



SELF DEVELOPMENT SERIES

By Dr Sushma Jaiswal Meher
Chief Executive Officer



THE IMPORTANCE OF GOOD WORK HABITS IN THE WORKPLACE

To succeed in the workplace, it's a good idea to develop work habits and conduct that reflect a desire to help the organization. Managers and coworkers enjoy working with people who report to work every day, interact in positive ways, take pride in their work and complete their assignments on time. With a bit of extra effort, you can prove your value to your colleagues and your boss. They can't help but respect your hard work and efficiency.

NEWSLETTER HIGHLIGHTS

Self Development series- Good Habits

ICE - In case of Emergency

Poem - Vo Bachpan

Mayanagari Mumbai

The Rain & the Evening

Do It Anyway

Recipe of the Month

The Hostel Life - Memories

Women's Day Celebration

Adopt Organizational Habits:

If you had good work habits in school, chances are that the same will be true at work. With good organizational habits, such as time management, note taking and paying attention to details, workers can find success in their professional and personal lives.

That's because getting organized helps people to focus on what needs to be done.

Using tools such as calendars, to-do lists and e-mail reminders, workers can work more efficiently and complete tâches by their deadlines. They can show the people in their workplace they are professionals who are seriously committed to achieving their work goals and even helping others succeed. Think of them as a work habits evaluation tool.

Remember that Productivity Matters:

In a world flooded with technological tools that make life easier, there is a huge focus on productivity in the workplace. People postpone work for a variety of reasons, but too much procrastination can sabotage their career. They might be afraid to succeed at work or presume that a task will be too difficult. To show a good work ethic, you can benefit from tackling tasks head-on and getting help when they seem too difficult.

Managers are good sources of coaching and feedback for difficult tasks. You should also set tangible goals that demonstrate your productivity. The Society for Human Resource Management emphasizes the importance of establishing goals that may be just outside of your reach. These goals demonstrate your interest in being a go-getter.

Focus on Performance:

Good work habits are essential for getting a positive performance evaluation and continuing employment in an organization. A boss writes an employee's evaluation and recommends a pay increase for effective performance, but he usually doesn't give a raise for weak performance. He mentions what areas need improvement, but he may not take as much time to acknowledge many things that an employee does well. One way to get a better evaluation is to become so efficient at your job that you're free to assist others with their tasks, which represents extra productivity and makes you an important asset to a team.

Strong Performance Means Strong References :

It's important to have a record of good work habits when an employee is searching for a job or seeking a promotion. She wants her current supervisor and her personal references to explain to a prospective boss how hard she works, how well she knows her job and how reliable she is for meeting her work goals. References can be the difference maker in securing your job of choice, according to the Harvard Business Review.

Sometimes, employees think they have good work habits, but when they seek honest feedback from their manager, they learn there are improvements to make. If you take time to develop work habits that make you more efficient without sacrificing your work quality, you can use those habits in future jobs.

Leadership Development Programme

InCHES has started its Leadership Development Programme for few of the deserving team members. This programme aims to develop leadership skills among the selected candidates, to inculcate and enhance their qualities which will mould them into our future leaders.



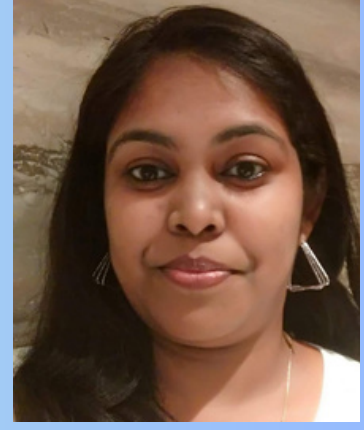
Daisy Patel



Dipali Jadhav



Jyoti Masye



Manasi Ghavnalkar



Jyotika Pawar



Krishna Gupta



Nayeem Shaikh



Usha Poojary



Sachin Pawar



Tejaswi Shinde



Taher Mahuvawala

Hamara INCHEs



By Mr Imtiaz Shaikh



We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this "ICE" (In Case of Emergency) Campaign

The concept of "ICE" is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE" (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE."

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our Mobile phones today!

Please forward this. It won't take too many "forwards" before everybody will know about this It really could save your life, or put a loved one's mind at rest.

