

Vijay path

News & Topical views : V-Trans World

Jan-Feb 2022 Vol.17, Issue 1



**SPREADING
THE COLORS
OF TRUST
AND VALUE.**



Other Divisions:



From the Desk of the Managing Director

Dear Friends,

Greetings to you all for the receipt of the first issue of Vijay Path for the year 2022. With multiple news that now the COVID is on the verge of end, I pray and believe that we all will have a much better, healthy, safe, and progressive new year. In the recent wave, we have seen the wonder that Vaccine made, in terms of reducing the severity and ensuring that the situation is much under control. We are hopefully moving towards endemic, if not reached there, but still, we recommend continuing with protection that, we all have been keeping so far, importantly the mask, and social distancing.

The last quarter of the financial year is very crucial and impacts significantly on the performance of the whole year. I wish that we close the financial year with ever highest revenue figures in March.

Friends, with our motto of being better each day, we keep doing some improvisation, whether big or small. As I informed earlier, we have taken a great initiative with the launch of Vijayant, our new ERP system. Vijayant brings new energy into the group, and will surely be going to be beneficial to all associated with V-Trans. Let me express my happiness and appreciation for our team, which is giving its best to making Vijayant a path-breaking success. They are meetings almost daily with our globally best tech partners to have all the points covered and make it flawlessly smooth integration with our business.

We have to put all our might now on the business as this is the time now to pull up things. The industry has seen good recovery and people are becoming used to the situation, hence the severity of impact on business is now lesser than earlier despite the high number of cases. Our focus will be completely on sales, enhanced strategy for clients onboarding, retention, & growth.

We also started the reading session and regional connect for Vijay Path for the internal team, hope the same is helping you all to gain better out of this wonderful product where the curated information is shared with all.

In this issue, the people profile has coverage of the CS team, info about our network expansion, some health tips, an article on Vijayant, coverage of the CHEMLOG event where we took part, and details of the Vijay Path reading session and session I had on the planners we distributed this year.

I wish all the best again and hope to close this year on a high note and begin the new year with even higher.

Best Wishes,
Mahendra Shah



From the Desk of the Managing Director

प्रिय मित्रों,

वर्ष 2022 के लिए विजय पथ के पहले अंक की प्राप्ति के लिए आप सभी को बधाई। कई समाचारों के साथ कि अब COVID समाप्त होने के कगार पर है, मैं प्रार्थना करता हूँ और विश्वास रखता हूँ कि हम सभी के लिए यह एक बेहतर, स्वस्थ, सुरक्षित और प्रगतिशील नया साल होगा। हाल की लहर में, हमने देखा है कि वैक्सीन ने गंभीरता को कम करने और स्थिति को बहुत नियंत्रण में सुनिश्चित करने में मदद की। हम उम्मीद करते हैं कि हम COVID की समाप्ति के फेज़ की ओर बढ़ रहे हैं, लेकिन फिर भी, हम सुरक्षा के upay जारी रखने की सलाह देते हैं, जिसे हम सभी अब तक रखते आए हैं, महत्वपूर्ण रूप से - मास्क पहनेंगे और Social Distancing नियमों का पालन रखेंगे।

वित्तीय वर्ष का last quarter बहुत महत्वपूर्ण होता है और पूरे वर्ष के प्रदर्शन पर महत्वपूर्ण प्रभाव डालती है। मेरी इच्छा है कि हम वित्तीय वर्ष मार्च में अब तक के highest revenue figures के साथ close करेंगे।

दोस्तों, हर दिन बेहतर होने के अपने आदर्श वाक्य के साथ, हम कुछ न कुछ सुधार करते रहते हैं, चाहे वह बड़ा हो या छोटा। जैसा कि मैंने पहले बताया, हमने अपने नए ERP System, Vijayant के लॉन्च के साथ एक बड़ी पहल की है। Vijayant, group, में एक नई ऊर्जा लाता है, और निश्चित रूप से वी ट्रांस से जुड़े सभी लोगों के लिए फायदेमंद साबित होगा। मैं अपनी टीम के लिए अपनी खुशी और प्रशंसा व्यक्त करता हूँ, जो विजयंत को एक महत्वपूर्ण सफलता दिलाने के लिए अपना सर्वश्रेष्ठ दे रही है। वे हमारे विश्व स्तर पर सर्वश्रेष्ठ तकनीकी भागीदारों के साथ लगभग प्रतिदिन Meetings कर रहे हैं ताकि सभी बिंदुओं को कवर किया जा सके और इसे हमारे व्यवसाय के साथ बिना किसी रुकावट के रूप से ekikrut किया जा सके।

