila Kalyana Mahotsavam & Brahmothsavalu



# RMC TRAINING PROGRAM

In order to impart basic technical knowledge to marketing staff members of the RMC division of My Home Industries Limited, a one day training session held on 23-Feb-13 at RMC-Nacharam on "PROPERTIES OF CONCRETE AND ITS COMMON COMPLAINTS - CAUSES AND PREVENTION"

Various Topics like concrete and its ingredients, effect variations on concrete, Common Problems faced in fresh and hardened concrete etc. were discussed in the training session.



## MIND OVER MATTER

There are no limitations in what you can do except the limitations of your own mind ---- Darwin P. Kingsley

Man represents the highest form of life on this planet, the result of eons of evolution, yet he is familiar with only two aspects of reality: mind and matter. The whole universe including his own body represents matter which is in a constant stage of flux and which man can neither create nor destroy. A more subtle form of matter, which does not lend itself to any precise definition, is the mind. While matter is inert and insentient, mind is ever active and is behind all progress and creativity of man. Thinking, imagining, conceptualising, dreaming beyond the obvious and ever figuring out ways to conquer the last frontier of the possible: these represent the evolutionary traits of the human mind. The average run of mankind, however, is more obsessed with matter than with mind, with the result that human progress on the evolutionary scale is halting and short of the ideal. Yet there are many achievements to the credit of the mind. To mention a few: it has measured inter-galactic distances with mathematical precision, seeped into the sub-atomic world to map its territories, plumbed the depths of the psyche and plotted the ascent to supreme bliss. However, such possibilities are limited to a few who have trained their minds to capture the supreme truths of life, while the majority of human beings are tightly tethered to the material world and firmly anchored in its shifting realities.

Sages and psychologists down the corridors of time have reiterated that what a person is, or makes of himself, is the product of his mind. The so-called destiny, luck and fortune are mere euphemisms for the capacity and potential of the mind. History is replete with instances of people coming on top of insurmountable difficulties, only because they knew the strength and possibilities of their minds. Every such instance, call it a miracle or a tryst with life, is evidence of mind's supremacy over matter. As long as man does not cease thinking he opens up his mind to unending existential and psychic possibilities. What the mind can conceive, the mind can achieve. The mind can make heaven of hell and hell of heaven, says Milton. To elaborate, in this ever changing expanse and texture of life our lives are but a reflection of how we think.

Let me, however, hasten to enter a caveat here. A rigid mind leads to a life devoid of meaning and purpose. According to Edwin Spina, depriving yourself of the freedom to change your mind will lock you into a mindset that can hamper your growth. The most powerful words in English language are 'I changed my mind'. A flexible mind can prevent one from being manipulated into an undesirable outcome. Experience and reason should inform the mind rather than emotion and impulse.



We are often at the receiving end of mental unease which is the result of cognitive dissonance ---- the discomfort of hosting in our mind two conflicting opinions at the same time. This is sought to be avoided by modifying one or the other to minimise the dissonance or conflict. Another human shortcoming is the inability or reluctance to let go of entrenched convictions and deep-seated beliefs, the result of long social conditioning, in the face of clinching evidence to the contrary. The tendency is to discount the evidence rather than disown the belief. Most people dislike being in the wrong and lack the ability to laugh at themselves.

Our prime allegiance is to truth regardless of where it originates. We should have the will and determination to pursue it without baggage. Once you can muster the humility to say that 'I changed my mind' or 'I was wrong', you enter into an uncharted world of freedom and infinite possibilities. A rich and flexible mind is a valuable gift one can cherish whose value is beyond rubies and gold.

K.V. Kesava Rao  
My Home Group.



# LORD SHIVA AND THE CEMENT INDUSTRY

It is well known that pollutants like fly ash from coal fired thermal power plants, slag from blast furnaces, used tyres, hazardous organic waste from pharmaceutical Industry, municipal solid wastes etc. can cause huge damage to our environment. Fortunately, Cement industry has been playing the role of Lord Siva by consuming these hazardous industrial wastes in its production process and thus saving our environment. Let us see how!

**Fly Ash:** Fly Ash is waste generated in coal fired thermal power plants. It is generated in huge quantity and disposal of Fly ash is a big problem for Power plants. If released in the environment, it can adversely impact the air, water and soil of the surrounding area. Billions of tonnes of fly ash is generated worldwide. In India alone about 300 Million Tonnes of fly ash is generated every year. The only industry which consumes this poisonous waste from power industry is Cement Industry. Fly ash is directly used as replacement of about 35% clinker in the production of Blended Cement. 70% of the fly ash produced in India is being consumed by Cement Industry alone.

