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BIRTHDAYS OF  
THE MONTH

Namdev 01st

Jadhav

Rajesh 01st

Mhapralkar

Pramod 01st

Kadam

Shyam Shah 01st

Dnyneshwar 02nd

Jagtap

Prashant 05th

Bherle

Sanjay 05th

Chaurasia

Pratik Bhura 15th

Vijay Kadam 20th

Sachin 22nd

Raorane

Siddhesh 24th

Mayekar



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## NEWS LETTER

JUNE 2016

## WALKING IS GREAT

## Walking strengthens your heart

Reduce your risk of heart disease and stroke by walking regularly. It's great cardio exercise, lowering levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol. The Stroke Association says that a brisk 30-minute walk every day helps to prevent and control the high blood pressure that causes strokes, reducing the risk by up to 27 percent.

## Walking lowers disease risk

A regular walking habit slashes the risk of type 2 diabetes by around 60 percent, and you're 20 percent less likely to develop cancer of the colon, breast or womb with an active hobby such as walking.

## Walking helps you lose weight

You'll burn around 75 calories simply by walking at 2mph for 30 minutes. Up your speed to 3mph and it's 99 calories, while 4mph is 150.

## Walking prevents dementia

Older people who walk six miles or more per week are more likely to avoid brain shrinkage and preserve memory as the years pass.

## Walking boosts vitamin D

We all need to get outside more. Many people are vitamin D deficient, affecting important things like bone health and our immune systems. Walking is the perfect way to enjoy the outdoors while getting your vitamin D fix.

## Walking gives you energy

You'll get more done with more energy, and a brisk walk is one of the best natural energisers around. It boosts circulation and increases oxygen supply to every cell in your body, helping you to feel more alert and alive. Try walking on your lunch break to achieve more in the afternoon.

## Walking makes you happy

It's true – exercise boosts your mood. Studies show that a brisk walk is just as effective as antidepressants in mild to moderate cases of depression, releasing feel-good endorphins while reducing stress and anxiety. So for positive mental health, walking's an absolute must.

## The Five W's Of Life

**Who** you are is what makes you special. Do not change for anyone.

**What** lies ahead will always be a mystery. Do not be afraid to explore.

**When** life pushes you over, you push back harder.

**Where** there are choices to make, make the one you won't regret.

**Why** things happen will never be certain. Take it in stride and move forward.

**Everyone wants  
happiness.**

**No one wants  
pain.**

**But you can't  
have a**

**RAINBOW,  
without a  
rain....**

# THE THREE QUESTIONS

King Akbar was very fond of Birbal. This made a certain courtier very jealous. Now this courtier always wanted to be chief minister, but this was not possible as Birbal filled that position. One day Akbar praised Birbal in front of the courtier. This made the courtier very angry and he said that the king praised Birbal unjustly and if Birbal could answer three of his questions, he would accept the fact that Birbal was intelligent. Akbar always wanting to test Birbal's wit readily agreed.

The three questions were

1. How many stars are there in the sky
2. Where is the center of the Earth and
3. How many men and how many women are there in the world.

Immediately Akbar asked Birbal the three questions and informed him that if he could not answer them, he would have to resign as chief minister.

To answer the first question, Birbal brought a hairy sheep and said, "There are as many stars in the sky as there is hair on the sheep's body. My friend the courtier is welcome to count them if he likes."

To answer the second question, Birbal drew a couple of lines on the floor and bore an iron rod in it and said, "this is the center of the Earth, the courtier may measure it himself if he has any doubts."

In answer to the third question, Birbal said, “Counting the exact number of men and women in the world would be a problem as there are some specimens like our courtier friend here who cannot easily be classified as either. Therefore if all people like him are killed, then and only then can one count the exact number.

Moral: There is Always a Way.

## CUSTOMERS SATISFACTION

- **Encourage Face-to-Face Dealings**
- **Respond to Messages Promptly & Keep Your Clients Informed**
- **Be Friendly and Approachable**
- **Have a Clearly-Defined Customer Service Policy**
- **Attention to Detail (also known as “The Little Niceties”)**
- **Anticipate Your Client’s Needs & Go Out Of Your Way to Help Them Out**
- **Honor Your Promises**
- **Always Remember... The Purpose Of Business Is To Create A Customer Who Creates More Customers.**

“Your customer doesn’t care how much you know until they know how much you care.”

## LEARNING FROM MISTAKES

Thomas Edison tried two thousand different materials in search of a filament for the light bulb. When none worked satisfactorily, his assistant complained, "All our work is in vain. We have learned nothing."

Edison replied very confidently, "Oh, we have come a long way and we have learned a lot. We know that there are two thousand elements which we cannot use to make a good light bulb."

**Moral: We can also learn from our mistakes.**

**Don't be afraid to  
make mistakes. Be  
afraid of not  
learning from them.**

## HAPPY LIVING

- \* Be kind in small ways.
- \* Be appreciative of other people.
- \* Cut back on the time you spend with most negative person in your life.
- \* Cut out or cut down on the most negative media influence in your life.
- \* Be 5 or 10 minutes early.
- \* Do what is not "you".
- \* Let go of one thing from your past.
- \* Take the smarter and higher road.
- \* Be kind to yourself.
- \* Appreciate yourself.