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### Events in March 2016

**07th March–  
Maha Shivratri**

**20th March–  
Parsi New Year**

**24th March–  
Holi**

**25th March–  
Good Friday**

**27th March–  
Easter**

### BIRTHDAYS OF THE MONTH

**Bablu           08th  
Chaurasia**

**Dnyandev   09th  
Pawar**

**Sunilkumar   10th  
Yadav**

**Shankar       11th  
Acharya**

**Veerendra   15th  
Chaurasia**

**Anjali         16th  
Gurav**

# NEWS LETTER

MARCH 2016

## EVERYONE HAS A STORY IN LIFE

A 24 year old boy seeing out from the train's window shouted...

"Dad, look the trees are going behind!"

Dad smiled and a young couple sitting nearby, looked at the 24 year Old's childish behaviour with pity, suddenly he again exclaimed...

"Dad, look the clouds are running with us!"

The couple couldn't resist and said to the old man...

"Why don't you take your son to a good doctor?" "The old man smiled and said..." "I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today.

Every single person

on the planet has a story. Don't judge people before you truly know them. The truth might surprise you.

## Benefits of Coconut Water

Coconut water is the ultimate thirst quencher and offers a tasty alternative to water. This pure liquid is packed with nutrients that yield an array of health benefits. Here are the **Benefits of Coconut**



"Every time you  
eat or drink,  
you are either  
feeding disease  
or  
fighting it."

- Heather Morgan, MS, RLC

*Think Big,  
Think Fast,  
Think Ahead.  
Ideas are no  
ones  
monopoly.*

### 1. Aids in Weight-loss Efforts.

The fat content in coconut water is extremely low, so generous quantities can be consumed without the fear of immediately packing on the pounds. It also suppresses the appetite and makes you feel full because of its rich nature.

### 2. Picture-Perfect Skin.

For those with acne or other blemishes on the surface of the skin, topical application of coconut water can go a great distance as it has the ability to clear up and subsequently tone the skin. It also moisturizes the skin from within if ingested orally and eliminates large amounts of oil. This explains why products such as facial creams, shampoos, conditioners and lotions

### 3. Facilitates Digestion.

If you constantly encounter difficulty during the digestion process, coconut water may provide a source of relief. Because of its high concentration of fiber, it aids in the prevention of indigestion and reduces the occurrence of acid reflux.

### 4. Boosts Hydration.

The ingredients in coconut water are way more effective at hydrating the human body than those of sports and energy drinks. During rigorous exercise or extended periods of physical activity, the human body loses mineral-rich fluids. However, coconut water serves as an excellent replacement medium with 294 mg of potassium and 5 mg of natural sugar per glass, unlike your favorite sports drink that only contains half of the potassium content and five times the amount of processed sugar.

### 5. Reduces Blood Pressure.

In many instances, a disproportionate level of electrolytes can result in high blood pressure. Because coconut water contains an adequate supply of each, it can be used as a balancing mechanism. In some instances, it is recommended that coconut water be consumed at the start of each day to foster the balance of these electrolytes.

### 6. Rich in Nutrients.

Unlike any other beverage on the market, coconut water contains five essential electrolytes that are present in the human body. These include: calcium, magnesium, phosphorous, potassium and sodium. Because of its unique composition, coconut water can be enjoyed by individuals with varying medical conditions.

## 7. Compatible with Human Blood.

Since it is isotonic to human plasma, coconut water can be used in extreme emergencies to quickly rehydrate the human body if administered intravenously. It is not uncommon for the drink to be used in poorer, third-world countries to save human lives.

### How Much Should You Consume?

Coconut water can be enjoyed as a stand-alone beverage or combined with another liquid product. There is no hard and fast rule regarding the amount that should be consumed on a daily basis, but experts from the Mayo Clinic strongly suggest

The 3 C's of life:  
**CHOICES, CHANCES, CHANGES.**

You must make a choice to take a chance or your life will never change.

that you consider maintaining an active lifestyle if consuming large amounts of coconut water since each eight ounce serving is accompanied by 45 to 60 calories.

## PLEASE YOUR CUSTOMERS IN MAGICAL WAYS

- **Nothing says thank you more than, "Thank you."**
- **Learn how to say, "Yes!"**
- **Practice and get really good at saying, "I'm sorry."**
- **Don't forget the human element.**
- **Learn how to say, "I don't know, but let me find out."**
- **Be responsible**
- **Use a healthy dose of the word, "Please."**
- **Provide a guarantee.**
- **Make eye contact**
- **Use proper body language.**
- **Listen to your customer, without interruption.**

**"IF YOU DON'T BUILD YOUR DREAM, SOMEONE ELSE WILL HIRE YOU TO HELP THEM BUILD THEIRS"**  
-Dhirubhai Ambani



## BABY CAMEL AND MOTHER

A mother and a baby camel were lying around, and suddenly the baby camel asked, “mother, may I ask you some questions? Mother said, “Sure! Why son, is there something bothering you? Baby said, “Why do camels have humps?” Mother said “Well son, we are desert animals, we need the humps to store water and we are known to survive without water”. Baby said, “Okay, then why are our legs long and our feet rounded?” Mother said, “Son, obviously they are meant for walking in the desert. You know with these legs I can move around the desert better than anyone does!” Baby said, “Okay, then why are our eyelashes long? Sometimes it bothers my sight”. Mother with pride said, “My son, those long thick eyelashes are your protective cover. They help to protect your eyes from the desert sand and wind”.

Baby after thinking said, “I see. So the hump is to store water when we are in the desert, the legs are for walking through the desert and these eye lashes protect my eyes from the desert then what in god’s name are we doing here in the Zoo!?”

**Moral: Skills, knowledge, abilities and experiences are only useful if you are at the right place and using it at right time.**

## LIFE LESSONS

The most precious lessons you should come up with from these inspirational success stories are:

- \* Rejection should never stop you
- \* Failure is not a problem at all
- \* People who reject you know nothing
- \* Believing in yourself is the key to success in life
- \* If you are serious about being successful in life then you can do nothing better than educating yourself about the inspirational stories of successful and famous people.

WE BELIEVE IN KEEPING YOU HEALTHY AND SAFE.....