हमें अपनी पूरी ताकत कारोबार badhane में लगानी होगी, क्योंकि यह समय अब चीजों को आगे बढ़ाने का है। business में अच्छी रिकवरी देखी गई है और लोग स्थिति के अभ्यस्त हो रहे हैं, इसलिए मामलों की अधिक संख्या के बावजूद business पर प्रभाव की गंभीरता अब पहले की तुलना में कम है। हमारा ध्यान पूरी तरह से Sales, Strategy, client On-boarding, retention, & growth पर होगा।

हमने internal टीम के लिए विजय पथ का Reading Session & Regional Connect भी शुरू किया, आशा है कि यह आप सभी को इस अद्भुत product से बेहतर लाभ प्राप्त करने में मदद कर रहा होगा, इससे संबंधित महत्वपूर्ण जानकारी सभी के साथ साझा की जा चुकी है।

इस अंक में, People profile में CS टीम की कवरेज, हमारे नेटवर्क के विस्तार के बारे में जानकारी, कुछ स्वास्थ्य Tips, विजयंत पर एक लेख, CHEMLOG कार्यक्रम का कवरेज जिसमें हमने भाग लिया, और विजय पथ रीडिंग Session पठन सत्र 1 का विवरण दिया है जोकि हमने इस वर्ष शुरू किया था।

मैं फिर से शुभकामनाएं देता हूँ और उम्मीद करता हूँ कि इस साल को अच्छे बिजनेस के साथ close किया जाएगा और नए साल की शुरुआत और भी अधिक अच्छी होगी।

Best Wishes,
Mahendra Shah



People Profile – Customer Support Team

In this issue of people profile, we have covered the CS team. Being one of the important parts and the custodian of the helpdesk of clients, the CS team plays a vital role in ensuring the customers are satisfied with the solutions given for their queries and proactively provided with the desired information.

The team is quite young and, under the guidance of our executive director Mr. Aditya Shah, is headed by Mr. Bhavin Shah. Mr. Bhavin has an industry experience of 21 years, and has been leading the CS function, in companies before joining V-Trans. With us, he is heading the customer support department of V-Trans & V-Xpress division.

A team of dedicated customer support managers such as Ms. Poonam Chaudhari, Ms. Jyoti Patil, Ms. Surinder Kaur, Ms. Komal Rajput, Ms. Suhani Nikam & Mr. Siddhant Gavhankar is there with Mr. Bhavin to handle the pan India CS team of around 100 colleagues. Mr. Bhavin is also supporting Mr. Aditya Shah strategically as an Executive Assistant.

The team believes that Customer Support is not a department or function but an attitude. In business, it has proved to be a real need in serving customers which results in retention & growth of revenue. By providing top-notch customer service, businesses can recoup customer acquisition costs and cultivate a loyal customer and enhance further business scopes through referrals.

Response on time, Resolution time taken to Address queries & reciprocating the right action on customer's feedback received through various channels are the key driving factor of the Customer service

Corporate Customer Support Team



Mr. Bhavin Navin Shah

Designation : Corporate Manager - Customer Service
Executive Assistant to Executive Director

Total Experience : 21 Years

Associated with V-Trans : 2.5 Years

Life mantra: यथा दृष्टि तथा सृष्टि

You see what you are, you become what you believe
You see the world through a mirror and not a window

Key People V-Trans :



Mrs. Poonam Chaudhari

Designation :
Manager – Customer Service

Total Experience : 17.5 Years

Associated with V-Trans :
since 4 Years

Role : Leading field Key Accounts
& Customer Service at V-Trans



Mrs. Jyoti Patil

Designation :
Asst. Manager – Customer
Service

Total Experience : 13 Years

Associated with V-Trans :
since 6 Years

Role : Supporting ED's Desk &
Managing Helpline Team of
V-Trans & V-Xpress

Key People V-Xpress :