Remember:-

ICE will speak for you when you are not able to



By Irfan Mansuri



वो बचपन भी कितना सुहाना था

वो बचपन भी कितना सुहाना था,
जिसका रोज एक नया फसाना था ।

कभी पापा के कंधो का,
तो कभी मां के आँचल का सहारा था।

कभी बेफिक्रे मिट्टी के खेल का,
तो कभी दोस्तो का साथ मस्ताना था ।

कभी नंगे पाँव वो दौड का,
तो कभी पतंग ना पकड़ पाने का पछतावा था ।

कभी बिन आँसू रौने का,
तो कभी बात मनवाने का बहाना था
सच कहूँ तो वो दिन ही हसीन थे,
ना कुछ छिपाना और दिल मे जो आए बताना था ।



By Ashutosh Kumar

मायानगरी मुंबई



मुंबई है महाराष्ट्र की राजधानी,
जिसकी है बड़ी लम्बी कहानी ।

मुंबई का है मौसम सुहाना,
उपार्जन हेतु होता है लोगों का यहाँ आना जाना ।
स्वच्छ मुंबई सुन्दर मुंबई,
मुंबई मे सबकी जिंदगी गुम गई ।

मुंबई है बॉलीवुड का जहाँ,
बड़े बड़े नेता, अभिनेताओं की उपस्थिति है यहाँ ।
मुंबई है भारत की शान,
पानी पूरी और वड़ा पाव में बसी है इसकी जान ।
ईमारतें, पुलों और औद्योगिक मुंबई का क्या है कहना,
ये सब ही तो है इस मायानगरी का गहना ।

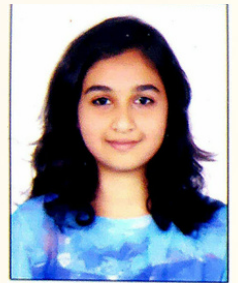
Hamara INCHES



छत्रपति शिवाजी हैं सबके लिए भगवान समान,
देना पड़ेगा सबको मुंबई को सम्मान |
26/11 को हुआ था आतंकी हमला,
जिसमे शहीद हुए वीरों के लिए किये जाते हैं गान |

विभिन्न-विभिन्न संस्कृति वाले लोग मुंबई मे रहते हैं,
अजंता और ऐलोरा की गुफाएँ कुछ तो कहती है |
गेटवे ऑफ इंडिया, नेहरू विज्ञान केंद्र और नेहरू तारामंडल इत्यादि का जाना,
ज्ञान विज्ञान के साथ-साथ मनोरंजन का पाते हैं वहां खजाना |
गुढी पाडवा से यहाँ होती है नूतन वर्ष की शुरुआत
मुंबई मे कभी ना होती रात |
लावणी, कोली और लेजिम है मुंबई मे नृत्य के विभिन्न प्रकार,
गणेश चतुर्थी नवरात्री और महाशिवरात्रि में
मंगल दृश्यों का होता विस्तार |

मेरी मुंबई, प्यारी मुंबई,
अथाह महासागर से घिरी मुंबई |
प्रभादेवी में है सिद्धिविनायक का निवास स्थान,
जिनके आशीर्वाद से ही तो लोग बनते है महान |
यहाँ विज्ञान तकनीकी आदि के क्षेत्र मे सुदृढ़ और शीघ्रतापूर्वक प्रगति करते हैं,
यहाँ कारण है की हमलोग मुंबई को माया नगरी कहते हैं ||