**Blast Furnace Slag:** When iron is extracted from iron ore in blast furnaces, large amount of waste called slag is generated. This waste poses a big problem for the Iron Industry and its disposal requires large areas for landfill. When the harmful chemicals leach out from this landfill, they pollute water bodies and poses serious problem for environment.

Again cement Industry is the only industry which utilises this harmful waste. Upto 75% of clinker can be replaced in the production of PSC which is recommended for its excellent durable properties. Almost all the blastfurnace slag produced in India is consumed by Cement Industry.

**Alternative Fuels:** Cement kilns are well suited for waste-combustion because of their high process temperature and because the clinker product and limestone feedstock act as gas-cleaning agents. Because of this ability of cement kilns, various



hazard. our waste material can be used as alternate fuel in place of coal. Used tyres, Hazardous organic waste from Pharmaceutical Industry, Municipal Solid Wastes which are very harmful and hazardous to the nature are being used in Cement Industry.

In a nutshell we can say that cement industry consumes poison generated by other industries. This reminds us the story of Samudra Manthan. Devas and Asuras jointly churned the ocean for the nectar of immortality and to share it among them. The Devas required this nectar to regain their power lost due to curse of sage Durvasa.

The Samudra Manthan process released a number of things from the Milk Ocean. One product was the lethal poison known as Halahala. This terrified the gods and demons because the poison was so powerful that it could contaminate the Milk Ocean and destroy all of creation. On the advice of Lord Vishnu, the gods approached the compassionate Lord Shiva for help and protection. Lord Shiva inhaled the poison in order to protect the universe. As a result, the color of Lord Shiva's neck turned blue. For this reason, Lord Shiva is also called Nilakantha (the blue-throated one; "neela" = "blue", "kantha" = "throat" in Sanskrit).

Thus, we see that Cement Industry is also playing a similar role in protecting our environment.

Shamsundar Mouray  
AGM - Customer Service  
My Home Industries Ltd.

## MOTIVATION

A well known speaker started off his seminar by holding up a 100 rupee currency note. In the room of 100, he asked, "Who would like this 100 rupee note?"

Hands started going up.

He said, "I am going to give this 100 rupee note to one of you but first, let me do this." He proceeded to crumple the currency note up.

He then asked, "Who still wants it?"

Still the hands were up in the air.

"Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe.

He picked it up, now all crumpled and dirty. "Now who still wants it?" Still the hands went into the air.

"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth Rs. 100. Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. You are special - Don't ever forget it!

Prashanthi  
My Home Industries Ltd.

## FENCE

There once was a boy who had a temper. His father gave him a bag of nails and told him that every time he loses his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks as he learned to control his anger the number of nails hammered gradually dwindled down. He discovered it was easier to hold his temper than to drive nails into the fence.

Finally the day came when he didn't lose his temper. He told his father and his father suggested that the boy now pull out one nail for each day that he was able to hold his anger. The days passed and the boy told his father that all the nails were gone.

The father took the boy by the hand and led him to the fence. He said look at the holes in the fence. The fence will never be the same, when you say things in anger, they leave a scar just like the ones on the fence. You can put a knife in a man and draw it out. it won't matter how many times you say I am sorry, the wound is still there. A verbal wound is as bad as a physical one. Friends are very rare. they make you smile and encourage you to succeed. They lend an ear, and always want to open their hearts to us.

Hemanth  
AGM - MHIL

# DISTRACTIONS IN THE OFFICE

What comes to mind when you think about office distractions?

The most common ones cited are email, telephone, and paper. Of themselves, those are enough to overwhelm a person each day. However there are other distractions causing you to lose valuable, productive minutes. Some of these you may not initially consider a distraction. Yet anything that side tracks your focus can be a problem.

1. Email
2. Telephone
3. Paper
4. Visitors
5. Noise
6. Lists
7. Expectations

Review each of these to assess whether they might be issues during your day.

**Email** - There are two main problems that occur. One is the constant alert notices for new messages. You can choose to turn off those indicators. The second is an inbox that never gets cleared. You then repeatedly scroll through all of the items because you are fearful of overlooking an action. Find a system of folders that lets you empty the general inbox and prioritize your action items.