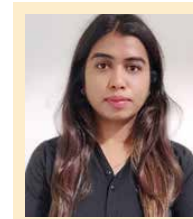
Mrs. Surinder Kaur

Designation :
Sr. Manager – Corporate Key
Accounts

Total Experience : 23 Years

Associated with V-Xpress :
since 1 year

Role : Leading North Field &
Corporate Key Accounts at V-Xpress



Mrs. Komal Rajput

Designation :
Manager – Corporate Key
Accounts

Total Experience : 13 Years

Associated with V-Xpress :
since 1 quarter

Role : Leading West, South &
East Corporate Key Accounts
at V-Xpress



Mrs. Suhani Nikam

Designation :
Asst. Manager – Key Accounts

Total Experience :

Associated with V-Xpress :
since 7 Years

Role : Leading West, South & East
field Key Accounts at V-Xpress



Mr. Siddhant Gavhankar

Designation :
Sr. Executive – Claims

Total Experience : 4 Years

Associated with V-Xpress :
since 2 Years

Role : Managing Claims at
V-Xpress

People Profile – Customer Support Team

Helpline Team

Key developments in the recent past for the CS team area listed below:

- Successful implementation of Support CRM for helpline team
- 24x7 IVR & WhatsApp based tracking service
- WhatsApp based consignee feedback for retail customers
- Proactive tracking for HVC, DACC, SAARC & Retail
- Social Media Complaint desk
- Auto-MIS for regular customers
- IVR based calling for CC attached consignments



Yogita Sharma
Executive - CS

Total Experience : 28 Yrs
V-Trans Experience : 9 Yrs



Rushabh P
EExecutive - CS

Total Experience : 5 Yrs
V-Trans Experience : 2 Yrs



Pratik Parikh
Executive - CS

Total Experience : 15 Yrs
V-Trans Experience : 1 Yrs



Neelam Pandey
Executive - CS

Total Experience : 10 Yrs
V-Trans Experience : 9 Yrs



Sunil
Executive - CS

Fresher
V-Trans Experience : 1 Month



Kaushik Shetty
Executive - CS

Total Experience : 7 Yrs
V-Trans Experience : 4 Yrs



Ashish Singh
Executive - CS

Total Experience : 2 Yrs
V-Xpress Experience : 1 Yrs



Rubeka Raymond
Executive - CS

Total Experience : 10 Yrs
V-Xpress Experience : 3 Yrs



Vaibhav Shelke
Executive - CS

Total Experience : 4 Yrs
V-Xpress Experience : 1 Month

“VIJAYANT” on the way -

Route for smoother logistics operations & decision making

Logistics plays a crucial role in the performance of any industry since the distribution of material, personnel, information, and services depends on it. For an efficient logistics process, tools are required to visualize and analyze the complexities involved in the production, inventory, storage, materials, personnel, and the safe delivery of products.

We are talking about a comprehensive business management system, which uses a centralized database that is updated in real-time, allowing the various modules, which are connected to each other, to access information in a timely manner and avoid duplication. In logistics, this is essential because, for example, Sales information is immediately reflected in Inventories and Accounting, allowing the company to obtain a macro view of its processes.

An ERP in logistics is of great help to optimize processes, as it integrates solutions that go beyond distribution, allowing us to improve operational efficiency, make well-informed decisions and reduce costs. As we are the logistics partner of all of our clients, when we bring more efficiencies, it helps all of them and helps in gaining the logistics edge over their competition.

In a series of articles, we have shared updates with you all about our upcoming ERP, “Vijayant”. Here we are sharing some key advantages that our system will provide.



- 1. Introduction of Change Management and adoption of a new way of working with ease, better control, and more efficiency.**
- 2. Delegation of authority and better approval Flow of matrix through the new system to automate the process and reduction in decision-making time.**
- 3. Analytical reports to help the Users for prediction and decision-making basis on historical data and past event capturing.**
- 4. Cost optimization to offer better and competitive prices to a customer.**

By relying on a logistics ERP, a simple and efficient workflow system is created. The system streamlines processes by integrating information from different areas, allowing us -for example- more fluid and reliable data exchange between areas such as Inventories and Accounting. As per reports, after implementing an ERP, approx. 87% of companies experienced an improvement in their processes.