BY SHIRIN NAVARE

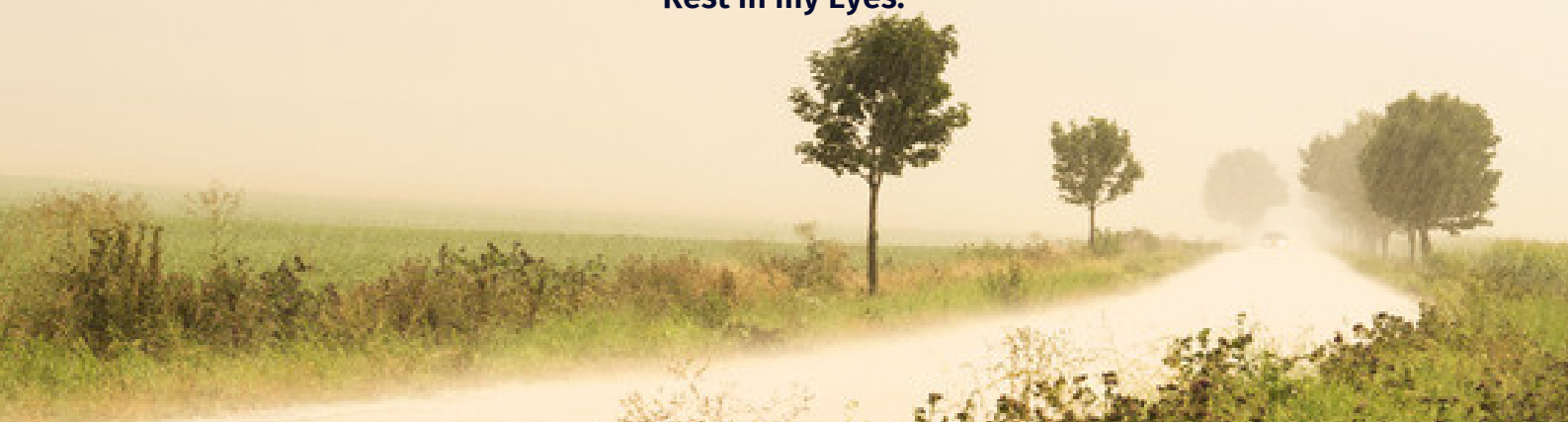
THE RAIN AND THE EVENING

The rain drips quietly down
The windowpane
Through nightfall, midnight, on
To sublit dawn.

The sleeping bag is warm,
The Little room
Suffices for a time
For world, for home.

May too much light not fall
Across the still
Onto the rug, the wall.
For this slow while

May the cool pattering souse
The unquenched trees
And these assuaging greys
Rest in my Eyes.



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THE RAIN AND THE EVENING

Let me not sleep, let me not think,
Let me not ache with inconsistent tenderness.
It was untenable delight; we are free-
Separate, equal – and if lover less,
Love consumes time which is dearer than love,
More unreplicable. With everything
Thus posited, the choice was clear enough
And daylight ratified our reckoning.

Now only movement marks the birds from the pines;
Now it is dark; the blinded stars appear;
I am alone; you cannot read these lines
Who are with me when no one else is here,
Who are with me and cannot hear my voice
And take my hand and abrogate the choice.

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DO IT ANYWAY

By Sneha Pendurkar

People are often unreasonable, illogical, and self-centred;
Forgive them anyway.

If you are kind,
people may accuse you of selfish ulterior motives;
Be kind anyway.

If you are successful, you will win some false friends and true enemies; Succeed
anyway.



If you are honest and frank, people may cheat you.
Be honest anyway.

What you spend years building,
someone could destroy overnight.
Build anyway.

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By Sneha Pendurkar

DO IT ANYWAY

If you find serenity and happiness, they may be jealous;
Be happy anyway.

The good you do today,
people will often forget tomorrow.
Do good anyway.



Give the world the best you have, and it may never be enough;
Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God;
It was never between you and them anyway.

- Mother Teresa



By Sarika vanve

RECIPES OF THE MONTH

"COOKING IS ABOUT CREATING SOMETHING DELICIOUS FOR SOMEONE ELSE."

Laal Maans Recipe (लाल मांस मटन)



Hey I Sarika Vanve , Passion for food has driven me to every nook and corner of the world. From becoming the mumma's lit chef to hosting my own cooking recipe on Instagram and YT. It is my love for cooking that has got this far. Through this I would like to sharing my favourite recipe with you, I love cooking from bottom of heart. Exploring new places, cultures and flavours and then trying in my kitchen is next level fun. Let's engage, exchange and evolve our skills and taste buds with this mouth watering dish.

• Ingredients:-

• For Marination-

1 kg Mutton, curry cuts,
2 tbsp Ginger Garlic Paste

• For Gravy-

¼ cups Ghee, 2-3 Cloves,
10 Black Peppercorns, 2 Small Cardamom, 1 Black Cardamom, 250 gms Onion, sliced, Marinated Mutton / 1 kg mutton, curry cuts, Salt To Taste, 20 Mathania Chilli paste (use soaked chillies), 200 gms Curd (beaten), 1½ tbsp Coriander Powder,
½ tsp Red chilli powder,
½ tsp Cumin Powder, 2 tbsp Mustard Oil.

INGREDIENTS



RECIPE



Process :-

- For Marination-

In a mixing bowl, add mutton, ginger garlic paste and marinate well as keep it aside for 1 hour

- For Gravy-

In a large sauce pot, heat ghee, add cloves, black peppercorns, small cardamom, black cardamom let the whole spices splutter.

Add onions and saute till it gets light brown. Add the marinated mutton and saute for 4-5 minutes.

Add mathania chilli paste and saute well for another 8-10 minutes to remove rawness of the chilies. Add salt to taste & mix well. Cover and let it cook for 10-12 minutes on low flame.