**Telephone** - Do you feel you have to answer every call right when it comes in? Allow yourself some uninterrupted time each day and let your voice mail tell callers when they can expect to hear from you. Set aside shorter time blocks to deal with non-urgent calls.

**Paper** - If you have stacks of papers on your desk, you will shift through them frequently to find the urgent tasks. Instead set up Daily Action folders, make a decision on the needed action the first time you look at it, place it in the appropriate folder, and keep your desk cleared of distracting stacks.

## BE POSITIVE

One teacher had two disciples. One of them had an auspicious positive vision and he always sought out good points from anything he observed while the other one had an inauspicious vision and always found out some negative or faults from his observations.

One day, the teacher went out to a park with both the disciples and while wandering in the garden, they came across a mango tree from which some ripe and juicy mangoes were hanging.

On seeing this, the teacher thought to test both of his students. Therefore, he called them beside him and asked them to observe the tree full of mangoes very carefully. Then, he asked the first one, "My dear child, what do you think of this mango tree?"

The disciple answered instantly, "Teacher, in spite of people hitting this tree with stones, it gives us sweet and juicy mangoes. It feels hurt but still it gives us fruits. I wish all human beings learn this important message from the mango tree - to share their belongings even if they have to suffer for this."

After that, the teacher asked the same question to the other disciple, "My dear child, what do you think of this mango tree?" The student aggressively answered, "Teacher, this mango tree is no good and will not give mangoes by itself but only when we hit it with stones and sticks.



**Visitors** - Clients may drop by without notice or a colleague may have a break and decide to relax in your space. Get to the point quickly if someone comes by and interrupts your work. Socializing is good at certain times, but, like aspirin, too much within the work day is not beneficial.

**Noise** - Overhearing colleagues' discussions, one-sided telephone conversations, or external activities diverts your concentration. If you are easily distracted, try closing your door or using a small white noise machine or wearing headphones.

**Lists** - Working from a list of tasks or phone calls received will cause you to review the same items again and again. You keep repeating decisions every time you scan through the listings. Your mind jumps around instead of focusing on one item in front of you. Write down tasks on single sheets of paper so that you can easily prioritize your work and improve your focus.

**Expectations** - What response time has unofficially developed with regard to returning phone calls and email messages? When you feel you have to respond immediately to communications, you allow yourself to constantly be interrupted. Could a three-minute response time be changed, letting people know you will get back to them within two hours or four hours? Outlook has "Rules & Wizards" you can apply for the VIPs in your system who must always get through.

G. Laxmi Narayana  
GM - HR

My Home Industries Ltd.

Therefore, we should hit it hard to get sweet mangoes from it. That is the only way to get these mangoes. It is also clear from this tree that in order to get good fruits from others, we need to be violent and only when we become violent, then and only then will we get happiness."

Teacher was delighted with the answer given by the first student because he had an admirable vision and appreciated the tree with positive vision while on the other hand the second student's answer dissatisfied him because he saw the tree with negative vision and insisted on learning the wrong way of getting fruits in life. He showered his blessings on the first disciple whole-heartedly.

Even though the situation is same, it still depends on how we interpret it, which shows our mental status and the way we think of others.

Develop a positive vision and always find out something good from everything and everyone.

G.K. Balaji

My Home Power Consultancy Services Ltd



# SAVE NATURE

It was quite early in the morning; the sky was barely starting to get light with the sun not coming out of his adobe. The birds were still asleep in the motionless trees. There was a strange quietness, the quietness of the slumbering earth before the man begins his toil. A noisy waterfall, as if to wake the slumbering world around it, was cascading down the hills.

Mystically, as always, the day broke within a wink and the treetops began to glow with the rays of the rising sun smooching them. A capricious breeze gently stirred the young corn fields making the dew drops trickle to the ground. A rain bow appeared with the myriad rays of the sun touching the jewels of dew that pervaded in the atmosphere.

Giving shape and colour to the awakening sky, the rising golden ball over the hills turned the clouds brilliant with its glorious colours. Below the hills was a beautiful village with incredible green fields surrounding it. Parting the fields a track was leading to the village.

A woman sitting under a tree was tuning a stringed instrument while humming a song in that quietude. It was mellifluous and appeared to be deeply religious. The whole atmosphere suddenly seemed to change. It turned into a true confluence of the beauty of the nature and the divinity of the music. Relishing the symphony of music and ethereal beauty simultaneously was a memorable experience. For me it was heavenly and a state of complete oblivion. How great the creation of God is!! Nature is motherly ....Nature is divinely... A tranquilizer of all agonies...