Our core team of functional champions and Vijayant driving committee is working relentlessly, discussing all aspects, covering all scenarios for having the best possible ERP. The team meets almost daily and spends around 4-5 hours in the discussion and brainstorming. We have globally renowned tech partners with us, even their expertise is helping us in moving forward positively. We have taken the services of the world's best Oracle and India's indigenous ShipEx for building Vijayant, which will be redefining the logistics experience for our team internally as well as for our clients.



Group Pulse –

MD's Address on Vijay Path Reading Session & Regional Connect

Our MD Mr. Mahendra Shah is a change agent. He has transformed himself by working on various parameters and that has been reflected in the transformation of the group that we see. Mr. Shah keeps sharing ideas and wisdom that he has acquired over years, with colleagues and associates often. On the occasion of the new year, he again connected with the team, to share tips on how to use the V-Trans planner that is made customized for the team. The MD's address in the group has been given the name of Group Pulse, and the theme for this session was R2SC – Reading session and Regional connect.

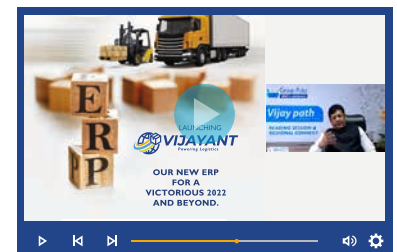
Mr. Shah, explained in the session, about, how a planner is an important tool in daily life to manage all tasks. A daily planner can help in managing time and meeting your deadlines. He suggested that to make sure you use your daily planner in the best way, keep it in your briefcase or bag. Take it with you when you go to work, to your medical appointments, and personal commitments. You'll get the most out of your planner if you make it your main source of information and update it regularly. In the interaction, he also explained the benefits of brainstorming sheets, setting daily goals, prioritizing tasks, and much more.

During the VijayPath Reading session, MD covered how Vijay Path connects with all the family members of the V-Trans group. The in-house newsletter contains news and articles that keep the team updated and informed about the happenings of our group and also keep them in sync with management's thought process. He emphasized that our newsletter is one of the best in the industry and a lot of effort goes behind bringing each issue of this. Vijay Path doesn't have articles or news published simply copied and plain industry information, which is there in most newsletters. In contrast, Vijay Path carries crafted and curated content that is suited for its readers. The unique attributes of Vijay Path are the carefully chosen content, positive language, direction for colleagues, and information of key updates in V-Trans. The ending session is initial so that the colleague can get maximum out of this product.



Link of Vijaypath Reading Session & Planner brief

<https://youtu.be/XN4jBd3J9VY>



Network Expansion

Logistics is the art of managing the supply chain efficiently. A strong network with proper hubs and spokes help in ensuring distribution to all nook and corners. Our group's focus on key pillars of logistics excellence like – Technology, Humans resources, and the network has always been very high. In sync with our overall efforts of building the next in league ERP Vijayant, grooming the team for excellence, we also have been consistently expanding our network by adding Hubs and branches at strategic locations. Listed below are the recent expansion in our network which will strengthen further our pan India reach and distribution capabilities.

V-Trans Branch in Jalandhar

To cater to the growing needs of the north region and to service one of the major industrial hubs, Punjab in a better way, we opened up a new branch at Jalandhar. (In pics, an opening ceremony of the V-Trans New Jalandhar Branch, the team participated in the pooja ceremony at Branch on 24th Jan 2022)



V-Trans Branch in Meerut

Being the biggest state of the country by population UP is an important geography for us and we are strengthening our presence there. We recently added a branch at the key industrial town of UP – Meerut. (In pics below – the inauguration ceremony of V-Trans New Meerut Branch, on 6th Jan 2022)



V-Xpress Branch Waluj Hub

Our V-Xpress COO, Mr. Rajiv Bhattacharya & the team gathered to inaugurate our new hub facility in Aurangabad, Waluj on 18th Dec 2021. For the penetration level that we have strategized to go deep in Maharashtra, Waluj becomes a key location to have our next State of the art Hub center. Our new warehouse is well connected with state and national highways, industrial parks, and manufacturing hubs.



