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Events in April
201608th April-
Gudi Padwa13th April-
Baisakhi15th April-
Rama NavamiBIRTHDAYS OF
THE MONTH

| | |
|------------|------|
| Swati | 02nd |
| Bhalerao | |
| Omkar | 03rd |
| Dandnaik | |
| Ramchandra | 03rd |
| Ambekar | |
| Santosh | 10th |
| Yadav | |
| Sailee | 11th |
| Sawant | |
| Saqib | 25th |
| Dafedar | |

The Elephant Rope

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why

these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can

still hold them, so they never try to break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were. Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

Failure is part of learning; we should never give up.

Reasons for Eating Healthy

Eating healthy isn't always easy, but committing to a healthy diet can be one of the smartest decisions you ever make. .

Eating well also means leaving out or only rarely

consuming foods that are high in added sugar, saturated fat and sodium. That includes most fast food, full-calorie sodas, processed snacks like chips and crackers, and anything with more milligrams of sodium than there are calories in a serving.

"Take care of your body. It's the only place you have to live."

~ Jim Rohn

*Life always
give you a
second
chance ...
A better
Tomorrow.*

1. Increase productivity

Like a car, your brain needs quality fuel to run efficiently. When it comes to your job, working more efficiently can help you earn more, since high achievers are usually first in line for promotions and raises

Population Health Management found that eating an unhealthy diet puts you at a 66% increased risk of productivity loss.

2. Picture-Perfect Skin.

What you eat has an impact on your brain, including the parts that regulate mood. Although there's no single food that acts as a proven antidepressant, maintaining stable blood sugar through regular, proper nutrition. Eating healthy can reduce stress too.

3. Regulate weight

Simple healthy choices such as replacing soda with water, choosing veggies instead of chips, and ordering a side salad in place of fries not only will help you lose weight, it also can help you save money.

4. Be Healthier

Not everybody who is thin is healthy, and not everyone who is overweight is unhealthy, but eating right can improve health for even thin people who are junk food junkies. You can think of junk food as anything that's high in calories and low in micronutrients like vitamins and minerals. This includes potato chips, greasy foods like French fries, and soda.

5. Live Longer

The diseases that make you feel bad and cost a lot of money may also lower your life expectancy. A diet of fruit and vegetables, in combination with exercise, was associated with extended life expectancy for women in their 70s

Tips for eating healthy

If switching to a healthy diet were easy, everyone would do it. So what should you do if you're having a hard time choosing the right foods and sticking to a healthful eating pattern?

“Small changes over time result in big payoffs,” That means setting small, attainable goals each day that will translate into long-term results. Here are some of her tips:

- Stay hydrated. This will help you reduce cravings and feel fuller.
- Don't skip meals. Eat at about the same time each day, if you can.
- Get active. Just increasing activity a little bit may create a mind-set to eat better too.
- Preplan around cravings. If you always get hungry for salt at 3 p.m. or sugar after dinner, have a healthier alternative ready to go.
- Forgive yourself when you slip up. Beating

yourself up after a slip-up tends to unravel all of your goals; picking back up as though you didn't make a misstep is a better option.

Keep in mind that good choices, like eating a healthy diet, happen one at a time. A few small changes in the right direction can help improve your life now, and they may fatten your wallet too.



CUSTOMERS COMPLAIN HANDLING

- **Thank the customer for complaining**
- **Say that you are sorry**
- **Put yourself in the place of the customer**
- **View that the customer has a valid point**
- **Get all the facts first**
- **Correct the mistake**
- **Learn from every complaint**
- **Minimize reasons for complaints**
- **Always respond**
- **Listen**
- **Lead by example**



PRIDE

Smith was a famous sculptor. His sculptures looked real ones. One day he saw a dream that after fifteen days, the demon of Death would come to take him. Smith prepared nine statues of himself and when on the 15th day he heard the Demon of Death coming, he took his place between the statues. The Demon could not recognize him and was astonished to see ten Smiths instead of one. He rushed back to the God of death and told the matter. The God of death got annoyed and set out to take Smith himself. Smith was alert and stood motionless. The God of Death initially got perplexed. But he thought for a moment. He said, "Smith, these sculptures would have been perfect but for one mistake." Smith was unable to suffer the least blemish in his work. He came out and asked, "Where is the fault?" God of Death caught him and said, "HERE". The statues were faultless but Smith was caught because of his pride.

Moral: Pride has A Fall.

LIFE LESSONS

- * Money will NEVER solve your real problems
- * Pace yourself
- * You can't please everyone
- * Your health is your most valuable asset
- * You don't always get what you want
- * There's no shame in not knowing
- * Perspective is a beautiful thing

You were given
THIS LIFE,
because you're
strong enough
to live it.

Set Your Goal:

"Life is hard at times. But when I overcome more challenges, I become much stronger then. So I'm going to embrace them."