The best and most beautiful times in our life need not be adventurous and exciting; it is the smaller pleasures often remain to be the best things in our life...

To smell the roses, to touch the morning dew, to listen to the songs of birds and to be aware of the great wonders of this beautiful nature would fill our hearts with inexplicable joy. But man instead of relishing this beautiful nature is running after artificial things that tantalize him trying to get relief from the monotonous life he is leading. Markets are deluged with a large number of such goods and pleasures nowadays.

Soft sunsets...splendid moonlights...wafting breezes can never be made by man. They are the precious and ingenuous bounties provided by God to the humankind. It is up to us whether to relish its beauty...or destroy it ...

'A thing of beauty is a joy forever...'

M. Karuna Kumari  
My Home Constructions Pvt Ltd.

# SELF LIBERATION

Self-Liberation is a divine quality one should adopt to make a harmonious living and to make a creative workspace in any organization. While surfing through internet I found this very interesting and I got fascinated by the depth of this philosophy. I intend to share this as my expression.

"Jivan Mukti's philosophy of Self-Liberation is a simple exercise in Socrate's classic phrase "know thyself." Self Liberation is about freeing yourself. It is about pure and peaceful living. It is good for the soul, the society at large, and it gives the living world its best chance at sustainability. It's worth considering, right? Well, the first thing you have to do is let go of the MORB life. Mukti's contemporary social theories define the MORB as a person who wears a "mask over their rational being".

So who is a MORB? Take a look around. They aren't hard to spot. You may even want to start with the mirror! A MORB could be co-workers who keep saying they'll go back to school, the friend who gossips nonstop, the family member who nags and constantly complains about the smallest slights, your neighbor who is too noisy, the ex that gambles or smokes or especially the people who spend every paycheck at the dollar store. Anyone arguing over anything could qualify as a MORB. MORBs, in essence, make up "the mob" mentality, a million faces crowded together stagnant, unhappy and utterly trapped within a limited self-centered internal dialogue (I.D.) bound into a consumerist cosmos that masks the gritty surface level of co-existence.

Tired of carrying a MORB ID around? Sick of skimming the surface of survival? Then, "Be E3". Jivan Mukti suggests Self Liberation as a solution to the MORB identity. Self Liberation is a path towards conscious living, a lifestyle philosophy that proclaims you are what you perceive in every moment of reflection. Having "I" awareness



is contemplating what I think, say and do. Jivan Mukti describes the character opposite of a MORB as being E3. An evolved person who displays egalitarian tendencies is an E3 person described an "Excellent Example of Enlightenment".

So how does one "Be E3?" It all comes from having a sense of ease. Shed negative thoughts. Stop speaking poorly of others. Take a relaxing breath of fresh air. Rather than strike out or seek revenge, 'attune' to the E3 channel of spiritual love and let the idea that you are a "divine distributor" strengthen you. Most likely, if you ask you will find others who share your attitude and lifestyle. Together you form a new 'community' by the quality of conversation that lives within it and you. Perhaps the new people you meet represent the next generation of Ultra-Being E3. It's easy to find ultra-being E3 people - they practically glow! They smile often, walk as if they are on air, are concerned and caring and at peace with life. Most importantly to become E3, love your life. Take care of your body, your mind and ease the soul. Rest, contemplate, and laugh.

"Happy days are here again!"

Venu Madhav  
PS to Director (Tech)  
My Home Constructions Pvt Ltd.

# HEALTH TIPS

A practical guide to removing toxins (pesticides, heavy metals etc.) from the body

We are presently being exposed to thousands of toxic compounds which enter into our body system through various sources such as breakfast cereal, toothpaste, shampoo, soap, perfume, deodorant, hair dye, newspapers, magazines, exhaust fumes, carpets, new mattresses, dry cleaning or a newly-painted bedroom etc.

These toxic metals and chemicals accumulate in our fat cells; in our major organs such as the liver, kidneys and brain; in our glands such as the thyroid and adrenals; and throughout our central nervous system. Once in these storage sites, they can remain for decades or even a lifetime.

The accumulation of these toxic chemicals and metals results in our body not being able to assimilate and utilize essential minerals such as iron, calcium and magnesium. This causes enzyme dysfunction, nutritional deficiencies, hormonal imbalances, neurological disorders, damage to brain chemistry, and can even lead to auto-immune disorders, cancer, and other debilitating chronic conditions.