Bigger size requires bigger experts – Seamless ODC deliveries

Over Dimension Cargo (ODC) consignment movement has been one of the strengths of V-Trans. With our network and team across India, we are capable of delivering the Odd size consignments to any part of the country. Our recent ODC consignments are the best cases where we achieved timely delivery, beyond the borders of the nation. Our team delivered the consignment from Pune to Nepal. Such milestones are the beginning of a new chapter in V-Trans, the capabilities developed for providing solutions for SAARC nations also.

ODC Movement Pune – Nepal (SAARC)

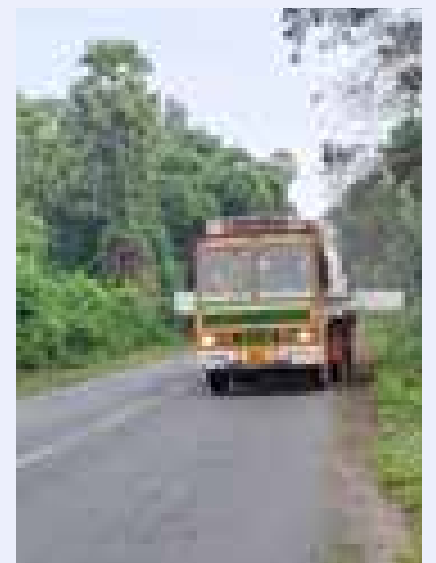


V-Trans Pune Region team were presented, while departure ODC Consignment Pune City to Nepal.

ODC movement Chennai – Gudur (AP)



ODC Consignment / Another execution of commitment and excellence.



ODC consignment from Chennai to Gudur (AP)

CHEMLOG's 6th Edition

6th edition of CHEMLOG gave insights on trends and key guidelines for revolutionizing the Chemical Logistic. V-Trans is a name that comes ahead whenever there is a discussion happening on chemical logistics.

We have demonstrated capabilities in transportation, safe warehousing, and end-to-end logistics solutions. Our group has earned the trust of elite customers, manufacturers, and traders, and is a formidable name in the segment. The massive volume that we handle and excellence that we deliver in the services is a testimony to our expertise of being a champion in handling chemical logistics. Not only do we excel in providing safe and easy logistics solutions, but our solutions are also backed by the reliability that our brand provides.

As chemicals form a massive part of the manufacturing segment of the industry, they become a core component of our logistical solutions. Recognizing the importance that chemical logistics have, V-Trans in partnership with Indus Exposium, paired for CHEMILOG 2021 as an official logistics partner.

Our executive director Mr. Aditya Shah was present at the inaugural ceremony, as part of the chief guests invited there. Mr. Shah felicitated the dignitaries and also took part in a panel that deliberated on the topic "Is India the next destination (replacing China) with eminent panellists.

Our team of ChemStore, presented the salient features of the industry's best warehouse for storing haz-chem, "ChemStore" views and ideas on this event. We presented our bespoke offering in the ChemStore.



Chief guest felicitating Mr. Aditya Shah



Lamp lighting ceremony by Mr. Aditya Shah



Prominent V-Trans Brand presence in CHEMLOG event



Mr. Aditya Shah Sharing stage with other industry leaders



Mr. Viral Shah, Mr. Prasad Dharwadkar with Mr. Vijay Shetty, VP Distribution and Logistics at Alkem laboratories & Mr. Shanker Kuppusswamy, CEO at Nicer globe

To move ahead anyone needs a clear Goal. An organization also sets a goal for the coming time, we have been doing our Goal-setting each year and used to call it Budget earlier. The process we have improvised and made better each time. With the additional depth of planning and more science in making it. We have adopted a new name, i.e. AOP – Annual Operating Plan.

Conducting an AOP exercise is an important schedule where we set a short terms goal i.e. for a year, where we would like to see ourselves one year down the line. Traditionally with various approaches we broadly go for a top-line (revenue) & bottom-line (net profit) number where we would like to see ourselves, with a broader outlook on various parameters of the network.