In a bowl add curd, coriander powder, red chilli powder, cumin powder, mustard oil and mix well.

Transfer the curd mixture into the pot and stir well. Cover with the lid and cook for 30 minutes on low flame till the mutton becomes tender.

Garnish with coriander sprig and serve hot with nan/ tandalachi bhakri or bajra roti.



@thecookingjournal__ this is my cooking Instagram I'd.

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THE HOSTEL LIFE - MEMORIES NEVER DIE

By Vaibhav Tiwari & Sumeet Mandal



A hostel is where students of a particular institute live together away from their homes. In a hostel, students from across the world share their space with each other. Along with accommodation, a hostel looks after the students' basic needs too. When students live in a hostel, they become punctual, disciplined and sincere. While staying in a hostel, students need to follow specific rules. They should strictly follow the time schedule and study, play and relax etc., accordingly.



Generally, hostels are located inside the campus and students who stay here need to follow the rules and regulations specified by the institutions. It provides many facilities to make the life of students better. Most hostels are separated into boys' and girls' hostels. The hostel appoints a warden to take care of the students. For some students, their hostel life gives them a lot of memories.

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When students get into a hostel, adjusting to the new environment becomes difficult. They need to share their room with 3-4 other students. So, it becomes challenging for students who used to have their own personal rooms. Some students even deal with emotional setbacks as they part from their parents.



Inside the hostel, there is no one to tell the students what is good and bad. Some bad habits that students learn are drinking and smoking, which affect their studies. Some students even get into bad relationships and learn bad habits, which later become an addiction.

Hostel life is when you can live your life to the fullest. So, hostel life is always fun to experience, and also you get to learn things that will help you in future. We can't get those times back once we get out of college life.

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Bangalore and its best weather!

Bangalore, also known as India's Silicon Valley, is the new face of modern India. The primary attractions draw visitors from all around the world.

During this period, the weather remains cool and tranquil. With such pleasant weather, you will undoubtedly enjoy sightseeing at the area's various attractions. Bangalore, India's IT capital, is situated in the center of the Mysore Plateau.

The once-retiree haven has transformed into a bustling and active metropolis, almost frantic in its attempts to go forward, unless, of course, it is slowed by the usual traffic gridlock. Bangalore, or Bengaluru, is one of South India's crown jewels, and it's no surprise that many visitors who come for a short visit end up staying.

Bangalore has a modern, pleasant, and warm attitude.

It's a great place to shop, and if you enjoy delicious dining, here is the place to be. Bangalore is also a very social city, with people everywhere you look, at restaurants, clubs, and bars, and it's not difficult to strike up a discussion and get to know the people who make the city so dynamic.

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While the city may be enjoyed throughout the year, some seasons are better than others, so it's a good idea to know when the best time to visit Bangalore is. The city has a moderate tropical savannah climate with three seasons — summer, monsoon, and winter – due to its high elevation.

Bangalore has a mild climate all year, making it possible to visit this wonderful city at any time of year. However, the months of September to February witness the greatest number of visitors to the city because the weather gets even more favorable throughout the winter season.



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1. What has a face and two hands but no arms or legs?
2. What does a house wear?
3. What has a face and two hands but no arms or legs?
4. What does a house wear?
5. Why did the fly never land on the computer?
6. What creature is smarter than a talking parrot?
7. What rock group consists of four famous men, but none of them sing?
8. What kind of murderer is full of fiber?
9. I have hundreds of wheels, but move I do not. Call me what I am; call me a lot. What am I?
10. How does a bee get to school?

WOMEN'S DAY CELEBRATION





EDITORIAL THOUGHTS

PREETI DESAI

We are proud to present to you the 7th issue of Hamara InCHES Newsletter featuring the creative side of our team members.

It has been a pleasure to edit this issue of Hamara InCHES Newsletter 7. All the contributors of the newsletter cooperated very well. We have a good collection of articles and blogs put forth by everyone and this issue too has come out very well.

As such we would love to hear your voices, opinions and suggestions for columns for future issues, reflections from the events you attended, to a poem that you want to share with your colleagues.

We want it to be a collective effort of everyone at InCHES and we will do our best to make that happen.

Lastly we thought long and hard before deciding to call this Newsletter "Hamara InCHES". What does it mean? That is up to you to decide ! Send in your interpretation to us @preeti.d@inchesgroup.com ; the winner will be awarded and we will publish the best answer in the next issue.