In order to lessen the body's burden of toxins, we can consciously attempt to minimize exposures by choices we make in eating, drinking and by avoiding chemical exposures wherever possible

Eat organic foods. Remove pesticides from your diet by choosing foods that have not been sprayed with them.

Eat living or fresh foods, such as fruits and vegetables. Fresh fruit and whole fruit juice, including berries, citrus, apples, nectarines, melons and bananas detoxify your body. Eat your fruit alone or before you eat anything else.

Eliminate recreational drug addictions and habits, including tobacco, because pesticides are used to keep the plants healthy.

Drink water. Your body works hard to naturally eliminate toxins, but it needs a lot of water to flush the pesticides out of your kidneys.

Reduce the amount of meat and dairy in your diet unless Organic. Animals eat grasses that are laden with pesticides, and these toxins are transferred into their meat and milk.

Practice Yoga and Pranayam to cleanse your lymph system and flush toxins from your blood. Sweating through jogging and aerobics also helps in flushing toxins out of body.



Vitamin C is the most common "vitamin" deficiency seen today since our ability to neutralize the effects of pollutants depends upon the daily intake of vitamin C (or buffered mineral ascorbates) in an assimilable form. Ascorbates are also very effective detoxifiers of heavy metals and chemical poisons. Ascorbates have detoxifying effects on lead, mercury, carbon monoxide, sulfur dioxide, various carcinogens, bacterial toxins and poisons; and it protects us from benzene exposure. Only people who eat an all raw foods diet of freshly picked and naturally ripened fruits and vegetables as well as sprouted seeds and grains will be giving their bodies the amount of vitamin C their bodies need daily. If you live in a city, your body's daily vitamin C requirements may be as much as 10 grams a day.

Cilantro - also known as coriander or Chinese parsley and Chwayanprash - has been proven to discharge toxic metals from our bodies in a relatively short period of time due to its high Vitamin C content.

## Magnesium

Most people today are deficient in magnesium. The importance of magnesium cannot be overstated since it is a critical element in over 325 biochemical reactions in the human body. Since it is magnesium that controls the fate of potassium and calcium in the body, if magnesium is insufficient, potassium and calcium will be lost in the urine and also calcium will be deposited in the soft tissues (kidneys, arteries, joints, brain, etc.)

Magnesium protects the cells from absorbing aluminum, mercury, lead, cadmium, beryllium and nickel. Evidence is mounting that low levels of magnesium contribute to the heavy metal deposition in the brain that precedes Parkinson's, multiple sclerosis and Alzheimer's.

--- Editorial Team

Congratulations to Mr. V S Narang, Director (Technical) for his nomination as Member of the prestigious Board of Governors for NCB (National Council for Cement and Building materials) for the year 2013

## QUIZ



- What is the shortest distance between Soviet Russia and USA?
- The famous cricket ground "Lords" falls in which county of England?
- If you are a cruciverbalist, what would you love to do?
- Which is the first corporate group of hospitals in India?
- Which country has a plain green rectangular national flag?
- If a pythoness is not a female python, what is it?

-- K.V. Kesava Rao

- What is the maximum permitted weight of a cricket bat?
- The principle of Homeopathy is : "similia similibus curantur". What does this mean?
- What is common to sage Vasistha, Sri Hanuman, Vibhishana and Aswathama?
- Which is the southernmost tip of India?

### Answers for previous quiz

1. The Arabian Nights Entertainment
2. Temperature
3. Troposphere
4. Spain & Kosova
5. Tortoise
6. 20 milk Teeth
7. under gravity & vaccum
8. Dr. Sarvepalli Radhakrishna
9. Albert einstein
10. Helena Petrovna Blavatsky

Previous  
Quiz winner

BISWANATH PARIDA  
MHIL - BHUBANESWAR  
ACCOUNTANT  
EMP NO. 895

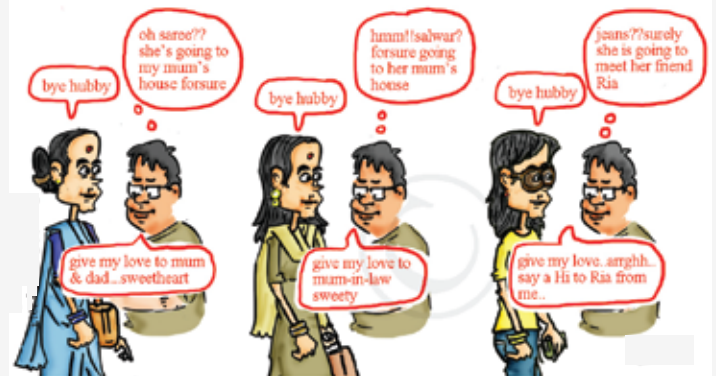
Each question carries one mark. First entry received with highest marks will be awarded a gift.