However, this time Mr. Aditya Shah with the national managers have taken a more in-depth approach on elaborating, not only what are the desired numbers but, also how we are achieving these number by reflecting on ourselves in past and doing an introspection. A few of the important parameters on which the team is going deeper are such as:

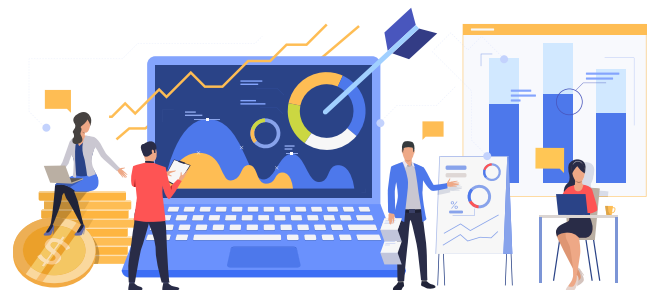
- a) **What went wrong which was a hindrance to our performance?**
- b) **What resources currently do we have and how we can optimize them?**
- c) **Which are the regions/areas/branches that have shown a wider gap in projected numbers?**
- d) **What is our current market share in geographies that we are operating into?**
- e) **What are our competitors doing differently?**

Basis the above introspection, we also need to get into the drawing-room on planning various approaches, such as:

- a) **Thoughtful & focussed sales planning**
 - a. By reviewing our sales pipeline
 - b. Basis the network imbalance, a structured lane-based selling through closed collaboration with operations
 - c. Have an ideal mix of intra & inter region
- b) **Learning & development should be the top priority so that our employees stand out in the crowd in this competitive environment**
- c) **Synergizing in infra (both warehouse & network) with cross-division**
- d) **Regaining the confidence of our lost customers and winning them back**
- e) **Approaching customers who have given constructive feedback in our CSAT (i.e. Customer Satisfaction survey.)**
 - a. Increase our customer engagement at all the levels
 - b. Take corrective action on suggested & applicable parameters

The post above introspection and planning, annual goals would be further drilled region-wise, lane-wise, month-wise, customer-wise, product-wise and would be reviewed periodically with progress milestones on all the parameters of smart selling, operations efficiency, and people productivity.

The team is supposed to put the best possible show for planning an AoP that will be a sure way to achieve the desired numbers for next year. This will boost the confidence and will encourage to take on the bigger number going forward.



Procrastination – "टालने की वृत्ति"

In our local term its known as :“Talne Ki Vruti” or the habit to postpone things. To define what Procrastination is - it is **the act of delaying or putting off tasks until the last minute, or past their deadline**. Some researchers define procrastination as a "form of self-regulation failure characterized by the irrational delay of tasks despite potentially negative consequences.

Fuschia Sirois, a professor of psychology at the University of Sheffield in England, defines procrastination this way: “The voluntary, unnecessary delay of an important task, despite knowing you'll be worse off for doing so.”

There are many reasons due to which one procrastinates, however primarily its managing emotions and self-regulation. Fuschia Sirois, tells that, the main reason for procrastination, has to do with emotional self-regulation — and, in particular, an inability to manage negative moods around a certain task. We usually don't procrastinate on fun things, she said. We procrastinate on tasks we find “difficult, unpleasant, aversive or just plain boring or stressful.” Another reason people procrastinate, Sirois said, is because of low self-esteem. One might think: “I'm never going to do this right,” or, “What will my boss think if I mess up?”

To understand and go to a little deep, we may look at the classification of procrastinators. There are some ways in which they are classified, but as per Mr. Joseph Ferrari, who a professor of psychology at DePaul University in Chicago and author of “Still Procrastinating?: The No Regrets Guide to Getting It Done,” - there are three types of procrastinators:



- Thrill-seekers, who crave the rush of putting off tasks until the last minute and believe they work best under pressure;
- Avoiders, who procrastinate to avoid being judged for how they perform; and
- Indecisives, who have difficulty making important or stressful decisions, often because they're ruminating over several choices.

Procrastination harms in multiple ways, more so when one is part of the team and is a connecting link or is a decision-maker for some important projects. We are listing some tips on how to avoid or overcome this trap :



Practice self-compassion – Don't be hard on yourself, focus on what best you can do, and stop worrying about what others would think.

Attach meaning to the task – see the bigger picture that you will help with your contribution.



Start Small – don't be overwhelmed by the size of the work, break in pieces or pick smaller and easier tasks first to build momentum.