Mail your answers to: [expressions@myhomegroup.in](mailto:expressions@myhomegroup.in)

## THE EVOLUTION OF HUMOUR



- The boss returned from lunch in a good mood and called the whole staff in to listen to a couple of jokes he had picked up. Everybody, but one girl laughed uproariously. "What's the matter?" grumbled the boss. "Haven't you got a sense of humor?" "I don't have to laugh," she replied. "I'm resigning on Friday."
- The businessman dragged himself home and barely made it to his chair before he dropped, exhausted. His sympathetic wife was right there with a tall cool drink and a comforting word. "My, you look tired," she said. "You must have had a hard day today. What happened to make you so exhausted?" "It was terrible," her husband said, "The computer broke down and all of us had to do our own thinking."
- The boss who was on the 25th floor of the building called up the clerk on the ground floor for an important file. Since it was rather urgent the boss told the clerk it was an emergency and that he should hurry with the file. After more than 30 minutes the clerk appears all tired and panting for breath. The Boss asks him why he was panting and what caused the huge delay. The clerk replies, 'Boss when I went to the lift it said 'during an emergency please use the staircase'!!!



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### ■ The child and his mother

A curious child asked his mother: "Mommy, why are some of your hairs turning grey?"  
The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!"  
The child replied innocently: "Now I know why grandmother has only grey hairs on her head."

-- Editorial Team

# ముచ్చింతల్లో 'జిమ్స్' ఆస్పత్రి ప్రారంభం 'జిమ్స్'తో పేదలకు మెరుగైన వైద్య సేవలు



ముచ్చింతల్లో ముచ్చింతల్ వైద్య ఆస్పత్రి ప్రారంభం

## చురుకుడు స్వామి • జీవా ప్రాంగణంలో ఆస్పత్రి ప్రారంభం



ముచ్చింతల్ వైద్య ఆస్పత్రి ప్రారంభం, ఈ సందర్భంగా ముచ్చింతల్ వైద్య ఆస్పత్రి ప్రారంభం



### రాజదాని శివారులో..

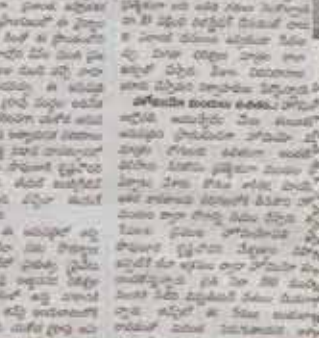


# ఆరోగ్య ప్రదాయిక చాలీరక శ్రమకు దూరం కావడం వల్లే రోగాలు

జిమ్స్ తో జనం సంబంధం పెంచుకుంటే 80 శాతం ప్రజలకు నేరూజు లక్షణాల తగ్గినట్లు తెలుసుకుంటున్నారని ఆరోగ్య శాఖ అధికారులు తెలిపారు.

జిమ్స్ ఆస్పత్రి ప్రారంభం జరిగిన సందర్భంగా ఆరోగ్య శాఖ అధికారులు ప్రజలకు ఆరోగ్య సలహాలు ఇచ్చారు. జిమ్స్ ఆస్పత్రి ప్రారంభం జరిగిన సందర్భంగా ఆరోగ్య శాఖ అధికారులు ప్రజలకు ఆరోగ్య సలహాలు ఇచ్చారు.

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# పేదలకు కార్పొరేట్ వైద్యం అందించడమే జిమ్స్ ఉద్దేశం



జిమ్స్ ఆస్పత్రి ప్రారంభం జరిగిన సందర్భంగా ఆరోగ్య శాఖ అధికారులు ప్రజలకు ఆరోగ్య సలహాలు ఇచ్చారు. జిమ్స్ ఆస్పత్రి ప్రారంభం జరిగిన సందర్భంగా ఆరోగ్య శాఖ అధికారులు ప్రజలకు ఆరోగ్య సలహాలు ఇచ్చారు.

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