Situate yourself at a place that's interruption-free – in today's world screen pop-ups are the biggest distractors and time killers. Choose a place where for the time being you can be free of distractions from mobile, friends & family. Because once you're interrupted, it's much harder to resume the task you finally started.

Reward yourself – celebrate in a small or big way as you accomplish the tasks in defined/planned timelines. This habit will encourage to build the behavior of doing things in time.



Trucking towards a better environment



The ribbon cutting ceremony was done by our MD

Our group has earned the reputation of being an ethical and responsible organization. For over 6 decades, we have been doing business as per the best practices of ESG compliance. Working for the environment has been our priority and is taken even more sincerely from the last couple of years. We have worked for tree plantation, rural life upliftment, and energy conservation with other CSR work. We worked to harness the power of the sun and also opted for less polluting vehicles in our fleet.

One of our old and cherished associations is with Ashok Layland, a trusted and reputed name in the commercial vehicles industry. We have become the proud customer of their first CNG vehicle, which was delivered to us on 8th Feb'22 at Ahmedabad.

Incidentally, our MD was there at Ahmedabad and could be a part of the ceremony, where along with the fleet head, Mr. Dipak Solani, he took the delivery of the vehicle and also inaugurated the dealer's part of CNG vehicles.

Our Chairman Mr. Ashok Shah has family-like relations with Hinduja Brothers, who are the owners of Ashok Layland. They have been an important part of the family events and also the book of the chairman was launched by their hands only.

In a glittering ceremony, Mr. Sanjeev Kumar, Head M&HCV, of Ashok Leyland handed over the keys of their first CNG truck to MD. Mr. Shah. We are keenly observing the EV space in commercial vehicles and shall be looking forward to the big companies like Ashok Layland to come up with economically and operationally viable options, that will help us do more for nature and society.



Certificate of CNG vehicle



On the dais Ashok Leyland team, Our MD and Mr. Dipak Solani

Health Tips – The perpetual need

Staying healthy is more of a choice and a result of being disciplined and maintaining a balanced schedule, than being by chance. The last 2 years went in a shocking wave of a disease that nobody was aware of and magnitude that wasn't heard of before. Even in the pandemic phase, those who kept all the precautions were less likely to be impacted. Similarly, those who were health-focused and took vaccines timely were less threatened for severity in case of an infection.

However, finally, it looks that we are moving towards the endemic and undoubtedly the vaccines played a great role in helping mankind come over this. Let the learnings of this time be a surety that health will be a priority for all. The health tips are not anything that we don't know or something new has been invented, still sharing them as a reminder. Listed below are some tips to stay fit –

1. **Eat a variety of foods** : For good health, we need more than 40 different nutrients, and no single food can supply them all. It is not about a single meal; it is about balanced food.
2. **Base your diet on plenty of foods rich in carbohydrates** : About half the calories in our diet should come from foods rich in carbohydrates, such as cereals, rice, pasta, potatoes, and bread. It is a good idea to include at least one of these at every meal.
3. **Replace saturated with unsaturated fat** : Fats are important for good health and proper functioning of the body. However, too much of it can negatively affect our weight and cardiovascular health.
4. **Enjoy plenty of fruits and vegetables**
5. **Reduce salt and sugar intake**
6. **Eat regularly, control the portion size** : Eating a variety of foods, regularly, and in the right amounts is the best formula for a healthy diet.
7. **Drink plenty of fluids**
8. **Get on the move, make it a habit!** : Physical activity is important for people of all weight ranges and health conditions. It helps us burn off the extra calories, it is good for the heart and circulatory system, it maintains or increases our muscle mass, it helps us focus, and improves overall health well-being.
9. **Start now! And keep changing gradually** : Gradual changes in our lifestyle are easier to maintain than major changes introduced all at once.



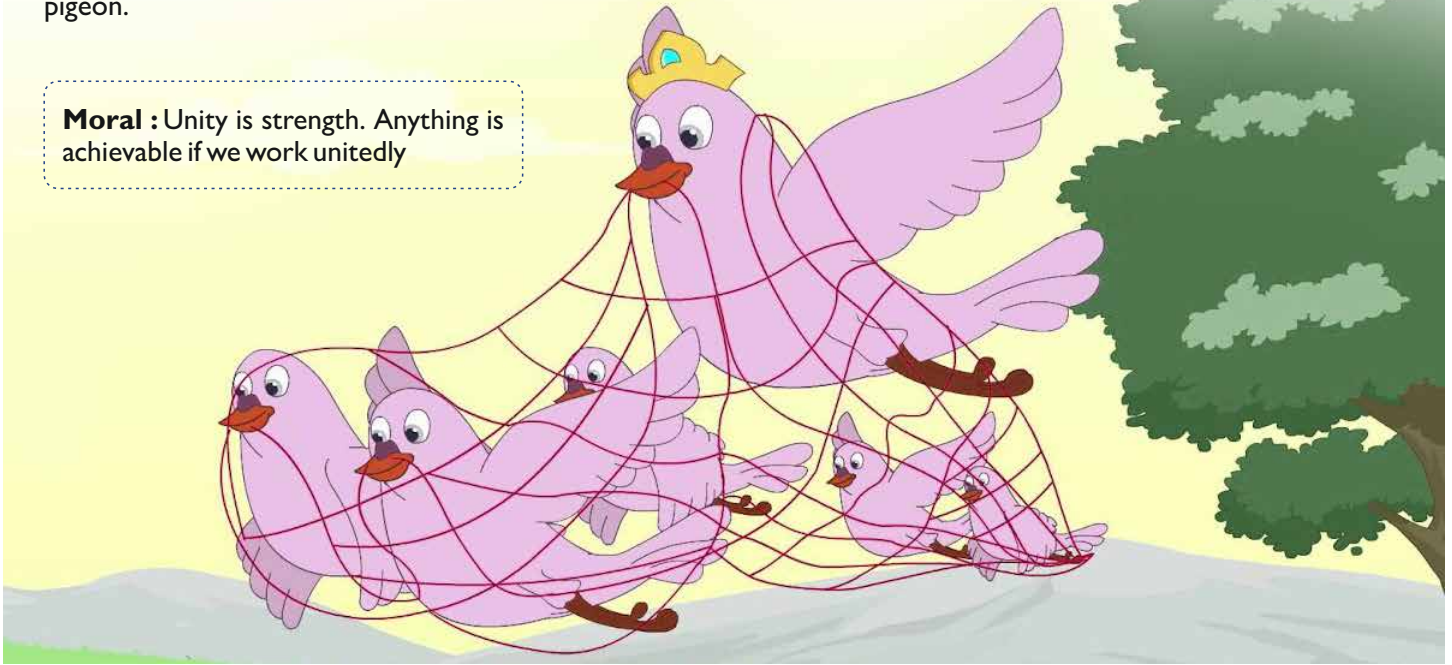
The Pigeons and the Hunter: Unity is strength

Once upon a time there lived a hunter in a small village. The hunter sets out to catch birds. He lays a net and spreads rice all over it. Shortly, a flock of pigeons comes by and start eating the rice and get caught in the net.

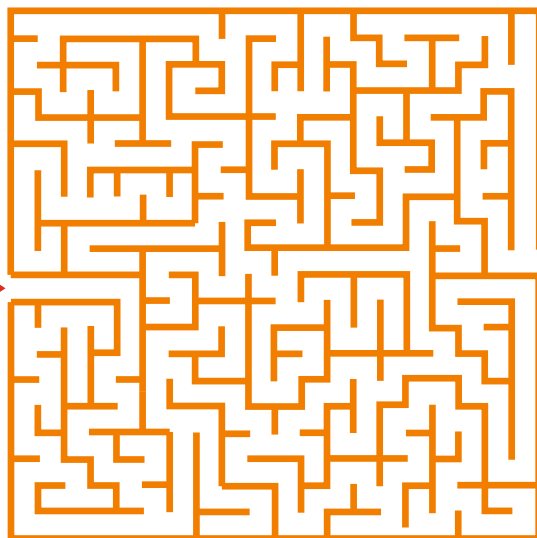
They start to lose hopes. Just then their leader asks them to fly together up in the sky. They do as told and carry the net with themselves. The hunter runs after them but is not able to catch them.

The pigeons fly towards their friend mouse's hole. The mouse on seeing this, cut the net into pieces and frees all the pigeon.

Moral : Unity is strength. Anything is achievable if we work unitedly



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